



**YOUR CLIENTS DON'T  
WANT TO JUST LIVE LONGER.  
THEY WANT TO LIVE LARGER.**

**2018** PRODUCT REFERENCE GUIDE



**PUSHING POTENTIAL.**

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# TABLE OF CONTENTS

## INTRODUCTION

OUR STORY.....	2
MANUFACTURING PRACTICES.....	2
EDUCATION.....	3
PROFESSIONAL LABEL SOLUTIONS.....	3
RESEARCH.....	4-5
CLINICAL ADVISORS.....	6-8
GLOBAL INITIATIVES.....	9

## NEW PRODUCTS..... 10-16

## BEAUTY

BEAUTY BOXES.....	18-19
FOUNDATION.....	20-21
SKIN SUPPORT.....	22-24
VEIN HEALTH.....	24

## BONE & JOINT

JOINT, MUSCLE, DISC.....	26-35
WOBENZYM® COMPARISON CHART.....	33
OSTEO SUPPORT.....	36-38

## COGNITIVE & MOOD

EMOTIONAL WELLNESS.....	40-43
COGNITIVE/MEMORY.....	44-49
PHOSPHOLIPIDS.....	50

## DIGESTIVE

PROBIOTICS.....	52-57
MULTI-PROBIOTIC® COMPARISON CHART.....	53
DIGESTIVE ENZYMES.....	57-59
GASTROINTESTINAL SUPPORT.....	60-64

## FOUNDATION

MULTIVITAMINS.....	66-85
ULTRA PREVENTIVE® COMPARISON CHART.....	66
CONVENIENCE PACKS.....	80-83
OMEGA FATTY ACIDS.....	86-91
QÜELL® FISH OIL COMPARISON CHART.....	87
ANTIOXIDANTS.....	92-97
PROTEIN POWDER.....	98-99
BLADDER SUPPORT.....	100-101
DETOX/LIVER SUPPORT.....	101-109
IMMUNE SUPPORT.....	110-114
CHILDREN'S HEALTH.....	115-116

## GENESTRA HMF PROBIOTICS..... 118-125

## HEART & METABOLIC

CARDIOMETABOLIC.....	126-128
CIRCULATORY/VASCULAR.....	129-130
GLUCOSE SUPPORT.....	131-133
LIPID METABOLISM.....	134-136
MITOCHONDRIAL SUPPORT.....	137-142
WEIGHT MANAGEMENT.....	143-146

## HORMONE

HORMONE SPECIFIC™.....	148-153
HORMONE SPECIFIC™ COMPARISON CHART.....	153
HORMONE DETOXIFICATION.....	154
FEMALE SPECIALTIES.....	155-156
MALE SPECIALTIES.....	157-158
ADRENAL HEALTH.....	159-160
THYROID HEALTH.....	161
DHEA/PREGNENOLONE/MELATONIN.....	161-164

## KLEAN ATHLETE®

PERFORMANCE.....	166-170
FOUNDATION.....	171-172
SPECIALTY.....	173

## SLEEP & RELAXATION..... 176-179

## VISION..... 180-183

VISION COMPARISON CHART.....	180
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## VITAMINS, MINERALS & AMINO ACIDS

VITAMINS.....	184-198
A VITAMINS.....	185
B VITAMINS.....	185-192
C VITAMINS.....	192-195
D VITAMINS.....	196
E VITAMINS.....	197-198
K VITAMINS.....	198
MINERALS.....	199-210
AMINO ACIDS.....	210-219

## PROFESSIONAL LABEL ELIGIBLE..... 220-221

## DISCONTINUED LIST..... 222-223

## INDEX..... 224-228

# UNLOCK THE POTENTIAL OF LIVING HEALTHIER LONGER.

**NEW PRODUCTS** | 10

**BEAUTY** | 18

**BONE & JOINT** | 26

**COGNITIVE & MOOD** | 40

**DIGESTIVE** | 52

**FOUNDATION** | 66

**GENESTRA HMF PROBIOTICS** | 118

**HEART & METABOLIC** | 126

**HORMONE** | 148

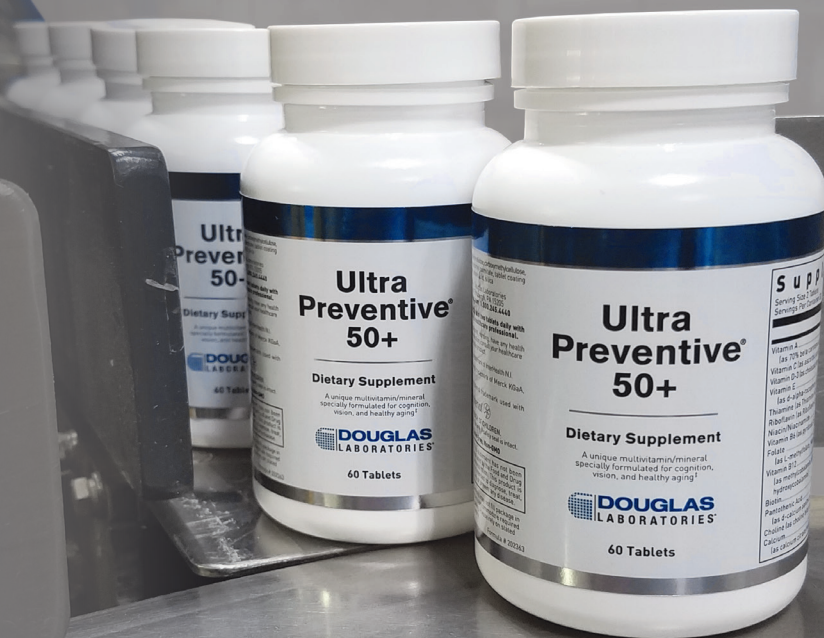
**KLEAN ATHLETE®** | 166

**SLEEP & RELAXATION** | 176

**VISION** | 180

**VITAMINS, MINERALS & AMINO ACIDS** | 184

Uncompromising operational practices at our state-of-the-art manufacturing facilities surpass GMP standards and manufacturing regulations.



## OUR STORY

Nutritional supplement usage is commonplace, with millions of people taking one every day. Yet back in 1955, when the Douglas Laboratories® story began, supplements were not part of the mainstream. Company founder Sam Lioon was a nutritional pioneer. He saw an opportunity to help Americans improve their health, and began selling nutritional supplements directly to healthcare professionals. From that humble beginning, Douglas Laboratories has grown into a globally recognized leader in the development and manufacturing of innovative, science-based nutritional supplements, designed to help healthcare practitioners who are focused on the healthy aging and active lifestyles of their clients.

## MANUFACTURING PRACTICES AND CERTIFICATIONS



GMP Registered



Certified for Sport®



- cGMPs for nutritional supplements in accordance with 21 CFR Part 111
- NSF International has registered Douglas Laboratories® as a GMP manufacturing facility
- ISO/IEC 17025:2005 accreditation of in-house laboratories
- VCP (Vendor Certification Program) to ensure raw material quality
- Approved facility to produce NSF Certified for Sport® products
- Member of Council For Responsible Nutrition

## EDUCATION

Helping practitioners make that critical link between research findings and clinical application is an integral part of our mission. We collaborate with our clinical advisory board to hold in-person seminars and webinars, as well as develop online tools.

Our website houses product selection guides, clinical protocols and recorded webinars, for round-the-clock access to accommodate busy schedules. Events are also posted online and through social media, making it easy to stay informed.

Visit: [douglaslabs.com/education](https://douglaslabs.com/education)

## PROFESSIONAL LABEL SOLUTIONS

As a pioneer and industry leader in professional label solutions, we offer custom label design and a wide variety of product choices to make the process of creating your own branded product portfolio as seamless as possible.

- No setup fee
- Dedicated professional label sales liaison and experienced design staff
- Advanced color matching to your specifications
- Premium label quality
- Expedited service


 Denotes professional label eligible formula

## BY THE NUMBERS

220+	products to choose from
25+	customizable templates
24	bottle minimum order
3	day turnaround on reorders*
2	week turnaround on new orders*
0	cost for label design & printing**



Our team is ready to answer any questions or help place your order. Contact your sales representative or customer service for label samples and program details!

 800.245.4440

 [douglaslabs.com/prolabels](https://douglaslabs.com/prolabels)

 [prolabels@douglaslabs.com](mailto:prolabels@douglaslabs.com)

\*Please note that turnaround times are subject to change. \*\*All physical labels and label files are property of Douglas Laboratories.

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As an industry leader, we believe it is our responsibility to pioneer new research that will lead to a better understanding of key health conditions and identify nutritional strategies to help patients achieve and maintain better health. Douglas Laboratories® is committed to advancing nutrition science through our comprehensive Applied Clinical and Investigator-Initiated Research programs.



## RESEARCH. A FIRM COMMITMENT.

At Douglas Laboratories®, we use research-based ingredients to create safe, effective nutritional products for our doctors and health-conscious consumers. That’s why we study ingredients and products in rigorous clinical trials with top academic partners. From studying vitamin D to unraveling the cognitive and metabolic benefits of polyphenols in aging adults, Douglas Laboratories is heavily invested in understanding the relationship between nutrition and healthy aging.‡

Product(s)	Study Title <sup>v</sup>	Institution
<b>Cardio MetX™ with GlucoPhenol®</b>	Strawberry and cranberry polyphenols improve insulin sensitivity in insulin-resistant, non-diabetic adults: a parallel, double-blind controlled and randomized clinical trial <sup>1</sup>	Institute of Nutrition and Functional Foods at Laval University, Québec, Canada
<b>Optimized Curcumin With Neurophenol®</b>	Polyphenols from grape and blueberry improve episodic memory in healthy elderly with lower level of memory performance: a bicentric double-blind, randomized, placebo-controlled clinical study*	
<b>QÜELL® Fish Oil Clinical Strength DHA</b>	Supplementation with high-dose docosahexaenoic acid increases the Omega-3 Index more than high-dose eicosapentaenoic acid <sup>2</sup>	
<b>QÜELL® Fish Oil Clinical Strength DHA</b>	A randomized, crossover, head-to-head comparison of eicosapentaenoic acid and the docosahexaenoic acid supplementation to reduce inflammation markers in men and women: the Comparing EPA to DHA (ComparED) Study <sup>3</sup>	
<b>QÜELL® Fish Oil Clinical Strength DHA, QÜELL® Fish Oil Ultra EPA</b>	Inflammatory gene expression in whole blood cells after EPA vs. DHA supplementation: Results from the ComparED study <sup>4</sup>	

We are part of a \$5 million multi-year commitment to nutrition research. Our comprehensive program focusing on cardiometabolic health is partially supported by governmental agencies and is conducted in collaboration with our first strategic research partner, the Institute of Nutrition and Functional Foods (INAF) at Laval University.

## CLINICAL TRIALS INVOLVING DOUGLAS LABORATORIES® PRODUCTS

Product(s)	Study Title <sup>v</sup>	Institution
<b>Alpha-GPC</b>	Alpha-GPC on muscle performance and cognition in varsity volleyball players*	University of Montreal
<b>Creatine Monohydrate</b>	Low-dose creatine supplementation lowers plasma guanidinoacetate, but not plasma homocysteine, in a double-blind, randomized, placebo-controlled trial <sup>5</sup>	Columbia University [PUBLISHED]
<b>Creatine Monohydrate, Folic Acid</b>	Folic acid and creatine as therapeutic approaches to lower blood arsenic: a randomized controlled trial <sup>6</sup>	Columbia University [PUBLISHED]
<b>Folic Acid</b>	A preventive approach to arsenic toxicity testing folic acid in bangladesh <sup>7</sup>	Columbia University [PUBLISHED]
<b>Folic Acid and Methylcobalamin</b>	Arsenic and B vitamins in children*	Columbia University
<b>Klean-D™ 5000 IU</b>	25(OH)D Status of Elite Athletes with Spinal Cord Injury Relative to Lifestyle Factors <sup>8</sup>	Central Washington University [PUBLISHED]
<b>Opti-EPA™ Enteric-Coated</b>	Double-blind randomized placebo controlled clinical trial of omega 3 fatty acids for the treatment of diabetic patients with nonalcoholic steatohepatitis <sup>9</sup>	Cleveland Clinic [PUBLISHED]
<b>Vitamin D 1,000 IU B-Complex with Metafolin® and Intrinsic Factor</b>	A randomized trial of nutrient supplements to minimise psychological stress after a natural disaster <sup>10</sup>	University of Calgary [PUBLISHED]
<b>Vitamin D 2,000 IU Vitamin D 1,000 IU Vitamin D 600 IU</b>	Vitamin D and vascular health in children*	University of Pittsburgh
<b>Vitamin D 1,000 IU</b>	Effect of vitamin D <sub>3</sub> supplementation in black and in white children: a randomized, placebo-controlled trial <sup>11</sup>	University of Pittsburgh [PUBLISHED]
<b>Zinc Gluconate</b>	The effect of oral zinc supplementation for the treatment of psoriasis*	Park Avenue Dermatology, Orange Park, Florida

\*Ongoing, unpublished study.

1. Paquette M, Medina Larqué AS, Weisnaget SJ, et al. Strawberry and cranberry polyphenols improve insulin sensitivity in insulin-resistant, non-diabetic adults: a parallel, double-blind, controlled and randomised clinical trial. *Br J Nutr*. 2017 Feb;117(4):519-531.

2. Allaire J, Harris WS, Vors C, et al. Supplementation with high-dose docosahexaenoic acid increases the Omega-3 Index more than high-dose eicosapentaenoic acid. *Prostaglandins Leukot Essent Fatty Acids*. 2017 May;120:8-14.

3. Allaire J, Couture P, Leclerc M, et al. A randomized, crossover, head-to-head comparison of eicosapentaenoic acid and docosahexaenoic acid supplementation to reduce inflammation markers in men and women: the Comparing EPA to DHA (ComparED) Study. *Am J Clin Nutr*. 2016 Aug;104(2):280-7.

4. Vors C, Allaire J, Marin J, et al. Inflammatory gene expression in whole blood cells after EPA vs. DHA supplementation: Results from the ComparED study. *Atherosclerosis*. 2017. Feb;257:116-122.

5. Peters BA, Hall MN, Liu X, et al. Low-Dose Creatine Supplementation Lowers Plasma Guanidinoacetate, but Not Plasma Homocysteine, in a Double-Blind, Randomized, Placebo-Controlled Trial. *J Nutr*. 2015 Oct;145(10):2245-52.

6. Peters BA, Hall MN, Liu X, et al. Folic Acid and Creatine as Therapeutic Approaches to Lower Blood Arsenic: A Randomized Controlled Trial. *Environ Health Perspect*. 2015 Dec;123(12):1294-301.

7. Potera C. A Preventive Approach to Arsenic Toxicity: Testing Folic Acid in Bangladesh. *Environ Health Perspect*. 2015 Dec;123(12):A306.

8. Pritchett K, Pritchett R, Ogan D, et al. 25(OH)D Status of Elite Athletes with Spinal Cord Injury Relative to Lifestyle Factors. *Nutrients*. 2016;8(6):374.

9. Dasarathy S, Dasarathy J, Khiyami A, et al. Double-blind randomized placebo-controlled clinical trial of omega 3 fatty acids for the treatment of diabetic patients with nonalcoholic steatohepatitis. *J Clin Gastroenterol*. 2015 Feb;49(2):137-44.

10. Kaplan BJ, Rucklidge JJ, Romijn AR and Dolph M. A randomised trial of nutrient supplements to minimise psychological stress after a natural disaster. *Psychiatry Res*. 2015 Aug 30;228(3):373-9.

11. Rajakumar K, Moore CG, Yabes J, et al. Effect of Vitamin D3 Supplementation in Black and in White Children: A Randomized, Placebo-Controlled Trial. *J Clin Endocrinol Metab*. 2015 Aug;100(8):3183-92.

<sup>v</sup>Independent studies conducted by independent, academic researchers. Douglas Laboratories® has no influence on study results. Study titles are provided for informational purposes only and are not intended as product claims or to imply a positive outcome.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## CLINICAL ADVISORS

Douglas Laboratories® focuses on developing strong relationships with key opinion leaders in integrative and complementary medicine. Our clinical advisors collaborate closely with our team and provide clinical expertise and input on formulation concepts. This enables us to create products that are not only backed by science, but are also practical and clinically relevant. Representing a wide variety of healthcare specialties, our clinical advisors add value to Douglas Laboratories' product development and clinical education initiatives.



### Kristi Belohlavek, R.D.

Kristi Belohlavek is a Registered Dietitian and an active member of the Dietitians in Integrative and Functional Medicine Practice Group. After practicing clinical dietetics for five years, she became the Territory Manager in the Douglas Laboratories sales division, and was later promoted to her current role as the Director of Product Development and Clinical Education. In addition to developing science-based formulas, she coordinates the clinical education webinars and provides product support and training to the sales team.



### Peter Bongiorno, N.D., L.Ac.

#### Health Function: Cognitive & Mood

Dr. Bongiorno is president of the NY Association of Naturopathic Physicians and co-medical director of Inner Source Health in New York with his wife, Dr. Pina LoGiudice. In 2010, he authored the first comprehensive textbook designed to teach physicians how to use natural medicine for mood support. Dr. Bongiorno has been regularly interviewed on national television and radio as a natural medicine expert, and writes articles for national media, including Psychology Today.



### Leslie J. Bonci, MPH, R.D., CSSD, L.D.N.

#### Health Function: Klean Athlete®

Leslie J. Bonci is the owner of Active Eating, a nutrition consulting company that encourages clients to "Be fit, fed and fearless." She has also worked as a nutrition consultant for Major League Baseball's® Pittsburgh Pirates® and Toronto Blue Jays®, in addition to Carnegie Mellon University® Athletics, and the NFL's® Kansas City Chiefs®. Leslie worked as a sports dietician for the Pittsburgh Steelers® for 24 years, and has also worked with the NHL's® Pittsburgh Penguins® and MLB's® Washington Nationals®. In addition, she serves as the company nutritionist for the Pittsburgh Ballet Theatre and is a sports nutrition consultant to the WNBA®.\*\*



### Julie Chen, M.D.

#### Health Function: Foundation

Dr. Chen is a fellowship-trained, board-certified integrative medicine physician with her company, Making Healthy EZ in San Jose, California. Dr. Chen has a background in internal medicine and has published clinical research, contributed to medical textbooks, served on various medical expert panels, and been featured on national radio and TV programs. She also has been regularly published in national magazines, newspapers, and health and wellness websites.



### Victoria Coleman, D.C., IFMCP

After successfully running two wellness clinics, Dr. Coleman became the president of Douglas Laboratories Canada for 14 years. She is currently the Vice President of Clinical Education for Atrium Innovations, where her mission is to further the use of nutraceuticals for health promotion through education and service. Dr. Coleman's constant pursuit of learning allowed her to complete her Certification in Functional Medicine through the Institute for Functional Medicine.





### Joseph J. Collins, R.N., N.D.

#### Health Function: Hormone

The President and Co-founder of Your Hormones, Inc., Dr. Collins has been directly involved in advancing the practice of natural hormone health since 1993. His functional endocrinology clinical

practice focuses on adrenal health, thyroid and blood sugar function, as well as support for menopause, andropause, and PMS. He has extensive experience in the advanced use of adaptogens to support and balance hormone function.



### Andrew Halpner, Ph.D.

Dr. Andrew Halpner received his Ph.D. in Nutrition from the Tufts University School of Nutrition Science and Policy and has been working in the dietary supplement field for almost 20 years. His research and interests have focused

on antioxidant nutrients, including their interactions and abilities to prevent and treat age-related degenerative conditions. Dr. Halpner has extensive knowledge and expertise in product formulation and the raw materials and technologies used to create cutting-edge nutritional supplements. Dr. Halpner has lectured nationally and internationally on various topics pertaining to nutrition and has authored numerous research articles.



### Geo Espinosa, N.D., L.Ac., C.N.S.

#### Health Function: Foundation

Dr. Espinosa is noted for his expertise in naturopathic urology, as well as prostate and bladder function. He received his degree

from the University of Bridgeport and spent five years at the Center for Holistic Urology at Columbia University Medical Center. In 2009, he founded the Integrative Urology Center at New York University Langone Medical Center.



### Kelly C. Heim, Ph.D.

Kelly C. Heim, Ph.D., is a nutritional pharmacologist and Senior Director of Scientific Affairs for Atrium Innovations' health care professional brands, for which he oversees the scientific integrity and safety of products by

maintaining rigorous standards of research evaluation and its application to product formulation. Dr. Heim is a graduate of Dartmouth Medical School. His publications and lectures have highlighted evolving concepts in polyphenol pharmacology and nutritional genomics.



### Martin P. Gallagher, M.D., D.C.

#### Health Function: Bone & Joint

Dr. Gallagher has the unique distinction of being triple licensed as a board-certified family physician, chiropractor and medical acupuncturist. He

is the clinic director of Medical Wellness Associates, a multidisciplinary integrative health care facility located just outside of Pittsburgh. He is an international lecturer and has authored several books, including the best-selling "Dr. Gallagher's Guide to 21st Century Medicine."



### Dr. Daniel Kalish, D.C.

#### Health Function: Digestive

Over the past 25 years, Daniel Kalish has directed three integrative health clinics in California, where he has coordinated teams of medical doctors, nutritionists, chiropractors and acupuncturists.

Dr. Kalish is dedicated to teaching doctors Functional Medicine philosophy and practices. Through The Kalish Institute's educational programs, he has trained over 1,000 practitioners worldwide in The Kalish Method, which solves patient challenges through a proven, lab-based approach. He is the author of three books, "The Five Pillars of Building a Successful Practice," "The Kalish Method: Healing the Body Mapping the Mind" and "Your Guide to Healthy Hormones," and is a frequently requested speaker for integrative medicine conferences across the United States.

Our Clinical Advisors have been retained as consultants in advising Douglas Laboratories.

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## CLINICAL ADVISORS CONTINUED



### Penny Kendall-Reed, N.D.

**Health Functions: Heart & Metabolic, Cognitive & Mood, Sleep & Relaxation**  
Dr. Kendall-Reed is a specialist in metabolic and neuro-endocrine health, and author of the best-selling "The New Naturopathic Diet" and several other co-authored works.

She travels throughout Canada and the United States lecturing on metabolic and endocrine function, holds health retreats, and appears regularly on television, magazine and radio. Presently, Dr. Kendall-Reed is the director of natural therapies at the Urban Wellness Clinic in Toronto.



### Shelena Lalji, M.D.

**Health Function: Beauty**  
Known as "Dr. Shel," Shelena Lalji is the founder and medical director of the Dr. Shel Wellness & Aesthetic Center in Sugar Land, Texas. Dr. Shel is a board-certified obstetrician and gynecologist. She is a national

trainer and an international speaker on several integrative/functional medicine topics and on advanced aesthetic treatments. Dr. Shel is a published author and an advocate for her patients and her local community, as well as a firm believer in addressing the root causes of her patients' health and well-being.



### Angela Mazza, D.O.

**Health Function: Heart & Metabolic**  
Dr. Mazza is board-certified in endocrinology, diabetes & metabolism, as well as internal medicine, and currently practices in the Central Florida area. She sees medicine not as a "one size fits all" but requiring

an individualized approach through patient education and lifestyle management. She has a significant background in both basic and clinical research, and has been principal investigator on multiple large-scale therapy and device trials.



### Theodore Piliszek, M.D., C.N.S.

Dr. Piliszek is the founder and medical director of Willowbrook Medical Center in Houston, Texas and is also the director of Houston's Anti-Aging and Clinical Nutrition Research for World Wellness Research. His

practice is dedicated to anti-aging medicine and functional nutrition in the promotion of vascular and metabolic health, and the prevention of age-associated functional decline.



### Nigel Plummer, Ph.D.

**Health Function: Genestra HMF Probiotics**  
A key probiotic contributor, Dr. Plummer has worked at Pfizer in R&D and has extensive knowledge in the field. His research has resulted in collaborations with

research institutes and universities within the U.K. and Europe, enabling Dr. Plummer to develop his expertise in probiotics and fish oils.



### Stuart Richer, O.D., Ph.D., FAAO

**Health Function: Vision**  
Dr. Stuart Richer is a practicing optometrist and clinical antioxidant researcher with special interests in aging adults and ocular nutrition.

An internationally recognized speaker and the principal investigator of trials published on lutein and zeaxanthin for vision, Dr. Richer has co-formulated a line of supplements with Douglas Laboratories to specifically address age-related visual health.



### Barry W. Ritz, Ph.D.

Barry W. Ritz, Ph.D., is the Chief Scientific Officer at Atrium Innovations, Inc. Dr. Ritz is a member of the American Society for Nutritional Sciences and executive board of the Council for Responsible Nutrition's

Medical Affairs Subcommittee. A former professor at Drexel University, Dr. Ritz is an expert in nutritional immunology and has numerous publications in scientific journals.



### Jacob Teitelbaum, M.D.

**Health Function: Heart & Metabolic**  
Dr. Teitelbaum is a board-certified internist and has been a nationally recognized expert in the fields of fatigue and sleep management for the past 30 years. He is also the founder of the Practitioners Alliance

Network and author of numerous books. Dr. Teitelbaum is the lead author of four studies on the effective management of fatigue, and has developed the S.H.I.N.E. approach to help patients maintain healthy energy levels. He frequently makes media appearances and conducts speaking engagements, and lives in Kona, Hawaii.

## GLOBAL INITIATIVES

Douglas Laboratories' culture is deeply rooted in its commitment to global sustainability. Our goal is to positively influence and impact the quality of health of those in need, in both the developing world as well as within the communities that we live and work. Employee-driven initiatives backed by corporate support foster improvements in our business practices to benefit planet and community.

### REDUCING OUR FOOTPRINT

We believe that helping people live healthier lives also means finding viable ways to reduce the environmental impact of our business operations. We've taken advantage of technology to reduce water and energy consumption and use sustainably managed paper for marketing communication materials.



### OUR PARTNER

SOS Children's Villages International operates in more than 130 countries and has an established track record of 60 years of caring for the world's most vulnerable children. SOS provides long-term family-based care for orphaned and abandoned children and provides child care, education, and healthcare to children and their families directly.

Learn more at: [sos-childrensvillages.org](https://sos-childrensvillages.org)



All of us at Douglas Laboratories® believe in promoting health and well-being not only by manufacturing healthy aging supplements, but also by coming together to help our community.‡

A healthy community is one of the fundamental values of the Douglas Laboratories brand. It's a value we all share and one that defines us.

This common passion is why we created our Growing Together Program. With the creativity of our Growing Together committee, the entire Douglas Laboratories team works together to positively impact the health of those in need—both locally and globally.

# NEW PRODUCTS

Douglas Laboratories® develops new products based on the latest science to provide unique solutions for healthcare practitioners. Our researched-based formulas target key health functions that support healthy aging and active lifestyles.‡

Comprised of PhDs in nutrition, registered dietitians and nutritionists, our in-house product development team works with expert clinical advisors to co-develop cutting-edge formulas and practical clinical protocols in key therapeutic categories.



Ultra Preventive® X, Douglas Laboratories' signature formula, has been updated with new and improved ingredients, including vitamin K<sub>2</sub> for bone and vascular health, bioflavonoids from quercetin, and alpha lipoic acid for healthy blood sugar

metabolism. In addition, Ultra Preventive® X now contains an organic phytonutrient blend with polyphenols, increased choline content for methylation and liver support, increased lutein and zeaxanthin for vision health, three types of vitamin B<sub>12</sub>, and improved mineral forms for bioavailability.‡

## Ultra Preventive® X

● improved formula

Formula	Size
202331	120 Tablets
	240 Tablets

Suggested Usage: 4-8 daily

### SUPPLEMENT FACTS PL

Serving Size:	4 Tablets	8 Tablets
Servings Per Container:	60	30
Amount Per Serving	%DV	
Vitamin A .....	2,250 mcg 250%.....	4,500 mcg 500%
(as 67% natural beta carotene and 33% Vitamin A palmitate)		
Vitamin C (as ascorbic acid) .....	500 mg 556%.....	1,000 mg 1,111%
Vitamin D <sub>3</sub> .....	12.5 mcg (500 IU) 63%.....	25 mcg (1,000 IU) 125%
(as cholecalciferol)		
Vitamin E .....	67 mg 447%.....	134 mg 893%
(as natural d-alpha tocopheryl succinate plus mixed tocopherols)		
Thiamine (as thiamine HCl).....	50 mg 4,167%.....	100 mg 8,333%
Riboflavin.....	25 mg 1,923%.....	50 mg 3,846%
(as Riboflavin/Riboflavin-5-phosphate)		
Niacin/Niacinamide.....	95 mg 594%.....	190 mg 1,188%
Vitamin B <sub>6</sub> .....	50 mg 2,941%.....	100 mg 5,882%
(as Pyridoxine HCl/Pyridoxal-5-phosphate)		

Folate	667 mcg DFE	167%	1,333 mcg DFE	333%
(as Metafolin®, L-5-MTHF)				
	(400 mcg L-5-MTHF)		(800 mcg L-5-MTHF)	
Vitamin B <sub>12</sub>	250 mcg	10,417%	500 mcg	20,833%
(as methylcobalamin/ adenosylcobalamin/hydroxycobalamin)				
Biotin	150 mcg	500%	300 mcg	1,000%
Pantothenic Acid	50 mg	1,000%	100 mg	2,000%
(as d-calcium pantothenate)				
Choline	137.5 mg	25%	275 mg	50%
(from choline bitartrate)				
Calcium	210 mg	16%	420 mg	32%
(as calcium citrate/malate/ chelate complex)				
Iodine (from kelp)	100 mcg	67%	200 mcg	133%
Magnesium	210 mg	50%	420 mg	100%
(as magnesium citrate/chelate complex)				
Zinc	12.5 mg	114%	25 mg	227%
(as OptiZinc®, monomethionine)				
Selenium	100 mcg	182%	200 mcg	364%
(as selenomethionine)				
Copper	1 mg	111%	2 mg	222%
(as copper amino acid chelate)				
Manganese	4.5 mg	196%	9 mg	391%
(as manganese sulfate)				
Chromium	100 mcg	286%	200 mcg	571%
(as chromium polynicotinate)				
Molybdenum	50 mcg	111%	100 mcg	222%
(as molybdenum krebs <sup>††</sup> )				
Potassium	50 mg	1%	100 mg	2%
(as potassium chloride)				
N-Acetyl-L-Cysteine	75 mg	*	150 mg	*
Betaine HCl	75 mg	*	150 mg	*
Inositol	50 mg	*	100 mg	*
Quercetin (as dihydrate)	50 mg	*	100 mg	*
Lemon bioflavonoids	50 mg	*	100 mg	*
Papain	50 mg	*	100 mg	*
(from <i>Carica papaya</i> , fruit)				
Bromelain	25 mg	*	50 mg	*
(from <i>Anana comosus</i> , pineapple stem)				
Grape seed extract	25 mg	*	50 mg	*
(standardized to 92% polyphenols)				
Alpha Lipoic Acid	25 mg	*	50 mg	*
Rutin	12.5 mg	*	25 mg	*
(from <i>Sophora japonica</i> , flower)				
Boron (as boron chelate)	1.5 mg	*	3 mg	*
Vanadium	25 mcg	*	50 mcg	*
(as Vanadium Krebs <sup>††</sup> )				
Vitamin K <sub>2</sub>	22.5 mcg	*	45 mcg	*
(as menaquinone-7)				
Proprietary Organic Fruit and Vegetable blend	350 mg	*	700 mg	*
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)				
Organic Phytonutrient Blend				
Organic Spirulina	50 mg	*	100 mg	*
(whole plant)				
Organic Chlorella	50 mg	*	100 mg	*
(whole plant, broken cell wall)				
Organic Green Tea leaf extract	25 mg	*	50 mg	*
(standardized to 50% polyphenols, 20% EGCG)				

Carotenoids			
Lutein	5 mg	*	10 mg
(from marigold flower extract)			
Lycopene (from tomatoes)	3 mg	*	6 mg
Zeaxanthin isomers	1 mg	*	2 mg
(from marigold flower extract)			

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, ascorbyl palmitate, silica, coating (purified water, hypromellose, and glycerin).

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

OptiZinc® is a trademark of InterHealth N.I.

## Ultra Preventive® X (Vegetarian Capsules)

● improved formula

Formula	Size
202346	240 Vegetarian Capsules

Suggested Usage: 8 daily

See product details on page 68.



Ultra Preventive® 50+ is specially formulated with important vitamins, minerals, antioxidants and a proprietary fruit blend to support healthy aging in adults age 50+. This product features CoQ<sub>10</sub> for metabolic energy and heart health, lutein and zeaxanthin for healthy vision, lycopene for cellular support,

bioavailable B vitamins, and Neurophenol®, a proprietary blend of blueberry and grape seed extract clinically studied for memory in healthy aging adults.‡

## Ultra Preventive® 50+

Formula	Size
202363	60 Tablets

Suggested Usage: 2 daily

### SUPPLEMENT FACTS PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A .....2,100 mcg	233%
[as 70% beta carotene and 30% Vitamin A palmitate]	
Vitamin C [as ascorbic acid] ..... 120 mg	133%
Vitamin D <sub>3</sub> [as cholecalciferol] ..... 25 mcg (1,000 IU)	125%
Vitamin E [as d-alpha-tocopheryl succinate] ..... 65 mg	433%
Thiamine [as Thiamine HCl] ..... 25 mg	2,083%
Riboflavin [as Riboflavin-5-phosphate] ..... 10 mg	769%
Niacin/Niacinamide ..... 30 mg	188%
Vitamin B <sub>6</sub> [as pyridoxal-5-phosphate] ..... 10 mg	588%
Folate ..... 667 mcg DFE	167%
[as L-methylfolate, Metafolin®] (400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> ..... 350 mcg	14,583%
[as methylcobalamin, adenosylcobalamin, hydroxycobalamin]	
Biotin ..... 300 mcg	1,000%
Pantothenic Acid [as d-calcium panthothenate] ..... 25 mg	500%
Choline [as choline bitartrate] ..... 60 mg	11%
Calcium [as calcium citrate/malate complex] ..... 50 mg	4%
Iodine [as potassium iodide] ..... 150 mcg	100%
Magnesium [as magnesium citrate] ..... 50 mg	12%
Zinc [as OptiZinc®, monomethionine] ..... 20 mg	182%
Selenium [as amino acid chelate] ..... 100 mcg	182%
Chromium [as amino acid chelate] ..... 120 mcg	343%
Molybdenum [as amino acid chelate] ..... 100 mcg	222%
Potassium [as potassium citrate] ..... 30 mg	<1%
Proprietary Neurophenol® blend ..... 300 mg	*
Providing 85 mg of flavonoids (flavan-3-ols, phenolic acids, flavonols, anthocyanins, resveratrol) from: Grape extract (fruit, <i>Vitis vinifera</i> ) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> )	

Co-Enzyme Q <sub>10</sub> (as ubiquinone) .....	50 mg	*
Lutein (from marigold flower extract) .....	10 mg	*
Lycopene (from tomatoes) .....	3 mg	*
Zeaxanthin isomers (from marigold flower extract) .....	2 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, carboxymethyl cellulose, hydroxypropyl cellulose, ascorbyl palmitate, tablet coating (hypromellose, glycerin), stearic acid, silica.

OptiZinc® is a trademark of InterHealth N.I.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Neurophenol® is a registered trademark used with permission.



QÜELL® Fish Oil Clinical Strength EPA is Supercritical CO<sub>2</sub> extracted eicosapentaenoic acid in triglyceride form, manufactured exclusively for Douglas Laboratories. The product contains 90% essential omega-3 fatty acid EPA, which has been shown in research to support mood and cardiovascular health. QÜELL® Fish Oil is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentration.‡

## QÜELL® Fish Oil Clinical Strength EPA

Formula	Size
202403	60 Softgels

Suggested Usage: 1, 1-3 times daily

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories .....	10
Total Fat .....	1 g 1%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,000 mg *
Providing:	
EPA (Eicosapentaenoic Acid) .....	900 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, purified water, natural-source mixed tocopherols.

This product contains fish oil (anchovies, sardines, mackerel).



Rest Reset™ is a unique formula combining Lactium® casein decapeptide, passion flower extract and melatonin to support multiple facets of sleep: falling asleep, deep sleep, nocturnal rhythms, stress support and cortisol regulation.‡

[ Formulated by Penny Kendall-Reed, N.D. ]†

## Rest Reset™

Formula	Size
202401	30 Vegetarian Capsules

Suggested Usage: 1 daily, 30-60 minutes before bedtime

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Passion Flower Extract .....425 mg	*
(aerial parts) ( <i>Passiflora incarnate L.</i> , standardized to 3.5% vitexin)	
Casein decapeptide (milk)(Lactium®) ..... 175 mg	*
Melatonin.....3 mg	*

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, ascorbyl palmitate, and hydroxypropyl cellulose.

Lactium® is a registered trademark used under license.



Klean Hydration™ contains 6% carbohydrates with additional minerals for the replacement of fluid and electrolytes lost through sweat during physical activity. The carbohydrates and sodium in this great-tasting drink mix support the intestinal absorption of fluids to maximize hydration efficiency.‡

## Klean Hydration™

Formula	Size
KA57694P	358 g Powder 10 Sachets/Carton

Suggested Usage: 1 scoop daily

### SUPPLEMENT FACTS

Serving Size 1 Scoop / 1 Sachet (Approx. 17.9 g)

Servings Per Container Approx. 20 / Servings Per Carton 10

Approximate Amount Per Serving	%DV <sup>^</sup>
Calories .....	60
Total Carbohydrates.....	16 g 6%
Total Sugars (Includes 12 g Added Sugars).....	12 g 24%
Vitamin C (as ascorbic acid).....	12.5 mg 14%
Calcium (as TRAACS® calcium bisglycinate chelate) .....	35 mg 3%
Magnesium (as citrate) .....	25 mg 6%
Sodium (as citrate) .....	180 mg 8%
Potassium (as citrate) .....	70 mg 1%
Carbohydrate Blend .....	15 g *
Sucrose (from cane/beet), Highly Branched Cyclic Dextrin (Cluster Dextrin®), Dextrose, Fructose	

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

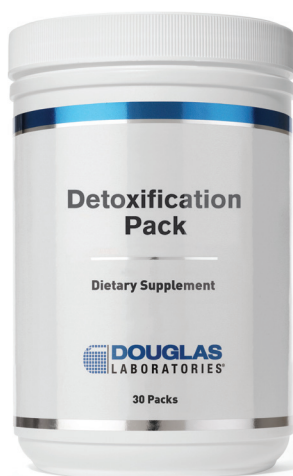
Other ingredients: Citric acid, organic orange flavor with other natural flavors, red beet (for color), beta carotene (for color).

Cluster Dextrin® is a registered trademark of Gilco Nutrition Co., Ltd.

TRAACS® is a registered trademark of Albion laboratories, Inc.

†Dr. Penny Kendall-Reed has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Detoxification Pack contains ingredients carefully selected to support the body's normal detoxification processes. This pack contains amino acids, vitamins, minerals and herbs as a part of a 15-day detoxification regimen and can be used in conjunction with Metabolic Cleanse®.‡

Each pack has been reformulated to include the new Ultra Liver Support‡ product in addition to: Livdetox™, De-Mer-Tox™, Fiber-Plex™, and Magnesium Citrate.

**Detoxification Pack** ● improved formula

Formula	Size
66866	30 Packs

Suggested Usage: 2 packs daily (contains 5 capsules, 1 tablet)

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Pack • Servings Per Container 30

Amount Per Serving	%DV
Tiamine.....	12.5 mg 1,042%
Riboflavin.....	.5 mg 385%
Niacin (niacinamide).....	3.3 mg 21%
Magnesium (as magnesium citrate).....	150 mg 36%
Biotin.....	100 mcg 333%
Selenium (as selenomethionine).....	50 mcg 91%
Choline (from choline bitartrate).....	235 mg 43%
Proprietary Blend.....	1,000 mg *
Glucomannan, carrot root, celery stalk and leaf, citrus pectin, apple pectin, sodium alginate, slippery elm bark.	
N-Acetyl-L-Cysteine.....	250 mg *
Methylsulfonylmethane (MSM).....	250 mg *
Barberry Extract.....	125 mg *
(Berberis vulgaris, root and stem)	
Bilberry Extract.....	100 mg *
(Vaccinium myrtillus, fruit)	
Dandelion (Taraxacum officinalis, leaf).....	141.6 mg *
Garlic (bulb).....	125 mg *
Parsley (leaf).....	100 mg *
Artichoke extract (Cynara scolymus, leaf).....	91.6 mg *
Schisandra Extract.....	75 mg *
(Schisandra chinensis, fruit)	
(Standardized to 2% schizandrins)	
Broccoli Extract.....	62.5 mg *
(Brassica oleracea L., sprout) (Standardized to 250 mcg of sulforaphane)	
Wasabia japonica (rhizome).....	25 mg *
(Providing 300 mcg of isothiocyanates)	
Milk Thistle Extract.....	87.5 mg *
(Silybum marianum, fruit) (Standardized to 80% silymarin)	

Milk Thistle.....	16.6 mg	*
(Silybum marianum, seed)		
Turmeric (Curcuma longa, rhizome).....	16.6 mg	*
Inositol.....	50 mg	*
Lecithin Granulars (from soy).....	25 mg	*
L-Glutathione.....	25 mg	*
Betaine (from betaine HCl).....	19 mg	*
L- Methionine.....	5 mg	*

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Contains: Soy.

Other ingredients: Bovine gelatin (capsule), hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, cellulose, magnesium silicate, silica, vegetable stearate.





GlucoQuench™ is a Hormone Specific™ Formulation containing botanical ingredients, adaptogens, and phytotherapeutic extracts to help maintain the Glucose-Insulin-System (GIS), promote healthy glucose metabolism, and support hormone function.‡

[ Formulated by Joseph J. Collins, R.N., N.D. ]<sup>†</sup>

## GlucoQuench™

Formula	Size
202298	120 Capsules

Suggested Usage: 2-4 daily

### SUPPLEMENT FACTS PL

Serving Size	2 Capsules	4 Capsules
Servings Per Container	60	30

Amount Per Serving	%DV	%DV
<i>Gymnema sylvestre</i> .....200 mg * ..... 400 mg *		
(leaf extract, standardized to 25% gymnemic acids)		
<i>Rehmannia glutinosa</i> extract (root).....200 mg *		400 mg *
Berberine HCL.....125 mg *		250 mg *
(from <i>Berberis aristata</i> extract, root)		
<i>Eleutherococcus senticosus</i> .....100 mg *		200 mg *
(root, standardized to 0.8% eleutherosides)		
Cinnamon bark extract.....62.5 mg *		125 mg *
( <i>Cinnamomum cassia</i> )		
<i>Lagerstroemia speciosa</i> .....28 mg *		56 mg *
(banaba leaf extract)		
(standardized to 18% corosolic acid)		
A Phytocrine™ Proprietary Blend.....160 mg *		320 mg *
<i>Panax ginseng</i> extract (root, standardized to 3% ginsenosides)		
<i>Withania somnifera</i> (Ashwagandha root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides),		
<i>Rhodiola rosea</i> root extract (standardized to 5% rosavins and 2% salidroside)		

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, ascorbyl palmitate, silica.



MitoTone® Plus is a unique dietary supplement designed to provide a broad spectrum of beneficial nutrients to support mitochondrial energy production and healthy aging. Mitochondria serve as the powerhouse of the cell and their proper functioning is essential to the aging process. Specific nutrients that influence the electron transport chain and provide antioxidant protection appear to nutritionally support healthy mitochondrial function. This product features

adenosylcobalamin, the major form of vitamin B<sub>12</sub> stored in the mitochondria of cellular tissues. Pterostilbene, a methylated resveratrol, has superior bioavailability with a longer half-life than resveratrol, and may help to prevent free radical damage that can lead to premature aging of cells.‡

[ Formulated by Daniel Kalish, D.C. ]<sup>†</sup>

## MitoTone® Plus

### Mitochondrial Support<sup>†</sup>

Formula	Size
202317	90 Vegetarian Capsules

Suggested Usage: 3 daily

### SUPPLEMENT FACTS PL

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin B <sub>1</sub> (as thiamine hydrochloride).....20 mg	1,667%
Vitamin B <sub>2</sub> (as riboflavin-5-phosphate).....20 mg	1,538%
Niacin (as niacinamide).....50 mg	313%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate).....45 mg	2,647%
Vitamin B <sub>12</sub> .....1,000 mcg	41,667%
(as 50% adenosylcobalamin and 50% methylcobalamin)	
Pantothenic Acid (as calcium pantothenate).....50 mg	1,000%
Magnesium (from magnesium malate).....50 mg	12%
Sodium (from sodium succinate).....56 mg	2%
Acetyl-L-Carnitine HCL.....200 mg	*
Creatine monohydrate.....200 mg	*
Sodium succinate.....200 mg	*
Malic acid (from magnesium malate).....160 mg	*
N-Acetyl-L-Cysteine.....100 mg	*
Alpha-Lipoic Acid.....100 mg	*
Co-Enzyme Q <sub>10</sub> (ubiquinone).....50 mg	*
Pterostilbene.....50 mg	*
(pTeroPure®)(as methylated resveratrol)	

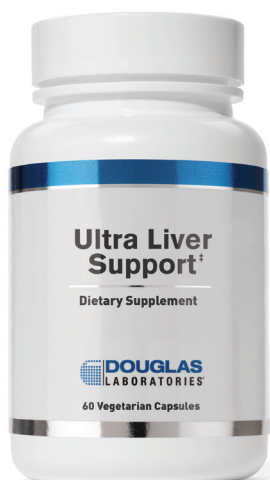
\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, silica.

pTeroPure® is a trademarked material from ChromaDex.

<sup>†</sup>Our Clinical Advisors have been retained as medical consultants in advising Douglas Laboratories.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Ultra Liver Support<sup>‡</sup> contains herbal and cruciferous ingredients to help support liver function and detoxification. This formula contains broccoli sprout extract standardized to sulforaphanes and *Wasabia japonica* containing ITCs to support phase II activity in the liver and activation of Nrf2 for detoxification.<sup>‡</sup>

[ Formulated by Julie Chen, M.D. ]<sup>†</sup>

## Ultra Liver Support<sup>‡</sup>

Formula	Size
202315	60 Vegetarian Capsules

Suggested Usage: 2, 1-2 times daily

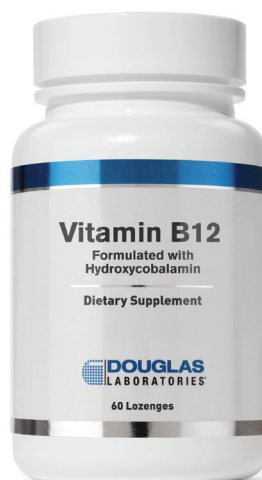
### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Barberry Extract.....250 mg	*
( <i>Berberis vulgaris</i> , root and stem)	
Dandelion ( <i>Taraxacum officinale</i> , root).....250 mg	*
Bilberry Extract .....200 mg	*
( <i>Vaccinium myrtillus</i> , fruit) (Standardized to provide 25% anthocyanidins)	
Milk Thistle Extract .....175 mg	*
( <i>Silybum marianum</i> , fruit) (Standardize to provide 80% silymarin)	
Artichoke Extract ( <i>Cynara scolymus</i> , leaf) .....150 mg	*
Schisandra Extract.....150 mg	*
( <i>Schisandra chinensis</i> , fruit) (Standardized to 2% schizandrins)	
Broccoli Extract .....125 mg	*
( <i>Brassica oleracea L.</i> , sprout) (Standardized to 500 mcg of sulforaphane)	
<i>Wasabia japonica</i> (rhizome).....50 mg	*
(Providing 600 mcg of isothiocyanates)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, silica, and cellulose.



Vitamin B12, formulated with hydroxycobalamin, is a great-tasting natural black cherry/vanilla flavored lozenge designed to be dissolved in the mouth, then swallowed. This convenient delivery form also provides enhanced bioavailability of vitamin B<sub>12</sub>. Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin.

## Vitamin B12 Formulated with Hydroxycobalamin

Formula	Size
202314	60 Lozenges

Suggested Usage: 1 daily

### SUPPLEMENT FACTS PL

Serving Size 1 Lozenge • Servings Per Container 60

Amount Per Serving	%DV
Vitamin B <sub>12</sub> (as hydroxycobalamin) .....2,500 mcg	104,166%

\*Daily Value (DV) not established.

Other ingredients: Xylitol, mannitol, natural black cherry and natural vanilla flavor, carboxymethyl cellulose, and ascorbyl palmitate.

<sup>†</sup>Dr. Julie Chen has been retained as a medical consultant in advising Douglas Laboratories.



# CONFIDENT. BEAUTIFUL. FROM THE INSIDE OUT.

Over time, many factors contribute to changes in our hair, nails and skin. Dietary, environmental and genetic factors, as well as lifestyle, all contribute to our physical appearance and well-being. These factors can affect the pigmentation, elasticity, hydration, thickness, and luster of hair, nails and skin. Outward appearance is a reflection of our internal cellular and metabolic health. Dietary supplementation with specific, scientifically studied nutrients can help to support our appearance as we age. Douglas Laboratories is committed to staying at the forefront of new research where the science of supplementation and beauty intersect.†



PUSHING POTENTIAL.

\*Dr. Julie Chen has been retained as a medical consultant in advising Douglas Laboratories.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# BEAUTY

Over time, many factors contribute to changes in our hair, nails and skin. Dietary, environmental and genetic factors, as well as lifestyle, all contribute to our physical appearance and well-being. These factors can affect the pigmentation, elasticity, hydration, thickness, and luster of hair, nails and skin. Outward appearance is a reflection of our internal cellular and metabolic health. Dietary supplementation with specific, scientifically studied nutrients can help to support our appearance as we age. Douglas Laboratories is committed to staying at the forefront of new research where the science of supplementation and beauty intersect.†



## CLINICAL ADVISOR:

Shelena Lalji, M.D.†

Known as “Dr. Shel,” Shelena Lalji is the founder and medical director of the Dr. Shel Wellness & Aesthetic Center in Sugar Land, Texas. Dr. Shel is a board-certified obstetrician and gynecologist. She is a national trainer and an international speaker on several integrative/functional medicine topics and on advanced aesthetic treatments. Dr. Shel is a published author and an advocate for her patients and her local community, as well as a firm believer in addressing the root causes of her patients’ health and well-being.

Dr. Shel’s clinical guidelines for Women’s Beauty & Wellness Support† can be found at [douglaslabs.com/beauty](https://douglaslabs.com/beauty)



## BEAUTY BOXES

Dual-formula kits specifically designed to support the health of hair, nails and skin†

### FEATURES

- 1-month supply of Skin Protect† and Skin Nourish or Ultra HNS and QÜELL® Fish Oil EFA Plus
- Patient-friendly brochure with dosing recommendations

## Beauty Box

Formula	Size
66857	2 Bottles / 1 Box

The Beauty Box contains two complementary formulas to support beauty from within. Ultra HNS supplies high-dose biotin, methylfolate, vitamin C and zinc, along with Cynatine® HNS, a patented, solubilized keratin for the health of hair, nails and skin. QÜELL® Fish Oil EFA Plus contains supercritical, CO<sub>2</sub>-extracted EPA and DHA for ultimate purity and concentration. It also contains organic borage seed oil to provide GLA and astaxanthin, an important carotenoid, to further support skin health. A patient brochure is included in the package.†

### QÜELL® Fish Oil EFA Plus

**Formula** 202260 **Size** 60 Softgels

**Suggested Usage:** 2 daily

See product details on page 88.

### Ultra HNS Hair, Nails, Skin Formula

**Formula** 201345 **Size** 90 Vegetarian Capsules

**Suggested Usage:** 3 daily

See product details on page 20.

Cynatine® HNS is a registered trademark of Roxlor, LLC.

## Beauty Box Skin Support<sup>†</sup>

Formula	Size
66860	2 Bottles / 1 Box

The Beauty Box Skin Support<sup>†</sup> contains two complementary formulas to support skin health. The Skin Nourish formula includes a specialized nutrient blend of clinically studied ingredients containing polyphenolic compounds from grape seed, superoxide dismutase concentrate from melon, vitamin C and zinc. Together, these nutrients work within the body to provide skin radiance, hydration, and a nourished appearance. Skin Protect<sup>†</sup> delivers a clinically studied combination of the antioxidants carnosic acid, lycopene, phytoene, and phytofluene to defend the skin from the effects of UV light exposure and environmental stresses.†

### Skin Nourish

**Formula** 202269 **Size** 30 Vegetarian Capsules

**Suggested Usage:** 1 daily

See product details on page 22.

### Skin Protect<sup>†</sup>

**Formula** 202277 **Size** 60 Softgels

**Suggested Usage:** 2 daily

See product details on page 24.

†Dr. Shelena Lalji has been retained as a medical consultant in advising Douglas Laboratories.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# FOUNDATION



Ultra HNS supplies high-dose biotin, methylfolate, vitamin C, zinc and Cynatine® HNS, a patented, solubilized keratin for the health of hair, nails, and skin. Cynatine® HNS has demonstrated that it can improve the strength, brightness and appearance of hair, nails and skin, as well as reduce hair loss associated with washing.‡

[ Formulated by Shelena Lalji, M.D. ]\*

## Ultra HNS Hair, Nails, Skin Formula

**Formula** **Size**

201345 90 Vegetarian Capsules

Suggested Usage: 3 daily

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid).....	250 mg 417%
Folate (as L-Methylfolate, Metafolin®).....	200 mcg 50%
Biotin.....	6,000 mcg 2,000%
Zinc (Krebs <sup>††</sup> ).....	25 mg 167%
Cynatine® HNS (soluble keratin).....	500 mg *
PABA [Para-Aminobenzoic Acid].....	75 mg *
Lemon Bioflavonoid Complex.....	75 mg *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate and silica.

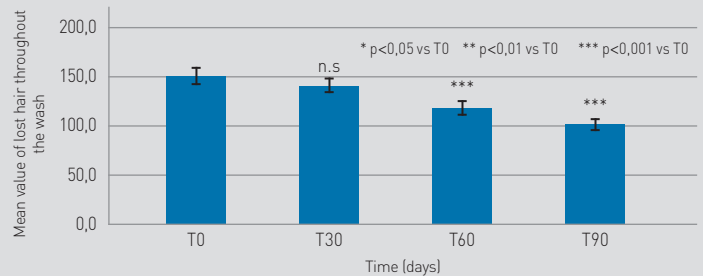
<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Cynatine® HNS is a registered trademark of Roxlor, LLC.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

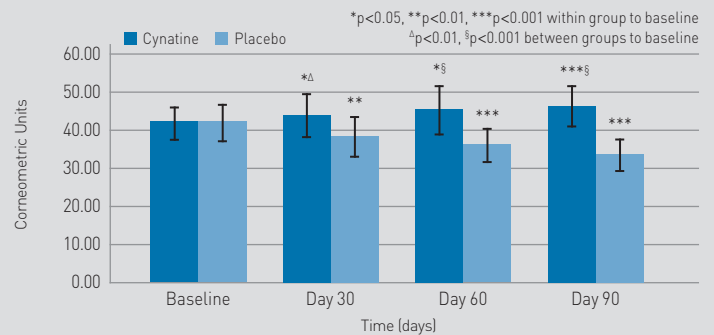
## Cynatine® HNS (Solubilized Keratin): Results from a Clinical Trial

### Mean Reduction in Hair Loss from Washing



• Hair loss from washing decreased by 30% in 90 days.‡

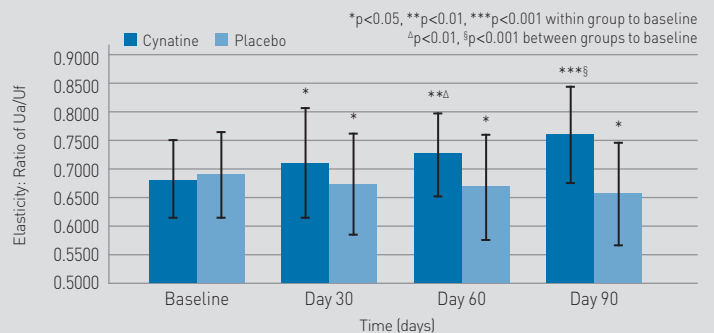
### Mean Change in Skin Moisture



• Cynatine® increased the moisture of skin after 30 days.‡

• Results were statistically significant compared to baseline and placebo at 30, 60 and 90 days.‡

### Mean Change in Skin Elasticity



• Cynatine® increased the elasticity of skin after 60 days.‡

• Results were statistically significant compared to baseline and placebo at 60 and 90 days.‡

## Hair, Skin and Nails Plus

Formula	Size
82924	100 Capsules

**Suggested Usage:** 2, twice daily, with meals

Hair, Skin and Nails Plus is an original formula that supplies beneficial amounts of several vitamins, minerals and other nutrients, specially formulated to support the health of hair, skin and nails.‡

### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 50

Amount Per Serving	%DV
Vitamin A (as Vitamin A Palmitate) .....	7,500 IU 150%
Vitamin C .....	62.5 mg 104%
(from Calcium Ascorbate/Magnesium Ascorbate/ Manganese Ascorbate and Ascorbic Acid complex)	
Calcium.....	80 mg 8%
(from Calcium Malate/Citrate/Ascorbate complex)	
Iron (as Ferronyl®) .....	7.5 mg 42%
Magnesium (from Magnesium Malate).....	55 mg 14%
Zinc (from Zinc Krebs <sup>††</sup> /Malate/Ascorbate complex) .....	7.5 mg 50%
Manganese (from Manganese Ascorbate).....	5 mg 250%
Bioflavonoids .....	37.5 mg *
PABA (Para-Aminobenzoic Acid) .....	37.5 mg *
Horsetail (aerial part) ( <i>Equisetum arvense</i> with silica).....	325 mg *
Lecithin (from soy) .....	100 mg *
(granules, high in Phosphatidylcholine)	
Gelatin.....	75 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

## OTHER BEAUTY FORMULAS

200053	Citrus-Q10® 100.....	Pg. 138
202255	Biotin 8 mg .....	Pg. 186
202262	Hyaluronic Acid .....	Pg. 29
57402	Organic Greens and Reds.....	Pg. 92
202260	QÜELL® Fish Oil EFA Plus.....	Pg. 88
200981	QÜELL® Fish Oil EPA/DHA Plus D .....	Pg. 88
202331	Ultra Preventive® X.....	Pg. 67
57658P	Ultra Protein Green™ .....	Pg. 98

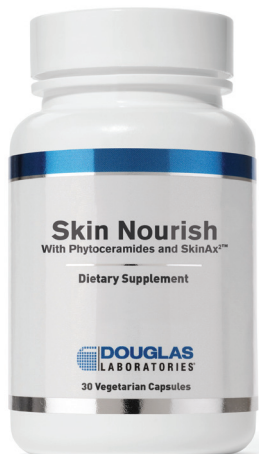
Colour Objective	Assessment	Support from the Product	Timing
Prevent hair loss	Prevent hair loss by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair shedding	Reduce hair shedding by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	Biotin 8 mg Biotin 8 mg Biotin 8 mg Biotin 8 mg	2-4 weeks daily
Reduce hair breakage	Reduce hair breakage by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair thinning	Reduce hair thinning by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair dryness	Reduce hair dryness by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair brittleness	Reduce hair brittleness by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair frizz	Reduce hair frizz by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair dandruff	Reduce hair dandruff by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair itching	Reduce hair itching by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair redness	Reduce hair redness by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily
Reduce hair discoloration	Reduce hair discoloration by supporting the hair growth cycle, increasing circulation and providing the hair with essential nutrients.	UltraProtein® 2 UltraProtein® 2 UltraProtein® 2 UltraProtein® 2	2-4 weeks daily

Download our **Beauty & Women's Wellness Support Protocols**† at: [douglaslabs.com/beauty](http://douglaslabs.com/beauty)

†Dr. Shelena Lalji has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# SKIN SUPPORT



Skin Nourish offers a special skin nutrient blend containing polyphenolic compounds from grape seed, SOD from melon, vitamin C, and zinc, which are primary and secondary antioxidants that support the appearance of radiant skin color, contrast and integrity. Phytoceramides work in the skin's epidermis layer to help retain moisture and improve the appearance of wrinkles and elasticity. Silica supplied by bamboo plays a role in maintaining skin elasticity and collagen production.

Together, these nutrients work within the body to provide skin radiance, hydration, and a nourished appearance.†

[ Formulated by Shelena Lalji, M.D. ]†

## Skin Nourish With Phytoceramides and SkinAx2™

Formula	Size
202269	30 Vegetarian Capsules

Suggested Usage: 1 daily

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as ascorbic acid).....	12 mg 20%
Zinc (as zinc citrate).....	4 mg 15%
Polyphenols (from grape seed extract <i>Vitis Vinifera</i> ).....	105 mg *
Total flavanols monomers.....	42 mg
Total flavanols oligomers.....	12 mg
Superoxide dismutase (SOD).....	31.5 IU *
(coated dried melon juice concentrate [fruit] <i>Cucumis melo</i> )	
Ceramosides™.....	30 mg *
Ceramide wheat seed extract ( <i>Triticum vulgare</i> )	
(standardized to 50% glycosylceramides, 40% digalactosyl diglyceride (DGDG))	
Bamboo extract ( <i>Bambusa spp.</i> , stem).....	100 mg *
(providing 50% silica)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, ascorbyl palmitate, silica, vegetable stearate, coating ingredients (ethylcellulose and palm oil).

SkinAx2™ is a trademark of Activ' Inside.

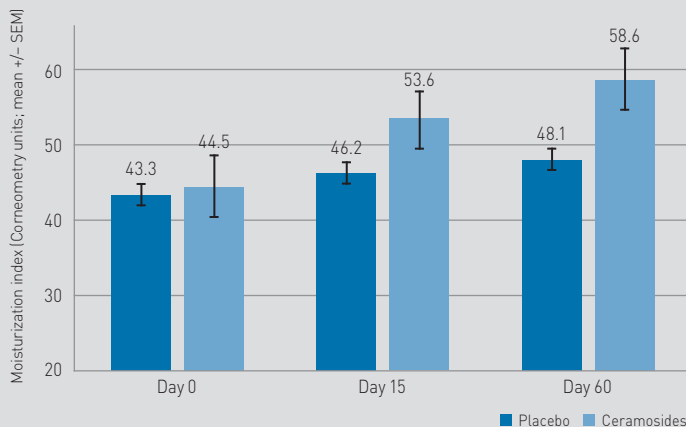
Ceramosides™ is a trademark of EPI France.

## SkinAx2™ and Ceramosides™ Promote Skin Hydration and Radiance‡

As we age, skin production of collagen declines, which can impact skin elasticity and moisture retention. In addition, environmental stressors can result in damage to the skin cells, which may cause changes in coloration and turnover. SkinAx2™ is a specialized nutrient blend of clinically studied ingredients containing polyphenolic compounds from grape seed, superoxide dismutase concentrate from melon, vitamin C, and zinc. These are antioxidants that promote skin radiance by supporting healthy skin color, elasticity, and facial luminosity.‡

Lipids called ceramides from wheat seed oil are the major constituents between the skin's layers that hold in moisture. Ceramosides™ phytoceramides have been shown to help support skin moisture 15 days after being taken orally.‡

### Skin moisture with Ceramosides™ supplementation



## Collagen Forte

Formula	Size
99077	300 Capsules

Suggested Usage: 5 daily

Collagen Forte supplies significant amounts of Vitamin C, L-Lysine, and L-Proline in capsule form to help support healthy collagen synthesis.‡

### SUPPLEMENT FACTS

Serving Size 5 Capsules • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C.....	2,000 mg 3,333%
L-Lysine HCl.....	1,000 mg *
L-Proline.....	200 mg *
L-Threonine.....	25 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.



## Hydrolyzed Collagen Plus with Hyaluronic acid

Formula	Size
57717P	84 g Powder

**Suggested Usage:** 1 scoop, twice daily

Hydrolyzed Collagen Plus is a unique formulation for skin and joint health. Collagen with hyaluronic acid and co-factors supports healthy collagen production and skin elasticity, as well as hydration. Hydrolyzed collagen peptides (from bovine) provide a source of essential and non-essential amino acids involved in collagen formation within the skin's dermis layer. Vitamin and mineral co-factors including vitamin C help with connective tissue formation, while copper and zinc help link collagen threads together. This powdered formula is specially designed to dissolve clear and flavorless in liquid.<sup>‡</sup>

This product mixes best by adding powder to cold or warm water and shaking well. Can also be added to yogurt or smoothies. Please note that humidity and moisture may compromise the product's ability to dissolve.

### SUPPLEMENT FACTS

Serving Size 1 Scoop (approx. 1.4 grams)  
 Servings Per Container Approx. 60

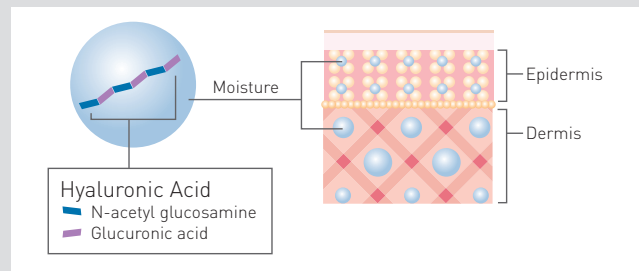
Amount Per Serving	%DV
Vitamin C (as ascorbic acid).....	50 mg 56%
Zinc (from zinc gluconate).....	0.8 mg 7%
Copper (from copper gluconate).....	0.1 mg 11%
Hydrolyzed collagen (from bovine).....	1.25 g *
Hyaluronic acid (as sodium hyaluronate).....	50 mg *

\*Daily Value (DV) not established.

Other ingredients: None.

## Hyaluronic Acid

More than 50% of the body's hyaluronic acid is present in the skin, where it plays a major role maintaining extracellular spaces, preserving tissue hydration and facilitating the transport of ion solutes and nutrients to cells in the upper layer due to its water-retaining capacity. Hyaluronic acid supports the skin by promoting healthy turnover and renewal of keratinocytes. Low molecular weight hyaluronic acid is efficiently absorbed by the body when orally ingested.<sup>‡</sup>



- Hydrolyzed collagen and hyaluronic acid are backed by clinical research demonstrating support for skin elasticity, hydration and appearance.<sup>‡</sup>

<sup>‡</sup>Dr. Shelena Lalji has been retained as a medical consultant in advising Douglas Laboratories.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Skin Protect<sup>‡</sup>

Formula	Size
202277	60 Softgels

Suggested Usage: 1 daily

Skin Protect<sup>‡</sup> delivers a clinically studied combination of the antioxidants carnosic acid, lycopene, phytoene, and phytofluene to promote healthy skin from the inside out, while helping to protect skin from the effects of UV sunlight exposure and environmental stresses.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Standardized Tomato Fruit Extract ..... 200 mg	*
Providing:	
Lycopene ..... 7.5 mg	
Natural mixed tocopherols ..... 2.8 mg	
Phytoene and phytofluene ..... 2.9 mg	
Carnosic acid (from rosemary leaf extract) ..... 2 mg	*

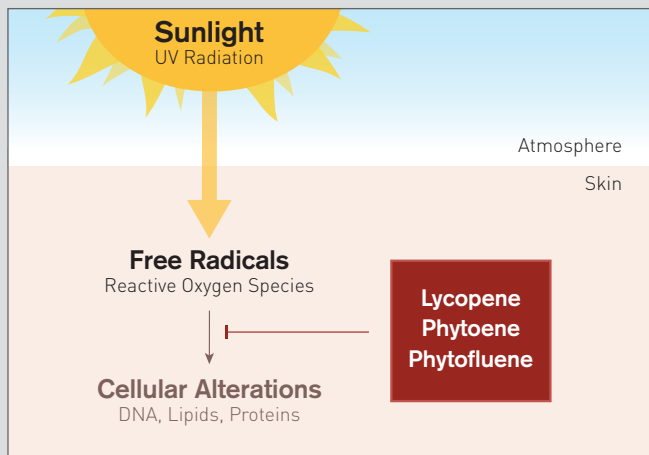
\*Daily Value (DV) not established.

Other ingredients: Bovine gelatin, medium chain triglycerides, glycerin, purified water, annatto extract.

Lycored Nutrient Complex Technology Inside. Lycored Nutrient Complex is a registered trademark. US Patents: 5,837,311; 6,797,303 82; 5,965,183; 2010/023256 A1.

## Carotenoids Contribute to Skin Protection<sup>‡</sup>

Premature aging of the skin can be caused by exposure to the sun's UVA1 and UVB light, as well as other stresses causing cell damage in the epidermis. Carotenoids are antioxidants that are present in human skin and contribute to ultraviolet (UV) light protection. Naturally occurring carotenoids lycopene, phytoene and phytofluene from tomato fruit extract have been shown to help protect the skin more effectively than synthetic lycopene.<sup>‡</sup>



## VEIN HEALTH



Varitonin<sup>™</sup> contains a blend of vitamin C, hesperidin methyl chalcone, and standardized extracts of horse chestnut, butcher's broom, and gotu kola for comprehensive vascular support.<sup>‡</sup>

## Varitonin<sup>™</sup>

Formula	Size
VRT	60 Vegetarian Capsules

Suggested Usage: 1 daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C (as L-ascorbic acid) ..... 250 mg	417%
Horse Chestnut seed ..... 250 mg	*
( <i>Aesculus hippocastanum</i> ), dried extract, min. 20% saponins calculated as aescin	
Hesperidin Methyl Chalcone ..... 125 mg	*
Gotu Kola leaf ..... 60 mg	*
( <i>Centella asiatica</i> ), dried extract, min. 10% asiaticosides	
Butcher's Broom rhizome ..... 50 mg	*
( <i>Ruscus aculeatus</i> ), dried extract, 10% saponins calculated as ruscogenins	

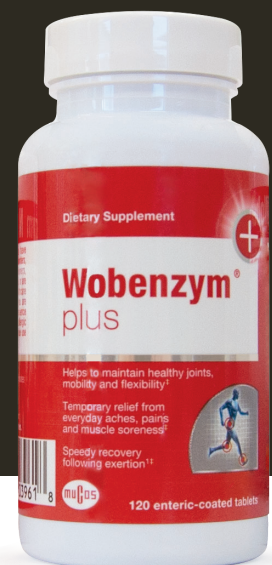
\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.



# KEEP JOINTS HEALTHY & STRONG WITH CLINICALLY RESEARCHED **WOBENZYM® PLUS‡**

Clinically researched Wobenzym® Plus is the most potent Wobenzym® formula yet. With its increased activity compared to Wobenzym® N and a convenient, 4-tablets-a-day dose, patients require fewer pills to consume than other Wobenzym® formulations. Wobenzym® Plus is offered in the form of enteric-coated tablets and provides a specific formulation of proteolytic enzymes to help maintain healthy joint function, offer temporary relief of everyday aches, pains and muscle soreness, and support fast recovery following exertion. Wobenzym® has been made in Germany since the 1960s and has been clinically researched over the past 50+ years in over 200 clinical trials.‡



PUSHING POTENTIAL.

<sup>1</sup>According to two clinical studies on ankle joint comfort.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# BONE & JOINT

Our bones and joints play a critical role in our musculoskeletal system, a network that includes our muscles, ligaments, tendons and other connective tissue. It is well established that as a consequence of normal aging, we see many changes in the musculoskeletal system that can lead to decreased mobility and quality of life. Decreases in bone density, changes in cartilage and connective tissue, and altered muscle function can all occur as part of the normal aging process. Fortunately, a healthful diet, exercise and proper supplementation can help us maintain healthy mobility and an active lifestyle well into our later years.†



## CLINICAL ADVISOR:

**Martin P. Gallagher, M.D., D.C.†**

Dr. Martin Gallagher has the rare distinction of being triple-licensed as a board-certified family physician, chiropractor and medical acupuncturist. He has extensive experience lecturing on integrative medicine and chiropractic care. Dr. Gallagher also co-developed the Douglas Laboratories Joint, Tendon, Ligament formulas to use for musculoskeletal support or in conjunction with regenerative therapies, such as prolotherapy, PRP, acupuncture and manipulation.†

Dr. Gallagher's clinical guidelines for Joint & Musculoskeletal support† can be found at [douglaslabs.com/bone-joint](https://douglaslabs.com/bone-joint)

## JOINT, MUSCLE, DISC



Boswellia-Turmeric Complex tablets contain a combination of three standardized botanical extracts: *Boswellia serrata*, turmeric root and devil's claw. This formula can help provide normal recovery support after exercise or activity of the joints and muscles.†

## Boswellia-Turmeric Complex

**Formula**                      **Size**

INF                              60 Tablets

Suggested Usage: 2 daily

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
<i>Boswellia serrata</i> (gum).....750 mg	*
(dried extract, standardized to 65% boswellic acids)	
Turmeric Root.....750 mg	*
(dried extract, standardized to 95% total curcuminoids)	
Devil's Claw Root.....100 mg	*
(dried extract, standardized to 5% total iridoid glycosides expressed as harpagoside)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, silica, magnesium stearate, ethylcellulose, purified water, ammonium hydroxide, medium chain triglycerides, oleic acid and sodium alginate.

## Ayur-Boswellia Serrata

**Formula**                      **Size**

7671                              90 Capsules

Suggested Usage: 1 daily

Ayur-Boswellia supplies 200 mg of standardized Ayurvedic Boswellia extract for joint and systemic support.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Boswellia serrata Extract..... 200 mg	*
( <i>Boswellia serrata</i> , gum) (standardized to 65% Boswellic Acids)	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, silica and vegetable stearate.

## Ayur-Curcumin (Turmeric)

**Formula**                      **Size**

7683                              90 Capsules

Suggested Usage: 1 daily

An Ayurvedic Curcumin supplying 300 mg of turmeric in each capsule for support of healthy joint and tissue function.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Turmeric (rhizome)..... 300 mg	*
( <i>Curcuma longa</i> ) Standardized to 95% curcumin	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Bromelain-5000

**Formula**                      **Size**

7500                              60 Capsules

Suggested Usage: 1-3 daily, between meals

Bromelain-5000 supplies a potent, high enzymatic activity of 5,000 mcu (milk clotting units) per capsule. Bromelain is a proteolytic enzyme indicated for support of the musculoskeletal system.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Bromelain .....5,000 mcu	*
(milk clotting units)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

Dr. Martin Gallagher has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Cetyl Myristoleate

Formula	Size
79809	60 Capsules

Suggested Usage: 1 daily

Cetyl Myristoleate supplies 500 mg of cetylated fatty acids and 18% cetyl myristoleate for support of healthy joints and tissues.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Cetyl Myristoleate Complex..... 500 mg [yielding 18% cetyl myristoleate]	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), vegetable stearate and silica.

## Gluco-Flex Forte®

Formula	Size
80690	90 Capsules

Suggested Usage: 1 daily

Gluco-Flex Forte® is a blend of glucosamine sulfate, n-acetyl glucosamine and bovine cartilage. The combination of these products has been carefully formulated and specifically designed to help maintain the structure and function of healthy joints. Individual results may vary.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
N-Acetyl Glucosamine..... 250 mg	*
Glucosamine Sulfate (from crab and shrimp) ..... 250 mg	*
Bovine Cartilage ..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) dicalcium phosphate, magnesium silicate and vegetable stearate.

## Glucosamine + MSM Forte™

Formula	Size
83909	60 Capsules

120 Capsules  
250 Capsules

Suggested Usage: 1 daily

Glucosamine + MSM Forte™ capsules contain 500 mg of pure glucosamine sulfate and 250 mg of methylsulfonylmethane (MSM). Ascorbic acid and bromelain are also included to provide additional aid in maintaining the health of aging joints. Individual results may vary.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) ..... 50 mg	83%
Glucosamine Sulfate 2KCl (from crab and shrimp)..... 500 mg	*
Methylsulfonylmethane (MSM) ..... 250 mg	*
Grape seed extract (containing proanthocyanidins)..... 10 mg	*
Bromelain ..... 10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

OptiMSM® (distilled methylsulfonylmethane) is a proprietary ingredient exceeding industry standards for optimal purity. OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc

## Glucosamine Plus™

Formula	Size
GCSP	120 Vegetarian Capsules

Suggested Usage: 1-3 daily

Glucosamine Plus™ contains a combination of glucosamine sulfate and chondroitin sulfate. Glucosamine sulfate is a well-absorbed source of glucosamine, an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues, primarily joint cartilage, and helps support existing cartilage. Individual results may vary.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 120

Amount Per Serving	%DV
Glucosamine Sulfate 2KCl (from crab and shrimp).....250 mg	*
Chondroitin Sulfate..... 200 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Glucosamine Plus™ Extra Strength

Formula	Size
GSXV	90 Vegetarian Capsules

Suggested Usage: 1-3 daily

Glucosamine Plus™ Extra Strength capsules contain a combination of high-dose glucosamine sulfate and chondroitin sulfate. Glucosamine sulfate is an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues. Individual results may vary.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Glucosamine 2KCl (from crab and shrimp) ..... 500 mg	*
Chondroitin Sulfate..... 400 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate.

## Glucosamine Sulfate

Formula	Size
80688	60 Capsules 250 Capsules

Suggested Usage: 1 daily

Glucosamine Sulfate is a well-absorbed source of glucosamine, an important precursor for the synthesis and maintenance of connective tissues. Individual results may vary.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Potassium.....65 mg	2%
Glucosamine Sulfate 2KCl ..... 500 mg (from Glucosamine Sulfate Potassium) (from crab and shrimp)	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and magnesium silicate.

## Hyaluronic Acid

Formula	Size
202262	60 Vegetarian Capsules

Suggested Usage: 1 capsule, 1-2 times daily

Hyaluronic acid (HA) is produced by keratinocytes and is a member of a large family of glycosaminoglycans, the main components of the extracellular matrix. It is abundant in tissues and fluids, with the highest concentrations in synovial fluid, vitreous humor and skin. HA helps to support joint health and provides supplemental support for skin health.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Hyaluronic Acid (from sodium hyaluronate) .....70 mg (low molecular weight)	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule).

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

[ Formulated by Martin P. Gallagher, M.D., D.C. ]\*

## Joint, Tendon, Ligament I

**Formula**                      **Size**  
 201691                      90 Vegetarian Capsules  
**Suggested Usage:** 3 daily

Joint, Tendon, Ligament I is formulated with specific ingredients to support joint function and the ligament structure. Cynatine® FLX is a solubilized keratin, a protein found naturally in the body with natural antioxidant activity clinically shown to support joint function and resilience. AprésFlex® is the next-generation Boswellia serrata extract providing enhanced-absorption AKBA for healthy joints. This formula can be combined with Joint, Tendon, Ligament II if indicated for optimal results.‡

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Manganese (as amino acid chelate) ..... 2 mg	100%
Cynatine® FLX (soluble Keratin)..... 500 mg	*
MSM (methylsulfonylmethane) ..... 400 mg	*
L-Arginine..... 400 mg	*
L-Proline..... 250 mg	*
Glycine ..... 250 mg	*
AprésFlex® <i>Boswellia serrata</i> extract (gum resin) ..... 100 mg	*
(standardized to 20% 3-O-Acetyl-11-Keto-B-Boswellic Acid)	
Strawberry fruit Extract..... 25 mg	*
( <i>Fragaria vesca</i> )(standardized to 2% polyphenols)	
Spinach leaf Extract ..... 25 mg	*
( <i>Spinacia oleracea</i> )(standardized to 1.5% polyphenols)	
Silicon (as amino acid chelate) ..... 15 mg	*
Enzogenol® Pine Bark Extract ..... 10 mg	*
( <i>Pinus radiata</i> )(standardized to 80% proanthocyanidins)	
Hyaluronic Acid (as sodium hyaluronate)..... 5 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate and silica.

Cynatine® FLX is a registered trademark of Roxlor, LLC.

Enzogenol® is a registered trademark of Enzo Nutraceuticals.

AprésFlex® is a registered trademark of Laila Nutraceuticals exclusively licensed to PL Thomas – Laila Nutra LLC. U.S. Patent #8,551,496 and other patents pending.

[ Formulated by Martin P. Gallagher, M.D., D.C. ]\*

## Joint, Tendon, Ligament II

**Formula**                      **Size**  
 201690                      90 Vegetarian Capsules  
**Suggested Usage:** 3 daily

Joint, Tendon, Ligament II (Stem Cell Support‡) is a unique formula designed to support healthy stem cell function and tissue health. Vitamin C plays a role in supporting the function of mesenchymal cells. Folate and vitamin B<sub>12</sub> are essential for cellular health. The combination of L-carnosine, vitamin D<sub>3</sub>, green tea and blueberry have been studied for their ability to support stem cell activity. This formula can be combined with Joint, Tendon, Ligament I for optimal results.‡

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid) ..... 1,000 mg	1,667%
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Vitamin K <sub>2</sub> (as menaquinone-7)..... 45 mcg	56%
Folate (as L-methylfolate, Metafolin®)..... 400 mcg	100%
Vitamin B <sub>12</sub> (methylcobalamin) ..... 500 mcg	8,333%
L-Carnosine ..... 250 mg	*
Green Tea leaf Extract ..... 250 mg	*
( <i>Camellia sinensis</i> )(standardized to 98% polyphenols, 80% catechins, 45% EGCG, decaffeinated)	
Wild Blueberry fruit Extract ..... 250 mg	*
( <i>Vaccinium angustifolium</i> ) (standardized to 4% polyphenols)	
Pterostilbene (methylated resveratrol, pTeroPure®)..... 50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, silica and vegetable stearate.

pTeroPure® is a trademark of ChromaDex, Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Mag-Malate

**Formula**                      **Size**  
 MGM                              90 Tablets  
**Suggested Usage:** 1-3 daily

Mag-Malate tablets provide magnesium and malic acid, two key nutrients involved in energy production and muscular function.‡

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Magnesium (as magnesium amino acid chelate/oxide)..... 100 mg	25%
Malic acid ..... 400 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, stearic acid, silica, vegetable stearate, hydroxypropyl methylcellulose, glycerin and water.



## Malic Acid + Magnesium Tablets

Formula	Size
85059	180 Tablets

Suggested Usage: 1 daily

Malic Acid + Magnesium provides a professional formula of 500 mg of malic acid, 200 mg magnesium hydroxide, 30 mg Vitamin C and 10 mg of lemon bioflavonoids in an easy to swallow tablet.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 180

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) .....30 mg	50%
Magnesium (from 200 mg Magnesium Hydroxide) .....86 mg	22%
Malic Acid ..... 500 mg	*
Lemon Bioflavonoids ..... 10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Move Active® Once Daily Joint Support‡

Formula	Size
8503	30 Capsules

Suggested Usage: 1 daily

Move Active® Once Daily Joint Support‡ contains UC-II® collagen with undenatured type II collagen from chicken sternum cartilage in a proprietary blend of devil's claw and bromelain formulated for optimal joint health as we age. UC-II® has been shown to support joint comfort and function compared to glucosamine and chondroitin in active individuals, in just one small capsule daily.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 30

Amount Per Serving	%DV
UC-II® Standardized Cartilage .....40 mg	*
Total Collagen ..... 10 mg	
Proprietary Blend .....25 mg	*
Devil's Claw Extract (root) and Bromelain	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), potassium chloride (stabilizer), microcrystalline cellulose and vegetable stearate.

UC-II® brand collagen with undenatured type II collagen (U.S. Patents 7,846,487, 7,083,820 and EPO Patent EP1435906B1; Canadian patent CA 2459981C; and Japanese Patent JP 4800574B2).

UC-II® is a registered trademark of InterHealth N.I.

## Turmeric Max-V

Formula	Size
77377	60 Vegetarian Capsules

Suggested Usage: 1 daily

Turmeric Max-V supplies 100 mg of turmeric with 95% standardized curcumin. Turmeric provides support for joint and muscle function.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Turmeric Herbal Extract .....100 mg	*
[rhizome] [ <i>Curcuma longa</i> L.] Standardized to provide 95 mg curcumin	
Turmeric (rhizome) (non-standardized).....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose, vegetable stearate and silica.

## Ultra Joint Forte

Formula	Size
99075	90 Tablets

Suggested Usage: 3 daily

Ultra Joint Forte contains a combination of glucosamine, chondroitin, methylsulfonylmethane (MSM), and astaxanthin. Glucosamine HCl is a well-absorbed source of glucosamine, an important precursor for the synthesis and maintenance of connective tissues. Chondroitin sulfate also supports formation of connective tissues, primarily joint cartilage, and helps support existing cartilage. MSM, a derivative of DMSO, is a naturally occurring compound of biologically available sulfur. Astaxanthin is a natural carotenoid that can help modulate the body's normal regulatory response. Individual results may vary.‡

### SUPPLEMENT FACTS

Serving Size 3 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Calcium (as dicalcium phosphate).....275 mg	28%
Phosphorus (as dicalcium phosphate).....240 mg	24%
Glucosamine HCl (from crab and shrimp)..... 1,500 mg	*
Chondroitin Sulfate .....1,200 mg	*
MSM (Methylsulfonylmethane) .....500 mg	*
Astaxanthin ..... 1 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate, silica and titanium dioxide.

**Warning:** If you have an allergy to shellfish, (including crab and shrimp) you should not use this product.

Dr. Martin Gallagher has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Vegetarian Protezyme Forte

Formula	Size
99445	100 Tablets

**Suggested Usage:** 3 daily, 45 minutes before a meal

Vegetarian Protezyme Forte is a blend of several proteolytic enzymes designed to support the body's normal joint function and healing processes. The enzymes present in Vegetarian Protezyme Forte are derived from non-animal sources, making this product suitable for vegetarians and those individuals wishing to avoid animal-derived enzymes.‡

### SUPPLEMENT FACTS

Serving Size 3 Tablets • Servings Per Container 33

Amount Per Serving	%DV
Protease 4.5 (from <i>Aspergillus oryzae</i> ).....	15,000 HUT *
Bromelain (from Pineapple extract) .....	9,000,000 FCCPU *
Protease 6.0 (from <i>Aspergillus oryzae</i> ).....	120,000 HUT *
Serrazimes® .....	120,000 U *
(from <i>Aspergillus oryzae</i> and <i>Aspergillus melleus</i> )	
Papain (from papaya extract) .....	3,000,000 FCCPU *
Rutin .....	150 mg *

\*Daily Value (DV) not established.

Other ingredients: Dicalcium phosphate, cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.

Serrazimes® is a registered trademark of National Enzyme Company.

## Xtra-Cell® Joint Support‡ (Frozen)

Formula	Size
99459	9 ml Bottle - (24 Bottles)

**Suggested Usage:** 1 bottle daily

Xtra-Cell® Joint Support‡ is an innovative frozen liquid extract consisting of selected proteins, peptides and other growth factors and signaling molecules obtained from porcine mesenchyme tissue, as well as a specialized marine liquid cartilage extract.

### SUPPLEMENT FACTS

Each 9 ml Bottle Contains

Amount Per Serving	%DV
Marine Liquid Cartilage Extract (LCE) [Fish].....	0.18 fl. oz (5.25 ml) *
Porcine Mesenchyme Aqueous Extract 125X.....	0.13 fl. oz (3.75 ml) *

\*Daily Value (DV) not established.

Other ingredients: None.

## Xtra-Cell® Mesenchyme (Frozen)

Formula	Size
99456	9 ml Bottle - (8 Bottles)

**Suggested Usage:** 1 bottle weekly

Xtra-Cell® Mesenchyme is an innovative frozen liquid extract consisting of selected proteins, peptides and other growth factors and signaling molecules obtained from porcine mesenchyme tissue.

### SUPPLEMENT FACTS

Each 9 ml Bottle Contains

Amount Per Serving	%DV
Porcine Mesenchyme Aqueous Extract 125X.....	0.3 fl. oz (9 ml) *

\*Daily Value (DV) not established.

Other ingredients: None.

## Xtra-Cell® Formulas

These unique extracts begin with the highest quality raw materials and are manufactured and purified via a patented, low temperature process that involves homogenization, centrifugation, fractionation, ultrafiltration, and microfiltering. The resulting extract is then aseptically bottled, and depending on the product can be immediately flash frozen without the use of preservatives. This process allows for the isolation of a complex of molecules including proteins and peptides that can be selected based on their size and molecular weight. These water-soluble compounds remain in their native state and can function as signaling factors that interact with receptors and ultimately affect cellular function. This process can be applied to different starting materials, allowing for the creation of highly-bioavailable liquid extracts with different molecular profiles that can be targeted for specific applications that include supporting and maintaining cell and tissue health.‡

## WOBENZYM® COMPARISONS

Ingredients	Wobenzym® Plus Dose per 2 Tablets	Wobenzym® PS Dose per 3 Tablets	Wobenzym® N Dose per 3 Tablets
Pancreatin	none	none	300 mg
Papain	none	none	180 mg
Bromelain	270 mg	270 mg	135 mg
Rutin	300 mg	300 mg	150 mg
Trypsin	144 mg	144 mg	72 mg
Chymotrypsin	none	none	3 mg
Pill Description	Round tablet slightly larger than PS/N	Small round tablet	Small round tablet
Daily Dose	4 tablets	6 tablets	6 tablets
Attributes†	Convenient dosing / Active lifestyle	Higher potency / Acute use	General wellness / Broad-spectrum long-term use

**Wobenzym® N**

Formula	Size
201213	100 Tablets
	200 Tablets
	400 Tablets
	800 Tablets

Suggested Usage: 3, twice daily, 45 minutes before a meal

Wobenzym® N is the authentic German formula of systemic enzymes. This well-known classic enzyme preparation is designed to promote healthy joints and muscles, as well as systemic processes that contribute to the healthy aging process.‡

**SUPPLEMENT FACTS**

Serving Size 3 Tablets

Amount Per Serving	%DV
Pancreatin <sup>†</sup> 56,000 USP units protease (pancreas) ..... 300 mg	*
<i>Sus scrofa</i>	
Papain <sup>†</sup> 492 FIP-units <sup>‡</sup> <i>Carica papaya</i> ..... 180 mg	*
Bromelain <sup>†</sup> 675 FIP-units <i>Ananas comosus</i> ..... 135 mg	*
Trypsin <sup>†</sup> 2,160 FIP-units (pancreas) ..... 72 mg	*
<i>Sus scrofa</i> and/or <i>Bos taurus</i>	
Chymotrypsin <sup>†</sup> 900 FIP-units (pancreas) <i>Bos taurus</i> ..... 3 mg	*
Rutoside trihydrate <sup>†</sup> (Rutin) <i>Sophora japonica</i> ..... 150 mg	*

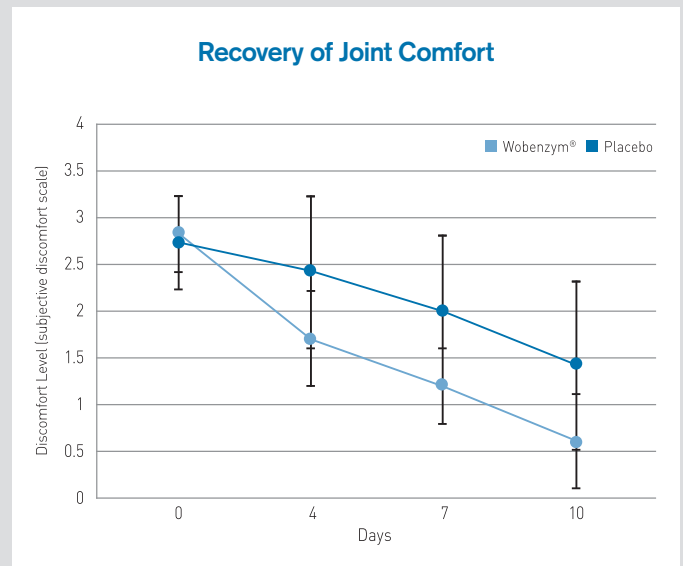
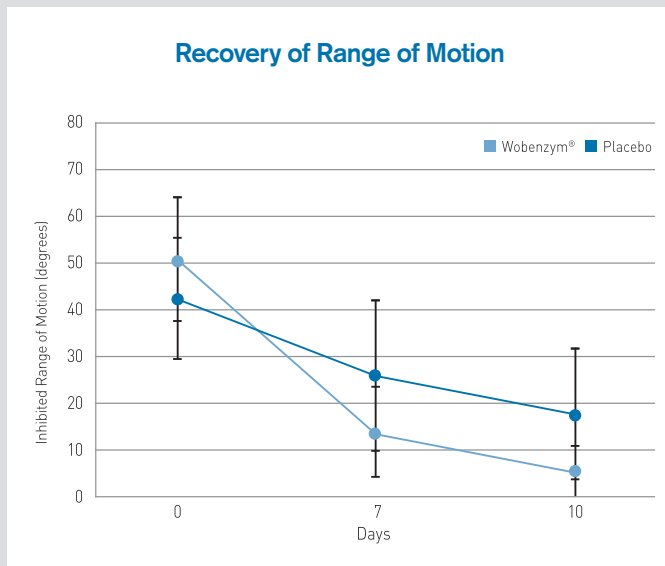
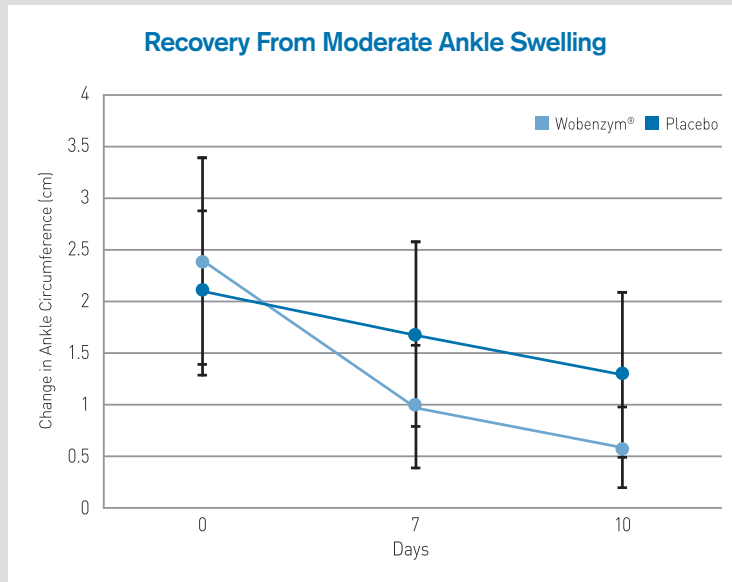
\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable-based enteric coating, vegetable stearate, natural vanilla flavor, purified water.

<sup>†</sup>From dried purified aqueous extracts

<sup>‡</sup>FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

## WOBENZYM® FOR JOINT HEALTH‡



### Summary Findings

- All subjects received Wobenzym® vs. placebo daily and were evaluated after 10 days for ankle comfort, mobility, swelling, and the number of days until subject was able to return to work and/or exercise training. Wobenzym® demonstrated superiority compared to placebo.‡
- Subjects who received Wobenzym® experienced improvement at day 7 and were able to return to work and/or training faster than the comparator.‡

Rahn HD. Deutsche Zeitschrift für Sportmedizin 1995;9:426-431.

## Wobenzym® Plus

Formula	Size
201910	120 Tablets
	240 Tablets
	480 Tablets

**Suggested Usage:** 2, twice daily, 45 minutes before a meal

Clinically researched Wobenzym® Plus is the most potent Wobenzym® formula yet. With its increased activity compared to Wobenzym® N and a convenient, 4-tablets-a-day dose, patients require fewer pills to consume than other Wobenzym® formulations. Wobenzym® Plus is offered in the form of enteric-coated tablets and provides a specific formulation of proteolytic enzymes to help maintain healthy joint function, offer temporary relief of everyday aches, pains and muscle soreness, and support fast recovery following exertion. Wobenzym® has been made in Germany since the 1960s and has been clinically researched over the past 50+ years in over 200 clinical trials.‡

### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Bromelain <sup>†</sup> (1350 FIP <sup>‡</sup> -units)..... 270 mg (from pineapple ( <i>Ananas comosus var comosus</i> ) stem)	*
Trypsin (4320 FIP <sup>‡</sup> -units)..... 144 mg (from porcine ( <i>Sus scrofa</i> ) or bovine ( <i>Bos taurus</i> ) pancreas)	*
Rutoside trihydrate (Rutin) ..... 300 mg (from <i>Styphnolobium japonicum</i> flower bud)	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable stearate, enteric coating (sodium alginate, medium chain triglycerides, ethylcellulose, stearic acid, oleic acid, purified water) and purified water.

<sup>†</sup>From dried purified aqueous extract.

<sup>‡</sup>FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

## ANOTHER JOINT, MUSCLE, DISC FORMULA

202028 Optimized Curcumin ..... Pg. 44

## Wobenzym® PS

Formula	Size
200870	100 Tablets
	180 Tablets

**Suggested Usage:** 3, twice daily, 45 minutes before a meal

Wobenzym® PS contains the authentic German Phlogenzym formula used by health professionals in Europe, providing a clinically supported formulation of specific systemic enzymes to help maintain healthy joints, mobility and flexibility. Wobenzym® PS (Professional Strength) is offered in the form of enteric-coated tablets and is available exclusively to health professionals.‡

### SUPPLEMENT FACTS

Serving Size 3 Tablets

Amount Per Serving	%DV
Bromelain <sup>†</sup> 1,350 FIP-units <sup>‡</sup> <i>Ananas comosus</i> ..... 270 mg	*
Trypsin <sup>†</sup> 4,320 FIP-units (pancreas) ..... 144 mg <i>Sus scrofa/Bos taurus</i>	*
Rutoside trihydrate (Rutin) <i>Sophora japonica</i> ..... 300 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable-based enteric-coating, vegetable stearate, silica, natural vanilla flavor.

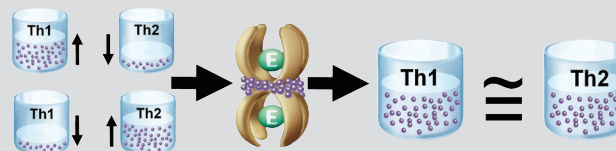
<sup>†</sup>From dried purified aqueous extract.

<sup>‡</sup>FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

### Cytokines and a Balanced Immune System with Systemic Enzymes<sup>‡</sup>



After the enzymes are absorbed, protease molecules can bind with molecules found within the blood, resulting in the formulation of an  $\alpha$ -2-macroglobulin-protease complex. This newly formed complex results in a change in its affinity to bind certain cytokines. Once a cytokine is bound to the protease, the entire complex is able to be eliminated from the body. A balance between Th1 and Th2 cytokine responses is best for optimal health.‡



Lorkowski G. *Int J Physiol Pathophysiol Pharmacol* 2012;4(1):10-27.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# OSTEO SUPPORT



Cal-6+Mg.™ is a special chelate complex of six sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure. Calcium and magnesium are two primary minerals for supporting healthy bones and teeth as we age.†

## Cal-6+Mg.™

Formula	Size
7015	90 Tablets
	250 Tablets

Suggested Usage: 3 daily

### SUPPLEMENT FACTS PL

Serving Size 3 Tablets

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....50 mg	83%
Vitamin D <sub>3</sub> .....400 IU	100%
Calcium.....750 mg	75%
(from Calcium Citrate/Gluconate/Carbonate/Lactate/Ascorbate and Microcrystalline Hydroxyapatite)	
Magnesium.....375 mg	94%
(from Magnesium Chelate/Oxide/Carbonate complex)	
Boron (from Boron Aspartate/Citrate).....3 mg	*

Glutamic Acid (from 75 mg Glutamic Acid HCl).....60 mg	*
L-Lysine (from 36 mg L-Lysine HCl).....29 mg	*

\*Daily Value (DV) not established.

Other ingredients: Other ingredients: Cellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.

## Bone CoFactors

Formula	Size
201940	180 Capsules

Suggested Usage: 6 daily

Bone CoFactors is formulated to provide essential vitamins and minerals in combination with a milk protein fraction called MBP® that helps to support bone strength. MBP® has the distinctive function of balancing osteoblast and osteoclast activity, which complements the function of other nutrients in Bone CoFactors for bone health.‡

### SUPPLEMENT FACTS

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> .....2,000 IU	500%
Vitamin K <sub>2</sub> (as Menaquinone-7).....90 mcg	113%
Calcium (from Microcrystalline Hydroxyapatite).....500 mg	50%
Phosphorus (from Microcrystalline Hydroxyapatite).....225 mg	23%
Magnesium (as Magnesium Glycinate Chelate Complex)....200 mg	50%
Zinc (as zinc monomethionine, OptiZinc®).....10 mg	67%
Copper (as Copper Amino Acid Chelate).....1 mg	50%
Manganese (as Manganese Amino Acid Chelate).....2 mg	100%
Boron (as Boron Amino Acid Chelate).....3 mg	*
MBP® (Milk Protein).....40 mg	*

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Gelatin (capsule, from bovine), cellulose, vegetable stearate, silica.

MBP® is a registered trademark of MEGMILK SNOW BRAND Co., Ltd. in the U.S.A. MBP® is protected under multiple U.S. patents.

OptiZinc® is a trademark of InterHealth N.I.

## DIFFERENCES IN FUNCTION BETWEEN MBP® AND OTHER SUBSTANCES IN BONE COFACTORS

Ingredients	Calcium Nutrition		Promotion of Bone Formation†			Inhibition of Bone Resorption†	
	Provides calcium	Accelerates calcium absorption†	Increases the number of osteoblasts†	Promotes collagen formation by osteoblasts†	Promotes bone calcification†	Reduces the number of osteoclasts†	Inhibits bone resorption by osteoclasts†
MBP®			•	•		•	•
Vitamin D		•					
Vitamin K					•	•	
Calcium	•						
Magnesium				•			

## Dyna-Cal Extra-Strength Calcium/Magnesium Complex

**Formula** **Size**

202036 250 Tablets

**Suggested Usage:** 4 daily

Dyna-Cal tablets provide high dose elemental calcium together with significant amounts of vitamin D and magnesium. Other nutrients are also included to assist the body in maintaining healthy bone structure.‡

### SUPPLEMENT FACTS

Serving Size 4 Tablets • Servings Per Container 62

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) .....80 mg	133%
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl).....20 IU	67%
Calcium (from Calcium Carbonate/Citrate)..... 1,500 mg	150%
Magnesium (from Magnesium Oxide/Citrate).....420 mg	105%
Manganese (from Manganese Sulfate)..... 10 mg	500%
Boron (as Boron Citrate)..... 400 mcg	*
Betaine HCl.....80 mg	*
Glutamic Acid HCl.....20 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, stearic acid, vegetable stearate, silica, coating [water, polyvinyl alcohol, magnesium silicate, polyethylene glycol, titanium dioxide].

## Ipriflavone

**Formula** **Size**

IPR 60 Capsules

**Suggested Usage:** 1, twice daily

Ipriflavone capsules contain 300 mg of ipriflavone, a type of isoflavone. Isoflavones are one of many classes of flavonoids, phytochemicals widely recognized and studied for their numerous health benefits.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Ipriflavone ..... 300 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, water, and magnesium stearate.

## Liquid Cal/Mag/D

**Formula** **Size**

57568 450 ml (15 fl. oz.)

**Suggested Usage:** 2 tsp (10 ml) daily

Liquid Cal/Mag/D provides the essential nutrients for bone health—calcium, magnesium, and vitamin D<sub>3</sub>—in a great-tasting raspberry-flavored liquid, sweetened naturally with stevia and xylitol.‡

### SUPPLEMENT FACTS

Serving Size 2 Teaspoons (10 ml) • Servings Per Container 45

Amount Per Serving		%DV
Vitamin D <sub>3</sub> (as cholecalciferol)..... 1,000 IU		250%
Calcium (as calcium citrate) .....350 mg		35%
Magnesium (as magnesium citrate)..... 175 mg		44%

\*Daily Value (DV) not established.

Other ingredients: Purified water, xylitol, natural raspberry flavor, medium chain triglycerides, citric acid, xanthan gum, organic stevia leaf extract, potassium sorbate, rosemary leaf extract, and natural mixed tocopherols.

## Osteo-Guard® Plus Ipriflavone

**Formula** **Size**

OSG-IP 120 Tablets

**Suggested Usage:** 2 daily

Osteo-Guard® Plus Ipriflavone combines ipriflavone, a flavonoid, with calcium from microcrystalline calcium hydroxyapatite compound (MCHC) prepared from whole bone, and magnesium from amino acid chelate with excellent bioavailability. Osteo-Guard® Plus Ipriflavone also provides phosphorus (as microcrystalline hydroxyapatite), trace minerals, bone matrix proteins, amino acids, and glycosaminoglycans.‡

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 60

Amount Per Serving		%DV
Vitamin D <sub>3</sub> (as cholecalciferol) ..... 200 IU		50%
Vitamin K <sub>1</sub> (as phytonadione) ..... 100 mcg		125%
Calcium (as microcrystalline hydroxyapatite) ..... 300 mg		30%
Phosphorus (as microcrystalline hydroxyapatite).....144 mg		14%
Magnesium (as magnesium amino acid chelate) ..... 125 mg		31%
Ipriflavone ..... 300 mg		*
Boron (as boron aspartate-citrate) .....0.25 mg		*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, calcium carbonate, dicalcium phosphate, croscarmellose sodium, vegetable stearate, silica, water, polyethylene glycol, magnesium silicate, (poly) ethenol, and polysorbate 80.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Strontium

**Formula**                      **Size**  
 200242                      90 Vegetarian Capsules  
**Suggested Usage:** 1-3 daily

Strontium capsules provide 200 mg of elemental strontium in each vegetarian capsule. The trace mineral strontium supports healthy bone structure by promoting healthy osteoblast activity while maintaining healthy osteoclast activity.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Strontium (from strontium citrate) ..... 200 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Ultra-Ostivone™

**Formula**                      **Size**  
 83916                      60 Vegetarian Capsules  
**Suggested Usage:** 1, twice daily

Ultra-Ostivone™ is a dietary supplement with highly absorbable calcium, vitamin D, and ipriflavone that provides nutritional support for bone structure and function.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin D.....50 IU	13%
Calcium (from Calcium Citrate/Carbonate Complex)..... 150 mg	15%
Ostivone™ (Ipriflavone)..... 300 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Ostivone™ is a trademark of TSI.

**JOINT AND MUSCULOSKELETAL SUPPORT PROTOCOL**  
(Developed by Martin P. Gallagher, M.D., D.C. 1)

**Purpose of Objectives:**  
 This protocol provides supplemental recommendations and dosing guidelines to support the health of joints, tendons, ligaments, soft tissues and musculoskeletal structures.

General Objective	Support Protocol	Dosing
<b>Build Bone Health</b> • To help support healthy bone structure	<b>K2D3 WITH Vitamins D3 &amp; Mg</b>	• 1 capsule daily • 1 capsule daily with food
<b>Advanced Bone Support</b> • To support healthy bone structure	<b>Bone Carboxides</b>	• 1 capsule daily with food
<b>Joint Joint Support</b> • To help support healthy joint and ligament structure	<b>Glucosamine 2, MSM, Fucos</b> <b>Chondroitin 800, Shark Cartilage</b>	• 2 capsules daily • 1 capsule daily
<b>Cartilage Health</b> • To help maintain healthy cartilage • To help support healthy joint and ligament structure	<b>Matrix Builder - Shark Cartilage Joint Support</b> <b>Hydrolyzed Acid Vegetarian Source</b> <b>MSM Plus 1000 mg MSM</b>	• 1 capsule daily with food • 1 capsule daily • 1 capsule daily with food
<b>Joint Comfort</b> • To support healthy joint structure, mobility, and function	<b>Joint, Tendons, Ligaments 1</b> <b>Optimalase (Curcumin 95%)</b> <b>MSM Plus 1000 mg MSM</b>	• 2 capsules daily • 1 capsule daily • 1 capsule daily with food
<b>Reduce Inflammation and Regeneration</b> <b>Joint Therapy (Prostaglandin Synthase Inhibitor)</b> • To support healthy joint structure and function	<b>Joint, Tendons, Ligaments 2</b> <b>Joint, Tendons, Ligaments 3</b>	• 1 capsule daily • 1 capsule daily with food
<b>Muscle Support Therapy</b> • To help support healthy muscle structure and function • To help support healthy joint and ligament structure • To help support healthy bone structure	<b>Muscle Support 1</b> <b>Muscle Support 2</b> <b>Muscle Support 3</b>	• 1 capsule daily with food • 1 capsule daily with food • 1 capsule daily with food • 1 capsule daily with food • 1 capsule daily with food • 1 capsule daily with food

Available for download at: [www.douglaslabs.com/joint\\_support\\_protocol](http://www.douglaslabs.com/joint_support_protocol)

TO ORDER VISIT US @ DOUGLASLABS.COM OR CALL TOLL FREE @ 1-800-245-4440

Download our **Joint & Musculoskeletal Support Protocols**† at: [douglaslabs.com/bone-joint](http://douglaslabs.com/bone-joint)





# COGNITIVE & MOOD SUPPORT FOR EMOTIONAL WELLNESS‡

Douglas Laboratories® offers two formulas developed with Clinical Advisor Dr. Peter Bongiorno that offer beneficial nutrients to help balance mood and support emotional well-being.‡

Neurotransmitter Balance‡ contains important complementary nutrients for multiple neurotransmitters to help with mood stabilization. One unique ingredient, Venetron®, has been shown in clinical studies to support serotonin and promote restful sleep.‡

Mood Systems Balance‡™ offers a blend of effective ingredients including saffron extract, Rhodiola and Longvida® Optimized Curcumin to support cognition, HPA axis physiology and glucose metabolism.‡

Longvida® is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.  
Venetron® is a registered trademark of Tokiwa Phytochemical Co., Ltd.



Visit [douglaslabs.com/cognitive-mood](https://douglaslabs.com/cognitive-mood) to view our Mood Support‡ Clinical Guidelines by Douglas Laboratories' retained Clinical Advisor Peter Bongiorno, N.D.

**DOUGLAS LABORATORIES** | PUSHING POTENTIAL.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# COGNITIVE & MOOD

As we age, changes occur in many areas of our brain—notably, the prefrontal cortex and hippocampus—that can affect brain volume, neurotransmitter levels, protein and glucose metabolism, blood flow, and blood vessel structure. These changes may impact our memory recall, ability to perform tasks and emotional well-being, and compromise our overall quality of life. Factors such as genetics, diet, exercise and the environment can all influence cognitive health during our later years. Emerging research continues to focus on how we may be able to provide nutritional support during many of the normal, age-related changes we observe in brain function and mood.‡



## EMOTIONAL WELLNESS

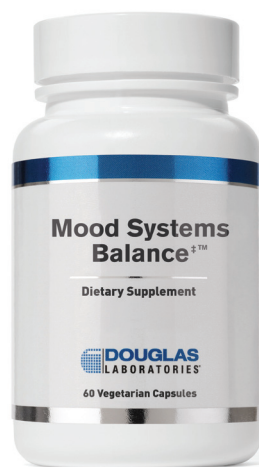


### CLINICAL ADVISOR:

Peter Bongiorno, N.D., L.Ac.†

Dr. Bongiorno is president of the NY Association of Naturopathic Physicians and co-medical director of Inner Source Health in New York with his wife, Dr. Pina LoGiudice. In 2010, he authored the first comprehensive textbook designed to teach physicians how to use natural medicine for mood support. Dr. Bongiorno has been regularly interviewed on national television and radio as a natural medicine expert, and writes articles for national media, including Psychology Today.

Dr. Bongiorno's clinical guidelines for Mood Support‡ can be found at [douglaslabs.com/cognitive-mood](http://douglaslabs.com/cognitive-mood)



Mood Systems Balance+™ is a blend of beneficial ingredients targeted to balance the body's systems correlated with mood and a sense of well-being. Saffron extract, Rhodiola, Longvida® Optimized Curcumin, chromium and

berberine support mood, neurotransmitters, cognition, HPA axis physiology, healthy blood glucose regulation and digestion. This formula can be taken in conjunction with Neurotransmitter Balance‡ if indicated for complete emotional wellness support.‡

[ Formulated by Peter Bongiorno, N.D., L.Ac. ]<sup>†</sup>**Mood Systems Balance<sup>†™</sup>****Formula** **Size**

202138 60 Vegetarian Capsules

Suggested Usage: 2 daily

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate) <sup>†</sup> ..... 400 mcg	333%
<i>Rhodiola rosea</i> root Extract..... 340 mg	*
(standardized to 3% rosavins)	
Berberine HCl.....250 mg	*
LONGVIDA <sup>®</sup> Optimized Curcumin Extract ..... 200 mg	*
(from <i>Curcuma longa</i> root)	
Saffron Extract..... 15 mg	*
( <i>Crocus sativus</i> L, <i>stigmas</i> ) (standardized to 2% safranal)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, ascorbyl palmitate, and silica.

Longvida<sup>®</sup> is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.Zychrome<sup>®</sup> is a trademark of InterHealth N.I.<sup>†</sup>Zychrome<sup>®</sup> brand chromium dinicocysteinate Trademark of InterHealth N.I.[ Formulated by Peter Bongiorno, N.D., L.Ac. ]<sup>†</sup>**Neurotransmitter Balance<sup>†</sup>****Formula** **Size**

202136 60 Vegetarian Capsules

Suggested Usage: 2 daily

Neurotransmitter Balance<sup>†</sup> is a dietary blend of several ingredients to support mood and feelings of emotional wellness by optimizing neurotransmitters. Important complementary nutrients for multiple neurotransmitters are included in this formula to support mood. The unique ingredient Venetron<sup>®</sup>, a Rafuma leaf extract, is a safe botanical alternative to St. John's Wort. Venetron's bioactive properties, including hyperoside and isoquercetin, have been shown in clinical studies to work through the GABA system to support a sense of calmness, well-being, and to promote restful sleep.<sup>‡</sup>

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
L-Tyrosine ..... 300 mg	*
<i>Mucuna pruriens</i> Extract (seed) ..... 100 mg	*
SAMe (S-Adenosylmethionine) ..... 200 mg	*
(from S-Adenosyl-L-methionine disulfate p-toluenesulfonate)	
5-HTP (as L-5-hydroxytryptophan).....75 mg	*
Venetron <sup>®</sup> (Rafuma leaf extract) ( <i>Apocynum venetum</i> L.) .....50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), calcium chloride, calcium oxide.

Venetron<sup>®</sup> is a registered trademark of Tokiwa Phytochemical Co., Ltd.**Modulation of MAO<sup>‡</sup>**

Rhodiola, berberine and curcumin may function to maintain healthy activity of monoamine oxidase-A, an enzyme involved in the degradation of norepinephrine and serotonin.<sup>‡</sup>

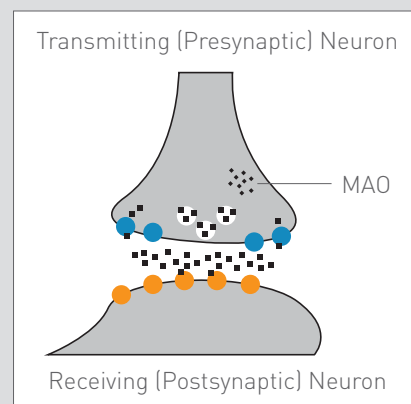
**Norepinephrine or Serotonin synapse**

Norepinephrine and serotonin are normally destroyed by the enzyme monoamine oxidase (MAO). Moderating the destruction of norepinephrine and serotonin may allow the neurotransmitters to remain active longer.<sup>‡</sup>

Kulkarni S, Dhir A, Akula KK. Scientific World Journal. 2009;9:1233-41.

Eur J Pharmacol. 2008 Jul 28;589(1-3):163-72.

Alternative Medicine Review 2002. Volume 7, Number 5



● Neurotransmitter Transporter (or reuptake site)  
● Neurotransmitter Receptor

<sup>†</sup>Dr. Peter Bongiorno has been retained as a medical consultant in advising Douglas Laboratories.<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Brain Energy

Formula	Size
98723	60 Vegetarian Capsules

**Suggested Usage:** 1 capsule in morning, 1 capsule at lunch

Brain Energy supplies essential nutrients and precursor amino acids carefully formulated to provide nutritional support for brain energy and the neurotransmitter dopamine.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
DL-Phenylalanine .....	300 mg *
L-Tyrosine .....	200 mg *
Rhodiola rosea extract .....	75 mg *
(root) (standardized to contain 1% rosavins)	
L-Methionine .....	60 mg *
Octacosanol .....	2 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

## Brain Mood

Formula	Size
98724	60 Vegetarian Capsules

**Suggested Usage:** 1, three times daily

Brain Mood is a blend of ingredients to support emotional well-being.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Thiamine (as Thiamine HCl) .....	15 mg 1,000%
Niacinamide .....	25 mg 125%
Folic Acid .....	300 mcg 75%
Vitamin B <sub>12</sub> (as cyanocobalamin) .....	250 mcg 4,167%
Pantothenic Acid (as Calcium Pantothenate) .....	25 mg 250%
5-Hydroxytryptophan .....	100 mg *
St. John's Wort Extract (flowers and tops) .....	300 mg *
(standardized to contain 0.3% hypericin)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

## Inositol

Formula	Size
80801	100 Capsules

**Suggested Usage:** 1 daily

Inositol supplies 650 mg of inositol, also known as myo-inositol, for neurological health, behavior and mood stability, and healthy ovarian function.†

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Inositol .....	650 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.

## SAM-e

**Formula**                      **Size**

202170                      60 Vegetarian Capsules

Suggested Usage: 1-2 daily

SAM-e delivers 200 mg of S-adenosyl-methionine in acid-resistant capsules that provide both protection and pH-targeted release in intestinal fluid. SAM-e is a methyl donor in the methylation reactions shown to form monoamine neurotransmitters such as dopamine, serotonin and norepinephrine. Human studies show SAM-e supports positive mood and healthy central nervous system function.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
SAMe ..... 200 mg	*
(S-adenosylmethionine from S-adenosyl-L-methionine disulfate tosylate)	

\*Daily Value (DV) not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, gellan gum, water), microcrystalline cellulose, calcium oxide, ascorbyl palmitate, calcium chloride.

## St. John's Wort Max-V

**Formula**                      **Size**

77373                      60 Vegetarian Capsules

Suggested Usage: 1-2 daily

St. John's Wort Max-V contains 300 mg of St. John's Wort extract, standardized to contain a minimum of 0.3% total hypericin. St. John's Wort extract is widely recognized for its supportive effects on mental and emotional health.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
St. John's Wort Herbal Extract..... 300 mg	*
(flowers and tops) ( <i>Hypericum perforatum</i> )	
Standardized to provide 900 mcg of hypericin	
St. John's Wort (flowers and tops) (non-standardized)..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

‡Dr. Peter Bongiorno has been retained as a medical consultant in advising Douglas Laboratories.

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# COGNITIVE/MEMORY



Optimized Curcumin With Neurophenol® is a unique formula containing two clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol®, a proprietary blend of standardized blueberry and grape extracts.

## Optimized Curcumin With Neurophenol®

**Formula**                      **Size**  
 202028                      60 Vegetarian Capsules  
 Suggested Usage: 2-4 daily

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Longvida® Optimized Curcumin Extract..... 400 mg (from <i>Curcuma longa</i> root)	*
Proprietary Neurophenol® blend..... 300 mg Providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins, and phenolic acids) from: Grape Extract (fruit, <i>Vitis vinifera</i> ) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> )	*

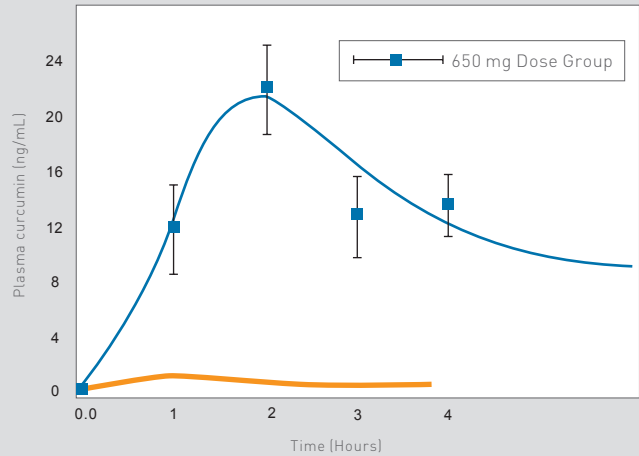
\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate, and silicon dioxide.

Longvida® is patent protected by EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences, Inc.

Neurophenol® is a registered trademark used with permission.

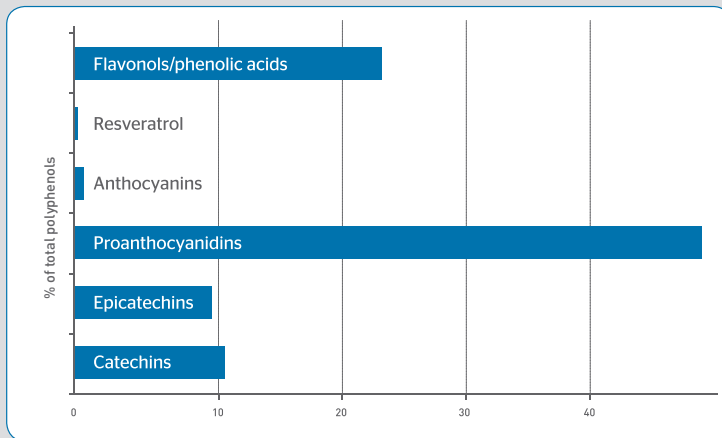
## Longvida® Optimized Curcumin



Longvida® (blue line) is 65 times more bioavailable than 95% curcuminoids (orange line). (Gota et al. 2010)

# The Research: Neurophenol®

## Neurophenol® typical content

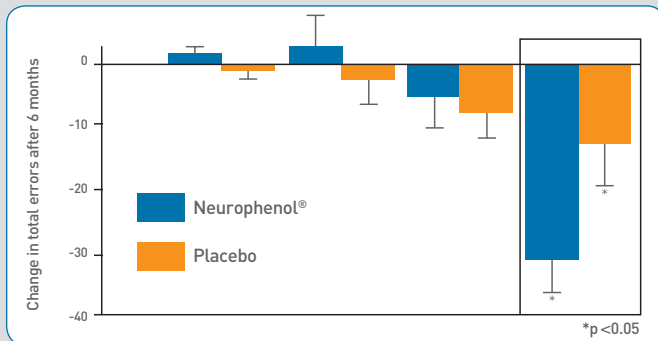


Neurophenol® is a standardized blend of polyphenols obtained from Canadian wild blueberries and French grapes. Blueberries are a source of proanthocyanidins and phenolic acids, while grapes are a source of stilbenes and flavonols. The organic molecules are concentrated according to a manufacturing process developed by Nutra Canada together with Activ'Inside in order to achieve highly purified extracts.

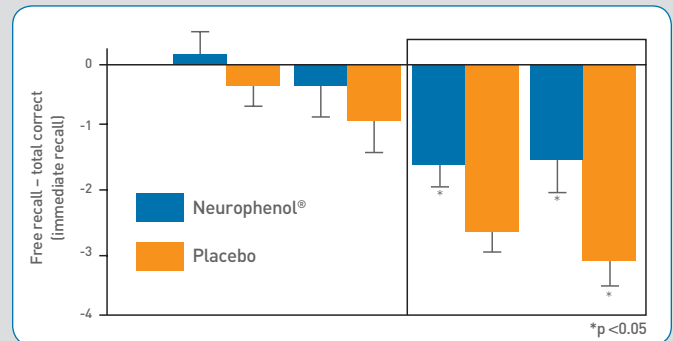
These extracts contain a blend of polyphenols, including monomers, oligomers, flavonols, anthocyanidins and phenolic acids.

Neurophenol® supports cognitive function, as demonstrated in several recent studies. In a recent randomized, double-blind study of 200 healthy individuals between the ages of 60-70, Neurophenol®

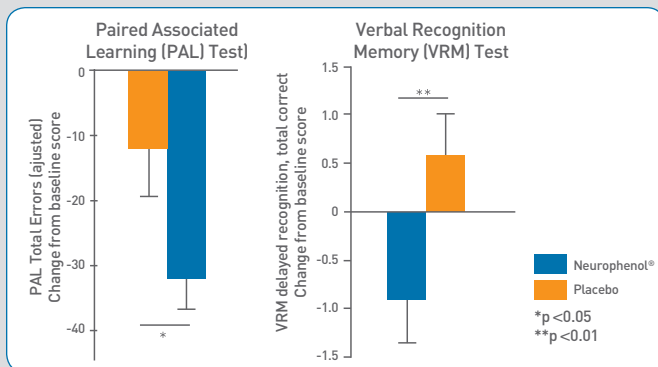
provided significant support for episodic memory and verbal recognition memory. Animal research suggests that Neurophenol® may also support spatial memory. Spatial memory is essential for recording information about orientation in the environment, while recognition memory is a key factor in the ability to recognize previous events. In a multi-national study of 200 older adults, Neurophenol® provided significant support for cognitive performance and memory at a dose of 600 mg per day over a 6 month period. The supplement supported episodic memory or the ability to remember a past event (Figure 1). Neurophenol® also promoted the ability to encode and retrieve verbal information (Figure 2). For both outcomes, significant support was evident in the lowest quartiles of initial performance (Figures 1-3). These actions may be explained, in part, by modulation of the expression of genes involved in neuronal plasticity (Figure 4).<sup>‡</sup>



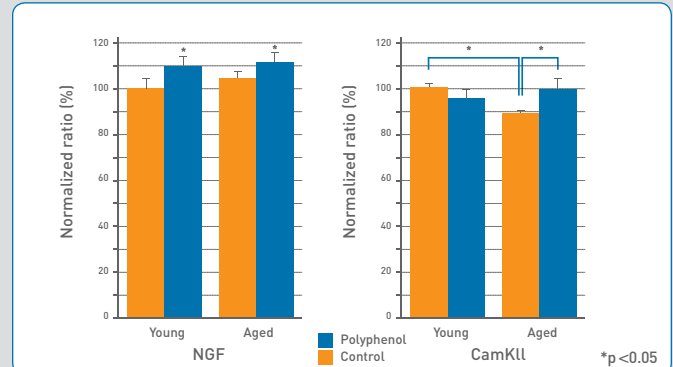
**Figure 1:** Neurophenol® supplementation supported episodic memory in older adults, as determined by paired associate learning test. Significant support was evident in the lowest quartile of initial performance ( $p < 0.05$ ). (box, far right)<sup>‡</sup>



**Figure 2:** Neurophenol® supplementation supported recognition memory in older adults, as determined by verbal recognition memory test. Significant support was evident in the lowest quartiles of initial performance ( $p < 0.05$ ). (box, far right)<sup>‡</sup>



**Figure 3:** Neurophenol® provided significant cognitive benefit to individuals whose scores were lowest at baseline. Results from this group only are shown above. Neurophenol® supported episodic memory (left), indicated by the reduction of total errors in the Paired Associates Learning (PAL) test. Neurophenol® also provided significant support for verbal recognition memory (right).<sup>‡</sup>



**Figure 4:** Neurophenol® supplementation promoted nerve growth factor (NGF) gene expression in both young and aged mice, and Ca<sup>2+</sup> / calmodulin-dependent protein kinase (CamKII) in aged mice. NGF promotes cholinergic nerve function to support spatial memory, while CamKII is involved in signaling cascades related to learning and memory.<sup>‡</sup>

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Brain Memory

Formula	Size
99580	60 Vegetarian Capsules

**Suggested Usage:** 1 capsule before breakfast, 1 capsule before dinner

Brain Memory is a combination of nutrients specially designed to support production of acetylcholine, which plays an important role in brain processes associated with memory.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
GPC Choline (Yielding 50 mg Glyceryl-phosphorylcholine) ..	100 mg *
Acetyl L-Carnitine .....	100 mg *
<i>Ginkgo biloba</i> extract (leaf) .....	25 mg *
(standardized to 24% ginkgo flavone glycosides and 6% terpene lactones)	
<i>Huperzia serrata</i> extract.....	5 mg *
(entire plant, standardized to 1% Huperzine A)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Cogni-flex™

Formula	Size
83915	60 Capsules

**Suggested Usage:** 1 daily

Cogni-flex™ contains a unique combination of bioactives that help support nerve cell function. Animal and in vitro studies suggest that Huperzine A may support cognition by maintaining healthy acetylcholine-mediated neurotransmission.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Huperzine A .....	100 mcg *
<i>Ginkgo biloba</i> (leaf) .....	20 mg *
(standardized to 24% ginkgo flavone glycosides and 6% terpene lactones)	
Phosphatidylserine (from soy) .....	10 mg *
Acetyl-L-Carnitine .....	10 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.



## Ginkgo Biloba Max-V

**Formula**                      **Size**

77330                      60 Vegetarian Capsules

**Suggested Usage:** 1 capsule, twice daily

Ginkgo Biloba Max-V contains 60 mg of the herb *Ginkgo biloba* in a vegetarian capsule. The active ingredients, ginkgo flavone glycosides, can help protect the body's structure and function against damage from free radicals, as well as help maintain healthy circulatory function and mental performance.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Ginkgo Herbal Extract (leaf) ( <i>Ginkgo biloba</i> L.) .....60 mg	*
Standardized to provide 14.4 mg of ginkgo flavone glycosides (24%)	
<i>Ginkgo biloba</i> ( <i>Ginkgo biloba</i> L., leaf) (non-standardized).....150 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose, vegetable stearate and silica.

## Juvenon Pro Cognitive

**Formula**                      **Size**

201308                      90 Vegetarian Capsules

**Suggested Usage:** 3 daily

Juvenon Pro Cognitive contains a unique combination of ingredients to help support overall cognitive and mitochondrial function. In addition to other important ingredients, Juvenon Pro Cognitive contains the patented combination of acetyl-L-carnitine, lipoic acid and biotin that has been the focus of research by an award-winning team of scientists at the University of California, Berkeley. This patented, scientifically researched combination supports healthy gene expression and mitochondrial function in the brain. Juvenon Pro Cognitive also contains lutein, alpha-GPC and a phytonutrient fruit blend. While lutein has traditionally been associated with eye health, emerging research is demonstrating that lutein may play an important role in maintaining proper brain health. Alpha-GPC converts to acetylcholine, an important neurotransmitter that plays a role in cognition. A powerful blend of fruits is added to this formula for powerful antioxidant capacity to help fight free radical stress and support normal brain function.‡

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Biotin.....300 mcg	100%
Acetyl L-Carnitine HCl <sup>†</sup> .....1,000 mg	*
Alpha Lipoic Acid <sup>†</sup> .....400 mg	*
Alpha-GPC (from soy).....100 mg	*
(L-Alpha-glycerolphosphorylcholine)	
VitaBerry <sup>®</sup> Fruit Blend.....100 mg	*
Grape ( <i>Vitis vinifera</i> , fruit), Grape Seed Extract ( <i>Vitis vinifera</i> , seed), Wild Blueberry ( <i>Vaccinium angustifolium</i> , berry), Wild Blueberry Extract ( <i>Vaccinium angustifolium</i> , whole fruit), Raspberry ( <i>Rubus idaeus</i> , berry), Raspberry Seed ( <i>Rubus idaeus</i> , seed) Concentrate, Cranberry ( <i>Vaccinium macrocarpon</i> , berry), Prune ( <i>Prunus domestica</i> , fruit), Tart Cherry ( <i>Prunus cerasus</i> , fruit), Wild Bilberry ( <i>Vaccinium myrtillus</i> L., whole fruit), Wild Bilberry Extract ( <i>Vaccinium myrtillus</i> L., whole fruit), Strawberry ( <i>Fragaria virginiana</i> , whole fruit).	
Lutein.....12 mg	*

\*Daily Value (DV) not established.

Other ingredients: Calcium carbonate, hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, vegetable stearate, and silica.

<sup>†</sup>Under License With Juvenon<sup>®</sup>.

VitaBerry<sup>®</sup> is a registered trademark of VDF FutureCeuticals, Inc., used under license.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Krill Oil

Formula	Size
202182	60 Softgels

Suggested Usage: 2 daily

Krill Oil supplies the omega-3 fatty acids EPA and DHA, phospholipids, and astaxanthin for many health benefits, such as cognitive, heart and joint health.‡

### SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	5
Calories from fat.....	5
Total Fat .....	0.5 g 1%^
Cholesterol .....	10 g 3%^
Krill Oil.....	1,000 mg *
Providing:	
Omega-3 fatty acids.....	300 mg *
EPA.....	150 mg *
DHA.....	90 mg *
Phospholipids.....	400 mg *
Astaxanthin.....	0.75 mg *

\*Daily Value (DV) not established.

Contains: Shellfish (krill).

Other ingredients: Gelatin capsule (bovine gelatin, glycerin, water, sorbitol, and ethyl vanillin).

The krill oil in Krill Oil is NKO®, which is a registered trademark of Neptune Technologies & Bioresources, Inc.

[ Formulated by Patrick Hogan, D.O. ]†

## Neuro Comfort

Formula	Size
202021	60 Vegetarian Capsules

Suggested Usage: 2 daily

Specific nutrients such as coenzyme Q<sub>10</sub>, magnesium, and B-vitamins are associated with functioning of neurological pathways. Neuro Comfort is a formula designed by neurological specialists based on ingredient research to support normal brain neuron sensitivity, cerebral vessel relaxation and healthy mitochondrial function, all of which may lead to overall head comfort.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Riboflavin .....	400 mg 23,529%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B <sub>12</sub> (as Methylcobalamin).....	1,000 mcg 16,667%
Magnesium (from 550 mg Magnesium Glycinate).....	95 mg 24%
Coenzyme Q <sub>10</sub> .....	100 mg *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## NeuroTone®

**Formula** **Size**

NRT 120 Tablets

**Suggested Usage:** 1-2, twice daily

NeuroTone® is a unique, comprehensive combination of 11 nutrients known to help maintain and support the brain's neurological functions.†

### SUPPLEMENT FACTS

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Acetyl-L-Carnitine HCl.....	500 mg *
Phosphatidylserine (from soy) .....	50 mg *
Ginkgo biloba Leaf Extract.....	80 mg *
(min. 24% ginkgo flavone glycosides, min. 6% terpene lactones)	
DMAE bitartrate.....	100 mg *
Choline bitartrate .....	150 mg *
Glutamine.....	500 mg *
L-Pyroglutamic acid.....	250 mg *
Tyrosine .....	250 mg *
Eleutherococcus senticosus (root),.....	150 mg *
(dried extract, min. 0.8% ginsenosides)	
Ashwagandha Root Extract .....	150 mg *
(min. 7% withanolides, 1% alkaloids, and 0.25 withaferine-A)	
Docosahexaenoic acid (DHA, from microalgae powder).....	42 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, lecithin (from soy), silica, modified cellulose gum, stearic acid and ethylcellulose.

## PQQ Plus with BioPQQ®

**Formula** **Size**

200559 30 Vegetarian Capsules

**Suggested Usage:** 1 daily

PQQ Plus supplies 20 mg pyrroloquinoline quinone (PQQ), the novel compound that some consider to be a newly discovered vitamin, and 50 mg of alpha glycerylphosphoryl choline (alpha GPC) in each vegetarian capsule for neurological health.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
BioPQQ® (as pyrroloquinoline disodium salt).....	20 mg *
Alpha GPC (alpha glycerylphosphorylcholine (from soy)).....	50 mg *

\*Daily Value (DV) not established.

Contains: Soy.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica.

BioPQQ® is a registered trademark of MGC (Japan).

## Vinpocetine

**Formula** **Size**

8502 90 Vegetarian Capsules

**Suggested Usage:** 1 daily

Vinpocetine supplies 10 mg of vinpocetine in a vegetarian capsule. Vinpocetine has the potential to support healthy memory, as indicated by a randomized, double blind, crossover study.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Vinpocetine.....	10 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

†Dr. Patrick Hogan has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# PHOSPHOLIPIDS



Lecithin, supplied in softgels derived from sunflower seeds, provides phospholipids to support neurological and cardiovascular health.†

## Lecithin 1200 mg

**Formula**                      **Size**

202254                      100 Softgels

**Suggested Usage:** 1 daily

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat.....	1 g      <2% ^
Polyunsaturated Fat.....	0.5 g      0% ^
Lecithin (from Sunflower) .....	1,200 mg      *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Capsule (bovine gelatin, glycerin, and purified water).

## Alpha-GPC

**Formula**                      **Size**

99255                      60 Vegetarian Capsules

**Suggested Usage:** 2 daily

Alpha-GPC supplies 250 mg of glycerophosphocholine, a nutrient important for neurological health, in each vegetarian capsule.†

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Alpha-GPC .....	500 mg      *
(L-Alpha-glycerylphosphorylcholine) (from soy)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, silica, vegetable stearate and magnesium silicate.

**MOOD SUPPORT PROTOCOL\***  
(Developed by Peter Bingsime, N.D., LAc. [1])

**Protocol Objectives:**  
To track clinical metrics patients will benefit from mood and emotional support related to neurotransmitter health, or whether the focus should best be directed to maintaining the body's physiological systems that may affect mood, such as stress, hormone balance, blood sugar and digestive balance. Probing support for these physiological systems may be a valuable first step in mood, but the combination of both approaches may also be necessary for certain individuals.

Clinical Observation	Assessment	Supportive Nutritional Approach	Timing
Mood State Report	Review mood state report, including any associated symptoms, such as anxiety, depression, irritability, or stress. Review mood state report for any associated symptoms, such as anxiety, depression, irritability, or stress.	Mood Support Protocol Mood Support Protocol Mood Support Protocol	As needed, or as directed by the practitioner.
Stress State Report	Review stress state report, including any associated symptoms, such as anxiety, depression, irritability, or stress. Review stress state report for any associated symptoms, such as anxiety, depression, irritability, or stress.	Mood Support Protocol Mood Support Protocol Mood Support Protocol	As needed, or as directed by the practitioner.
Stress State Report	Review stress state report, including any associated symptoms, such as anxiety, depression, irritability, or stress. Review stress state report for any associated symptoms, such as anxiety, depression, irritability, or stress.	Mood Support Protocol Mood Support Protocol Mood Support Protocol	As needed, or as directed by the practitioner.
Mood State Report	Review mood state report, including any associated symptoms, such as anxiety, depression, irritability, or stress. Review mood state report for any associated symptoms, such as anxiety, depression, irritability, or stress.	Mood Support Protocol Mood Support Protocol Mood Support Protocol	As needed, or as directed by the practitioner.
Mood State Report	Review mood state report, including any associated symptoms, such as anxiety, depression, irritability, or stress. Review mood state report for any associated symptoms, such as anxiety, depression, irritability, or stress.	Mood Support Protocol Mood Support Protocol Mood Support Protocol	As needed, or as directed by the practitioner.

Available for download at [www.douglaslabs.com](http://www.douglaslabs.com) or call 1-800-245-4440

Download our **Cognitive & Mood Support Protocols**† at: [douglaslabs.com/cognitive-mood](http://douglaslabs.com/cognitive-mood)



## OPTIMIZED CURCUMIN WITH NEUROPHENOL® SUPPORTING A HEALTHY BRAIN AS WE AGE‡

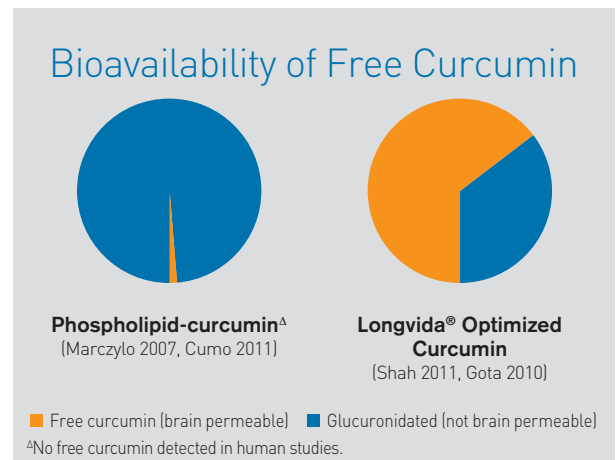
### OPTIMIZED CURCUMIN IS FORMULATED WITH TWO CLINICALLY RESEARCHED INGREDIENTS TO SUPPORT COGNITIVE FUNCTION AS WE AGE.‡

**LONGVIDA® OPTIMIZED CURCUMIN** with SLCP™ technology provides extended absorption and bioavailability as evidenced by therapeutic levels of brain-permeable free curcumin detected in the bloodstream and target tissues.‡

- Longvida® has been shown in a placebo-controlled clinical trial to support cognitive function at a dose of 400 mg daily.\*\*‡

**NEUROPHENOL®** proprietary blend provides flavonoids from standardized extracts of wild blueberry and grape that support memory and healthy aging.‡

- Preclinical trials in models of aging suggests Neurophenol® has positive effects on memory retention and learning.‡
- In a recent randomized, double-blind study of 200 healthy individuals between the ages of 60-70, 600 mg Neurophenol® provided significant support for episodic memory and verbal recognition memory.‡



\*\*Disilvestro et al. The Ohio State University. Nutr. J. 2012 26;11:79.

Longvida® is patent protected by EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences, Inc.

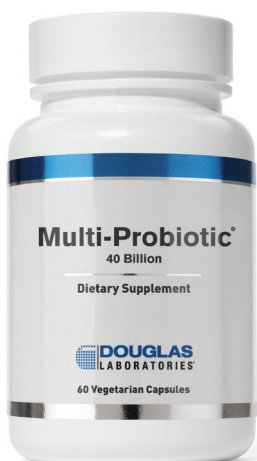
‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# DIGESTIVE

In terms of surface area, the gastrointestinal tract comprises one of the largest organs in the body. The roles that it plays are varied and extend well beyond simply moving and digesting food to allow for the absorption of nutrients. In addition to acting as a barrier against the harsh external environment, the digestive system also represents one of the body's largest immune organs, possessing an intricate lymph network. The gastrointestinal tract houses a highly complex ecosystem that contains trillions of microorganisms. Research continues to uncover new ways in which beneficial bacteria can positively impact health, expanding beyond the confines of the digestive tract to include cardiovascular health, cognition, weight management and more.†



## PROBIOTICS



Multi-Probiotic® 40 Billion contains 16 beneficial strains of *Lactobacillus*, *Bifidobacterium* and *Streptococcus* cultures, including the clinically researched *Bifidobacterium lactis* HN019 that supports gastrointestinal and immune function. Also included in the synbiotic blend is scFOS® prebiotic fiber, which is well tolerated and works

synergistically with probiotics to flourish in the intestinal tract. These probiotics are resistant to both acid and bile and undergo a patented cryoprotectant stabilization process for shelf stability.‡

### Multi-Probiotic® 40 Billion

**Formula**                      **Size**  
 202115                      60 Vegetarian Capsules  
**Suggested Usage:** 2 daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Proprietary Blend (yielding 40 Billion CFU) .....	560 mg *
Short Chain Fructooligosaccharide (NutraFlora® scFOS®), <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium breve</i> , <i>Bifidobacterium lactis</i> (infantis), <i>Bifidobacterium lactis</i> HN019, <i>Bifidobacterium longum</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus brevis</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus gasseri</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Lactobacillus salivarius</i> , <i>Lactococcus lactis</i> , <i>Streptococcus thermophilus</i>	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, and silica.

NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

## Features and Benefits of Multi-Probiotic® Formulations

- 7-16 Probiotic strains of *Lactobacillus*, *Bifidobacterium*, and *Streptococcus*
- Various potencies to choose from in capsule or powder delivery
- Contains clinically studied strains such as *B. lactis* HN019, *B. longum* BB536, and *L. acidophilus* DDS-1
- A synbiotic blend containing prebiotic and probiotics
- Contains scFOS®, a non-gas forming prebiotic fiber
- A patented, cellular matrix proprietary stabilization process aids the freeze-dried probiotic stability
- Formulated with strains that are acid and bile tolerant
- Cell enumeration testing performed to verify potency
- Manufactured for shelf-stability and no refrigeration until after opening
- Helps to support digestive health, nutrient absorption, and immune health by balancing intestinal microflora†

Formulations	Features	Benefits†	Daily Dose Suggestion
Multi-Probiotic® 40 Billion see pg. 52, 54	<ul style="list-style-type: none"> <li>• 40 Billion CFU per serving</li> <li>• 16 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Our highest potency, highest multi-strain formula</li> <li>• Includes <i>B. lactis</i> HN019 clinically researched for immune health in aging adults†</li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	2 Vegetarian Capsules or ½ tsp. Powder
Multi-Probiotic® 15 Billion see pg. 54	<ul style="list-style-type: none"> <li>• 15 Billion CFU per serving</li> <li>• 8 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Median potency</li> <li>• Includes <i>B. lactis</i> HN019 clinically researched for immune health in aging adults†</li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	1 Gelatin (Bovine) Capsule
Multi-Probiotic® 4000 see pg. 55	<ul style="list-style-type: none"> <li>• 4 Billion CFU per serving</li> <li>• 7 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Lower potency maintenance formula</li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	1 Vegetarian Capsule
Multi-Probiotic® YC-7™ see pg. 55	<ul style="list-style-type: none"> <li>• 30 Billion CFU per serving</li> <li>• 7 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Rich in <i>Lactobacilli</i> strains beneficial for urogenital health†</li> </ul>	<ul style="list-style-type: none"> <li>• Vaginal and Bladder health</li> <li>• Intestinal health</li> <li>• Immune health</li> </ul>	2 Vegetarian Capsules
Multi-Probiotic® Sinus Support† see pg. 55	<ul style="list-style-type: none"> <li>• 7 Billion CFU per serving</li> <li>• 4 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Includes bioflavonoid Quercetin and N-acetyl-L-cysteine amino acid for sinus support†</li> </ul>	<ul style="list-style-type: none"> <li>• Respiratory/Sinus health</li> <li>• Immune health</li> </ul>	1 Vegetarian Capsule, 3 times daily
Multi-Probiotic® KIDS see pg. 115	<ul style="list-style-type: none"> <li>• 8 Billion CFU per serving</li> <li>• 7 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Includes <i>B. longum</i> BB536 clinically researched for children's health†</li> <li>• Neutral tasting powder</li> </ul>	<ul style="list-style-type: none"> <li>• Digestive health</li> <li>• Immune health</li> <li>• Skin health</li> </ul>	¼ tsp. Powder age 0-4 ½ tsp. Powder age 5-12

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Multi-Probiotic® 15 Billion

Formula	Size
200900	60 Capsules

Suggested Usage: 1 daily

Each Multi-Probiotic® 15 Billion Capsule contains beneficial organisms from *Lactobacillus* and *Bifidobacterium genera* with additional benefits of prebiotic fructooligosaccharides.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Multi-Strain Probiotic Blend.....	15 Billion CFU *
Containing:	
<i>Lactobacillus acidophilus</i> (DDS-1).....	4.3 Billion CFU *
<i>Lactobacillus rhamnosus</i> (Lr-32).....	4.3 Billion CFU *
<i>Bifidobacterium lactis</i> (HN019).....	1.9 Billion CFU *
<i>Lactococcus lactis</i> (LL-23).....	1.0 Billion CFU *
<i>Bifidobacterium longum</i> (Bl-05).....	1.0 Billion CFU *
<i>Bifidobacterium bifidum/lactis</i> (Bb-02).....	1.0 Billion CFU *
<i>Lactobacillus gasseri</i> (Lg-36).....	1.0 Billion CFU *
<i>Streptococcus thermophilus</i> (St-21).....	0.5 Billion CFU *
Digestive and Prebiotic Blend.....	210 mg
FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (bark).	

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Gelatin (capsule), vegetable stearate and silica.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.



## CLINICAL ADVISOR:

Daniel Kalish, D.C.†

Over the past 25 years, Daniel Kalish has directed three integrative health clinics in California, where he has coordinated teams of medical doctors, nutritionists, chiropractors and acupuncturists. Dr. Kalish is dedicated to teaching doctors Functional Medicine philosophy and practices. Through The Kalish Institute’s educational programs, he has trained over 1,000 practitioners worldwide in The Kalish Method, which solves patient challenges through a proven, lab-based approach.

## Multi-Probiotic® 40 Billion Powder

Formula	Size
57649P	60 g Powder

Suggested Usage: ½ teaspoon daily

Multi-Probiotic® 40 Billion Powder contains 16 beneficial strains of *Lactobacillus*, *Bifidobacterium*, and *Streptococcus* cultures, including the clinically researched *Bifidobacterium lactis* HN019 that supports gastrointestinal and immune function. Also included in the synbiotic blend, is scFOS® prebiotic fiber that is well tolerated and works synergistically with probiotics to flourish in the intestinal tract. These probiotics are acid and bile resistant and undergo a patented cryoprotectant stabilization process for shelf stability. This neutral tasting powder can be mixed in unheated food or beverages.‡

### SUPPLEMENT FACTS

Serving Size ½ tsp (2 g) • Servings Per Container Approx. 30

Amount Per Serving	%DV
Proprietary Blend.....	40 Billion CFU *
Short Chain Fructooligosaccharide (NutraFlora® scFOS®), <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium breve</i> , <i>Bifidobacterium lactis (infantis)</i> , <i>Bifidobacterium lactis HN019</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus brevis</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus gasseri</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Lactobacillus salivarius</i> , <i>Lactococcus lactis</i> , <i>Streptococcus thermophilus</i>	

\*Daily Value (DV) not established.

Other Ingredients: None.

NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

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## Multi-Probiotic® 4000

**Formula** **Size**

7497 100 Vegetarian Capsules

**Suggested Usage:** 1 daily

Each Multi-Probiotic® 4000 Capsule contains over four billion beneficial organisms, including representatives of both the *Lactobacillus* and *Bifidobacterium* genera, mixed in a base of prebiotic fructooligosaccharide.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
Multi-Strain Probiotic Blend.....	4 Billion CFU
Containing:	
<i>Lactobacillus acidophilus</i> (La-14).....	1.150 Billion CFU *
<i>Lactobacillus rhamnosus</i> (Lr-32).....	1.150 Billion CFU *
<i>Lactobacillus rhamnosus</i> (HA-114).....	775 Million CFU *
<i>Lactococcus lactis</i> (HA-136).....	275 Million CFU *
<i>Bifidobacterium longum</i> (Bl-05).....	275 Million CFU *
<i>Bifidobacterium bifidum/lactis</i> (Bb-02).....	275 Million CFU *
<i>Streptococcus thermophilus</i> (St-21).....	150 Million CFU *
Digestive and Prebiotic Blend.....	210 mg *
FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (inner bark)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, silica and vegetable stearate.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

## Multi-Probiotic® Sinus Support<sup>‡</sup>

**Formula** **Size**

202117 90 Capsules

**Suggested Usage:** 1 capsule, three times daily

Multi-Probiotic® Sinus Support<sup>‡</sup> is a unique formula that offers targeted sinus support. This clinically researched formula contains four strains of probiotics and scFOS® prebiotic fiber for immune support, combined with N-acetyl-cysteine (NAC) for its antioxidant and mucolytic properties beneficial for nasal and bronchial health, and the bioflavonoid quercetin to help further modulate immune balance.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Proprietary Blend.....	280 mg *
(yielding 7 billion CFU)	
N-Acetyl-L-Cysteine, Quercetin, Short Chain Fructooligosaccharides (NutraFlora® scFOS®), <i>Bifidobacterium bifidum</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus rhamnosus</i> , <i>Streptococcus thermophilus</i>	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate.

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NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

## Multi-Probiotic® YC-7™

**Formula** **Size**

202116 60 Vegetarian Capsules

**Suggested Usage:** 2 daily

Multi-Probiotic® YC-7™ contains NutraFlora® scFOS® prebiotic fiber and seven probiotic strains that have been carefully selected to maintain healthy vaginal and intestinal microflora balance for women. YC-7™ is formulated to be rich in lactobacilli. An extensive number of studies have confirmed that various *Lactobacilli* strains possess properties that are important for supporting female health.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Proprietary Blend (yielding 30 billion CFU).....	580 mg *
Short Chain Fructooligosaccharide (NutraFlora® scFOS®), <i>Bifidobacterium lactis</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Streptococcus thermophilus</i>	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate.

NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

<sup>‡</sup>Dr. Daniel Kalish has been retained as a medical consultant in advising Douglas Laboratories.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Bio-Dophilus®

Formula	Size
BIO	90 Vegetarian Capsules

Suggested Usage: 1-3 daily

Bio-Dophilus® is a highly concentrated combination of probiotic *Lactobacillus acidophilus* and *Lactobacillus rhamnosus*, which provides a minimum of 2.8 billion viable microorganisms. Bio-Dophilus® is enteric coated to prevent dissolution in the stomach and ensures effective release in the intestine where the probiotics are able to survive and colonize.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Probiotic Blend.....2.8 billion CFU	*
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	

\*Daily Value (DV) not established.

Other ingredients: Capsule (hypromellose, gellan gum, water), cellulose, vegetable stearate, and silica.

## D.L. Acidophilus + Pectin

Formula	Size
7903	250 Capsules

Suggested Usage: 1-2, 2 to 4 times daily

D.L. Acidophilus + Pectin capsules contain a blend of the beneficial microorganisms *Lactobacillus acidophilus* and *Lactobacillus bulgaricus* for gastrointestinal health. The addition of Pectin is a soluble fiber for intestinal support.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 250

Amount Per Serving	%DV
<i>Lactobacilli Acidophilus</i> .....550 million CFU	*
and <i>Lactobacilli Bulgaricus</i> Complex	
Citrus Pectin.....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose (fiber), gelatin (capsule) and vegetable stearate.

## D.L. Duo-Dophilus®

Formula	Size
81433	100 Capsules

Suggested Usage: 1 daily

Each D.L. Duo-Dophilus® capsule contains over four billion beneficial organisms, including a representative of both the *Lactobacillus* and *Bifidobacterium* genera, mixed in a base of prebiotic fructooligosaccharide.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
<i>Lactobacillus Acidophilus</i> (LA-14).....2 billion CFU	*
<i>Lactobacillus Rhamnosus</i> (HA-114).....2 billion CFU	*
FOS (fructooligosaccharides).....109 mg	*

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Maltodextrin, ascorbic acid, gelatin (capsule), cellulose and vegetable stearate.

**S.B.C.**  
**(Saccharomyces Boulardii Capsules)**

**Formula**                      **Size**

9302                              50 Capsules

**Suggested Usage:** 1 with each meal (3 times daily)

S.B.C. supplies 300 mg of *Saccharomyces boulardii*, which yields approximately 3 billion organisms per capsule. *Saccharomyces boulardii* is a nonpathogenic yeast probiotic that has been shown in clinical research to support healthy bowel function.‡

**SUPPLEMENT FACTS** 

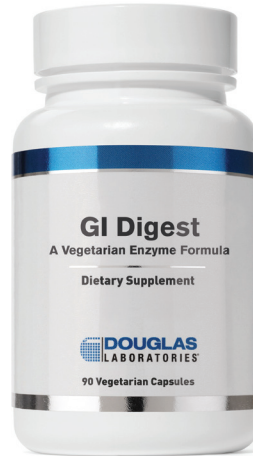
Serving Size 1 Capsule • Servings Per Container 50

Amount Per Serving	%DV
<i>Saccharomyces Boulardii</i> .....	3 Billion CFU                      *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

**DIGESTIVE ENZYMES**



GI Digest is a comprehensive digestive enzyme formula containing all the necessary digestive enzymes including dipeptidyl peptidase IV (DPP-IV), lactase and alpha-galactosidase that assist in the proper digestion of proteins, fats, starch, dairy, and gluten. Formulated with multiple proteases, lipases, and carbohydrases, GI Digest provides

enzymatic activity across a broad pH range that ensures the enzymes are active throughout the stomach and through the small intestine.‡

**GI Digest**  
**A Vegetarian Enzyme Formula**

**Formula**                      **Size**

201538                              90 Vegetarian Capsules

**Suggested Usage:** 1 with each meal

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
BioCore® Optimum Complete .....	110 mg                      *
Providing:	
Amylase .....	3,500 DU                      *
Protease .....	21,000 HUT                      *
Protease .....	4,000 PC                      *
alpha-Galactosidase.....	150 GalU                      *
Glucoamylase .....	9 AGU                      *
Lactase.....	1,000 ALU                      *
Protease.....	50 SAPU                      *
Invertase .....	400 SU                      *
Lipase .....	500 FIP                      *
Acid Maltase.....	14 MaltU                      *
Peptidase .....	2 AP                      *
BioCore® DPP-IV .....	100 mg                      *
Providing:	
Protease.....	500 DPP-IV                      *
Protease.....	30,000 HUT                      *
Protease.....	8.5 AP                      *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica.

BioCore® and BioCore® DPP-IV are registered trademarks of National Enzyme Company.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Betaine Hydrochloride

Formula	Size
HC2	250 Capsules

Suggested Usage: 1 daily

Betaine Hydrochloride is a powdered dietary supplement of hydrochloric acid supplied in two-piece gelatin capsules. Hydrochloric acid aids in the digestion of food in the stomach.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 250

Amount Per Serving	%DV
Betaine Hydrochloride..... 648 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), water, silica and magnesium stearate.

## Betaine Plus®

Formula	Size
80106	100 Capsules
	250 Capsules

Suggested Usage: 1 with each meal or as directed by your healthcare professional.

Betaine Plus® supplies 650 mg of Betaine HCl and 140 mg of Pepsin in each easy to swallow capsule. Betaine Hydrochloride and pepsin (from porcine) aid in the digestion of proteins and food in the stomach.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Betaine (from 650 mg Betaine HCl).....496 mg	*
Pepsin (1:10,000) (from porcine).....140 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), and vegetable stearate.

## Bilex

Formula	Size
7102	90 Tablets

Suggested Usage: 3 daily with meals

Bilex is a dietary enzyme formula with pancreatin and papain for protein, carbohydrate and fat digestion, along with the addition of ox bile extract to help break down and assimilate lipids in the intestinal tract.†

### SUPPLEMENT FACTS

Serving Size 3 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Pancreatin (8X) (from porcine) .....47 mg	*
Yielding approximately:	
Amylase ..... 9,400 USP units	
Protease..... 9,400 USP units	
Lipase ..... 752 USP units	
Papain (from papaya) .....372,000 USP units	*
Ox Bile Powder..... 380 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Lipinase™

Formula	Size
LPN	90 Tablets

Suggested Usage: 1 with meals

Lipinase™ is a pancreatic enzyme supplement formula providing high strength pancreatin to provide complete digestive support for fats, carbohydrates and proteins.†

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Pancreatin 8X (from porcine).....300 mg	*
Provides the following enzyme activity:	
Lipase.....4,800 USP Units	*
Protease.....60,000 USP Units	*
Amylase .....60,000 USP Units	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearine, magnesium stearate and silica.

## Pan-Ox-5™

Formula	Size
202302	90 Tablets
	180 Tablets

**Suggested Usage:** 1 with each meal daily

Pan-Ox-5™ offers a comprehensive dietary supplement of plant and animal enzymes to aid in the digestion of foods in the stomach and intestinal tract.†

### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Betaine HCl.....	60 mg *
Pancreatin (8X) (from porcine).....	37.5 mg *
Providing:	
Protease.....	7,500 USP *
Amylase.....	7,500 USP *
Lipase.....	600 USP *
Lipase (from porcine).....	400 USP *
Pepsin (from porcine).....	97,500 FCC *
Papain ( <i>Carica papaya</i> ).....	96,000 USP *
Malt Distase (from <i>Aspergillus oryzae</i> ).....	37.5 DP *
Beet Root Powder.....	100 mg *
Ox Bile Powder.....	65 mg *
Vegetable Rennet ( <i>Bacillus licheniformis</i> ).....	15 mg *
Citrus Pectin.....	12.5 mg *
Glutamic Acid.....	10 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate, rice bran (gamma oryzanol), and silica.

## Ultrazyme™

### Polyphasic Enzyme Complex

Formula	Size
7022	60 Tablets
	180 Tablets

**Suggested Usage:** 1 or 2 with meals

Ultrazyme™ is a dietary supplement specifically formulated with bile and active digestive enzymes from animal and plant that act synergistically to assist in fat, protein, and carbohydrate digestion in the stomach and small intestine.†

### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Pancreatin (8x) USP.....	125 mg *
Supplying:	
Lipase.....	2,000 USP Units *
Amylase.....	25,000 USP Units *
Protease.....	25,000 USP Units *
Ox Bile powder.....	100 mg *

L-Lysine.....	80 mg *
(from 100 mg L-Lysine Hydrochloride)	
Pepsin 1:10,000.....	66 mg *
Bromelain (2400 GDU/g).....	50 mg *
(from the pineapple plant ( <i>Ananas comosus</i> ) stem)	
Cellulase.....	6 mg *

\*Daily Value (DV) not established.

Other ingredients: Coating (purified water, hydroxypropyl methylcellulose, glycerin), dicalcium phosphate, cellulose, carboxymethyl cellulose, stearic acid, vegetable stearate and silica.

## Vegetarian Enzyme

Formula	Size
7048	120 Tablets

**Suggested Usage:** 2 with each meal

Vegetarian Enzyme tablets are dietary supplements of fermented enzymes (suitable for vegetarians) which are specific for starches, proteins, fats, and cellulose, a dietary fiber. No animal sources.†

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 60

Amount Per Serving	%DV
Vegetarian Enzyme Concentrate.....	450 mg *
Supplying:	
Amylase.....	4200 DU *1
Protease.....	250 SAPU *2
Lipase.....	2400 LU *3
Cellulase.....	300 CU *4

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropylcellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.

<sup>1</sup>Alpha Amylase Dextrinizing Unit

<sup>2</sup>Spectrophotometric Acid Protease Unit

<sup>3</sup>Lipase Unit

<sup>4</sup>Cellulase Unit

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# GASTROINTESTINAL SUPPORT



I.B. Comfort® provides three active ingredients for gastrointestinal comfort, balanced bowel function and healthy intestinal microflora. Benegut™ *Perilla frutescens* supports normal bowel function by influencing the brain-gut axis. LYNSIDE® Pro GI+ *Saccharomyces cerevisiae* is a probiotic shown to affect nuclear colonic receptors and provide a

healthy balanced microflora. BiAloe® organic aloe vera leaf is a natural buffer to the stomach and colonic pH and contributes to healthy bacterial gut flora.†

## I.B. Comfort® Intestinal Balance†

Formula	Size
201822	60 Vegetarian Capsules

Suggested Usage: 2 daily

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
LYNSIDE® Pro GI+..... 500 mg	*
( <i>Saccharomyces cerevisiae</i> CNCM I-3856) (yielding 4 Billion CFU)	
Benegut™ ( <i>Perilla frutescens</i> ) (leaf extract) ..... 300 mg	*
BiAloe® Organic Aloe Vera ..... 100 mg	*
(inner leaf) (minimum 15% Acemannan)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), maltodextrin (from tapioca), cellulose, dicalcium phosphate, vegetable stearate, and silica.

LYNSIDE® is a registered trademark of Lessafre et Compagnie.

Benegut™ is a trademark of Vital Solutions.

BiAloe® is the registered trademark of Lorand Laboratories, LLC

## Cape Aloe

Formula	Size
80023	100 Capsules

Suggested Usage: 1 daily

Cape Aloe supplies 250 mg of Cape Aloe (*Aloe ferox*) latex leaf powder in each capsule. Cape Aloe latex supports bowel regularity and is indicated for occasional or short-term use.†

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Cape Aloe ( <i>Aloe ferox</i> , latex from leaf).....250 mg	*

\*Daily Value (DV) not established.

Other ingredients: Dicalcium phosphate, cellulose, gelatin (capsule), and vegetable stearate.

## Caprylate Plus

Formula	Size
CND	90 Tablets

Suggested Usage: 1-3 daily

Caprylate Plus is a well-tolerated, controlled-release caprylic acid (octanoic acid) complex with Pau D'Arco herb and other ingredients. Each tablet contains sodium-magnesium caprylate complex, equivalent to 70 mg of caprylic acid. Potassium-buffered sorbic acid is added as a stabilizer.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Caprylic acid (as sodium caprylate)..... 70 mg	*
Potassium sorbate..... 50 mg	*
Pau D'Arco bark (Taheebo) ..... 50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, stearic acid, vegetable stearate, silica, carboxymethyl cellulose, horseradish powder (*Armoracia rusticana*, root), cloves powder (*Eugenia caryophyllata*, flower), vegetable coating (purified water, hypromellose, glycerin).

## Caprylex™

Formula	Size
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CAP 90 Tablets

Suggested Usage: 2 daily

Caprylex™ is a dietary supplement of well-tolerated, non-phenolic complex of pure caprylic acid (octanoic acid). Each tablet provides 400 mg of a buffered calcium-magnesium caprylate complex, equivalent to 300 mg of caprylic acid.

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 45

Amount Per Serving	%DV
Calcium..... 174 mg	17%
(as calcium-magnesium caprylate complex and dicalcium phosphate)	
Phosphorus (as dicalcium phosphate)..... 136 mg	14%
Magnesium (as calcium-magnesium caprylate complex).... 100 mg	25%
Sodium (from sodium caprylate) ..... 90 mg	4%
Caprylic acid ..... 600 mg	*
(as sodium caprylate and calcium-magnesium caprylate complex)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, ethylcellulose, magnesium stearate, stearic acid, silica, horseradish and clove.

## Fiber-Plex™

Formula	Size
---------	------

FPC 120 Capsules

Suggested Usage: 3 daily

Fiber-Plex™ is a convenient dietary supplement designed to provide a unique combination of all major classes of naturally occurring dietary fiber. Fiber-Plex™ capsules supply a balance of soluble and insoluble, as well as fermentable and non-fermentable grain-free dietary fiber.

### SUPPLEMENT FACTS

Serving Size 3 Capsules • Servings Per Container 40

Amount Per Serving	%DV
Dietary Fiber ..... 0.5 g	3%
Proprietary blend ..... 1.5 g	
Glucmannan..... *	
Carrot Root..... *	
Celery Stalk and Leaves..... *	
Citrus Pectin..... *	
Apple Pectin..... *	
Sodium Alginate..... *	
Slippery Elm Bark..... *	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, water, and magnesium stearate.

## Ginger Root Max-V

Formula	Size
---------	------

201768 60 Vegetarian Capsules

Suggested Usage: 1-2 daily

Ginger Root Max-V supplies 250 mg of standardized ginger root in each vegetarian capsule.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Ginger Herbal Extract..... 350 mg	*
(Zingiber officinale, root, standardized to contain 5% gingerols)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose, vegetable stearate and silica.

**Intestamine® (Powder)**

Formula	Size
INT	366 g Powder

Suggested Usage: 1-2 scoops daily

Intestamine® Powder is a unique and convenient dietary supplement formula for gastrointestinal support. Intestamine® provides significant amounts of L-glutamine, an amino acid that is important in maintaining normal structure and function of the gastrointestinal tract; NutraFlora® FOS, which selectively provides nourishment for beneficial intestinal bacteria; acacia fiber, which is fermented into short chain fatty acids for the lower intestine; and N-Acetyl-D-Glucosamine, which is used as a structural component of intestinal mucous secretions. Intestamine® is a taste-neutral powder that mixes easily with juices and other beverages.‡

**SUPPLEMENT FACTS** 

Serving Size 1 Scoop (6.1 g) • Servings Per Container Approx. 60

Amount Per Serving	%DV
Calories .....	20
Glutamine (as L-glutamine) .....	5,000 mg *
Fructooligosaccharides (NutraFlora® FOS)† .....	250 mg *
Acacia senegal .....	500 mg *
N-Acetyl-D-Glucosamine (from crab and shrimp).....	250 mg *

\*Daily Value (DV) not established.

Other ingredients: None.

†NutraFlora® is a registered trademark of GTC Nutrition.

**Intestamine® (Capsules)**

Formula	Size
INT-C	180 Capsules

Suggested Usage: 6 daily

Intestamine® Capsules are a unique and convenient dietary supplement formula for gastrointestinal support. Intestamine® provides significant amounts of L-glutamine, an amino acid that is important in maintaining normal structure and function of the gastrointestinal tract; NutraFlora® FOS, which selectively provides nourishment for beneficial intestinal bacteria; acacia fiber, which is fermented into short chain fatty acids for the lower intestine; and N-Acetyl-D-Glucosamine, which is used as a structural component of intestinal mucous secretions.‡

**SUPPLEMENT FACTS**

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	15
Glutamine (as L-glutamine FCC).....	3,750 mg *
Fructooligosaccharides (NutraFlora® FOS)† .....	187 mg *
Acacia senegal .....	375 mg *
N-Acetyl-D-Glucosamine (from crab and shrimp).....	187 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), water, magnesium stearate and silica.

†NutraFlora® is a registered trademark of GTC Nutrition.

**Licorice Root-V (Deglycyrrhizinated)**

Formula	Size
77355	90 Vegetarian Capsules

Suggested Usage: 2 daily

Licorice Root-V supplies 300 mg of deglycyrrhizinated licorice root per each vegetarian capsule.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Deglycyrrhizinated .....	300 mg *
Licorice Herbal Extract (root) ( <i>Glycyrrhiza glabra L.</i> )	
Standardized to provide less than 3% glycyrrhizin	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose and vegetable stearate.



## Licorice Root-V (Glycyrrhizin)

**Formula**                      **Size**

77356                      60 Vegetarian Capsules

**Suggested Usage:** 1 capsule, 1-2 times daily

Licorice Root-V supplies 500 mg of licorice root standardized to 12% glycyrrhizin per each vegetarian capsule.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Licorice Herbal Extract (root) ( <i>Glycyrrhiza glabra L.</i> )..... 500 mg	*
Standardized to provide 60 mg glycyrrhizin	

\*Daily Value (DV) not established.

Other ingredients: Vegetable stearate.

## Natursyl Capsules

**Formula**                      **Size**

7596                      90 Capsules

**Suggested Usage:** 4 daily, followed by 8 ounces of purified water

Natursyl Capsules supply a blend of both soluble and insoluble fiber including citrus pectin, cellulose and psyllium seed husks, intended to help regulate the bowel. This unique formula also provides probiotics such as *Lactobacillus acidophilus* to promote intestinal balance.‡

### SUPPLEMENT FACTS

Serving Size 4 Capsules • Servings Per Container 22

Amount Per Serving	%DV
Total Carbohydrate .....	2 g <1%
Dietary Fiber .....	2 g 8%
Proprietary Blend.....	1,800 mg *
Psyllium Seed Husks (milled), Citrus Pectin, <i>Lactobacillus acidophilus</i> , <i>Lactobacillus Bifidus</i> , Artichoke (leaf) and Cellulose.	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

## Olive Leaf Extract

**Formula**                      **Size**

83905                      60 Vegetarian Capsules

120 Vegetarian Capsules

**Suggested Usage:** 1 daily

Olive Leaf Extract capsules contain phenolic compounds, such as oleuropein, oleuropeoside, and hydroxytyrosol, that have been shown to have microbial supportive properties, as well as antioxidant power.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Olive Leaf Extract ( <i>Olea europaea L.</i> )..... 500 mg	*
(standardized to 20% oleuropein)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, and vegetable stearate.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Pylori-Plex

**Formula**                      **Size**  
 99076                      60 Vegetarian Capsules  
**Suggested Usage:** 2 daily

Pylori-Plex provides important ingredients to support the stomach lining and gastrointestinal tract. Mastic gum, licorice, marshmallow root and slippery elm bark all have traditional uses as gastro-protective herbs.†

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Mastic gum ..... 1,000 mg	*
Proprietary blend..... 150 mg	*
Licorice (root, deglycyrrhizinated), marshmallow (root) and slippery elm (bark).	

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

## Ultra MFP Forte

**Formula**                      **Size**  
 200803                      120 Vegetarian Capsules  
**Suggested Usage:** 4 daily with meals

Ultra MFP Forte contains plant-based nutrients that have important immune and healthy microbial supportive properties. Each capsule contains grapefruit seed and olive leaf extracts, along with the supportive nutrients of berberine, burdock, golden seal, and black walnut.‡

### SUPPLEMENT FACTS PL

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Grapefruit Extract (45% total flavonoids).....270 mg	*
Olive Leaf Extract (standardized to 20% oleuropein) .....120 mg	*
Berberine HCl..... 400 mg	*
Burdock (root)..... 120 mg	*
Goldenseal (root)..... 600 mg	*
Black Walnut Hull Powder ..... 200 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, dicalcium phosphate and silica.



# YOUR CLIENTS DON'T WANT TO JUST LIVE LONGER. THEY WANT TO LIVE LARGER.

Douglas Laboratories® researches, develops and manufactures the right suite of rigorously designed, science-based, healthy aging supplements, and provides customized practice support. With a 60-year heritage of innovating and designing products to meet the needs of healthcare professionals, we push the potential of both clinical practices and patients to continually perform at their personal best, today and in the future. Douglas Laboratories is both GMP and NSF International registered, and is approved to produce NSF Certified for Sport® products. ‡



PUSHING POTENTIAL.

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# FOUNDATION

Douglas Laboratories formulates products with the understanding that every patient is different and that each healthcare professional brings his or her own philosophy and clinical experience into play when working with a patient. We provide a wide selection of vitamin, mineral and amino acid products to meet the unique biochemical and metabolic needs of each patient. Our selection of individual and multi-nutrient products gives the practitioner the ultimate ability to customize supplementation based on lab results, clinical presentation and other parameters to provide personalized nutrition for each patient.†



## Ultra Preventive® Multivitamins

Ultra Preventive® is the Douglas Laboratories signature line of comprehensive multivitamin/mineral/trace element formulas featuring phytonutrients, Metafolin® methylfolate and bioavailable forms of nutrients in therapeutic dosing options.

14 Ultra Preventive® formulas in tablets or capsules are available to choose from in order to meet the personalized nutrient needs of your patients.†

	<i>Ultra Preventive® 50+</i> *See pg. 70	<i>Ultra Preventive® X</i> *See pg. 67-68	<i>Ultra Preventive® EZ</i> *See pg. 69	<i>Ultra Preventive® 2 Daily</i> *See pg. 70	<i>Ultra Preventive® III</i> 5 formulas available *See pg. 71-73	<i>Ultra Preventive® Vision</i> *See pg. 181	<i>Ultra Preventive® Teen</i> *See pg. 116	<i>Ultra Preventive® Kids</i> *See pg. 115
<b>Features</b>	A 2 tablet daily multivitamin/mineral/trace element formula specially designed for men and women age 50+ to support healthy aging, cognition and vision.†	The signature multivitamin/mineral formula with an organic fruit, vegetable and phytonutrient blend (in tablet or capsule form).	A slightly smaller, easier to swallow tablet version of Ultra Preventive X with a natural coating and vanilla flavor. Contains less vitamin C, calcium, and magnesium than the X formula.	A 2 tablet daily multivitamin/mineral/trace element formula with a fruit and spinach blend, methylfolate, astaxanthin and pterostilbene methylated resveratrol antioxidants.	A comprehensive multivitamin/mineral/trace element formula without the organic fruit and vegetable blend found in X. Multiple versions of this formula are available with or without copper and iron.	A comprehensive multivitamin/mineral/trace element formula designed with phytonutrients and carotenoids based on the latest research for vision.†	Designed with teenagers in mind providing comprehensive multivitamin/mineral/trace element formula in small, easy swallow tablets.	Vitamins and minerals in great-tasting chewable natural orange or grape-flavored tablets sweetened with stevia and xylitol.
<b>Daily Dose Suggestion</b>	2 Tablets	4-8 tablets or capsules	4-8 EZ Swallow tablets	2 EZ Swallow tablets	6 tablets or capsules	4 capsules	6 EZ Swallow tablets	2 chewable tablets

# MULTIVITAMINS



Ultra Preventive® X, Douglas Laboratories' signature formula, has been updated with new and improved ingredients, including vitamin K<sub>2</sub> for bone and vascular health, bioflavonoids from quercetin, and alpha lipoic acid for healthy blood sugar metabolism. In addition, Ultra Preventive® X now contains an organic phytonutrient blend with polyphenols, increased choline content for methylation and liver support, increased lutein and zeaxanthin for vision health, three types of vitamin B<sub>12</sub>, and improved mineral forms for bioavailability.†

## Ultra Preventive® X

● improved formula

Formula	Size
202331	120 Tablets
	240 Tablets

Suggested Usage: 4-8 daily

### SUPPLEMENT FACTS PL

Serving Size:	4 Tablets	8 Tablets	
Servings Per Container:	60	30	
Amount Per Serving			%DV
Vitamin A.....	2,250 mcg	250%.....4,500 mcg	500%
<small>(as 67% natural beta carotene and 33% Vitamin A palmitate)</small>			
Vitamin C (as ascorbic acid).....	500 mg	556%.....1,000 mg	1,111%
Vitamin D <sub>3</sub> .....	12.5 mcg (500 IU)	63%.....25 mcg (1,000 IU)	125%
<small>(as cholecalciferol)</small>			
Vitamin E.....	67 mg	447%.....134 mg	893%
<small>(as natural d-alpha tocopheryl succinate plus mixed tocopherols)</small>			
Thiamine (as thiamine HCl).....	50 mg	4,167%.....100 mg	8,333%
Riboflavin.....	25 mg	1,923%.....50 mg	3,846%
<small>(as Riboflavin/Riboflavin-5-phosphate)</small>			
Niacin/Niacinamide.....	95 mg	594%.....190 mg	1,188%
Vitamin B <sub>6</sub> .....	50 mg	2,941%.....100 mg	5,882%
<small>(as Pyridoxine HCl/Pyridoxal-5-phosphate)</small>			
Folate.....	667 mcg DFE	167%.....1,333 mcg DFE	333%
<small>(as Metafolin®, L-5-MTHF)</small>			
<small>(400 mcg L-5-MTHF) (800 mcg L-5-MTHF)</small>			
Vitamin B <sub>12</sub> .....	250 mcg	10,417%.....500 mcg	20,833%
<small>(as methylcobalamin/adenosylcobalamin/hydroxycobalamin)</small>			
Biotin.....	150 mcg	500%.....300 mcg	1,000%
Pantothenic Acid.....	50 mg	1,000%.....100 mg	2,000%
<small>(as d-calcium pantothenate)</small>			
Choline.....	137.5 mg	25%.....275 mg	50%
<small>(from choline bitartrate)</small>			

Calcium.....	210 mg	16%.....420 mg	32%
<small>(as calcium citrate/malate/chelate complex)</small>			
Iodine (from kelp).....	100 mcg	67%.....200 mcg	133%
Magnesium.....	210 mg	50%.....420 mg	100%
<small>(as magnesium citrate/chelate complex)</small>			
Zinc.....	12.5 mg	114%.....25 mg	227%
<small>(as OptiZinc®, monomethionine)</small>			
Selenium.....	100 mcg	182%.....200 mcg	364%
<small>(as selenomethionine)</small>			
Copper.....	1 mg	111%.....2 mg	222%
<small>(as copper amino acid chelate)</small>			
Manganese.....	4.5 mg	196%.....9 mg	391%
<small>(as manganese sulfate)</small>			
Chromium.....	100 mcg	286%.....200 mcg	571%
<small>(as chromium polynicotinate)</small>			
Molybdenum.....	50 mcg	111%.....100 mcg	222%
<small>(as molybdenum krebs<sup>††</sup>)</small>			
Potassium.....	50 mg	1%.....100 mg	2%
<small>(as potassium chloride)</small>			
N-Acetyl-L-Cysteine.....	75 mg	*.....150 mg	*
Betaine HCl.....	75 mg	*.....150 mg	*
Inositol.....	50 mg	*.....100 mg	*
Quercetin (as dihydrate).....	50 mg	*.....100 mg	*
Lemon bioflavonoids.....	50 mg	*.....100 mg	*
Papain (from <i>Carica papaya</i> , fruit).....	50 mg	*.....100 mg	*
Bromelain.....	25 mg	*.....50 mg	*
<small>(from <i>Anana comosus</i>, pineapple stem)</small>			
Grape seed extract.....	25 mg	*.....50 mg	*
<small>(standardized to 92% polyphenols)</small>			
Alpha Lipoic Acid.....	25 mg	*.....50 mg	*
Rutin.....	12.5 mg	*.....25 mg	*
<small>(from <i>Sophora japonica</i>, flower)</small>			
Boron (as boron chelate).....	1.5 mg	*.....3 mg	*
Vanadium.....	25 mcg	*.....50 mcg	*
<small>(as Vanadium Krebs<sup>††</sup>)</small>			
Vitamin K <sub>2</sub> .....	22.5 mcg	*.....45 mcg	*
<small>(as menaquinone-7)</small>			
Proprietary Organic Fruit and Vegetable blend.....	350 mg	*.....700 mg	*
<small>Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)</small>			
Organic Phytonutrient Blend			
Organic Spirulina.....	50 mg	*.....100 mg	*
<small>(whole plant)</small>			
Organic Chlorella.....	50 mg	*.....100 mg	*
<small>(whole plant, broken cell wall)</small>			
Organic Green Tea.....	25 mg	*.....50 mg	*
<small>leaf extract (standardized to 50% polyphenols, 20% EGCG)</small>			
Carotenoids			
Lutein.....	5 mg	*.....10 mg	*
<small>(from marigold flower extract)</small>			
Lycopene (from tomatoes).....	3 mg	*.....6 mg	*
Zeaxanthin isomers.....	1 mg	*.....2 mg	*
<small>(from marigold flower extract)</small>			

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, ascorbyl palmitate, silica, coating (purified water, hypromellose, and glycerin).

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

OptiZinc® is a trademark of InterHealth N.I.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Ultra Preventive® X**  
**(Vegetarian Capsules)**

● improved formula

**Formula**                      **Size**  
202346            240 Vegetarian Capsules  
Suggested Usage: 8 daily

Ultra Preventive® X, Douglas Laboratories' signature formula, has been updated with new and improved ingredients, including vitamin K<sub>2</sub> for bone and vascular health, bioflavonoids from quercetin, and alpha lipoic acid for healthy blood sugar metabolism. In addition, Ultra Preventive® X now contains an organic phytonutrient blend with polyphenols, increased choline content for methylation and liver support, increased lutein and zeaxanthin for vision health, three types of vitamin B<sub>12</sub>, and improved mineral forms for bioavailability.†

**SUPPLEMENT FACTS** PL

Serving Size 8 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 2,250 mcg (as 67% natural beta-carotene and 33% Vitamin A palmitate)	250%
Vitamin C (as ascorbic acid)..... 500 mg	556%
Vitamin D <sub>3</sub> ..... 12.5 mcg (500 IU)	63%
Vitamin E..... 67 mg (natural, as d-alpha tocopheryl succinate plus mixed tocopherols)	447%
Thiamine (as thiamine HCl)..... 50 mg	4,167%
Riboflavin (as Riboflavin/Riboflavin-5-phosphate)..... 25 mg	1,923%
Niacin/Niacinamide ..... 95 mg	594%
Vitamin B <sub>6</sub> ..... 50 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate)	2,941%
Folate (as L-methylfolate, Metafolin®) ..... 667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B <sub>12</sub> ..... 250 mcg (as methylcobalamin/adenosylcobalamin/hydroxocobalamin)	10,417%
Biotin ..... 150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate) ..... 50 mg	1,000%
Choline (from choline bitartrate) ..... 137.5 mg	25%
Calcium (as calcium citrate/malate/chelate complex) ..... 210 mg	16%
Iodine (from kelp) ..... 100 mcg	67%
Magnesium ..... 210 mg (as magnesium citrate/chelate complex)	50%
Zinc (as OptiZinc®, monomethionine)..... 12.5 mg	114%
Selenium (as selenomethionine)..... 100 mcg	182%
Copper (as copper amino acid chelate)..... 1 mg	111%
Manganese (as manganese sulfate)..... 4.5 mg	196%
Chromium (as chromium polynicotinate)..... 100 mcg	286%
Molybdenum (as molybdenum krebs <sup>††</sup> )..... 50 mcg	111%
Potassium (as potassium chloride)..... 50 mg	1%
N-Acetyl-L-Cysteine..... 75 mg	*
Betaine HCl ..... 75 mg	*
Inositol ..... 50 mg	*
Quercetin (as dihydrate)..... 50 mg	*
Lemon bioflavonoids ..... 50 mg	*
Papain (from <i>Carica papaya</i> , fruit)..... 50 mg	*
Bromelain (from <i>Anana comosus</i> , pineapple stem)..... 25 mg	*
Grape seed extract ..... 25 mg (standardized to 92% polyphenols)	*
Alpha Lipoic Acid..... 25 mg	*
Rutin (from <i>Sophora japonica</i> , flower)..... 12.5 mg	*

Boron (as boron chelate)..... 1.5 mg	*
Vanadium (as Vanadium Krebs <sup>††</sup> ) ..... 25 mcg	*
Vitamin K <sub>2</sub> (as menaquinone-7)..... 22.5 mcg	*
Proprietary Organic Fruit and Vegetable Blend..... 350 mg	*
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic collard greens powder (leaf), Organic pomegranate powder (fruit), Organic green cabbage powder (whole plant), Organic cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic raspberry powder (fruit), Organic spinach powder (whole plant)	
Organic Phytonutrient Blend	
Organic Spirulina (whole plant) ..... 50 mg	*
Organic Chlorella (whole plant, broken cell wall) ..... 50 mg	*
Organic Green Tea leaf extract ..... 25 mg (standardized to 50% polyphenols, 20% EGCG)	*
Carotenoids	
Lutein (from marigold flower extract) ..... 5 mg	*
Lycopene (from tomatoes)..... 3 mg	*
Zeaxanthin isomers (from marigold flower extract)..... 1 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, microcrystalline cellulose, hydroxypropyl cellulose, ascorbyl palmitate, and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

OptiZinc® is a trademark of InterHealth N.I.

**Ultra Preventive®** *ez* Easy Swallow  
multivitamin

Formula	Size
200911	120 Tablets
	240 Tablets

Suggested Usage: 8 daily

Douglas Laboratories is proud to offer an easy-to-swallow version of our Ultra Preventive® X tablets. The EZ tablets are smaller-sized and contain a natural vanilla-scented coating.

**SUPPLEMENT FACTS** PL

Serving Size 8 Tablets

Amount Per Serving	%DV
Vitamin A ..... 15,000 IU	300%
(33% as Vitamin A Palmitate, 67% as Natural Beta-Carotene from D. Salina with carotenoids)	
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex) ..... 700 mg	1,167%
Vitamin D <sub>3</sub> (as cholecalciferol) ..... 1,000 IU	250%
Vitamin E ..... 400 IU	1,333%
(as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 90 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (as methylcobalamin) ..... 250 mcg	4,167%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium ..... 100 mg	10%
(as Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 100 mg	25%
(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (as Zinc Amino Acid Chelate) ..... 25 mg	167%
Selenium (as Selenium Krebs <sup>††</sup> /Kelp complex) ..... 200 mcg	286%
Copper (as Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese (as Manganese Aspartate/Sulfate Complex) ..... 10 mg	500%
Chromium (as Chromium polynicotinate) ..... 200 mcg	167%
Molybdenum (as Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium (as Potassium Aspartate/Chloride Complex) ..... 99 mg	2%
Lutein ..... 6 mg	*
Lycopene ..... 6 mg	*
Zeaxanthin ..... 1 mg	*
Other Minerals, Nutrients and Trace Elements	
Inositol ..... 100 mg	*
Trace Elements (from Sea Vegetation) ..... approx. 100 mcg	*
Choline (from 150 mg Choline Citrate/Bitartrate) ..... 60 mg	*
PABA (para-aminobenzoic acid) ..... 50 mg	*
Boron (as Boron Aspartate/Citrate complex) ..... 1.5 mg	*
Vanadium (as Vanadium Krebs <sup>††</sup> ) ..... 50 mcg	*
Amino Acids and Enzymes	
L-Cysteine/N-Acetyl-L-Cysteine ..... 150 mg	*
Betaine (from 150 mg Betaine HCl) ..... 14 mg	*
Bromelain (from pineapple stem) (2,000 GDU/g) ..... 50 mg	*
Glutamic Acid (from 25 mg Glutamic Acid HCl) ..... 20 mg	*
L-Methionine ..... 12.5 mg	*

Bioflavonoids and Proanthocyanidins	
Rose Hips ..... 100 mg	*
Lemon Bioflavonoids ..... 100 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract ..... 50 mg	*
Hesperidin ..... 35 mg	*
Rutin ..... 25 mg	*
Vegetables Fruits and Herbs	
Proprietary Organic Fruit and Vegetable Blend ..... 700 mg	*
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant).	
Garlic (bulb) ..... 100 mg	*
Cauliflower (sprout) ..... 100 mg	*
Spirulina ..... 100 mg	*
Chlorella (broken cell wall) ..... 100 mg	*
Green Papaya Extract (fruit) ..... 100 mg	*
Blackberry (fruit) ..... 80 mg	*
Celery powder (leaf and stalk) ..... 70 mg	*
Black radish powder (root) ..... 70 mg	*
Apricot powder (fruit) ..... 70 mg	*
Green Tea Extract (leaf) ..... 50 mg	*
Apple Pectin (fruit) ..... 50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

‡Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Ultra Preventive® 2 Daily** eZ Easy Swallow multivitamin

**Formula**                      **Size**  
 201344                      60 Tablets  
 Suggested Usage: 2 daily

Douglas Laboratories is proud to offer Ultra Preventive® 2 Daily tablets with important vitamins and minerals plus antioxidant support from a proprietary phytonutrient blend of standardized spinach, blueberry and strawberry extracts, carotenoids, and methylated resveratrol in just 2 easy-to-swallow tablets daily. Astaxanthin is included as a carotenoid antioxidant for healthy aging. Activated forms of B vitamins in Ultra Preventive® 2 Daily ensure proper utilization of vitamins.†

**SUPPLEMENT FACTS** PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	5,000 IU      100%
Vitamin C (as Ascorbic Acid).....	120 mg      200%
Vitamin D <sub>3</sub> .....	1,000 IU      250%
Vitamin E (as d-alpha tocopheryl succinate).....	100 IU      333%
Thiamine (as Thiamine HCl).....	25 mg      1,667%
Riboflavin (as Riboflavin-5-phosphate).....	10 mg      588%
Niacin/Niacinamide.....	30 mg      150%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate).....	10 mg      500%
Folate (as L-methylfolate, Metafolin®).....	400 mcg      100%
Vitamin B <sub>12</sub> (as methylcobalamin).....	250 mcg      4,167%
Biotin.....	300 mcg      100%
Pantothenic Acid (d-calcium pantothenate).....	25 mg      250%
Calcium (as Calcium Citrate/Malate Complex).....	50 mg      5%
Magnesium (as Magnesium Citrate).....	25 mg      6%
Iodine (from kelp).....	150 mcg      100%
Zinc (as OptiZinc®, monomethionine).....	15 mg      100%
Selenium (as amino acid chelate).....	100 mcg      143%
Copper (as amino acid chelate).....	1 mg      50%
Chromium (as amino acid chelate).....	120 mcg      100%
Molybdenum (as amino acid chelate).....	100 mcg      133%
Potassium (as Potassium Aspartate).....	30 mg      <2%
Choline (as Choline Bitartrate).....	60 mg      *
Inositol.....	25 mg      *
Lutein.....	3 mg      *
Lycopene (natural).....	3 mg      *
Zeaxanthin.....	1 mg      *
Astaxanthin.....	1 mg      *
Pterostilbene (pTeroPure®).....	10 mg      *
Proprietary Blend.....	300 mg      *
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

pTeroPure® is a trademark of ChromaDex, Inc.

OptiZinc® is a trademark of InterHealth N.I.

**Ultra Preventive® 50+**

● new product

**Formula**                      **Size**  
 202363                      60 Tablets  
 Suggested Usage: 2 daily

Ultra Preventive® 50+ is specially formulated with important vitamins, minerals, antioxidants and a proprietary fruit blend to support healthy aging in adults age 50+. This product features CoQ<sub>10</sub> for metabolic energy and heart health, lutein and zeaxanthin for healthy vision, lycopene for cellular support, bioavailable B vitamins, and Neurophenol®, a proprietary blend of blueberry and grape seed extract clinically studied for memory in healthy aging adults.†

**SUPPLEMENT FACTS** PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A.....	2,100 mcg      233%
(as 70% beta carotene and 30% Vitamin A palmitate)	
Vitamin C (as ascorbic acid).....	120 mg      133%
Vitamin D <sub>3</sub> (as cholecalciferol).....	25 mcg (1,000 IU)      125%
Vitamin E (as d-alpha-tocopheryl succinate).....	65 mg      433%
Thiamine (as Thiamine HCl).....	25 mg      2,083%
Riboflavin (as Riboflavin-5-phosphate).....	10 mg      769%
Niacin/Niacinamide.....	30 mg      188%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate).....	10 mg      588%
Folate.....	667 mcg DFE      167%
(as L-methylfolate, Metafolin®) (400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> .....	350 mcg      14,583%
(as methylcobalamin, adenosylcobalamin, hydroxycobalamin)	
Biotin.....	300 mcg      1,000%
Pantothenic Acid (as d-calcium pantothenate).....	25 mg      500%
Choline (as choline bitartrate).....	60 mg      11%
Calcium (as calcium citrate/malate complex).....	50 mg      4%
Iodine (as potassium iodide).....	150 mcg      100%
Magnesium (as magnesium citrate).....	50 mg      12%
Zinc (as OptiZinc®, monomethionine).....	20 mg      182%
Selenium (as amino acid chelate).....	100 mcg      182%
Chromium (as amino acid chelate).....	120 mcg      343%
Molybdenum (as amino acid chelate).....	100 mcg      222%
Potassium (as potassium citrate).....	30 mg      <1%
Proprietary Neurophenol® blend.....	300 mg      *
Providing 85 mg of flavonoids (flavan-3-ols, phenolic acids, flavonols, anthocyanins, resveratrol) from: Grape extract (fruit, <i>Vitis vinifera</i> ) and Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> )	
Co-Enzyme Q <sub>10</sub> (as ubiquinone).....	50 mg      *
Lutein (from marigold flower extract).....	10 mg      *
Lycopene (from tomatoes).....	3 mg      *
Zeaxanthin isomers (from marigold flower extract).....	2 mg      *

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, carboxymethyl cellulose, hydroxypropyl cellulose, ascorbyl palmitate, tablet coating (hypromellose, glycerin), stearic acid, silica.

OptiZinc® is a trademark of InterHealth N.I.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Neurophenol® is a registered trademark used with permission.



## Ultra Preventive® III (Tablets)

Formula	Size
200568	180 Tablets

Suggested Usage: 6 daily

Ultra Preventive® III provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness. This formula contains no Iron and Copper. Ultra Preventive® III contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF) as well as 1,000 IU of vitamin D<sub>3</sub> per serving. 5-MTHF is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine.†

### SUPPLEMENT FACTS PL

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU	500%
(40% as Vitamin A Palmitate/60% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid) ..... 1,200 mg	2,000%
Vitamin D <sub>3</sub> ..... 1000 IU	250%
Vitamin E (as Vitamin E Succinate) ..... 400 IU	1,333%
Thiamine (as Thiamine HCl) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 190 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (Cyanocobalamin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium ..... 500 mg	50%
(from Calcium Citrate/Ascorbate/Carbonate complex)	
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 500 mg	125%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate) ..... 25 mg	167%
Selenium ..... 200 mcg	286%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Manganese (as Manganese Aspartate/Sulfate Complex) ..... 20 mg	1,000%
Chromium ..... 200 mcg	167%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium (from Potassium Aspartate/Chloride Complex) ..... 99 mg	2%
Choline (from Choline Citrate/Bitartrate) ..... 60 mg	*
Inositol ..... 100 mg	*
Citrus Bioflavonoid Complex ..... 100 mg	*
PABA (para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 50 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 1.5 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine ..... 200 mg	*
L-Methionine ..... 12.5 mg	*
Glutamic Acid (from Glutamic Acid HCl) ..... 20 mg	*
Betaine (from Betaine HCl) ..... 114 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Ultra Preventive® III (Capsules)

Formula	Size
200585	180 Capsules

Suggested Usage: 6 daily

Ultra Preventive® III provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness. The capsule version of Ultra Preventive® III contains half the dose amount per serving compared to the tablets.‡

### SUPPLEMENT FACTS PL

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 12,500 IU	250%
(40% as Vitamin A Palmitate/60% [7,500 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid) ..... 600 mg	1,000%
Vitamin D <sub>3</sub> ..... 500 IU	125%
Vitamin E (as Vitamin E Succinate) ..... 200 IU	667%
Thiamine (as Thiamine HCl) ..... 50 mg	3,333%
Riboflavin ..... 25 mg	1,471%
Niacin/Niacinamide ..... 95 mg	475%
Vitamin B <sub>6</sub> ..... 50 mg	2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 400 mcg	100%
Vitamin B <sub>12</sub> (Cyanocobalamin) ..... 50 mcg	833%
Biotin ..... 150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 250 mg	2,500%
Calcium ..... 250 mg	25%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) ..... 100 mcg	67%
Magnesium ..... 250 mg	63%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate) ..... 12.5 mg	83%
Selenium ..... 100 mcg	143%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Manganese (as Manganese Aspartate/Sulfate Complex) ..... 10 mg	500%
Chromium ..... 100 mcg	83%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 50 mcg	67%
Potassium ..... 49.5 mg	1%
(from Potassium Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate) ..... 30 mg	*
Inositol ..... 50 mg	*
Citrus Bioflavonoid Complex ..... 50 mg	*
PABA (para-Aminobenzoic Acid) ..... 25 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 25 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 0.75 mg	*
Trace Elements (from Sea Vegetation) ..... 50 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine ..... 100 mg	*
L-Methionine ..... 6 mg	*
Glutamic Acid (from Glutamic Acid HCl) ..... 10 mg	*
Betaine (from Betaine HCl) ..... 57 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), vegetable stearate, silica and cellulose.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Ultra Preventive® III (Tablets)  
with Copper**

Formula	Size
200578C	180 Tablets

Suggested Usage: 6 daily

Ultra Preventive® III with Copper provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness.†

**SUPPLEMENT FACTS**

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU	500%
(40% as Vitamin A Palmitate/60% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid) ..... 1,200 mg	2,000%
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Vitamin E (as Vitamin E Succinate) ..... 400 IU	1,333%
Thiamine (as Thiamine HCl) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 190 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (Cyanocobalamin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium ..... 500 mg	50%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 500 mg	125%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate) ..... 25 mg	167%
Selenium ..... 200 mcg	286%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Copper (from Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese (as Manganese Aspartate/Sulfate Complex) ..... 20 mg	1,000%
Chromium ..... 200 mcg	167%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium ..... 99 mg	2%
(from Potassium Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate) ..... 60 mg	*
Inositol ..... 100 mg	*
Citrus Bioflavonoid Complex ..... 100 mg	*
PABA (para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 50 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 1.5 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine ..... 200 mg	*
L-Methionine ..... 12.5 mg	*
Glutamic Acid (from Glutamic Acid HCl) ..... 20 mg	*
Betaine (from Betaine HCl) ..... 114 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Ultra Preventive® III (Vegetarian Capsules)  
with Copper**

Formula	Size
200587	180 Vegetarian Capsules

Suggested Usage: 6 daily

Ultra Preventive® III with Copper provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness. The capsule version of Ultra Preventive® III with Copper contains half the dose amount per serving compared to the tablets.‡

**SUPPLEMENT FACTS** PL

Serving Size 6 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 12,500 IU	250%
(40% as Vitamin A Palmitate/60% [7500 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid) ..... 600 mg	1,000%
Vitamin D <sub>3</sub> ..... 500 IU	125%
Vitamin E (as Vitamin E Succinate) ..... 200 IU	667%
Thiamine (as Thiamine HCl) ..... 50 mg	3,333%
Riboflavin ..... 25 mg	1,471%
Niacin/Niacinamide ..... 95 mg	475%
Vitamin B <sub>6</sub> ..... 50 mg	2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin) ..... 50 mcg	100%
Biotin ..... 150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 250 mg	2,500%
Calcium ..... 250 mg	25%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) ..... 100 mcg	67%
Magnesium ..... 250 mg	63%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate) ..... 12.5 mg	83%
Selenium (Organic Selenium from Krebs <sup>††</sup> Cycle) ..... 100 mcg	143%
Copper (from Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese ..... 10 mg	500%
(from Manganese Aspartate/Sulfate Complex)	
Chromium ..... 100 mcg	83%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 50 mcg	67%
Potassium ..... 49.5 mg	1%
(from Potassium Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate) ..... 30 mg	*
Inositol ..... 50 mg	*
Citrus Bioflavonoid Complex ..... 50 mg	*
PABA (Para-Aminobenzoic Acid) ..... 25 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 25 mcg	*
Boron (from Boron Citrate) ..... 0.75 mg	*
Trace Elements (from Sea Vegetation) ..... 10 mcg	*
L-Cysteine HCl/N-Acetyl-L-Cysteine ..... 100 mg	*
L-Methionine ..... 6 mg	*
Glutamic Acid ..... 25 mg	*
Betaine (from Betaine HCl) ..... 57 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose vegetable stearate, stearic acid and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Ultra Preventive® III with Copper & Iron

Formula	Size
200577A	180 Tablets

Suggested Usage: 6 daily

Ultra Preventive® III with Copper & Iron provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness.†

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU	500%
(40% as Vitamin A Palmitate/60% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid) ..... 1,200 mg	2,000%
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Vitamin E (as Vitamin E Succinate) ..... 400 IU	1,333%
Thiamine (as Thiamine HCl) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 190 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (on Ion Exchange Resin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium ..... 500 mg	50%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iron (from Ferronyl®, carbonyl iron) ..... 20 mg	111%
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 500 mg	125%
(from Magnesium Ascorbate/Aspartate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate) ..... 25 mg	167%
Selenium ..... 200 mcg	286%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Copper (from Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese (from Manganese Aspartate/Sulfate Complex) ..... 20 mg	1,000%
Chromium ..... 200 mcg	167%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium ..... 99 mg	2%
(from Potassium Aspartate/Chloride complex)	
Choline (from Choline Citrate/Bitartrate) ..... 60 mg	*
Inositol ..... 100 mg	*
Citrus Bioflavonoid Complex ..... 100 mg	*
PABA (Para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 50 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 1.5 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine ..... 200 mg	*
L-Methionine ..... 12.5 mg	*
Glutamic Acid (from Glutamic Acid HCl) ..... 20 mg	*
Betaine (from Betaine HCl) ..... 114 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, carboxymethyl cellulose, stearic acid, silica and vegetable stearate.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Ultra Preventive® Beta

Formula	Size
200571	180 Tablets

Suggested Usage: 6 daily

Ultra Preventive® Beta provides a comprehensive vitamin/mineral/trace element formula with bioavailable forms to support optimal health and wellness. This formula delivers 100% beta-carotene as vitamin A.†

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 15,000 IU	300%
(100% as natural Beta-Carotene with full spectrum Carotenoids <sup>‡</sup> )	
Vitamin C (Ascorbic Acid) ..... 1,200 mg	2,000%
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Vitamin E (as Vitamin E Succinate) ..... 400 IU	1,333%
Thiamine (as Thiamine HCl) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin/Niacinamide ..... 190 mg	950%
Vitamin B <sub>6</sub> ..... 100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) ..... 800 mcg	200%
Vitamin B <sub>12</sub> (as Cyanocobalamin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 500 mg	5,000%
Calcium (from Calcium Citrate/Ascorbate Complex) ..... 500 mg	50%
Iodine (from Kelp) ..... 200 mcg	133%
Magnesium ..... 500 mg	125%
(from Magnesium Aspartate/Ascorbate Complex)	
Zinc (as OptiZinc®, Monomethionine) ..... 30 mg	200%
Selenium ..... 200 mcg	286%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Manganese (from Manganese Aspartate Complex) ..... 20 mg	1,000%
Chromium ..... 200 mcg	167%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 100 mcg	133%
Potassium (from Potassium Aspartate Complex) ..... 99 mg	3%
Choline (from Choline Citrate/Bitartrate) ..... 60 mg	*
Inositol ..... 100 mg	*
CITRUS Bioflavonoid Complex ..... 100 mg	*
PABA (para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 50 mcg	*
Boron (from Boron Aspartate/ Citrate Complex) ..... 3 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
N-Acetyl-L-Cysteine/L-Cysteine ..... 200 mg	*
L-Methionine ..... 12.5 mg	*
Glutamic Acid ..... 20 mg	*
Betaine (from Betaine HCl) ..... 114 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

‡Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

OptiZinc® is a trademark of InterHealth N.I.

MULTIVITAMINS | **BASIC PREVENTIVE®**

**Basic Preventive® 2**  
**Iron and Copper Free**

Formula	Size
201384	180 Tablets

Suggested Usage: 6 daily

Basic Preventive® 2 is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 2 is more than just another multivitamin supplement. It is antioxidant formula high in natural beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement. This formula is iron and copper free and is in a base of freeze-dried glandular extracts, including liver, thymus, spleen and adrenal.

**SUPPLEMENT FACTS**

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU (As 40% Vitamin A Acetate and 60% [15,000 IU] as natural beta carotene)	500%
Vitamin C ..... 1,200 mg (as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)	2,000%
Vitamin D <sub>3</sub> ..... 100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate)..... 400 IU	1,333%
Vitamin K <sub>1</sub> (as phytonadione) ..... 60 mcg	75%
Thiamine (as thiamine mononitrate) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin (as niacinamide and niacin) ..... 200 mg	1,000%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)..... 50 mg	2,500%
Folic acid ..... 800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin on ion exchange resin)..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic acid (as d-calcium pantothenate) ..... 400 mg	4,000%
Calcium (as calcium citrate and calcium ascorbate) ..... 500 mg	50%
Iodine (from kelp)..... 150 mcg	100%
Magnesium ..... 500 mg (as magnesium aspartate-ascorbate/magnesium amino acid chelate/magnesium oxide complex)	125%
Zinc (as zinc amino acid chelate)..... 20 mg	133%
Selenium (as selenium amino acid complex) ..... 200 mcg	286%
Manganese (as manganese amino acid chelate)..... 20 mg	1,000%
Chromium (as chromium polynicotinate)..... 200 mcg	167%
Molybdenum (as molybdenum amino acid chelate) ..... 150 mcg	200%
Potassium ..... 99 mg (as potassium aspartate-ascorbate/potassium chloride complex)	3%
Choline (from 150 mg choline bitartrate) ..... 60 mg	*
Inositol ..... 50 mg	*
Vanadium (as vanadyl sulfate)..... 39 mcg	*

Boron (as boron aspartate-citrate) .....	2 mg	*
para-Aminobenzoic acid .....	50 mg	*
Citrus bioflavonoids complex .....	100 mg	*
Raw glandular tissue blend .....	180 mg	*
Thymus .....	51 mg	*
Spleen.....	51 mg	*
Liver .....	51 mg	*
Adrenal.....	27 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, magnesium silicate, calcium carbonate, glycerin and beet root.

## Basic Preventive® 4 Iron and Copper Free

Formula	Size
201386	180 Tablets

Suggested Usage: 6 daily

Basic Preventive® 4 is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 4 is more than just another multivitamin supplement. It is an antioxidant formula high in natural beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement. This formula is copper and iron free.

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU	500%
(As Vitamin Acetate with fish oil [sardines, anchovies, mackerel] and 60% [15,000 IU] as natural beta carotene)	
Vitamin C ..... 1,200 mg	2,000%
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)	
Vitamin D <sub>3</sub> ..... 100 IU	25%
Vitamin E [as d-alpha tocopheryl succinate] ..... 400 IU	1,333%
Vitamin K <sub>1</sub> [as phytonadione] ..... 60 mcg	75%
Thiamine [as thiamine mononitrate] ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin [as niacinamide and niacin] ..... 200 mg	1,000%
Vitamin B <sub>6</sub> [as pyridoxine hydrochloride] ..... 50 mg	2,500%
Folic acid ..... 800 mcg	200%
Vitamin B <sub>12</sub> [as cyanocobalamin on ion exchange resin] ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic acid [as d-calcium pantothenate] ..... 400 mg	4,000%
Calcium [as calcium citrate/ascorbate complex] ..... 500 mg	50%
Iodine (from kelp) ..... 150 mcg	100%
Magnesium ..... 500 mg	125%
(as magnesium aspartate-ascorbate/magnesium amino acid chelate/magnesium oxide complex)	
Zinc [as zinc amino acid chelate] ..... 20 mg	133%
Selenium [as selenium amino acid complex] ..... 200 mcg	286%
Manganese [as manganese amino acid chelate] ..... 20 mg	1,000%
Chromium [as chromium polynicotinate] ..... 200 mcg	167%
Molybdenum [as molybdenum amino acid chelate] ..... 150 mcg	200%
Potassium ..... 99 mg	3%
(as potassium aspartate-ascorbate/potassium chloride complex)	
Choline [as choline bitartrate] ..... 150 mg	*
Inositol ..... 50 mg	*
Vanadium [as vanadyl sulfate] ..... 39 mcg	*
Boron [as boron aspartate-citrate] ..... 2 mg	*
para-Aminobenzoic acid ..... 50 mg	*
Citrus bioflavonoids ..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, magnesium silicate, calcium carbonate, glycerin and beet root.

## Basic Preventive® 5 Iron Free

Formula	Size
201387	180 Tablets

Suggested Usage: 6 daily

Basic Preventive® 5 is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 5 is more than just another multivitamin supplement. It is an antioxidant formula high in natural beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement.

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 25,000 IU	500%
(As Vitamin Acetate with fish oil [sardines, anchovies, mackerel] and 60% [15,000 IU] as natural beta carotene)	
Vitamin C ..... 1,200 mg	2,000%
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)	
Vitamin D <sub>3</sub> ..... 100 IU	25%
Vitamin E [as d-alpha tocopheryl succinate] ..... 400 IU	1,333%
Vitamin K <sub>1</sub> [as phytonadione] ..... 60 mcg	75%
Thiamine [as thiamine mononitrate] ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin [as niacinamide and niacin] ..... 200 mg	1,000%
Vitamin B <sub>6</sub> [as pyridoxine hydrochloride] ..... 50 mg	2,500%
Folic acid ..... 800 mcg	200%
Vitamin B <sub>12</sub> [as cyanocobalamin on ion exchange resin] ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic acid [as d-calcium pantothenate] ..... 400 mg	4,000%
Calcium [as calcium citrate/ascorbate complex] ..... 500 mg	50%
Iodine (from kelp) ..... 150 mcg	100%
Magnesium ..... 500 mg	125%
(as magnesium aspartate-ascorbate/magnesium amino acid chelate/magnesium oxide complex)	
Zinc [as zinc amino acid chelate] ..... 20 mg	133%
Selenium [as selenium amino acid complex] ..... 200 mcg	286%
Copper [as copper amino acid chelate] ..... 2 mg	100%
Manganese [as manganese amino acid chelate] ..... 20 mg	1,000%
Chromium [as chromium polynicotinate] ..... 200 mcg	167%
Molybdenum [as molybdenum amino acid chelate] ..... 150 mcg	200%
Potassium ..... 99 mg	3%
(as potassium aspartate-ascorbate/potassium chloride complex)	
Choline [as choline bitartrate] ..... 150 mg	*
Inositol ..... 50 mg	*
Vanadium [as vanadyl sulfate] ..... 39 mcg	*
Boron [as boron aspartate-citrate] ..... 2 mg	*
para-Aminobenzoic acid ..... 50 mg	*
Citrus bioflavonoids ..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, vegetable stearate, silica, water, titanium dioxide, dextrose, magnesium silicate, calcium carbonate, glycerin and beet root.

**Basic Preventive® 5**  
**Iron Free (Vegetarian Capsules)**

**Formula**                      **Size**  
BP5-C                      270 Vegetarian Capsules  
**Suggested Usage:** 9 daily

Basic Preventive® 5 is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive® 5 is more than just another multivitamin supplement. It is an antioxidant formula high in natural beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement.

**SUPPLEMENT FACTS**

Serving Size 9 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A.....25,000 IU	500%
(as Vitamin A Palmitate and 60% [15,000 IU] as natural beta-carotene from)	
Vitamin C.....1,200 mg	2,000%
(as calcium ascorbate and magnesium/potassium aspartate-ascorbate/ascorbic acid complex)	
Vitamin D <sub>3</sub> .....100 IU	100%
Vitamin E (as d-alpha tocopheryl succinate).....400 IU	1,333%
Vitamin K <sub>1</sub> (as phytonadione).....60 mcg	75%
Thiamine (as thiamine mononitrate).....100 mg	6,667%
Riboflavin.....50 mg	2,941%
Niacin (as niacinamide and niacin).....200 mg	1,000%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride).....50 mg	2,500%
Folic acid.....800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin on ion exchange resin).....100 mcg	1,667%
Biotin.....300 mcg	100%
Pantothenic acid (as d-calcium pantothenate).....400 mg	4,000%
Calcium.....500 mg	50%
(as calcium citrate/ascorbate/carbonate complex)	
Iodine (from kelp).....150 mcg	100%
Magnesium.....500 mg	125%
(as magnesium aspartate-ascorbate complex/magnesium amino acid chelate/magnesium oxide)	
Zinc (as zinc amino acid chelate).....20 mg	133%
Selenium (as selenium amino acid complex).....200 mcg	286%
Copper (as copper amino acid chelate).....2 mg	100%
Manganese (as manganese amino acid chelate).....20 mg	1,000%
Chromium (as chromium polynicotinate).....200 mcg	167%
Molybdenum (as molybdenum amino acid chelate).....150 mcg	200%
Potassium.....99 mg	3%
(as potassium aspartate-ascorbate/potassium chloride complex)	
Choline (as choline bitartrate).....150 mg	*
Inositol.....50 mg	*
Vanadium (as vanadyl sulfate).....39 mcg	*
Boron (as boron aspartate-citrate).....2 mg	*
para-Aminobenzoic acid.....50 mg	*
Citrus bioflavonoids.....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

MULTIVITAMINS | **SUPPORT FORMULAS**

**Joint-Support Formula**

**Formula**                      **Size**  
4547                      120 Tablets  
**Suggested Usage:** 4 daily

Joint-Support Formula is a comprehensive combination of ingredients, including glucosamine sulfate, shark cartilage, and bromelain, carefully formulated and specifically designed to support the structure and function of healthy joints. Individual results may vary.†

**SUPPLEMENT FACTS**

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A.....20,000 IU	400%
(25% as Vitamin A Acetate/75% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid).....1,000 mg	1,667%
Vitamin D <sub>3</sub> .....50 IU	13%
Vitamin E (as Vitamin E Succinate and Acetate).....200 IU	667%
Thiamine (as Thiamine HCl).....50 mg	3,333%
Riboflavin.....25 mg	1,471%
Niacin/Niacinamide.....120 mg	600%
Vitamin B <sub>6</sub> .....25 mg	1,250%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folic Acid.....800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin).....100 mcg	1,667%
Biotin.....300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate).....150 mg	1,500%
Calcium.....300 mg	30%
(from Calcium/Carbonate Citrate/Ascorbate Complex)	
Magnesium.....300 mg	75%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Oxide/Krebs <sup>++</sup> /Aspartate Complex).....50 mg	333%
Selenium.....300 mcg	429%
(Organic Selenium from Krebs <sup>++</sup> Cycle and Kelp)	
Copper (from Copper Amino Acid Chelate).....2 mg	100%
Manganese (from Manganese Aspartate/Sulfate Complex).....15 mg	750%
Chromium.....200 mcg	167%
(Organically bound with GTF activity-low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>++</sup> ).....50 mcg	67%
Potassium.....75 mg	2%
(from Potassium Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate).....20 mg	*
Inositol.....25 mg	*
Citrus Bioflavonoid Complex.....100 mg	*
PABA (para-Aminobenzoic Acid).....50 mg	*
Vanadium (from Vanadium Krebs <sup>++</sup> ).....25 mcg	*
Boron (from Boron Aspartate/Citrate Complex).....1 mg	*
Trace Elements (from Montmorillonite).....100 mcg	*
Aspartic Acid.....280 mg	*
Joint-Support Proprietary Blend.....500 mg	*
Turmeric (root) [ <i>Curcuma longa</i> ], Pancreatin 8X (providing Protease, Amylase and Lipase activity), Licorice (root) [ <i>Glycyrrhiza glabra</i> ], <i>Panax ginseng</i> (root), Quercetin Dihydrate, Betaine HCl, Shark Cartilage Powder (fish), Glucosamine Sulfate (from crab and shrimp), Pepsin 1:10,000, Bromelain, Young Wheat Sprouts (seed), Devil's Claw (root), Grape seed extract, Glutamic Acid, N-Acetyl-L-Cysteine, L-Cystine and L-Methionine	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, vegetable stearate, carboxymethyl cellulose and silica.

<sup>++</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## Vitality Support Formula™

Formula	Size
4546	120 Tablets

Suggested Usage: 4 daily

Vitality Support Formula™ is a comprehensive combination of vitamins, minerals, herbals, and other nutrients, carefully formulated and specifically designed to support the function of the body's defenses against the stresses imposed by mild fatigue.†

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 30,000 IU	600%
(17% as Vitamin A Acetate/83% [25,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid/Calcium Ascorbate)..... 1,000 mg	1,667%
Vitamin D <sub>3</sub> (as Cholecalciferol)..... 50 IU	13%
Vitamin E (Vitamin E Succinate/Acetate)..... 200 IU	667%
Thiamine (as Thiamine Mononitrate)..... 50 mg	3,333%
Riboflavin..... 25 mg	1,471%
Niacin/Niacinamide..... 120 mg	600%
Vitamin B <sub>6</sub> ..... 25 mg	1,250%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folic Acid..... 800 mcg	200%
Vitamin B <sub>12</sub> (as Cyanocobalamin)..... 100 mcg	1,667%
Biotin..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)..... 150 mg	1,500%
Calcium..... 300 mg	30%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Magnesium..... 300 mg	75%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Krebs <sup>††</sup> /Aspartate/Oxide Complex)..... 20 mg	133%
Selenium..... 200 mcg	286%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Copper (from Krebs <sup>††</sup> )..... 2 mg	100%
Manganese..... 15 mg	750%
(from Manganese Aspartate/Sulfate Complex)	
Chromium..... 200 mcg	167%
(Organically bound with GTF activity-low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> )..... 50 mcg	67%
Potassium (from Potassium Aspartate/Chloride Complex)..... 75 mg	2%
Choline (from Choline Citrate/Bitartrate)..... 20 mg	*
Inositol..... 25 mg	*
Citrus Bioflavonoid Complex..... 100 mg	*
PABA (para-Aminobenzoic Acid)..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> )..... 25 mcg	*
Boron (from Boron Aspartate/Citrate Complex)..... 1 mg	*
Trace Elements (from Sea Vegetation)..... 100 mcg	*
Aspartic Acid..... 280 mg	*
Vitality Support Proprietary Blend..... 500 mg	*
Goldenseal (root), <i>Echinacea angustifolia</i> (root), <i>Echinacea purpurea</i> (root), Shiitake mushroom (mycelium) ( <i>Lentinus edodes</i> ), Chamomile (flower), Burdock (root) ( <i>Arctium lappa</i> ), Licorice (root) ( <i>Glycyrrhiza glabra</i> ), Betaine HCl, Astragalus (root), Malic Acid, Adrenal, Thymus, Magnesium Hydroxide, L-Cystine, N-Acetyl-L-Cysteine, L-Methionine, L-Cysteine HCl and Glutamic Acid.	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, vegetable stearate, carboxymethyl cellulose and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## C.V. Support Formula™

Formula	Size
4550	120 Tablets

Suggested Usage: 4 daily

C.V. Support Formula™ is a comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to support the healthy structure and function of the cardiovascular system.†

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A..... 20,000 IU	400%
(25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid)..... 1,000 mg	1,667%
Vitamin D <sub>3</sub> ..... 50 IU	13%
Vitamin E (as Vitamin E Succinate/Acetate)..... 200 IU	667%
Thiamine (as Thiamine Mononitrate)..... 50 mg	3,333%
Riboflavin..... 25 mg	1,471%
Niacin/Niacinamide..... 120 mg	600%
Vitamin B <sub>6</sub> (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)..... 25 mg	1,250%
Folic Acid..... 800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin)..... 100 mcg	1,667%
Biotin..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)..... 150 mg	1,500%
Calcium..... 300 mg	30%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Magnesium..... 300 mg	75%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Aspartate/Krebs <sup>††</sup> /Oxide Complex)..... 20 mg	133%
Selenium..... 200 mcg	286%
(Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	
Copper (from Krebs <sup>††</sup> )..... 2 mg	100%
Manganese..... 15 mg	750%
(from Manganese Aspartate/Sulfate Complex)	
Chromium..... 200 mcg	167%
(Organically bound with GTF activity-low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>††</sup> )..... 50 mcg	67%
Potassium..... 75 mg	2%
(from Potassium Aspartate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate)..... 20 mg	*
Inositol..... 25 mg	*
Citrus Bioflavonoid Complex..... 100 mg	*
PABA (para-Aminobenzoic Acid)..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> )..... 25 mcg	*
Boron (from Boron Aspartate/Citrate Complex)..... 1 mg	*
Trace Elements (from Sea Vegetation)..... 100 mcg	*
C.V. Support Proprietary Blend..... 500 mg	*
Tetrasodium EDTA, Lecithin Complex (Soya), Bovine cartilage, Betaine HCl, L-Carnitine, Garlic (bulb), Pepsin 1:10,000, Papain 12M, Trypsin, Cayenne (fruit), Chickweed (leaf), Hawthorne (berry), Citrus pectin, Alfalfa (leaf), Ginger (rhizome), L-Cystine, N-Acetyl-L-Cysteine, L-Glutamic acid, L-cysteine, Mistletoe (aerial parts), L-Methionine, Coenzyme Q <sub>10</sub> , Ginkgo biloba extract (leaf), Bromelain, Pantethine and Chymotrypsin	
Aspartic Acid..... 280 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, vegetable stearate, carboxymethyl cellulose and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Energy/Sports Formula

**Formula**                      **Size**  
 4543                              120 Tablets

**Suggested Usage:** 4 daily

Energy/Sports Formula is a comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to support energy metabolism during sport and exercise.†

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene).....	20,000 IU 400%
Vitamin C (Ascorbic Acid).....	1,000 mg 1,667%
Vitamin D <sub>3</sub> .....	50 IU 13%
Vitamin E (as Vitamin E Succinate).....	200 IU 667%
Thiamine (as Thiamine HCl).....	50 mg 3333%
Riboflavin.....	25 mg 1471%
Niacin/Niacinamide.....	120 mg 600%
Vitamin B <sub>6</sub> (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	25 mg 1250%
Folic Acid.....	800 mcg 200%
Vitamin B <sub>12</sub> (as cyanocobalamin).....	100 mcg 667%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate).....	150 mg 1500%
Calcium (from Calcium Citrate/Ascorbate/Carbonate Complex).....	300 mg 30%
Magnesium (from Manganese Aspartate/Sulfate Complex).....	300 mg 75%
Zinc (from Zinc Aspartate/Krebs <sup>††</sup> /Oxide Complex).....	20 mg 133%
Selenium (Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp).....	200 mcg 286%
Copper (from Copper Amino Acid Chelate).....	2 mg 100%
Manganese (from Manganese Aspartate/Sulfate Complex).....	15 mg 750%
Chromium (Organically bound with GTF activity-low allergenicity).....	200 mcg 167%
Molybdenum (from Molybdenum Krebs <sup>††</sup> ).....	50 mcg 67%
Potassium (from Potassium Aspartate/Chloride Complex).....	75 mg 2%
Choline (from Choline Citrate/Bitartrate).....	20 mg *
Inositol.....	25 mg *
Citrus Bioflavonoid Complex.....	100 mg *
PABA (para-Aminobenzoic Acid).....	50 mg *
Vanadium (from Vanadium Krebs <sup>††</sup> ).....	25 mcg *
Boron (from Boron Aspartate/Citrate Complex).....	1 mg *
Trace Elements (from Sea Vegetation).....	100 mcg *
Energy/Sports Proprietary Blend (Ginseng (root) [ <i>Panax ginseng</i> ], Sarsaparilla (root) [ <i>Smilax officinalis</i> ], L-Aspartic Acid, Octacosanol, Betaine HCl, Royal Jelly, Gamma Oryzanol (Rice Bran Oil), n-dimethylglycine [DMG], L-Carnitine, Inosine, N-Acetyl-L-Cysteine, L-Methionine and Glutamic Acid).....	500 mg *

\*Daily Value [DV] not established.

Other ingredients: Cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## Executive Stress Formula

**Formula**                      **Size**  
 4541                              120 Tablets

**Suggested Usage:** 4 daily

Executive Stress Formula is a comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to support and boost the function of the body's defenses against mild stress.†

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (25% as Vitamin A Acetate/75% [15,000 IU] as Beta-Carotene).....	20,000 IU 400%
Vitamin C (as Ascorbic Acid/Calcium Ascorbate).....	1,000 mg 1,667%
Vitamin D <sub>3</sub> .....	50 IU 13%
Vitamin E (as Vitamin E Acetate/Succinate).....	200 IU 667%
Thiamine (as Thiamine Mononitrate).....	50 mg 3,333%
Riboflavin.....	25 mg 1,471%
Niacin/Niacinamide.....	120 mg 600%
Vitamin B <sub>6</sub> (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	25 mg 1,250%
Folic Acid.....	800 mcg 200%
Vitamin B <sub>12</sub> (as cyanocobalamin).....	100 mcg 1,667%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate).....	150 mg 1,500%
Calcium (from Calcium Citrate/Ascorbate/Carbonate Complex).....	300 mg 30%
Magnesium (from Magnesium Aspartate/Oxide Complex).....	300 mg 75%
Zinc (from Zinc Krebs <sup>††</sup> /Aspartate/Oxide Complex).....	20 mg 133%
Selenium (Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp).....	200 mcg 286%
Copper (from Copper Krebs <sup>††</sup> ).....	2 mg 100%
Manganese (from Manganese Aspartate/Sulfate Complex).....	15 mg 750%
Chromium (Organically bound with GTF activity-low allergenicity).....	200 mcg 167%
Molybdenum (from Molybdenum Krebs <sup>††</sup> ).....	50 mcg 67%
Potassium (from Potassium Aspartate/Chloride Complex).....	75 mg 2%
Executive Stress Proprietary Blend (Ginkgo biloba (leaf), Milk Thistle (seed), Brown Rice Flour, Betaine HCl, L-Glycine, Goldenseal (root), N-Acetyl-L-Cysteine/L-Cystine, Wheat Sprouts (seed), L-Methionine, Glutathione, Glutamic Acid, Grape seed Extract, Coenzyme Q <sub>10</sub> ).....	500 mg *
Citrus Bioflavonoid Complex.....	100 mg *
PABA (para-Aminobenzoic Acid).....	50 mg *
Inositol.....	25 mg *
Choline (from Choline Citrate/Bitartrate).....	20 mg *
Boron (from Boron Aspartate/Citrate Complex).....	1 mg *
Trace Elements (from Sea Vegetation).....	100 mcg *
Vanadium (from Vanadium Krebs <sup>††</sup> ).....	25 mcg *
Aspartic acid.....	280 mg *

\*Daily Value [DV] not established.

Other ingredients: Cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.



## Gluco-Support Formula™

**Formula**                      **Size**  
84075                              120 Tablets

**Suggested Usage:** 4 daily

Gluco-Support Formula™ is a comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated and specifically designed to offer nutritional support for healthy glucose metabolism.†

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 20,000 IU (25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene)	400%
Vitamin C (Ascorbic Acid) ..... 1,000 mg	1,667%
Vitamin D <sub>3</sub> ..... 50 IU	13%
Vitamin E (as Vitamin E Succinate) ..... 200 IU	667%
Thiamine (as Thiamine HCl) ..... 50 mg	3,333%
Riboflavin ..... 25 mg	1,471%
Niacin/Niacinamide ..... 120 mg	600%
Vitamin B <sub>6</sub> ..... 25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid ..... 800 mcg	200%
Vitamin B <sub>12</sub> (on Ion Exchange Resin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 150 mg	1,500%
Calcium ..... 300 mg (from Calcium Citrate/Ascorbate/Carbonate Complex)	30%
Magnesium ..... 300 mg (from Magnesium Aspartate/Ascorbate/Oxide Complex)	75%
Zinc (from Zinc Krebs <sup>††</sup> /Aspartate/Oxide Complex) ..... 20 mg	133%
Selenium ..... 200 mcg (Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	286%
Copper (from Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese (from Manganese Aspartate/Sulfate Complex) .. 15 mg	750%
Chromium ..... 200 mcg (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 50 mcg	67%
Potassium ..... 75 mg (from Potassium Aspartate/Chloride Complex)	2%
Choline (from Choline Citrate/Bitartrate) ..... 20 mg	*
Inositol ..... 25 mg	*
Citrus Bioflavonoid Complex ..... 100 mg	*
PABA (para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 25 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 1 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
Gluco-Support Proprietary Blend ..... 500 mg <i>Momordica chirantia</i> (fruit), <i>Gymnema sylvestre</i> extract (stem), Chickweed (aerial parts), Dandelion (root), Goldenseal (root), Acetyl-L-Carnitine, Lemon Bioflavonoids, Proanthocyanidins (Red Wine Grape), Lipoic Acid and Coenzyme Q <sub>10</sub>	*
Aspartic Acid ..... 280 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, carboxymethyl cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## Osteo-Support Formula™

**Formula**                      **Size**  
4544                              120 Tablets

**Suggested Usage:** 4 daily

Osteo-Support Formula™ is a comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to help maintain healthy bone structure and function.‡

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 20,000 IU (25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene)	400%
Vitamin C (Ascorbic Acid) ..... 1,000 mg	1,667%
Vitamin D <sub>3</sub> ..... 50 IU	13%
Vitamin E (as Vitamin E Succinate) ..... 200 IU	667%
Thiamine (as Thiamine HCl) ..... 50 mg	3,333%
Riboflavin ..... 25 mg	1,471%
Niacin/Niacinamide ..... 120 mg	600%
Vitamin B <sub>6</sub> ..... 25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid ..... 800 mcg	200%
Vitamin B <sub>12</sub> (on Ion Exchange Resin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 150 mg	1,500%
Calcium ..... 800 mg (from Calcium Citrate/Ascorbate/Carbonate Complex)	80%
Magnesium ..... 400 mg (from Magnesium Aspartate/Ascorbate/Oxide Complex)	100%
Zinc (from Zinc Aspartate/Krebs <sup>††</sup> /Oxide Complex) ..... 20 mg	133%
Selenium ..... 200 mcg (Organic Selenium from Krebs <sup>††</sup> Cycle and Kelp)	286%
Copper (from Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese ..... 15 mg (from Manganese Aspartate/Sulfate Complex)	750%
Chromium ..... 200 mcg (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs <sup>††</sup> ) ..... 50 mcg	67%
Potassium ..... 75 mg (from Potassium Aspartate/Chloride Complex)	2%
Choline (from Choline Citrate/Bitartrate) ..... 20 mg	*
Inositol ..... 25 mg	*
Citrus Bioflavonoid Complex ..... 100 mg	*
PABA (para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ) ..... 25 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 1 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
Osteo-Support Proprietary Blend ..... 500 mg Bioflavonoids, Hesperidin, Dong Quai (root), Licorice (root), Black Cohosh (root), Fennel (seed), Bromelain, Betaine HCl/Glutamic Acid HCl, Rutin, Proanthocyanidins (Red Wine Grapes), N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Prosta-Support Formula™

Formula	Size
84074	120 Tablets

Suggested Usage: 4 daily

Prosta-Support Formula™ is a comprehensive combination of vitamins, minerals, herbals, and other nutrients, carefully formulated and specifically designed to support and maintain general health as well as the health and function of the prostate.†

### SUPPLEMENT FACTS

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 20,000 IU	400%
(25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene)	
Vitamin C (Ascorbic Acid) ..... 1,000 mg	1,667%
Vitamin D <sub>3</sub> ..... 50 IU	13%
Vitamin E (as Vitamin E Succinate) ..... 200 IU	667%
Thiamine (as Thiamine HCl) ..... 50 mg	3,333%
Riboflavin ..... 25 mg	1,471%
Niacin/Niacinamide ..... 120 mg	600%
Vitamin B <sub>6</sub> ..... 25 mg	1,250%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folic Acid ..... 800 mcg	200%
Vitamin B <sub>12</sub> (on Ion Exchange Resin) ..... 100 mcg	1,667%
Biotin ..... 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) ..... 150 mg	1,500%
Calcium ..... 300 mg	30%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Magnesium ..... 300 mg	75%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Aspartate/Krebs <sup>++</sup> /Oxide Complex) ..... 20 mg	133%
Selenium ..... 200 mcg	286%
(Organic Selenium from Krebs <sup>++</sup> Cycle and Kelp)	
Copper (from Copper Amino Acid Chelate) ..... 2 mg	100%
Manganese (from Manganese Aspartate/Sulfate Complex) .. 15 mg	750%
Chromium ..... 200 mcg	167%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs <sup>++</sup> ) ..... 50 mcg	67%
Potassium (from Potassium Aspartate/Chloride Complex) .. 75 mg	2%
Choline (from Choline Citrate/Bitartrate) ..... 20 mg	*
Inositol ..... 25 mg	*
Citrus Bioflavonoid Complex ..... 100 mg	*
PABA (para-Aminobenzoic Acid) ..... 50 mg	*
Vanadium (from Vanadium Krebs <sup>++</sup> ) ..... 25 mcg	*
Boron (from Boron Aspartate/Citrate Complex) ..... 1 mg	*
Trace Elements (from Sea Vegetation) ..... 100 mcg	*
Aspartic Acid ..... 280mg	*
Glutamic Acid ..... 40mg	*
Prosta-Support Proprietary Blend ..... 500 mg	*
Saw Palmetto (berry), Pumpkin Seed Powder (seed), <i>Pygeum</i> (bark), Lemon Bioflavonoids, Alfalfa (entire plant), Buchu (leaf), L-Alanine, L-Glutamic Acid, Nettles (leaf) (standardized), Parsley (entire plant), Uva-Ursi (leaf) (standardized) and Beta-Carotene	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

<sup>++</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## MULTIVITAMINS | CONVENIENCE PACKS

### Essential-4 Nutrition Pack™

Formula	Size
66355	30 Packs

Suggested Usage: 1 daily (PL)

Essential-4 Nutrition Pack™ combines 4 important products to help support optimal health, provided in one convenient pack: Ultra Preventive® X, QÜELL® Fish Oil EPA/DHA Plus D, Multi-Probiotic® 4 billion CFU and Citrus Solu-Q™.‡

**Each Pack Contains:**  
**Four Ultra Preventive® X Tablets -**  
**Ingredients:**

Amount Per Serving	%DV
Vitamin A ..... 7,500 IU	150%
(33% as Vitamin A Palmitate [2,500 IU]/67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids <sup>†</sup>	
Vitamin C ..... 700 mg	1,167%
(as Ascorbic Acid/Ascorbyl Palmitate/Calcium and Magnesium Ascorbate complex)	
Vitamin D <sub>3</sub> ..... 500 IU	125%
Vitamin E ..... 200 IU	667%
(natural, as d-alpha tocopheryl plus mixed tocopherols)	
Thiamine ..... 50 mg	3,333%
Riboflavin ..... 25 mg	1,471%
Niacin/Niacinamide ..... 95 mg	475%
Vitamin B <sub>6</sub> ..... 50 mg	2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate ..... 400 mcg	100%
(as L-methylfolate, Metafolin®)	
Vitamin B <sub>12</sub> ..... 125 mcg	2,084%
(as methylcobalamin)	
Biotin ..... 150 mcg	50%
Pantothenic Acid ..... 250 mg	2,500%
(as d-Calcium Pantothenate)	
Calcium ..... 250 mg	25%
(as Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp) ..... 100 mcg	67%
Magnesium ..... 250 mg	75%
(as Magnesium Aspartate/Ascorbate/Oxide Complex)	
Zinc (as Zinc Amino Acid Chelate) ..... 12.5 mg	84%
Selenium ..... 100 mcg	143%
(as Selenium Krebs <sup>++</sup> /Kelp complex)	
Copper ..... 1 mg	50%
(as Copper Amino Acid Chelate)	
Manganese ..... 5 mg	250%
(as Manganese Aspartate/Sulfate Complex)	
Chromium ..... 100 mcg	84%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum ..... 50 mcg	67%
(as Molybdenum Krebs <sup>++</sup> )	
Potassium ..... 49.5 mg	1%
(as Potassium Aspartate/Chloride Complex)	
Lutein (natural) ..... 3 mg	*
Lycopene (natural) ..... 3 mg	*
Zeaxanthin ..... 0.5 mg	*

Other Minerals, Nutrients and Trace Elements		
Inositol	50 mg	*
Trace Elements (from Sea Vegetation)	approx. 50 mcg	*
Choline (from 150 mg Choline Citrate/Bitartrate)	30 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Boron	0.75 mg	*
(as Boron Aspartate/Citrate complex)		
Vanadium (as Vanadium Krebs <sup>††</sup> )	25 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine	75 mg	*
Betaine (from 150 mg Betaine HCl)	57 mg	*
Bromelain (2,000 GDU/g)	25 mg	*
Glutamic Acid	10 mg	*
(from 25 mg Glutamic Acid HCl)		
L-Methionine	6.25 mg	*
Rose Hips	50 mg	*
Lemon Bioflavonoids	50 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract	25 mg	*
Hesperidin	17.5 mg	*
Rutin	12.5 mg	*
Vegetables Fruits and Herbs		
Proprietary Organic Fruit and Vegetable Blend	350 mg	*
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic Collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach Powder (whole plant)		
Garlic (bulb)	50 mg	*
Cauliflower (entire plant)	50 mg	*
Spirulina	50 mg	*
Chlorella (broken cell wall)	50 mg	*
Green Papaya Extract (fruit)	50 mg	*
Blackberry (fruit)	40 mg	*
Celery powder (leaf)	35 mg	*
Black radish powder (root)	35 mg	*
Apricot powder (fruit)	35 mg	*
Green Tea Extract (leaf)	25 mg	*
Apple Pectin (fruit)	25 mg	*

\*Daily Value (DV) not established.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

<sup>†</sup>Including Beta-Carotene, Alpha-Carotene, Zeaxanthin, Cryptoxanthin and additional Lutein and Lycopene.

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Two QÜELL<sup>®</sup> Fish Oil EPA/DHA Plus D Softgels - Ingredients:**

Amount Per Serving	%DV
Calories from Fat	20
Total Fat	2.6 g 4% <sup>^</sup>
Vitamin D <sub>3</sub>	2,000 IU 500%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride	
Concentrate	2,500 mg
EPA (Eicosapentaenoic Acid)	1,200 mg *
DHA (Docosahexaenoic Acid)	800 mg *

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

**One Citrus Solu-Q<sup>™</sup> Caplique<sup>®</sup> - Ingredients:**

Amount Per Serving	%DV
Vitamin E	9 IU 30%
(as d-alpha-tocopheryl)	
Natural Coenzyme Q <sub>10</sub>	100 mg *

\*Daily Value (DV) not established.

A Douglas Laboratories<sup>®</sup> Caplique<sup>®</sup> is a liquid-filled, two-piece capsule sealed with a band.

Other ingredients: Hydroxypropyl methylcellulose (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (Citrus sinensis, peel) and titanium dioxide.

VESIsorb<sup>®</sup> is a registered trademark of SourceOne Global Partners.

Caplique<sup>®</sup> is a registered trademark used with permission.

**One Multi-Probiotic<sup>®</sup> 4000 Capsule - Ingredients:**

Amount Per Serving	%DV
Multi-Strain Probiotic Blend	4 Billion CFU
Containing:	
<i>Lactobacillus acidophilus</i> (La-14)	1.150 Billion CFU *
<i>Lactobacillus rhamnosus</i> (Lr-32)	1.150 Billion CFU *
<i>Lactobacillus rhamnosus</i> (HA-114)	775 Million CFU *
<i>Lactococcus lactis</i> (HA-136)	275 Million CFU *
<i>Bifidobacterium longum</i> (Bl-05)	275 Million CFU *
<i>Bifidobacterium bifidum/lactis</i> (Bb-02)	275 Million CFU *
<i>Streptococcus thermophilus</i> (St-21)	150 Million CFU *
Digestive and Prebiotic Blend	210 mg *
FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (inner bark)	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, silica and vegetable stearate.

Multi-Probiotic<sup>®</sup> is a registered mark of Nutri-Health Supplements, LLC, used with permission.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Essential Female Pack™

Formula	Size
66360	30 Packs

Suggested Usage: 1 daily (PL)

Essential Female Pack™ has been specially designed to help meet the daily nutritional needs for females of all ages. This convenience pack includes essential vitamins and minerals with important antioxidants, bone supporting nutrients and multi-strain probiotics for a healthy gut and immune system.†

Each pack includes Ultra Preventive® 2 Daily, QÜELL® Fish Oil EPA/DHA Plus D, Cal-6+Mg.™, Multi-Probiotic® 4000.

### Each Pack Contains: Two Ultra Preventive® 2 Daily Tablets - Ingredients:

Vitamin A.....	5,000 IU (as natural beta-carotene)
Vitamin C (as Ascorbic Acid).....	120 mg
Vitamin D <sub>3</sub> .....	1,000 IU
Vitamin E.....	100 IU (as d-alpha tocopheryl succinate)
Thiamine (as Thiamine HCl).....	25 mg
Riboflavin.....	10 mg (as Riboflavin-5-phosphate)
Niacin/Niacinamide.....	30 mg
Vitamin B <sub>6</sub> .....	10 mg (as Pyridoxal-5-phosphate)
Folate.....	400 mcg (as L-methylfolate, Metafolin®)
Vitamin B <sub>12</sub> (as methylcobalamin) ..	250 mcg
Biotin.....	300 mcg
Pantothenic Acid.....	25 mg (d-calcium pantothenate)
Calcium.....	50 mg (as Calcium Citrate/Malate Complex)
Magnesium (as Magnesium Citrate).	25 mg
Iodine (from kelp).....	150 mcg
Zinc.....	15 mg (as OptiZinc®, monomethionine)
Selenium (as amino acid chelate)..	100 mcg
Copper (as amino acid chelate).....	1 mg
Chromium (as amino acid chelate)120	mcg
Molybdenum.....	100 mcg (as amino acid chelate)
Potassium (as Potassium Aspartate)	30 mg
Choline (as Choline Bitartrate).....	60 mg
Inositol.....	25 mg
Lutein.....	3 mg
Lycopene (natural).....	3 mg
Zeaxanthin.....	1 mg
Astaxanthin.....	1 mg
Pterostilbene (pTeroPure®).....	10 mg
Proprietary Blend.....	300 mg

Other ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

pTeroPure® is a trademark of ChromaDex, Inc

OptiZinc® is a trademark of InterHealth N.I.

### One QÜELL® Fish Oil EPA/DHA Plus D Softgel - Ingredients:

Calories from Fat.....	10
Total Fat.....	1.3 g
Vitamin D <sub>3</sub> .....	1,000 IU
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	1,250 mg
EPA (Eicosapentaenoic Acid).....	600 mg
DHA (Docosahexaenoic Acid).....	400 mg

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

### Three Cal-6+Mg.™ Tablets - Ingredients:

Vitamin C (Ascorbic Acid).....	50 mg
Vitamin D <sub>3</sub> .....	400 IU
Calcium.....	750 mg (from Calcium Citrate/Gluconate/Carbonate/Lactate/Ascorbate and Microcrystalline Hydroxyapatite)
Magnesium.....	375 mg (from Magnesium Chelate/Oxide/Carbonate complex)
Boron (from Boron Aspartate/Citrate)....	3 mg
Glutamic Acid.....	60 mg (from 75 mg Glutamic Acid HCl)
L-Lysine (from 36 mg L-Lysine HCl)....	29 mg

Other ingredients: Other ingredients: Cellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.

### One Multi-Probiotic® 4000 Capsule - Ingredients:

<i>L. Acidophilus</i> (La-14)....	1.150 Billion CFU
<i>L. Rhamnosus</i> (Lr-32) ...	1.150 Billion CFU
<i>L. Rhamnosus</i> (HA-114)....	775 Million CFU
<i>L. Lactis</i> (HA-136).....	275 Million CFU
<i>B. Longum</i> (Bl-05).....	275 Million CFU
<i>B. Bifidum/lactis</i> (Bb-02).....	275 Million CFU
<i>S. Thermophilus</i> (St-21)....	150 Million CFU
Proprietary Blend.....	210 mg FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (inner bark).

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, silica and vegetable stearate.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

## Essential Male Pack™

Formula	Size
66359	30 Packs

Suggested Usage: 1 daily (PL)

Essential Male Pack™ provides the optimal daily nutritional support for men of all ages in one convenience pack, including vitamins, minerals, antioxidants, omega-3 fatty acids and prostate-support nutrients.†

Each pack contains Ultra Preventive® 2 Daily, QÜELL® Fish Oil EPA/DHA Plus D, and Uro-Pro®.

### Each Pack Contains: Two Ultra Preventive® 2 Daily Tablets - Ingredients:

Vitamin A.....	5,000 IU (as natural beta-carotene)
Vitamin C (as Ascorbic Acid).....	120 mg
Vitamin D <sub>3</sub> .....	1,000 IU
Vitamin E.....	100 IU (as d-alpha tocopheryl succinate)
Thiamine (as Thiamine HCl).....	25 mg
Riboflavin.....	10 mg (as Riboflavin-5-phosphate)
Niacin/Niacinamide.....	30 mg
Vitamin B <sub>6</sub> .....	10 mg (as Pyridoxal-5-phosphate)
Folate.....	400 mcg (as L-methylfolate, Metafolin®)
Vitamin B <sub>12</sub> (as methylcobalamin) ..	250 mcg
Biotin.....	300 mcg
Pantothenic Acid.....	25 mg (d-calcium pantothenate)
Calcium.....	50 mg (as Calcium Citrate/Malate Complex)
Magnesium (as Magnesium Citrate).	25 mg
Iodine (from kelp).....	150 mcg
Zinc.....	15 mg (as OptiZinc®, monomethionine)
Selenium (as amino acid chelate)..	100 mcg
Copper (as amino acid chelate).....	1 mg
Chromium (as amino acid chelate)120	mcg
Molybdenum.....	100 mcg (as amino acid chelate)
Potassium (as Potassium Aspartate)	30 mg
Choline (as Choline Bitartrate).....	60 mg
Inositol.....	25 mg
Lutein.....	3 mg
Lycopene (natural).....	3 mg
Zeaxanthin.....	1 mg
Astaxanthin.....	1 mg
Pterostilbene (pTeroPure®).....	10 mg
Proprietary Blend.....	300 mg

Wild Blueberry Extract (fruit, *Vaccinium angustifolium*, standardized to 4% polyphenols), Strawberry Extract (fruit, *Fragaria vesca*, standardized to 2% polyphenols), Spinach Extract (leaf, *Spinacia oleracea*, standardized to 1.5% polyphenols).

Other ingredients: Cellulose, stearic acid, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

pTeroPure® is a trademark of ChromaDex, Inc

OptiZinc® is a trademark of InterHealth N.I.

### One QÜELL® Fish Oil EPA/DHA Plus D Softgel - Ingredients:

Calories from Fat.....	10
Total Fat.....	1.3 g
Vitamin D <sub>3</sub> .....	1,000 IU
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	1,250 mg
EPA (Eicosapentaenoic Acid).....	600 mg
DHA (Docosahexaenoic Acid).....	400 mg

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

### One Uro-Pro® Capsule - Ingredients:

Vitamin A.....	2,500 IU
Vitamin E.....	30 IU (as d-alpha Tocopheryl Succinate)
Vitamin B <sub>6</sub> .....	25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate)
Zinc.....	15 mg (from Zinc Picolinate/oxide complex)
Saw Palmetto.....	160 mg (berry) (standardized extract)
Pygeum (bark).....	50 mg <i>Pygeum africanum</i> (standardized extract)
Pumpkin Seed powder.....	100 mg
Glycine.....	50 mg
L-Alanine.....	50 mg
L-Glutamic Acid.....	50 mg
Grape seed extract.....	10 mg

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.

## Prenatal Pack

Formula	Size
66588	30 Packs

Suggested Usage: 1 daily

Prenatal Pack supplies a comprehensive blend of ingredients to help support maternal health and wellness during pregnancy and lactation.†

### SUPPLEMENT FACTS

Serving Size 1 Pack (2 Vegetarian Capsules/2 Softgels/1 Tablet per pack)  
Servings Per Container 30

Amount Per Serving	%DV
Calories.....10	
Calories from Fat.....10	
Total Fat.....1 g	2% ^
Vitamin A (as natural beta-carotene).....5,000 IU	63%
Vitamin C (as ascorbic acid).....80 mg	133%
Vitamin D <sub>3</sub> (as cholecalciferol).....800 IU	200%
Vitamin E.....56 IU (as d-alpha tocopheryl succinate and d-alpha tocopherol)	187%
Thiamine (as thiamine mononitrate).....1.5 mg	88%
Riboflavin.....1.7 mg	85%
Niacinamide.....20 mg	100%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....2 mg	80%
Folate (as L-methylfolate, Metafolin®).....800 mcg	100%
Vitamin B <sub>12</sub> (as methylcobalamin).....10 mcg	125%
Biotin.....300 mcg	100%
Pantothenic Acid (as calcium pantothenate).....10 mg	100%
Calcium (as citrate).....400 mg	31%
Iron (as Ferronyl®).....27 mg	150%
Iodine (from potassium iodide).....150 mcg	100%
Magnesium (from citrate).....75 mg	17%
Zinc (from citrate).....10 mg	67%
Selenium (from selenomethionine).....75 mcg	*
Copper (from copper glycinate chelate).....1 mg	50%
Manganese (from citrate).....1 mg	50%
Chromium (from GTF).....150 mcg	*
Molybdenum (from chelate).....75 mcg	*
Marine Lipid Triglycerides yielding:.....1,000 mg	*
DHA (Docosahexaenoic acid).....450 mg	*
EPA (Eicosapentaenoic acid).....150 mg	*
Lutein (from marigold flower).....3 mg	*

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), gelatin (capsule), vegetable stearate, silica, glycerin, water and glycerin triacetate.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

FloraGLO® is a registered trademark of Kemin Industries, Inc., USA.

## MULTIVITAMINS | OTHER FORMULAS

### Essential Basics™

Formula	Size
ESB	180 Capsules

Suggested Usage: 6 daily

Essential Basics™ is a comprehensive, highly concentrated vitamin/mineral/trace element supplement containing 28 essential nutritional ingredients. Like Douglas Laboratories' Basic Preventive® supplements, Essential Basics™ is an antioxidant formula high in natural beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and an iron-free, full-spectrum mineral and trace element supplement.

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A.....10,000 IU (from fish liver oil and 50% [5,000 IU] as natural beta-carotene from D. salina)	200%
Vitamin C (as calcium ascorbate).....750 mg	1,250%
Vitamin D <sub>3</sub> (from fish liver oil).....400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate).....400 IU	1,333%
Thiamine (as thiamine mononitrate).....50 mg	3,333%
Riboflavin.....25 mg	1,471%
Niacin (as niacinamide and niacin).....100 mg	500%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride).....25 mg	1,250%
Folic acid.....400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin on ion exchange resin).....100 mcg	1,667%
Biotin.....300 mcg	100%
Pantothenic acid (as d-calcium pantothenate).....150 mg	1,500%
Calcium (as calcium citrate and calcium ascorbate).....250 mg	25%
Iodine (from kelp).....150 mcg	100%
Magnesium (as magnesium amino acid chelate).....250 mg	63%
Zinc (as zinc amino acid chelate).....15 mg	100%
Selenium (as selenium amino acid complex).....200 mcg	286%
Copper (as copper amino acid chelate).....2 mg	100%
Manganese (as manganese amino acid chelate).....10 mg	500%
Chromium (as chromium polynicotinate).....200 mcg	167%
Molybdenum (as molybdenum amino acid chelate).....100 mcg	133%
Potassium (as potassium aspartate-ascorbate complex).....50 mg	1%
Choline (as choline bitartrate).....100 mg	*
Inositol.....25 mg	*
Vanadium (as vanadyl sulfate).....20 mcg	*
Boron (as boron aspartate-citrate).....2 mg	*
para-Aminobenzoic acid.....25 mg	*
Citrus bioflavonoids.....100 mg	*

\*Daily Value (DV) not established.

Contains: Fish (Anchovies and Sardines).

Other ingredients: Gelatin (capsule), cellulose, water, magnesium stearate and silica.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Liquid Multivitamin

Formula	Size
200527	230 ml (7.8 fl oz)

Suggested Usage: 2 teaspoons (10 ml) daily

Liquid Multivitamin supplies essential vitamins, minerals and trace elements in a great tasting, easy to take liquid supplement. The naturally orange-mango flavored liquid contains no yeast, corn, wheat or sugar and is sweetened with purified stevia extract.

### SUPPLEMENT FACTS

Serving Size 2 teaspoons (Approx. 10 ml) • Servings Per Container 23

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	1,000 IU 20%
Vitamin C (ascorbic acid).....	100 mg 167%
Vitamin D <sub>3</sub> (as cholecalciferol).....	1,000 IU 250%
Vitamin E (as d-alpha tocopherol).....	30 IU 100%
Thiamine (as Thiamine HCl).....	7.5 mg 500%
Riboflavin (as Riboflavin-5-Phosphate).....	4 mg 235%
Niacin.....	4.5 mg 225%
(Vitamin B <sub>3</sub> as Niacinamide and Inositol Nicotinate)	
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....	5 mg 250%
Folic Acid.....	400 mcg 100%
Vitamin B <sub>12</sub> (as methylcobalamin).....	30 mcg 500%
Biotin.....	400 mcg 133%
Pantothenic Acid (Vitamin B <sub>5</sub> , as d-calcium pantothenate).....	25 mg 250%
Calcium (as Calcium Lactate Gluconate).....	40 mg 4%
Iodine (as Potassium Iodide).....	75 mcg 50%
Magnesium (as Magnesium Gluconate).....	20 mg 5%
Zinc (as Zinc Gluconate).....	15 mg 100%
Manganese (as Manganese Aspartate).....	1 mg 50%
Chromium (as Chromium Picolinate).....	200 mcg 167%
Molybdenum (as Molybdenum Aspartate).....	75 mcg 100%
Choline (from Choline Bitartrate).....	20 mg *
Lycopene.....	3 mg *
Lutein.....	3 mg *
Inositol ( as Inositol Nicotinate).....	2.5 mg *
Boron (as Boron Glycinate).....	700 mcg *

\*Daily Value (DV) not established.

Other ingredients: Purified water, natural glycerin, malic acid, natural orange/mango flavor, xanthan gum, purified stevia extract and potassium sorbate.

## Prenatal

Formula	Size
201811	60 Vegetarian Capsules

Suggested Usage: 2 daily

Prenatal vegetarian capsules supply essential vitamins and minerals to help support maternal health and wellness during pregnancy.†

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	5,000 IU 100%
Vitamin C (as ascorbic acid).....	80 mg 133%
Vitamin D <sub>3</sub> (as cholecalciferol).....	800 IU 200%
Vitamin E (as d-alpha tocopheryl succinate).....	50 IU 167%
Thiamine (as thiamine mononitrate).....	1.5 mg 100%
Riboflavin.....	1.7 mg 100%
Niacinamide.....	20 mg 100%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	2 mg 100%
Folate (as L-methylfolate, Metafolin®).....	800 mcg 200%
Vitamin B <sub>12</sub> (as methylcobalamin).....	10 mcg 167%
Biotin.....	300 mcg 100%
Pantothenic Acid (calcium pantothenate).....	10 mg 100%
Calcium (as citrate).....	150 mg 15%
Iron (as Ferronyl®).....	27 mg 150%
Iodine (from potassium iodide).....	150 mcg 100%
Magnesium (from citrate).....	70 mg 18%
Zinc (from citrate).....	10 mg 67%
Selenium (from selenomethionine).....	75 mcg 107%
Copper (from copper glycinate chelate).....	1 mg 50%
Manganese (from citrate).....	1 mg 50%
Chromium (from GTF).....	150 mcg 125%
Molybdenum (from chelate).....	75 mcg 100%
Lutein (from marigold flower).....	3 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

FloraGLO® is a registered trademark of Kemin Industries, Inc., USA.

## Ultra Vite 75™ II

Formula	Size
7921	60 Tablets
	90 Tablets

Suggested Usage: 1 daily

Ultra Vite 75™ II is a vitamin/mineral/trace element supplement containing over 20 essential nutritional ingredients. It contains antioxidants, a high-potency B-complex supplement, and a wide range of minerals and trace minerals including iron.

### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Vitamin A ..... 15,000 IU (50% as Palmitate, 50% as Beta-Carotene [7,500 IU])	300%
Vitamin C (Ascorbic Acid) ..... 250 mg	417%
Vitamin D <sub>3</sub> ..... 400 IU	100%
Vitamin E ..... 150 IU	500%
Thiamine (Vitamin B <sub>1</sub> ) ..... 75 mg	5,000%
Riboflavin (Vitamin B <sub>2</sub> ) ..... 75 mg	4,412%
Niacinamide ..... 75 mg	375%
Vitamin B <sub>6</sub> ..... 75 mg	3,750%
Folic Acid ..... 400 mcg	100%
Vitamin B <sub>12</sub> ..... 75 mcg	1,250%
Pantothenic Acid (as Calcium Pantothenate) ..... 75 mg	750%
Biotin ..... 75 mcg	25%
Calcium (from Calcium AAC <sup>∨</sup> /Carbonate complex) ..... 50 mg	5%
Iron (from Iron AAC <sup>∨</sup> ) ..... 10 mg	56%
Iodine (from Potassium Iodide) ..... 150 mcg	100%
Magnesium (from Magnesium AAC <sup>∨</sup> /Oxide complex) ..... 7.7 mg	2%
Zinc (from Zinc AAC <sup>∨</sup> /Oxide complex) ..... 15 mg	100%
Selenium (from Selenium Krebs <sup>††</sup> ) ..... 25 mcg	36%
Copper (from Copper AAC <sup>∨</sup> ) ..... 0.25 mg	13%
Manganese (from Manganese AAC <sup>∨</sup> /Sulfate complex) ..... 6.1 mg	305%
Chromium (as Chromium AAC <sup>∨</sup> ) ..... 10 mcg	8%
Potassium (from Potassium AAC <sup>∨</sup> /Chloride complex) ..... 10 mg	<1%
Choline (from 75 mg Choline Bitartrate) ..... 35 mg	*
Inositol ..... 75 mg	*
PABA (para-Aminobenzoic Acid) ..... 75 mg	*
Rutin ..... 25 mg	*
Citrus Bioflavonoid Complex ..... 25 mg	*
Betaine (from 25 mg Betaine HCl) ..... 19 mg	*
Glutamic Acid ..... 25 mg	*
Hesperidin Complex ..... 5 mg	*

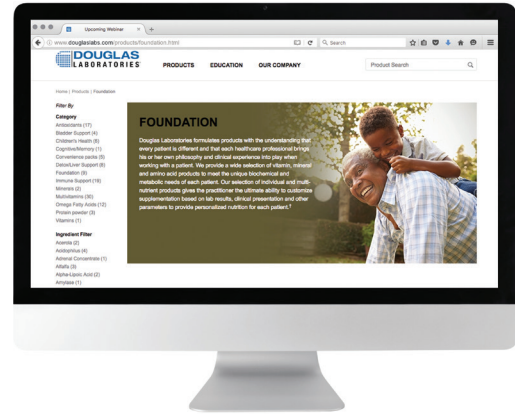
\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

<sup>∨</sup>AAC = Amino Acid Chelate.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## COMPLETE ACCESS



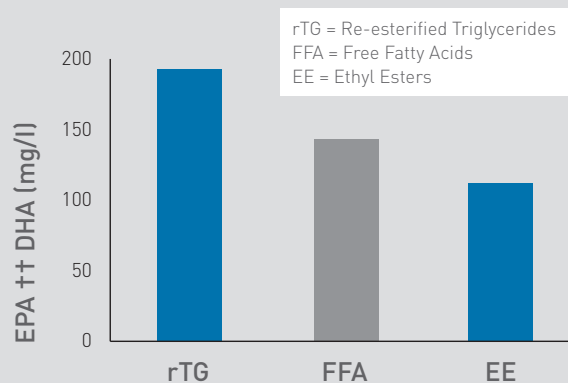
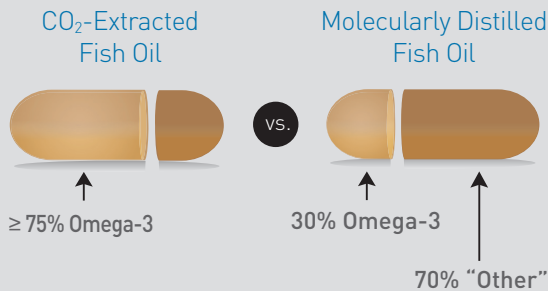
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## QÜELL® | FISH OIL

Douglas Laboratories® offers QÜELL® Fish Oil, a suite of ultra-pure supercritical CO<sub>2</sub> extracted omega-3 fish oils that provides a concentrated triglyceride form of EPA and DHA in a fish gelatin capsule. A growing body of scientific evidence supports the triglyceride (or re-esterified triglyceride) form of these fatty acids as exhibiting greater absorption (compared to the ethyl ester form), significantly increasing the index of EPA and DHA in the blood. Supercritical CO<sub>2</sub> extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents, yielding oil that is protected from oxidation, microbiological contamination, solvent residues and isomer formation.

### The QÜELL® Fish Oil Difference

Comparison of Supercritical Fluid Extraction to Molecular Distillation		
	Supercritical CO <sub>2</sub> Technology	Molecular Distillation
Use of chemical solvents	NO	YES
Exposure of oil to high temperatures	NO (<50°C)	YES (160-200°C)
Risk of isomer formation	NO	YES
The ability to produce extremely concentrated EPA and DHA	YES	NO
Environmental Impact	LOW	MODERATE



A double-blind clinical trial compared the bioavailability of omega-3 fatty acids delivered as ethyl esters, free fatty acids or re-esterified triglycerides in 72 subjects. Blood levels of EPA and DHA (depicted above as change from baseline) were highest among participants receiving EPA and DHA as re-esterified triglycerides. Data do not represent the QÜELL® study specifically.<sup>1</sup>

<sup>1</sup>Adapted from Dyerberg J. Bioavailability of marine n-3 fatty acid formulations. Prostaglandins Leukot Essent Fatty Acids. 2010 Sep;83(3):137-41.



Supercritical CO<sub>2</sub> Extraction | Triglyceride Form | Fish Gelatin Softgel

Ultra Concentration | Ultra Purity

	<i>QÜELL® Fish Oil EPA/DHA Plus D</i>	<i>QÜELL® Fish Oil Ultra EPA</i>	<i>QÜELL® Fish Oil Clinical Strength EPA</i>	<i>QÜELL® Fish Oil Ultra DHA</i>	<i>QÜELL® Fish Oil Clinical Strength DHA</i>	<i>QÜELL® Fish Oil EFA Plus</i>	<i>QÜELL® Fish Oil Junior</i> *See pg. 116
<b>Features</b>	3:2 ratio of EPA:DHA plus 1,000 IU of Vitamin D <sub>3</sub>	5:1 ratio of EPA:DHA omega fatty acids	90% EPA omega fatty acid	4:1 ratio of DHA:EPA omega fatty acids	90% DHA omega fatty acid	Essential fatty acids of Omega-3, 6 plus Astaxanthin, Vitamins A, D, C, B <sub>12</sub> , Magnesium	4:1 ratio of DHA:EPA omega fatty acids
<b>Omega-3 Dosages Per Serving</b>	EPA 600 mg DHA 400 mg	EPA 800 mg DHA 150 mg	EPA 900 mg	DHA 775 mg EPA 200 mg	DHA 900 mg	EPA 340 mg DHA 220 mg GLA 100 mg	DHA 387 mg EPA 100 mg
<b>Benefits<sup>‡</sup></b>	<ul style="list-style-type: none"> <li>• General Health</li> <li>• Cardiovascular Health</li> <li>• Immune Health</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular Health</li> <li>• Joint Health</li> </ul>	<ul style="list-style-type: none"> <li>• Mood<sup>1</sup></li> <li>• Omega-3 Index<sup>2</sup></li> <li>• Cardiovascular Health<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive Health</li> <li>• Maternity Health</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiometabolic Health<sup>3</sup></li> <li>• Cognitive Health</li> </ul>	<ul style="list-style-type: none"> <li>• Skin health</li> <li>• Eye Moisture</li> <li>• Joint Health</li> </ul>	<ul style="list-style-type: none"> <li>• Children's Health</li> <li>• Cognitive Development</li> </ul>
<b>Daily Dose Suggestion</b>	1 oblong softgel	2 small oblong softgels	1-3 oblong softgels	2 small oblong softgels	1-3 oblong softgels	2 oblong softgels	1 small oblong softgel

# OMEGA FATTY ACIDS



QÜELL® Fish Oil Clinical Strength EPA is Supercritical CO<sub>2</sub> extracted eicosapentaenoic acid in triglyceride form, manufactured exclusively for Douglas Laboratories. The product contains 90% essential omega-3 fatty acid EPA, which has been shown in research to support mood and cardiovascular health. QÜELL® Fish Oil is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentration.<sup>‡</sup>

## QÜELL® Fish Oil Clinical Strength EPA

● new product

Formula	Size
202403	60 Softgels
Suggested Usage: 1, 1-3 times daily	

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories .....	10
Total Fat .....	1 g 1% <sup>^</sup>
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,000 mg *
Providing:	
EPA (Eicosapentaenoic Acid) .....	900 mg *

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, purified water, natural-source mixed tocopherols.

This product contains fish oil (anchovies, sardines, mackerel).

1. Jazayeri S, Tehrani-Doost M, Keshavarz SA, et al. Aust N Z J Psychiatry. 2008;42(3):192-198.

2. Udani JK, Ritz BW. Nutr J. 2013;12:112.

3. Allaire J, Couture P, Leclerc M, et al. Am J Clin Nutr. 2016;104(2):280-7.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## QÜELL® Fish Oil EFA Plus

Formula	Size
202260	60 Softgels

Suggested Usage: 2 daily

This unique essential fatty acid formula utilizes the QÜELL® Fish Oil Supercritical CO<sub>2</sub> extracted EPA and DHA for ultimate purity and concentration. It also contains organic borage seed oil to provide GLA and astaxanthin, an important carotenoid, to help support skin, joints, and eye moisture.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1 g 2%^
Vitamin A (as retinyl palmitate) .....	500 IU 10%
Vitamin C (as ascorbic acid).....	50 mg 83%
Vitamin D <sub>3</sub> (as cholecalciferol).....	1,000 IU 250%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	25 mg 1,250%
Magnesium (from magnesium glycinate).....	100 mg 25%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	750 mg *
Providing:	
EPA (Eicosapentaenoic acid) .....	340 mg *
DHA (Docosahexaenoic acid).....	220 mg *
GLA (from organic borage seed oil) .....	100 mg *
Astaxanthin.....	1.5 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Sunflower lecithin, beeswax, capsule (gelatin from fish [tilapia], glycerin, water, carob).

This product contains fish oil (anchovies, sardines, mackerel).

## QÜELL® Fish Oil Clinical Strength DHA

Formula	Size
202248	60 Softgels

Suggested Usage: 1 softgel, 1-3 times daily

QÜELL® Fish Oil Clinical Strength DHA is Supercritical CO<sub>2</sub> extracted docosahexaenoic acid (DHA) in triglyceride form, manufactured exclusively for Douglas Laboratories. The product contains 90% essential omega-3 fatty acid DHA which has been shown in recent research to support cardiometabolic biomarkers.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1 g 2%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	1,000 mg *
Providing:	
DHA (Docosahexaenoic Acid) .....	900 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, purified water, natural-source mixed tocopherols.

This product contains fish oil (anchovies, sardines, mackerel).

## QÜELL® Fish Oil EPA/DHA Plus D

Formula	Size
200981	30 Softgels
	60 Softgels

Suggested Usage: 1 daily

QÜELL® Fish Oil offers supercritical CO<sub>2</sub> extracted oils in triglyceride form, manufactured exclusively for Douglas Laboratories®. QÜELL® Fish Oil is unique among other fish oils due to its supercritical extraction, purity, bioavailability and concentration. Supercritical CO<sub>2</sub> extraction technology ensures that omega-3 fatty acids are extracted without high temperatures, oxygen or traditional chemical solvents. The result is a fish oil of exceptional purity that can deliver concentrated amounts of EPA and DHA in one serving. QÜELL® Fish Oil EPA/DHA Plus D provides a 3:2 ratio of EPA to DHA plus 25 mcg (1,000 IU) of Vitamin D<sub>3</sub> per softgel.

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat .....	1.3 g 2%^
Vitamin D <sub>3</sub> .....	1,000 IU 250%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....	1,250 mg *
Providing:	
EPA (Eicosapentaenoic Acid).....	600 mg *
DHA (Docosahexaenoic Acid) .....	400 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

## QÜELL® Fish Oil Ultra DHA

**Formula**                      **Size**

200980                      60 Softgels

**Suggested Usage:** 2 daily

QÜELL® Fish Oil is Supercritical CO<sub>2</sub> extracted oils in triglyceride form, manufactured in Germany exclusively for Douglas Laboratories®. QÜELL® Fish Oil is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentrations. It is offered in fish gelatin softgels, and the taste and smell of fish is significantly reduced due to the supercritical extraction. Ultra DHA contains a significantly higher ratio of DHA to EPA that is indicated for cognitive or maternal health.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Softgels • Servings Per Container 30

Approximate Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat.....	1.25 g      2%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,250 mg      *
Providing:	
DHA (Docosahexaenoic Acid).....	775 mg      *
EPA (Eicosapentaenoic Acid).....	200 mg      *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

## QÜELL® Fish Oil Ultra EPA

**Formula**                      **Size**

200979                      60 Softgels

**Suggested Usage:** 2 daily

QÜELL® Fish Oil is Supercritical CO<sub>2</sub> extracted oils in triglyceride form, manufactured in Germany exclusively for Douglas Laboratories®. QÜELL® Fish Oil is unique among other fish oils for its supercritical extraction, purity, bioavailability and concentration. It is offered in fish gelatin softgels, and the taste and smell of fish is significantly reduced due to the supercritical extraction. Ultra EPA contains a higher ratio of EPA to DHA that is indicated for cardiovascular, joint or general health.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Softgels • Servings Per Container 30

Approximate Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat.....	1.25 g      2%^
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....	1,250 mg      *
Providing:	
EPA (Eicosapentaenoic Acid).....	800 mg      *
DHA (Docosahexaenoic Acid).....	150 mg      *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

## FATTY ACIDS | **OMEGA-3**

### DEPA

**Formula**                      **Size**

7980                      100 Softgels

**Suggested Usage:** 1 daily

DEPA contains a marine lipid concentrate that has been processed by molecular distillation. DEPA provides omega-3 fatty acids, including eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%), in their triglyceride form.

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV^
Calories .....	10.5
Calories from Fat.....	9
Total Fat.....	1 g      <2%
Saturated Fat.....	0 g      0%
Polyunsaturated Fat.....	0.5 g
Cholesterol .....	6 mg      2%
Vitamin E .....	1 IU      3%
Natural Triglyceride Marine.....	1,000 mg      *
Lipid Concentrate	
Providing:	
Eicosapentaenoic Acid [EPA] [18%].....	180 mg      *
Docosahexaenoic Acid [DHA] [12%].....	120 mg      *
Total Omega-3 Fatty Acids.....	300 mg      *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule), natural glycerin and water.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Opti-DHA™ Enteric-Coated**

Formula	Size
98531	60 Softgels

Suggested Usage: 2 daily

Opti-DHA™ enteric-coated softgels contain a novel ratio of essential omega-3 fatty acids derived from marine lipid concentrate. Processed by molecular distillation, Opti-DHA™ provides 450 mg of docosahexaenoic acid(DHA) and 150 mg eicosapentaenoic acid (EPA) per serving.

**SUPPLEMENT FACTS** PL

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	9
Total Fat .....	1 g 1%
Vitamin E (as d-alpha tocopherol).....	2 mg 13%
Marine Lipid Triglycerides.....	1,000 mg *
yielding:	
DHA (Docosahexaenoic acid).....	450 mg *
EPA (Eicosapentaenoic acid) .....	150 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), glycerin, purified water, ethylcellulose, sodium alginate, stearic acid.

This product contains fish oil (from anchovies and sardines).

**Opti-EPA™ Enteric-Coated**

Formula	Size
99276	60 Softgels

Suggested Usage: 2 daily

Opti-EPA™ is a concentrated marine fish oil, providing eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Sufficient dietary levels of EPA and DHA fatty acids are important in the normal functioning of cardiovascular and neurological health. This formulation is enteric-coated, significantly reducing the “fishy” taste sometimes associated with marine lipid supplements.‡

**SUPPLEMENT FACTS** PL

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories .....	16
Calories from Fat.....	16
Total Fat .....	1.8 g 3%
EPA (Eicosapentaenoic acid).....	660 mg *
DHA (Docosahexaenoic acid).....	340 mg *

\*Daily Value (DV) not established.

Other ingredients: Ultra refined fish oil concentrate, gelatin (capsule), glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

**Opti-EPA™ 500 Marine Lipid Concentrate**

Formula	Size
7089	60 Softgels
	250 Softgels

Suggested Usage: 1 daily

Opti-EPA™ 500 is concentrated marine fish oil, providing eicosapentaenoic acid (EPA, 300 mg) and docosahexaenoic acid (DHA, 200 mg).

**SUPPLEMENT FACTS** PL

Serving Size 1 Softgel

Amount Per Serving	%DV
Calories .....	10
Calories from Fat.....	10
Total Fat.....	1 g 2%^
Marine Lipid Concentrate .....	1,000 mg *
(from fish oil [anchovy, sardine and mackerel])	
Providing:	
EPA (Eicosapentaenoic Acid).....	300 mg *
DHA (Docosahexaenoic Acid).....	200 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin capsule (bovine), glycerin, purified water and natural mixed tocopherols.

**Opti-EPA™ Liquid**

Formula	Size
99474	240 ml (8.1 fl oz) Liquid

Suggested Usage: 1 teaspoon (5 ml) daily

Opti-EPA™ Liquid contains an ultra-refined, molecularly distilled fish oil in a convenient, great-tasting natural lemon flavored liquid.

**SUPPLEMENT FACTS**

Serving Size 1 Teaspoon (5 ml) • Servings Per Container 48

Amount Per Serving	%DV
Calories .....	40 *
Calories from fat.....	40
Total Fat .....	4.5 g 7%
Saturated Fat.....	0 g 0%
Trans Fat .....	0 g *
Cholesterol .....	9 mg 3%
Ultra-pure fish oil concentrate providing:	
EPA (Eicosapentaenoic Acid).....	1,331 mg *
DHA (Docosahexaenoic Acid).....	888 mg *

\*Daily Value (DV) not established.

Other ingredients: Rosemary extract, ascorbyl palmitate, natural vitamin E and natural citrus and vanilla flavor.

This product contains fish oil (from anchovies and sardines).

FATTY ACIDS | **OMEGA-6**

**Ultra G.L.A. (Borage Oil)**

Formula	Size
7046	60 Softgels
	90 Softgels

Suggested Usage: 1 daily

Ultra G.L.A. supplies the important gamma linolenic acid (GLA), providing 240 mg of GLA per softgel. Ultra G.L.A. softgels are manufactured using only 100% vegetable oil from borage seeds (*Borago officinalis*), with 10 IUs of natural vitamin E for antioxidant protection. The oil is cold-processed and handled carefully to avoid any oxidation.

**SUPPLEMENT FACTS** 

Serving Size 1 Softgel

Amount Per Serving	%DV <sup>^</sup>
Calories.....9	
Calories from Fat.....9	
Total Fat.....1 g	2%
Saturated Fat.....0 g	0%
Vitamin E.....10 IU	33%
Borage Oil.....1,200 mg	*
Providing the following fatty acid profile:	
Gamma Linolenic Acid (GLA).....240 mg	*
Linoleic Acid (LA).....431 mg	*
Oleic Acid (OA).....228 mg	*
Stearic Acid.....52 mg	*
Hexadecenoic Acid.....2 mg	*
Palmitic Acid.....133 mg	*
Icosenoic Acid.....52 mg	*
Docosenoic Acid.....32 mg	*
Tetracosenoic Acid.....19 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule) and distilled water.

FATTY ACIDS | **OMEGA-3 -6 -9**

**Balance Plus™**

Formula	Size
202232	90 Softgels

Suggested Usage: 3 daily

Balance Plus™ is a combination of nutritionally important fatty acids: the omega-3 fatty acids from cold water marine fish (eicosapentaenoic acid, EPA; and docosahexaenoic acid, DHA), the omega-6 gamma-linolenic acid (GLA) from evening primrose oil, and the omega-9 oleic acid from olive oil.‡

**SUPPLEMENT FACTS**

Serving Size 3 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories.....20	
Calories from Fat.....20	
Total Fat.....2 g	3% <sup>^</sup>
Saturated Fat.....0 g	0% <sup>^</sup>
Polyunsaturated Fat.....1.5 g	*
Monounsaturated Fat.....0 g	*
Vitamin C (as L-ascorbic acid).....188 mg	313%
Vitamin E (as d-alpha tocopherol).....45 IU	150%
Niacin.....15 mg	75%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride).....38 mg	1,875%
Zinc (as zinc gluconate).....3 mg	20%
Omega-3 fatty acids.....625 mg	*
Eicosapentaenoic Acid (EPA).....383 mg	*
Docosahexaenoic Acid (DHA).....183 mg	*
Omega-6 fatty acids (as linoleic acid).....540 mg	*
Gamma-Linolenic Acid (GLA).....63 mg	*
Omega-9 fatty acids (as oleic acid).....243 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin capsule (fish gelatin from tilapia and carp, glycerin, purified water, and caramel), ultra-pure fish oil concentrate, cold-pressed organic evening primrose oil (seed), extra virgin olive oil (fruit), yellow beeswax, and sunflower lecithin.

This product contains fish oil (from anchovies).

**Flax Seed Oil (Softgels)**

Formula	Size
202192	100 Softgels

Suggested Usage: 1 daily

Flax seed oil is nature's most concentrated source of alpha-linolenic acid (ALA), an essential omega-3 fatty acid. Douglas Laboratories Flax Seed Oil provides 55-60% ALA, as well as significant amounts of oleic acid and the essential linoleic acid in their triglyceride forms.

**SUPPLEMENT FACTS** 

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Calories.....9	
Calories from Fat.....9	
Total Fat.....1 g	2% <sup>^</sup>
Saturated Fat.....0 g	0% <sup>^</sup>
Polyunsaturated Fat.....1 g	*
Omega-3 fatty acids (as alpha-linolenic acid).....550 mg	*
Omega-6 fatty acids (as linoleic acid).....160 mg	*
Omega-9 fatty acids (as oleic acid).....180 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Organic flax seed oil, gelatin (capsule), glycerin and water.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# ANTIOXIDANTS



Organic Greens and Reds is a concentrated blend of organic grasses, fruits and vegetable powders that can mix in water or other liquids to make a delicious drink to support overall cellular health and aging. The ingredients in this blend are

extracted using a water process free of chemical solvents to protect the integrity of the powder.†

## Organic Greens and Reds

Formula	Size
57402	240 g Powder

**Suggested Usage:** 1 scoop daily; mixed with 8-10 ounces of water.

### SUPPLEMENT FACTS PL

Serving Size 1 Scoop (approx. 8 g) • Servings Per Container Approx. 30

Amount Per Serving	%DV
Calories.....23	*
Carbohydrates.....5.8 g	2%^
Vitamin C (ascorbic acid).....240 mg	400%
Proprietary Blend.....8 g	*
Providing:	
Green Foods	
Organic Wheat Grass (young leaf), Organic Green Tea Extract (leaf), Organic Carrot powder (root), Organic Broccoli powder (aerial parts), Organic Kale powder (aerial parts), Organic Parsley powder (aerial parts), Organic Spirulina (entire plant), Organic Chlorella (entire plant), Organic Milk Thistle Extract (seed), Organic Beet powder (root).	
Fruits	
Organic Raspberry powder (fruit), Organic Tomato powder (fruit), Organic Acerola Extract (fruit), Organic Strawberry (fruit), Organic mango (fruit), Organic Mountain Cranberry (fruit), Organic Hawthorne Berry Extract (fruit), Organic Apple (fruit), Organic Black Currant powder (fruit), Organic Pomegranate extract (kernel), Organic Blueberry powder (fruit), Organic Acai (fruit), Organic Plum Extract (fruit).	
Fiber and Enzymes	
Organic Gum Acacia, Organic Flax Seed powder, Organic Inulin and an Enzyme Blend of Cellulase, Protease, Amylase and Lipase.	

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Organic Flavors (Vanilla and Strawberry), Organic Stevia Extract, Citric Acid, Organic Maltodextrin and/or Manioc Starch, Silicon Dioxide, and Sunflower Lecithin.

Certified Organic by QCS.

## Alpha-Lipoic Acid

Formula	Size
LPA	60 Tablets

**Suggested Usage:** 1-2 daily

Alpha-Lipoic Acid tablets contain 100 mg of pure alpha-lipoic acid. Alpha-Lipoic Acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Alpha-Lipoic Acid.....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, silica and magnesium stearate.

## Glutathione Plus™

Formula	Size
GSHP	60 Capsules

Suggested Usage: 1 daily

Glutathione Plus™ capsules contain 50 mg of glutathione in its active reduced form, in addition to its precursor N-acetyl-L-cysteine amino acid.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C (as L-ascorbic acid)..... 10 mg	17%
Glutathione (as L-glutathione, reduced)..... 50 mg	*
N-Acetyl-L-Cysteine U.S.P. .... 440 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), silica, magnesium stearate and water.

## Lipoic Acid

Formula	Size
83006	60 Capsules

Suggested Usage: 1 daily

Lipoic Acid capsules contain 100 mg of pure alpha-lipoic acid. Alpha-lipoic acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Alpha-Lipoic Acid..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), silica and vegetable stearate.

## Resveratrol

Formula	Size
200244	30 Vegetarian Capsules

Suggested Usage: 1 daily

Resveratrol supplies 200 mg of pure, Resvida® trans-resveratrol in vegetarian capsules. As an antioxidant, this high dose of pure resveratrol may provide support for various body systems, including the cardiovascular system, neurological system, and metabolic and mitochondrial health.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Resveratrol (as resVida® trans-resveratrol) ..... 200 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica and titanium dioxide.

resVida® is a registered trademark of DSM.

## S.O.D. (Superoxide Dismutase)

Formula	Size
202212	100 Vegetarian Capsules

Suggested Usage: 1 daily

S.O.D. contains 2,000 units of superoxide dismutase antioxidant enzyme derived from porcine liver extract in an acid-resistant capsule that provides both protection in stomach acid and pH targeted release in intestinal fluid.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
Superoxide Dismutase (from porcine)..... 250 mg (providing 2000 MFU)	*

\*Daily Value (DV) not established.

Other ingredients: Capsule (hypromellose, gellan gum, water), cellulose, vegetable stearate.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Ultra Anti-Oxidant

Formula	Size
7470	90 Capsules

Suggested Usage: 3 daily

Ultra Anti-Oxidant is an antioxidant dietary supplement that is not only high in antioxidant vitamins such as Vitamin A, C, E, but also provides other nutrients such as Glutathione, NAC, and Pycnogenol® that effectively participate in the body's antioxidant defense systems that contribute to healthy aging.†

### SUPPLEMENT FACTS

Serving Size 3 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (100% as Beta-Carotene) .....	10,000 IU 200%
Vitamin C .....	250 mg 417%
(Ascorbyl Palmitate/Calcium Magnesium Ascorbate Complex)	
Vitamin E (d-alpha Tocopheryl Succinate).....	150 IU 500%
Thiamine (as Thiamine HCl).....	40 mg 2,667%
Riboflavin (Riboflavin-5-Phosphate).....	20 mg 1,176%
Niacin/Niacinamide.....	20 mg 100%
Vitamin B <sub>6</sub> (Pyridoxine HCl/Pyridoxal-5-Phosphate).....	20 mg 1,000%
Pantothenic Acid (from Calcium Pantothenate).....	40 mg 400%
Zinc (from Zinc Krebs <sup>††</sup> ) .....	15 mg 100%
Selenium (from Sodium Selenate/Krebs <sup>††</sup> ) .....	50 mcg 71%
Bioflavonoids (Lemon) .....	200 mg *
Hesperidin.....	20 mg *
Rutin.....	10 mg *
Pycnogenol® .....	25 mg *
(French Maritime pine bark extract, <i>Pinus pilaster</i> )	
Inositol .....	50 mg *
Choline (from 100 mg Choline Citrate).....	35 mg *
Glutathione.....	50 mg *
N-Acetyl-L-Cysteine.....	200 mg *
L-Methionine.....	20 mg *
Dimethylglycine (from 25 mg Dimethylglycine HCl).....	18 mg *
Young Sprouts (wheat).....	120 mg *
(supplying Superoxide Dismutase, Catalase and Glutathione Peroxidase)	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, magnesium silicate and vegetable stearate.

††Krebs = Citrate, Fumarate, Malate, Glutarate, and Succinate Complex.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

## Ultra-Lipoic Forte®

Formula	Size
83005	60 Capsules

Suggested Usage: 3 daily

Ultra-Lipoic Forte® capsules contain 1,000 mg of pure alpha-lipoic acid per serving. Alpha-lipoic acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body.‡

### SUPPLEMENT FACTS PL

Serving Size 3 Capsules • Servings Per Container 20

Amount Per Serving	%DV
Alpha-Lipoic Acid.....	1,000 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), silica, vegetable stearate, magnesium silicate, BioPerine® black pepper extract (*Piper nigrum*) and grape seed extract.



ANTIOXIDANTS | **BIOFLAVONOIDS**

**Bioflavonoid Complex**

Formula	Size
80116	100 Tablets

Suggested Usage: 1 daily

Bioflavonoid Complex is a dietary supplement providing citrus bioflavonoids derived from lemon. Each tablet supplies a combination of citrus bioflavonoids rich in quercetin and its glycoside, rutin.

**SUPPLEMENT FACTS** PL

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Calcium (as dicalcium phosphate).....100 mg	10%
Citrus bioflavonoid complex blend .....510 mg (Including quercetin and rutin)	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**FlavonAll®**

Formula	Size
FVA	60 Tablets

Suggested Usage: 2 daily

FlavonAll® is a dietary multi-flavonoid supplement designed to provide a broad spectrum of beneficial antioxidant flavonoids in just two tablets daily. FlavonAll® delivers these flavonoids in the form of eight standardized extracts. Flavonoids help support immune function, gene expression, circulatory and vascular health, cerebral blood flow, liver function, enzyme activity, and healthy lipid metabolism.‡

**SUPPLEMENT FACTS** PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Pycnogenol® <sup>y</sup> French Maritime Pine bark extract.....10 mg ( <i>Pinus pilaster</i> )	*
Grape Seed Extract ( <i>Vitis vinifera</i> , L.) .....65 mg (min. 90% proanthocyanidins)	*
Red Grape Skin Extract ( <i>Vitis vinifera</i> , L.).....100 mg (min. 45% polyphenols)	*
Bilberry Fruit Extract ( <i>Vaccinium myrtillus</i> ) .....120 mg (min. 25% anthocyanins)	*
Green Tea Leaf Extract ( <i>Camellia sinensis</i> ).....900 mg (decaffeinated, 20% polyphenols)	*
<i>Ginkgo biloba</i> leaf Extract .....80 mg (min. 24% ginkgo flavone glycosides, min. 6% terpene lactones)	*
Milk Thistle Seed Extract ( <i>Silybum marianum</i> ) .....175 mg (min. 80% silymarin)	*
Citrus Bioflavonoid Complex ( <i>Citrus limon</i> ).....250 mg (min. 50% bioflavonoids)	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, stearic acid, magnesium stearate and silica.

<sup>y</sup>Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Quercetin-Bromelain Complex

Formula	Size
QBC	100 Tablets

Suggested Usage: 1-3 daily

Quercetin-Bromelain Complex is a unique formulation of quercetin, buffered vitamin C, and bromelain. Quercetin is a bioflavonoid that has antioxidant activity to support vascular and immune cell function. Magnesium ascorbate is a buffered form of vitamin C, a key antioxidant, which synergistically supports the quercetin activity. Bromelain is a proteolytic enzyme purified from pineapple.‡

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin C ..... 200 mg	333%
(as magnesium ascorbate/ascorbic acid complex)	
Magnesium (as magnesium ascorbate) ..... 13 mg	3%
Quercetin ..... 333 mg	*
Bromelain (2400 GDU/g) ..... 50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, stearic acid, vegetable stearate, silica.

## Querciplex

Formula	Size
81601	100 Capsules

Suggested Usage: 1 daily

Querciplex is a combination formulation of quercetin and bromelain designed to support immune cell function or vascular health. Quercetin is a bioflavonoid that has excellent antioxidant activity. Bromelain is a proteolytic enzyme purified from pineapple, which is active and stable at the acidic levels found in the stomach.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Quercetin dihydrate ..... 333 mg	*
Bromelain ..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Chlorella Plus

Formula	Size
80249	90 Capsules

Suggested Usage: 1, three times daily

Freeze-dried chlorella (cracked-cell) and spirulina from blue-green algae are provided as a phytonutrient combination to help support detoxification at the cellular level.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chlorella ( <i>Chlorella vulgaris</i> ) (broken-cell wall).....250 mg	*
Spirulina ( <i>Arthrospira platensis</i> ) .....250 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

## G.F.S.-2000® Capsules

Formula	Size
7704	270 Capsules

Suggested Usage: 9 daily

G.F.S.-2000® Capsules are a phytonutrient green food supplement providing a concentrated blend of premium grasses, algae, vegetable powders and antioxidants, as well as botanical extracts for liver support, and pre- and probiotics for gastrointestinal and immune health.‡

### SUPPLEMENT FACTS

Serving Size 9 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (100% as natural Beta-Carotene) .....	6,500 IU 130%
Green Food Supplement.....	4,750 mg *
Providing:	
Lecithin (from soy).....	1,000 mg *
Wheat Grass Powder .....	500 mg *
Barley Grass Powder.....	250 mg *
Alfalfa Powder (leaf and stem) .....	250 mg *
Spinach Powder (leaf and stem) .....	250 mg *
Blue Green Algae:	
Spirulina (whole plant).....	400 mg *
Chlorella (whole plant) (cracked-cell).....	400 mg *
Broccoli (whole plant).....	400 mg *
Cauliflower (whole plant).....	400 mg *
Acerola Fruit Powder (berry).....	150 mg *
Beet Powder (root).....	100 mg *
Green Tea Extract (leaf).....	25 mg *
Milk Thistle Extract (seed) .....	25 mg *
(Silybum marianum, 80% silymarin)	
Ginkgo biloba extract (leaf) .....	20 mg *
(24% ginkgo flavone glycosides and 6% terpenes)	
Bilberry Extract .....	20 mg *
(Vaccinium myrtillus) (fruit)	
Grape Seed Extract (Vitis vinifera).....	20 mg *
Probiotic Culture Blend .....	5 Billion CFU *
(as Lactobacillus acidophilus [DDS-1], L. rhamnosus, L. bifidus, S. lactis, Bifidobacterium longum, B. bifidum and S. thermophilus)	
Fructooligosaccharides (FOS).....	500 mg *
NutraFlora™	
Proprietary Blend.....	20 mg *
Apple Pectin, Bromelain (lower stem, pineapple plant), Parsley (leaf), Celery (leaf and stalk) and Watercress (aerial parts)	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

NutraFlora™ is a registered trademark of GTC Nutrition.

## G.F.S.-2000® Powder

Formula	Size
7703	250 g Powder

Suggested Usage: 2 scoops (approximately 4 teaspoons) daily

G.F.S.-2000® Powder is a phytonutrient green food supplement providing a concentrated blend of premium grasses, algae, vegetable powders and antioxidants, as well as botanical extracts for liver support, and pre- and probiotics for gastrointestinal and immune health.‡

### SUPPLEMENT FACTS

Serving Size 2 scoops (approximately 4 teaspoons or 19 grams)  
Servings Per Container Approx. 13

Amount Per Serving	%DV
Vitamin A (100% as natural Beta-Carotene) .....	13,000 IU 260%
Green Food Supplement.....	19,000 mg *
Providing:	
Wheat Grass Juice Powder.....	800 mg *
Barley Grass Juice Powder .....	800 mg *
Alfalfa Grass Juice Powder .....	800 mg *
Green Papaya (leaf) .....	800 mg *
Blue Green Algae:	
Spirulina (leaf).....	1,600 mg *
Chlorella (cracked-cell) .....	1,600 mg *
Broccoli (entire plant) (freeze-dried powder) .....	1,600 mg *
Cauliflower (entire plant) (freeze-dried powder) .....	1,600 mg *
Ginkgo biloba (leaf).....	80 mg *
(24% ginkgo flavone glycosides, 6% terpenes)	
Bilberry (leaf).....	80 mg *
Lecithin (from non GMO soy) .....	4,000 mg *
(with Phosphatidylcholine)	
Wheat Sprout Powder .....	800 mg *
Acerola Juice Powder (berry) .....	600 mg *
Beet Juice Powder (root) .....	400 mg *
Spinach (leaf) .....	1,000 mg *
Green Tea Extract (leaf).....	100 mg *
Milk Thistle (seed).....	100 mg *
(Silybum marianum, 80% silymarin)	
Grape Seed Extract .....	80 mg *
(providing proanthocyanidins)	
Probiotic Cultures .....	20 Billion CFU *
(as L-acidophilus [DDS-1], L-Rhamnosus, L-Bifidus, S Lactis, Bifidobacterium longum, B. bifidum and S. thermophilus)	
Fructooligosaccharides (FOS).....	2,000 mg *
NutraFlora™	
Proprietary Blend.....	40 mg *
Apple Pectin, Bromelain (lower stem, pineapple plant), Parsley (leaf), Celery (seed) and Watercress (aerial parts)	

\*Daily Value (DV) not established.

Other ingredients: None.

NutraFlora™ is a registered trademark of GTC Nutrition.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# PROTEIN POWDER



Ultra Protein Green™ is a plant-based protein powder that contains 5 sources of protein from pea, chia, brown rice, flaxseed, and chlorella. Additional organic greens, soluble fiber, inulin, probiotics, enzymes, vitamins and minerals, along with a phytonutrient blend make this formula a nutritionally satisfying, great-tasting vanilla shake. The Spectra™

Phytonutrient proprietary blend of powdered fruits and vegetables contributes antioxidant activity, and has been clinically shown to support healthy levels of oxidative stress markers and cellular metabolic activity. This formula is vegan, gluten-free, soy-free, and sweetened with Stevia.‡

[ Formulated by Shelena Lalji, M.D. ]<sup>†</sup>

## Ultra Protein Green™ Plant-Based Protein with Phytonutrients

Formula	Size
57658P	619 g Powder 10 Sachets/Carton

**Suggested Usage:** 1 scoop or sachet daily

### SUPPLEMENT FACTS PL

Serving Size 1 Scoop (approx. 30.9 g) • Servings Per Container Approx. 20  
Serving Size 1 Sachet (approx. 30.9 g) • Servings Per Carton 10

Amount Per Serving	%DV
Calories .....	115
Calories from Fat.....	20
Total Fat.....	2 g 3% <sup>^</sup>
Total Carbohydrates.....	7 g 2% <sup>^</sup>
Dietary Fiber.....	2 g 10% <sup>^</sup>
Protein .....	17 g 34% <sup>^</sup>
Vitamin A (as Vitamin A Palmitate).....	1,100 IU 22%
Vitamin C (as Sodium Ascorbate).....	20 mg 33%
Vitamin D <sub>3</sub> (as Cholecalciferol from lichen).....	65 IU 16%
Vitamin E (as D-Alpha Tocopheryl Acetate).....	5 IU 17%
Vitamin K <sub>1</sub> (as Phytonadione).....	25 mcg 31%
Thiamine (as Thiamine Mononitrate).....	0.4 mg 27%
Riboflavin.....	0.5 mg 29%
Niacin (as Niacinamide).....	7.5 mg 38%
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....	0.6 mg 30%
Folate (as L-Methylfolate, Metafolin®).....	200 mcg 50%
Vitamin B <sub>12</sub> (as Methylcobalamin).....	0.6 mcg 10%
Biotin.....	10 mcg 3%

Pantothenic Acid (Calcium Pantothenate).....	2 mg	20%
Calcium (Calcium Carbonate).....	365 mg	37%
Phosphorus (as Potassium Phosphate).....	39 mg	4%
Iodine (as Potassium Iodide).....	50 mcg	33%
Magnesium (as Magnesium Citrate).....	100 mg	25%
Zinc (as Zinc Citrate).....	3 mg	20%
Selenium (as L-Selenomethionine).....	16 mcg	23%
Copper (as Copper Citrate).....	0.6 mg	30%
Manganese (as Manganese Citrate).....	0.6 mg	30%
Chromium (as Chromium Citrate).....	100 mcg	83%
Molybdenum (as Molybdenum Citrate).....	25 mcg	33%
Sodium.....	335 mg	14%
Potassium (as Potassium Phosphate).....	98 mg	3%
Apple Pectin.....	1,000 mg	*
Organic Alfalfa grass.....	400 mg	*
Organic Spinach ( <i>Spinacia oleracea</i> , leaf).....	50 mg	*
Organic Kale ( <i>Brassica oleracea</i> , leaf).....	50 mg	*
Organic Spirulina.....	200 mg	*
<i>Bacillus coagulans</i> .....	1 Billion CFU	*
Protease.....	10,000 HUT	*
Hemicellulase.....	800 HCU	*
Fiber Blend (Inulin, pea fiber).....	1,100 mg	*
Spectra™ Phytonutrient Blend.....	100 mg	*

*Coffea arabica* Extract (coffee cherry), Broccoli sprout concentrate (seed), Green Tea Extract (leaf), Onion Extract (bulb), Apple Extract (skin), Acerola Extract (fruit), Camu Camu Concentrate (fruit), Quercetin (flower), Tomato concentrate (fruit), Broccoli concentrate (floret and stems), Acai concentrate (fruit), Turmeric concentrate (root), Garlic concentrate (clove), Basil concentrate (leaf), Oregano concentrate (leaf), Cinnamon concentrate (bark and stem), Elderberry concentrate (fruit), Carrot concentrate (root), Mang steen concentrate (fruit), Blackcurrant Extract (fruit), Blueberry Extract (fruit), Sweet Cherry concentrate (fruit), Blackberry concentrate (fruit), Chokeberry concentrate (fruit), Raspberry concentrate (fruit), Spinach concentrate (leaf), Kale concentrate (leaf), Bilberry Extract (fruit), Brussels sprout concentrate (edible head).

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Plant-based protein blend (pea protein, organic chia seed, brown rice protein, flax seed and organic chlorella protein), natural french vanilla flavor and other natural flavors, and purified stevia extract.

Vitashine D3™ is a registered trademark of Health Specialties Manufacturing Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Spectra™ is a trademark of VDF FutureCeuticals, Inc., used under license.

## Ultra Protein Plus

Formula	Size
57053	908 g Powder (Chocolate Almond Flavor)
57054	908 g Powder (Vanilla Flavor)

**Suggested Usage:** 1 scoop daily, mixed with 8-10 ounces of water or other liquid. Blend well.

Ultra Protein Plus is a delicious, flavored, nutritionally comprehensive protein powder that contains all the indispensable amino acids essential to health, as well as 25% of the nutrition provided by Douglas Laboratories' Ultra Preventive® III, a multivitamin/mineral dietary supplement. Ultra Protein Plus's source of protein is from yellow peas, a low allergenicity protein source that contains no genetically modified plant tissue and is pesticide free. This formula also provides a significant amount of the prebiotic fructooligosaccharide (FOS). Ultra Protein Plus can easily be added to water or other liquid to create a ready-to-drink protein shake.‡

### SUPPLEMENT FACTS

Each Serving Contains 1 Heaping Scoop (approx. 30.3 grams)  
Servings Per Container Approx. 30

Amount Per Serving	%DV
Calories.....	95
Total Carbohydrates.....	8 g 2% <sup>^</sup>
Soluble Fiber.....	1 g *
Sugars (as Fructose).....	5 g *
Protein.....	16 g 32% <sup>^</sup>
Each Serving also provides approximately:	
Vitamin A.....	6,105 IU 122%
(as 39% Vitamin A palmitate and 61% beta carotene)	
Vitamin C (Ascorbic Acid).....	260 mg 433%
Vitamin D <sub>3</sub> (Cholecalciferol).....	25 IU 6%
Vitamin E (as d-alpha tocopheryl acetate).....	100 IU 333%
Vitamin B <sub>1</sub> (Thiamine HCl).....	24 mg 1,600%
Vitamin B <sub>2</sub> (Riboflavin).....	12 mg 706%
Niacin/Niacinamide.....	43 mg 215%
Vitamin B <sub>6</sub> (Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	24 mg 1,200%
Folic Acid.....	200 mcg 50%
Vitamin B <sub>12</sub> (as cyanocobalamin).....	25 mcg 417%
Biotin.....	75 mcg 25%
Pantothenic Acid (d-Calcium Pantothenate).....	125 mg 1,250%
Calcium (Citrate/Ascorbate/Carbonate Complex).....	112 mg 11%
Phosphorus (from pea protein).....	176 mg 18%
Iodine (Kelp).....	45 mcg 30%
Magnesium (Aspartate/Ascorbate/Oxide Complex).....	115 mg 29%
Zinc (Amino Acid Chelate).....	5 mg 33%
Selenium (Krebs <sup>††</sup> ).....	45 mcg 64%
Manganese (Aspartate/Sulfate Complex).....	4.5 mg 225%
Chromium GTF.....	45 mcg 38%
(Organically Bound with GTF activity-Low Allergenicity)	
Molybdenum (Krebs <sup>††</sup> ).....	23 mcg 31%
Sodium (from pea protein).....	240 mg 10%

Potassium (Aspartate/Chloride Complex).....	22 mg	<1%
Choline (Citrate/Bitartrate).....	34 mg	*
Inositol.....	23 mg	*
Citrus Bioflavonoid Complex.....	23 mg	*
PABA (para-Aminobenzoic Acid).....	11 mg	*
Vanadium (Krebs <sup>††</sup> ).....	11 mcg	*
Boron (Aspartate/Citrate Complex).....	0.3 mg	*
Trace Elements (from Sea Vegetation).....	20 mcg	*
L-Cysteine/N-Acetyl-L-Cysteine.....	45 mg	*
Betaine HCl.....	34 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Chocolate Almond Flavor - Other ingredients: Yellow pea protein, fructose, Dutch cocoa, BeFlora™ soluble fiber, cellulose, vegetable stearate, silica, stearic acid, and natural almond flavor.

Vanilla Flavor - Other ingredients: Yellow pea protein, fructose, natural vanilla flavor (contains milk), maltodextrin, BeFlora™ soluble fiber, cellulose, vegetable stearate, silica and stearic acid.

The yellow pea protein will yield naturally occurring amino acids with a typical profile such as this:

Glutamic Acid.....	2,672 mg
Aspartic Acid.....	1,840 mg
Arginine.....	1,392 mg
Lysine.....	1,136 mg
Leucine.....	1,312 mg
Phenylalanine.....	880 mg
Serine.....	816 mg
Valine.....	800 mg
Alanine.....	688 mg
Glycine.....	640 mg
Isoleucine.....	752 mg
Proline.....	688 mg
Threonine.....	608 mg
Tyrosine.....	608 mg
Histidine.....	400 mg
Cystine.....	160 mg
Methionine.....	176 mg
Tryptophan.....	160 mg

<sup>^</sup>Dr. Shelena Lalji has been retained as a medical consultant in advising Douglas Laboratories.

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# BLADDER SUPPORT



Cysto Renew<sup>®</sup>, developed by Dr. Geo Espinosa, is a unique combination of ingredients designed to help calm the bladder and support healthy functioning of the urinary tract system. Each ingredient contributes to the health of the bladder glycosaminoglycan layer, nitric oxide production, healthy neuroendocrine system, and normal mast cell production that is important for a healthy functioning bladder.‡

[ Formulated by Geo Espinosa, N.D. ]<sup>+</sup>

## Cysto Renew<sup>®</sup> Bladder Support<sup>‡</sup>

Formula	Size
201810	120 Capsules

Suggested Usage: 4 daily

### SUPPLEMENT FACTS

Serving Size 4 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Magnesium (as Magnesium amino acid chelate).....	100 mg 25%
Chondroitin Sulfate.....	600 mg *
Quercetin dihydrate.....	500 mg *
L-Arginine.....	250 mg *
Bromelain.....	160 mg *
L-Citrulline.....	150 mg *
Proprietary blend.....	300 mg *
<i>Rhodiola rosea</i> extract (root, standardized to 3% rosavins), Lemon Balm Extract (leaf), Aloe vera (inner leaf)	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and silica.

## Cran-Max

Formula	Size
CRA	60 Vegetarian Capsules

Suggested Usage: 1-2 daily

Cran-Max capsules contain 500 mg of 100% whole cranberry fruit concentrated extract. This 100% pure cranberry powder is free of added sugars, artificial sweeteners, and other ingredients. Scientists have not yet identified all of the active constituents of cranberry. The whole fruit offers a full complement of bioactive components.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Cran-Max <sup>®</sup> Whole Cranberry Fruit, dried concentrate.....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin.

Cran-Max<sup>®</sup> is a registered trademark of Pharmachem Laboratories Inc.



## CLINICAL ADVISOR:

Geo Espinosa, N.D., L.Ac., C.N.S.<sup>+</sup>

Dr. Espinosa is noted for his expertise in naturopathic urology, as well as prostate and bladder function. He received his degree from the University of Bridgeport and spent five years at the Center for Holistic Urology at Columbia University Medical Center. In 2009, he founded the Integrative Urology Center at New York University Langone Medical Center.

## d-Mannose Powder

Formula	Size
99471	50 g Powder

**Suggested Usage:** 1 scoop, three times daily

d-Mannose supplies 0.9 grams of pure d-Mannose powder per scoop. d-Mannose is thought to play important roles by promoting the proper binding and flushing in the urinary tract.†

### SUPPLEMENT FACTS

Serving Size 1 Scoop • Servings Per Container Approx. 55

Amount Per Serving	%DV
d-Mannose.....0.9 g	*

\*Daily Value (DV) not established.

Other ingredients: None.

## Uva Ursi Max-V (Bearberry)

Formula	Size
77379	60 Vegetarian Capsules

**Suggested Usage:** 1 daily

Uva Ursi Max-V supplies 200 mg of standardized Uva Ursi and 100 mg of non-standardized leaf in a vegetarian capsule. Uva Ursi, also known as bearberry, is a plant that supports the body's normal water elimination and urinary health.†

### SUPPLEMENT FACTS

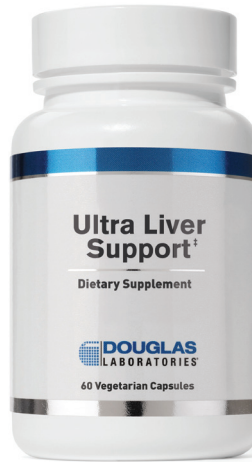
Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Uva Ursi Herbal Extract (leaf) ..... 200 mg	*
( <i>Arctostaphylos uva-ursi</i> L. Spreng.) Standardized to provide 40 mg arbutin	
Uva Ursi ( <i>Arctostaphylos pinuica</i> ) (non-standardized) ..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, vegetable stearate and cellulose.

## DETOX/LIVER SUPPORT



Ultra Liver Support<sup>‡</sup> contains herbal and cruciferous ingredients to help support liver function and detoxification. This formula contains broccoli sprout extract standardized to sulforaphanes and *Wasabia japonica* containing ITCs to support phase II activity in the liver and activation of Nrf2 for detoxification.†

[ Formulated by Julie Chen, M.D. ]<sup>†</sup>

## Ultra Liver Support<sup>‡</sup>

● new product

Formula	Size
202315	60 Vegetarian Capsules

**Suggested Usage:** 2, 1-2 times daily

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Barberry Extract.....250 mg	*
( <i>Berberis vulgaris</i> , root and stem)	
Dandelion ( <i>Taraxacum officinale</i> , root)..... 250 mg	*
Bilberry Extract ..... 200 mg	*
( <i>Vaccinium myrtillus</i> , fruit) (Standardized to provide 25% anthocyanidins)	
Milk Thistle Extract ..... 175 mg	*
( <i>Silybum marianum</i> , fruit) (Standardize to provide 80% silymarin)	
Artichoke Extract ( <i>Cynara scolymus</i> , leaf) ..... 150 mg	*
Schisandra Extract..... 150 mg	*
( <i>Schisandra chinensis</i> , fruit) (Standardized to 2% schizandrins)	
Broccoli Extract ..... 125 mg	*
( <i>Brassica oleracea</i> L., sprout) (Standardized to 500 mcg of sulforaphane)	
<i>Wasabia japonica</i> (rhizome).....50 mg	*
(Providing 600 mcg of isothiocyanates)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, silica, and cellulose.

<sup>†</sup>Our Clinical Advisors have been retained as medical consultants in advising Douglas Laboratories.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**De-Mer-Tox™**

Formula	Size
80317	60 Capsules

Suggested Usage: 2 daily

De-Mer-Tox™ capsules contain several vitamins and other dietary constituents that play supportive roles in the body's normal heavy metal detoxification processes.‡

**SUPPLEMENT FACTS**

Serving Size 2 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Thiamine.....25 mg	2,083%
Riboflavin.....10 mg	769%
Biotin.....200 mcg	667%
Selenium (as Selenomethionine).....100 mcg	182%
L-Glutathione.....50 mg	*
N-Acetyl-L-Cysteine.....500 mg	*
Methylsulfonylmethane (MSM).....500 mg	*
Garlic (bulb).....250 mg	*
Parsley (leaf).....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, bovine gelatin (capsule), magnesium silicate and vegetable stearate.

**Detoxification Pack**

● improved formula

Formula	Size
66866	30 Packs

Suggested Usage: 2 packs daily (contains 5 capsules, 1 tablet)

Detoxification Pack contains ingredients carefully selected to support the body's normal detoxification processes. This pack contains amino acids, vitamins, minerals and herbs as a part of a 15-day detoxification regimen and can be used in conjunction with Metabolic Cleanse®.‡

Each pack has been reformulated to include the new Ultra Liver Support‡ product in addition to: Livdetox™, De-Mer-Tox™, Fiber-Plex™, and Magnesium Citrate.

**SUPPLEMENT FACTS** PL

Serving Size 1 Pack • Servings Per Container 30

Amount Per Serving	%DV
Thiamine.....12.5 mg	1,042%
Riboflavin.....5 mg	385%
Niacin (niacinamide).....3.3 mg	21%
Magnesium (as magnesium citrate).....150 mg	36%
Biotin.....100 mcg	333%
Selenium (as selenomethionine).....50 mcg	91%
Choline (from choline bitartrate).....235 mg	43%
Proprietary Blend.....1,000 mg	*
Glucomannan, carrot root, celery stalk and leaf, citrus pectin, apple pectin, sodium alginate, slippery elm bark.	
N-Acetyl-L-Cysteine.....250 mg	*
Methylsulfonylmethane (MSM).....250 mg	*
Barberry Extract.....125 mg	*
(Berberis vulgaris, root and stem)	
Bilberry Extract.....100 mg	*
(Vaccinium myrtillus, fruit)	
Dandelion (Taraxacum officinalis, leaf).....141.6 mg	*
Garlic (bulb).....125 mg	*
Parsley (leaf).....100 mg	*
Artichoke extract (Cynara scolymus, leaf).....91.6 mg	*
Schisandra Extract.....75 mg	*
(Schisandra chinensis, fruit)	
(Standardized to 2% schizandrins)	
Broccoli Extract.....62.5 mg	*
(Brassica oleracea L., sprout) (Standardized to 250 mcg of sulforaphane)	
Wasabia japonica (rhizome).....25 mg	*
(Providing 300 mcg of isothiocyanates)	
Milk Thistle Extract.....87.5 mg	*
(Silybum marianum, fruit) (Standardized to 80% silymarin)	
Milk Thistle.....16.6 mg	*
(Silybum marianum, seed)	
Turmeric (Curcuma longa, rhizome).....16.6 mg	*
Inositol.....50 mg	*
Lecithin Granulars (from soy).....25 mg	*
L-Glutathione.....25 mg	*
Betaine (from betaine HCl).....19 mg	*
L- Methionine.....5 mg	*

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Contains: Soy.

Other ingredients: Bovine gelatin (capsule), hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, cellulose, magnesium silicate, silica, vegetable stearate.



## Livdetox™

Formula	Size
7600	120 Tablets

Suggested Usage: 3 daily

Livdetox™ tablets contain several lipotropic nutrients and herbal ingredients to help maintain liver structure and function and support the liver's metabolism of fat.†

### SUPPLEMENT FACTS PL

Serving Size 3 Tablets • Servings Per Container 40

Amount Per Serving	%DV
Niacin.....	10 mg 50%
Choline (from 1500 mg Choline Bitartrate).....	705 mg *
Inositol.....	150 mg *
Lecithin Granulars (from soy).....	75 mg *
Betaine (from 75 mg Betaine HCl).....	57 mg *
Dandelion (leaf) <i>Taraxacum officinalis</i> .....	50 mg *
Turmeric (rhizome) <i>Curcuma longa</i> .....	50 mg *
Milk Thistle (seed) <i>Silybum marianum</i> .....	50 mg *
Globe Artichoke Extract (leaf) <i>Cynara scolymus</i> .....	50 mg *
L-Methionine.....	15 mg *

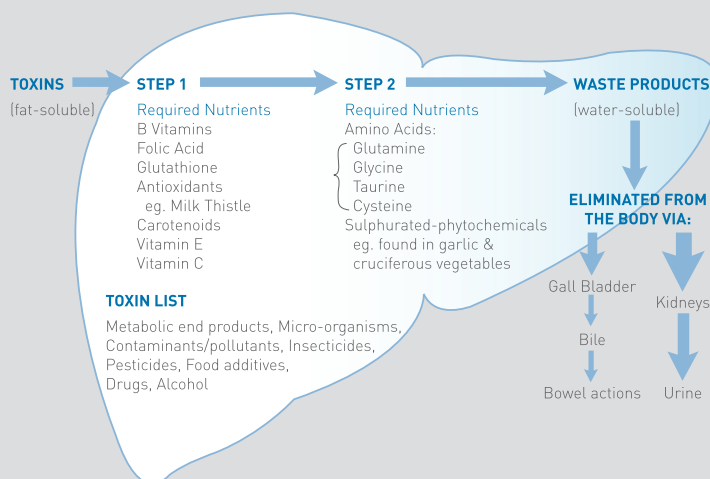
\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Prepare.† Detox.† Renew.† with Metabolic Rejuvenation®

Your liver is the hardest working organ of detoxification and functions in two phases to transform toxins so they can be eliminated from your body. The two phases have to be in balance with one another and depend on different nutrients to perform optimally.†

### DETOXIFICATION PATHWAYS



#### Nutrition Required for PHASE 1†

- Antioxidants to manage the free radicals produced (eg: vitamin C, lipoic acid, broccoli powder)
- Vitamins and minerals (B vitamins, selenium, magnesium)
- Glutathione precursors (N-Acetyl-L-Cysteine-an amino acid derivative)

#### Nutrition Required for PHASE 2†

- Sulfur (MSM)
- N-Acetyl-L-Cysteine
- Glutathione
- Amino acids: taurine, glycine, L-glutamine, methionine, L-cysteine
- B vitamins/minerals
- Lipoic acid to enhance glutathione
- Milk thistle, curcumin, *Wasabia japonica*, and cruciferous vegetable derivatives (broccoli sprout)

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Metabolic Rejuvenation®** ● improved formula  
**A 28-Day Program**

Formula	Size
66867	4 Bottles/1 Box

**Suggested Usage:**

Week 1 - take 2 packs daily  
 Week 2 and 3 - take 1 AM and 1 PM pack daily  
 Week 4 - take 2 packs daily

Metabolic Rejuvenation® is a comprehensive 28-day, 3-phase detoxification support program with nutrients specifically chosen to prepare the body for elimination, phase 1 and 2 liver detoxification, and renewal of the body and intestinal tract. One Metabolic Rejuvenation® box includes 4 bottles (one for each week) with convenience packs.‡

Metabolic Rejuvenation® also includes our new Ultra Liver Support‡ formula.

**Week 1 Preparation†**

**SUPPLEMENT FACTS**

Serving Size 1 Pack • Servings Per Container 14  
 Each Pack contains 5 Capsules

Amount Per Serving	%DV
Magnesium (from Magnesium Citrate).....	150 mg 36%
Dietary Fiber.....	0.5 g 2%
Proprietary Blend.....	1.5 g *
Glucmannan, Carrot Root, Celery Stalk and Leaves, Citrus Pectin, Apple Pectin, Sodium Alginate, and Slippery Elm Bark.	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), gelatin (capsule), ascorbyl palmitate, vegetable stearate, silica and cellulose.

**Week 2 Detox†**

**AM Pack**

**SUPPLEMENT FACTS**

Serving Size 1 AM • Servings Per Container 7  
 Each AM Pack contains 4 Capsules

Amount Per Serving	%DV
Thiamine (Vitamin B <sub>1</sub> , as Thiamine HCl) .....	62.5 mg 5,208%
Riboflavin.....	25 mg 1,923%
(Vitamin B <sub>2</sub> , as Riboflavin-5-Phosphate/Riboflavin)	
Niacin (Vitamin B <sub>3</sub> , as Niacinamide).....	50 mg 313%
Vitamin B <sub>6</sub> (as Pyridoxal-5-Phosphate) .....	20 mg 1,176%
Folate (as L-methylfolate, Metafolin® 400 mcg).....	667 mcg DFE 167%
Vitamin B <sub>12</sub> (as methylcobalamin) .....	500 mcg 20,833%
Biotin.....	400 mcg 1,333%
Pantothenic Acid .....	50 mg 1,000%
(Vitamin B <sub>5</sub> , as d-calcium pantothenate)	
Selenium (as Selenomethionine).....	50 mcg 91%
N-Acetyl-L-Cysteine.....	750 mg *
Methylsulfonylmethane (MSM) .....	250 mg *
Garlic (bulb).....	125 mg *

Barberry Extract.....	125 mg *
(Berberis vulgaris, root and stem)	
Dandelion (Taraxacum officinale, root).....	125 mg *
Bilberry Extract .....	100 mg *
(Vaccinium myrtillus, fruit) (Standardized to provide 25% anthocyanidins)	
Milk Thistle Extract .....	87.5 mg *
(Silybum marianum, fruit) (Standardized to provide 80% silymarin)	
Artichoke Extract (Cynara scolymus, leaf) .....	75 mg *
Schisandra Extract.....	75 mg *
(Schisandra chinensis, fruit)	
(Standardized to 2% schizandrins)	
Broccoli Extract (Brassica oleracea L., sprout).....	62.5 mg *
(Standardized to 250 mcg of sulforaphane)	
Parsley (leaf).....	50 mg *
Wasabia japonica.....	25 mg *
(rhizome) (Providing 300 mcg of isothiocyanates)	
L-Glutathione.....	25 mg *
Intrinsic Factor (from porcine).....	20 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), bovine gelatin (capsule), silica, stearic acid, vegetable stearate, rose hips, ascorbyl palmitate, magnesium silicate and croscarmellose sodium.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**PM Pack**

**SUPPLEMENT FACTS**

Serving Size 1 PM Pack • Servings Per Container 7  
 Each PM Pack contains 2 Capsules and 2 Tablets

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....	1,000 mg 1,111%
Thiamine.....	12.5 mg 1,042%
Riboflavin.....	5 mg 385%
Biotin.....	100 mcg 333%
Selenium (as Selenomethionine) .....	50 mcg 91%
N-Acetyl-L-Cysteine.....	250 mg *
Methylsulfonylmethane (MSM) .....	250 mg *
Barberry Extract (Berberis vulgaris, root and stem).....	125 mg *
Dandelion (Taraxacum officinale, root).....	125 mg *
Garlic (bulb).....	125 mg *
Bilberry Extract .....	100 mg *
(Vaccinium myrtillus, fruit) (Standardized to provide 25% anthocyanidins)	
Bioflavonoid Complex .....	100 mg *
Alpha-Lipoic Acid.....	100 mg *
Milk Thistle Extract (Silybum marianum, fruit).....	87.5 mg *
(Standardized to provide 80% silymarin)	
Artichoke Extract (Cynara scolymus, leaf) .....	75 mg *
Schisandra Extract (Schisandra chinensis, fruit).....	75 mg *
(Standardized to 2% schizandrins)	
Broccoli Extract (Brassica oleracea L., sprout).....	62.5 mg *
(Standardized to 250 mcg of sulforaphane)	
Parsley (leaf).....	50 mg *
L-Glutathione.....	25 mg *
Wasabia japonica.....	25 mg *
(rhizome) (Providing 300 mcg of isothiocyanates)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), bovine gelatin (capsule), silica, stearic acid, vegetable stearate, rose hips, ascorbyl palmitate, magnesium silicate and croscarmellose sodium.

**Week 3 Detox<sup>‡</sup>**

**AM Pack**

**SUPPLEMENT FACTS**

Serving Size 1 AM • Servings Per Container 7  
Each AM Pack contains 1 Tablet and 3 Capsules

Amount Per Serving	%DV
Calcium (from Calcium Krebs <sup>††</sup> /Carbonate).....	150 mg 12%
Iodine (from Potassium Iodide).....	50 mcg 33%
Magnesium (from Magnesium Krebs <sup>††</sup> /Oxide).....	63.3 mg 15%
Zinc (from Zinc Krebs <sup>††</sup> ).....	6 mg 55%
Selenium (from Selenium Krebs <sup>††</sup> ).....	66.7 mcg 121%
Copper (from Copper Krebs <sup>††</sup> ).....	0.4 mg 44%
Manganese (from Manganese Krebs <sup>††</sup> ).....	10 mg 435%
Chromium (from chromium GTF, polynicotinate).....	100 mcg 286%
Molybdenum (from Molybdenum Krebs <sup>††</sup> ).....	16.7 mcg 37%
Potassium (from Potassium Krebs <sup>††</sup> /Chloride).....	33 mg <1%
Free Form Amino Acids Proprietary Blend.....	600 mg *
L-Arginine, L-Ornithine, L-Glutamic Acid, L-Aspartic Acid, L-Lysine, Glycine, L-Leucine, L-Valine, L-Threonine, L-Methionine, L-Alanine, L-Serine, L-Tyrosine, L-Cystine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine.	
N-Acetyl-L-Cysteine.....	500 mg *
Dandelion ( <i>Taraxacum officinale</i> , root).....	125 mg *
Barberry Extract ( <i>Berberis vulgaris</i> , root and stem).....	125 mg *
Bilberry Extract ( <i>Vaccinium myrtillus</i> , fruit).....	100 mg *
(Standardized to provide 25% anthocyanidins)	
Milk Thistle Extract.....	87.5 mg *
( <i>Silybum marianum</i> , fruit) (Standardized to provide 80% silymarin)	
Artichoke ( <i>Cynara scolymus</i> , leaf).....	75 mg *
Schisandra Extract ( <i>Schisandra chinensis</i> , fruit).....	75 mg *
(Standardized to 2% schizandrins)	
Broccoli Extract ( <i>Brassica oleracea l.</i> , sprout).....	62.5 mg *
(Standardized to 250 mcg of sulforaphane)	
<i>Wasabia japonica</i> (rhizome).....	25 mg *
(Providing 300 mcg of isothiocyanates)	
Boron (from Boron Citrate).....	33.3 mcg *
Vanadium (from Vanadium Krebs <sup>††</sup> ).....	25 mcg *
Silicon (as Silicon Dioxide).....	0.67 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, bovine gelatin (capsule), magnesium silicate, vegetable stearate and silica.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

**PM Pack**

**SUPPLEMENT FACTS**

Serving Size 1 PM Pack • Servings Per Container 7  
Each PM Pack contains 3 Capsules

Amount Per Serving	%DV
L-Methionine.....	500 mg *
Taurine.....	500 mg *
Barberry Extract ( <i>Berberis vulgaris</i> , root and stem).....	125 mg *
Dandelion ( <i>Taraxacum officinale</i> , root).....	125 mg *
Bilberry Extract ( <i>Vaccinium myrtillus</i> , fruit).....	100 mg *
(Standardized to provide 25% anthocyanidins)	
Milk Thistle Extract ( <i>Silybum marianum</i> , fruit).....	87.5 mg *
(Standardized to provide 80% silymarin)	
Artichoke Extract ( <i>Cynara scolymus</i> , leaf).....	75 mg *
Schisandra Extract ( <i>Schisandra chinensis</i> , fruit).....	75 mg *
(Standardized to 2% schizandrins)	
Broccoli Extract.....	62.5 mg *
( <i>Brassica oleracea l.</i> , sprout)	
(Standardized to 250 mcg of sulforaphane)	
<i>Wasabia japonica</i> (rhizome).....	25 mg *
(Providing 300 mcg of isothiocyanates)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, bovine gelatin (capsule), magnesium silicate, vegetable stearate and silica.

**Metabolic Rejuvenation®**  
Continued

**Week 4 Renew†**

**SUPPLEMENT FACTS**

Serving Size 1 Pack • Servings Per Container 14  
Each Pack contains 1 Tablet, 1 Softgel and 1 Capsule

Amount Per Serving	%DV
Calories	10
Total Fat	1 g 2%^
Vitamin A (as natural beta-carotene)	750 mcg 83%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D <sub>3</sub>	12.5 mcg (500 IU) 63%
Vitamin E (as d-alpha tocopheryl succinate)	34 mg 223%
Thiamine (as Thiamine HCl)	12.5 mg 1,042%
Riboflavin (as Riboflavin-5-phosphate)	5 mg 385%
Niacin/Niacinamide	15 mg 94%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate)	5 mg 294%
Folate (as L-methylfolate, Metafolin® 200 mcg)	333 mcg DFE 83%
Vitamin B <sub>12</sub> (as methylcobalamin)	125 mcg 5,208%
Biotin	150 mcg 500%
Pantothenic Acid (d-calcium pantothenate)	12.5 mg 250%
Calcium (as Calcium Citrate/Malate Complex)	25 mg 2%
Iodine (from kelp)	75 mcg 50%
Magnesium (as Magnesium Citrate)	12.5 mg 3%
Zinc (as OptiZinc®, monomethionine)	7.5 mg 68%
Selenium (as amino acid chelate)	50 mcg 91%
Copper (as amino acid chelate)	0.5 mg 56%
Chromium (as amino acid chelate)	60 mcg 171%
Molybdenum (as amino acid chelate)	50 mcg 111%
Potassium (as Potassium Aspartate)	15 mg <1%
L-Glutamine	500 mg *
EPA (Eicosapentaenoic acid)	330 mg *
DHA (Docosahexaenoic acid)	170 mg *

Probiotic Proprietary Blend	280 mg	*
(yielding 20 Billion CFU)		
Containing:		
Short Chain Fructooligosaccharide (NutraFlora® scFOS®),		
<i>Bifidobacterium bifidum</i> , <i>Bifidobacterium breve</i> ,		
<i>Bifidobacterium lactis (infantis)</i> , <i>Bifidobacterium lactis</i>		
<i>HN019</i> , <i>Bifidobacterium longum</i> , <i>Lactobacillus acidophilus</i> ,		
<i>Lactobacillus brevis</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus</i>		
<i>casei</i> , <i>Lactobacillus gasseri</i> , <i>Lactobacillus paracasei</i> ,		
<i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> ,		
<i>Lactobacillus salivarius</i> , <i>Lactococcus lactis</i> , <i>Streptococcus</i>		
<i>thermophilus</i>		
Polyphenol Proprietary Blend	150 mg	*
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> ,		
standardized to 4% polyphenols), Strawberry Extract (fruit,		
<i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach		
Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).		
Choline (from Citrate/Bitartrate)	30 mg	*
Inositol	12.5 mg	*
Pterostilbene (pTeroPure®)	5 mg	*
Lutein (natural)	1.5 mg	*
Lycopene (natural)	1.5 mg	*
Zeaxanthin	0.5 mg	*
Astaxanthin	0.5 mg	*

\*Daily Value (DV) not established.

†Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Cellulose, ultra refined fish oil concentrate (from anchovy and mackerel), gelatin (capsule), hydroxypropyl methylcellulose (capsule), croscarmellose sodium, stearic acid, hydroxypropyl cellulose, vegetable stearate, silica, magnesium silicate, dextrose, titanium dioxide, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate, caramel color and natural vanilla flavor.

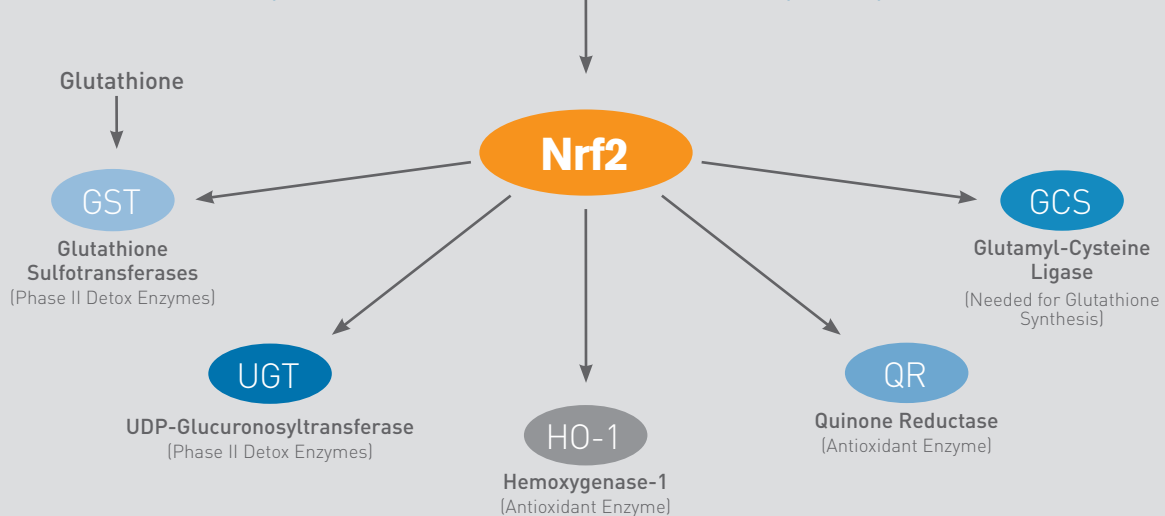
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

pTeroPure® is a trademark of ChromaDex, Inc.

OptiZinc® is a trademark of InterHealth N.I.

**Sulforaphane, N-Acetyl-L-Cysteine, Alpha lipoic acid**



Sulfur-containing phytochemicals and antioxidants such as sulforaphane, NAC and alpha lipoic acid support detoxification via Nrf2, a cellular protein that promotes the expression of genes involved in glutathione synthesis, phase II detoxification and antioxidant defenses.‡

## Metabolic Cleanse® Vegetarian Formula Nutritional Detoxification Support<sup>‡</sup>

Natural Vanilla Flavor

Formula	Size
57687	1151 g Powder

**Suggested Usage:** 1 scoop daily

Metabolic Cleanse® Vegetarian Formula is a unique dietary supplement featuring beneficial amounts of rice and pea proteins uniquely blended with essential amounts of vitamins, minerals, antioxidants and other nutrients important for the healthy maintenance of the entire gastrointestinal tract. It is designed to be a complete plant-based protein formula, great for detoxification programs, and in a delicious, natural vanilla flavor sweetened with organic coconut palm sugar. It provides beneficial amounts of L-glutamine and FOS (fructooligosaccharides) for their important roles in proper gastrointestinal health. N-Acetyl-L-Cysteine and grape seed extracts have been added for their valuable antioxidant and liver support roles they provide in the body.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 1 Scoop (approx. 39.9 g)  
Servings Per Container Approx. 29

Approximate Amount Per Serving	%DV
Calories .....	150
Calories from Fat.....	35
Total Fat .....	4 g      6% <sup>^</sup>
Saturated Fat.....	4 g      20% <sup>^</sup>
Total Carbohydrate.....	15 g      5% <sup>^</sup>
Dietary Fiber.....	2.5 g    10% <sup>^</sup>
Sugars .....	5 g      *
Protein .....	16 g     32% <sup>^</sup>
Each Serving also provides approximately:	
Vitamin A/Beta Carotene complex .....	6,300 IU    126%
Vitamin C .....	265 mg    442%
Vitamin D <sub>3</sub> (as cholecalciferol).....	500 IU    125%
Vitamin E (as d-alpha tocopheryl).....	100 IU    333%
Thiamine (Vitamin B <sub>1</sub> ).....	25 mg    1,667%
Riboavin (Vitamin B <sub>2</sub> ).....	12 mg    706%
Niacin/Niacinamide.....	44 mg    220%
Vitamin B <sub>6</sub> .....	25 mg    1,250%
(as Pyridoxine HCl and Pyridoxal-5-Phosphate)	
Folic acid .....	205 mcg    51%
Vitamin B <sub>12</sub> .....	25 mcg    417%
Biotin.....	75 mcg    25%
Pantothenic acid.....	125 mg    1,250%
Calcium (Citrate/Ascorbate/Carbonate complex).....	145 mg    15%
Phosphorus (from pea protein) .....	90 mg    9%
Iodine (Kelp) .....	45 mcg    30%
Magnesium .....	125 mg    31%
(as Magnesium Aspartate/Ascorbate/Oxide complex)	
Zinc (Amino acid chelate) .....	5 mg      33%
Manganese (as Manganese Sulfate/Aspartate complex).....	4.8 mg    240%
Selenium (from seleno-methionine).....	45 mcg    64%
Chromium (GTF) .....	45 mcg    38%
Molybdenum (Krebs <sup>††</sup> ).....	23 mcg    31%
Sodium.....	70 mg    3%
Potassium (as Potassium Aspartate/Chloride complex).....	45 mg    <1%
L-Glutamine.....	500 mg    *

Betaine HCl.....	35 mg	*
Choline Bitartrate.....	35 mg	*
Bioflavonoids.....	23 mg	*
Inositol.....	23 mg	*
PABA (para-aminobenzoic acid).....	12 mg	*
Glutamic Acid.....	5 mg	*
L-Methionine.....	3 mg	*
Boron (Aspartate/Citrate complex).....	350 mcg	*
Vanadium (Krebs <sup>††</sup> ).....	11.5 mcg	*
Proprietary Blend.....	320 mg	*
N-Acetyl-L-Cysteine, Grape Seed extract (containing proanthocyanidins), L-Cysteine HCl, MSM (Methylsulfonylmethane).		

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Rice protein isolate, pea protein, medium-chain triglycerides, organic coconut palm sugar, rice syrup, purified stevia extract, natural vanilla flavor, and FOS [fructooligosaccharides].

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

### Typical Amino Acid Profile Per Serving:

Glutamic Acid .....	2,660 mg
Aspartic Acid.....	1,570 mg
Arginine .....	1,280 mg
Leucine .....	1,280 mg
Phenylalanine.....	850 mg
Serine.....	800 mg
Valine.....	800 mg
Alanine.....	760 mg
Lysine.....	750 mg
Tyrosine .....	690 mg
Isoleucine .....	680 mg
Glycine .....	660 mg
Proline .....	640 mg
Threonine.....	580 mg
Histidine.....	360 mg
Methionine .....	300 mg
Tryptophan .....	180 mg
Cysteine.....	180 mg
Cystine.....	80 mg

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Metabolic Cleanse® Formulated with SEACURE® Nutritional Detoxification Support\***

Natural Vanilla Flavor

Formula	Size
57688	1181 g Powder

Suggested Usage: 1 scoop daily

Metabolic Cleanse®, formulated with SEACURE®, is a unique dietary supplement featuring beneficial amounts of rice, pea and fish proteins blended with essential amounts of vitamins, minerals, antioxidants and other nutrients important for the healthy maintenance of the entire gastrointestinal tract. It is designed to be a complete gastrointestinal support formula, great for detoxification, and in a delicious, natural vanilla flavored powder naturally sweetened with organic coconut palm sugar. It provides beneficial amounts of L-Glutamine and FOS (fructooligosaccharides) for their important roles in proper gastrointestinal health. Increased N-Acetyl-L-Cysteine and grape seed extracts have been added for their valuable liver support and antioxidant roles they provide in the body.‡

**SUPPLEMENT FACTS**

Serving Size 1 Scoop (approx. 39.9 g)  
Servings Per Container Approx. 30

Amount Per Serving	%DV
Calories .....	155
Calories from Fat.....	35
Total Fat.....	4 g 6% <sup>^</sup>
Saturated Fat.....	4 g 20% <sup>^</sup>
Cholesterol .....	3 mg 1% <sup>^</sup>
Total Carbohydrate.....	15 g 5% <sup>^</sup>
Dietary Fiber.....	2.5 g 10% <sup>^</sup>
Sugars.....	5 g *
Protein .....	17 g 34% <sup>^</sup>
Each Serving also provides approximately:	
Vitamin A/Beta Carotene complex .....	6,300 IU 126%
Vitamin C .....	265 mg 442%
Vitamin D <sub>3</sub> (as cholecalciferol).....	500 IU 125%
Vitamin E (as d-alpha tocopheryl).....	100 IU 333%
Thiamine (Vitamin B <sub>1</sub> ).....	25 mg 1,667%
Riboavin (Vitamin B <sub>2</sub> ).....	12 mg 706%
Niacin/Niacinamide.....	44 mg 220%
Vitamin B <sub>6</sub> (as Pyridoxine HCl and Pyridoxal-5-Phosphate).....	25 mg 1,250%
Folic acid .....	205 mcg 51%
Vitamin B <sub>12</sub> .....	25 mcg 417%
Biotin.....	75 mcg 25%
Pantothenic acid.....	125 mg 1,250%
Calcium.....	160 mg 16%
(Citrate/Ascorbate/Carbonate complex)	
Phosphorus (from SEACURE® and pea protein).....	90 mg 9%
Iodine (Kelp) .....	45 mcg 30%
Magnesium (Aspartate/Ascorbate/Oxide complex).....	125 mg 31%
Zinc (Amino acid chelate).....	5 mg 33%
Selenium (from seleno-methionine).....	45 mcg 64%
Manganese .....	4.8 mg 240%
(from manganese aspartate/sulfate complex)	
Chromium (GTF) .....	45 mcg 38%
Molybdenum (Krebs <sup>††</sup> ).....	23 mcg 31%
Sodium.....	70 mg 3%

Potassium .....	60 mg	2%
(from aspartate/chloride complex and pea protein)		
L-Glutamine .....	500 mg	*
Betaine HCl .....	35 mg	*
Choline Bitartrate.....	35 mg	*
Bioflavonoids.....	23 mg	*
Inositol .....	23 mg	*
PABA (para-aminobenzoic acid) .....	12 mg	*
Glutamic Acid .....	5 mg	*
L-Methionine.....	3 mg	*
Boron (Aspartate/Citrate complex).....	350 mcg	*
Vanadium (Krebs <sup>††</sup> ) .....	11.5 mcg	*
Proprietary Blend .....	320 mg	*
N-Acetyl L-Cysteine, Grape Seed extract (containing proanthocyanidins), L-Cysteine HCl, MSM (Methylsulfonylmethane).		

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Rice protein isolate, pea protein, medium-chain triglycerides, organic coconut palm sugar, rice syrup, purified stevia extract, natural vanilla flavor, SEACURE® (fish protein) and FOS (fructooligosaccharides).

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

This product contains fish (from Pacific Whiting [Cod Family]).

SEACURE® is a registered trademark of Proper Nutrition, Inc.

Typical Amino Acid Profile Per Serving:

Glutamic Acid .....	2,660 mg
Aspartic Acid.....	1,570 mg
Arginine .....	1,280 mg
Leucine .....	1,280 mg
Phenylalanine.....	850 mg
Serine.....	800 mg
Valine.....	800 mg
Alanine.....	760 mg
Lysine.....	750 mg
Tyrosine .....	690 mg
Isoleucine.....	680 mg
Glycine .....	660 mg
Proline .....	640 mg
Threonine .....	580 mg
Histidine.....	360 mg
Methionine .....	300 mg
Tryptophan.....	180 mg
Cysteine.....	180 mg
Cystine.....	80 mg

## Milk Thistle Max-V

**Formula**                      **Size**

77358                      60 Vegetarian Capsules

Suggested Usage: 1-2 daily

Milk Thistle Max-V vegetarian capsules contain 250 mg of milk thistle extract, standardized to contain a minimum of 80% of the flavonoid silymarin, which is known to support a healthy liver.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Milk Thistle Herbal Extract (seed).....250 mg ( <i>Silybum marianum</i> ) Standardized to provide 200 mg of silymarin flavonoids	*
Milk Thistle (seed).....100 mg (non-standardized) ( <i>Silybum marianum</i> )	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose and vegetable stearate.

## Silymarin/Milk Thistle Capsules

**Formula**                      **Size**

7380                      90 Capsules

Suggested Usage: 1 daily

Silymarin/Milk Thistle Capsules contain 150 mg of milk thistle extract, standardized to contain a minimum of 80% of the flavonoid silymarin.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

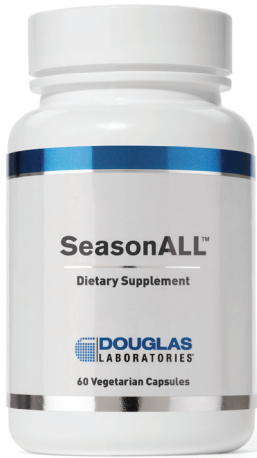
Amount Per Serving	%DV
Milk Thistle Extract (seed) ( <i>Silybum marianum</i> ).....150 mg (Standardized to contain 80% Silymarin)	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# IMMUNE SUPPORT



SeasonALL™ is a special combination of phytonutrients designed to support the body's immune response to environmental agents throughout the year. Ingredients such as Nettle leaf, bromelain, isoquercetin, tinospora cordifolia, and elderberry help to maintain healthy immune function, including healthy mast cell function, cytokine balance and immune cell function. The

special addition of Longvida® Optimized Curcumin with SLCP™ technology for enhanced curcumin absorption works to modulate healthy cytokine levels.‡

[ Formulated by Julie Chen, M.D. ]†

## SeasonALL™

Formula	Size
202126	60 Vegetarian Capsules

Suggested Usage: 2 daily

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....50 mg	83%
Vitamin D <sub>3</sub> (cholecalciferol)..... 500 IU	125%
Proprietary blend.....1,025 mg	
Nettle leaf Extract ( <i>Urtica dioica</i> L.), Tinofend® Extract ( <i>Tinospora cordifolia</i> , stem), Longvida® Optimized Curcumin Extract (from <i>Curcuma longa</i> root), <i>Boswellia serrata</i> Extract (dried gum), Elderberry fruit Extract ( <i>Sambucus nigra</i> L.) (standardized to 25% total polyphenols), Isoquercetin, Bromelain (yielding 5,000 mcu).	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate, vegetable stearate, silica.

Tinofend® is a registered trademark of Verdure Sciences, Inc.

Longvida® is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.

## A.H.C.C.® Plus

Formula	Size
99275	60 Vegetarian Capsules

Suggested Usage: 2 daily

A.H.C.C.® Plus supplies a unique mushroom-derived extract called A.H.C.C.® (active hexose correlated compound) combined with arabinogalactan from the Western Larch tree to provide an immune-supportive formula.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
A.H.C.C.® (Active Hexose Correlated Compound)	
Proprietary Blend.....1 g	*
Mushroom mycelia extract, Candellilla wax, Cyclodextrin and Microcrystalline cellulose.	
Arabinogalactan .....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule) and vegetable stearate.

A.H.C.C.® is a registered trademark of Amino Up Chemical Company, Ltd. of Sapporo, Japan.

## Astragalus Max-V

Formula	Size
77304	60 Vegetarian Capsules

Suggested Usage: 1, twice daily

Astragalus Max-V supplies 500 mg of standardized astragalus in a vegetarian capsule to provide immune support.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Astragalus Herbal Extract..... 500 mg	*
( <i>Astragalus membranaceus</i> , root) Standardized to provide 1.5 mg astragalosides	
Astragalus ( <i>Astragalus membranaceus</i> , root).....50 mg	*
(non-standardized)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule) and vegetable stearate.



## Beta 1,3 Glucan

Formula	Size
---------	------

83901 90 Capsules

Suggested Usage: 1 daily

Beta 1,3 Glucan provides 50 mg of the dietary fiber beta-glucan in repeating units of beta-D-glucose joined together in beta-(1,3) linkages.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Beta 1,3 Glucan .....50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.

## Cat's Claw

Formula	Size
---------	------

80097 100 Capsules

Suggested Usage: 1 daily

Cat's Claw (*Uncaria tomentosa*, bark) supplies 500 mg of Cat's Claw in a gelatin capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Cat's Claw ( <i>Uncaria tomentosa</i> , bark) ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

## ColostOferrin

Formula	Size
---------	------

98230 60 Capsules

Suggested Usage: 2 daily

ColostOferrin is a combination of bovine colostrum, vitamin C, lactoferrin, arabinogalactan, and a proprietary blend of immune-supportive prebiotic fructooligosaccharide (FOS) and probiotic *Lactobacillus acidophilus*.<sup>‡</sup>

### SUPPLEMENT FACTS PL

Serving Size 2 Capsules • Servings per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) .....100 mg	167%
Colostrum [milk] (Bovine-Minimum 30% IgG)..... 500 mg	*
Arabinogalactan .....100 mg	*
Lactoferrin .....75 mg	*
Inulin (chicory root fiber) .....100 mg	*
<i>Lactobacillus acidophilus</i> ..... 500 million CFU	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), dicalcium phosphate, vegetable stearate and silica.

## Colostrum (Vegetarian Capsules) 100% Pure New Zealand

Formula	Size
---------	------

202118 120 Vegetarian Capsules

Suggested Usage: 2 capsules, twice daily

100% Pure New Zealand Colostrum contains 90 known health-promoting components, including antibodies, immunoglobulins, antioxidants and growth factors that support the immune system and healthy cell function. New Zealand colostrum meets high purity standards because the herds are pasture-fed and raised without the use of hormones, steroids or antibiotics.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings per Container 60

Amount Per Serving	%DV
Colostrum ..... 1,000 mg	*

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate.

<sup>‡</sup>Dr. Julie Chen has been retained as a medical consultant in advising Douglas Laboratories.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Colostrum (Powder)**  
**100% Pure New Zealand**

Formula	Size
57650P	180 g Powder
	680 g Powder

Suggested Usage: 1 teaspoon daily

100% Pure New Zealand Colostrum contains 90 known health-promoting components, including antibodies, immunoglobulins, antioxidants and growth factors that support the immune system and healthy cell function. New Zealand colostrum meets high purity standards because the herds are pasture-fed and raised without the use of hormones, steroids or antibiotics. This neutral tasting powder can be mixed in food or beverages. ‡

**SUPPLEMENT FACTS**

Serving Size 1 Teaspoon or 1/3 Scoop (2 g)  
 Servings Per Container Approx. 90

Amount Per Serving	%DV
Colostrum .....2 g	*

\*Daily Value (DV) not established.

Contains: Milk.

Other Ingredients: None.

**Germanium (Capsules)**

Formula	Size
GEM	30 Capsules

Suggested Usage: 1 daily

Germanium supplies high quality germanium in capsule form.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 30

Amount Per Serving	%DV
Germanium bis-carboxyethylol sesquioxide .....150 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), magnesium stearate and water.

[ Formulated by Julie Chen, M.D. ]\*

**Immunity**

Formula	Size
202018	60 Vegetarian Capsules

Suggested Usage: 4 daily

Immunity provides immune-supportive ingredients such as the well-tolerated and absorbed Ester-C®, vitamin D<sub>3</sub>, zinc, and a special proprietary blend of phytonutrients. This formula, designed by Dr. Julie Chen, is to be taken at the very first sign of wanting increased immune support. ‡

**SUPPLEMENT FACTS**

Serving Size 4 Vegetarian Capsules • Servings Per Container 15

Amount Per Serving	%DV
Vitamin C ..... 1,000 mg	1,667%
(as Ester-C® calcium ascorbate and rosehips)	
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Zinc (from Zinc Glycinate chelate)..... 10 mg	67%
Copper (from copper chelate)..... 1 mg	50%
Proprietary Blend ..... 1,353 mg	*
Andrographis extract (15:1, <i>Andrographis paniculata</i> , aerial parts), Black Elderberry Fruit (standardized to contain 30% Anthocyanins), Astragalus extract (10:1, root), Honeysuckle ( <i>Lonicera japonica</i> , flowers), Garlic (bulb), Spirulina (algae)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

Ester-C® is a licensed trademark of Zila Nutraceuticals, Inc.

## Mycocoetics® (Ten Mushroom Formula)

Formula	Size
MYCO	120 Capsules

Suggested Usage: 2 daily

Mycocoetics® capsules contain an array of beta-glucans and other active constituents derived from ten of the most healthful species of mushrooms. Mycocoetics® is also fortified with an additional 30 mg of beta-1,3-glucan derived from purified yeast. Mushrooms used in Mycocoetics® are grown under carefully monitored conditions to ensure that they never come into contact with heavy metals, pollutants or contaminants. These mushrooms are specially cultivated to maximize polysaccharide content. As the mushrooms in Mycocoetics® are cultivated and not wild-grown, no sensitive ecological areas are damaged to collect the mushrooms.‡

### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 60

Amount Per Serving	%DV
Organic Mushroom Combination ..... 1,200 mg	*
Cordyceps, Reishi, Maitake, Shitake, Coriolus, Polyporus, Wood Ear, Tremella, Poria, and Hericium	
Beta-1, 3-Glucan (from purified yeast) ..... 15 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), water, magnesium stearate and silica.

## Phyto Shield™

Formula	Size
81096	63 Vegetarian Capsules

Suggested Usage: 3 daily

Phyto Shield™ contains several key nutrients including echinacea and zinc, specially formulated to aid in immune support.‡

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 21

Amount Per Serving	%DV
Zinc (from 10 mg Zinc Aspartate)..... 2 mg	13%
Astragalus (root) (standardized) ..... 200 mg	*
Echinacea (aerial parts)..... 400 mg	*
Echinacea (root) <i>Echinacea purpurea</i>	
Garlic (bulb) (odorless)..... 300 mg	*
Korean Ginseng (root)..... 200 mg	*
(Panax ginseng) (standardized)	
<i>Eleutherococcus senticosus</i> (root) (standardized) ..... 75 mg	*
Proprietary Phyto-Shield Blend..... 252 mg	*
<i>Eleutherococcus senticosus</i> (root), Echinacea (aerial parts), Beta-Carotene and Reishi Extract.	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, silica and vegetable stearate.

## Xtra-Cell® Comitris™ (Frozen)

Formula	Size
99465	60 ml Bottle - 1 Box (30 Bottles)

Suggested Usage: 1 bottle daily

Xtra-Cell® Comitris™ is an innovative frozen marine liquid cartilage extract (LCE) containing water-soluble proteins and peptides designed to help maintain cellular health.‡

### SUPPLEMENT FACTS

Each 60 ml Bottle Contains

Amount Per Serving	%DV
Marine Liquid Cartilage Extract (LCE, Fish)..... 2.03 fl. oz (60 ml)	*

\*Daily Value (DV) not established.

Other ingredients: Purified water (as extraction solvent).

## Xtra-Cell® Comitris™ (Frozen)

Formula	Size
99466	30 ml Bottle - 1 Box (30 Bottles)

Suggested Usage: 1 bottle daily

Xtra-Cell® Comitris™ is an innovative frozen marine liquid cartilage extract (LCE) containing water-soluble proteins and peptides designed to help maintain cellular health.‡

### SUPPLEMENT FACTS

Each 30 ml Bottle Contains

Amount Per Serving	%DV
Marine Liquid Cartilage Extract (LCE, Fish)..... 1.01 fl. oz (30 ml)	*

\*Daily Value (DV) not established.

Other ingredients: Purified water (as extraction solvent).

‡Dr. Julie Chen has been retained as a medical consultant in advising Douglas Laboratories.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Xtra-Cell® Immunity (Frozen)**

Formula	Size
99458	9 ml Bottle - (24 Bottles)

Suggested Usage: 1 bottle daily

Xtra-Cell® Immunity is an innovative and proprietary frozen liquid extract consisting of specific proteins, peptides and other growth factors and signaling molecules obtained from porcine thymus, liver and spleen tissues to support healthy functioning of the immune system.‡

**SUPPLEMENT FACTS**

Each 9 ml Bottle Contains

Amount Per Serving	%DV
Porcine Thymus Aqueous Extract..... 0.19 fl. oz (5.5 ml)	*
Porcine Liver Aqueous Extract ..... 0.06 fl. oz (1.75 ml) (enriched with Mesenchyme 125X)	*
Porcine Spleen Aqueous Extract ..... 0.06 fl. oz (1.75 ml) (enriched with Mesenchyme 125X)	*

\*Daily Value (DV) not established.

Other ingredients: None.

**Xtra-Cell® Thymus™ (Frozen)**

Formula	Size
201936	9 ml Bottle - 1 Box (8 Bottles)

Suggested Usage: 1-2 bottles weekly

Xtra-Cell® Thymus™ is an innovative frozen liquid extract consisting of a complex spectrum of proteins and peptides known as thymic factors obtained from porcine thymus tissue, with additional zinc for immune support.‡

**SUPPLEMENT FACTS**

Serving Size 1 Bottle of 0.3 fl. oz (9 ml) • Servings Per Package 8

Amount Per Serving	%DV
Zinc (from zinc gluconate)..... 1 mg	7%
Porcine Thymus Aqueous Extract..... 0.3 fl. oz (9 ml)	*

\*Daily Value (DV) not established.

Other ingredients: None.

**Xtra-Cell® Thymus™ nf**

Formula	Size
99463	1.0 fl. oz. (30 ml)

Suggested Usage: 2 sprays daily

Xtra-Cell® Thymus™ nf is an innovative liquid extract consisting of a complex spectrum of proteins and peptides known as thymic factors obtained from porcine thymus tissue, with additional immune-supporting ingredients of Zinc, Echinacea, and Reishi mushroom. Xtra-Cell® Thymus™ nf is provided as a convenient, great tasting pomegranate-flavored spray.

**SUPPLEMENT FACTS**

Serving Size 2 Sprays (0.8 ml) • Servings Per Container 37

Amount Per Serving	%DV
Zinc (as zinc gluconate)..... 0.7 mg	5%
Thymic peptides (from porcine thymus aqueous extract).... 500 mg	*
Reishi mushroom <i>Ganoderma lucidum</i> 10:1 Extract..... 1 mg	*
Echinacea <i>Echinacea angustifolia</i> 6:1 root Extract..... 1 mg	*

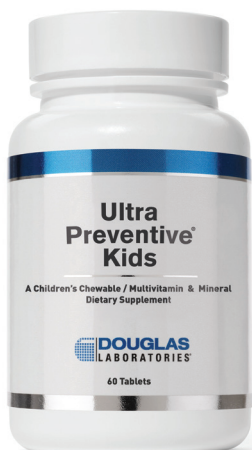
\*Daily Value (DV) not established.

Other ingredients: Purified water, glycerin, fructose, natural pomegranate and vanilla flavors, potassium sorbate, citric acid.

**Xtra-Cell® Formulas**

These unique extracts begin with the highest quality raw materials and are manufactured and purified via a patented, low temperature process that involves homogenization, centrifugation, fractionation, ultrafiltration, and microfiltering. The resulting extract is then aseptically bottled, and depending on the product can be immediately flash frozen without the use of preservatives. This process allows for the isolation of a complex of molecules including proteins and peptides that can be selected based on their size and molecular weight. These water-soluble compounds remain in their native state and can function as signaling factors that interact with receptors and ultimately affect cellular function. This process can be applied to different starting materials, allowing for the creation of highly-bioavailable liquid extracts with different molecular profiles that can be targeted for specific applications that include supporting and maintaining cell and tissue health.‡

# CHILDREN'S HEALTH



Ultra Preventive® Kids is a great tasting, chewable multivitamin/mineral/trace element supplement designed for children ages four and up. The chewable tablets provide 28 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.‡

## Ultra Preventive® Kids

Formula	Size
202134	60 Chewable Tablets (Orange Flavor)
202135	60 Chewable Tablets (Grape Flavor)

Suggested Usage: 2 daily

Ultra Preventive® Kids now features Metafolin® methylfolate and B<sub>12</sub> as methylcobalamin, which are bioavailable methylated versions of B vitamins that the body can utilize without conversion. Lutein is added for its benefits to children's developing eyes.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Round Chewable Tablets • Servings Per Container 30

Amount Per Serving	%DV
Calories.....	5
Calories from Fat.....	0
Total Carbohydrates.....	2 g <1% <sup>^</sup>
Sugar Alcohols (Xylitol).....	2 g *
Vitamin A.....	3,500 IU 70%
(29% as Vitamin A Acetate /71% as natural beta-carotene)	
Vitamin C.....	250 mg 417%
(as calcium and magnesium ascorbate/ascorbic acid)	
Vitamin D <sub>3</sub> .....	400 IU 100%
Vitamin E.....	30 IU 100%
(as d-alpha Tocopheryl Succinate and mixed tocopherols including alpha, beta, delta and gamma tocopherols)	
Thiamine.....	3 mg 200%
Riboflavin.....	1.7 mg 100%
Niacinamide/Niacin.....	25 mg 125%
Vitamin B <sub>6</sub> .....	2 mg 100%
Folate [as L-methylfolate, Metafolin®].....	400 mcg 100%
Vitamin B <sub>12</sub> [as methylcobalamin].....	6 mcg 100%
Biotin.....	300 mcg 100%
Pantothenic Acid [as calcium pantothenate].....	12 mg 120%
Calcium.....	125 mg 13%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	

Iodine (from Kelp).....	15 mcg	10%
Magnesium.....	40 mg	10%
(from Magnesium Aspartate/Ascorbate/Oxide Complex)		
Zinc (from Zinc Aspartate).....	2 mg	13%
Selenium (from Selenium Amino Acid Chelate).....	20 mcg	29%
Copper (from Copper Amino Acid Chelate).....	0.2 mg	10%
Manganese (from Manganese Amino Acid Chelate).....	2 mg	100%
Chromium Chromax™ <sup>v</sup> (from Chromium Picolinate).....	40 mcg	33%
Molybdenum (from Molybdenum Amino Acid Chelate).....	5 mcg	7%
Potassium (from Potassium Aspartate/Chloride Complex).....	10 mg	<1%
Lutein (from Marigold Flower).....	3 mg	*
Lemon Bioflavonoids.....	10 mg	*
Boron (from Boron Citrate Complex).....	20 mcg	*
Vanadium (from Vanadium Krebs <sup>††</sup> ).....	3 mcg	*
Choline (from Choline Bitartrate).....	40 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Orange flavor other ingredients: Xylitol, cellulose, natural orange flavor, vegetable stearate, and silica.

Grape flavor other ingredients: Xylitol, cellulose, natural grape flavor, vegetable stearate, and silica.

<sup>v</sup>Chromax™ trademark of Nutrition 21.

FloraGlo® Lutein is a Trademark of Kemin Industries, Inc., U.S.A.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## Multi-Probiotic® KIDS

Formula	Size
57648P	60 g Powder

Suggested Usage: ¼-½ teaspoon daily

Multi-Probiotic® KIDS formula provides a blend of seven child-friendly flora strains plus NutraFlora® scFOS® prebiotic fiber, suitable for children of all ages. This premier powder formula includes *B. Longum* BB536, a probiotic strain clinically studied to boost children's Bifidobacteria, to help maintain a healthy immune response, normal digestion and elimination, and support healthy skin. The non-gas forming prebiotic scFOS® promotes healthy microflora growth in the developing intestines. This easy to mix powder provides a pleasant neutral taste.‡

### SUPPLEMENT FACTS

Serving Size 1/2 teaspoon (2 g) • Servings Per Container Approx. 30

Amount Per Serving	%DV
Proprietary Synbiotic Blend.....	8 Billion CFU *
Short Chain Fructooligosaccharide (NutraFlora® scFOS®), <i>Bifidobacterium bifidum</i> , <i>Bifidobacterium lactis</i> , <i>Bifidobacterium lactis (infantis)</i> , <i>Bifidobacterium longum</i> BB536, <i>Lactobacillus acidophilus</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus rhamnosus</i>	

\*Daily Value (DV) not established.

Other ingredients: Pregelatinized starch.

NutraFlora® and scFOS® are registered trademarks of GTC Nutrition.

Multi-Probiotic® is a registered mark of Nutri-Health Supplements, LLC, used with permission.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## QÜELL® Fish Oil Junior

Formula	Size
201398	60 Softgels

Suggested Usage: 1 daily

QÜELL® Fish Oil Junior is a small softgel that provides omega-3 DHA for children's general health. QÜELL® is supercritical CO<sub>2</sub> extracted fish oils in triglyceride form, manufactured in Germany exclusively for Douglas Laboratories. The supercritical extraction used in QÜELL® Fish Oil ensures enhanced purity, bioavailability and concentration.‡

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories	5
Calories from Fat	5
Total Fat	0.6 g 1%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate	625 mg *
Providing:	
DHA (Docosahexaenoic Acid)	387 mg *
EPA (Eicosapentaenoic Acid)	100 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule, from fish [Tilapia]), glycerin, water, natural-source mixed tocopherols, rosemary extract (leaf).

This product contains fish oil (anchovies, sardines, mackerel).

## Ultra Preventive® Teen eZ Easy Swallow multivitamin

Formula	Size
201036	180 Tablets

Suggested Usage: 6 daily

Ultra Preventive® Teen is a unique multivitamin/mineral/trace element supplement designed for teenagers. The EZ swallow tablets are coated with a natural vanilla flavor, and smaller in size than adult tablets. The EZ tablets provide over 30 vitamins, minerals, trace elements and other nutrients in bioavailable forms, such as Metafolin®, the bioactive form of folate.

### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A	7,000 IU 140%
(2,000 IU as Vitamin A Palmitate (28%)/5,000 as Beta-Carotene (72%))	
Vitamin C (Ascorbic Acid)	500 mg 833%
Vitamin D <sub>3</sub>	600 IU 150%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU 667%
Thiamine	10 mg 667%
Riboflavin/Riboflavin-5-Phosphate	10 mg 588%
Niacinamide/Niacin	25 mg 125%

Vitamin B <sub>6</sub>	10 mg 500%
(As Pyridoxine HCl/Pyridoxal-5-Phosphate)	
Folate	667 mcg DFE 167%
(as L-methylfolate, Metafolin®) [400 mcg L-5-MTHF]	
Vitamin B <sub>12</sub> (as hydroxycobalamin)	50 mcg 833%
Biotin	150 mcg 50%
Pantothenic Acid (as calcium pantothenate)	25 mg 250%
Calcium	300 mg 30%
(from Calcium Citrate/Ascorbate/Carbonate Complex)	
Iodine (from Kelp)	30 mcg 20%
Magnesium	200 mg 50%
(from Magnesium Aspartate/Taurate/Ascorbate/Oxide Complex)	
Zinc (from Zinc Amino Acid Chelate)	5 mg 33%
Selenium (as Krebs <sup>††</sup> )	40 mcg 57%
Copper (from Copper Amino Acid Chelate)	0.5 mg 25%
Manganese	4 mg 200%
(from Manganese Aspartate/Sulfate Complex)	
Chromium (from Chromium Polynicotinate)	40 mcg 33%
Molybdenum (from Krebs <sup>††</sup> )	40 mcg 53%
Potassium	50 mg 1%
(from Potassium Aspartate/Ascorbate/Chloride Complex)	
Choline (from Choline Citrate/Bitartrate)	50 mg *
Inositol	25 mg *
Citrus Bioflavonoid Complex	25 mg *
Vanadium (from Krebs <sup>††</sup> )	10 mcg *
Boron (from Boron Aspartate/Citrate Complex)	0.5 mg *
Trace Elements (from montmorillonite)	20 mcg *
L-Cysteine	48 mg *
N-Acetyl-L-Cysteine	2 mg *
Glutamic Acid	5 mg *
Betaine (from Betaine HCl)	11 mg *
Bromelain (2400 GDU/g)	50 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate, silica, dextrose, titanium dioxide, riboflavin, magnesium silicate, glycerin and natural vanilla flavor.

††Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Vita-Kids™ Immune

Formula	Size
99893	120 ml Liquid

Suggested Usage: 1 teaspoon (5 ml) daily

Vita-Kids™ Immune provides a combination of herbs, vitamins and minerals designed to support immune health in a great tasting natural grape flavored liquid.‡

### SUPPLEMENT FACTS

Serving Size 1 teaspoon (5 ml) • Servings Per Container 24





Amount Per Serving	%DV
Vitamin A (as Beta-Carotene)	2,500 IU 50%
Zinc (as Zinc Gluconate)	3 mg 20%
Blueberry Powder (fruit)	150 mg *
Standardized Elderberry Extract	100 mg *
( <i>Sambucus nigra</i> ) (fruit) (standardized to 3.2% Anthocyanins)	
Honeysuckle Powder ( <i>Lonicera japonica</i> ) (flower)	30 mg *

\*Daily Value (DV) not established.

Other ingredients: Purified water, natural glycerin, stevia, xanthan gum, citric acid, potassium sorbate and natural grape flavor.

# PROBIOTICS DESIGNED WITH *your patients* IN MIND.



- ✓ Clinically studied, proprietary strains
  - ✓ Doctor-recommended for over 20 years
  - ✓ Research-driven, condition-specific formulas
  - ✓ Potency guaranteed through expiration
  - ✓ Designed for all ages and life stages
- ✓  Non GMO  Gluten Free  Soy Free  Dairy Free

## Genestra HMF Probiotics available through Douglas Laboratories®

Your patients' health needs are as uniquely individual as they are. With a specialized range of professionally endorsed probiotics and a longstanding reputation of setting quality and purity standards, Genestra HMF is the brand of choice for those looking for just the right digestive health solution. Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each patient's unique health needs.†

Choose the right Genestra HMF Probiotic for your patients at [douglaslabs.com/genestrahmf](https://douglaslabs.com/genestrahmf)

Tried, tested and true.



GENESTRA  
BRANDS®

# GENESTRA HMF PROBIOTICS

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Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each patient's unique health needs.‡



HMF Intensive 500 is our most concentrated probiotic formula yet, providing 500 billion CFU daily from a combination of five research-driven strains. Included in this blend are three

strains of *Lactobacilli* and two strains of *Bifidobacteria* to ensure colonization in both the small and large intestines. These proprietary strains were selected based on their high quality, viability, strong epithelial adherence and naturally high tolerance to stomach acid. HMF probiotics have been evaluated for their effectiveness in clinical trials over the past 15 years and are some of the most studied probiotic cultures in the world. Research has reported that strains present in HMF Intensive 500 contribute to a favorable gut flora balance, support gastrointestinal comfort and maintain immune health (when combined with vitamin C). Provided in a convenient, once-daily powder format, HMF Intensive 500 is an easy way to support daily gastrointestinal health.‡

## HMF Intensive 500

Formula	Size
10199-U	30 - 0.18 oz (5 g) Sachets of Powder

**Suggested Usage:** 1 sachet daily

### SUPPLEMENT FACTS

Serving Size 1 Sachet (5 g) • Servings Per Container 30

Amount Per Serving	%DV
Probiotic Consortium .....	500 billion CFU *
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Lactobacillus salivarius</i> (CUL-61)	

\*Daily Value (DV) not established.

Other ingredients: Potato maltodextrin.



#### HMF Features Key:

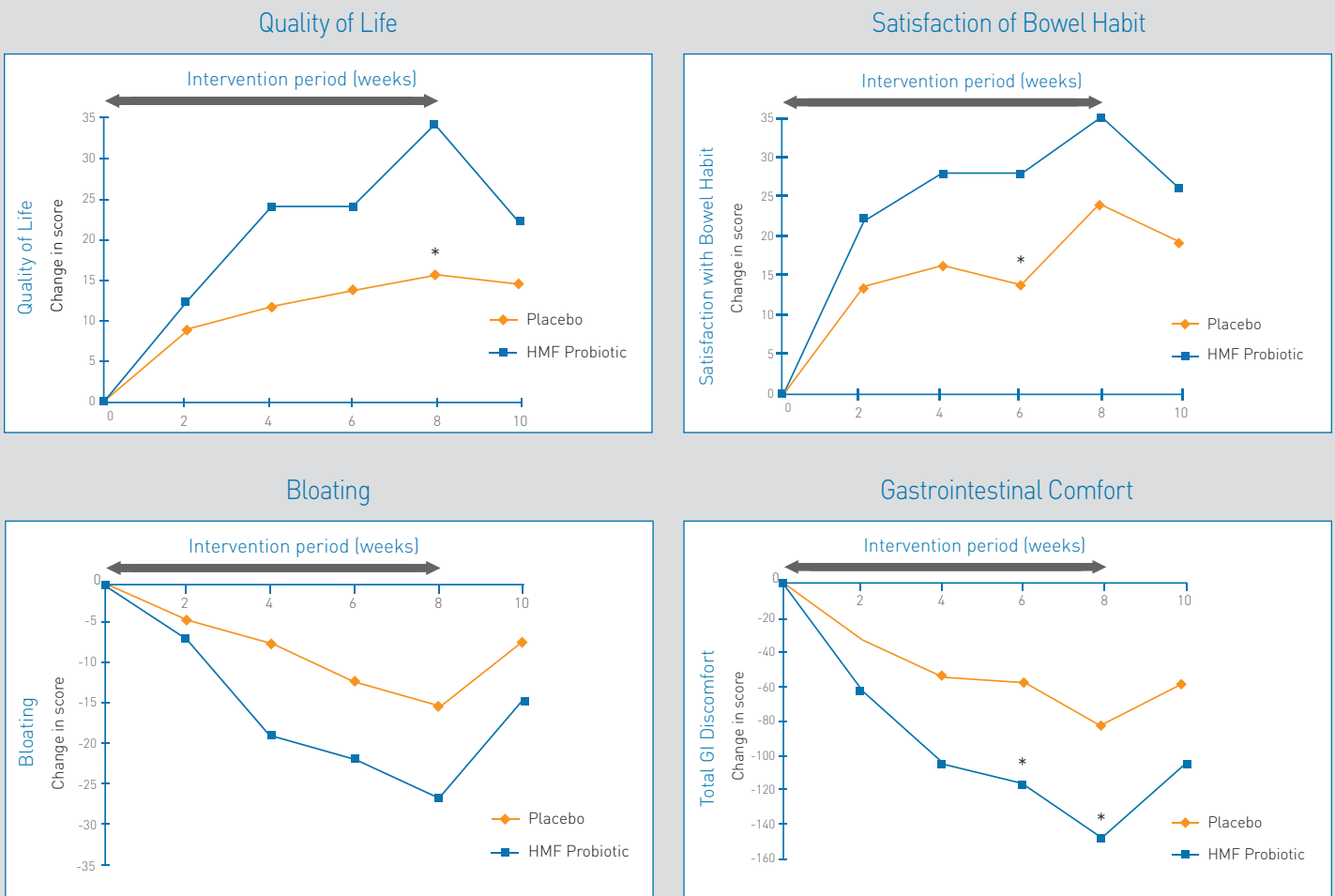




## Clinical Trial: A Multistrain Probiotic Preparation Significantly Supports Intestinal Function in a Double-Blind Placebo-Controlled Study<sup>‡</sup>

(Williams et al., 2009)

HMF probiotic supplementation supports bowel function and quality of life, according to an 8-week, double-blind, randomized, placebo-controlled study, which was conducted in 52 participants. Subjects were randomized to receive placebo or 25 billion CFU/day of an HMF probiotic containing *Lactobacillus acidophilus* (CUL-60 and CUL-21), *Bifidobacterium animalis* subsp. *lactis* (CUL-34), and *Bifidobacterium bifidum* (CUL-20). Bloating, satisfaction with bowel habits, and quality of life were scored at baseline and every 2 weeks during supplementation. In the probiotic group, gastrointestinal comfort scores and satisfaction with bowel habits significantly improved after 6 weeks, and quality of life scores improved after 8 weeks.<sup>‡</sup>



**Figure 1.** Mean change in scores for quality of life, bloating, satisfaction with bowel habit and gastrointestinal comfort during the study. Support diminished when supplementation was discontinued at 8 weeks.<sup>‡</sup>

\*significant change (p<0.05)  
Reference: Williams et al, Aliment Pharmacol Ther 2009;29(1):97-103.

## HMF Fit For School

Formula	Size
10497-U	30 Chewable Tablets

**Suggested Usage:** 1 daily

HMF Fit For School includes a combination of research-driven probiotic strains and vitamin C that supports children's upper respiratory tract health and immune function. In a recent clinical trial, 57 schoolchildren were randomized to receive either a placebo tablet or HMF Fit For School's probiotic formula plus 50 mg of vitamin C daily for 6 months. Children in the probiotic plus vitamin C group had significant improvement in upper respiratory tract health. HMF Fit For School also includes 25 mcg (1,000 IU) of vitamin D per tablet to provide additional immune support.‡

### SUPPLEMENT FACTS

Serving Size 1 Chewable Tablet • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (ascorbic acid) .....50 mg	83%
Vitamin D <sub>3</sub> (cholecalciferol) ..... 1000 IU	250%
Probiotic Consortium ..... 12.5 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	

\*Daily Value (DV) not established.

Other ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavor, silica, magnesium stearate.



## CLINICAL ADVISOR:

Nigel Plummer, PhD+

A key probiotic contributor, Dr. Plummer has worked at Pfizer in R&D and has extensive knowledge in the field. His research has resulted in collaborations with research institutes and universities within the U.K. and Europe, enabling Dr. Plummer to develop his expertise in probiotics and fish oils.

## HMF Forte

Formula	Size
10418-U	60 Vegetarian Capsules
10418120-U	120 Vegetarian Capsules

**Suggested Usage:** 1 capsule, twice daily

HMF Forte is a unique combination of four strains of proprietary probiotics that helps to promote gastrointestinal health in adults and children. Supplementation with large numbers of a combination of microorganisms will help maximize intestinal colonization, supporting the growth of beneficial bacteria. *Lactobacilli* and *Bifidobacteria*, the most commonly used probiotics, help colonize the intestines and mediate the permeability of epithelial cells. In a randomized, placebo-controlled trial involving 22 adults, daily supplementation with a probiotic containing *Lactobacillus acidophilus* supported a healthy microflora balance.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Probiotic Consortium ..... 10 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
Fructooligosaccharides (FOS) ..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hypromellose, silica, magnesium stearate.



## HMF Intensive

Formula	Size
10431-U	30 Vegetarian Capsules

Suggested Usage: 1 daily

HMF Intensive provides four strains of proprietary probiotics that promote intestinal health in children, adolescents, and adults. Although the microflora composition in the gut is relatively steady, it can be altered by diet, stress, age and medication use. Probiotics reinforce the epithelial barrier and mediate intestinal permeability by controlling the integrity of tight junctions. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, effectively colonize the intestines, and promote the presence of beneficial bacteria to support normal intestinal function. In a randomized, placebo-controlled trial involving 155 adults, daily intake of a probiotic supplement providing 25 billion CFU (containing two strains each of *Lactobacillus acidophilus* and *Bifidobacterium*) for 21 days significantly and positively affected the intestinal microbiota.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Probiotic Consortium .....25 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60) <i>Lactobacillus acidophilus</i> (CUL-21) <i>Bifidobacterium bifidum</i> (CUL-20) <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hypromellose.



## HMF Multi Strain

Formula	Size
10487-U	60 Vegetarian Capsules

Suggested Usage: 1 daily

HMF Multi Strain is a combination of 16 probiotic strains that promote a healthy gut microflora. The intestines are a critical barrier that selectively allow absorption or promote the excretion of compounds, and their optimal function depends on a healthy bacterial balance. The intestinal microbiota contains more than 400 bacterial species, and can be altered by antibiotic use, aging, and premature or caesarean births. Probiotics reinforce the epithelial barrier and control permeability by mediating tight junction integrity, thereby supporting gastrointestinal health.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Probiotic Consortium .....15 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60) <i>Lactobacillus acidophilus</i> (CUL-21) <i>Bifidobacterium bifidum</i> (CUL-20) <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) <i>Lactobacillus salivarius</i> (CUL-61) <i>Lactobacillus paracasei</i> (CUL-08) <i>Lactobacillus plantarum</i> (CUL-66) <i>Lactobacillus casei</i> (CUL-06) <i>Lactobacillus fermentum</i> (CUL-67) <i>Lactobacillus gasseri</i> (CUL-09) <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62) <i>Bifidobacterium breve</i> (CUL-74) <i>Streptococcus salivarius</i> subsp. <i>thermophilus</i> (CUL-68) <i>Lactobacillus acidophilus</i> (NCFM®) <i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019) <i>Lactobacillus rhamnosus</i> (HN001)	

\*Daily Value (DV) not established.

Other ingredients: Hypromellose, cellulose, silica.

NCFM® is used with permission under licence.



‡Dr. Nigel Plummer has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## HMF Multi Strain 100

**Formula**                      **Size**  
 10197-U      30 Vegetarian Capsules  
**Suggested Usage:** 1 daily

HMF Multi Strain 100 offers 100 billion CFU from a combination of 14 probiotic strains. Included in this blend of proprietary probiotics are eight strains of *Lactobacilli* and six strains of *Bifidobacteria* to ensure colonization in both the small and large intestines. These research-driven strains were selected based on their superior adherence to the gut lining, natural resistance to pH and bile acid, and ability to support gastrointestinal health and promote a favorable gut flora. One recent placebo-controlled trial found that daily supplementation with *Bifidobacterium animalis* subsp. *lactis* (HN019), a probiotic strain found in HMF Multi Strain 100, promoted healthy intestinal transit time and reduced occasional constipation. HMF Multi Strain 100 also contains BL-04 and NCFM® to support immune health. In addition, supplementation with a combination of CUL-60, CUL-21, CUL-34 and CUL-20 (plus vitamin C) was found to promote healthy immune responses in schoolchildren.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Probiotic Consortium .....	100 billion CFU *
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BL-04)	
<i>Lactobacillus acidophilus</i> (NCFM®)	
<i>Lactobacillus gasseri</i> (CUL-09)	
<i>Lactobacillus paracasei</i> (CUL-08)	
<i>Lactobacillus casei</i> (CUL-06)	
<i>Lactobacillus salivarius</i> (CUL-61)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	
<i>Bifidobacterium breve</i> (CUL-74)	
<i>Lactobacillus plantarum</i> (CUL-66)	

\*Daily Value (DV) not established.

Other ingredients: Hypromellose, cellulose, silica.

NCFM® is used with permission under licence.



## HMF Powder

**Formula**                      **Size**  
 10408-U      Net Weight 2.1 oz (60 g)  
**Suggested Usage:** 1 scoop daily

HMF Powder is a synbiotic combination of four strains of proprietary probiotics and FOS that promotes optimal intestinal health. The intestinal microbiota, which contains more than 400 bacterial species, can be altered by medication use, aging, and premature or caesarean births. The intestines are a critical barrier that selectively allow absorption or promote the excretion of compounds, and their optimal function depends on a healthy bacterial balance. The most commonly used probiotics are *Lactobacilli* and *Bifidobacteria*. They effectively colonize the intestines, but after their ingestion ends, their counts decline. Probiotics also reinforce the epithelial barrier and control permeability by mediating tight junction integrity. Prebiotics, including FOS, are fermented by microbes in the large intestine, which in turn results in the production of short chain fatty acids, including butyrate, the preferred energy source in colon cells. Synbiotic products support the growth of healthy bacteria already living in the colon and supplemented probiotic strains.‡

### SUPPLEMENT FACTS

Serving Size 1 Scoop (1 g) • Servings Per Container 60

Amount Per Serving	%DV For Adults & Children 4+ Years	%DV For Children 1-3 Years
Total Carbohydrate.....	<1 g	<1 %^
Probiotic Consortium.....	11 billion CFU	*
<i>Lactobacillus acidophilus</i> (CUL-60)		
<i>Lactobacillus acidophilus</i> (CUL-21)		
<i>Bifidobacterium bifidum</i> (CUL-20)		
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)		
Fructooligosaccharides (FOS).....	880 mg	*

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: None.



## HMF Replenish Capsules

Formula	Size
10457-U	14 Vegetarian Capsules

Suggested Usage: 1 daily

HMF Replenish Capsules contain five strains of proprietary probiotics that support gastrointestinal health. *Lactobacillus* and *Bifidobacterium* promote healthy intestinal microflora and support healthy digestion. In a randomized, placebo-controlled trial involving 52 adults, daily supplementation with probiotics supported digestive health.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 14

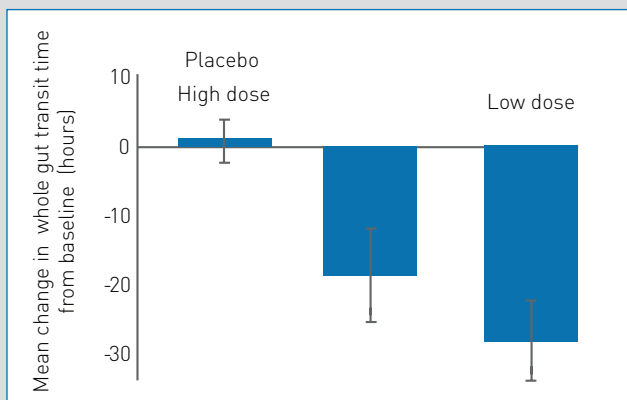
Amount Per Serving	%DV
Probiotic Consortium .....	100 billion CFU *
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Lactobacillus salivarius</i> (CUL-61)	

\*Daily Value (DV) not established.

Other ingredients: Fructooligosaccharides (FOS), hypromellose, silica, magnesium stearate.



## *Bifidobacterium lactis* HN019 Supports Gut Motility After 14 Days of Supplementation‡



When taken daily for 2 weeks, *B. lactis* HN019 provided significant support for gut motility in a randomized placebo-controlled clinical trial of 100 adults. Time required for an orally ingested marker to pass through the entire gastrointestinal tract decreased in both the low (1.8 billion CFU/day) and high (and 17.2 billion CFU/day) dose groups, with no significant change in the placebo group ( $p < 0.01$  across groups). This proprietary strain is provided in HMF Multi Strain and Multi Strain 100 within the clinically studied dose range. (Waller et al, *Scand J Gastroenterol*, 2011;46:1057-1064.).

## HMF Replete

Formula	Size
10419-U	7-.0.7 oz (20 g)

Sachets of Powder  
[Net Weight 4.9 oz (140 g)]

Suggested Usage: ½ sachet daily

HMF Replete is a unique combination of proprietary probiotics that supports a healthy intestinal microflora. The intestines contain more than 400 bacterial species, and bacterial balance is necessary for a healthy intestinal tract. Probiotics, including *Lactobacillus* and *Bifidobacterium*, promote healthy microflora, support normal intestinal microbiota, and promote digestive health. In a randomized, placebo-controlled trial involving 52 adults, daily probiotic supplementation supported gastrointestinal health.‡

### SUPPLEMENT FACTS

Serving Size ½ Sachet (10 g) • Servings Per Container 14

Amount Per Serving	%DV
Calories .....	25
Total Carbohydrate .....	9 g 3%^
Dietary Fiber .....	5 g 20%^
Sugars .....	4 g *
Probiotic Consortium .....	75 billion CFU *
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Lactobacillus salivarius</i> (CUL-61)	
Fructooligosaccharides (FOS) .....	5 g *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Apricot powder.



## HMF Super Powder

**Formula**                      **Size**  
 10427-U      Net Weight 4.2 oz (120 g)  
**Suggested Usage:** 1 scoop, twice daily

HMF Super Powder provides 20 billion CFU per day of proprietary probiotics that promote optimal intestinal health. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, and effectively colonize the intestines. Probiotics reinforce the epithelial barrier and mediate intestinal permeability by controlling the integrity of tight junctions. They promote the presence of beneficial bacteria to support normal intestinal function. In a randomized, placebo-controlled trial involving 155 adults, daily intake of a probiotic supplement providing 25 billion CFU (containing two strains each of *Lactobacillus acidophilus* and *Bifidobacterium*) for 21 days significantly and positively affected the intestinal microbiota. FOS are non-digestible food ingredients that support the growth and activity of *Bifidobacteria* and *Lactobacilli* in the human colon.‡

### SUPPLEMENT FACTS

Serving Size 1 Scoop (1 g) • Servings Per Container 60

Amount Per Serving	%DV For		
	Adults & Children 4+ Years	For Children 1-3 Years	
Total Carbohydrate .....	<1 g	<1 % <sup>^</sup>	*
Probiotic Consortium.....	10 billion CFU	*	*
<i>Lactobacillus acidophilus</i> (CUL-60)			
<i>Lactobacillus acidophilus</i> (CUL-21)			
<i>Bifidobacterium bifidum</i> (CUL-20)			
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)			
Fructooligosaccharides (FOS).....	800 mg	*	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Fructose.



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**GENESTRA**  
 BRANDS®

## Clinically-studied HMF Probiotics:

Clinical indications, product features, and scientific evidence.

PRODUCT	POTENCY (CFU / SERVING)	EVIDENCE-BASED INDICATIONS <sup>†</sup>					ONCE-DAILY DOSING	PEDIATRIC USE	DELIVERY FORM	SPECIAL FEATURES	PRODUCT- AND STRAIN-SPECIFIC CLINICAL TRIALS
		FOUNDATIONAL GI AND IMMUNE SUPPORT <sup>†</sup>	OCCASIONAL BLOATING & ABDOMINAL COMFORT <sup>†</sup>	BOWEL MOTILITY & ELIMINATION <sup>†</sup>	MAINTENANCE OF A HEALTHY MICROFLORA <sup>†</sup>	UPPER RESPIRATORY HEALTH IN CHILDREN <sup>†</sup>					
HMF Intensive 500	500 billion		✓	✓	✓		✓		Powder sachet	Our highest potency, 5 research-driven strains	Plummer et al, 2005; Williams et al, 2009
HMF Replenish Capsules	100 billion		✓	✓	✓		✓		Capsule	High potency, 5 research-driven strains	Plummer et al, 2005; Williams et al, 2009
HMF Multi Strain 100	100 billion		✓	✓	✓		✓		Capsule	High potency, 14 research-driven strains	Plummer et al, 2005; Williams et al, 2009; Waller et al, 2011; Miller et al, 2013
HMF Replete	75 billion		✓	✓	✓		✓		Powder sachet	High potency, 5 research-driven strains, 5 g FOS	Plummer et al, 2005; Williams et al, 2009
HMF Intensive	25 billion	✓	✓	✓	✓		✓		Capsule	4 research-driven strains	Plummer et al, 2005; Williams et al, 2009
HMF Multi Strain	15 billion	✓		✓			✓		Capsule	14 research-driven strains	Waller et al, 2011; Miller et al, 2013
HMF Fit For School	12.5 billion	✓				✓	✓	✓	Chewable Tablet	50 mg Vitamin C and 1000 mg vitamin D per tablet	Garaiova et al, 2015
HMF Powder	11 billion	✓					✓	✓	Powder	880 mg FOS per serving	Additional studies supporting HMF probiotics: Plummer et al, 2004; Madden et al, 2005; Owen et al, 2014; Hepburn et al, 2013; Allen et al, 2010
HMF Forte	10 billion	✓							Capsule	4 research-driven strains	
HMF Super Powder	10 billion	✓					✓		Powder	880 mg FOS per serving	

Plummer S, Garaiova I, Sarvotham T, et al. Int J Antimicrob Agents. 2005;26(1):69-74.  
Williams EA, Stimpson J, Wang D. Alim Pharmacol Ther. 2008;29:97-103.  
Waller PA, Gopal PK, Leyer GJ, et al. Scand J Gastroenterol. 2011;46(9):1057-64.  
Miller LE, Ouweland AC. World J Gastroenterol. 2013;19(29):4718-25.  
Garaiova I, Muchová J, Nagyvá Z, et al. Eur J Clin Nutr. 2015;69(3):373-9.

Plummer S, Weaver MA, Harris JC, et al. Int Microbiol. 2004;7(1):59-62.  
Madden J, Plummer S, Tang J, et al. Int Immunopharmacol. 2005;5:1091-97.  
Owen L, Reinders M, Narramore R, et al. Proc Nutr Soc 2014;73:E29.  
Hepburn NJ, Garaiova I, Williams EA, et al. Benef Microbes. 2013;4(4):313-7.  
Allen S, Jordan S, Storey M, et al. J Nutr. 2010;140(3):483-88.

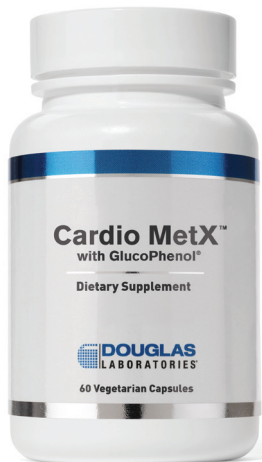
<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# HEART & METABOLIC

Heart and metabolic health is a broad topic that touches on many areas, from vascular function to glucose and lipid metabolism to body weight. As we age, the heart and vasculature undergo decreases in blood vessel plasticity and increases in blood vessel wall thickness. The function of the heart itself also changes, resulting in a decreased efficiency in pumping blood. Normal aging also results in a loss of muscle mass and alterations in numerous metabolic pathways. Weight tends to increase while metabolic processes such as glucose metabolism decrease. The combination of these factors can be viewed together as cardiometabolic aging. Nutrition plays an intimate role in maintaining cardiovascular health.‡



## CARDIOMETABOLIC



Cardio MetX™ is a unique blend of cranberry, strawberry and amla fruit extracts, combined with a bioavailable form of chromium to provide cardiometabolic support. All three branded ingredients, Capros®, GlucoPhenol® and Zychrome®, have been clinically researched for metabolic health.‡

### Cardio MetX™ with GlucoPhenol®

**Formula** 202234      **Size** 60 Vegetarian Capsules

**Suggested Usage:** 1, twice daily

#### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate) <sup>†</sup> .....	200 mcg 167%
Capros® Amla Fruit Extract.....	250 mg *
<i>(Phyllanthus emblica)</i> (Standardized to 60% low molecular weight hydrolysable tannins)	
GlucoPhenol® proprietary blend .....	150 mg *
<i>(Providing 25 mg of polyphenols from Orléans strawberry (Fragaria vesca var Orléans) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit))</i>	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose.

Capros® is a registered trademark of Natreon, Inc.

GlucoPhenol® is a trademark used by Douglas Laboratories under license.

<sup>†</sup>Zychrome® brand Chromium Dinicocysteinate is a trademark of InterHealth N.I.



## The Research: GlucoPhenol®

GlucoPhenol® was developed as part of a comprehensive research collaboration between Douglas Laboratories® and the Institute of Nutrition and Functional Foods (INAF) based at Université Laval, Quebec, Canada. It delivers 25 mg of polyphenols per capsule from a unique blend of cranberry and Orléans strawberry standardized extracts. Recent research has demonstrated that GlucoPhenol® supports glucose homeostasis.‡

### Clinical Study: GlucoPhenol® Supports Glucose Homeostasis‡

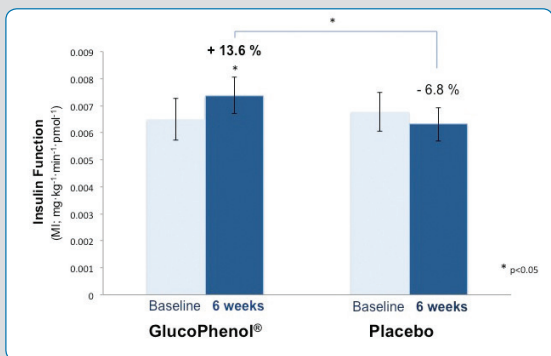


Figure 1: In a 6-week randomized, double-blind, placebo-controlled clinical trial, subjects receiving 300 mg polyphenols from GlucoPhenol® per day exhibited a 14% improvement over baseline in glucose homeostasis, determined by the hyperinsulinemic-euglycemic clamp, the gold standard method.‡

### GlucoPhenol® Strawberry Extract Supports Healthy Glucose Uptake‡

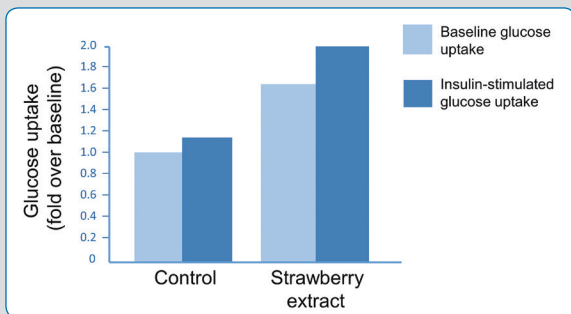


Figure 2: Orléans strawberry extract directly supports glucose disposal into skeletal muscle cells in vitro after a 2 hour treatment.‡

## Berberine Balance

**Formula** 201131      **Size** 60 Vegetarian Capsules

**Suggested Usage:** 1, twice daily

Berberine Balance supplies berberine combined with alpha lipoic acid and grape seed extract for healthy blood sugar and cardiovascular support. Recent studies indicate that berberine, a naturally occurring alkaloid found in a number of plants, is an effective supplement for helping to maintain cardiometabolic health. Grape seed extract is a well-known antioxidant with heart health benefits, and alpha lipoic acid helps to support proper insulin function.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Berberine HCl (from <i>Berberis aristata</i> extract, root) .....	500 mg *
Alpha Lipoic Acid.....	50 mg *
Grape Seed Extract.....	50 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Homocystrol® + TMG

Formula	Size
201329	90 Vegetarian Capsules

Suggested Usage: 3 daily

Homocystrol® + TMG includes activated forms of B vitamins, along with trimethylglycine (betaine) and choline needed for proper metabolism of homocysteine and the support of metabolic synthetic processes requiring methyl donors.‡

### SUPPLEMENT FACTS PL

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Riboflavin (as Riboflavin-5-Phosphate).....50 mg	2,941%
Vitamin B <sub>6</sub> (as Pyridoxal-5-Phosphate).....50 mg	2,500%
Folate (as L-methylfolate, Metafolin®)..... 800 mcg	200%
Vitamin B <sub>12</sub> (methylcobalamin) ..... 1,000 mcg	16,667%
Magnesium (as Magnesium Chelate)..... 50 mg	13%
Trimethylglycine (Betaine)..... 1,000 mg	*
Choline (as Choline Bitartrate)..... 150 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Methylated Resveratrol Plus

Formula	Size
200901	30 Vegetarian Capsules

Suggested Usage: 1 daily

Methylated Resveratrol Plus provides pterostilbene, a methylated resveratrol that occurs naturally in berries. This formula also contains resveratrol, curcumin and vitamin D<sub>3</sub>, which compliment pterostilbene in supporting metabolic health. Pterostilbene targets PPAR alpha, which plays important roles in lipid metabolism. Resveratrol supports mitochondrial function by promoting the actions of SIRT1, a cellular enzyme that contributes to healthy aging.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (Cholecalciferol)..... 1,000 IU	250%
Meriva® Curcumin Phytosome.....250 mg	*
(Curcuma longa extract, rhizome/ Phosphatidylcholine (soy) complex)	
Resveratrol (as resVida® trans-resveratrol).....100 mg	*
Pterostilbene (methylated resveratrol, pTeroPure®).....50 mg	*
Proprietary Cruciferous Vegetable and Fruit Blend..... 150 mg	*
(Wasabia japonica (rhizome), Broccoli powder (sprout) standardized to contain 200 mcg of sulforaphane) and Organic Pomegranate powder (fruit).	

\*Daily Value (DV) not established.

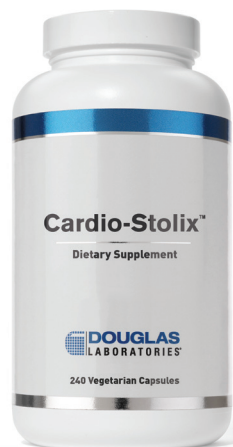
Other ingredients: Hydroxypropyl methylcellulose (capsule), calcium citrate, microcrystalline cellulose, vegetable stearate, silica and titanium dioxide.

resVida® is a registered trademark of DSM.

pTeroPure® is a trademark of ChromaDex, Inc.

Meriva® is a registered trademark of Indena S.p.A, Milano.

## CIRCULATORY/ VASCULAR



Cardio-Stolix™ is a novel blend of ingredients, including unique milk-derived tripeptides, grape seed extract, herbs, vitamins, minerals and amino acids designed to maintain vascular endothelial relaxation and maintain proper cardiovascular and circulatory function.†

### Cardio-Stolix™

Formula	Size
200596	240 Vegetarian Capsules

Suggested Usage: 4 daily

#### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C (as magnesium and potassium ascorbates).....	250 mg 417%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	10 mg 500%
Folic Acid.....	800 mcg 200%
Vitamin B <sub>12</sub> (as methylcobalamin).....	500 mcg 8,333%
Calcium (as calcium citrate).....	50 mg 5%
Magnesium.....	100 mg 25%
(as magnesium taurinate and magnesium ascorbate)	
AmealPeptide® Hydrolyzed Casein (milk).....	508 mg *
(providing 5 mg of Valyl-Prolyl-Proline and Isoleucyl-Prolyl-Proline)	
Hawthorn extract (leaf and flower).....	250 mg *
(standardized to 1.8% vitexin-2-rhamnoside and hyperoside)	
MegaNatural®-BP grape seed extract.....	150 mg *
(Vitis vinifera seed standardized to 90% polyphenols)	
L-Arginine (as L-Arginine HCl).....	150 mg *
Coleus extract (root) (standardized to 10% forskolin).....	125 mg *
Olive leaf extract (standardized to 15% oleuropein).....	75 mg *
Nattokinase (from soy) (NSK-SD®).....	500 FU *

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

AmealPeptide® is a registered trademark of Calpis Co., Ltd

MegaNatural®-BP and the MegaNatural®-BP Logo are trademarks of Constellation Wines U.S., Inc.

NSK-SD® is a registered trademark of Japan BioScience Laboratories.

### Hawthorne Max-V

Formula	Size
77347	60 Vegetarian Capsules

Suggested Usage: 1 daily

Hawthorne Max-V vegetarian capsules provide extracts from the flowering tops and berries of the hawthorn tree, standardized to provide 4.5 to 5.5 mg vitexin. Rich in bioflavonoids, extract of hawthorn has been known for centuries as a cardiovascular tonic, supporting the function of the heart and circulatory system.‡

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Hawthorne Extract (leaf and flower).....	250 mg *
( <i>Crataegus monogyna</i> and <i>Crataegus laevigata</i> ) standardized to provide 4.5 mg of vitexin-2-rhamnoside and hyperoside	
Hawthorne (berry).....	100 mg *
( <i>Crataegus oxyacantha</i> ) non-standardized	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule) and vegetable stearate.

### Hesperidin Methyl Chalcone

Formula	Size
HMC	60 Capsules

Suggested Usage: 1 daily

Hesperidin Methyl Chalcone capsules contain 500 mg of the flavonoid hesperidin methyl chalcone to support blood vessel integrity.‡

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Hesperidin Methyl Chalcone.....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, water and magnesium stearate.

**Nattosyn™**

Formula	Size
99250	60 Vegetarian Capsules

Suggested Usage: 1-2 daily

Nattosyn™ vegetarian capsules contain a combination of nattokinase, hesperidin methyl chalcone and pomegranate extract, designed to provide comprehensive support for circulatory health.‡

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Nattokinase (NSK-SD®) (from soy).....1,000 FU (50 mg)	*
Hesperidin Methylchalcone.....100 mg	*
Standardized Pomegranate Extract (fruit).....50 mg (standardized to 40% ellagic acid)	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

NSK-SD® is a registered trademark of Japan BioScience Laboratories.

**Pycnogenol® (Capsules)**

Formula	Size
7041	60 Capsules 120 Capsules

Suggested Usage: 1-3 daily with meals

Pycnogenol® capsules supply 25 mg of pure, patented pine bark extract in each capsule. Pine bark extract is a bioflavonoid that supports blood vessel, tissue and arterial health.‡

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Capsule

Amount Per Serving	%DV
Pycnogenol® .....25 mg (French Maritime pine bark extract, <i>Pinus pinaster</i> )	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product maybe protected by one or more U.S. patents and other international patents.

**Pycnogenol® (Tablets)**

Formula	Size
PC09	60 Tablets

Suggested Usage: 1-3 daily

Pycnogenol® tablets contain pure, patented pine bark extract in 50 mg scored tablets. Pine bark extract is a bioflavonoid that supports blood vessel, tissue and arterial health.‡

**SUPPLEMENT FACTS**

Serving Size 1 Capsule

Amount Per Serving	%DV
Pycnogenol® .....50 mg (French Maritime pine bark extract, <i>Pinus pinaster</i> )	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product maybe protected by one or more U.S. patents and other international patents.

**V:V 7 Supplement**

Formula	Size
83030	60 Capsules

Suggested Usage: 1 daily

V:V 7 Supplement contains a blend of 7 herbs and other nutrients designed to support optimal circulatory health.‡

**SUPPLEMENT FACTS**

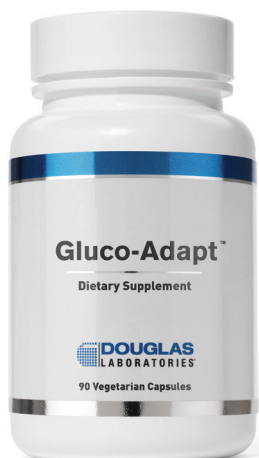
Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Butcher's Broom ( <i>Ruscus aculeatus L., rhizome</i> ).....150 mg (standardized extract)	*
Bilberry ( <i>Vaccinium uliginosum L., fruit</i> ).....40 mg (standardized extract)	*
<i>Ginkgo biloba</i> ( <i>Ginkgo biloba L., leaf</i> ) (standardized extract).....20 mg	*
Bioflavonoid complex (lemon).....100 mg	*
Hesperidin.....40 mg	*
Grape Seed Extract (containing proanthocyanidins).....25 mg	*
Rutin.....10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

# GLUCOSE SUPPORT



Gluco-Adapt™ is a blend of herbs, minerals, and alpha lipoic acid designed to provide healthy blood glucose support. This product features *Garcinia cambogia*, supplying HCA which supports healthy fat metabolism and glucose metabolism. Additional ingredients in this formula support pancreatic beta cell function and glucose absorption.‡

## Gluco-Adapt™

Formerly Gluco-Mend

Formula	Size
80442	90 Vegetarian Capsules

Suggested Usage: 3 daily

### SUPPLEMENT FACTS PL

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Chromium (as chromium polynicotinate)..... 200 mcg	571%
<i>Garcinia cambogia</i> Fruit Extract.....995 mg (Supplying 500 mg of (-) hydroxycitric acid (HCA))	*
<i>Gymnema sylvestre</i> Leaf extract..... 200 mg	*
Bitter Melon Fruit ( <i>Momordica charantia</i> ) ..... 200 mg	*
Fenugreek Seed..... 150 mg	*
Alpha Lipoic Acid.....100 mg	*
Vanadium (from vanadyl sulfate) .....2.5 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule) and vegetable stearate.

## Glucoset®

Formula	Size
GST	60 Vegetarian Capsules

Suggested Usage: 2 daily

Glucoset® vegetarian capsules contain a complementary blend of thiamine, biotin, chromium, alpha-lipoic acid, N-Acetyl-L-Cysteine, and standardized extract of *Gymnema sylvestre* leaf for targeted nutritional support of healthy glucose metabolism.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Thiamine Pyrophosphate.....50 mg	3,333%
Biotin ..... 2,500 mcg	833%
Chromium (as chromium polynicotinate)..... 800 mcg	667%
Alpha-Lipoic Acid..... 200 mg	*
N-Acetyl-L-Cysteine USP..... 500 mg	*
<i>Gymnema sylvestre</i> leaf,..... 400 mg dried extract, min. 25% gymnemic acids	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

ChromeMate® is a trademark of InterHealth Co.

## Glucobrium™

Formula	Size
99155	60 Vegetarian Capsules

Suggested Usage: 1-2 daily

Glucobrium™ supplies a synergistic combination of *Gymnema sylvestre*, fenugreek and cinnamon extracts designed to support healthy blood sugar metabolism.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
<i>Gymnema sylvestre</i> extract (leaf)..... 200 mg (standardized to 40% gymnemic acids)	*
Fenugreek extract (seed) ..... 125 mg (standardized to 20% 4-hydroxyisoleucine)	*
Cinnulin PF® Cinnamon extract..... 125 mg ( <i>Cinnamomum burmannii</i> , Bark)	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

Cinnulin PF® is a registered trademark of Integrity Nutraceuticals, Inc.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**R-Lipoic Acid (stabilized)**

Formula	Size
200460	60 Vegetarian Capsules

Suggested Usage: 1 daily with food

R-Lipoic Acid contains 100 mg of pure R-lipoic acid. The R-lipoic acid isomer used in this formulation is provided in a stabilized form as potassium-R-lipoate and does not contain any S-lipoic acid.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin C (ascorbyl palmitate) .....5 mg	8%
Sodium..... 14 mg	<1%
R-Lipoic Acid (from 143 mg of Sodium R-lipoic acid)..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and sodium carbonate.

**Ultra Benfotiamine**

Formula	Size
201815	60 Vegetarian Capsules

Suggested Usage: 1, twice daily

Ultra Benfotiamine contains the fat-soluble thiamine vitamin called benfotiamine, plus activated vitamin B<sub>6</sub>, alpha lipoic acid, grape seed extract and pine bark extract to support healthy peripheral neuronal function, circulation and kidney function. Research suggests that benfotiamine helps to moderate AGE (advanced glycation end product) formation, a process related to glucose metabolism.‡

**SUPPLEMENT FACTS** 

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Pyridoxal-5-Phosphate (activated B <sub>6</sub> )..... 25 mg	*
Benfotiamine (as BenfoPure®)..... 150 mg	*
Alpha Lipoic Acid..... 100 mg	*
MegaNatural®-BPGrape Seed Extract ..... 25 mg	*
[ <i>Vitis vinifera</i> ] (standardized to 90% polyphenols)	
Enzogenol® Pine Bark Extract ..... 10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate, silica.

BenfoPure® is a registered trademark of Hamari Chemicals, LTD. Osaka, Japan

MegaNatural®-BP and the MegaNatural®-BP Logo are trademarks of Constellation Wines U.S., Inc.

Enzogenol® is a registered trademark of ENZO Nutraceuticals Ltd, New Zealand.

## Ultra Glucose Support Pack

Formula	Size
66811	60 Packs

**Suggested Usage:** 1 AM pack with a morning meal and 1 PM pack with an evening meal.

Ultra Glucose Support Pack is a comprehensive combination of vitamins, minerals, CoQ<sub>10</sub>, antioxidants, fish oil and other important nutrients designed to support healthy blood glucose levels, peripheral circulation and cardiovascular health, while moderating AGE (advanced glycation end product) formation to support healthy aging.<sup>‡</sup>

### AM Pack

#### SUPPLEMENT FACTS

Serving Size 1 AM Pack (2 capsules, 2 tablets, 1 softgel)  
Servings Per Container 30

Amount Per Serving	%DV
Calories from Fat.....10	
Total Fat.....1.25 g	2% <sup>^</sup>
Vitamin A (as natural beta-carotene).....2,500 IU	50%
Vitamin C (as Ascorbic Acid)......60 mg	100%
Vitamin D <sub>3</sub> .....1,500 IU	375%
Vitamin E (as d-alpha tocopheryl succinate)......50 IU	167%
Thiamine (as Thiamine HCl/thiamine pyrophosphate).....37.5 mg	2,500%
Riboflavin (as Riboflavin-5-phosphate)......5 mg	294%
Niacin/Niacinamide......15 mg	75%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate)......5 mg	250%
Folate (as L-methylfolate, Metafolin®)......200 mcg	50%
Vitamin B <sub>12</sub> (as methylcobalamin)......125 mcg	2,083%
Biotin......1,400 mcg	467%
Pantothenic Acid (d-calcium pantothenate).....12.5 mg	125%
Calcium (as Calcium Citrate/Malate Complex)......25 mg	3%
Magnesium (as Magnesium Citrate)......12.5 mg	3%
Iodine (from kelp)......75 mcg	50%
Zinc (as OptiZinc®, monomethionine)......7.5 mg	50%
Selenium (as amino acid chelate)......50 mcg	71%
Copper (as amino acid chelate)......0.5 mg	25%
Chromium (as amino acid chelate/polynicotinate)......460 mcg	383%
Molybdenum (as amino acid chelate)......50 mcg	67%
Potassium (as Potassium Aspartate)......15 mg	<1%
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate.....1,250 mg	*
Providing:	
EPA (Eicosapentaenoic Acid)......600 mg	*
DHA (Docosahexaenoic Acid)......400 mg	*
Coenzyme Q <sub>10</sub> ......60 mg	*
Red Wine Proanthocyanidins (fruit)......5 mg	*
Alpha-Lipoic Acid......150 mg	*
N-Acetyl-L-Cysteine......250 mg	*
<i>Gymnema sylvestre</i> leaf,......200 mg	*
dried extract, min. 25% gymnemic acids	
Vanadium (from Vanadium Krebs <sup>††</sup> )......250 mcg	*
Choline (as Choline Bitartrate)......30 mg	*
Inositol......12.5 mg	*
Lutein......1.5 mg	*
Lycopene (natural)......1.5 mg	*
Zeaxanthin......0.5 mg	*
Astaxanthin......0.5 mg	*
Pterostilbene (methylated resveratrol, pTeroPure®)......5 mg	*
Proprietary Blend......150 mg	*
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

### PM Pack

#### SUPPLEMENT FACTS

Serving Size 1 PM Pack (2 capsules, 2 tablets) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....2,500 IU	50%
Vitamin C (as Ascorbic Acid)......60 mg	100%
Vitamin D <sub>3</sub> ......500 IU	125%
Vitamin E (as d-alpha tocopheryl succinate)......50 IU	167%
Thiamine (as Thiamine HCl/thiamine pyrophosphate).....37.5 mg	2,500%
Riboflavin (as Riboflavin-5-phosphate)......5 mg	294%
Niacin/Niacinamide......15 mg	75%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate)......30 mg	1,500%
Folate (as L-methylfolate, Metafolin®)......200 mcg	50%
Vitamin B <sub>12</sub> (as methylcobalamin)......125 mcg	2,083%
Biotin......1,400 mcg	467%
Pantothenic Acid (d-calcium pantothenate).....12.5 mg	125%
Calcium (as Calcium Citrate/Malate Complex)......25 mg	3%
Magnesium (as Magnesium Citrate)......12.5 mg	3%
Iodine (from kelp)......75 mcg	50%
Zinc (as OptiZinc®, monomethionine)......7.5 mg	50%
Selenium (as amino acid chelate)......50 mcg	71%
Copper (as amino acid chelate)......0.5 mg	25%
Chromium (as amino acid chelate/polynicotinate)......460 mcg	383%
Molybdenum (as amino acid chelate)......50 mcg	67%
Potassium (as Potassium Aspartate)......15 mg	<1%
Benfotiamine (as BenfoPure®)......150 mg	*
MegaNatural®-BP Grape Seed Extract......25 mg	*
( <i>Vitis vinifera</i> ) (standardized to 90% polyphenols)	
Enzogenol® Pine Bark Extract......10 mg	*
Alpha-Lipoic Acid......200 mg	*
N-Acetyl-L-Cysteine......250 mg	*
<i>Gymnema sylvestre</i> leaf,......200 mg	*
dried extract, min. 25% gymnemic acids	
Vanadium (from Vanadium Krebs <sup>††</sup> )......250 mcg	*
Choline (as Choline Bitartrate)......30 mg	*
Inositol......12.5 mg	*
Lutein......1.5 mg	*
Lycopene (natural)......1.5 mg	*
Zeaxanthin......0.5 mg	*
Astaxanthin......0.5 mg	*
Pterostilbene (methylated resveratrol, pTeroPure®)......5 mg	*
Proprietary Blend......150 mg	*
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Cellulose, gelatin (capsule, from fish [Tilapia]), hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica, stearic acid, titanium dioxide, dextrose, magnesium silicate, glycerin, water, rosemary extract (leaf), caramel color and natural vanilla flavor.

This product contains fish oil (anchovies, sardines, mackerel).

<sup>††</sup>Krebs= Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

BenfoPure® is a registered trademark of Hamari Chemicals, LTD. Osaka, Japan

MegaNatural®-BP is a trademark of Constellation Wines U.S., Inc.

Enzogenol® is a registered trademark of ENZO Nutraceuticals Ltd, New Zealand.

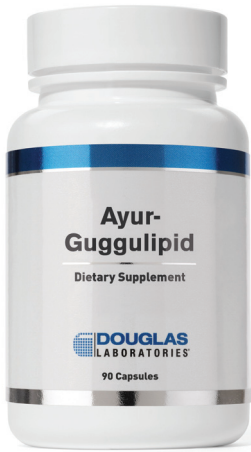
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

pTeroPure® is a trademark of ChromaDex, Inc.

OptiZinc® is a trademark of InterHealth N.I.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# LIPID METABOLISM



Ayur-Guggulipid contains 250 mg of Ayurvedic guggul extract from gum resin, standardized to provide guggulsterones, the key active lipid sterol compounds in guggul. Guggulsterones may support healthy cholesterol metabolism and may offer other cardiovascular support.‡

## Ayur-Guggulipid

Formula	Size
7674	90 Capsules

Suggested Usage: 1 capsule, 2-4 times daily

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Gugulipid Extract.....250 mg ( <i>Commiphora mukul</i> , gum) (standardized to 2.5% Guggulsterones)	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and magnesium silicate.



## CLINICAL ADVISOR:

Jacob Teitelbaum, M.D.+

Dr. Jacob Teitelbaum is a board-certified internist and nationally known expert in mitochondrial and cardiometabolic health. With years of experience teaching about healthy lifestyle choices and supplementation with key nutrients such as D-Ribose, Dr. Teitelbaum has helped many patients regain vitality, energy and quality of life.

## Ayur-Triphala

Formula	Size
7684	100 Capsules

Suggested Usage: 1 daily

Ayur-Triphala is an Ayurvedic herbal formula from dried fruit of 3 plants *Emblica officinalis*, *Terminalia chebula* and *Terminalia bellirica*, with properties to support immune health, detoxification, digestion, and cardiovascular health.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Triphala.....750 mg A powder mixture of equal proportions of dried fruits from three plants, namely: <i>Terminalia chebula</i> (Haroda) family Combretaceae, <i>Terminalia bellerica</i> (Bahera) family Combretaceae, <i>Emblica officinalis</i> (Amla) family Euphorbiaceae)	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), vegetable stearate, silica and cellulose.

## Beni Koji RYR

Formula	Size
83339	60 Capsules 120 Capsules

Suggested Usage: 2, twice daily

Beni Koji RYR is rice fermented by red yeast, called *Monascus purpureus*, to help support healthy blood lipid levels.‡

### SUPPLEMENT FACTS (PL)

Serving Size 2 Capsules

Amount Per Serving	%DV
Organic Red Yeast Rice ( <i>Monascus purpureus</i> )..... 1,000 mg	*

\*Daily Value (DV) not established.

Other ingredients: Bovine gelatin (capsule), microcrystalline cellulose and vegetable stearate.



**Cardio-Edge®**

Formula	Size
99134	120 Vegetarian Capsules

**Suggested Usage:** 2, twice daily with meals

Cardio-Edge® supplies Sytrinol® (a clinically studied proprietary blend of polymethoxylated flavones from citrus fruit and tocotrienols from palm), plant sterols, and standardized pomegranate extract to help support cardiovascular health and normal cholesterol metabolism.‡

**SUPPLEMENT FACTS** 

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV
Plant Sterols (Phytosterols) (from soy).....	400 mg *
Sytrinol® .....	150 mg *
(Proprietary extract of polymethoxylated flavones and tocotrienols from citrus and palm fruits)	
Standardized Pomegranate Extract (fruit).....	50 mg *
(Standardized to 40% ellagic acid)	

\*Daily Value (DV) not established.

Other ingredients: Calcium carbonate, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

Sytrinol® is a registered trademark of InterHealth N.I.

**Garlic**

Formula	Size
7420	100 Tablets

**Suggested Usage:** 1 daily

Garlic supplies 500 mg of garlic in each tablet for cardiovascular health and immune support.‡

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Garlic (bulb) ( <i>Allium sativum L.</i> ) .....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate, stearic acid, and silica.

Dr. Jacob Teitelbaum has been retained as medical a consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Lipotrol™

Formula	Size
81158	120 Tablets

Suggested Usage: 2, twice daily

Lipotrol™ is a unique professional formula containing naturally occurring dietary fibers including guar gum, as well as lecithin and other nutrients important in healthy fat and cholesterol metabolism.‡

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 60

Amount Per Serving	%DV
Niacin (from 375 mg Inositol Hexaniacinate).....	338 mg 1,690%
Phytosterol Complex.....	150 mg *
Guar Gum.....	50 mg *
Lecithin Complex (soya).....	450 mg *
Chondroitin Sulfate/Mucopolysaccharide Complex.....	175 mg *
Choline (from 150 mg Bitartrate/Citrate Complex).....	68 mg *
Inositol.....	75 mg *
Bromelain.....	500 mcu *
Papain.....	50 mg *
Bioflavonoids Complex (including hesperidin).....	50 mg *
Rutin.....	5 mg *
Synergistically Balanced Proprietary Blend.....	150 mg *
Hawthorne Berry (fruit), Ginger (rhizome), Alfalfa (entire plant), Garlic (bulb), L-Carnitine, Taurine, Coenzyme Q <sub>10</sub> , <i>Ginkgo biloba</i> (leaf), Cayenne (fruit), Trypsin and Chymotrypsin.	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Policosanol

Formula	Size
99251	60 Vegetarian Capsules

Suggested Usage: 1 daily

Policosanol supplies 10 mg of policosanol from sugar cane wax, comprised of a mixture of several long chain fatty-alcohols. Studied for the important role it plays in cardiovascular health, policosanol has become recognized for its use in supporting healthy cholesterol levels already within the normal range.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Policosanol (from sugar cane wax).....	10 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

**METABOLIC HORMONE [SUPPORT PROTOCOL]**  
 [Developed by Dr. Penny Kendall-Rand, PhD]  
**Protocol Objective:** To help manage metabolic hormones and healthy body weight using symptom assessment, diet, and supplementation. Serum monitors are made for genetic testing of metabolic SNPs (Single Nucleotide Polymorphisms) that are modified through nutrition and lifestyle.

Clinical Objective	Assessment	Key Pathways/Markers to Monitor	Dieting
Weight Management	Body Mass Index (BMI), Waist Circumference, Blood Pressure, Blood Glucose, Lipid Profile, Thyroid Function, Insulin Sensitivity, Cortisol Levels, Growth Hormone, IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	Low Carb, High Protein, High Fiber, Low Fat, Low Sugar, Low Fructose, Low Alcohol, Low Caffeine, Low Soy, Low Dairy, Low Grains, Low Legumes, Low Nuts, Low Seeds, Low Fats, Low Oils, Low Salts, Low Spices, Low Herbs, Low Mushrooms, Low Vegetables, Low Fruits, Low Berries, Low Citrus, Low Citrus Juice, Low Citrus Segments, Low Citrus Pulp, Low Citrus Peel, Low Citrus Seed, Low Citrus Rind, Low Citrus Bark, Low Citrus Wood, Low Citrus Root, Low Citrus Leaf, Low Citrus Flower, Low Citrus Fruit, Low Citrus Seedling, Low Citrus Sapling, Low Citrus Tree, Low Citrus Orchard, Low Citrus Grove, Low Citrus Farm, Low Citrus Estate, Low Citrus Plantation, Low Citrus Estate, Low Citrus Plantation
Metabolic Health	Blood Glucose, Lipid Profile, Thyroid Function, Insulin Sensitivity, Cortisol Levels, Growth Hormone, IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	Low Carb, High Protein, High Fiber, Low Fat, Low Sugar, Low Fructose, Low Alcohol, Low Caffeine, Low Soy, Low Dairy, Low Grains, Low Legumes, Low Nuts, Low Seeds, Low Fats, Low Oils, Low Salts, Low Spices, Low Herbs, Low Mushrooms, Low Vegetables, Low Fruits, Low Berries, Low Citrus, Low Citrus Juice, Low Citrus Segments, Low Citrus Pulp, Low Citrus Peel, Low Citrus Seed, Low Citrus Rind, Low Citrus Bark, Low Citrus Wood, Low Citrus Root, Low Citrus Leaf, Low Citrus Flower, Low Citrus Fruit, Low Citrus Seedling, Low Citrus Sapling, Low Citrus Tree, Low Citrus Orchard, Low Citrus Grove, Low Citrus Farm, Low Citrus Estate, Low Citrus Plantation
Cardiovascular Health	Blood Pressure, Blood Glucose, Lipid Profile, Thyroid Function, Insulin Sensitivity, Cortisol Levels, Growth Hormone, IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	Low Carb, High Protein, High Fiber, Low Fat, Low Sugar, Low Fructose, Low Alcohol, Low Caffeine, Low Soy, Low Dairy, Low Grains, Low Legumes, Low Nuts, Low Seeds, Low Fats, Low Oils, Low Salts, Low Spices, Low Herbs, Low Mushrooms, Low Vegetables, Low Fruits, Low Berries, Low Citrus, Low Citrus Juice, Low Citrus Segments, Low Citrus Pulp, Low Citrus Peel, Low Citrus Seed, Low Citrus Rind, Low Citrus Bark, Low Citrus Wood, Low Citrus Root, Low Citrus Leaf, Low Citrus Flower, Low Citrus Fruit, Low Citrus Seedling, Low Citrus Sapling, Low Citrus Tree, Low Citrus Orchard, Low Citrus Grove, Low Citrus Farm, Low Citrus Estate, Low Citrus Plantation
Reproductive Health	Blood Glucose, Lipid Profile, Thyroid Function, Insulin Sensitivity, Cortisol Levels, Growth Hormone, IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	IGF-1, Prolactin, Progesterone, Testosterone, Estradiol, Estrone, Estradiol:Estrogen Ratio, Progesterone:Estrogen Ratio, Progesterone:Testosterone Ratio, Progesterone:Growth Hormone Ratio, Progesterone:IGF-1 Ratio, Progesterone:Prolactin Ratio	Low Carb, High Protein, High Fiber, Low Fat, Low Sugar, Low Fructose, Low Alcohol, Low Caffeine, Low Soy, Low Dairy, Low Grains, Low Legumes, Low Nuts, Low Seeds, Low Fats, Low Oils, Low Salts, Low Spices, Low Herbs, Low Mushrooms, Low Vegetables, Low Fruits, Low Berries, Low Citrus, Low Citrus Juice, Low Citrus Segments, Low Citrus Pulp, Low Citrus Peel, Low Citrus Seed, Low Citrus Rind, Low Citrus Bark, Low Citrus Wood, Low Citrus Root, Low Citrus Leaf, Low Citrus Flower, Low Citrus Fruit, Low Citrus Seedling, Low Citrus Sapling, Low Citrus Tree, Low Citrus Orchard, Low Citrus Grove, Low Citrus Farm, Low Citrus Estate, Low Citrus Plantation

Available for download at [www.douglaslabs.com/heart-metabolic](http://www.douglaslabs.com/heart-metabolic)  
 TO ORDER VISIT US @ DOUGLASLABS.COM OR CALL TOLL FREE @ 1-800-245-4440

Download our **Heart & Metabolic Support Protocols**‡ at: [douglaslabs.com/heart-metabolic](http://douglaslabs.com/heart-metabolic)

# MITOCHONDRIAL SUPPORT



MitoTone® Plus is a unique dietary supplement designed to provide a broad spectrum of beneficial nutrients to support mitochondrial energy production and healthy aging. Mitochondria serve as the powerhouses of the cell and their proper functioning is essential to the aging process. Specific nutrients that influence the electron transport chain function and provide antioxidant protection appear to nutritionally support healthy mitochondrial

function. This product features adenosylcobalamin, the major form of vitamin B<sub>12</sub> stored in the mitochondria of cellular tissues. Pterostilbene, a methylated resveratrol, has superior bioavailability with a longer half-life than resveratrol, and may help to prevent free radical damage that can lead to premature aging of cells.†

[ Formulated by Daniel Kalish, D.C. ]†

## MitoTone® Plus Mitochondrial Support†

● new product

**Formula** **Size**  
202317 90 Vegetarian Capsules

Suggested Usage: 3 daily

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin B <sub>1</sub> (as thiamine hydrochloride).....20 mg	1,667%
Vitamin B <sub>2</sub> (as riboflavin-5-phosphate).....20 mg	1,538%
Niacin (as niacinamide).....50 mg	313%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate).....45 mg	2,647%
Vitamin B <sub>12</sub> .....1,000 mcg	41,667%
(as 50% adenosylcobalamin and 50% methylcobalamin)	
Pantothenic Acid (as calcium pantothenate).....50 mg	1,000%
Magnesium (from magnesium malate).....50 mg	12%
Sodium (from sodium succinate).....56 mg	2%
Acetyl-L-Carnitine HCL.....200 mg	*
Creatine monohydrate.....200 mg	*
Sodium succinate.....200 mg	*

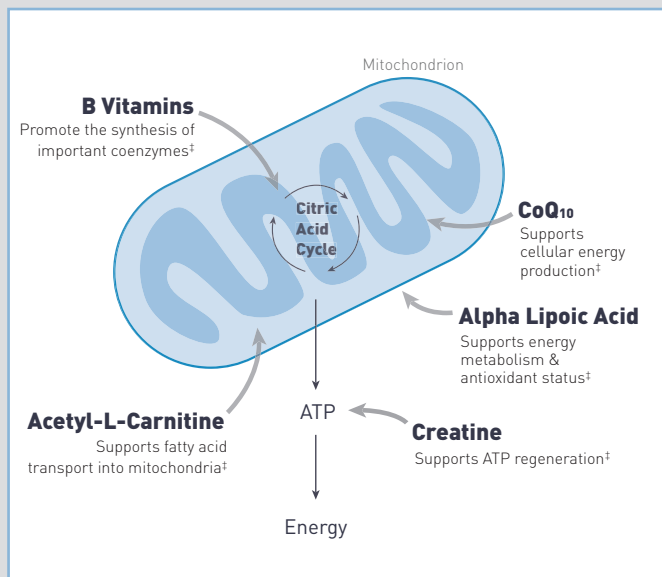
Malic acid (from magnesium malate).....160 mg	*
N-Acetyl-L-Cysteine.....100 mg	*
Alpha-Lipoic Acid.....100 mg	*
Co-Enzyme Q <sub>10</sub> (ubiquinone).....50 mg	*
Pterostilbene.....50 mg	*
[pTeroPure®](as methylated resveratrol)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate, silica.

pTeroPure® is a trademark of ChromaDex, Inc.

## Key Nutrients for Mitochondrial Health and Energy Production†



The unique combination of ingredients in MitoTone® Plus provide support for mitochondrial health, energy production and healthy aging. **Essential B vitamins**, such as thiamine, riboflavin and niacinamide, promote the synthesis of coenzymes (NADH, FAD and NAD) required by the citric acid cycle. **Coenzyme Q<sub>10</sub>** (CoQ<sub>10</sub>) is a key constituent of the electron transport chain (the means by which the mitochondria produce ATP) and an important antioxidant that helps protect the mitochondria from oxidative stress. **Alpha lipoic acid** is a coenzyme involved in energy metabolism and an essential amphipathic (water- and fat-soluble) antioxidant. **Acetyl-L-carnitine** supports the transport of fatty acids into the mitochondria where they are oxidized for energy. **Creatine** rapidly facilitates the reformation of ATP from ADP, providing an important energy reserve for the cell.†

†Dr. Daniel Kalish has been retained as medical a consultant in advising Douglas Laboratories.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Citrus Solu-Q™**  
With VESISORB® Technology

Formula	Size
201775	30 Vegetarian Capliques®
	60 Vegetarian Capliques®

Suggested Usage: 1 daily

Citrus Solu-Q™ is a vegetarian Caplique® containing natural coenzyme Q<sub>10</sub> in a patented, self-assembling nano-colloid delivery system for enhanced absorption. When mixed with an aqueous phase, this formula, based on proprietary technology, results in the spontaneous formation of a nano-colloidal solubilized CoQ<sub>10</sub>. This colloidal delivery system contains a highly uniform distribution of droplets that are typically less than 100 nm in diameter, and allows for enhanced absorption of coenzyme Q<sub>10</sub>.

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Vitamin E (as d-alpha-tocopheryl).....	9 IU 30%
Natural Coenzyme Q <sub>10</sub> .....	100 mg *

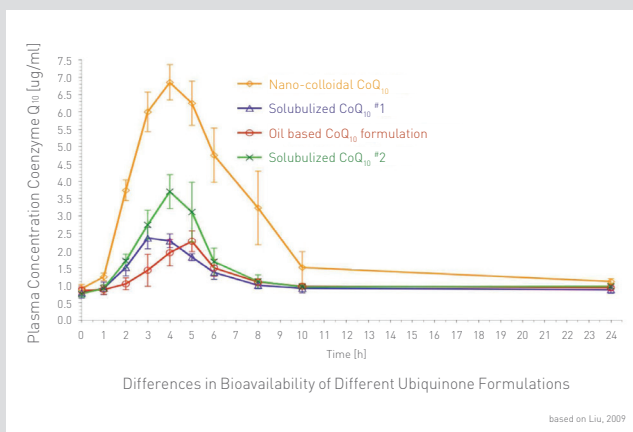
\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, citrus oil extract (*Citrus sinensis*, peel) and titanium dioxide.

VESIsorb® is a registered trademark of SourceOne Global Partners.

Caplique® is a registered trademark used with permission.

**VESIsorb® Nano-colloidal Pharmacokinetic Profile**



MITOCHONDRIAL | **COENZYME Q<sub>10</sub>**

**Citrus-Q10® 60**

Formula	Size
200052	60 Chewable Tablets

Suggested Usage: 1-4 daily

Citrus-Q10® 60 supplies naturally fermented coenzyme Q<sub>10</sub> in a great tasting, natural citrus-flavored chewable tablet. Citrus-Q10® 60 contains no sugar, artificial colors or flavors and is suitable for vegetarians.

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Natural Coenzyme Q <sub>10</sub> .....	60 mg *

\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, citric acid, natural lemon-lime flavor, povidone, silica, natural orange flavor and sorbitol.

**Citrus-Q10® 100**

Formula	Size
200053	60 Tablets

Suggested Usage: 1-4 daily

Citrus-Q10® 100 supplies naturally fermented coenzyme Q<sub>10</sub> in a great-tasting, natural citrus-flavored chewable tablet. Citrus-Q10® 100 contains no sugar, artificial colors or flavors, and is suitable for vegetarians.

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Natural Coenzyme Q <sub>10</sub> .....	100 mg *

\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, citric acid, natural lemon-lime flavor, povidone, silica, natural orange flavor and sorbitol.

## Citrus-Q10® 300

Formula	Size
99950	60 Tablets

Suggested Usage: 1-4 daily

Citrus-Q10® 300 supplies naturally fermented coenzyme Q<sub>10</sub> in a great tasting, natural citrus-flavored chewable tablet. Citrus-Q10® 300 contains no sugar, artificial colors or flavors, and is suitable for vegetarians.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Natural Coenzyme Q <sub>10</sub> ..... 300 mg	*

\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, citric acid, natural lemon-lime flavor, povidone, silica, natural orange flavor and sorbitol.

## Coenzyme Q-10 with Lipoic Acid

Formula	Size
7362	30 Capsules 60 Capsules

Suggested Usage: 1 daily

Coenzyme Q-10 with Lipoic Acid supplies 60 mg of coenzyme Q<sub>10</sub>, along with 50 mg of Alpha-lipoic acid, carefully blended in a base of red wine proanthocyanidins for antioxidant support.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Coenzyme Q <sub>10</sub> ..... 60 mg	*
Alpha-lipoic acid ..... 50 mg	*
Red Wine Proanthocyanidins (fruit)..... 5 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), silica, and vegetable stearate.

## Co-Enzyme Q10

Formula	Size
CQS1	30 Softgels

Suggested Usage: 1-2 daily

Co-Enzyme Q10 softgels contain pure co-enzyme Q<sub>10</sub> (ubiquinone). Co-Enzyme Q10 is solubilized in a base of rice bran oil and vitamin E to enhance absorption of co-enzyme Q<sub>10</sub>.

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as Natural Beta Carotene from D. Salina) ..... 2,000 IU	40%
Vitamin E (as d-alpha tocopherol with mixed tocopherols)..... 100 IU	333%
Co-Enzyme Q <sub>10</sub> (as ubiquinone)..... 100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Rice bran oil, gelatin (capsule), glycerin, yellow beeswax, water, annatto extract and titanium dioxide.

## Ultra Coenzyme Q-10

Formula	Size
7200	30 Chewable Tablets 60 Chewable Tablets 90 Chewable Tablets

Suggested Usage: 1 daily

Ultra Coenzyme Q-10 chewable tablets contain 200 mg of pure coenzyme Q<sub>10</sub> (ubiquinone) material, emulsified with lecithin (soya) to aid in the absorption of coenzyme Q<sub>10</sub>.

### SUPPLEMENT FACTS

Serving Size 1 Chewable Tablet

Amount Per Serving	%DV
Calories .....	5
Total Carbohydrate..... 1 g	<1% <sup>^</sup>
Sugars..... 1 g	
Coenzyme Q <sub>10</sub> ..... 200 mg	*

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Fructose, cellulose, lecithin(soy), vegetable stearate, silica, stearic acid, magnesium silicate, sucrose.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Enhanced-Absorption Patented VESIsorb® Delivery System

- Developed by Vesifact, a Switzerland-based company dedicated to innovative technology and research
- Patented lipid-based delivery system increases bioavailability of a bioactive that is fat-soluble or that has poor water solubility
- Self-assembling colloidal system forms evenly-dispersed fluid droplets upon contact with water in the G.I. tract, each with a mean diameter of less than 100 nanometers and with the bioactive at its core
- Nanosized water-soluble droplets or micelles allow the bioactive to cross the water layer of the G.I. tract for absorption

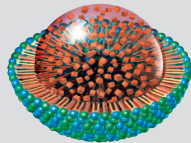
The VESIsorb® technology is broken down into three steps:

### Step 1

Formation of the colloidal delivery system

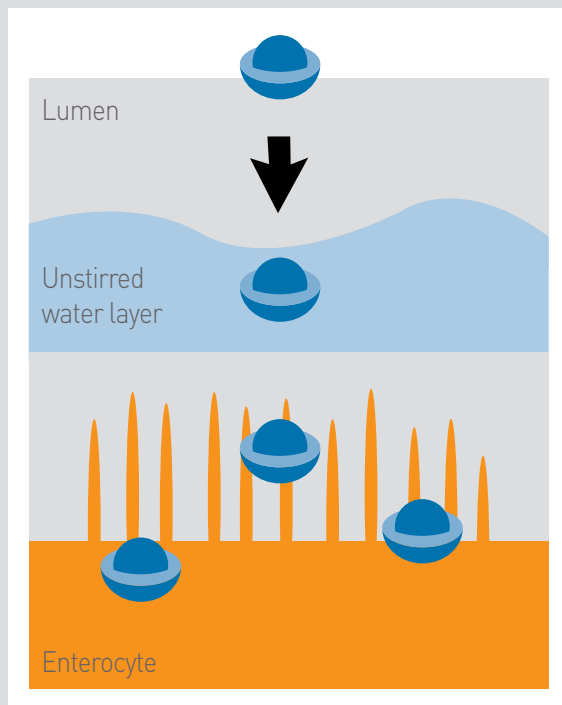
### Step 2

Diffusion across the unstirred water layer



### Step 3

Transfer to the absorptive surface of the G.I. epithelium



## Ubiquinol-QH With VESISORB® Technology

Formula	Size
201899	30 Softgels
	60 Softgels

Suggested Usage: 1 daily

Ubiquinol-QH is a softgel containing 100 mg of natural ubiquinol in a patented, naturally self-assembling nano-colloid system called VESIsorb® technology for enhanced absorption. Ubiquinol is the biologically reduced form of ubiquinone, also known as coenzyme Q<sub>10</sub>. Ubiquinol may be of special importance for older adults looking to support healthy aging and cardiovascular function.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel

Amount Per Serving		%DV
Vitamin E (as d-alpha-tocopheryl).....	10 IU	33%
Ubiquinol (Kaneka QH™ - reduced form of CoQ <sub>10</sub> ).....	100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin and caramel color.

VESIsorb® is a registered trademark of SourceOne Global Partners.

Kaneka QH™ is a trademark of Kaneka Corporation.

MITOCHONDRIAL | **CELLULAR ENERGY**



D-Ribose is a natural pentose sugar that is the backbone of the ATP molecular structure which supports the body's natural energy production. D-ribose in ATP (adenosine triphosphate) is naturally present in every living cell

in our body. D-ribose powder is highly soluble in either hot or cold solutions and tastes slightly sweet.‡

**Corvalen®**

Formula	Size
57451P	9.9 oz (280 g Powder)

**Suggested Usage:** 1 scoop, twice daily with meals

**SUPPLEMENT FACTS** (PL)

Serving Size 5 g (1 Scoop or 2 Teaspoons)  
Servings Per Container Approx. 56

Amount Per Serving	%DV
Calories .....	20
Total Carbohydrate .....	5 g 2%^
Sugars .....	5 g
D-Ribose.....	5 g *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: None.

**Corvalen® Chews**

Formula	Size
201245	90 Chewable Tablets

**Suggested Usage:** 1 tablet, 1-3 times daily

D-Ribose is a natural pentose sugar that is the backbone of the ATP molecular structure, which supports the body's natural energy production. D-Ribose chewable tablets have a great-tasting, natural vanilla flavor, are sweetened with xylitol, and are convenient for on-the-go supplementation.‡

**SUPPLEMENT FACTS** (PL)

Serving Size 1 Chewable Tablet • Servings Per Container 90

Amount Per Serving	%DV
Calories .....	10
Total Carbohydrates .....	2 g 2%^
Sugars .....	1.67 g *
Sugar Alcohol.....	0.5 g 2%^
D-Ribose.....	1.67 g *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Contains: Milk.

Other ingredients: Xylitol, cellulose, hydroxypropylcellulose, natural orange flavor, natural vanilla flavor (milk), citric acid, mannitol, vegetable stearate, stearic acid, natural palm wax (*Copernicia prunifera*), and silica.

**Corvalen® M**

Formula	Size
57452P	12 oz. (347 g Powder)

**Suggested Usage:** 1 scoop daily with meals

D-Ribose is a natural pentose sugar that is the backbone of the ATP molecular structure, which supports the body's natural energy production. D-ribose in ATP (adenosine triphosphate) is naturally present in every living cell in our bodies. Magnesium and malate are added to this formula for muscular support.‡

**SUPPLEMENT FACTS** (PL)

Serving Size 6.2 g (1 Scoop or 2 Teaspoons)  
Servings Per Container Approx. 56

Amount Per Serving	%DV
Calories .....	25
Total Carbohydrate .....	6 g 2%^
Sugars .....	5 g
Magnesium (from magnesium citrate).....	40 mg 10%
Malate .....	240 mg *
D-Ribose.....	5 g *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: None.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**ATP-20**

Formula	Size
83029	60 Dissolvable Tablets

**Suggested Usage:** 1, one to three times daily

ATP-20 supplies 20 mg of adenosine triphosphate in each tablet for energy support. Formulated to chew or dissolve in the mouth and then swallow.‡

**SUPPLEMENT FACTS**

Serving Size 1 Dissolvable Tablet • Servings Per Container 60

Amount Per Serving	%DV
Adenosine Triphosphate.....20 mg	*

\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

**Xtra-Cell® Anti-Aging Support‡ (Frozen)**

Formula	Size
99460	9 ml Bottle - (24 Bottle)

**Suggested Usage:** 1 bottle daily

Xtra-Cell® Anti-Aging Support‡ is an innovative frozen liquid extract to support healthy aging that consists of selected proteins, peptides and other growth factors and signaling molecules obtained from porcine adrenal, thymus and mesenchyme tissues, as well as a specialized marine liquid cartilage extract.‡

**SUPPLEMENT FACTS**

Each 9 ml Bottle Contains

Amount Per Serving	%DV
Porcine Mesenchyme Aqueous Extract 125X.....0.16 fl. oz (4.8 ml)	*
Porcine Adrenal Aqueous Extract .....0.05 fl. oz (1.4 ml) (enriched with Mesenchyme Aqueous Extract 125X)	*
Porcine Thymus Aqueous Extract.....0.05 fl. oz (1.4 ml)	*
Marine Liquid Cartilage Extract (fish).....0.05 fl. oz (1.4 ml)	*

\*Daily Value (DV) not established.

Other ingredients: None.

**Xtra-Cell® Formulas**

These unique extracts begin with the highest quality raw materials and are manufactured and purified via a patented, low temperature process that involves homogenization, centrifugation, fractionation, ultrafiltration, and microfiltering. The resulting extract is then aseptically bottled, and depending on the product can be immediately flash frozen without the use of preservatives. This process allows for the isolation of a complex of molecules including proteins and peptides that can be selected based on their size and molecular weight. These water-soluble compounds remain in their native state and can function as signaling factors that interact with receptors and ultimately affect cellular function. This process can be applied to different starting materials, allowing for the creation of highly-bioavailable liquid extracts with different molecular profiles that can be targeted for specific applications that include supporting and maintaining cell and tissue health.‡



## WEIGHT MANAGEMENT



Metabolic Lean® is a novel weight management† formula that includes three branded and clinically studied ingredients—Meratrim® plant extract, Capsimax™ capsicum extract, and Zychrome® chromium complex. This special combination of ingredients may promote lipolysis, thermogenic activity and insulin function for overall metabolic support.

The ingredients in Metabolic Lean® also help to support adiponectin levels which facilitate proper fat metabolism and healthy glucose regulation.‡

## Metabolic Lean®

**Formula**                      **Size**  
201350                      60 Vegetarian Capsules

Suggested Usage: 1 daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate) <sup>∨</sup> .....	100 mcg                      83%
Meratrim® Proprietary Blend .....	400 mg                      *
(Sphaeranthus indicus [flower heads] extract, Garcinia mangostana [fruit rind] extract)	
Capsaicinoids.....	0.5 mg                      *
(from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate, pharmaceutical glaze and silica.

<sup>∨</sup>Zychrome® is a trademark of InterHealth N.I.

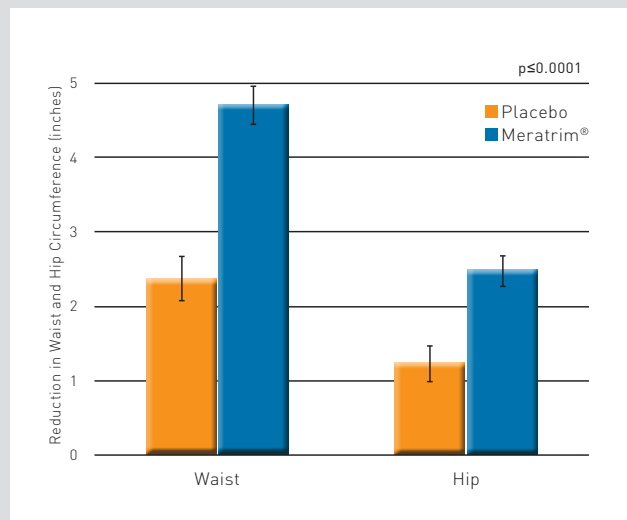
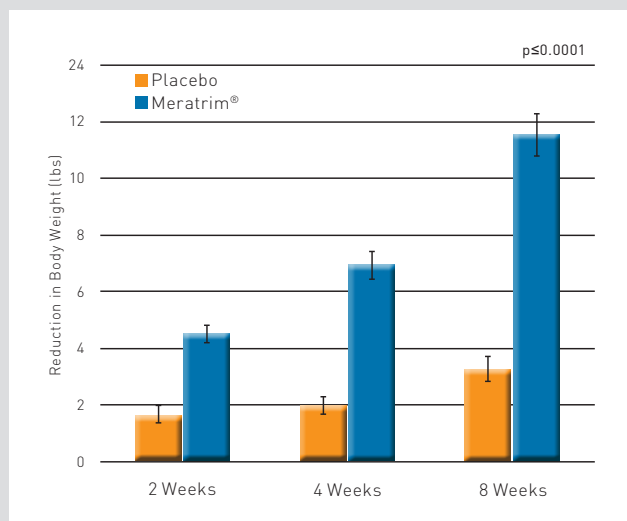
Meratrim® brand proprietary blend of two natural plant extracts.

Meratrim® is exclusively distributed by InterHealth N.I.

Capsimax™ is a trademark of OmniActive Health Technologies.

## Metabolic Lean® With Meratrim®

Meratrim® is a proprietary plant extract blend for weight management† derived from two plants, Sphaeranthus indicus and *Garcinia mangostana*, traditionally used in Southeast Asian culture. Meratrim® has been shown in two independent, randomized, double-blind, placebo-controlled clinical studies to significantly reduce body weight, BMI, and waist circumference within eight weeks when used in combination with a 2,000-calorie diet and moderate exercise plan. Meratrim® significantly reduced body weight by 11.5 lbs after eight weeks, 3.5 times better than placebo, ( $p \leq 0.0001$ ) and significantly reduced waist and hip circumference by 4.7 inches ( $p \leq 0.0001$ ) and 2.5 inches ( $p \leq 0.0001$ ), respectively.‡



Stern JS, et al. Obesity [Silver Spring]. 2013 May;21(5):921-7

†Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**7-Keto™**

Formula	Size
99246	60 Vegetarian Capsules

**Suggested Usage:** 1 capsule, twice daily

7-Keto™ supplies 100 mg of 3-acetyl-7-oxo dehydroepiandrosterone in each capsule. The 7-Keto metabolite of DHEA is a natural, non-steroidal molecule that is produced in the body from DHEA. This metabolite is chemically different from DHEA and cannot convert back into DHEA in the body. Studies suggest that 7-Keto™ may be useful in supporting metabolic activity by activating thermogenic enzymes.‡

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
7-Keto™ (3-Acetyl-7-oxo-dehydroepiandrosterone).....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

7-Keto™ is a trademark of Humanetics Corporation.

**CLA (Conjugated Linoleic Acid)**

Formula	Size
98336	120 Softgels

**Suggested Usage:** 2 softgels with a meal, up to 3 times daily

CLA provides a significant amount of conjugated linoleic acid, together with an extract of green tea for maximum stabilization. CLA is thought to be an effective modulator of metabolism, and helps to support a healthy body composition.‡

**SUPPLEMENT FACTS** 

Serving Size 2 Softgels • Servings Per Container 60

Amount Per Serving	%DV
Calories .....	9
Total Fat .....	1 g 2%
Safflower Oil Complex .....	1,000 mg *
Providing	
Conjugated linoleic Acid .....	770 mg
Green Tea Extract (leaf) .....	0.5 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), glycerin, water, carob extract and titanium oxide.

**M.C.T. A Structured Lipid**

Formula	Size
201767	240 ml (8 fl oz) Liquid

**Suggested Usage:** 1 tablespoon (15 ml) daily

M.C.T. liquid supplies 100% structured lipids, in the form of medium chain triglycerides in a convenient liquid form. Medium chain fatty acids are healthy fats that may support weight management<sup>†</sup> and brain health.<sup>‡</sup>

**SUPPLEMENT FACTS**

Serving Size 1 Tablespoon (15 ml) • Servings Per Container Approx. 16

Amount Per Serving	%DV
Calories .....	95
Total fat .....	14 g 22% <sup>^</sup>
Saturated fat .....	14 g 70% <sup>^</sup>
100% Structured lipids medium-chain triglyceride .....	14 g *
GLC supplying:	
Caprylic .....	approx. 7.7 g *
Capric .....	approx. 6.2 g *

\*Daily Value (DV) not established.

<sup>†</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

## Metabolic Management Pack

Formula	Size
66865	60 Packs

**Suggested Usage:** 1 pack daily

Metabolic Management Pack supplies a combination of weight management<sup>†</sup> formulas in one convenient pack, each designed with a different function to target the factors that may contribute to an unhealthy weight. This pack includes the novel Metabolic Lean<sup>®</sup> formula by Douglas Laboratories, in addition to Relora<sup>®</sup>-Plex, CLA, Nature's Diet Caps + Herbs<sup>®</sup>. The special combination of ingredients may support lipolysis, cortisol, thermogenic activity, adiponectin levels and insulin function.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 1 Pack (2 Softgels and 3 Capsules) • Servings Per Container 60

Amount Per Serving	%DV
Calories.....	9
Total Fat.....	1g 2% <sup>^</sup>
Thiamine.....	5 mg 333%
Riboflavin.....	5 mg 294%
Niacinamide.....	5 mg 25%
Vitamin B <sub>6</sub> (from Pyridoxine HCl).....	5 mg 250%
Folic Acid.....	100 mcg 25%
Vitamin B <sub>12</sub> (from Cyanocobalamin).....	50 mcg 833%
Chromium.....	200 mcg 167%
(from Chromium Polynicotinate/Dinicotinate) <sup>^</sup>	
Safflower Oil Complex.....	1,000 mg *
Providing	
Conjugated linoleic Acid.....	770 mg *
Green Tea extract (leaf).....	0.5 mg *
Meratrim™ Proprietary Blend.....	400 mg *
(Sphaerantus indicus [flower heads] extract, Garcinia mangostana [fruit rind] extract)	
Capsaicinoids.....	0.5 mg *
(from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)	
Garcinia cambogia extract (fruit).....	500 mg *
(SuperCitrimax <sup>®</sup> ) supplying:	
(-) hydroxycitric acid (HCA).....	300 mg *
Proprietary Herbal Blend.....	200 mg *
Green Tea Extract (leaf/shoot), <i>Eleutherococcus senticosus</i> (root), Cayenne (Fruit), Gotu Kola (Aerial parts), Beet Powder (Root), Fo-Ti root powder ( <i>Polygonum multiflorum</i> ), Wood Betony (Leaf/Stem), Guarana Extract (Seed) and Kola Nut (Roasted Seed)	
<sup>v</sup> Relora <sup>®</sup> .....	250 mg *
(a proprietary blend of a patented** extract from <i>Magnolia officinalis</i> [bark] and a proprietary extract from <i>Phellodendron amurense</i> [bark])	

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Gelatin, hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate, glycerin, water, carob extract, titanium oxide, pharmaceutical glaze and silica.

<sup>v</sup>Relora<sup>®</sup> is a registered trademark of InterHealth, N.I.

SuperCitrimax<sup>®</sup> and ChromeMate<sup>®</sup> are trademarks of InterHealth, N.I.

<sup>^</sup>Zychrome<sup>®</sup> brand Chromium Dinicotinate.  
Zychrome<sup>®</sup> is a trademark of InterHealth N.I.

Meratrim™ brand proprietary blend of two natural plant extracts.  
Meratrim™ is exclusively distributed by InterHealth N.I.

Capsimax™ is a trademark of OmniActive Health Technologies.

\*\*U.S. Patent No. US 6,582,735.

## Nature's Diet Caps + HCA with Chromium

Formula	Size
202306	90 Capsules

**Suggested Usage:** 1, three times daily, 30-60 minutes before meals

Nature's Diet Caps + is a combination of *Garcinia cambogia* and chromium specifically designed to support sensible weight management programs, as part of a healthy lifestyle, such as those involving consistent, reduced dietary restriction and regular exercise. This formula supports healthy carbohydrate, protein and fat metabolism by way of hepatic gluconeogenesis and lipogenesis.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chromium.....	100 mcg 83%
(from Chromium Polynicotinate) ChromeMate <sup>®</sup>	
<i>Garcinia cambogia</i> extract (fruit).....	500 mg *
supplying: SuperCitrimax <sup>®</sup> .....	
(-) hydroxycitric acid (HCA).....	300 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, and vegetable stearate.

SuperCitriMax<sup>®</sup> and ChromeMate<sup>®</sup> are registered trademarks of InterHealth N.I.

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Nature's Diet Caps + Herbs®**

Formula	Size
202307	90 Capsules

**Suggested Usage:** 1, three times daily, 30-60 minutes before meals

Nature's Diet Caps + Herbs® is a combination of *Garcinia cambogia* and chromium, formulated with the addition of special herbs including Green tea, specifically designed to support sensible weight management programs, as part of a healthy lifestyle, such as those involving consistent, reduced dietary restriction and regular exercise.‡

**SUPPLEMENT FACTS** PL

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chromium ..... 100 mcg	83%
(from Chromium Polynicotinate) ChromeMate®	
<i>Garcinia Cambogia</i> extract (fruit) ..... 500 mg	*
supplying: SuperCitrimax® ..... 300 mg	*
(-) hydroxycitric acid (HCA)	
Proprietary Herbal Blend..... 200 mg	*
Green Tea Extract(Leaf/Shoot), <i>Eleutherococcus senticosus</i> (root), Cayenne (Fruit), Gotu Kola (aerial parts), Beet Powder (root), Fo-Ti ( <i>Polygonum multiflorum</i> , root), Wood Betony (Leaf/Stem), Guarana Extract (Seed) and Kola Nut Extract (Roasted Seed)	

\*Daily Value (DV) not established.  
 Other ingredients: Gelatin (capsule), cellulose, and vegetable stearate.  
 SuperCitriMax® and ChromeMate® are registered trademarks of InterHealth N.I.

**Super HCA™**

Formula	Size
98028	90 Tablets

**Suggested Usage:** 1 tablet with 8 ounces of pure water ½ to 1 hour before each meal

Super HCA™ supplies 1,400 mg of *Garcinia cambogia* extract, yielding 60% (-) hydroxycitric acid (HCA) as the active plant component to support weight management as part of a healthy lifestyle involving consistent, reduced dietary restriction and regular exercise. Research shows that (-) hydroxycitric acid helps maintain a healthy balance of hepatic lipogenesis and gluconeogenesis, thus helping to support healthy body composition. Further, research indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite and promoting healthy serotonin levels.‡

**SUPPLEMENT FACTS** PL

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
<i>Garcinia cambogia</i> extract (fruit)..... 1400 mg	*
supplying: SuperCitrimax® (-) hydroxycitric acid (HCA)840 mg	*

\*Daily Value (DV) not established.  
 Other ingredients: Vegetable stearate, cellulose and silica.  
 SuperCitrimax® is a registered trademark of InterHealth N.I.

[ Formulated by Penny Kendall-Reed, N.D. ]†

**Tri-Metabolic Control™**

Formula	Size
202230	120 Vegetarian Capsules

**Suggested Usage:** 2, three times daily

Tri-Metabolic Control™ combines the clinically studied extracts of the *Piper betle* leaf and *Dolichos biflorus* seed plus acetyl-L-carnitine to support three metabolic hormones: adiponectin, leptin, and ghrelin to help control appetite, satiety and fat metabolism as part of a healthy weight management† program.‡

**SUPPLEMENT FACTS** PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV
LOWAT® Proprietary Blend..... 300 mg	*
[ <i>Dolichos biflorus</i> [seed] extract, <i>Piper betle</i> [leaf] extract]	
Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl)..... 300 mg	*

\*Daily Value (DV) not established.  
 Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, silica and ascorbyl palmitate.  
 LOWAT® is exclusively distributed by InterHealth N.I.  
 LOWAT® brand botanical blend derived from Ayurvedic plants.

†Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.  
 ‡Dr. Penny Kendall-Reed has been retained as a medical consultant in advising Douglas Laboratories.



# HORMONE SUPPORT FOR HEALTHY AGING‡

Hormone Specific™ Formulations, developed with clinical advisor Joseph J. Collins, R.N., N.D., were created to support the optimal function of hormones through the use of adaptogens and functional mimetics, which have been defined by Dr. Collins as Phytocrine™ properties.‡

These formulations may be used in conjunction with dietary and nutrient support as part of a comprehensive hormone health program. In addition, they may be used to support patients' hormone health, including those who have been prescribed bioidentical hormone therapies.‡



Visit [douglaslabs.com](https://www.douglaslabs.com) to view the Hormone Specific™ Formulations Selection Guide by Douglas Laboratories' retained Clinical Advisor Joseph J. Collins, R.N., N.D.

 **DOUGLAS LABORATORIES** | PUSHING POTENTIAL.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# HORMONE

Our hormones enable us to adapt to the demands and stressors of life, but hormone levels often diminish as a consequence of normal aging. Our brain, bones, heart, skin and muscles all depend on healthy levels of sex hormones, thyroid hormones and adrenal hormones to function properly. Male and female hormones, thyroid hormones and adrenal hormones work in synergy to support our mood, motivation and drive. Maintaining healthy and appropriately balanced hormones supports healthy aging and quality of life, and helps make an active lifestyle easier to maintain. Healthy hormone levels also support healthy sexual function, body weight, sleep and blood sugar levels. ‡



## HORMONE SPECIFIC™



GlucoQuench™ is a Hormone Specific™ Formulation containing botanical ingredients, adaptogens, and phytotherapeutic extracts to help maintain the Glucose-Insulin-System (GIS), promote healthy glucose metabolism, and support hormone function. ‡

[ Formulated by Joseph J. Collins, R.N., N.D. ]\*

### GlucoQuench™

● new product

Formula	Size
202298	120 Capsules

Suggested Usage: 2-4 daily

#### SUPPLEMENT FACTS PL

Serving Size	2 Capsules	4 Capsules
Servings Per Container	60	30
Amount Per Serving	%DV	%DV
<i>Gymnema sylvestre</i> .....	200 mg *	400 mg *
(leaf extract, standardized to 25% gymnemic acids)		
<i>Rehmannia glutinosa</i> extract (root).....	200 mg *	400 mg *
Berberine HCl.....	125 mg *	250 mg *
(from <i>Berberis aristata</i> extract, root)		
<i>Eleutherococcus senticosus</i> .....	100 mg *	200 mg *
(root, standardized to 0.8% eleutherosides)		
Cinnamon bark extract.....	62.5 mg *	125 mg *
( <i>Cinnamomum cassia</i> )		
<i>Lagerstroemia speciosa</i> .....	28 mg *	56 mg *
(banaba leaf extract)		
(standardized to 18% corosolic acid)		
A Phytocrine™ Proprietary Blend .....	160 mg *	320 mg *
<i>Panax ginseng</i> extract (root, standardized to 3% ginsenosides)		
<i>Withania somnifera</i> (Ashwagandha root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides),		
<i>Rhodiola rosea</i> root extract (standardized to 5% rosavins and 2% salidroside)		

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, ascorbyl palmitate, silica.



[ Formulated by Joseph J. Collins, R.N., N.D. ]†

**EstroMend™**

Formula	Size
201353	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

EstroMend™ is a Hormone Specific™ Formulation of herbs that supports healthy estrogen receptor function and healthy metabolism of estrogens or functional mimetics of estrogen. This soy-free combination is designed to support healthy estrogen function in estrogen-sensitive tissues.‡

**SUPPLEMENT FACTS**

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
A Phytocrine™ Proprietary Blend .....	1,390 mg *	2,780 mg *
Pueraria root extract ( <i>Pueraria montana</i> , <i>Pueraria lobata</i> , standardized to 40% isoflavones), Red Clover extract ( <i>Trifolium pratense</i> , stem, leaves, and flowers, standardized to 8% biochaninins), Bacopa extract ( <i>Bacopa monnieri</i> , aerial parts, standardized to 20% bacosides), Gotu Kola extract ( <i>Centella asiatica</i> , leaf, standardized to 10% asiaticosides), Hops extract ( <i>Humulus lupulus</i> , strobiles, standardized to 5% alpha bitter acids), Dong Quai root extract ( <i>Angelica sinensis</i> , standardized to 1% ligustilides), Schizandra fruit extract ( <i>Schizandra chinensis</i> , standardized to 9% schisandrins), Sage leaf ( <i>Salvia officinalis</i> ).		
Black Cohosh Extract .....	50 mg *	100 mg *
( <i>Cimicifuga racemosa</i> , root and stem, standardized to 8% triterpene glycosides)		

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

[ Formulated by Joseph J. Collins, R.N., N.D. ]†

**EstroQuench™**

Formula	Size
202060	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

EstroQuench™ is a Hormone Specific™ Formulation of ingredients that have aromatase-modulating potential, as indicated by preclinical studies, as well as adaptogenic activity. Collectively, these herbs help to maintain the healthy metabolism of estrogens.‡

**SUPPLEMENT FACTS**

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
A Phytocrine™ Proprietary Blend .....	1,150 mg *	2,300 mg *
Maca root extract ( <i>Lepidium meyenii</i> ), Damiana leaf extract ( <i>Turnera diffusa</i> ), Hesperidin ( <i>Citrus sinensis</i> ), Agaricus mushroom mycelia extract ( <i>Agaricus blazei</i> , mushroom), <i>Brassaiopsis glomerulata</i> leaf extract, <i>Eurycoma longifolia</i> root extract, Mangosteen fruit extract ( <i>Garcinia mangostana</i> ), Pomegranate Hull extract ( <i>Punica granatum</i> L., standardized to 40% Ellagic Acid), Naringenin ( <i>Citrus grandis</i> L., fruit), Chrysin		
BioPerine® .....	2.5 mg *	5 mg *
( <i>Piper nigrum</i> , black pepper fruit extract)		

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

BioPerine® is a trademark of Sabinsa.



[ Formulated by Joseph J. Collins, R.N., N.D. ]†

## ProgestoMend™

Formula	Size
201388	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

ProgestoMend™ is a Hormone Specific™ Formulation is designed to maintain the health of progesterone-producing glands and support the healthy function of progesterone-responsive tissues.‡

### SUPPLEMENT FACTS

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
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A Phytocrine™ Proprietary Blend .....1,440 mg \* ..... 2,880 mg \*  
*Paeonia lactiflora* root extract (standardized to 10% paeoniflorin), *Ligusticum wallichii* root extract, *Rehmannia glutinosa* root extract, *Bupleurum chinensis* root extract, Passion flower (*Passiflora incarnata*, standardized to 3.5% vitexin), Wild Yam root extract (*Dioscorea villosa*, standardized to 10% diosgenin), Cramp bark (*Viburnum opulus*), *Coleus forskohlii* root extract (standardized to 10% forskolin), *Vitex agnus-castus* berry extract (Chasteberry, standardized to 0.5% agnuside and 0.4% aucubin)

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate and silica.

[ Formulated by Joseph J. Collins, R.N., N.D. ]†

## TestoGain™

Formula	Size
201397	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

TestoGain™ is a Hormone Specific™ Formulation of adaptogens and phytochemicals that support androgen signaling through a variety of mechanisms. This formula is designed to help to support the health of testosterone-producing glands and testosterone-responsive tissues.‡

### SUPPLEMENT FACTS

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
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A Phytocrine™ Proprietary Blend .....1,310 mg \* ..... 2,620 mg \*  
 Horny Goat Weed extract (*Epimedium sagittatum*, aerial parts, standardized to 10% icariin), Velvet bean extract (*Mucuna pruriens*, seed, standardized to 15% L-dopa), Gokhru fruit extract (*Tribulus terrestris*, standardized to 45% saponins), Maca root (*Lepidium meyenii*), Damiana leaf (*Turnera diffusa*), Muira Puama bark (*Ptychopetalum olacoides*), *Eleutherococcus senticosus* root extract (standardized to 0.8% eleutherosides), Tongkat Ali 100:1 extract (*Eurycoma longifolia*, root bark), *Panax ginseng* root extract (standardized to 3% ginsenosides), Ashwagandha root extract (*Withania somnifera*, standardized to 7% withanolides, 1% alkaloids, and 0.25% withaferine-A).

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate and silica.

†Dr. Joseph J. Collins has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

[ Formulated by Joseph J. Collins, R.N., N.D. ]†

## TestoQuench™ For Men

Formula	Size
201351	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

TestoQuench™ for Men is a Hormone Specific™ Formulation containing botanicals to help maintain healthy androgen metabolism. TestoQuench™ for Men features a combination of herbs designed to support the healthy function of the prostate and other testosterone-sensitive tissues in men.‡

### SUPPLEMENT FACTS

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
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A Phytocrine™ Proprietary Blend .....1,440 mg \* .....2,880 mg \*  
 Saw Palmetto berry extract (*Serenoa repens*, standardized to 25% fatty acids),  
*Pygeum africanum* (bark, standardized to 2.5% sterols), *Piper cubeba* (fruit),  
 Stinging Nettle leaf extract (*Urtica dioica*, standardized to 1% silica), Holy Basil  
 (*Ocimum sanctum*, leaf), *Magnolia officinalis* bark extract (standardized to  
 5% honokiol).

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

[ Formulated by Joseph J. Collins, R.N., N.D. ]†

## TestoQuench™ For Women

Formula	Size
201352	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

TestoQuench™ for Women is a Hormone Specific™ Formulation of botanicals that help to moderate androgen activity. This combination is designed to support the healthy function of testosterone-sensitive tissues in women.‡

### SUPPLEMENT FACTS

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
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A Phytocrine™ Proprietary Blend .....1,440 mg \* .....2,880 mg \*  
 Paeonia root extract (*Paeonia lactiflora*, standardized to 10% paeoniflorin),  
 Fenugreek seed (*Trigonella foenum-graecum*), Saw Palmetto berry extract  
 (*Serenoa repens*, standardized to 25% fatty acids), Fennel seed  
 (*Foeniculum vulgare*), *Pygeum africanum* extract (bark, standardized to  
 2.5% sterols), Holy Basil (*Ocimum sanctum*, leaf), Nettle leaf extract  
 (*Urtica dioica*, standardized to 1% silica), *Vitex-agnus castus* (Chastetree  
 berry, standardized to 0.5% agnuside and 0.4% aucubin)

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

### OTHER HORMONE SPECIFIC™ FORMULAS

200529 AdrenoMend™ .....	Pg. 159
201381 ThyroMend™ .....	Pg. 161

## HORMONE SPECIFIC™ FORMULATIONS | SELECTION GUIDE

[ Developed by Dr. Joseph J. Collins, R.N., N.D. ]<sup>+</sup>

Hormone Specific™ Formulations provided by Douglas Laboratories® and formulated by Dr. Joseph J. Collins, R.N., N.D., were created to support the optimal function of specific hormones through the use of hormone-specific adaptogens and functional modulators of hormone actions that contain Phytocrine™ properties. These formulations may be used as part of a hormone health program with dietary and nutrient support. In addition, these formulations may be used by clinicians as adjuvants to support optimal hormone health in patients who have been prescribed bioidentical hormone therapies.<sup>‡</sup>

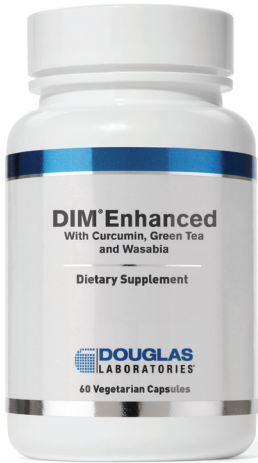
<i>Hormone Specific™ Formulations</i>	<i>Functions<sup>‡</sup></i>	<i>Primary Hormone Indications<sup>‡</sup></i>	<i>Daily Dose (see label for dosing protocol)</i>
Endocrine Complete™	Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health	<ul style="list-style-type: none"> <li>• Foundational hormone health for men and women</li> <li>• Complements all Hormone Specific™ Formulations</li> </ul>	4 capsules
AdrenoMend™	Supports healthy function of the adrenal glands and related regulatory systems that respond to stress	<ul style="list-style-type: none"> <li>• Adrenal support</li> <li>• HPA axis balance</li> <li>• Homeostasis support</li> </ul>	2-4 capsules in morning
EstroMend™	Supports healthy estrogen receptor function, estrogen metabolism, and estrogen sensitive tissues	<ul style="list-style-type: none"> <li>• Menopause</li> </ul>	2-4 capsules in evening
EstroQuench™	Supports healthy metabolism of estrogens  Moderates estrogen activity at the cellular level	<ul style="list-style-type: none"> <li>• Hormonal health in women and men</li> </ul>	2-4 capsules
GlucoQuench™	Supports the Glucose-Insulin-System (GIS) and cardiometabolic health by supporting healthy blood glucose, blood lipids, and insulin function	<ul style="list-style-type: none"> <li>• Glucose homeostasis</li> <li>• Insulin function</li> </ul>	2-4 capsules
ProgestoMend™	Supports the production and function of progesterone at the cellular level	<ul style="list-style-type: none"> <li>• Hormonal health in women</li> </ul>	2-4 capsules
TestoGain™	Supports the production of testosterone and other androgens	<ul style="list-style-type: none"> <li>• Hormonal health in women and men</li> </ul>	2-4 capsules
TestoQuench™ for Men	Moderates androgen activity to support testosterone sensitive tissues	<ul style="list-style-type: none"> <li>• Prostate health</li> </ul>	2-4 capsules
TestoQuench™ for Women	Moderates androgen activity to support testosterone sensitive tissues in women	<ul style="list-style-type: none"> <li>• Ovarian health</li> <li>• Premenstrual health</li> </ul>	2-4 capsules
ThyroMend™	Supports natural production of thyroid hormones and supports thyroid responsive tissues	<ul style="list-style-type: none"> <li>• Thyroid health</li> </ul>	2-4 capsules

Visit [douglaslabs.com](http://douglaslabs.com) for more detailed Hormone Specific™ Clinical Guidelines

<sup>+</sup>Dr. Joseph J. Collins has been retained as a medical consultant in advising Douglas Laboratories.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# HORMONE DETOXIFICATION



DIM® Enhanced is a microencapsulated form of diindolylmethane with curcumin, green tea and wasabia, designed to support healthy estrogen hormone balance and immune health. Microencapsulated DIM by BioResponse® is a patented, absorption-enhancing formulation to ensure proper assimilation by the body.‡

## DIM® Enhanced With Curcumin, Green Tea and Wasabia

Formula	Size
201208	60 Vegetarian Capsules

Suggested Usage: 1, one to two times daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Green Tea Extract (leaf) ..... 200 mg (standardized to 95% polyphenols and 45% EGCG)	*
BioResponse DIM® diindolylmethane complex..... 125 mg (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy] and silica), (standardized to contain 25% diindolylmethane)	*
Meriva® Curcumin Phytosome..... 125 mg (Curcuma longa extract, rhizome)/Phosphatidylcholine (soy) complex)	*
Sawa™ Wasabia japonica (rhizome) ..... 50 mg (Containing at least 600 mcg of isothiocyanates as allyl ITC, 3-butenyl ITC and 4-pentyl ITC)	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate and silica.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

Meriva® is a registered trademark of Indena S.p.A, Milano.

Sawa™ is a trademark of New Zealand Wasabi, Ltd.

## Calcium D-Glucarate

Formula	Size
CDG	90 Capsules

Suggested Usage: 1 daily

Calcium D-Glucarate is a supplement of D-glucaric acid bound to calcium. Calcium D-glucarate supports the body's natural defenses against environmental toxins and excess steroid hormones by way of glucuronidation.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Calcium (From 500 mg Calcium D-Glucarate)..... 63 mg	6%

Other ingredients: Gelatin (capsule), cellulose, and vegetable stearate.

Calcium D-Glucarate™ supplies D-glucaric acid bound to calcium which serves as a bioavailable precursor to D-glucaro-1,4-lactone.

D-Glucarate™ is a trademark of BioChemix, Inc. Calcium D-Glucarate is licensed from Nutraceutix, Inc. and BioChemix, Inc.

## Ultra I-3-C

Formula	Size
201209	60 Vegetarian Capsules

Suggested Usage: 1 daily

Ultra I-3-C supplies indole-3-carbinol (I-3-C) in a proprietary blend of cruciferous vegetables for estrogen balance.‡

### SUPPLEMENT FACTS PL

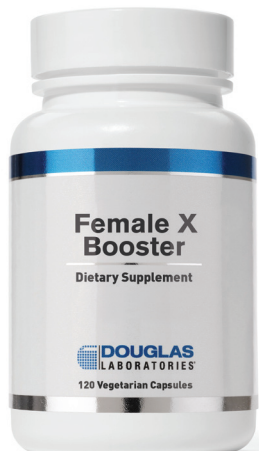
Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Indole-3-Carbinol..... 200 mg	*
Proprietary Blend ..... 100 mg	*
Standardized broccoli extract (sprouts), Cauliflower (entire plant) and Brussel sprout (entire plant).	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and vegetable stearate.

# FEMALE SPECIALTIES



The Female X Booster formula supports many of the physiological mechanisms involved in maintaining female sexual health. These include the support of general vascular function, healthy stress responses, and overall well-being. Black cohosh (*Cimicifuga racemosa*) supports physical and sexual drive in post-menopausal women, as indicated by the “sexuality domain” of clinical reporting scales used in studies. Panax Ginseng may have

mild estrogenic effects on reproductive tissues in addition to its ability to moderate the effects of stress on the nervous system, a function that is shared by other adaptogens in this formula, such as *Eleutherococcus senticosus* (Siberian Ginseng) and Ashwagandha (*Withania somnifera*). Muira Puama (*Ptychopetalum olacoides*) is a traditionally used Brazilian adaptogen to support arousal.‡

[ Formulated by Shelena Lalji, M.D. & Joseph J. Collins, R.N.,N.D. ]\*

## Female X Booster

Formula	Size
202275	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

### SUPPLEMENT FACTS PL

Serving Size	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container	60	30
Amount Per Serving	%DV	%DV

Proprietary Blend .....	674 mg *	1,348 mg *
Maca root ( <i>Lepidium meyenii</i> ), Dong Quai root Extract ( <i>Angelica sinensis</i> ) (standardized to 1% ligustilides), Muira Puama bark ( <i>Ptychopetalum olacoides</i> ), Velvet bean seed Extract ( <i>Mucuna pruriens</i> ) (standardized to 15% L-dopa), Hops flower Extract ( <i>Humulus lupulus</i> ) (standardized to 5% flavones), Horny Goat Weed Extract ( <i>Epimedium brevicornum</i> , aerial parts) (standardized to 10% icariin), Gokhru fruit Extract ( <i>Tribulus terrestris</i> ) (standardized to 45% saponins), <i>Eleutherococcus senticosus</i> root Extract (standardized to 0.8% eleutherosides), Panax ginseng root Extract (standardized to 3% ginsenosides), Ashwagandha root and leaf Extract ( <i>Withania somnifera</i> ) (standardized to 10% withanolide glycoside conjugates and 32% oligosaccharides), Black Cohosh root Extract ( <i>Cimicifuga racemosa</i> ) (standardized to 0.8% triterpene glycosides)		
L-Arginine.....	250 mg *	500 mg *
L-Citrulline.....	230 mg *	460 mg *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate and silica.

## Isoflavone-250 with Genistein

Formula	Size
83044	60 Capsules

Suggested Usage: 1 daily

Isoflavone-250 with Genistein is an isoflavone plant extract standardized to 40% isoflavones. Isoflavones are a class of phytoestrogens, plant-derived compounds that are similar in structure and/or function to estrogens, and can support menopause and bone health.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Isoflavone Standardized .....	250 mg *
Plant Extract 40% (from soybean/kudzu root) Providing: Genistein, Daidzein, Daidzin, Puerarin-7-Xyloside, Puerarin and Kakkonein	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsules), silica and vegetable stearate.

\*Our Clinical Advisors have been retained as medical consultants in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

[ Formulated by Shelena Lalji, M.D. ]<sup>+</sup>

**PMS Support<sup>‡</sup> With BioResponse DIM<sup>®</sup>**

Formula	Size
202365	60 Vegetarian Capsules

Suggested Usage: 2 daily

Now soy-free, PMS Support<sup>‡</sup> offers a combination of specific nutrients, including BioResponse DIM<sup>®</sup>, chaste berry extract, magnesium and B vitamins, specially formulated for support of premenstrual symptoms in women. BioResponse DIM<sup>®</sup>, a bioavailable form of diindolylmethane, and chaste berry extract provide support for normal prolactin levels, hormone balance and healthy reproductive function in women.<sup>‡</sup>

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Thiamine (as Thiamine HCl)..... 25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate)..... 25 mg	1,471%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate)..... 25 mg	1,250%
Folate (as L-methylfolate, Metafolin <sup>®</sup> )..... 400 mcg	100%
Iron (as Ferronyl <sup>®</sup> )..... 18 mg	100%
Magnesium (as Magnesium amino acid chelate)..... 200 mg	50%
BioResponse DIM <sup>®</sup> Diindolylmethane complex..... 100 mg	*
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica), (standardized to contain 25% diindolylmethane)	
Chaste Berry Extract..... 100 mg *	
(Vitex agnus-castus, fruit)(standardized to 0.5% Agnuside and 0.4% Aucubin)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, and silica.

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

BioResponse DIM<sup>®</sup> is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

[ Formulated by Shelena Lalji, M.D. ]<sup>+</sup>

**Ultra Menoease<sup>™</sup> With BioResponse DIM<sup>®</sup>**

Formula	Size
202366	60 Vegetarian Capsules

Suggested Usage: 2 daily

Now soy-free, Ultra Menoease<sup>™</sup> is a supplement specially formulated with pure genistein, microencapsulated BioResponse DIM<sup>®</sup>, botanicals and nutrients for support of normal menopausal symptoms and healthy estrogen levels in women.<sup>‡</sup>

**SUPPLEMENT FACTS** PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> ..... 1,000 IU	250%
Magnesium (as amino acid chelate)..... 100 mg	25%
Proprietary Blend..... 300 mg	*
Red Clover flower extract (Trifolium pratense) (standardized to 8% biocannin), Black Cohosh root Extract (Cimicifuga racemosa) (standardized to 8% triterpene glycosides), Chrysin	
BioResponse DIM <sup>®</sup> Diindolylmethane complex..... 75 mg	*
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine (from sunflower) and silica), (standardized to contain 25% diindolylmethane)	
geniVida <sup>®</sup> Genistein..... 30 mg	*

\*Daily Value (DV) not established.

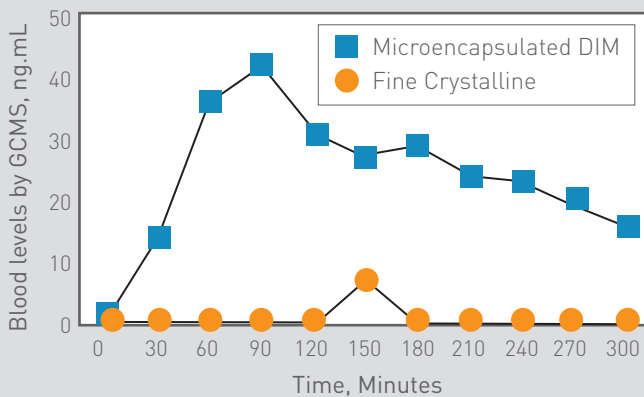
Other ingredients: Pectin, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

geniVida<sup>®</sup> is a trademark of DSM

BioResponse DIM<sup>®</sup> is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

**DIM Absorption in Humans**

1 mg/Kg, Average of Three Patients



Jacobs, I.C., and Zeligs, Controlled Release Society, 27:1324, 2000.

# MALE SPECIALTIES



Ultra Uni-Pros-Trol™ provides a wide range of nutrients to support prostate health, including a supercritical CO<sub>2</sub> extract of saw palmetto, as well as lycopene, standardized pygeum, and nettle extracts. Additionally, Ultra Uni-Pros-Trol™ provides ingredients such as lutein that are not typically found in male health formulas.‡

## Ultra Uni-Pros-Trol™

Formula	Size
99451	60 Softgels

Suggested Usage: 2 daily with food

### SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Vitamin E (as d-alpha tocopherol)..... 10 IU	33%
with mixed tocopherols providing a minimum of:	
d-gamma-tocopherol..... 90 mg	
d-delta plus d-beta tocopherols..... 35 mg	
Zinc (Zinc gluconate)..... 10 mg	67%
Selenium (from Se-methyl-L-selenocysteine)..... 200 mcg	286%
Standardized Saw Palmetto extract (fruit)..... 320 mg	*
(Supercritical CO <sub>2</sub> extract, 85-95% fatty acids, 0.2% sterols)	
Plant Sterols (from soy)..... 150 mg	*
Standardized Nettle extract (root) (1% sterols)..... 120 mg	*
Pumpkin Seed Oil (cold pressed)..... 100 mg	*
Standardized Pygeum extract (bark) (13% total sterols)..... 50 mg	*
L-Glycine..... 25 mg	*
L-Alanine..... 25 mg	*
L-Glutamic Acid..... 25 mg	*
Lycopene (from Lyc-O-Mato®)..... 15 mg	*
Lutein..... 5 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), glycerin, water and caramel color.

Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Industries, LTD.

## Male X Booster

Formula	Size
99248	60 Vegetarian Capsules

Suggested Usage: 4 daily

Male X Booster is an amino acid supplement combined with well-known herbs such as Maca root, *Ginkgo biloba*, Ginseng, and Horny Goat Weed for support of a man's sexual health and well-being.‡

### SUPPLEMENT FACTS PL

Serving Size 4 Vegetarian Capsules • Servings Per Container 15

Amount Per Serving	%DV
Vitamin E..... 40 IU	133%
(as natural d-alpha Tocopheryl)	
Inosine..... 100 mg	*
Male X Booster proprietary blend..... 2,828 mg	*
Arginine, <i>Muiru puama</i> (bark), <i>Avena sativa</i> (straw), Horny Goat Weed, <i>Epimedium brevicornum</i> (stem and leaf), Maca extract, <i>Lepidium meyenii</i> (root), <i>Tribulus terrestris</i> extract (fruit), Damiana, <i>Turnera diffusa</i> (leaf), <i>Panax ginseng</i> extract (root), Soy Protein, <i>Ginkgo biloba</i> (leaf), Cayenne, <i>Capsicum annum</i> (fruit).	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica and microcrystalline cellulose.

‡Dr. Shelena Lalji has been retained as a medical consultant in advising Douglas Laboratories.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Nettles Max-V

Formula	Size
77359	60 Vegetarian Capsules

**Suggested Usage:** 1 capsule, three times daily

Nettles Max-V supplies 250 mg of standardized nettles extract in each vegetarian capsule for prostate support.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Stinging Nettle.....250 mg	*
Herbal extract (leaf) ( <i>Urtica dioica</i> L.) Standardized to provide 2.5 to 5 mg silica	
Nettles (leaf) (non-standardized).....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose and vegetable stearate.

## Pecta-Sol®

Formula	Size
82046	90 Capsules

**Suggested Usage:** 1-6, three times per day

Pecta-Sol® capsules contain modified citrus pectin that has been clinically shown to support cellular health, normal immune responses and healthy detoxification. PectaSol® is derived from the pith of citrus fruit peels, including lemons, limes, oranges and grapefruits, and is modified using a proprietary enzymatic and pH process. This unique modification process guarantees that PectaSol® pectin has a low molecular weight in order to be absorbed more effectively.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV^
Total Carbohydrate.....0.7 g	<1%
Dietary Fiber.....0.5 g	2%
Sodium.....28 mg	1%
Potassium.....68 mg	2%
PectaSol® (Modified Citrus Pectin).....800 mg	*

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

PectaSol® Modified Citrus Pectin is a complex polysaccharide rich in galactosyl residues.

PectaSol® is a registered trademark of EcoNugenics®, Inc. Pectasol® is protected under US Patent No. #6,274,566, #6,462,029 and #7,026,302.

## Saw Palmetto Max-V

Formula	Size
77367	60 Vegetarian Capsules

**Suggested Usage:** 1 capsule, twice daily

Saw Palmetto Max-V provides 160 mg of standardized saw palmetto in each vegetarian capsule for prostate support.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Saw Palmetto Herbal Extract (berry) ( <i>Serenoa repens</i> ) .....160 mg	*
Standardized to provide 35% fatty acids	
Saw Palmetto (berry) ( <i>Serenoa repens</i> ).....100 mg	*
(non-standardized)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica and microcrystalline cellulose.

## Uro-Pro® (For Men Only)

Formula	Size
82044	60 Capsules

**Suggested Usage:** 1 daily

Uro-Pro® is a comprehensive combination of vitamins, minerals, amino acids, herbals and other nutrients, carefully formulated and specifically designed to support the healthy function of the prostate gland during the normal aging of men.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

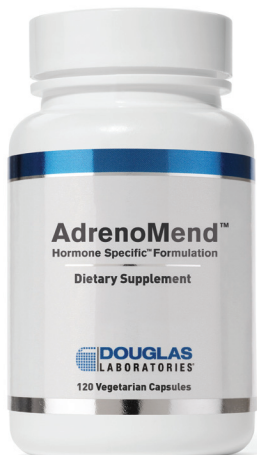
Amount Per Serving	%DV
Vitamin A.....2,500 IU	50%
Vitamin E.....30 IU	100%
(as d-alpha Tocopheryl Succinate)	
Vitamin B <sub>6</sub> .....25 mg	1,250%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate)	
Zinc (Zinc picolinate/oxide complex).....15 mg	100%
Saw Palmetto (berry) (standardized extract).....160 mg	*
Pygeum (bark).....50 mg	*
<i>Pygeum africanum</i> (standardized extract)	
Pumpkin Seed powder.....100 mg	*
Glycine.....50 mg	*
L-Alanine.....50 mg	*
L-Glutamic Acid.....50 mg	*
Grape seed extract.....10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.



# ADRENAL HEALTH



AdrenoMend™ is a Hormone Specific™ Formulation of 10 highly valued herbal extracts with adaptogenic properties designed to support healthy, balanced adrenal gland function. This formulation is designed to promote optimal function of the adrenal glands and related regulatory systems †

[ Formulated by Joseph J. Collins, R.N., N.D. ]†

## AdrenoMend™

Formula	Size
200529	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

### SUPPLEMENT FACTS

Serving Size:	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container:	60	30

Amount Per Serving	%DV	%DV
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A Phytocrine™ Proprietary Blend	955 mg *	1,910 mg *
Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: <i>Schisandra chinensis</i> (fruit, standardized to 2% schisandrins), <i>Bacopa monnieri</i> (aerial parts, standardized to 20% bacosides), <i>Rhodiola rosea</i> (root, standardized to 5% rosavins and 1% salidroside), <i>Eleutherococcus senticosus</i> (root, standardized to 0.8% eleutherosides), <i>Magnolia officinalis</i> (bark, standardized to 5% honokiol), <i>Rehmannia glutinosa</i> (root), <i>Bupleurum falcatum</i> (root), <i>Panax ginseng</i> (root, standardized to 3% ginsenosides), <i>Coleus forskohlii</i> (root, standardized to 1% forskolin)		
Sensoril® Ashwagandha Extract	125 mg *	250 mg *
(Withania somnifera, root and leaf extract, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides)		

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate and silica.

Sensoril® is protected under US Patent 6,713,092 and is a trademark of Natreon, Inc.

## Adrenplus-300

Formula	Size
7221	60 Capsules
	120 Capsules

Suggested Usage: 2 daily

Adrenplus-300 is a blend of vitamins, minerals and bovine adrenal glandular concentrate designed to support adrenal tissue.†

### SUPPLEMENT FACTS PL

Serving Size 2 Capsules

Amount Per Serving		%DV
Vitamin A (as Vitamin A Acetate)	5,000 IU	100%
Vitamin C (Ascorbic Acid)	300 mg	500%
Thiamine	3 mg	200%
Riboflavin	1.5 mg	88%
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	50 mg	2,500%
Pantothenic Acid (as d-Calcium Pantothenate)	60 mg	600%
Zinc (from Zinc Aspartate Complex)	15 mg	100%
Adrenal (bovine)	300 mg	*
Spleen (bovine)	50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

†Dr. Joseph J. Collins has been retained as a medical consultant in advising Douglas Laboratories.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Ayur-Ashwagandha

Formula	Size
7670	60 Capsules

Suggested Usage: 1 daily

Ayur-Ashwagandha supplies 300 mg of ashwagandha standardized in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Ashwagandha root extract..... 300 mg ( <i>Withania somnifera</i> ) (standardized to 7% Withanolides, 1% Alkaloids, and 0.25% withaferine-A)	*

\*Daily Value [DV] not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Ora-Adren 80

Formula	Size
7220	100 Capsules

Suggested Usage: 1 daily

Ora-Adren 80 provides 80 mg of raw adrenal concentrate per capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Raw Adrenal Concentrate (not an extract) of bovine source...80 mg	*

\*Daily Value [DV] not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Xtra-Cell® CF Support (Frozen)

Formula	Size
99457	9 ml Bottle - (24 Bottles)

Suggested Usage: 1 bottle daily

Xtra-Cell® CF Support is an innovative frozen liquid extract consisting of selected proteins, peptides and other growth factors and signaling molecules obtained from porcine adrenal and mesenchyme tissues.

### SUPPLEMENT FACTS

Each 9 ml Bottle Contains

Amount Per Serving	%DV
Porcine Mesenchyme Aqueous Extract 125X..... 0.19 fl. oz. (5.5 mL)	*
Porcine Adrenal Aqueous Extract ..... 0.12 fl. oz. (3.5 mL) (enriched with Mesenchyme 125X)	*

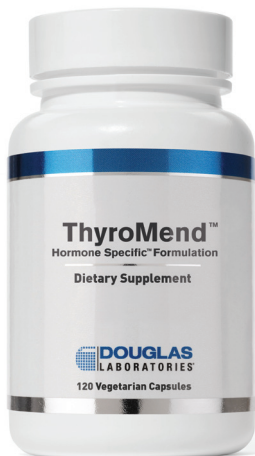
\*Daily Value [DV] not established.

Other ingredients: None.

## Xtra-Cell® Formulas

These unique extracts begin with the highest quality raw materials and are manufactured and purified via a patented, low temperature process that involves homogenization, centrifugation, fractionation, ultrafiltration, and microfiltering. The resulting extract is then aseptically bottled, and depending on the product can be immediately flash frozen without the use of preservatives. This process allows for the isolation of a complex of molecules including proteins and peptides that can be selected based on their size and molecular weight. These water-soluble compounds remain in their native state and can function as signaling factors that interact with receptors and ultimately affect cellular function. This process can be applied to different starting materials, allowing for the creation of highly-bioavailable liquid extracts with different molecular profiles that can be targeted for specific applications that include supporting and maintaining cell and tissue health.‡

## THYROID HEALTH



ThyroMend™ is a Hormone Specific™ Formulation of iodine-containing Seaweeds and herbs that support thyroid function. This formulation is designed to maintain the health of thyroid hormone-producing tissues and support the healthy function of tissues that respond to thyroid hormones.‡

[ Formulated by Joseph J. Collins, R.N.,N.D. ]†

### ThyroMend™

Formula	Size
201381	120 Vegetarian Capsules

Suggested Usage: 2-4 daily

#### SUPPLEMENT FACTS

Serving Size	2 Vegetarian Capsules	4 Vegetarian Capsules
Servings Per Container	60	30

Amount Per Serving	%DV	%DV
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Iodine (from seaweed blend)	200 mcg	133%	400 mcg	267%
A Phytocrine™ Proprietary Blend	1,300 mg	*	2,600 mg	*
Seaweed Blend ( <i>Ascophyllum nodosum</i> & <i>Fucus vesiculosus</i> , entire plant), Standardized Guggulipid ( <i>Commiphora mukul</i> , gum resin, 2.5% guggulsterones), Standardized Bacopa ( <i>Bacopa monnieri</i> , aerial parts, 20% bacosides), Standardized Ashwagandha ( <i>Withania somnifera</i> , root, 1.5% withanolides & 1% alkaloids), Standardized Hops ( <i>Humulus lupulus</i> aerial parts, 5% alpha bitter acid), <i>Coleus forskohlii</i> (root, standardized to 10% forskolin), Sage ( <i>Salvia officinalis</i> , leaf), & Standardized Rosemary extract ( <i>Rosmarinus officinalis</i> , aerial parts, 6% carnosic acid)				

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica.

## DHEA/PREGNENOLONE/MELATONIN



DHEA 5 mg dissolvable tablets contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets dissolve in mouth.

### DHEA 5 mg Micronized (Tablets)

Formula	Size
83025	100 Tablets

Suggested Usage: ½ to 1 daily

#### SUPPLEMENT FACTS

Serving Size 1 Bisected Tablet • Servings Per Container 100

Amount Per Serving	%DV
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DHEA (Dehydroepiandrosterone)	5 mg	*
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\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

†Dr. Joseph J. Collins has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**DHEA 10 mg Micronized (Capsules)**

Formula	Size
DHEA1	100 Vegetarian Capsules

Suggested Usage: 1-2 daily

DHEA capsules contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practice (GMP) standards.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone) ..... 10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule).

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

**DHEA 25 mg Micronized (Tablets)**

Formula	Size
83050	60 Tablets 120 Tablets

Suggested Usage: ½ to 1 daily

DHEA 25 mg dissolvable tablets contain the high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets can be dissolved in mouth and swallowed or swallowed whole.

**SUPPLEMENT FACTS**

Serving Size 1 Bisected Tablet

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone) ..... 25 mg	*

\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

**DHEA 25 mg Micronized (Capsules)**

Formula	Size
DHEA	100 Vegetarian Capsules

Suggested Usage: 1 daily

DHEA capsules contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practice (GMP) standards.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone) ..... 25 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), and ascorbyl palmitate.

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

**DHEA 50 mg Micronized (Capsules)**

Formula	Size
DHEA5	100 Vegetarian Capsules

Suggested Usage: 1-2 daily

DHEA capsules contain high purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practice (GMP) standards.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone) ..... 50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), and ascorbyl palmitate.

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

## DHEA Plus

Formula	Size
DHP	100 Vegetarian Capsules

Suggested Usage: 1 daily

DHEA Plus vegetarian capsules contain 25 mg each of high purity dehydroepiandrosterone (DHEA) and pregnenolone. Both are produced under strict Good Manufacturing Practices (GMP) standards.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone) .....25 mg	*
Pregnenolone.....25 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), and ascorbyl palmitate.

Caution Athletes: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

## Pregnenolone (25 mg)

Formula	Size
83088	60 Tablets

Suggested Usage: ½ to 1 daily

Pregnenolone 25 mg contains high purity pregnenolone and is produced under strict Good Manufacturing Practices (GMP) standards. Tablets can be dissolved in mouth and swallowed or swallowed whole.

### SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet • Servings Per Container 60

Amount Per Serving	%DV
Pregnenolone.....25 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, mannitol, stearic acid, vegetable stearate and silica.

## Pregnenolone (5 mg)

Formula	Size
83057	100 Tablets

Suggested Usage: ½ to 1 daily

Scored tablet containing 5 mg of Pregnenolone for hormonal support. Tablets can be dissolved in mouth and swallowed or swallowed whole.†

### SUPPLEMENT FACTS

Serving Size 1 Bisected Tablet • Servings Per Container 100

Amount Per Serving	%DV
Pregnenolone.....5 mg	*

\*Daily Value (DV) not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

## Melatonin Controlled-Release 2 mg

Formula	Size
MEL-CR	60 Tablets

Suggested Usage: 1 daily

Longer-acting 2 mg tablets dissolve gradually over a 3 to 4 hour period to keep blood levels more constant. Produced under strict Good Manufacturing Practices (GMP) standards.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....2 mg	*

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, vegetable stearine, methylcellulose, silica and magnesium stearate.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Melatonin 3 mg (Tablets)**

Formula	Size
81322	60 Tablets

Suggested Usage: 1 daily

Melatonin 3 mg tablets contain 3 mg of high purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

**SUPPLEMENT FACTS** 

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....3 mg	*

\*Daily Value [DV] not established.

Other ingredients: Cellulose, fructose, dicalcium phosphate and vegetable stearate.

**Melatonin 1 mg (Tablets)**

Formula	Size
MEL-S	60 Tablets

Suggested Usage: 1 tablet, 30 minutes before bedtime as needed, or as directed by your healthcare professional.

Melatonin dissolvable tablets contain 1 mg of high purity melatonin produced under strict Good Manufacturing Practices (GMP) standards. The natural vanilla-flavored tablets dissolve in the mouth and are sweetened exclusively with xylitol and mannitol.

**SUPPLEMENT FACTS** 

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....1 mg	*

\*Daily Value [DV] not established.

Other ingredients: Cellulose, mannitol, xylitol, vegetable stearate, silica and vanilla flavor.

**Melatonin 3 mg (Capsules)**

Formula	Size
202274	60 Capsules

Suggested Usage: 1 daily

Melatonin 3 mg capsules contain 3 mg of high purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....3 mg	*

\*Daily Value [DV] not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule).

**Melatonin P.R. 3 mg Prolonged-Release**

Formula	Size
83199	60 Tablets 180 Tablets

Suggested Usage: 1 daily

Melatonin P.R. tablets contain 3 mg of high purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

**SUPPLEMENT FACTS** 

Serving Size 1 Tablet

Amount Per Serving	%DV
Melatonin.....3 mg	*

\*Daily Value [DV] not established.

Other ingredients: Dicalcium phosphate, cellulose, silica and vegetable stearate.

PROFESSIONAL ATHLETES CAN'T TAKE CHANCES  
WITH WHAT THEY PUT INTO THEIR BODIES.  
**SO WHY SHOULD YOUR PATIENTS?**



**klean**  
ATHLETE.  
NUTRITIONAL SUPPLEMENTS

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# KLEAN ATHLETE®

When athletes visit your practice, they each present a unique set of challenges and individual needs. They may not be sick, but could be injured. They're both energized and fatigued from their latest adventure, training session or competition. The Klean Athlete® product line provides a solid nutrient foundation, including the vitamins, minerals and nutrients the body needs to perform at its best. Klean Athlete products fuel and fortify any athlete's ability to optimize performance despite life's daily stresses, and promote an athlete's overall health and wellness at any age, intensity or experience level. Every bottle of Klean Athlete is tested and certified by the NSF Certified for Sport® program, which was designed to ensure safer sports nutrition, free from banned substances and contaminants. Whether you work with recreational athletes, active baby boomers or professional athletes, Klean Athlete has a place in your practice.‡



## CLINICAL ADVISOR:

Leslie Bonci, MPH, R.D., CSSD, L.D.N.<sup>+</sup>

Leslie J. Bonci is the owner of Active Eating, a nutrition consulting company that encourages clients to "Be fit, fed and fearless." She has also worked as a nutrition consultant for Major League Baseball's® Pittsburgh Pirates® and Toronto Blue Jays®, in addition to Carnegie Mellon University® Athletics, and the NFL's® Kansas City Chiefs®. Leslie worked as a sports dietician for the Pittsburgh Steelers® for 24 years, and has also worked with the NHL's® Pittsburgh Penguins® and MLB's® Washington Nationals®. In addition, she serves as the company nutritionist for the Pittsburgh Ballet Theatre and is a sports nutrition consultant to the WNBA®.\*\*

## PERFORMANCE

YOU DIG DEEP, TRAIN HARD,  
COMPROMISE ON NOTHING.

The Performance products ensure that athletes have the tools on hand that they need to keep pace. Klean Isolate™, Klean Creatine™, Klean Electrolytes™, Klean Endurance™, Klean BCAA + PEAK ATP® and Klean Recovery™ support the body through all stages of a workout—fueling, performance and recovery—all while giving athletes the peace of mind that they're compromising on nothing. Athletes and their bodies require nutrition that meets their performance needs safely and effectively.‡





Klean Hydration™ contains 6% carbohydrates with additional minerals for the replacement of fluid and electrolytes lost through sweat during physical activity. The carbohydrates and sodium in this great-tasting drink mix support the intestinal absorption of fluids to maximize hydration efficiency.‡

## Klean Hydration™

● new product

Formula	Size
KA57694P	358 g Powder 10 Sachets/Carton

Suggested Usage: 1 scoop daily

### SUPPLEMENT FACTS

Serving Size 1 Scoop / 1 Sachet (Approx. 17.9 g)  
Servings Per Container Approx. 20 / Servings Per Carton 10

Approximate Amount Per Serving	%DV <sup>^</sup>
Calories .....	60
Total Carbohydrates .....	16 g 6%
Total Sugars (Includes 12 g Added Sugars).....	12 g 24%
Vitamin C (as ascorbic acid) .....	12.5 mg 14%
Calcium (as TRAACS® calcium bisglycinate chelate) .....	35 mg 3%
Magnesium (as citrate) .....	25 mg 6%
Sodium (as citrate) .....	180 mg 8%
Potassium (as citrate) .....	70 mg 1%
Carbohydrate Blend .....	15 g *
Sucrose (from cane/beet), Highly Branched Cyclic Dextrin (Cluster Dextrin®), Dextrose, Fructose	

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Citric acid, organic orange flavor with other natural flavors, red beet (for color), beta carotene (for color).

Cluster Dextrin® is a registered trademark of Gilco Nutrition Co., Ltd.

TRAACS® is a registered trademark of Albion laboratories, Inc.

## Klean BCAA + PEAK ATP®

Formula	Size
KA57678	258 g Powder

Suggested Usage: 1 scoop daily

Klean BCAA + PEAK ATP® is a NSF Certified for Sport® supplement that supplies a 2:1:1 ratio of the branched-chain amino acids leucine, isoleucine and valine, as well as 400 mg of ATP in each serving. PEAK ATP® has been shown to support peak physical performance by increasing strength, power and muscle gain, which allows the body to train longer, harder, and stronger. Together, these nutrients provide a direct source of energy to the muscles for performance and recovery.‡

### SUPPLEMENT FACTS

Serving Size: 1 Scoop (Approx. 8.6 g) • Servings Per Container Approx. 30

Approximate Amount Per Serving	%DV
Calories .....	10
Total Carbohydrates .....	2.5 g <1% <sup>^</sup>
Sugar Alcohol.....	1 g
L-Leucine.....	2 g *
L-Isoleucine.....	1 g *
L-Valine .....	1 g *
PEAK ATP® (Adenosine 5'-Triphosphate disodium) .....	400 mg *

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Natural orange flavor with other natural flavors, xylitol, citric acid, malic acid, stevia leaf extract, monk fruit extract, sunflower lecithin, and annatto (for color).

PEAK ATP® is a registered trademark of TSI USA Inc. and is used under license.

<sup>^</sup>Leslie Bonci has been retained as a medical consultant in advising Douglas Laboratories.

<sup>^</sup>All registered and unregistered trademarks are the property of their respective owners and used without permission.

<sup>^</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Klean Creatine™

Formula	Size
KA57692P	315 g Powder

Suggested Usage: 1 scoop daily

Klean Creatine™ is a product containing Creapure® to support muscle strength, performance and recovery. If you take part in sports that require bursts of intense and repeated muscle power, creatine is scientifically proven to help you increase your body strength, build muscle mass, and recover more quickly from strenuous exercise.‡

### SUPPLEMENT FACTS

Serving Size 1 Scoop (Approx. 5 g) • Servings Per Container Approx. 60

Approximate Amount Per Serving	%DV
Creapure® Creatine Monohydrate.....5 g	*

\*Daily Value (DV) not established.

Other ingredients: None.

Creapure® is a registered trademark of Alzchem AG.

## Klean Electrolytes™

Formula	Size
KA201390	120 Vegetarian Capsules

Suggested Usage: 1 daily

Klean Electrolytes™ replenishes important minerals in the body during or after exercise. The loss of sodium, potassium, chloride, calcium and magnesium can lead to fatigue, dehydration and muscle cramps. The capsule form makes it easy to customize the dosage to meet individual training and performance needs.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 120

Amount Per Serving	%DV
Vitamin B <sub>6</sub> (Pyridoxal-5-phosphate).....7 mg	350%
Calcium (as Calcium Chelate).....25 mg	3%
Magnesium (as Magnesium Chelate).....25 mg	6%
Sodium (as Sodium Chloride).....40 mg	2%
Potassium (as Potassium Chelate).....25 mg	<2%
Chloride (as Sodium Chloride).....60 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

## Klean Endurance™

Formula	Size
KA201245	90 Chewable Tablets

Suggested Usage: 1 daily

Klean Endurance™ is a NSF Certified for Sport® supplement of chewable tablets that contain pure D-Ribose to support the natural production of adenosine triphosphate (ATP). Klean Endurance chewable tablets are great tasting, natural vanilla flavored, sweetened with xylitol and convenient for on-the-go supplementation.‡

### SUPPLEMENT FACTS

Serving Size 1 Chewable Tablet • Servings Per Container 90

Amount Per Serving	%DV
Calories.....10	
Total Carbohydrates.....2 g	<2%^
Sugars.....1.67 g	
Sugar Alcohol.....0.5 g	*
D-Ribose.....1.67 g	*

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Xylitol, cellulose, hydroxypropylcellulose, natural orange and vanilla flavors (milk), citric acid, mannitol, vegetable stearate, stearic acid, natural palm wax (*Copernicia prunifera*), and silica.

## Klean Isolate™

Formula	Size
KA57534P	446 g Powder

Suggested Usage: 1 scoop daily

Klean Isolate™ contains no flavoring, sweeteners or other artificial ingredients and can easily be added to any beverage to enhance daily protein and amino acid intake. Just clean whey protein isolate.

### SUPPLEMENT FACTS

Serving Size 1 Scoop (Approx. 22.3 g) • Servings Per Container Approx. 20

Approximate Amount Per Serving	%DV
Calories .....	85
Total Carbohydrates.....	1 g <2%^
Sugars .....	1 g *
Protein .....	20 g 40%^
Calcium (from whey).....	20 mg 2%
Sodium (from whey).....	30 mg <2%
Potassium (from whey).....	125 mg 4%
Typical Amino Acid Profile	
L-Alanine.....	940 mg *
L-Arginine.....	415 mg *
L-Asparagine.....	2,115 mg *
L-Cystine.....	480 mg *
L-Glutamine.....	2,920 mg *
L-Glycine.....	325 mg *
L-Histidine.....	395 mg *
L-Isoleucine.....	1,240 mg *
L-Leucine.....	2,075 mg *
L-Lysine.....	1,720 mg *
L-Methionine.....	405 mg *
L-Phenylalanine.....	595 mg *
L-Proline.....	1,325 mg *
L-Serine.....	935 mg *
L-Threonine.....	1,360 mg *
L-Tryptophan.....	325 mg *
L-Tyrosine.....	585 mg *
L-Valine.....	1,125 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Whey protein isolate (from milk), sunflower lecithin.

## Klean Isolate™ Natural Chocolate Flavor

Formula	Size
KA57691P	580 g Powder 10 Sachets/ Carton

Suggested Usage: 1 scoop daily

Klean Isolate™ Natural Chocolate Flavor is whey protein isolate flavored and sweetened naturally in a great tasting powder to enhance daily protein and amino acid intake.‡

### SUPPLEMENT FACTS

Serving Size 1 Scoop / 1 Sachet (Approx. 29 g)  
Servings Per Container Approx. 20 / Servings Per Carton 10

Approximate Amount Per Serving	%DV
Calories .....	100
Calories from Fat.....	5
Total Fat.....	1 g 1%^
Total Carbohydrates.....	6 g 6%^
Dietary Fiber.....	1 g 4%^
Sugars.....	<1 g *
Sugar Alcohol.....	2 g *
Protein.....	20 g 40%^
Calcium.....	100 mg 10%
Iron.....	1.3 mg 8%
Sodium.....	120 mg 6%
Potassium.....	220 mg 7%

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Whey protein isolate (milk), cocoa, erythritol, natural flavor, sunflower lecithin, salt, stevia leaf extract (Rebaudioside A), monk fruit extract.

**Klean Isolate™ Natural Vanilla Flavor**

Formula	Size
KA57693P	516 g Powder 10 Sachets/Carton

Suggested Usage: 1 scoop daily

Klean Isolate™ Natural Vanilla Flavor is whey protein isolate flavored and sweetened naturally in a great tasting powder to enhance daily protein and amino acid intake.‡

**SUPPLEMENT FACTS**

Serving Size 1 Scoop / 1 Sachet (Approx. 25.8 g)  
Servings Per Container Approx. 20 / Servings Per Carton 10

Approximate Amount Per Serving	%DV
Calories .....	90
Total Carbohydrates.....	3 g 1% <sup>^</sup>
Dietary Fiber.....	1 g 4% <sup>^</sup>
Sugars.....	<1 g *
Protein.....	20 g 40% <sup>^</sup>
Calcium.....	120 mg 12%
Sodium.....	95 mg 4%
Potassium.....	110 mg 3%

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Whey protein isolate (milk), natural flavors, salt, sunflower lecithin, stevia leaf extract (Rebaudioside A), monk fruit extract.

**Klean Recovery™**

Formula	Size
KA57633P	1138 g Powder 10 Sachets/Carton

Suggested Usage: 1 scoop daily

Klean Recovery™ is a delicious milk chocolate flavored powder formulated with the athlete’s recovery in mind. A 4:1 ratio of carbohydrates to protein helps support glycogen re-synthesis and muscle protein synthesis immediately after a workout. In addition to whey protein, Klean Recovery™ contains a special hydrolyzed marine protein that is quickly and efficiently absorbed. It is rich in amino acids such as methionine, histidine and arginine that are crucial to muscle building and nitrogen balance.‡

**SUPPLEMENT FACTS**

Serving Size 1 Rounded Scoop / 1 Sachet (Approx. 56.9 g)  
Servings Per Container Approx. 20 / Servings Per Carton 10

Approximate Amount Per Serving	%DV
Calories .....	200
Calories from Fat.....	5
Total Fat.....	0.5 g <2% <sup>^</sup>
Total Carbohydrates.....	41 g 14% <sup>^</sup>
Dietary Fiber.....	1.5 g 6% <sup>^</sup>
Sugars.....	38 g *
Protein.....	10 g 20% <sup>^</sup>
Calcium.....	40 mg 4%
Iron.....	0.9 mg 5%
Potassium.....	150 mg 4%

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Dextrose, fructose, whey protein isolate (from milk), hydrolyzed marine protein (from fish [salmon]), Dutch process cocoa, natural flavors and sunflower lecithin.

# FOUNDATION

## EVERYTHING YOU NEED, NOTHING YOU DON'T.

A healthy athlete is a better athlete, plain and simple. Designed for everyday use, the Foundation products are designed to help athletes maintain optimal health and perform at their best. These are the basics. The Foundation category includes Klean Multivitamin™ to enhance overall micronutrient intake, Klean Omega™ for joint and muscle support, Klean Probiotic™ for digestive and immune health, and Klean-D™ 5000 IU for athletes who train indoors or receive limited exposure to natural sunlight. When taken daily, these products provide a solid foundation for health and well-being.‡



Klean Multivitamin™ is specially formulated for the unique needs of athletes. It has been carefully developed to contain the right proportions of vitamins, minerals, trace elements and other nutrients. The unique fruit and vegetable blend, along with ingredients such as Lutein, Lycopene, Zeaxanthin,

Astaxanthin and Pterostilbene, are not typically found in other multivitamins. Your patients' optimal health and performance starts with Klean Multivitamin™.‡

## Klean Multivitamin™

Formula	Size
KA201344	60 Tablets

Suggested Usage: 2 daily

### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as natural beta-carotene).....	5,000 IU 100%
Vitamin C (as Ascorbic Acid).....	120 mg 200%
Vitamin D <sub>3</sub> .....	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate).....	100 IU 333%
Thiamine (as Thiamine HCl).....	25 mg 1,667%
Riboflavin (as Riboflavin-5-phosphate).....	10 mg 588%
Niacin/Niacinamide.....	30 mg 150%
Vitamin B <sub>6</sub> (as Pyridoxal-5-phosphate).....	10 mg 500%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B <sub>12</sub> (as methylcobalamin).....	250 mcg 4,167%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate).....	25 mg 250%
Calcium (as Calcium Citrate/Malate Complex).....	50 mg 5%
Magnesium (as Magnesium Citrate).....	25 mg 6%
Iodine (from kelp).....	150 mcg 100%
Zinc (as OptiZinc®, monomethionine).....	15 mg 100%
Selenium (as amino acid chelate).....	100 mcg 143%
Copper (as amino acid chelate).....	1 mg 50%
Chromium (as amino acid chelate).....	120 mcg 100%
Molybdenum (as amino acid chelate).....	100 mcg 133%
Potassium (as Potassium Aspartate).....	30 mg <2%
Choline (as Choline Bitartrate).....	60 mg *
Inositol.....	25 mg *
Lutein.....	3 mg *
Lycopene (natural).....	3 mg *
Zeaxanthin.....	1 mg *
Astaxanthin.....	1 mg *
Pterostilbene (pTeroPure®).....	10 mg *
Proprietary Blend.....	300 mg *
Wild Blueberry Extract (fruit, <i>Vaccinium angustifolium</i> , standardized to 4% polyphenols), Strawberry Extract (fruit, <i>Fragaria vesca</i> , standardized to 2% polyphenols), Spinach Extract (leaf, <i>Spinacia oleracea</i> , standardized to 1.5% polyphenols).	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, stearic acid, hydroxypropylcellulose, silica, titanium dioxide, dextrose, magnesium silicate, glycerin, caramel color, natural vanilla flavor.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

pTeroPure® is a trademark of ChromaDex, Inc.

OptiZinc® is a Trademark of InterHealth N.I.

## Klean-D™ 5000 IU

Formula	Size
KA200562	100 Tablets

Suggested Usage: 1 daily

Klean-D™ contains 5,000 IU of natural vitamin D<sub>3</sub> per tablet. Vitamin D supplementation may help support immune health, musculoskeletal strength and physical performance in athletes.‡

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (cholecalciferol).....	5,000 IU 1,250%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate.

## Klean Omega™

Formula	Size
KA201900	60 Softgels

Suggested Usage: 1 daily

Klean Omega™ provides essential omega-3 fatty acids from clean, pure fish oil in triglyceride form delivered in a fish gelatin capsule to support an athlete's cardiovascular, neurological and joint health.‡

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories.....	10
Calories from Fat.....	10 ^
Total Fat.....	1.5 g 2%^
Marine Triglyceride Concentrate.....	1,250 mg
Providing:	
EPA (Eicosapentaenoic acid).....	500 mg *
DHA (Docosahexaenoic acid).....	250 mg *

\*Daily Value (DV) not established.

^Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: Fish gelatin (capsule, from tilapia), purified water, natural orange flavor, natural mixed tocopherols.

This product contains fish oil (anchovies and sardines).

## Klean Probiotic™

Formula	Size
KA200900	60 Capsules

Suggested Usage: 1 daily

Klean Probiotic™ is key to the overall health of the digestive system. This formula promotes beneficial bacteria in the intestinal system to support nutrient absorption and the body's immune response.‡

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Multi-Strain Probiotic Blend.....	15 Billion CFU *
Containing:	
<i>L. acidophilus (DDS-1)</i> .....	4.3 Billion CFU *
<i>L. rhamnosus</i> .....	4.3 Billion CFU *
<i>B. lactis</i> .....	1.9 Billion CFU *
<i>L. lactis</i> .....	1.0 Billion CFU *
<i>B. longum</i> .....	1.0 Billion CFU *
<i>B. bifidum</i> .....	1.0 Billion CFU *
<i>L. gasseri</i> .....	1.0 Billion CFU *
<i>S. thermophilus</i> .....	0.5 Billion CFU *
Proprietary Blend.....	.210 mg
FOS (fructooligosaccharides) and <i>Ulmus fulva</i> (bark).	

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Gelatin (capsule), vegetable stearate and silica.

# SPECIALTY

## FOCUSED NUTRITION TO KEEP YOU IN THE ZONE.

The Specialty products are designed to provide focused nutrition to keep athletes in the zone. These include Klean Focus® and Klean Antioxidant™. Sore muscles, low energy or in need of extra repair from an intense block of training, athletes need to overcome many obstacles to be at their best. The Specialty products provide nutritional support at times when athletes need it most.‡



Klean Focus® is specially formulated to promote brain health. Premium antioxidants including Acetyl-L-Carnitine and Alpha Lipoic Acid support mitochondrial function while Alpha-GPC supports cognitive health. The addition of lutein helps support visual acuity, which is key to the body's ability to adapt, process, and respond in the moment.‡

### Klean Focus®

**Formula** **Size**  
KA201308 90 Vegetarian Capsules

**Suggested Usage:** 3 daily

#### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Biotin .....	300 mcg 100%
Acetyl L-Carnitine HCl** .....	1,000 mg *
Alpha Lipoic Acid** .....	400 mg *
Alpha-GPC (from soy) .....	100 mg *
(L-Alpha-glycerylphosphorylcholine)	
VitaBerry® Fruit Blend .....	100 mg *
Grape ( <i>Vitis vinifera</i> , fruit), Grape Seed Extract ( <i>Vitis vinifera</i> , Wild Blueberry ( <i>Vaccinium angustifolium</i> , berry), Wild Blueberry Extract ( <i>Vaccinium angustifolium</i> , whole fruit), Raspberry ( <i>Rubus idaeus</i> , berry), Raspberry Seed ( <i>Rubus idaeus</i> ) Concentrate, Cranberry ( <i>Vaccinium macrocarpon</i> , berry), Prune ( <i>Prunus domestica</i> , fruit), Tart Cherry ( <i>Prunus cerasus</i> , fruit), Wild Bilberry ( <i>Vaccinium myrtillus L.</i> , whole fruit), Strawberry ( <i>Fragaria virginiana</i> , whole fruit).	
Lutein .....	12 mg *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (vegetarian capsule), cellulose, calcium carbonate, vegetable stearate, and silica.

\*\*Under License With Juvenon®

VitaBerry® is a registered trademark of VDF FutureCeuticals, Inc., used under license.

### Klean Antioxidant™

**Formula** **Size**  
KA201309 90 Vegetarian Capsules

**Suggested Usage:** 3 daily

Klean Antioxidant™ provides a strong defense against the free radicals that are capable of disrupting metabolic activity. Its Maqui Berry superfruit ingredient provides additional antioxidants while Astaxanthin supports healthy aging. The patented combination of Acetyl-L-Carnitine and Alpha Lipoic Acid guards against cellular damage that occurs during intense training. Klean Antioxidant™ is an excellent choice for athletes of all ages.‡

#### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as PUREWAY-C®) .....	125 mg 208%
Biotin .....	300 mcg 100%
Acetyl L-Carnitine HCl** .....	1,000 mg *
Alpha Lipoic Acid** .....	400 mg *
Maqui Berry ( <i>Aristotelia chilensis</i> ) .....	100 mg *
Astaxanthin .....	2 mg *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (vegetarian capsule), cellulose, calcium carbonate, vegetable stearate, and silica.

\*\*Under License With Juvenon®

PUREWAY-C® is a registered trademark of Innovation Labs Inc. and is used here under license. U.S. and International patents pending.

KLEAN ATHLETE® IS  
**TESTED  
 CLEAN**  
 OF BANNED SUBSTANCES



Certified for Sport™

Klean Athlete® is tested and certified by the NSF Certified for Sport® program, which was created to meet the growing demands of athletes, coaches and healthcare professionals concerned with banned substance use in sport. The NSF Certified for Sport® certification program helps athletes, coaches and trainers make more informed decisions when choosing sports supplements. The program is recognized by the NFL®, NFL Players Association®, MLB®, MLB® Players Association, PGA®, LPGA® and Canadian Centre for Ethics in Sports®. Certified supplements must meet rigorous standards that include comprehensive lab testing and extensive evaluation of the manufacturing process to ensure contaminated substances or hidden ingredients are not added to a product. To learn more, visit nsfsport.com.

The Foundation products are designed for everyday use, to help athletes live healthy, train smart and be at their best.‡

	Serving Size	Daily	Pre-Activity (15-30 mins)	During Activity	Post-Activity (15-45 mins)	With Food
<b>FOUNDATION^</b>						
<b>KLEAN-D™ 5000 IU</b>	<b>1 TABLET</b>	✓				✓
<b>KLEAN MULTIVITAMIN™</b>	<b>2 TABLETS</b>	✓				✓
<b>KLEAN OMEGA™</b>	<b>1 SOFTGEL</b>	✓				✓
<b>KLEAN PROBIOTIC™</b>	<b>1-2 CAPSULES</b>	✓				

The Performance products ensure that athletes have the tools on hand that they need to keep pace.‡

	Serving Size	Daily	Pre-Activity (15-30 mins)	During Activity	Post-Activity (15-45 mins)	With Food
<b>PERFORMANCE^</b>						
<b>KLEAN BCAA+ PEAK ATP®</b>	<b>1 SCOOP</b>		✓			
<b>KLEAN CREATINE™</b>	<b>1 SCOOP</b>		✓		✓	
<b>KLEAN ELECTROLYTES™</b>	<b>1-3 CAPSULES</b>		✓	✓	✓	
<b>KLEAN ENDURANCE™</b>	<b>1-3 CHEWS</b>		✓	✓	✓	✓
<b>KLEAN HYDRATION™</b>	<b>1 SCOOP OR 1 SACHET</b>		✓	✓	✓	
<b>KLEAN ISOLATE™</b>	<b>1 SCOOP OR 1 SACHET</b>	✓			✓	
<b>KLEAN RECOVERY™</b>	<b>1-2 SCOOPS OR 1 SACHET</b>				✓	

The Specialty products are designed to provide focused nutrition to keep athletes in the zone.‡

	Serving Size	Daily	Pre-Activity (15-30 mins)	During Activity	Post-Activity (15-45 mins)	With Food
<b>SPECIALTY^</b>						
<b>KLEAN ANTIOXIDANT™</b>	<b>3 CAPSULES</b>	✓				✓
<b>KLEAN FOCUS®</b>	<b>3 CAPSULES</b>	✓				✓

These are general recommendations. Please be sure to consult your physician before taking this or any other product.

All registered and unregistered trademarks are the property of their respective owners and used without permission.





# SLEEP & RELAXATION SUPPORT WITH SERENITEN PLUS<sup>‡</sup>

Douglas Laboratories® offers Sereniten Plus, co-formulated by Clinical Advisor Dr. Penny Kendall-Reed, for stress & relaxation support. Providing a combination of Lactium® casein decapeptide, L-Theanine and Vitamin D, Sereniten Plus supports the Hypothalamic-Pituitary-Adrenal (HPA) axis and feedback loop for stress management and cortisol regulation. Lactium® and L-Theanine have been shown to provide a calming effect and may support normal sleep.<sup>‡</sup>



Visit [douglaslabs.com/sleep-relaxation](https://douglaslabs.com/sleep-relaxation) to view additional Sleep & Relaxation products co-formulated by retained Clinical Advisor Penny Kendall-Reed, N.D.

**DOUGLAS** LABORATORIES | PUSHING POTENTIAL.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# SLEEP & RELAXATION

According to the National Sleep Foundation, sleep is essential for health and well-being, yet millions of people do not get enough. Stress is the number one cause of short-term sleeping difficulties, according to sleep experts. Adequate sleep is important for effective decision-making, task completion, memory recall and cognitive function. Addressing the lifestyle factors that lead to healthy sleep and utilizing supportive nutrients for management of cortisol, hormones, neurotransmitters, and relaxation will help optimize health and wellness.‡



Rest Reset™ is a unique formula combining Lactium® casein decapeptide, passion flower extract and melatonin to support multiple facets of sleep: falling asleep, deep sleep, nocturnal rhythms, stress support and cortisol regulation.‡

[ Formulated by Penny Kendall-Reed, N.D. ]\*

## Rest Reset™

● new product

**Formula** **Size**

202401 30 Vegetarian Capsules

**Suggested Usage:** 1 daily, 30-60 minutes before bedtime

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Passion Flower Extract .....425 mg (aerial parts) ( <i>Passiflora incarnate L.</i> , standardized to 3.5% vitexin)	*
Casein decapeptide (milk)(Lactium®) ..... 175 mg	*
Melatonin.....3 mg	*

\*Daily Value (DV) not established.

Contains: Milk.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, ascorbyl palmitate, and hydroxypropyl cellulose.

Lactium® is a registered trademark used under license.

## Brain Calm

**Formula**                      **Size**  
 99579                      60 Vegetarian Capsules  
**Suggested Usage:** 1 daily

Brain Calm is an effective blend of amino acids and nutrients that provide support for a calmer brain.†

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Inositol.....	500 mg *
GABA (gamma amino butyric acid).....	100 mg *
Passion flower.....	100 mg *
( <i>Passiflora incarnata L.</i> ) [aerial parts] 6:1 extract	
L-Glycine.....	.50 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.



## CLINICAL ADVISOR:

**Penny Kendall-Reed, N.D.†**

Dr. Penny Kendall-Reed is a naturopathic physician who has lectured extensively on the topic of neuro-endocrine and metabolic health. See her clinical guidelines for neuro-endocrine support and educational webinar incorporating the co-developed formula Sereniten Plus at [douglaslabs.com](http://douglaslabs.com)

## L-Theanine

**Formula**                      **Size**  
 98740                      60 Vegetarian Capsules  
**Suggested Usage:** 1 daily

L-Theanine supplies 100 mg of pure L-theanine in each vegetarian capsule. L-Theanine is an amino acid that may promote a sense of calmness.‡

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Theanine (Suntheanine®).....	100 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate and vegetable stearate.

Suntheanine® is a registered trademark of Taiyo International Inc.

## Relora®-Plex

**Formula**                      **Size**  
 98739                      60 Vegetarian Capsules  
**Suggested Usage:** 2 daily

Relora®-Plex is a unique proprietary blend that combines two herbal extracts, Magnolia and Phellodendron, with B-vitamins to support normal mental functioning during stress. Relora® was shown in published clinical studies to support normal salivary cortisol levels, stress, mood and weight management.†‡

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Thiamine.....	10 mg 667%
Riboflavin.....	10 mg 588%
Niacinamide.....	10 mg 50%
Vitamin B <sub>6</sub> .....	10 mg 500%
Folic Acid.....	200 mcg 50%
Vitamin B <sub>12</sub> .....	100 mcg 1,667%
Relora®.....	500 mg *

[a proprietary blend of a patented<sup>§</sup> extract from *Magnolia officinalis* [bark] and a proprietary extract from *Phellodendron amurense* [bark]]

\*Daily Value (DV) not established.

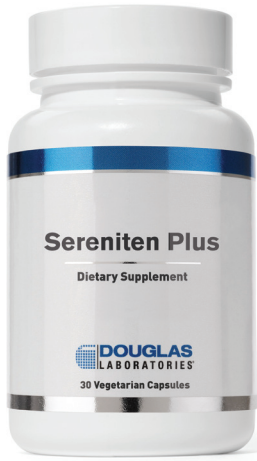
Other ingredients: Cellulose and vegetable stearate.

Relora® is a registered trademark of NPI, LLC.

<sup>§</sup>U.S. Patent No. US 6,582,735.

†Dr. Penny Kendall-Reed has been retained as a medical consultant in advising Douglas Laboratories.  
 ‡Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Sereniten Plus is a combination of Lactium® casein decapeptide, L-Theanine and Vitamin D to support the Hypothalamic-Pituitary-Adrenal (HPA) axis and feedback loop for metabolic support, stress management and cortisol regulation. Lactium® and L-Theanine have been shown to provide a calming effect and may support normal sleep that is affected by stress.‡

[ Formulated by Penny Kendall-Reed, N.D. ]\*

## Sereniten Plus

Formula	Size
201348	30 Vegetarian Capsules
	60 Vegetarian Capsules

Suggested Usage: 1 daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving		%DV
Vitamin D <sub>3</sub> (cholecalciferol).....	100 IU	25%
Casein decapeptide (milk) (Lactium®).....	175 mg	*
L-Theanine (Suntheanine®).....	50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

Lactium® is a registered trademark used under license.

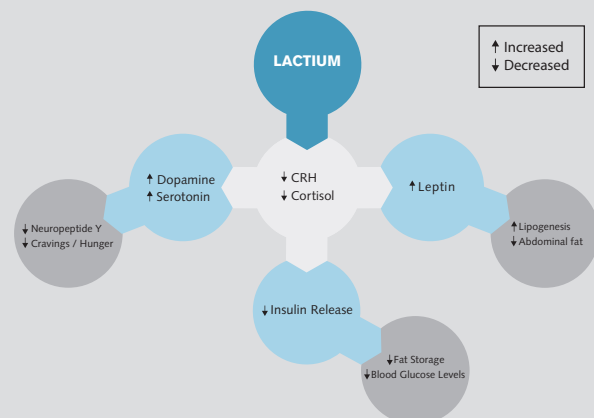
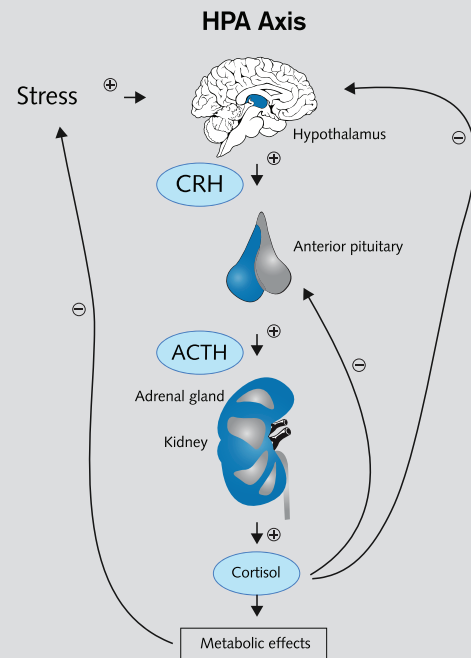
Suntheanine® is a registered trademark of Taiyo International Inc.

Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-Theanine and Vitamin D<sub>3</sub>

### Formula Actions:

- Assists in rebalancing the Hypothalamic-Pituitary-Adrenal (HPA) pathway‡
- Supports relaxation and sleep‡
- Helps to support healthy cortisol levels during periods of stress‡

When the negative feedback loop within the HPA axis is disrupted, chronic hormonal secretion becomes “normal.” In this state, people either fail to recognize they are stressed or may experience exaggerated emotional and physical responses to every stressor, including intolerance to noise or light, food cravings, poor sleep, decreased energy, weight gain, or feeling overwhelmed by simple tasks. As stress affects so many aspects of human health, rebalancing the HPA axis has become crucial.‡



## Seditol® Plus

**Formula**                      **Size**

202304              30 Vegetarian Capsules

Suggested Usage: 1 daily

Seditol® Plus is a proprietary combination of *Magnolia officinalis* and *Ziziphus spinosa*, along with an herbal blend, specifically designed to promote healthy sleep and support the body’s normal nocturnal rhythms during stress.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Seditol®.....365 mg	*
[a proprietary blend of a patented <sup>¶</sup> extract from <i>Magnolia officinalis</i> (bark) and a proprietary extract from <i>Ziziphus spinosa</i> (seed)]	
Proprietary Blend.....60 mg	*
Chamomile powder ( <i>Matricaria chamomilla</i> , flower), Passion flower powder ( <i>Passiflora incarnata</i> L., aerial parts) and Lemon Balm extract ( <i>Melisa officinalis</i> L., leaf).	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose, cellulose, vegetable stearate and silica.

Seditol® is a registered trademark of NPI, LLC.

Seditol® brand *Magnolia officinalis* and *Ziziphus spinosa*.

<sup>¶</sup>U.S. Patent No. US 6,814,987.

## Valsed™

**Formula**                      **Size**

7333                      90 Tablets

Suggested Usage: 1 tablet, twice daily

Valsed™ tablets contain extracts of valerian root (*Valeriana officianalis*) and passionflower (*Passiflora incarnata*), as well as magnesium gluconate, useful for supporting healthy sleep patterns and muscle relaxation.‡

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Magnesium (As magnesium gluconate).....4 mg	1%
Valerian Root Powder Extract (root) <i>Valeriana officianalis</i> .....145 mg	*
Passion Flower Powder Extract (aerial parts).....145 mg	*
<i>Passiflora incarnata</i>	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate vegetable stearate and silica.

<sup>¶</sup>Dr. Penny Kendall-Reed has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# VISION

Our eyes are vital organs, but all too often we take them for granted and lose sight of the impact that normal aging, our diet and the environment can have on our visual function. As a part of normal aging, free radicals and intense light radiation can contribute to changes in the membrane structure and function of eye cells, including those of the macula and retina. Nutrition is essential for maintaining healthy eyes as we age, and supplementation with specific well-researched nutrients can help to support healthy eye function.‡



## Healthy Vision Product Guide

	<i>Ultra Preventive® Vision</i>	<i>Eye Moisture Support</i>	<i>Macu-Support</i>	<i>Lutein</i>
<b>Features</b>	A comprehensive multivitamin/mineral with high dose Lutein, Zeaxanthin, Antioxidants	QÜELL® Fish Oil EPA/DHA plus GLA, Astaxanthin, Vitamins, Magnesium	Antioxidants, Vitamin C, E, Zinc, Lutein, Zeaxanthin	6 mg Lutein, 300 mcg Zeaxanthin per softgel
<b>Vision Benefits‡</b>	<ul style="list-style-type: none"> <li>• Supports age-related macular vision</li> <li>• Supports eyes after excess blue light exposure</li> <li>• Supports visual performance</li> </ul>	<ul style="list-style-type: none"> <li>• Supports eye moisture and eye fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Supports age-related macular vision</li> </ul>	<ul style="list-style-type: none"> <li>• Supports eyes after excess blue light exposure</li> <li>• Supports visual performance</li> </ul>
<b>Daily Dose Suggestion</b>	4 Vegetarian Capsules	2 Softgels	3 Capsules	1-2 Softgels

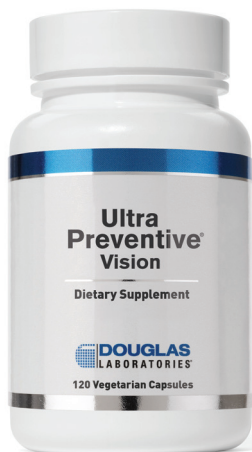


**CLINICAL ADVISOR:**

Stuart Richer, O.D., Ph.D., FAAO+

Dr. Stuart Richer is a practicing optometrist and clinical antioxidant researcher with special interests in aging adults and ocular nutrition. An internationally recognized speaker and the principal investigator of trials published on lutein and zeaxanthin for vision, Dr. Richer has co-formulated a line of supplements with Douglas Laboratories to specifically address age-related visual health.†

Dr. Richer's clinical guidelines for vision support‡ can be found at [douglaslabs.com/vision](http://douglaslabs.com/vision)



Ultra Preventive® Vision is a multivitamin/mineral formula specially designed to support ocular health with specific phytonutrients and carotenoids. Included in this formula is a lutein to zeaxanthin ratio of 3:1, which has been shown in research to contribute to a healthy macula and vision. Additionally, nutrients such as vitamin C, alpha-lipoic acid, green tea, and resveratrol provide antioxidant activity to the eyes. Activated forms of B-vitamins, such as methylated folate (5-MTHF), vitamin B<sub>12</sub> (methylcobalamin), and thiamine (benfotiamine) are easily assimilated to support maximum clinical benefit.‡

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]+

**Ultra Preventive® Vision**

**Formula** **Size**

202027 120 Vegetarian Capsules

Suggested Usage: 4 daily

**SUPPLEMENT FACTS**

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as retinyl palmitate) .....	2,500 IU 50%
Vitamin C (as ascorbic acid) .....	500 mg 833%
Vitamin D <sub>3</sub> (as cholecalciferol).....	1,000 IU 250%
Vitamin E (as d-alpha tocopheryl succinate).....	200 IU 667%
Thiamine (as thiamine HCl).....	5 mg 333%
Riboflavin.....	10 mg 588%
Niacinamide.....	50 mg 250%
Vitamin B <sub>6</sub> .....	10 mg 500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate complex)	
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B <sub>12</sub> (as methylcobalamin).....	100 mcg 1,667%
Biotin .....	300 mcg 100%
Pantothenic Acid (as calcium pantothenate).....	10 mg 100%
Iodine (from kelp) .....	150 mcg 100%
Magnesium (as magnesium citrate).....	100 mg 25%
Zinc (as zinc monomethionine)†.....	20 mg 133%
Selenium (as amino acid chelate) .....	100 mcg 143%
Chromium (as amino acid chelate).....	120 mcg 100%
Molybdenum (as amino acid chelate).....	75 mcg 100%
Potassium (as Potassium aspartate) .....	30 mg <2%
L-Taurine.....	150 mg *
N-Acetyl L-Cysteine .....	100 mg *
Alpha-lipoic acid .....	50 mg *
Green tea leaf extract .....	50 mg *
(Camellia sinensis, standardized to 98% polyphenols and 45% EGCG, decaffeinated)	
Grape Seed Extract (Vitis vinifera).....	25 mg *
(standardized to 95% polyphenols)	
Bilberry fruit Extract (Vaccinium myrtillus).....	15 mg *
Lutein (from Marigold flower)§.....	12 mg *
Resveratrol (as trans-resveratrol)§.....	10 mg *
Benfotiamine .....	5 mg *
Zeaxanthin.....	4 mg *

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

†FloraGlo® Lutein is a Trademark of Kemin Industries, Inc., U.S.A.

Metafolin® is a registered trademark of Merck KGaA Darmstadt, Germany.

‡OptiZinc® is a trademark of InterHealth N.I.

§ResVida® is a registered trademark of DSM.

†Dr. Stuart Richer has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]<sup>+</sup>

## Eye Moisture Support

Formula	Size
202026	60 Softgels

Suggested Usage: 2 daily

Eye Moisture Support is a unique dietary supplement for the healthy production of tears and moisture in the eyes. This formula utilizes the QÜELL® Fish Oil Supercritical CO<sub>2</sub> extracted EPA and DHA for ultimate purity and absorption, along with organic borage seed oil to provide additional GLA. The special addition of astaxanthin, an important carotenoid, helps to further support eye health and regulatory processes.†

### SUPPLEMENT FACTS

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories from Fat.....	10
Total Fat.....	0.9 g 1%
Vitamin A (as retinyl palmitate).....	500 IU 10%
Vitamin C (as ascorbic acid).....	50 mg 83%
Vitamin D <sub>3</sub> .....	1,000 IU 250%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	25 mg 1250%
Magnesium (from magnesium glycinate).....	100 mg 25%
Omega-3 Supercritical CO <sub>2</sub>	
Triglyceride Concentrate.....	750 mg *
Providing:	
EPA (Eicosapentaenoic acid).....	340 mg *
DHA (Docosahexaenoic acid).....	220 mg *
GLA (from organic borage seed oil).....	100 mg *
Astaxanthin.....	1.5 mg *

\*Daily Value (DV) not established.

Other ingredients: Sunflower lecithin, beeswax, capsule (gelatin from fish [tilapia], glycerin, water, carob).

This product contains fish oil (anchovies, sardines, mackerel).

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]<sup>+</sup>

## Macu-Support

Formula	Size
202023	90 Vegetarian Capsules

Suggested Usage: 3 daily

Macu-Support supplies a well-balanced spectrum of key nutrients that are important in maintaining normal retina and macula function in the eyes. Macu-Support contains important antioxidant nutrients including vitamin C, vitamin E, zinc, lutein and zeaxanthin, and is free of beta-carotene. These important nutrients have shown positive results for vision health in the AREDS 2 trial conducted by the National Eye Institute.‡

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid).....	500 mg	833%
Vitamin E (as d-alpha-tocopheryl acetate).....	400 IU	1,333%
Zinc (as zinc monomethionine <sup>Δ</sup> ).....	25 mg	167%
Lutein (from Marigold flower) <sup>Υ</sup> .....	10 mg	*
Zeaxanthin.....	2 mg	*

\*Daily Value (DV) not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, titanium dioxide), cellulose, vegetable stearate, silica.

<sup>Υ</sup>FloraGlo® Lutein is a Trademark of Kemira Industries, Inc., USA.

<sup>Δ</sup>OptiZinc® is a trademark of InterHealth Company.



## Lutein

Formula	Size
LUT	90 Softgels

Suggested Usage: 1-2 daily

Lutein is extracted from Marigold flower petals, a potent natural source. In addition, each softgel provides zeaxanthin which is a structurally and functionally similar carotenoid for vision and cognitive health.‡

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 90

Amount Per Serving	%DV
Vitamin E (as d-alpha-tocopherol)..... 1 IU	4%
Lutein ..... 6 mg	*
Zeaxanthin..... 300 mcg	*

\*Daily Value (DV) not established.

Other ingredients: Safflower oil, gelatin (capsule), glycerin, and water.

## OcuTone®

Formula	Size
OCU	90 Vegetarian Capsules

Suggested Usage: 3 daily

OcuTone® is a dietary supplement providing a well-balanced spectrum of key nutrients that are important in maintaining normal eye function. OcuTone® delivers generous amounts of lutein, beta-carotene, flavonoids, glutathione, sulfur-containing amino acids, trace elements and a comprehensive array of antioxidant vitamins.‡

### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 10,000 IU (100% as natural beta-carotene from D. salina)	200%
Vitamin C (as L-ascorbic acid)..... 500 mg	833%
Vitamin E (as d-alpha tocopheryl succinate)..... 400 IU	1,333%
Zinc (as zinc monomethionine*)..... 6 mg	40%
Selenium (as selenium amino acid complex) ..... 50 mcg	71%
Lutein ..... 15 mg	*
N-Acetyl-L-Cysteine USP..... 300 mg	*
Glutathione (as L-glutathione, reduced) ..... 50 mg	*
Taurine ..... 300 mg	*
Bilberry (min. 25% proanthocyanidins) ..... 60 mg	*
Grape Seed Extract (min. 95% proanthocyanidins)..... 50 mg	*

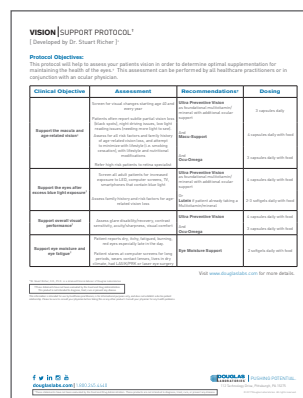
\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

\*OptiZinc® brand of methionine-bound zinc.

OptiZinc® is a trademark of InterHealth Company.

FloraGlo® Lutein is a Trademark of Kemin Industries, Inc., U.S.A.



Download our Vision Support Protocol<sup>†</sup> at: [douglaslabs.com/vision](http://douglaslabs.com/vision)

†Dr. Stuart Richer has been retained as a medical consultant in advising Douglas Laboratories.

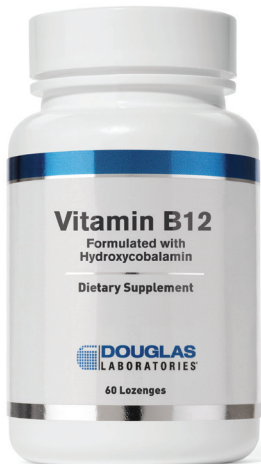
‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# VITAMINS, MINERALS & AMINO ACIDS



Vitamins, minerals and amino acids form the brick-and-mortar foundation of a healthy body. The 2015 Dietary Guidelines Advisory Committee reported that many Americans fall short in obtaining sufficient quantities of these important nutrients, including vitamins A, C, D and E, folate, calcium, magnesium, potassium, and fiber. And the prevalence of insufficient nutrient intake tends to increase with age: 35 to 40 percent of older adults who do not take supplements have inadequate B<sub>6</sub> intake, and older adults often have difficulty obtaining enough B<sub>12</sub> from their diet. Supplementation with vitamins, minerals and amino acids can play a valuable role in helping to fill these gaps.†

## VITAMINS



Vitamin B12, formulated with hydroxycobalamin, is a great tasting natural black cherry/vanilla flavored lozenge designed to be dissolved in the mouth, then swallowed. This convenient delivery form also provides enhanced bioavailability of vitamin B<sub>12</sub>.

### Vitamin B12 Formulated with Hydroxycobalamin

● new product

Formula	Size
202314	60 Lozenges

Suggested Usage: 1 daily

#### SUPPLEMENT FACTS PL

Serving Size 1 Lozenge • Servings Per Container 60

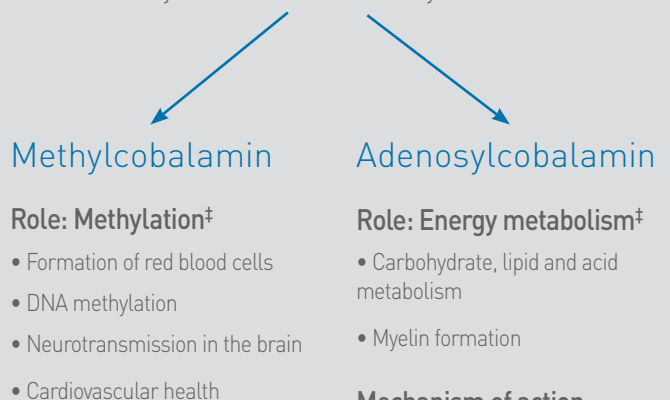
Amount Per Serving	%DV
Vitamin B <sub>12</sub> (as hydroxycobalamin) ..... 2,500 mcg	104,166%

\*Daily Value (DV) not established.

Other ingredients: Xylitol, mannitol, natural black cherry and natural vanilla flavor, carboxymethyl cellulose, and ascorbyl palmitate.

### Hydroxycobalamin

Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin



#### Role: Methylation†

- Formation of red blood cells
- DNA methylation
- Neurotransmission in the brain
- Cardiovascular health

#### Mechanism of action:

Cofactor for methionine synthase in the methylation cycle†

#### Role: Energy metabolism†

- Carbohydrate, lipid and acid metabolism
- Myelin formation

#### Mechanism of action:

Cofactor of methylmalonyl CoA mutase in the Krebs cycle†

VITAMINS | **A**

**A-Potene™ Beta-Carotene**

Formula	Size
7993	100 Softgels

Suggested Usage: 1 daily

A-Potene™ contains 25,000 IU of beta-carotene in each softgel.

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Vitamin A (100% as Beta-Carotene) ..... 25,000 IU	500%

\*Daily Value (DV) not established.

Contains: Soy.

Other ingredients: Bovine gelatin, soybean oil, glycerin, purified water, yellow beeswax, soy lecithin.

**Vitamin A**

Formula	Size
AV1	100 Softgels

Suggested Usage: 1 daily

Vitamin A contains 10,000 IU per softgel of vitamin A derived from fish liver oil and palmitate.

**SUPPLEMENT FACTS** 

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Vitamin A ..... 10,000 IU [as vitamin A palmitate, and fish liver oil (cod)]	200%

\*Daily Value (DV) not established.

Other ingredients: Vegetable (soya) oil, gelatin (capsule), glycerin and purified water.

VITAMINS | **B**

**B-1**

Formula	Size
7099	100 Tablets

Suggested Usage: 1 daily

B-1 supplies 100 mg of vitamin B<sub>1</sub> in each tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Thiamine (Vitamin B <sub>1</sub> ) (as Thiamine HCl)..... 100 mg	6,667%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**B-6, 100 mg**

Formula	Size
7943	100 Tablets 250 Tablets

Suggested Usage: 1 daily

B-6 supplies 100 mg of Vitamin B<sub>6</sub> (Pyridoxine) in each tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet

Amount Per Serving	%DV
Vitamin B <sub>6</sub> (as Pyridoxine HCl)..... 100 mg	5,000%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### B-12 500 mcg

Formula	Size
7928	100 Tablets

Suggested Usage: 1-2 daily

Vitamin B-12 tablets supply 500 mcg of Vitamin B<sub>12</sub> in each easy to swallow tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin B <sub>12</sub> (Cyanocobalamin) ..... 500 mcg	8,333%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Biotin 8 mg

Formula	Size
202255	120 Vegetarian Capsules

Suggested Usage: 1 capsule, 1-2 times daily

Biotin, also known as vitamin B<sub>7</sub>, is a critical water-soluble vitamin that is an essential co-factor for a number of metabolic carboxylation reactions, including carbohydrate, fat and protein metabolism.†

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 120

Amount Per Serving	%DV
Biotin ..... 8 mg	2,667%

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose [capsule].

### Choline Bitartrate

Formula	Size
7426	100 Vegetarian Capsules

Suggested Usage: 1 daily

Choline Bitartrate supplies 235 mg of choline from choline bitartrate in each capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
Choline (from 500 mg Choline Bitartrate)..... 235 mg	43%

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, silica, magnesium silicate, cellulose.

### Folic Acid 400 mcg

Formula	Size
80546	90 Tablets

Suggested Usage: 1 daily

Folic Acid 400 mcg supplies 100% of the recommended dietary intake for folic acid in an easy to swallow tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet • Servings Per Container 90

Amount Per Serving	%DV
Folic Acid ..... 400 mcg	100%

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

## Liquid B12 Formulated with Methylcobalamin

Formula	Size
200159	30 ml (1 fl oz) Liquid

Suggested Usage: 1 dropper (1 ml) daily

Liquid B12 provides 1,000 mcg of highly bioavailable vitamin B<sub>12</sub> and formulated with methylcobalamin in a tasty and convenient natural cherry-flavored liquid.

### SUPPLEMENT FACTS

Serving Size 1 dropper (1 ml) • Servings Per Container 30

Amount Per Serving		%DV
Vitamin B <sub>12</sub> .....	1,000 mcg	16,667%

\*Daily Value (DV) not established.

Other ingredients: Purified water, natural glycerin, natural cherry flavor, sodium benzoate, and citric acid.

## Methyl B12 Plus

Formula	Size
202273	90 Lozenges

Suggested Usage: 1 daily

Methyl B12 Plus provides Metafolin® L-methylfolate and vitamin B<sub>12</sub> methylcobalamin in a great-tasting lozenge designed to be rapidly dissolved in the mouth and swallowed. Methylfolate and methylcobalamin are the predominant forms of folate and vitamin B<sub>12</sub> found in the body. Methyl B12 Plus lozenges are sweetened naturally with xylitol, mannitol and flavored with natural black cherry and vanilla.

### SUPPLEMENT FACTS

Serving Size 1 Lozenge • Servings Per Container 90

Amount Per Serving		%DV
Folate (as L-methylfolate, Metafolin®).....	400 mcg	167%
Vitamin B <sub>12</sub> (as methylcobalamin).....	1,000 mcg	41,667%

\*Daily Value (DV) not established.

Other ingredients: Xylitol, mannitol, natural black cherry and vanilla flavor, carboxymethyl cellulose, and ascorbyl palmitate.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Methyl Folate L-5-MTHF 1,000 mcg Metafolin®

Formula	Size
201181	60 Tablets

Suggested Usage: 1 daily

Methyl Folate provides 1,000 mcg of Metafolin®, a patented form of (6S) 5-methyltetrahydrofolate (5-MTHF). 5-MTHF is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Metafolin® is directly usable by the body and has been shown to be the only form of folate to cross the blood-brain barrier.‡

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving		%DV
Folate (as L-methylfolate, Metafolin®).....	1,000 mcg	250%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, croscarmellose sodium, vegetable stearate and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Methyl Folate 5 mg 5-MTHF

Formula	Size
202268	60 Vegetarian Capsules

Suggested Usage: 1 daily

Methyl Folate supplies 5 mg of biologically active folate called (6S) 5-methyltetrahydrofolate (5-MTHF). 5-MTHF is the naturally occurring, predominant form of folate commonly found in cells and is essential for overall health, as it participates as a cofactor in a reaction that involves the remethylation of homocysteine to methionine. Quatrefolic® is a highly soluble glucosamine salt of 5-MTHF that has demonstrated more rapid absorption than folic acid.‡

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving		%DV
Folate.....	5 mg	1,250%
[as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt]		

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule).

Quatrefolic® is a registered trademark of Gnosis S.p.A. Patent No. 7,947,662

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Niacinamide

Formula	Size
7954	100 Capsules

Suggested Usage: 1 or more daily

Niacinamide provides 500 mg of niacinamide per capsule. Dietary niacin can be obtained from niacinamide, an amide of niacin, which is typically well tolerated and not associated with causing a “flushing” reaction.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Niacinamide..... 500 mg	2,500%

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## Niacinate

Formula	Size
NCT	90 Tablets

Suggested Usage: 1-3 daily

Niacinate tablets contain 600 mg of inositol hexaniacinate which provides 540 mg of niacin. This ester of niacin and inositol eliminates the uncomfortable skin-flushing side effects often observed with high-dose crystalline niacin.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Niacin (as inositol hexaniacinate)..... 505 mg	2,525%
Inositol (from inositol hexaniacinate) ..... 115 mg	*

\*Daily Value (DV) not established.

Other ingredients: Dicalcium phosphate, cellulose, stearic acid, silica and vegetable stearate.

## Niacinate 400

Formula	Size
7580	120 Capsules

Suggested Usage: 1 daily

Niacinate 400 contains 400 mg of niacin from 515 mg of inositol hexaniacinate in capsule form. This ester of niacin and inositol eliminates the uncomfortable skin-flushing side effects often observed with high-dose crystalline niacin.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 120

Amount Per Serving	%DV
Niacin (from 515 mg of Inositol Hexaniacinate) ..... 400 mg	2,000%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Niatab™ 500

Formula	Size
NTB	100 Tablets

Suggested Usage: 1 daily

Niatab™ 500 tablets slowly release 500 mg of pure niacin (nicotinic acid) over 2 to 3 hours to reduce uncomfortable flushing or itching. Sustained release niacin is better tolerated than regular crystalline high-potency niacin supplements. Niatab™ 500 is a scored uncoated tablet which can be broken in half when lower dosage is desired.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Niacin..... 500 mg	2,500%

\*Daily Value (DV) not established.

Other ingredients: Ethylcellulose, stearic acid, vegetable stearate and silica.

## PABA

Formula	Size
81510	100 Capsules

Suggested Usage: 1 daily

PABA capsules supplies 500 mg of this well known nutrient.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
PABA (para-Aminobenzoic Acid) ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Pantethine

Formula	Size
98416	50 Tablets

Suggested Usage: 1 daily

Pantethine 500 mg offers 500 mg Pantethine in tablet form. Pantethine is the biologically active form of Pantothenic acid (vitamin B<sub>5</sub>).

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 50

Amount Per Serving	%DV
Pantethine ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate, and silica.

## Pantothenic Acid

Formula	Size
7919	100 Capsules

Suggested Usage: 1 daily

Pantothenic Acid supplies 500 mg of pantothenic acid in a convenient capsule form.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Pantothenic Acid (as d-Calcium Pantothenate)..... 500 mg	5,000%
Calcium (as calcium pantothenate) .....40 mg	4%

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate and magnesium silicate.

## Pyridoxal-5-Phosphate

Formula	Size
7467	60 Capsules 100 Capsules

Suggested Usage: 1 daily

Pyridoxal-5-Phosphate, a biologically active form of vitamin B<sub>6</sub>, provides 50 mg of Pyridoxal-5-Phosphate per each capsule.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule

Amount Per Serving	%DV
Pyridoxal-5-Phosphate .....50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Riboflavin-5-Phosphate

Formula	Size
7658	100 Capsules

Suggested Usage: 1 daily

Riboflavin-5-Phosphate, a biologically active form of vitamin B<sub>2</sub>, contains 10 mg of pure riboflavin-5-phosphate in an easy to swallow capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Riboflavin-5-Phosphate ..... 10 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Riboflavin

Formula	Size
81702	60 Capsules

Suggested Usage: 1 daily

Riboflavin provides 100 mg of riboflavin in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Riboflavin (as Riboflavin USP) ..... 100 mg	5,882%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## VITAMINS | B COMPLEXES

### Hypo-B-50

Formula	Size	S.R.P.
7911	100 Tablets	\$18.40

Suggested Usage: 1 daily

Hypo-B-50 supplies a balanced formula of essential B vitamins as well as several other important dietary components metabolically associated with the B vitamins.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Thiamine.....50 mg	3,333%
Riboflavin.....50 mg	2,941%
Niacinamide.....50 mg	250%
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....50 mg	2,500%
Folic Acid.....100 mcg	25%
Vitamin B <sub>12</sub> .....50 mcg	833%
Biotin (as d-Biotin) .....50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate).....50 mg	500%
Choline (from 50 mg Choline Bitartrate) ..... 23.5 mg	*
Inositol .....50 mg	*
PABA (para-Aminobenzoic Acid) .....50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, alfalfa, watercress, parsley, rice polishings, vegetable stearate and silica.



## B-Complex w/Metafolin® and Intrinsic Factor

Formula	Size
200765	60 Vegetarian Capsules

Suggested Usage: 1 daily

B-Complex is a comprehensive formula including Metafolin®, Methylcobalamin Vitamin B<sub>12</sub>, and Intrinsic Factor in its formulation. Metafolin® contains only the S isomer of 5-MTHF and has been shown to be the only form of folate to be able to cross the blood-brain barrier. Studies indicate that methylcobalamin, a coenzyme form of B<sub>12</sub>, may be better utilized and better retained in the body. Intrinsic factor is a protein produced by cells in the stomach lining and is needed for the intestines to absorb vitamin B<sub>12</sub> efficiently.†

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Thiamine (Vitamin B <sub>1</sub> , as Thiamine HCl).....50 mg	3,333%
Riboflavin (Vitamin B <sub>2</sub> , Riboflavin-5-Phosphate).....20 mg	1,176%
Niacin (Vitamin B <sub>3</sub> , as Niacinamide).....50 mg	250%
Vitamin B <sub>6</sub> (as Pyridoxal-5-Phosphate).....20 mg	1,000%
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B <sub>12</sub> (as methylcobalamin).....500 mcg	8,333%
Biotin.....300 mcg	100%
Pantothenic Acid (Vitamin B <sub>5</sub> , as d-calcium pantothenate).....50 mg	500%
Intrinsic Factor (from porcine).....20 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Stress-B-Plus™

Formula	Size
7452	90 Tablets

Suggested Usage: 1 daily

Stress-B-Plus™ is a comprehensive B supplement providing all of the essential B vitamins as well as related nutrients.

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Thiamine (Vitamin B <sub>1</sub> ).....55 mg	3,667%
Riboflavin (Vitamin B <sub>2</sub> ).....55 mg	3,235%
Niacinamide.....200 mg	1,000%
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....55 mg	2,750%
Folic Acid.....400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin).....100 mcg	1,667%
Biotin.....200 mcg	67%
Pantothenic Acid (as Calcium Pantothenate).....55 mg	550%
PABA (para-Aminobenzoic Acid).....55 mg	*
Inositol.....55 mg	*
Choline (from choline bitartrate).....26 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, vegetable stearate and silica.

## Tri-B-100

Formula	Size
7913	90 Tablets

Suggested Usage: 1 daily

Tri-B-100 is a six to eight hour timed release formulation of all the B vitamins as well as several other important dietary components metabolically associated with the B vitamins.

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Thiamine.....100 mg	6,667%
Riboflavin.....100 mg	5,882%
Niacinamide.....100 mg	500%
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....100 mg	5,000%
Folic Acid.....400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin).....100 mcg	1,667%
Biotin.....100 mcg	33%
Pantothenic Acid (as Calcium Pantothenate).....100 mg	1,000%
Choline Bitartrate.....100 mg	*
Inositol.....100 mg	*
PABA (para-Aminobenzoic Acid).....100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, ethylcellulose, dicalcium phosphate, stearic acid, vegetable stearate, and silica.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### Ultra B-Complex (Tablets)

Formula	Size
82050	100 Tablets

Suggested Usage: 1 daily

Ultra B-Complex is a comprehensive B supplement providing all of the essential B vitamins as well as related nutrients and high dose biotin.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Thiamine (Vitamin B <sub>1</sub> ).....50 mg	3,333%
Riboflavin (Vitamin B <sub>2</sub> ).....50 mg	2,941%
Niacin/Niacinamide.....50 mg	250%
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....50 mg	2,500%
Folic Acid.....400 mcg	100%
Vitamin B <sub>12</sub> (as Cyanocobalamin).....100 mcg	1,667%
Biotin.....1,500 mcg	500%
Pantothenic Acid.....50 mg	500%
Choline (from 50 mg Choline Citrate/Bitartrate).....20.5 mg	*
Inositol.....50 mg	*
PABA (para-Aminobenzoic Acid).....150 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### VITAMINS | C

### Ascorbplex 1000™ Non-Acid Ascorbate Complex

Formula	Size
7563	90 Tablets 180 Tablets

Suggested Usage: 1 daily

Ascorbplex 1000™ (Buffered) contains 100% pure, vitamin C (L-ascorbic acid), specially buffered with calcium, magnesium, and potassium, with additional pectin and bioflavonoid complex.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Vitamin C.....1,000 mg	1,667%
(as Calcium/Magnesium/Potassium Ascorbates and Ascorbic Acid)	
Calcium (as Calcium Ascorbate/Carbonate Complex).....90 mg	9%
Magnesium (as Magnesium Ascorbate/Oxide Complex) ... 400 mcg	<1%
Potassium (as Potassium Ascorbate/Chloride Complex).....60 mg	2%
Proprietary Blend.....125 mg	*
(Citrus Pectin and Bioflavonoid Complex)	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### C-1000

Formula	Size
81407	100 Vegetarian Capsules 250 Vegetarian Capsules

Suggested Usage: 1 daily

C-1000 supplies 1,000 mg of 100% pure Vitamin C (ascorbic acid) in each easy to swallow capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....1,000 mg	1,667%

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate and silica.

## C-Max®

Formula	Size
7964	90 Tablets

Suggested Usage: 1 daily

C-Max® tablets are formulated to slowly release 1,500 mg of Vitamin C over an extended period of time.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid).....	1,500 mg	2,500%
Bioflavonoid Complex.....	150 mg	*
Rose Hips.....	50 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, ethylcellulose, magnesium stearate, stearic acid, silica and vegetable coating (purified water, hypromellose, glycerin).

## C/Lysine Plus

Formula	Size
80279	120 Vegetarian Capsules

Suggested Usage: 2, 1-2 times daily

C/Lysine Plus provides significant amounts of Vitamin C and L-Lysine in capsule form.

### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid).....	2,000 mg	2,222%
L-Lysine HCL.....	1,000 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, hydroxypropyl cellulose, vegetable stearate and bioflavonoids.

## Effer C

Formula	Size
80120	240 g Powder

Suggested Usage: ½ teaspoon daily

Effer C contains vitamin C, specially buffered with calcium, magnesium, and potassium.

### SUPPLEMENT FACTS

Serving Size ½ teaspoon (approx 2.5 g) • Servings Per Container Approx. 96

Amount Per Serving		%DV
Vitamin C.....	1,175 mg	1,958%
(from calcium, magnesium and potassium ascorbate/ ascorbic acid complex)		
Calcium (from calcium ascorbate/carbonate complex).....	225 mg	23%
Magnesium (from magnesium ascorbate/oxide complex) ...	125 mg	31%
Potassium.....	49.5 mg	1%
(from potassium bicarbonate/ascorbate complex)		

\*Daily Value (DV) not established.

Other ingredients: Citric acid and rose hips.

### Ester-C® Plus

Formula	Size
7847	100 Capsules

Suggested Usage: 1 daily

Ester-C® Plus capsules contain a non-acidic, calcium ascorbate form of vitamin C combined with antioxidants such as rutin, pine bark extract, and bioflavonoids to support the healthy functioning of the entire body.†

#### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Vitamin C (from 675 mg Ester-C®).....	530 mg 883%
Calcium (from Calcium Ascorbate).....	60 mg 6%
Pycnogenol® (pine bark, dried extract).....	3 mg *
Rutin.....	50 mg *
Bioflavonoids (lemon).....	50 mg *
Proprietary Blend.....	6 mg *
Quercetin, Echinacea (root) and Beta-Carotene.	

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.

Ester-C® is a licensed trademark of Zila Nutraceuticals, Inc.

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

### Ester-C® Complex

Formula	Size
EST	100 Vegetarian Capsules

Suggested Usage: 1 daily

Ester-C® Complex vegetarian capsules contain a non-acidic, calcium ascorbate form of vitamin C combined with a citrus bioflavonoid complex.

#### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
Vitamin C (as Ester-C® calcium ascorbate).....	490 mg 817%
Calcium (from Ester-C® calcium ascorbate).....	60 mg 6%
Citrus Bioflavonoids complex.....	100 mg *
(containing hesperidin and naringen)	

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, and vegetable stearate.

Ester-C® is a licensed trademark of Zila Nutraceuticals, Inc.

## Natural C

Formula	Size
7920	100 Tablets
	250 Tablets

Suggested Usage: 1 daily

Natural C contains 1,000 mg vitamin C with rose hips and an additional amount of bioflavonoid complex.

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid) .....	1,000 mg	1,667%
Bioflavonoid Complex .....	100 mg	*

\*Daily Value (DV) not established.

Other ingredients: Rose hips, cellulose, vegetable stearate and silica.

## Vitamin C 1000 mg (Corn Free)

Formula	Size
82106	100 Tablets

Suggested Usage: 1 daily

High potency vitamin C in tablet form.

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid) .....	1,000 mg	1,667%

\*Daily Value (DV) not established.

Other ingredients: Ascorbic acid (corn free), cellulose, vegetable stearate and silica.

## Vitamin C Crystals

Formula	Size
82145	8 oz. (226 g) Powder

Suggested Usage: 1 teaspoon daily

Vitamin C Crystals contain 100% pure, vitamin C (ascorbic acid) in a powder.

### SUPPLEMENT FACTS PL

Serving Size 1 teaspoon (approx. 4 g) • Servings Per Container Approx. 57

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid) .....	4,000 mg	6,667%

\*Daily Value (DV) not established.

Other ingredients: None.

VITAMINS | D

**D-Sorb™ With VESISORB® Technology**

Formula	Size
201206	30 Capliques®

Suggested Usage: 1 daily

D-Sorb™ is a Caplique® containing 12,500 IU of vitamin D<sub>3</sub> in a patented, naturally self-assembling nano-colloid system for enhanced absorption.

**SUPPLEMENT FACTS** PL

Serving Size 1 Caplique® • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (as cholecalciferol).....	12,500 IU 3,125%

\*Daily Value (DV) not established.

Other ingredients: Cellulose (capsule,) medium chain triglycerides, polysorbate 80, sucrose fatty acid esters, fatty acids, vitamin E (as dl-alpha-Tocopherol) and silica.

VESISorb® is a registered trademark of Vesifact AG.

Caplique® Capsule is a registered trademark used by Douglas Laboratories under license.

**Liquid D and K**

Formula	Size
57302	30 ml (1 fl oz) Liquid

Suggested Usage: 1 dropper (1 ml) daily

Liquid D and K is a unique, great tasting liquid supplying significant amounts of vitamins K<sub>1</sub> and K<sub>2</sub> as well as vitamin D<sub>3</sub> to support optimal bone health.‡

**SUPPLEMENT FACTS**

Serving Size 1 Dropper (1 ml) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (cholecalciferol) .....	1,000 IU 250%
Vitamin K .....	1,545 mcg 1,931%
as	
Vitamin K <sub>2</sub> (MK-4) .....	1 mg (1,000 mcg)
Vitamin K <sub>1</sub> .....	500 mcg
Vitamin K <sub>2</sub> (from soy) .....	45 mcg

\*Daily Value (DV) not established.

Other ingredients: Water, medium chain triglycerides, sunflower oil, cellulose, natural vanilla flavor, xanthan gum, potassium sorbate and stevia.

**Liquid Vitamin D-3**

Formula	Size
200039	30 ml (1 fl oz) Liquid

Suggested Usage: 1 dropper (1 ml) daily

Liquid Vitamin D-3 is a unique, neutral tasting, sugar free liquid supplying 10,000 IU of natural vitamin D<sub>3</sub>.

**SUPPLEMENT FACTS** PL

Serving Size 1 dropper (1 ml) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (as cholecalciferol).....	10,000 IU 2,500%

\*Daily Value (DV) not established.

Other ingredients: Medium chain triglycerides.

**Vitamin D 1000 IU**

Formula	Size
83007	100 Tablets

Suggested Usage: 1 daily

Vitamin D contains 1,000 IU of natural vitamin D<sub>3</sub> per tablet.

**SUPPLEMENT FACTS** PL

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (as cholecalciferol).....	1,000 IU 250%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, silica and vegetable stearate.

**Vitamin D 5000 IU**

Formula	Size
200562	100 Tablets

Suggested Usage: 1 daily

Vitamin D contains 5,000 IU of vitamin D<sub>3</sub> per tablet.

**SUPPLEMENT FACTS** PL

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D <sub>3</sub> (as cholecalciferol).....	5,000 IU 1,250%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate.

VITAMINS | **E**

**E-400**

Formula	Size
7098	100 Softgels

Suggested Usage: 1 daily

Vitamin E softgel with 400 IU natural vitamin E for antioxidant protection and cardiovascular support.†

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Vitamin E (as d-alpha Tocopheryl Acetate) ..... 400 IU	1,333%

\*Daily Value (DV) not established.

Other ingredients: Water and gelatin (capsule).

**Natural Vitamin E Complex**

Formula	Size
81316	100 Softgels

Suggested Usage: 1 daily

Natural Vitamin E Complex contains pure, natural, mixed tocopherols including alpha, beta, gamma and delta tocopherols for antioxidant protection.†

**SUPPLEMENT FACTS** PL

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Vitamin E ..... 400 IU	1,333%
(as d-alpha Tocopherol with mixed Tocopherols [including alpha, beta, delta and gamma Tocopherols])	

\*Daily Value (DV) not established.

Other ingredients: Soybean oil, gelatin (capsule), water and glycerin.

**Nutri-E 400™ Forte**

Formula	Size
98540	60 Softgels

Suggested Usage: 1 daily

Nutri-E 400™ Forte contains 400 IU of 100% natural, unesterified vitamin E (d-alpha-tocopherol), as well as a guaranteed minimum of the d-beta, d-gamma and d-delta tocopherols, which is unique among most mixed tocopherol products available.

**SUPPLEMENT FACTS** PL

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Vitamin E ..... 400 IU	1,333%
(as d-Alpha tocopherol) with mixed tocopherols providing a minimum of:	
Gamma-tocopherol..... 280 mg	*
Beta and Delta tocopherols..... 40 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), glycerin and water.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Selenium + Vitamin E

Formula	Size
202283	90 Softgels

Suggested Usage: 1 daily

Selenium + Vitamin E supply 400 IU of natural vitamin E and 50 mcg of selenium in each gelatin softgel.

### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 90

Amount Per Serving	%DV
Vitamin E (d-alpha Tocopherol)..... 400 IU	1,333%
Selenium .....50 mcg (as selenium yeast from <i>Saccharomyces cerevisiae</i> )	71%

\*Daily Value (DV) not established.

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), beeswax, sunflower lecithin, and safflower oil.

## Tri-En-All 400

Formula	Size
98738	60 Softgels

Suggested Usage: 1 daily

Tri-En-All 400 contains 400 IU of 100% natural-source, unesterified vitamin E (d-alpha-tocopherol), as well as a guaranteed minimum of the d-beta, d-gamma and d-delta tocopherols, which is unique among most mixed tocopherol products available. In addition, 25 mg of palm derived mixed tocotrienols are included in Tri-En-All 400 for heart health benefits.†

### SUPPLEMENT FACTS PL

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Vitamin E ..... 400 IU	1,333%
(as d-alpha tocopherol) with mixed tocopherols providing a minimum of:	
Gamma-tocopherol..... 280 mg	*
Beta and Delta-tocopherols .....40 mg	*
Mixed Tocotrienols (from palm) .....25 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), glycerin and water.

## VITAMINS | K

## Vitamin K2

Formula	Size
200913	60 Vegetarian Capsules

Suggested Usage: 1 daily

Vitamin K2 supplies a significant amount of biologically active vitamin K<sub>2</sub> in the form of menaquinone-7 (MK-7). This product is soy-free and derived from plant-based geraniol and farnesol.

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin K <sub>2</sub> (as menaquinone-7).....90 mcg	113%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate, calcium citrate and silica.

[ Formulated by Theodore S. Piliszek, M.D. ]†

## K2-D3 With Astaxanthin

Formula	Size
202114	30 Vegetarian Capsules

Suggested Usage: 1 daily

K2-D3 With Astaxanthin supplies a significant amount of biologically active vitamin K<sub>2</sub> in the form of menaquinone-7 (MK-7) (soy-free), plus Vitamin D<sub>3</sub> for cardiovascular and bone health. Astaxanthin, an antioxidant, helps to support vascular health†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

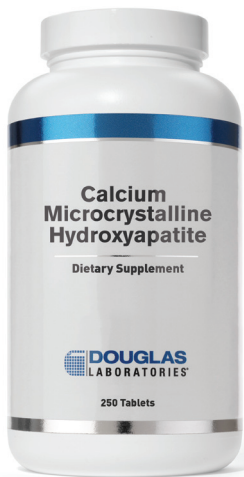
Amount Per Serving	%DV
Vitamin D <sub>3</sub> (cholecalciferol)..... 2,500 IU	625%
Vitamin K <sub>2</sub> (as menaquinone-7)..... 180 mcg	225%
Astaxanthin .....2 mg [Supercritical CO <sub>2</sub> extract of <i>Haematococcus pluvialis</i> , entire plant]	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate.



## MINERALS



Calcium Microcrystalline Hydroxyapatite supplies 500 mg of elemental calcium from 2,000 mg of microcrystalline hydroxyapatite (MCHC), a bioavailable source of calcium derived from whole bone.

### Calcium Microcrystalline Hydroxyapatite

Formula	Size
83018	90 Tablets
	250 Tablets

Suggested Usage: 2 daily

#### SUPPLEMENT FACTS PL

Serving Size 2 Tablets

Amount Per Serving	%DV
Calcium (from Microcrystalline Hydroxyapatite).....	500 mg 50%
Phosphorus (from Microcrystalline Hydroxyapatite).....	260 mg 26%
Microcrystalline Hydroxyapatite.....	2,000 mg *
Boron (as Boron Citrate/Aspartate).....	5 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, stearic acid, vegetable stearate and silica.

## MINERALS | **CALCIUM FORMULAS**

### Calcium Citrate

Formula	Size
7409	250 Tablets

Suggested Usage: 1 daily

Calcium Citrate supplies 250 mg of elemental calcium from calcium citrate. Calcium is a primary mineral for building the strong structure of bones and teeth.‡

#### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 250

Amount Per Serving	%DV
Calcium (from Calcium Citrate).....	250 mg 25%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate, and silica.

Dr. Theodore S. Pitiszek has been retained as a medical consultant in advising Douglas Laboratories.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

MINERALS | CAL/MAG FORMULAS

**Cal/Mag 1001**

Formula	Size
1001	90 Tablets 180 Tablets

Suggested Usage: 3 daily

Cal/Mag 1001 tablets provide 500 mg of elemental calcium and 500 mg of elemental magnesium to provide a 1:1 dose ratio of calcium to magnesium. Other nutrients including boron, glutamic acid, Vitamin C and D<sub>3</sub> are also included to assist the body in maintaining healthy bone structure.†

**SUPPLEMENT FACTS** (PL)

Serving Size 3 Tablets

Amount Per Serving	%DV
Vitamin C ..... 150 mg	250%
Vitamin D <sub>3</sub> ..... 75 IU	19%
Calcium ..... 500 mg (from Calcium Citrate/Carbonate/Ascorbate Complex)	50%
Magnesium ..... 500 mg (from Magnesium Oxide/Aspartate/Ascorbate Complex)	125%
Boron (from Boron Citrate Complex) ..... 3 mg	*
Glutamic Acid ..... 150 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

**Cal/Mag 2001**

Formula	Size
2001	90 Tablets 180 Tablets

Suggested Usage: 3 daily

Cal/Mag 2001 tablets provide 750 mg of elemental calcium from a calcium complex, together with 375 mg of elemental magnesium to provide a 2:1 dose ratio of calcium to magnesium. Other nutrients including boron, glutamic acid, Vitamin C and D<sub>3</sub> are also included to assist the body in maintaining healthy bone structure.†

**SUPPLEMENT FACTS** (PL)

Serving Size 3 Tablets

Amount Per Serving	%DV
Vitamin C ..... 150 mg	250%
Vitamin D <sub>3</sub> ..... 75 IU	19%
Calcium ..... 750 mg (from Calcium Citrate/Carbonate/Ascorbate Complex)	75%
Magnesium ..... 375 mg (from Magnesium Aspartate/Ascorbate/Oxide Complex)	94%
Boron (from Boron Citrate Complex) ..... 3 mg	*
Glutamic Acid ..... 150 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, carboxymethyl cellulose, stearic acid, and vegetable stearate.

**Cal/Mag Citrate**

Formula	Size
7471	250 Capsules

Suggested Usage: 1 daily

Cal/Mag Citrate capsules supply bioavailable calcium and magnesium in citrate form.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 250

Amount Per Serving	%DV
Calcium (from 300 mg of Calcium Citrate) ..... 72 mg	7%
Magnesium (from 300 mg of Magnesium Citrate) ..... 48 mg	12%
Boron (from Boron Citrate) ..... 10 mcg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Mag 2: Cal 1

Formula	Size
7466	180 Tablets

Suggested Usage: 1, twice daily

Mag 2: Cal 1 tablets deliver 250 mg of elemental magnesium and 125 mg of elemental calcium per tablet.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 180

Amount Per Serving	%DV
Vitamin C.....75 mg	125%
Vitamin D <sub>3</sub> .....13 IU	3%
Calcium (from Calcium Citrate/Carbonate/Ascorbate).....125 mg	13%
Magnesium (from Magnesium Aspartate/Oxide/Ascorbate)250 mg	63%
Boron (from Boron Citrate/Aspartate).....2 mg	*
Glutamic Acid.....20 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Chromium Picolinate 250 mcg

Formula	Size
7417	100 Capsules

Suggested Usage: 1 daily

Chromium Picolinate is a trace element supplement that contains 250 mcg of chromium bound to picolinic acid, a highly biologically active form of this mineral.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Chromium (from Chromium Picolinate).....250 mcg	208%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

Chromax™ is a trademark of Nutrition 21.

## MINERALS | **CHROMIUM FORMULAS**

### Chromium 1 mg

Formula	Size
7411	100 Tablets

Suggested Usage: 1 daily

Chromium tablets provide 1 mg of chromium from chromium amino acid chelate.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Chromium (from chromium chelate complex).....1 mg	833%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

## Chromium 400 mcg

Formula	Size
80240	100 Capsules

Suggested Usage: 1 daily

Chromium is a trace element supplement that contains chromium bound to nicotinic acid. Each capsule provides 400 mcg of chromium in its non-toxic trivalent form.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Chromium (from Chromium Polynicotinate)..... 400 mcg	333%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

ChromeMate® is a trademark of InterHealth Company.

## Chromium-GTF 200

Formula	Size
200063	100 Vegetarian Capsules

Suggested Usage: 1 daily

Chromium-GTF 200 is a trace element supplement that contains chromium bound to nicotinic acid. Each vegetarian capsule provides 200 mcg of chromium in its non-toxic trivalent form.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
Chromium (from Chromium Polynicotinate)..... 200 mcg	167%

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

ChromeMate® is a trademark of InterHealth Company.

## MINERALS | MAGNESIUM FORMULAS

### Amino-Mag 200™

Formula	Size
MAG	100 Tablets

Suggested Usage: 1 daily

Amino-Mag 200™ is a nutritionally functional magnesium amino acid chelate with excellent bioavailability. Each tablet delivers 200 mg of elemental magnesium.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Magnesium (as magnesium amino acid chelate) ..... 200 mg	50%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropylcellulose, croscarmellose sodium, silica, vegetable stearate and stearic acid.

## Chelated Magnesium

Formula	Size
7033	100 Tablets

Suggested Usage: 1 daily

Highly absorbable chelated magnesium provides 100 mg elemental magnesium per tablet. Magnesium is involved in energy metabolism, and is notably important in the heart, skeletal muscles, and nervous system.‡

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Magnesium (from Magnesium Amino Acid Chelate)..... 100 mg	25%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Liquid Magnesium

Formula	Size
57622	240 ml (8 fl oz) Liquid

Suggested Usage: 1 teaspoon (5 ml) daily

Liquid Magnesium supplies magnesium citrate in a great-tasting pomegranate flavored liquid, sweetened naturally with stevia.

### SUPPLEMENT FACTS

Serving Size 1 Teaspoon (5 ml) • Servings Per Container 48

Amount Per Serving	%DV
Magnesium (from magnesium citrate).....225 mg	56%

\*Daily Value (DV) not established.

Other ingredients: Purified water, natural glycerin, natural pomegranate flavor, xanthan gum, citric acid, potassium sorbate and purified stevia extract.

## Magnesium Aspartate

Formula	Size
7405	100 Capsules 250 Capsules

Suggested Usage: 1 daily

Magnesium Aspartate capsules deliver 100 mg of elemental magnesium in their bioavailable aspartate forms.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule

Amount Per Serving	%DV
Magnesium (from Magnesium Aspartate).....100 mg	25%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.

## Magnesium Aspartate 2X

Formula	Size
81285	250 Tablets

Suggested Usage: 1 daily

Magnesium Aspartate delivers 200 mg of elemental magnesium and 99 mg of elemental potassium per tablet.

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet • Servings Per Container 250

Amount Per Serving	%DV
Magnesium ..... 200 mg (from Magnesium Aspartate/Oxide Complex)	50%
Potassium .....99 mg (from Potassium Aspartate/Chloride Complex)	2%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

## Magnesium Citrate

Formula	Size
202236	90 Vegetarian Capsules

Suggested Usage: 1 daily

Magnesium Citrate supplies 150 mg of elemental magnesium from bioavailable magnesium citrate in each convenient vegetarian capsule.

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Magnesium (from Magnesium Citrate).....150 mg	38%

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule) and ascorbyl palmitate.

## Magnesium Glycinate

Formula	Size
202373	120 Tablets 240 Tablets

Suggested Usage: 1, 1-2 times daily

Magnesium Glycinate supplies 100 mg of elemental magnesium from a magnesium glycinate/chelate complex in an easy to swallow tablet.

### SUPPLEMENT FACTS PL

Serving Size 1 Tablet

Amount Per Serving	%DV
Magnesium (from Magnesium Glycinate) ..... 100 mg	24%

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, stearic acid, carnauba wax, silica and ascorbyl palmitate.

## Magnesium Oxide

Formula	Size
81201	100 Capsules 250 Capsules

Suggested Usage: 1 daily

Magnesium Oxide supplies 300 mg of elemental magnesium from magnesium oxide in each capsule.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule

Amount Per Serving	%DV
Magnesium (from 500 mg Magnesium Oxide)..... 300 mg	75%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and titanium dioxide.

## Magnesium Taurate 400

Formula	Size
83071	120 Tablets

Suggested Usage: 4 daily

Magnesium Taurate 400 tablets deliver 400 mg per serving of elemental magnesium in their bioavailable taurate forms. Each tablet provides 100 mg of elemental magnesium, and approximately 400 mg of amino acid taurine.

### SUPPLEMENT FACTS PL

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Magnesium (from Magnesium Taurate) ..... 400 mg	100%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, dicalcium phosphate, stearic acid, vegetable stearate, and silica.

## Magnesium/Potassium Complex

Formula	Size
7400	100 Capsules 250 Capsules

Suggested Usage: 1 daily

Magnesium/Potassium Complex delivers 90 mg of elemental magnesium and 90 mg of elemental potassium in each capsule.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule

Amount Per Serving	%DV
Magnesium (from Magnesium Aspartate/Oxide Complex) .... 90 mg	23%
Potassium (from Potassium Aspartate/Chloride Complex)... 90 mg	2%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.

## Mg-K Aspartate

Formula	Size
MGK	100 Tablets

Suggested Usage: 1 daily

Mg-K Aspartate tablets deliver 100 mg of elemental magnesium and 99 mg of elemental potassium in their bioavailable aspartate forms.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Magnesium (as magnesium aspartate).....	100 mg 25%
Potassium (as potassium aspartate).....	99 mg 2%
Aspartic acid (total yield).....	682 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, carboxymethyl cellulose, hydroxypropylcellulose, stearic acid, silica and vegetable stearate.

## MINERALS | IRON FORMULAS

## Amino-Iron™

Formula	Size
FEC	100 Tablets

Suggested Usage: 1 daily

Amino-Iron™ is a nutritionally functional iron amino acid chelate (iron bis-glycinate) with documented high bioavailability, excellent tolerability, and low toxicity. Each 18 mg tablet of Amino-Iron™ supplies 100% of the daily requirement (US RDA) of iron for adults and children 4 or more years of age.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Iron (as iron amino acid chelate).....	18 mg 100%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, silica, and magnesium stearate.

## Ferronyl® Iron

Formula	Size
7035	60 Tablets

Suggested Usage: 2 daily

Ferronyl® Iron supplies significant amounts of bioavailable iron carbonyl along with a synergistic combination of vitamins for optimal health. Ferronyl is iron carbonyl that is well-tolerated with excellent bioavailability.†

### SUPPLEMENT FACTS PL

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....	200 mg 333%
Vitamin E (as d-alpha Tocopheryl Acetate).....	30 IU 100%
Thiamine (as Thiamine Mononitrate).....	6 mg 400%
Riboflavin.....	8 mg 471%
Niacinamide (from Niacinamide Ascorbate).....	30 mg 150%
Vitamin B <sub>6</sub> (as Pyridoxine HCl).....	4 mg 200%
Folic acid.....	100 mcg 25%
Vitamin B <sub>12</sub> (as Cyanocobalamin).....	50 mcg 833%
Pantothenic Acid (as d-Calcium Pantothenate).....	25 mg 250%
Iron (from Ferronyl® as Iron Carbonyl).....	54 mg 300%
Choline (from 30 mg Choline Bitartrate).....	12 mg *
Glycine.....	200 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, carboxymethyl cellulose, stearic acid, vegetable stearate, and silica.

Ferronyl® is a registered trademark of Ashland Inc.

## Timed Release Iron

Formula	Size
7962	90 Tablets

Suggested Usage: 2 daily

Timed Release Iron tablets are specially designed to provide 54 mg of iron carbonyl (Ferronyl®) per serving for a 6 to 8 hour period. Carbonyl iron is well-tolerated, easily absorbed, and has a low toxicity.

### SUPPLEMENT FACTS PL

Serving Size 2 Tablets • Servings Per Container 45

Amount Per Serving	%DV
Iron (from Ferronyl® [as Iron Carbonyl]).....	54 mg 300%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, magnesium stearate (vegetable source) and silica.

Ferronyl® is a registered trademark of Ashland Inc.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

MINERALS | **SELENIUM FORMULAS**

**Selenium Plus**

Formula	Size
81802	90 Capsules

Suggested Usage: 1 daily

Selenium is an essentially important trace element in humans. Formulated with Vitamin E and Vitamin C for additional antioxidant support.‡

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) ..... 100 mg	167%
Vitamin E (as d-alpha Tocopherol) ..... 60 IU	200%
Selenium (from Selenium Krebs**) ..... 200 mcg	286%

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

\*\*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Seleno-Methionine**

Formula	Size
7422	100 Capsules 250 Capsules

Suggested Usage: 1 daily

Seleno-Methionine contains 200 mcg of bioavailable selenium per capsule.

**SUPPLEMENT FACTS** PL

Serving Size 1 Capsule

Amount Per Serving	%DV
Selenium (from seleno-methionine) ..... 200 mcg	286%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.

MINERALS | **ZINC FORMULAS**

**Opti-Zinc™ 30**

Formula	Size
200061	90 Vegetarian Capsules

Suggested Usage: 1 daily

Opti-Zinc™ 30 vegetarian capsules supply elemental zinc monomethionine, a chemically defined, patented organic compound which provides zinc and the amino acid methionine.

**SUPPLEMENT FACTS** PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Zinc (from 150 mg Zinc Monomethionine) ..... 30 mg	200%

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

OptiZinc® is a trademark of InterHealth N.I.

**Zinc Lozenges**

Formula	Size
ZNL	100 Lozenges

Suggested Usage: 1 every 2 hours

Zinc Lozenges supply bioavailable zinc, sweetened with sorbitol and flavored with natural orange extracts. Each lozenge contains 10 mg of elemental zinc in the form of zinc citrate.

**SUPPLEMENT FACTS**

Serving Size 1 Lozenge • Servings Per Container 100

Amount Per Serving	%DV
Zinc (from zinc citrate) ..... 10 mg	67%

\*Daily Value (DV) not established.

Other ingredients: Sorbitol, citric acid, natural orange flavor, and vegetable stearate.



## Zinc Picolinate (Tablets)

Formula	Size
ZNP	100 Tablets

Suggested Usage: 1 daily

Zinc Picolinate tablets supply bioavailable zinc bound to picolinic acid. Each tablet contains 20 mg zinc, exclusively in the form of zinc picolinate.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Zinc (as zinc picolinate).....20 mg	133%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, carboxymethyl cellulose sodium, vegetable stearate, stearic acid, silica, vegetable coating (purified water, hypromellose, glycerin).

## Zinc Picolinate (Capsules)

Formula	Size
7440	100 Capsules

Suggested Usage: 1 daily

Zinc Picolinate capsules supply 50 mg of zinc from zinc picolinate complex.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Zinc (from Zinc Picolinate).....50 mg	333%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## MINERALS | OTHER MINERALS

### Basic Minerals™

Formula	Size
BMN	180 Capsules

Suggested Usage: 6 daily

Basic Minerals™ is a comprehensive mineral/trace element formula. Basic Minerals™ contains mineral amino acid chelates from well-tolerated and highly absorbable mineral forms. Basic Minerals™ is iron-free, making it an appropriate choice for those concerned about getting too much iron but who want to supplement with a full-spectrum of other minerals and trace elements.

### SUPPLEMENT FACTS PL

Serving Size 6 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Calcium (as calcium citrate)..... 400 mg	40%
Iodine (from kelp).....150 mcg	100%
Magnesium ..... 400 mg	100%
(as magnesium aspartate and magnesium amino acid chelate)	
Zinc (as zinc amino acid chelate).....20 mg	133%
Selenium (as selenium amino acid complex)..... 200 mcg	286%
Copper (as copper amino acid chelate).....2 mg	100%
Manganese (as manganese amino acid chelate).....20 mg	1,000%
Chromium (as chromium polynicotinate)..... 200 mcg	167%
Molybdenum (as molybdenum amino acid chelate).....150 mcg	200%
Potassium (as potassium chloride).....99 mg	3%
Vanadium (as vanadyl sulfate).....39 mcg	*
Boron (as boron aspartate-citrate).....2 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and silica.

### MSM Capsules Fundamental Sulfur

Formula	Size
MSMC	100 Capsules

Suggested Usage: 1, three times daily

MSM capsules contain 750 mg of methylsulfonylmethane (MSM). MSM, a derivative of DMSO, is a naturally occurring compound of biologically available sulfur.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Methylsulfonylmethane (MSM) .....	750 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, magnesium stearate and silica.

OptiMSM® (distilled methylsulfonylmethane) is a proprietary ingredient exceeding industry standards for optimal purity.

OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc.

### MSM + Vitamin C Fundamental Sulfur

Formula	Size
MSM	100 Tablets

Suggested Usage: 1, three times daily

MSM + Vitamin C tablets contain 500 mg of methylsulfonylmethane (MSM). MSM, a derivative of DMSO, is a naturally occurring compound of biologically available sulfur. The essential trace element molybdenum is added as a cofactor for normal sulfur metabolism.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin C (as L-ascorbic acid).....	100 mg 167%
Molybdenum (as molybdenum Krebs <sup>††</sup> ).....	25 mcg 33%
Methylsulfonylmethane (MSM) .....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate, silica, and ethylcellulose.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate, and Succinate Complex

OptiMSM® (distilled methylsulfonylmethane) is a proprietary ingredient exceeding industry standards for optimal purity.

OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc.

## Manganese Chelate

Formula	Size
7101	90 Tablets

Suggested Usage: 1 daily

Manganese Chelate tablets supply manganese from bioavailable manganese amino acid chelate. Each tablet contains 16.7 mg elemental manganese.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Manganese ..... 16.7 mg (from Manganese Amino Acid Chelate)	835%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Molybdenum (Tablets)

Formula	Size
MOC	100 Tablets

Suggested Usage: 1 daily

Molybdenum amino acid chelate is a patented, nutritionally functional bis-glycinate chelate with excellent bioavailability. Each tablet delivers 250 mcg of elemental molybdenum.

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Molybdenum (as molybdenum amino acid chelate) ..... 250 mcg	333%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate, silica and pharmaceutical glaze.

## Molybdenum 500 mcg (Capsules)

Formula	Size
81216	60 Capsules

Suggested Usage: 1 daily

Molybdenum delivers 500 mcg of elemental molybdenum per capsule from Krebs complex.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Molybdenum ..... 500 mcg (from Molybdenum Krebs—Citrate, Fumarate, Malate, Glutarate, Succinate Complex)	667%

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## Potassium 99 mg Chelated

Formula	Size
7109	100 Capsules

Suggested Usage: 1 daily

Potassium 99 mg Chelated capsules supply 99 mg of elemental potassium chelate complex.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Potassium ..... 99 mg (from Potassium Krebs <sup>††</sup> /amino acid chelate complex)	2%

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

<sup>††</sup>Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## Spectramin Chelate

Formula	Size
7986	90 Tablets

Suggested Usage: 3 daily

Spectramin Chelate is a comprehensive mineral/trace element formula that contains well tolerated and highly absorbable chelated and complexed minerals. Spectramin Chelate is iron-free, making it an appropriate choice for those concerned about getting too much iron but who want to supplement with a full-spectrum of other minerals and trace elements.

### SUPPLEMENT FACTS PL

Serving Size 3 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Calcium (from Calcium Krebs <sup>++</sup> /Carbonate).....	450 mg 45%
Iodine (from Potassium Iodide).....	150 mcg 100%
Magnesium (from Magnesium Krebs <sup>++</sup> /Oxide).....	190 mg 48%
Zinc (from Zinc Krebs <sup>++</sup> ).....	18 mg 120%
Selenium (from Selenium Krebs <sup>++</sup> ).....	200 mcg 286%
Copper (from Copper Krebs <sup>++</sup> ).....	1.25 mg 63%
Manganese (from Manganese Krebs <sup>++</sup> ).....	30 mg 1,500%
Chromium (from chromium GTF, polynicotinate).....	300 mcg 250%
Molybdenum (from Molybdenum Krebs <sup>++</sup> ).....	50 mcg 67%
Potassium (from Potassium Krebs <sup>++</sup> /Chloride).....	99 mg 3%
Silicon (as silicon dioxide).....	2 mg *
Vanadium (from Vanadium Krebs <sup>++</sup> ).....	.75 mcg *
Boron (from Boron Citrate).....	100 mcg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

\*\*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

## Vanadyl Sulfate

Formula	Size
VDL	90 Tablets

Suggested Usage: 1 daily

Vanadyl Sulfate is a trace element compound that contains vanadium bound to sulfur. Each tablet provides 100% pure, crystalline vanadyl sulfate.

### SUPPLEMENT FACTS

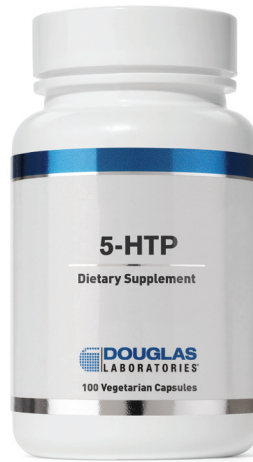
Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Vanadium (from 7.5 mg Vanadyl Sulfate).....	1.4 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, carboxymethyl cellulose, stearic acid, vegetable stearate, and silica.

## AMINO ACIDS



5-HTP contains 50 mg of natural L-5-Hydroxytryptophan (5-HTP) extracted from seeds of the Griffonia plant in each vegetarian capsule.

### 5-HTP

Formula	Size
5HTP	100 Vegetarian Capsules

Suggested Usage: 1-2 daily

### SUPPLEMENT FACTS PL

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
L-5-Hydroxytryptophan.....	50 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose and vegetable stearate.

## 5-HTP Plus

Formula	Size
85073	60 Vegetarian Capsules

Suggested Usage: 1 daily

5-HTP Plus vegetarian capsules contain 75 mg of natural L-5-hydroxytryptophan (5-HTP) extracted from seeds of the Griffonia plant, together with 7.5 mg of pyridoxal-5-phosphate and 50 mg of a proprietary blend of the amino acids L-tyrosine and L-glutamine. This product has been certified to be free of a contaminant, peak “x”.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-5-HTP (L-5-hydroxytryptophan) .....	75 mg *
Pyridoxal-5-Phosphate (P-5-P) .....	7.5 mg *
Proprietary Blend .....	50 mg *
L-Tyrosine	
L-Glutamine	

\*Daily Value (DV) not established.

Other ingredients: Cellulose and silica.

## Acetyl L-Carnitine 500 mg

Formula	Size
82730	60 Vegetarian Capsules 120 Vegetarian Capsules

Suggested Usage: 1, 1-2 times daily

Acetyl-L-Carnitine capsules each contain 500 mg of pure acetyl-L-carnitine.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
Acetyl-L-Carnitine .....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica.

## AminoBlend™

Formula	Size
201996	100 Capsules

Suggested Usage: 1 daily

AminoBlend™ capsules contain a nutritionally balanced mixture of essential, conditionally essential, and important non-essential amino acids in their physiological L-crystalline forms.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Amino Acid Blend.....	740 mg *
L-Lysine HCl, L-Arginine, L-Isoleucine, L-Leucine, L-Alanine, L-Threonine, L-Histidine HCl, L-Cystine, L-Methionine, L-Glutamine, L-Tyrosine, L-Aspartic Acid, L-Valine, L-Glutamic Acid, L-Phenylalanine, Glycine, L-Serine, and L- Cysteine HCl.	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, magnesium stearate and silica.

## Free Form Amino Caps

Formula	Size
82005	100 Capsules

Suggested Usage: 1 daily

Free Form Amino Caps contain a nutritionally balanced mixture of essential, conditionally essential, and important non-essential amino acids in their physiological L-crystalline forms.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Free Form Amino Acids.....	600 mg *
Proprietary Blend	
L-Arginine, L-Ornithine, L-Glutamic Acid, L-Aspartic Acid, L-Lysine, Glycine, L-Leucine, L-Valine, L-Threonine, L-Methionine, L-Alanine, L-Serine, L-Tyrosine, L-Cystine, L-Isoleucine, L-Proline, L-Histidine, L-Phenylalanine.	

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## GABA

Formula	Size
80611	60 Capsules

Suggested Usage: 1 daily

GABA supplies 500 mg of gamma amino butyric acid per each capsule.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
GABA (Gamma Amino Butyric Acid)..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), magnesium silicate, vegetable stearate and silica.

## Glycine

Formula	Size
7934	60 Capsules

Suggested Usage: 1 daily

Glycine supplies 500 mg of the amino acid in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Glycine ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## L-Arginine (500 mg)

Formula	Size
7932	60 Capsules

Suggested Usage: 1 daily

L-Arginine capsules contain 500 mg pure, crystalline L-arginine.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Arginine..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## L-Arginine (700 mg)

Formula	Size
ARG	100 Capsules

Suggested Usage: 1-6 daily

L-Arginine capsules contain 700 mg pure, crystalline L-arginine.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Arginine (as L-arginine).....700 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose, vegetable stearate, silica and stearic acid.

## L-Carnitine

Formula	Size
R250	60 Vegetarian Capsules
	100 Vegetarian Capsules

Suggested Usage: 1 daily

L-Carnitine supplements supply pure, natural L-carnitine in capsule form.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
L-Carnitine (as L-Carnitine L-Tartrate).....	250 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), vegetable stearate and silica.

## L-Carnosine

Formula	Size
98731	30 Capsules

Suggested Usage: 1 daily

L-Carnosine capsules supply 500 mg of pure L-carnosine.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 30

Amount Per Serving	%DV
L-Carnosine .....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## L-Glutamine

Formula	Size
7940	60 Capsules

Suggested Usage: 1 daily

L-Glutamine 500 mg capsules contain 500 mg of pure crystalline L-glutamine.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Glutamine .....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## L-Glutamine + FOS Powder

Formula	Size
80697	250 g Powder

Suggested Usage: 1 teaspoon , twice daily

The amino acid glutamine plays a key role in the metabolism, structure, and function of the entire gastro-intestinal (GI) tract and its extensive immune system. Fructooligosaccharides (FOS) are prebiotics that further support the GI system.†

### SUPPLEMENT FACTS

Serving Size 1 teaspoon (approx. 4 grams) • Servings Per Container Approx. 62

Amount Per Serving	%DV <sup>^</sup>
Total Carbohydrate.....	1.5 g <1%
L-Glutamine .....	2.5 g *
FOS (fructooligosaccharides).....	1.5 g *

\*Daily Value (DV) not established.

<sup>^</sup>Percent Daily Value (DV) based on a 2,000 calorie diet.

Other ingredients: None.

NutraFlora™ is a registered trademark of GTC Nutrition.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## L-Glutamine Powder

Formula	Size
907101	250 g Powder

Suggested Usage: 1 teaspoon, twice daily

A key amino acid for intestinal health and immune function, providing 4,000 mg of pure L-glutamine per serving.†

### SUPPLEMENT FACTS

Serving Size 1 teaspoon (approx. 4 grams) • Servings Per Container Approx. 62

Amount Per Serving	%DV
L-Glutamine.....4 g	*

\*Daily Value [DV] not established.

Other ingredients: None.

## L-Glutathione

Formula	Size
83072	60 Capsules

Suggested Usage: 1 daily

L-Glutathione supplies 250 mg of L-glutathione in its reduced active form in a gelatin capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Glutathione (reduced).....250 mg	*

\*Daily Value [DV] not established.

Other ingredients: Cellulose, gelatin (capsule), silica and vegetable stearate.

## L-Glutathione Plus

Formula	Size
81993	90 Lozenges

Suggested Usage: 1-2, 2-3 times daily

L-Glutathione Plus provides 150 mg of reduced L-glutathione and 50 mg of N-Acetyl-L-Cysteine in a specially formulated lozenge.

### SUPPLEMENT FACTS

Serving Size 2 Lozenges • Servings Per Container 45

Amount Per Serving	%DV
L-Glutathione (reduced).....150 mg	*
N-Acetyl-L-Cysteine.....50 mg	*

\*Daily Value [DV] not established.

Other ingredients: Sucrose, microcrystalline cellulose, vegetable stearate, mannitol and silica.



## L-Histidine

Formula	Size
7935	60 Capsules

Suggested Usage: 1 daily

L-Histidine supplies 500 mg of the amino acid in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Histidine HCl ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), vegetable stearate and magnesium silicate.

## L-Ornithine 500 mg

Formula	Size
7938	60 Capsules

Suggested Usage: 1 daily

L-Ornithine supplies 500 mg of the amino acid in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Ornithine HCl ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Bovine gelatin (capsule), microcrystalline cellulose, magnesium silicate, vegetable stearate.

## L-Methionine

Formula	Size
7937	60 Capsules

Suggested Usage: 1 daily

L-Methionine supplies 500 mg of this essential amino acid.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Methionine ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule) and vegetable stearate.

## L-Proline

Formula	Size
7948	60 Capsules

Suggested Usage: 1 daily

L-Proline supplies 500 mg of the amino acid L-proline in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Proline..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.

## L-Phenylalanine 500 mg

Formula	Size
7945	90 Capsules

Suggested Usage: 1 daily

L-Phenylalanine supplies 500 mg of pure L-phenylalanine in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
L-Phenylalanine..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.

## L-Serine

Formula	Size
7939	60 Capsules

Suggested Usage: 1 daily

L-Serine supplies 500 mg of the amino acid in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Serine ..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, gelatin (capsule), and vegetable stearate.

## L-Threonine

Formula	Size
7946	60 Capsules

Suggested Usage: 1 daily

L-Threonine supplies 500 mg of this amino acid in each capsule.

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Threonine..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## L-Tyrosine

Formula	Size
7549	100 Capsules

Suggested Usage: 1 daily

L-Tyrosine supplies 500 mg of L-tyrosine in each gelatin capsule.

### SUPPLEMENT FACTS PL

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
L-Tyrosine..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## L-Tryptophan

Formula	Size
200448	60 Vegetarian Capsules

Suggested Usage: 2 daily

L-Tryptophan is an essential amino acid and a precursor for the synthesis of serotonin. Tryptophan crosses the blood-brain barrier and is converted to L-5-Hydroxytryptophan (5-HTP), which in turn is converted into serotonin. Serotonin is an important neurotransmitter necessary for the regulation of appetite, mood, and melatonin production.‡

### SUPPLEMENT FACTS PL

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (as ascorbyl palmitate)..... 10 mg	17%
Riboflavin (as riboflavin-5-phosphate) ..... 10 mg	588%
Niacin (as niacinamide)..... 10 mg	50%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate) ..... 10 mg	500%
L-Tryptophan (as TryptoPure®) ..... 1,000 mg	*
BioPerine® (Black pepper extract, fruit)..... 5 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

TryptoPure® is a registered trademark of Ajinomoto AminoScience, LLC.

BioPerine® is a registered trademark of Sabinsa Corporation.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### Max-Carnitine 500 mg

Formula	Size
R500	60 Vegetarian Capsules 100 Vegetarian Capsules

Suggested Usage: 1 daily

Max-Carnitine supplements supply pure, natural L-carnitine in capsule form.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule

Amount Per Serving	%DV
L-Carnitine (as L-Carnitine L-Tartrate).....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), magnesium silicate and vegetable stearate.

### N-Acetyl-L-Cysteine 500 mg (Vegetarian Capsules)

Formula	Size
200062	90 Vegetarian Capsules

Suggested Usage: 1 daily

N-Acetyl-L-Cysteine vegetarian capsules contain 500 mg pure N-Acetyl-L-Cysteine. N-Acetyl-L-Cysteine is a biologically active precursor for the amino acid cysteine which, in turn, is a precursor for glutathione, a tripeptide with antioxidant properties.‡

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
N-Acetyl-L-Cysteine.....	500 mg *

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and magnesium silicate.

### N-Acetyl-L-Cysteine 750 mg (Capsules)

Formula	Size
7430	90 Capsules

Suggested Usage: 1 daily

N-Acetyl-L-Cysteine 750 mg capsules contain 750 mg pure N-Acetyl-L-Cysteine (NAC). NAC is a biologically active precursor for the amino acid cysteine which, in turn, is a precursor for glutathione, a tripeptide with antioxidant properties.‡

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
N-Acetyl-L-Cysteine.....	750 mg *

\*Daily Value (DV) not established.

Other ingredients: Gelatin (capsule), vegetable stearate and magnesium silicate.

## Taurine

Formula	Size
TAU	100 Vegetarian Capsules

Suggested Usage: 1-3 daily

Taurine capsules each contain 500 mg of pure crystalline taurine.

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
Taurine..... 500 mg	*

\*Daily Value (DV) not established.

Other ingredients: Cellulose, vegetable stearate and silica.

## Tri-Amino™

Formula	Size
7510	100 Vegetarian Capsules

Suggested Usage: 4 daily

Tri-Amino™ includes significant amounts of the amino acids L-Ornithine, L-Arginine, and L-Lysine.

### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsules • Servings Per Container 25

Amount Per Serving	%DV
L-Ornithine HCl ..... 900 mg	*
L-Arginine ..... 1,200 mg	*
L-Lysine HCl..... 1,200 mg	*

\*Daily Value (DV) not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and magnesium silicate.

# PROFESSIONAL LABEL SOLUTIONS

As a pioneer and industry leader in professional label solutions, we offer custom label design and a wide variety of product choices to make the process of creating your own branded product portfolio as seamless as possible.\*\*

- No setup fee
- Dedicated professional label sales liaison and experienced design staff
- Advanced color matching to your specifications
- Premium label quality
- Expedited service

**PL** Denotes professional label eligible formula



PROFESSIONAL LABEL ELIGIBLE

Product Name .....Formula #

5-HTP.....	5HTP
A.H.C.C.® Plus.....	99275-60X
Acetyl L-Carnitine 500 mg.....	82730-60X
Adrenplus-300 .....	7221-120X
Adrenplus-300 .....	7221-60X
Alpha-Lipoic Acid.....	LPA
Amino-Mag 200™.....	MAG
Ayur-Ashwagandha.....	7670-60X
Ayur-Curcumin (Turmeric) .....	7683-90X
B-Complex w/ Metafolin®.....	200765-60X
Basic Minerals™.....	BMN
Beni-Koji RYR.....	83339-120X
Berberine Balance .....	201131-60X
Betaine Hydrochloride .....	HC2
Betaine Plus®.....	80106-100X
Bioflavonoid Complex.....	80116-100X
Biotin 8 mg.....	202255-120X
Boswellia-Turmeric Complex .....	INF
Brain Calm .....	99579-60X
Bromelain-5000.....	7500-60X
C-1000.....	81407-100X
C-1000.....	81407-250X
C-Max® .....	7964-90X
C.V. Support Formula™ .....	4550-120X
Cal-6+Mg.™.....	7015-250X
Cal-6+Mg.™.....	7015-90X
Cal/Mag 1001 .....	1001-180X
Cal/Mag 1001 .....	1001-90X

Product Name .....Formula #

Cal/Mag 2001 .....	2001-180X
Cal/Mag 2001 .....	2001-90X
Calcium Citrate.....	7409-250X
Calcium D-Glucarate .....	CDG
Calcium Microcrystalline Hydroxyapatite...83018-90X	
Cape Aloe.....	80023-100X
Cardio-Edge®.....	99134-120X
Cardio MetX™ w/ GlucoPhenol®.....	202234-60X
Chelated Magnesium.....	7033-100X
Chromium 1 mg.....	7411-100X
Chromium 400 mcg.....	80240-100X
Chromium-GTF 200.....	200063-100X
Chromium Picolinate .....	7417-100X
Citrus Solu-Q™ .....	201775-30X
Citrus-Q10® 100.....	200053-60X
Citrus-Q10® 60.....	200052-60X
CLA (Conjugated Linoleic Acid).....	98336-120X
ColostOferrin.....	98230-60X
Corvalen®.....	57451P-280X
Corvalen® Chews.....	201245-90X
Corvalen® M .....	57452P-340X
D-Sorb™ .....	201206-30X
De-Mer-Tox™ .....	80317-60X
DEPA .....	7980-100X
Detoxification Pack.....	66866-30X
DIM® Enhanced.....	201208-60X
Dyna-Cal.....	202036-250X
Effer C.....	80120-240X

Product Name .....Formula #

Energy/Sports Formula .....	4543-120X
Essential Female Pack™.....	66360-30X
Essential Male Pack™.....	66359-30X
Essential-4 Nutrition Pack™.....	66355-30X
Ester-C® Complex.....	EST
Ester-C® Plus.....	7847-100X
Executive Stress Formula.....	4541-120X
Eye Moisture Support.....	202026-60X
Female X Booster .....	202275-120X
Ferronyl® Iron.....	7035-60X
Fiber-Plex™ .....	FPC
FlavonAll®.....	FVA
Flax Seed Oil (Softgels) .....	202192-100X
G.F.S.-2000® Capsules .....	7704-270X
G.F.S.-2000® Powder.....	7703-250X
GABA.....	80611-60X
Ginkgo Biloba Max-V.....	77330-60X
Gluco-Adapt™ .....	80442-90X
Gluco-Support Formula™ .....	84075-120X
Glucosamine + MSM Forte™.....	83909-60X
Glucoset®.....	GST
GlucoQuench™.....	202298-120X
Glutathione Plus™ .....	GSHP
Homocystrol® + TMG.....	201329-90X
Hyaluronic Acid.....	202262-60X
Hydrolyzed Collagen Plus.....	57717P-84X
Inositol .....	80801-100X
Intestamine® (Powder).....	INT

L-Arginine (500 mg).....	7932-60X
L-Carnitine .....	R250-60X
L-Glutamine.....	7940-60X
L-Glutamine Powder.....	907101-250X
L-Theanine .....	98740-60X
L-Tryptophan.....	200448-60X
L-Tyrosine.....	7549-100X
Lecithin 1200 mg .....	202254-100X
Lipinase™ .....	LPN
Liquid B12 with Methylcobalamin.....	200159-30X
Liquid Vitamin D-3.....	200039-30X
Livdetox™ .....	7600-120X
Macu-Support.....	202023-90X
Magnesium Aspartate.....	7405-100X
Magnesium Aspartate.....	7405-250X
Magnesium Aspartate 2X.....	81285-250X
Magnesium Citrate.....	202236-90X
Magnesium Glycinate.....	7575-120X
Magnesium Oxide.....	81201-100X
Magnesium Oxide.....	81201-250X
Magnesium Taurate 400 .....	83071-120X
Magnesium/Potassium Complex .....	7400-100X
Male X Booster.....	99248-60X
Max Carnitine .....	R500-60X
Melatonin P.R. 3 mg Prolonged-Release ..	83199-60X
Melatonin 1 mg (Tablets).....	MEL-S
Melatonin 3 mg (Tablets).....	81322-60X
Metabolic Lean® .....	201350-60X
Metabolic Management Pack .....	66865-60X
Methyl B12 Plus.....	202273-90X
Methyl Folate L-5-MTHF .....	201181-60X
Methyl Folate 5 mg 5-MTHF.....	202268-60X
Methylated Resveratrol Plus .....	200901-30X
Milk Thistle Max-V.....	77358-60X
MitoTone® Plus .....	202317-90X
Molybdenum 500 mcg (Capsules).....	81216-60X
Multi-Probiotic® 15 Billion.....	200900-60X
Multi-Probiotic® 40 Billion.....	202115-60X
Multi-Probiotic® 4000.....	7497-100X
N-Acetyl-L-Cysteine 750 mg (Capsules)...	7430-90X
N-Acetyl-L-Cysteine 500 mg (Vegcaps)...	200062-90X
Nattosyn™ .....	99250-60X
Natural C .....	7920-100X
Natural Vitamin E Complex .....	81316-100X
Nature's Diet Caps + .....	202306-90X
Nature's Diet Caps + Herbs®.....	202307-90X

Nettles Max-V .....	77359-60X
Neuro Comfort.....	202021-60X
Niacinamide .....	7954-100X
Niatab™ 500.....	NTB
Nutri-E 400™ Forte.....	98540-60X
Olive Leaf Extract.....	83905-60X
Opti-DHA™ Enteric-Coated .....	98531-60X
Opti-EPA™ 500 Marine Lipid Concentrate ..	7089-60X
Opti-EPA™ Enteric-Coated .....	99276-60X
Opti-Zinc™ 30 .....	200061-90X
Optimized Curcumin w/ Neurophenol® ..	202028-60X
Ora-Adren 80.....	7220-100X
Organic Greens and Reds .....	57402-240X
Osteo-Support Formula™ .....	4544-120X
Pan-Ox-5™ .....	202302-90X
Pantethine .....	98416-50X
Pantothenic Acid.....	7919-100X
Potassium 99 mg Chelated .....	7109-100X
PQQ Plus with BioPQQ® .....	200559-30X
Prenatal .....	201811-60X
Prenatal Pack.....	66588-30X
Pycnogenol® (Capsules).....	7041-60X
Pyridoxal-5-Phosphate .....	7467-100X
Pyridoxal-5-Phosphate .....	7467-60X
QÜELL® Fish Oil Clinical Strength DHA ..	202248-60X
QÜELL® Fish Oil Clinical Strength EPA ..	202403-60X
QÜELL® Fish Oil EFA Plus.....	202260-60X
QÜELL® Fish Oil EPA/DHA Plus D.....	200981-30X
QÜELL® Fish Oil EPA/DHA Plus D.....	200981-60X
QÜELL® Fish Oil Ultra DHA.....	200980-60X
QÜELL® Fish Oil Ultra EPA.....	200979-60X
Querciplex.....	81601-100X
Relora®-Plex .....	98739-60X
Rest Reset™ .....	202401-30X
Resveratrol.....	200244-30X
Riboflavin.....	81702-60X
SAM-e.....	202170-60X
S.B.C. (Saccharomyces Boulardii Capsules)..	9302-50X
Seditol® Plus .....	202304-30X
Seleno-Methionine .....	7422-100X
Sereniten Plus.....	201348-30X
Sereniten Plus.....	201348-60X
Skin Nourish .....	202269-30X
Skin Protect† .....	202277-60X
Spectramin Chelate .....	7986-90X
Stress-B-Plus™ .....	7452-90X

Strontium.....	200242-90X
Super HCA™ .....	98028-90X
Taurine.....	TAU
Timed Release Iron .....	7962-90X
Tri-B-100 .....	7913-90X
Tri-En-All 400 .....	98738-60X
Tri-Metabolic Control™ .....	202230-120X
Turmeric Max-V .....	77377-60X
Ubiquinol-QH .....	201899-30X
Ubiquinol-QH .....	201899-60X
Ultra Benfotiamine .....	201815-60X
Ultra G.L.A. (Borage Oil).....	7046-60X
Ultra HNS Hair, Nails, Skin Formula .....	201345-90X
Ultra I-3-C .....	201209-60X
Ultra Liver Support† .....	202315-60X
Ultra MenoEase™ .....	201938-60X
Ultra MFP Forte .....	200803-120X
Ultra Preventive® III (Capsules) .....	200585-180X
Ultra Preventive® 2 Daily.....	201344-60X
Ultra Preventive® 50+ .....	202363-60X
Ultra Preventive® EZ Swallow .....	200911-120X
Ultra Preventive® EZ Swallow .....	200911-240X
Ultra Preventive® III (Tablets).....	200568-180X
Ultra Preventive® III w/ Cu (Vegcaps)...	200587-180X
Ultra Preventive® Kids (Grape).....	202135-60X
Ultra Preventive® Kids (Orange).....	202134-60X
Ultra Preventive® X.....	202331-120X
Ultra Preventive® X .....	202331-240X
Ultra Preventive® X (Vegcaps).....	202346-240X
Ultra Protein Green™ .....	57658P-619X
Ultra Protein Plus (Chocolate Almond) ..	57053-908X
Ultra Protein Plus (Vanilla) .....	57054-908X
Ultra Vite 75™ II.....	7921-60HAX
Ultra Vite 75™ II.....	7921-90HAX
Ultra-Lipoic Forte® .....	83005-60X
Ultrazyme™ .....	7022-180X
Uro-Pro®.....	82044-60X
Vitality Support Formula™ .....	4546-120X
Vitamin A.....	AV1
Vitamin B12 (Hydroxycobalamin).....	202314-60X
Vitamin C 1000 mg.....	82106-100X
Vitamin C Crystals .....	82145-8X
Vitamin D 1000 IU .....	83007-100X
Vitamin D 5000 IU .....	200562-100X
Vitamin K2 .....	200913-60X
Zinc Picolinate (Capsules) .....	7440-100X

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## DISCONTINUED PRODUCTS

Old Product Name	Old Formula #	Replacement Name	Formula #	Page
Added Protection III® w/ Copper & Iron	APR	Ultra Preventive® III w/ Cu & Fe (Tablets)	200577A-180X	72
Added Protection III® w/o Copper & Iron	APB-180X	Ultra Preventive® III (Tablets)	200568-180X	71
Agnus Castus-V	77301-60X	PMS Support† w/ BioResponse DIM®	202365-60X	156
Amino-Gram Forte™	201252-100X	Free Form Amino Caps	82005-100X	211
Anti-Oxidant	7468-90X	Ultra Anti-Oxidant	7470-90X	94
Basic Preventive® 1 w/ Copper & Iron	201383-180X	Ultra Preventive® III w/ Cu (Vegcaps)	200587-180X	72
Basic Preventive® 3 w/ Iron	201385-180X	Ultra Preventive® III w/ Cu & Fe	200577A-180X	73
Borage Seed Oil	BOR	Ultra G.L.A. (Borage Oil)	7046	91
Cetyl Myristoleate	79809-120X	Cetyl Myristoleate	79809-60X	28
Chondroitin Sulfate	7065-60X	Move Active® Once Daily Joint Support†	8503-30X	31
Co-Biotic	80437-60X	S.B.C. (Saccharomyces Boulardii Capsules)	9302-50X	57
Coenzyme Q-10 with Vitamin C	7350-100X	Coenzyme Q-10 with Lipoic Acid	7362	139
Coleus Extract	99247-60X	ThyroMend™	201381-120X	161
Corvalen® OPC	57497P-165X	Corvalen®	57451P-280X	141
DGST Support Formula™	4545-120X	Pan-Ox-5™	202302	59
Dual-Source Chromium	7427-90X	Chromium Picolinate	7417-100X	201
E-400 Dry Caps	80400-90X	E-400	7098-100X	197
EPA/GLA Forte	7040-120X	Balance Plus™	202232-90X	91
FruitTEA-Max™	99000-60X	FlavonAll®	FVA	95
Germanium (Tablets)	GES	Germanium (Capsules)	GEM	112
Grape Seed Extract-V	77342-30X	Pycnogenol® (Capsules)	7041	130
Green Tea Extract Max-V	77344-60X	N/A	N/A	N/A
GSH 250™	80691-90X	Glutathione Plus™	GSHP	93
Immune-Plus™	7080-100X	Xtra-Cell® Thymus™ nf	99463-1XCNF	114
L-Cystine	7933-60X	N-Acetyl-L-Cysteine 500 mg (Vegcaps)	200062-90X	218
L-Lysine	7944-100X	N/A	N/A	N/A
L-Lysine	7944-250X	N/A	N/A	N/A
Lecithin Granules	7859-1X	Lecithin	202254-100X	50
Lycopene	LYC	N/A	N/A	N/A
Microcrystalline Calcium	7399-100X	Calcium Microcrystalline Hydroxyapatite	83018	199
Natural C Plus 500	7090-100X	Ester-C® Plus	EST	194
Neuromins™ (Algae Source DHA)	NRMV	QÜELL® Fish Oil Ultra DHA	200980-60X	89
Ocu-Omega™	99817-90X	Eye Moisture Support	202026-60X	182
Orange-Chew™ 500 mg	201253-100X	Ester-C® Complex	7847-100X	194
Pecta-Sol®	82046-270X	Pecta-Sol®	82046-90x	158
Phosphatidyl-SERINE	83004-60X	N/A	N/A	N/A
Rehab Support Formula™	4549-120X	Joint-Support Formula	4547-120X	76
Ultra 5-HTP Formula	85081-60X	5-HTP Plus	85073-60X	211
Ultra Cardio Support† Pack	66354-30X	Essential-4 Nutrition Pack™	66355-30X	80
Ultra G.I.™	82752-90X	Intestamine® (Capsules)	INT-C	62
Ultra Preventive® III w/ Zinc Picolinate	200570-180X	Ultra Preventive® III (Tablets)	200568-180X	71
UltraCAL	88050-120X	Cal-6+Mg.™	7015	36
Valerian Root Max-V	77381-60X	Valsed™	7333-90X	179
Vanadium Krebs	82109-60X	Vanadyl Sulfate	VDL	210
Vitamin B12 (2,500 MCG.)	B12-60X	Vitamin B12 (Hydroxycobalamin)	202314-60X	184
Wasabia Detox Plus	99245-60X	Ultra Liver Support†	202315-60X	101
Zinc Chelate	7104-100X	Zinc Picolinate (Capsules)	7440-100X	207



## REVISED FORMULA NUMBER OR PRODUCT NAME

Old Product Name	Old Formula#	Replacement Name	Formula	Page
Balance Plus™	99825-90X	Balance Plus™	202232-90X	91
Detoxification Pack	66842-30X	Detoxification Pack	66866-30X	102
Magnesium Citrate	85045-90X	Magnesium Citrate	202236-90X	203
Magnesium Glycinate	7575	Magnesium Glycinate	202373	204
Metabolic Management Pack	66212-60X	Metabolic Management Pack	66865-60X	145
Metabolic Rejuvenation®	66841-56X	Metabolic Rejuvenation®	66867-56X	104
MitoTone®	MIT	MitoTone® Plus	202317-90X	137
PMS Support† w/ BioResponse DIM®	201715-60X	PMS Support† w/ BioResponse DIM®	202365-60X	156
S.O.D. (Superoxide Dismutase)	7987-100X	S.O.D. (Superoxide Dismutase)	202212-100X	93
SAM-e (Tablets)	98304-30X	SAM-e (Vegcaps)	202170-60X	43
Seditol® Plus	99446-30X	Seditol® Plus	202304-30X	179
Ultra Preventive® X	200569	Ultra Preventive® X (Tablets)	202331	67
Ultra Preventive® X (Vegcaps)	200574-240X	Ultra Preventive® X (Vegcaps)	202346-240X	68

**DISCONTINUED + SUGGESTED REPLACEMENTS**

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**0-9**

5-HTP .....5HTP Vitamins, Minerals, Amino Acids.. 210  
 5-HTP Plus.....85073 Vitamins, Minerals, Amino Acids.. 211  
 7-Keto™.....99246 Heart & Metabolic ..... 144

**A**

A-Potene™.....7993 Vitamins, Minerals, Amino Acids.. 185  
 A.H.C.C.® Plus.....99275 Foundation ..... 110  
 Acetyl L-Carnitine 500 mg.....82730 Vitamins, Minerals, Amino Acids.. 211  
 AdrenoMend™.....200529 Hormone ..... 159  
 Adrenplus-300.....7221 Hormone ..... 159  
 Alpha-GPC.....99255 Cognitive & Mood ..... 50  
 Alpha-Lipoic Acid.....LPA Foundation ..... 92  
 Amino-Iron™.....FEC Vitamins, Minerals, Amino Acids.. 205  
 Amino-Mag 200™.....MAG Vitamins, Minerals, Amino Acids.. 202  
 AminoBlend™.....201996 Vitamins, Minerals, Amino Acids.. 211  
 Ascorbplex 1000™.....7563 Vitamins, Minerals, Amino Acids.. 192  
 Astragalus Max-V.....77304 Foundation ..... 110  
 ATP-20.....83029 Heart & Metabolic ..... 142  
 Ayur-Ashwagandha .....7670 Hormone ..... 160  
 Ayur-Boswellia Serrata .....7671 Bone & Joint ..... 27  
 Ayur-Curcumin (Turmeric).....7683 Bone & Joint ..... 27  
 Ayur-Guggulipid .....7674 Heart & Metabolic..... 134  
 Ayur-Triphala.....7684 Heart & Metabolic ..... 134

**B**

B-1 .....7099 Vitamins, Minerals, Amino Acids.. 185  
 B-12 500 mcg .....7928 Vitamins, Minerals, Amino Acids.. 186  
 B-6, 100 mg .....7943 Vitamins, Minerals, Amino Acids.. 185  
 B-Complex w/ Metafolin®.....200765 Vitamins, Minerals, Amino Acids.. 191  
 Balance Plus™.....202232 Foundation ..... 91  
 Basic Minerals™.....BMN Vitamins, Minerals, Amino Acids.. 207  
 Basic Preventive® 2 Fe & Cu Free .....201384 Foundation ..... 74  
 Basic Preventive® 4 Fe & Cu Free .....201386 Foundation ..... 75  
 Basic Preventive® 5 Iron Free .....201387 Foundation ..... 75  
 Basic Preventive® 5 Iron Free (Vegcaps) ... BP5-C Foundation ..... 76  
 Beauty Box.....66857 Beauty..... 19  
 Beauty Box Skin Support†.....66860 Beauty..... 19  
 Beni-Koji RYR.....83339 Heart & Metabolic ..... 134  
 Berberine Balance.....201131 Heart & Metabolic ..... 127  
 Beta 1,3 Glucan .....83901 Foundation ..... 111  
 Betaine Hydrochloride.....HC2 Digestive ..... 58  
 Betaine Plus®.....80106 Digestive ..... 58  
 Bilex.....7102 Digestive ..... 58  
 Bio-Dophilus®.....BIO Digestive ..... 56  
 Bioflavonoid Complex.....80116 Foundation ..... 95  
 Biotin 8 mg.....202255 Vitamins, Minerals, Amino Acids.. 186  
 Bone CoFactors.....201940 Bone & Joint ..... 36

Boswellia-Turmeric Complex..... INF Bone & Joint ..... 27  
 Brain Calm.....99579 Sleep & Relaxation ..... 177  
 Brain Energy.....98723 Cognitive & Mood ..... 42  
 Brain Memory.....99580 Cognitive & Mood ..... 46  
 Brain Mood.....98724 Cognitive & Mood ..... 42  
 Bromelain-5000.....7500 Bone & Joint ..... 27

**C**

C-1000.....81407 Vitamins, Minerals, Amino Acids.. 192  
 C-Max®.....7964 Vitamins, Minerals, Amino Acids.. 193  
 C.V. Support Formula™.....4550 Foundation ..... 77  
 C/Lysine Plus.....80279 Vitamins, Minerals, Amino Acids.. 193  
 Cal-6+Mg.™.....7015 Bone & Joint ..... 36  
 Cal/Mag 1001.....1001 Vitamins, Minerals, Amino Acids.. 200  
 Cal/Mag 2001.....2001 Vitamins, Minerals, Amino Acids.. 200  
 Cal/Mag Citrate.....7471 Vitamins, Minerals, Amino Acids.. 200  
 Calcium Citrate.....7409 Vitamins, Minerals, Amino Acids.. 199  
 Calcium D-Glucarate.....CDG Hormone ..... 154  
 Calcium Microcrystalline Hydroxyapatite..83018 Vitamins, Minerals, Amino Acids.. 199  
 Cape Aloe.....80023 Digestive ..... 60  
 Caprylate Plus.....CND Digestive ..... 60  
 Caprylex™.....CAP Digestive ..... 61  
 Cardio MetX™ w/ GlucoPhenol® .....202234 Heart & Metabolic ..... 126  
 Cardio-Edge®.....99134 Heart & Metabolic ..... 135  
 Cardio-Stolix™.....200596 Heart & Metabolic ..... 129  
 Cat's Claw.....80097 Foundation ..... 111  
 Cetyl Myristoleate.....79809 Bone & Joint ..... 28  
 Chelated Magnesium .....7033 Vitamins, Minerals, Amino Acids.. 202  
 Chlorella Plus.....80249 Foundation ..... 96  
 Choline Bitartrate.....7426 Vitamins, Minerals, Amino Acids.. 186  
 Chromium 1 mg.....7411 Vitamins, Minerals, Amino Acids.. 201  
 Chromium Picolinate.....7417 Vitamins, Minerals, Amino Acids.. 201  
 Chromium 400 mcg.....80240 Vitamins, Minerals, Amino Acids.. 202  
 Chromium-GTF 200.....200063 Vitamins, Minerals, Amino Acids.. 202  
 Citrus Solu-Q™.....201775 Heart & Metabolic ..... 138  
 Citrus-Q10® 100.....200053 Heart & Metabolic ..... 138  
 Citrus-Q10® 300.....99950 Heart & Metabolic ..... 139  
 Citrus-Q10® 60.....200052 Heart & Metabolic ..... 138  
 CLA (Conjugated Linoleic Acid).....98336 Heart & Metabolic ..... 144  
 Co-Enzyme Q10 Softgel.....CQ51 Heart & Metabolic ..... 139  
 Coenzyme Q-10 with Lipoic Acid.....7362 Heart & Metabolic ..... 139  
 Cogni-flex™.....83915 Cognitive & Mood ..... 46  
 Collagen Forte.....99077 Beauty..... 22  
 ColostOferrin .....98230 Foundation ..... 111  
 Colostrum (Powder).....57650P Foundation ..... 112  
 Colostrum (Vegetarian Capsules).....202118 Foundation ..... 111  
 Corvalen®.....57451P Heart & Metabolic ..... 141  
 Corvalen® Chews .....201245 Heart & Metabolic ..... 141  
 Corvalen® M.....57452P Heart & Metabolic ..... 141

Cran-Max ..... CRA Foundation ..... 100  
 Cysto Renew® ..... 201810 Foundation ..... 100

**D**

d-Mannose Powder ..... 99471 Foundation ..... 101  
 D-Sorb™ ..... 201206 Vitamins, Minerals, Amino Acids.. 196  
 D.L. Acidophilus + Pectin..... 7903 Digestive ..... 56  
 D.L. Duo-Dophilus® ..... 81433 Digestive ..... 56  
 De-Mer-Tox™ ..... 80317 Foundation ..... 102  
 DEPA..... 7980 Foundation ..... 89  
 Detoxification Pack..... 66866 Foundation ..... 102  
 DHEA 10 mg Micronized (Capsules) ..... DHEA1 Hormone ..... 162  
 DHEA 25 mg Micronized (Capsules) ..... DHEA Hormone ..... 162  
 DHEA 25 mg Micronized (Tablets) ..... 83050 Hormone ..... 162  
 DHEA 5 mg Micronized (Tablets) ..... 83025 Hormone ..... 161  
 DHEA 50 mg Micronized (Capsules) ..... DHEA5 Hormone ..... 162  
 DHEA Plus ..... DHP Hormone ..... 163  
 DIM® Enhanced ..... 201208 Hormone ..... 154  
 Dyna-Cal ..... 202036 Bone & Joint ..... 37

**E**

E-400 ..... 7098 Vitamins, Minerals, Amino Acids.. 197  
 Effer C..... 80120 Vitamins, Minerals, Amino Acids.. 193  
 Endocrine Complete™ ..... 202133 Hormone ..... 149  
 Energy/Sports Formula ..... 4543 Foundation ..... 78  
 Essential Basics™ ..... ESB Foundation ..... 83  
 Essential Female Pack™ ..... 66360 Foundation ..... 82  
 Essential Male Pack™ ..... 66359 Foundation ..... 82  
 Essential-4 Nutrition Pack™ ..... 66355 Foundation ..... 80  
 Ester-C® Complex..... EST Vitamins, Minerals, Amino Acids.. 194  
 Ester-C® Plus ..... 7847 Vitamins, Minerals, Amino Acids.. 194  
 EstroMend™ ..... 201353 Hormone ..... 150  
 EstroQuench™ ..... 202060 Hormone ..... 150  
 Executive Stress Formula ..... 4541 Foundation ..... 78  
 Eye Moisture Support ..... 202026 Vision..... 182

**F**

Female X Booster ..... 202275 Hormone ..... 155  
 Ferronyl® Iron ..... 7035 Vitamins, Minerals, Amino Acids.. 205  
 Fiber-Plex™ ..... FPC Digestive ..... 61  
 FlavonAll® ..... FVA Foundation ..... 95  
 Flax Seed Oil (Softgels)..... 202192 Foundation ..... 91  
 Folic Acid 400 mcg ..... 80546 Vitamins, Minerals, Amino Acids.. 186  
 Free Form Amino Caps ..... 82005 Vitamins, Minerals, Amino Acids.. 211

**G**

G.F.S.-2000® Capsules..... 7704 Foundation ..... 97  
 G.F.S.-2000® Powder ..... 7703 Foundation ..... 97

GABA ..... 80611 Vitamins, Minerals, Amino Acids.. 212  
 Garlic ..... 7420 Heart & Metabolic ..... 135  
 Germanium (Capsules) ..... GEM Foundation ..... 112  
 GI Digest..... 201538 Digestive ..... 57  
 Ginger Root Max-V..... 201768 Digestive ..... 61  
 Ginkgo Biloba Max-V..... 77330 Cognitive & Mood ..... 47  
 Gluco-Adapt™ ..... 80442 Heart & Metabolic ..... 131  
 Gluco-Flex Forte® ..... 80690 Bone & Joint ..... 28  
 Gluco-Support Formula™ ..... 84075 Foundation ..... 79  
 GlucoBrium™ ..... 99155 Heart & Metabolic ..... 131  
 GlucoQuench™ ..... 202298 Hormone ..... 148  
 Glucosamine + MSM Forte™ ..... 83909 Bone & Joint ..... 28  
 Glucosamine Plus™ ..... GCSP Bone & Joint ..... 29  
 Glucosamine Plus™ Extra Strength..... GSXV Bone & Joint ..... 29  
 Glucosamine Sulfate..... 80688 Bone & Joint ..... 29  
 Glucoset® ..... GST Heart & Metabolic ..... 131  
 Glutathione Plus™ ..... GSHP Foundation ..... 93  
 Glycine ..... 7934 Vitamins, Minerals, Amino Acids.. 212

**H**

Hair, Skin and Nails Plus ..... 82924 Beauty ..... 21  
 Hawthorne Max-V ..... 77347 Heart & Metabolic ..... 129  
 Hesperidin Methyl Chalcone..... HMC Heart & Metabolic ..... 129  
 HMF Fit For School..... 10497-U Genestra HMF Probiotics ..... 120  
 HMF Forte ..... 10418-U Genestra HMF Probiotics ..... 120  
 HMF Forte ..... 10418120-U Genestra HMF Probiotics ..... 120  
 HMF Intensive..... 10431-U Genestra HMF Probiotics ..... 121  
 HMF Intensive 500..... 10199-U Genestra HMF Probiotics ..... 118  
 HMF Multi Strain..... 10487-U Genestra HMF Probiotics ..... 121  
 HMF Multi Strain 100..... 10197-U Genestra HMF Probiotics ..... 122  
 HMF Powder..... 10408-U Genestra HMF Probiotics ..... 122  
 HMF Replenish Capsules..... 10457-U Genestra HMF Probiotics ..... 123  
 HMF Replete..... 10419-U Genestra HMF Probiotics ..... 123  
 HMF Super Powder ..... 10427-U Genestra HMF Probiotics ..... 124  
 Homocystrol® + TMG ..... 201329 Heart & Metabolic ..... 128  
 Hyaluronic Acid..... 202262 Bone & Joint ..... 29  
 Hydrolyzed Collagen Plus ..... 57717P Beauty ..... 23  
 Hypo-B-50..... 7911 Vitamins, Minerals, Amino Acids.. 190

**I**

I.B. Comfort® ..... 201822 Digestive ..... 60  
 Immunity..... 202018 Foundation ..... 112  
 Inositol..... 80801 Cognitive & Mood ..... 42  
 Intestamine® (Capsules)..... INT-C Digestive ..... 62  
 Intestamine® (Powder) ..... INT Digestive ..... 62  
 Ipriflavone ..... IPR Bone & Joint ..... 37  
 Isoflavone-250 with Genistein..... 83044 Hormone ..... 155

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**J**

Joint-Support Formula.....4547 Foundation ..... 76  
 Joint, Tendon, Ligament I..... 201691 Bone & Joint ..... 30  
 Joint, Tendon, Ligament II..... 201690 Bone & Joint ..... 30  
 Juvenon Pro Cognitive ..... 201308 Cognitive & Mood ..... 47

**K**

K2-D3 With Astaxanthin ..... 202114 Vitamins, Minerals, Amino Acids.. 198  
 Klean Antioxidant™ ..... KA201309 Klean Athlete® ..... 173  
 Klean BCAA + PEAK ATP®.....KA57678 Klean Athlete® ..... 167  
 Klean Creatine™ ..... KA57692P Klean Athlete® ..... 168  
 Klean Electrolytes™ ..... KA201390 Klean Athlete® ..... 168  
 Klean Endurance™ ..... KA201245 Klean Athlete® ..... 168  
 Klean Focus® ..... KA201308 Klean Athlete® ..... 173  
 Klean Hydration™ ..... KA57694P Klean Athlete® ..... 167  
 Klean Isolate™ ..... KA57534P Klean Athlete® ..... 169  
 Klean Isolate™ Chocolate.....KA57691P Klean Athlete® ..... 169  
 Klean Isolate™ Vanilla.....KA57693P Klean Athlete® ..... 170  
 Klean Multivitamin™ ..... KA201344 Klean Athlete® ..... 171  
 Klean Omega™ ..... KA201900 Klean Athlete® ..... 172  
 Klean Probiotic™ ..... KA200900 Klean Athlete® ..... 172  
 Klean Recovery™ ..... KA57633P Klean Athlete® ..... 170  
 Klean-D™ 5000 IU ..... KA200562 Klean Athlete® ..... 172  
 Krill Oil..... 202182 Cognitive & Mood ..... 48

**L**

L-Arginine [500 mg] .....7932 Vitamins, Minerals, Amino Acids.. 212  
 L-Arginine [700 mg] ..... ARG Vitamins, Minerals, Amino Acids.. 212  
 L-Carnitine..... R250 Vitamins, Minerals, Amino Acids.. 213  
 L-Carnosine.....98731 Vitamins, Minerals, Amino Acids.. 213  
 L-Glutamine.....7940 Vitamins, Minerals, Amino Acids.. 213  
 L-Glutamine + FOS Powder .....80697 Vitamins, Minerals, Amino Acids.. 213  
 L-Glutamine Powder ..... 907101 Vitamins, Minerals, Amino Acids.. 214  
 L-Glutathione.....83072 Vitamins, Minerals, Amino Acids.. 214  
 L-Glutathione Plus.....81993 Vitamins, Minerals, Amino Acids.. 214  
 L-Histidine .....7935 Vitamins, Minerals, Amino Acids.. 215  
 L-Methionine .....7937 Vitamins, Minerals, Amino Acids.. 215  
 L-Ornithine 500 mg.....7938 Vitamins, Minerals, Amino Acids.. 215  
 L-Phenylalanine 500 mg .....7945 Vitamins, Minerals, Amino Acids.. 216  
 L-Proline .....7948 Vitamins, Minerals, Amino Acids.. 216  
 L-Serine .....7939 Vitamins, Minerals, Amino Acids.. 216  
 L-Theanine.....98740 Sleep & Relaxation ..... 177  
 L-Threonine .....7946 Vitamins, Minerals, Amino Acids.. 217  
 L-Tryptophan ..... 200448 Vitamins, Minerals, Amino Acids.. 217  
 L-Tyrosine .....7549 Vitamins, Minerals, Amino Acids.. 217  
 Lecithin 1200 mg..... 202254 Cognitive & Mood ..... 50  
 Licorice Root-V [Deglycyrrhizinated].....77355 Digestive ..... 62  
 Licorice Root-V [Glycyrrhizin].....77356 Digestive ..... 63  
 Lipanase™ ..... LPN Digestive ..... 58  
 Lipoic Acid.....83006 Foundation ..... 93

Lipotrol™ .....81158 Heart & Metabolic ..... 136  
 Liquid B12 with Methylcobalamin ..... 200159 Vitamins, Minerals, Amino Acids.. 187  
 Liquid Cal/Mag/D .....57568 Bone & Joint ..... 37  
 Liquid D and K .....57302 Vitamins, Minerals, Amino Acids.. 196  
 Liquid Magnesium .....57622 Vitamins, Minerals, Amino Acids.. 203  
 Liquid Multivitamin ..... 200527 Foundation ..... 84  
 Liquid Vitamin D-3 ..... 200039 Vitamins, Minerals, Amino Acids.. 196  
 Livdetox™ .....7600 Foundation ..... 103  
 Lutein.....LUT Vision..... 183

**M**

M.C.T.A Structured Lipid..... 201767 Heart & Metabolic ..... 144  
 Macu-Support ..... 202023 Vision..... 182  
 Mag 2: Cal 1 .....7466 Vitamins, Minerals, Amino Acids.. 201  
 Mag-Malate .....MGM Bone & Joint ..... 30  
 Magnesium Aspartate .....7405 Vitamins, Minerals, Amino Acids.. 203  
 Magnesium Aspartate 2X .....81285 Vitamins, Minerals, Amino Acids.. 203  
 Magnesium Citrate ..... 202236 Vitamins, Minerals, Amino Acids.. 203  
 Magnesium Glycinate ..... 202373 Vitamins, Minerals, Amino Acids.. 204  
 Magnesium Oxide .....81201 Vitamins, Minerals, Amino Acids.. 204  
 Magnesium Taurate 400.....83071 Vitamins, Minerals, Amino Acids.. 204  
 Magnesium/Potassium Complex .....7400 Vitamins, Minerals, Amino Acids.. 204  
 Male X Booster .....99248 Hormone ..... 157  
 Malic Acid + Magnesium Tablets.....85059 Bone & Joint ..... 31  
 Manganese Chelate.....7101 Vitamins, Minerals, Amino Acids.. 209  
 Max-Carnitine 500 mg.....R500 Vitamins, Minerals, Amino Acids.. 218  
 Melatonin 1 mg (Tablets).....MEL-S Hormone ..... 164  
 Melatonin 3 mg (Capsules) ..... 202274 Hormone ..... 164  
 Melatonin 3 mg (Tablets) .....81322 Hormone ..... 164  
 Melatonin Controlled-Release 2 mg...MEL-CR Hormone ..... 163  
 Melatonin P.R. 3 mg Prolonged-Release .83199 Hormone ..... 164  
 Metabolic Cleanse® Vegetarian Formula .57687 Foundation ..... 107  
 Metabolic Cleanse® w/ SEACURE® .....57688 Foundation ..... 108  
 Metabolic Lean® ..... 201350 Heart & Metabolic ..... 143  
 Metabolic Management Pack.....66865 Heart & Metabolic ..... 145  
 Metabolic Rejuvenation® .....66867 Foundation ..... 104  
 Methyl B12 Plus ..... 202273 Vitamins, Minerals, Amino Acids.. 187  
 Methyl Folate 5 mg 5-MTHF ..... 202268 Vitamins, Minerals, Amino Acids.. 187  
 Methyl Folate L-5-MTHF ..... 201181 Vitamins, Minerals, Amino Acids.. 187  
 Methylated Resveratrol Plus..... 200901 Heart & Metabolic ..... 128  
 Mg-K Aspartate..... MGK Vitamins, Minerals, Amino Acids.. 205  
 Milk Thistle Max-V.....77358 Foundation ..... 109  
 MitoTone® Plus..... 202317 Heart & Metabolic ..... 137  
 Molybdenum 500 mcg (Capsules) .....81216 Vitamins, Minerals, Amino Acids.. 209  
 Molybdenum (Tablets)..... MOC Vitamins, Minerals, Amino Acids.. 209  
 Mood Systems Balance+™ ..... 202138 Cognitive & Mood ..... 41  
 Move Active® Once Daily Joint Support‡ .....8503 Bone & Joint ..... 31  
 MSM + Vitamin C Fundamental Sulfur.....MSM Vitamins, Minerals, Amino Acids.. 208  
 MSM Capsules Fundamental Sulfur.....MSMC Vitamins, Minerals, Amino Acids.. 208  
 Multi-Probiotic® 15 Billion ..... 200900 Digestive ..... 54

Multi-Probiotic® 40 Billion .....	202115	Digestive .....	52
Multi-Probiotic® 40 Billion Powder .....	57649P	Digestive .....	54
Multi-Probiotic® 4000 .....	7497	Digestive .....	55
Multi-Probiotic® KIDS .....	57648P	Foundation .....	115
Multi-Probiotic® Sinus Support† .....	202117	Digestive .....	55
Multi-Probiotic® YC-7™ .....	202116	Digestive .....	55
Mycococeutics® .....	MYCO	Foundation .....	113

**N**

N-Acetyl-L-Cysteine 750 mg (Capsules) ...	7430	Vitamins, Minerals, Amino Acids...	218
N-Acetyl-L-Cysteine 500 mg (Vegcaps) ..	200062	Vitamins, Minerals, Amino Acids...	218
Nattosyn™ .....	99250	Heart & Metabolic .....	130
Natural C .....	7920	Vitamins, Minerals, Amino Acids...	195
Natural Vitamin E Complex .....	81316	Vitamins, Minerals, Amino Acids...	197
Nature's Diet Caps + .....	202306	Heart & Metabolic .....	145
Nature's Diet Caps + Herbs® .....	202307	Heart & Metabolic .....	146
Naturesyl Capsules .....	7596	Digestive .....	63
Nettles Max-V .....	77359	Hormone .....	158
Neuro Comfort .....	202021	Cognitive & Mood .....	48
NeuroTone® .....	NRT	Cognitive & Mood .....	49
Neurotransmitter Balance† .....	202136	Cognitive & Mood .....	41
Niacinamide .....	7954	Vitamins, Minerals, Amino Acids...	188
Niacinate .....	NCT	Vitamins, Minerals, Amino Acids...	188
Niacinate 400 .....	7580	Vitamins, Minerals, Amino Acids...	188
Niatab™ 500 .....	NTB	Vitamins, Minerals, Amino Acids...	188
Nutri-E 400™ Forte .....	98540	Vitamins, Minerals, Amino Acids...	197

**O**

OcuTone® .....	OCU	Vision .....	183
Olive Leaf Extract .....	83905	Digestive .....	63
Opti-DHA™ Enteric-Coated .....	98531	Foundation .....	90
Opti-EPA™ 500 Marine Lipid Concentrate ...	7089	Foundation .....	90
Opti-EPA™ Enteric-Coated .....	99276	Foundation .....	90
Opti-EPA™ Liquid .....	99474	Foundation .....	90
Opti-Zinc™ 30 .....	200061	Vitamins, Minerals, Amino Acids...	206
Optimized Curcumin w/ Neurophenol® ..	202028	Cognitive & Mood .....	44
Ora-Adren 80 .....	7220	Hormone .....	160
Organic Greens and Reds .....	57402	Foundation .....	92
Osteo-Support Formula™ .....	4544	Foundation .....	79
Osteo-Guard® Plus Ipriflavone .....	OSG-IP	Bone & Joint .....	37

**P**

PABA .....	81510	Vitamins, Minerals, Amino Acids...	189
Pan-Ox-5™ .....	202302	Digestive .....	59
Pantethine .....	98416	Vitamins, Minerals, Amino Acids...	189
Pantothenic Acid .....	7919	Vitamins, Minerals, Amino Acids...	189
Pecta-Sol® .....	82046	Hormone .....	158
Phyto Shield™ .....	81096	Foundation .....	113
PMS Support† w/ BioResponse DIM® ...	202365	Hormone .....	156
Policosanol .....	99251	Heart & Metabolic .....	136

Potassium 99 mg Chelated .....	7109	Vitamins, Minerals, Amino Acids...	209
PQQ Plus with BioPQQ® .....	200559	Cognitive & Mood .....	49
Pregnenolone (25 mg) .....	83088	Hormone .....	163
Pregnenolone (5 mg) .....	83057	Hormone .....	163
Prenatal .....	201811	Foundation .....	84
Prenatal Pack .....	66588	Foundation .....	83
ProgestoMend™ .....	201388	Hormone .....	151
Prosta-Support Formula™ .....	84074	Foundation .....	80
Pycnogenol® (Capsules) .....	7041	Heart & Metabolic .....	130
Pycnogenol® (Tablets) .....	PC09	Heart & Metabolic .....	130
Pylori-Plex .....	99076	Digestive .....	64
Pyridoxal-5-Phosphate .....	7467	Vitamins, Minerals, Amino Acids...	189

**Q**

QÜELL® Fish Oil Clinical Strength DHA ...	202248	Foundation .....	88
QÜELL® Fish Oil Clinical Strength EPA ...	202403	Foundation .....	87
QÜELL® Fish Oil EFA Plus .....	202260	Foundation .....	88
QÜELL® Fish Oil EPA/DHA Plus D .....	200981	Foundation .....	88
QÜELL® Fish Oil Junior .....	201398	Foundation .....	116
QÜELL® Fish Oil Ultra DHA .....	200980	Foundation .....	89
QÜELL® Fish Oil Ultra EPA .....	200979	Foundation .....	89
Quercetin-Bromelain Complex .....	QBC	Foundation .....	96
Querciplex .....	81601	Foundation .....	96

**R**

R-Lipoic Acid .....	200460	Heart & Metabolic .....	132
Relora®-Plex .....	98739	Sleep & Relaxation .....	177
Rest Reset™ .....	202401	Sleep & Relaxation .....	176
Resveratrol .....	200244	Foundation .....	93
Riboflavin .....	81702	Vitamins, Minerals, Amino Acids...	190
Riboflavin-5-Phosphate .....	7658	Vitamins, Minerals, Amino Acids...	190

**S**

S.B.C (Saccharomyces Boulardii Capsules) ..	9302	Digestive .....	57
S.O.D. (Superoxide Dismutase) .....	202212	Foundation .....	93
SAM-e .....	202170	Cognitive & Mood .....	43
Saw Palmetto Max-V .....	77367	Hormone .....	158
SeasonALL™ .....	202126	Foundation .....	110
Seditol® Plus .....	202304	Sleep & Relaxation .....	179
Selenium + Vitamin E .....	202283	Vitamins, Minerals, Amino Acids...	198
Selenium Plus .....	81802	Vitamins, Minerals, Amino Acids...	206
Seleno-Methionine .....	7422	Vitamins, Minerals, Amino Acids...	206
Sereniten Plus .....	201348	Sleep & Relaxation .....	178
Silymarin/Milk Thistle Capsules .....	7380	Foundation .....	109
Skin Nourish .....	202269	Beauty .....	22
Skin Protect† .....	202277	Beauty .....	24
Spectramin Chelate .....	7986	Vitamins, Minerals, Amino Acids...	210
St. John's Wort Max-V .....	77373	Cognitive & Mood .....	43
Stress-B-Plus™ .....	7452	Vitamins, Minerals, Amino Acids...	191
Strontium .....	200242	Bone & Joint .....	38
Super HCA™ .....	98028	Heart & Metabolic .....	146

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**T**

Taurine.....TAU Vitamins, Minerals, Amino Acids.. 219  
 TestoGain™..... 201397 Hormone ..... 151  
 TestoQuench™ For Men..... 201351 Hormone ..... 152  
 TestoQuench™ For Women..... 201352 Hormone ..... 152  
 ThyroMend™..... 201381 Hormone ..... 161  
 Timed Release Iron.....7962 Vitamins, Minerals, Amino Acids.. 205  
 Tri-Amino™.....7510 Vitamins, Minerals, Amino Acids.. 219  
 Tri-B-100.....7913 Vitamins, Minerals, Amino Acids.. 191  
 Tri-En-All 400.....98738 Vitamins, Minerals, Amino Acids.. 198  
 Tri-Metabolic Control™..... 202230 Heart & Metabolic ..... 146  
 Turmeric Max-V.....77377 Bone & Joint ..... 31

**U**

Ubiquinol-QH..... 201899 Heart & Metabolic ..... 140  
 Ultra Anti-Oxidant .....7470 Foundation ..... 94  
 Ultra B-Complex Tablets.....82050 Vitamins, Minerals, Amino Acids.. 192  
 Ultra Benfotiamine.....201815 Heart & Metabolic ..... 132  
 Ultra Coenzyme Q-10.....7200 Heart & Metabolic ..... 139  
 Ultra G.L.A. (Borage Oil).....7046 Foundation ..... 91  
 Ultra Glucose Support Pack .....66811 Heart & Metabolic ..... 133  
 Ultra HNS Hair, Nails, Skin Formula..... 201345 Beauty..... 19  
 Ultra I-3-C..... 201209 Hormone ..... 154  
 Ultra Joint Forte .....99075 Bone & Joint ..... 31  
 Ultra Liver Support†..... 202315 Foundation ..... 101  
 Ultra Menoease™..... 202366 Hormone ..... 156  
 Ultra MFP Forte..... 200803 Digestive ..... 64  
 Ultra Preventive® 2 Daily ..... 201344 Foundation ..... 70  
 Ultra Preventive® 50+..... 202363 Foundation ..... 70  
 Ultra Preventive® Beta..... 200571 Foundation ..... 73  
 Ultra Preventive® EZ Swallow..... 200911 Foundation ..... 69  
 Ultra Preventive® III (Capsules)..... 200585 Foundation ..... 71  
 Ultra Preventive® III (Tablets)..... 200568 Foundation ..... 71  
 Ultra Preventive® III w/ Cu (Tablets).....200578C Foundation ..... 72  
 Ultra Preventive® III w/ Cu (Vegcaps)..... 200587 Foundation ..... 72  
 Ultra Preventive® III w/ Cu & Fe.....200577A Foundation ..... 73  
 Ultra Preventive® Kids (Grape)..... 202135 Foundation ..... 115  
 Ultra Preventive® Kids (Orange)..... 202134 Foundation ..... 115  
 Ultra Preventive® Teen..... 201036 Foundation ..... 116  
 Ultra Preventive® Vision..... 202027 Vision..... 181  
 Ultra Preventive® X..... 202331 Foundation ..... 67  
 Ultra Preventive® X (Vegcaps)..... 202346 Foundation ..... 68  
 Ultra Protein Green™.....57658P Foundation ..... 98  
 Ultra Protein Plus (Chocolate Almond) ...57053 Foundation ..... 99  
 Ultra Protein Plus (Vanilla).....57054 Foundation ..... 99  
 Ultra Uni-Pros-Trol™.....99451 Hormone ..... 157  
 Ultra Vite 75™ II.....7921 Foundation ..... 85  
 Ultra-Lipoic Forte®.....83005 Foundation ..... 94  
 Ultra-Ostivone™.....83916 Bone & Joint ..... 38

Ultrazyme™.....7022 Digestive ..... 59  
 Uro-Pro®.....82044 Hormone ..... 158  
 Uva Ursi Max-V (Bearberry).....77379 Foundation ..... 101

**V**

V:V 7 Supplement.....83030 Heart & Metabolic ..... 130  
 Valsed™.....7333 Sleep & Relaxation ..... 179  
 Vanadyl Sulfate.....VDL Vitamins, Minerals, Amino Acids.. 210  
 Varitonin™.....VRT Beauty..... 24  
 Vegetarian Enzyme.....7048 Digestive ..... 59  
 Vegetarian Protezyme Forte.....99445 Bone & Joint ..... 32  
 Vinpocetine.....8502 Cognitive & Mood ..... 49  
 Vita-Kids™ Immune.....99893 Foundation ..... 116  
 Vitality Support Formula™.....4546 Foundation ..... 77  
 Vitamin A.....AV1 Vitamins, Minerals, Amino Acids.. 185  
 Vitamin B12 (Hydroxycobalamin).....202314 Vitamins, Minerals, Amino Acids.. 184  
 Vitamin C 1000 mg.....82106 Vitamins, Minerals, Amino Acids.. 195  
 Vitamin C Crystals.....82145 Vitamins, Minerals, Amino Acids.. 195  
 Vitamin D 1000 IU.....83007 Vitamins, Minerals, Amino Acids.. 196  
 Vitamin D 5000 IU.....200562 Vitamins, Minerals, Amino Acids.. 196  
 Vitamin K2.....200913 Vitamins, Minerals, Amino Acids.. 198

**W**

Wobenzym® N..... 201213 Bone & Joint ..... 33  
 Wobenzym® Plus..... 201910 Bone & Joint ..... 35  
 Wobenzym® PS..... 200870 Bone & Joint ..... 35

**X**

Xtra-Cell® Anti-Aging Support† (Frozen).....99460 Heart & Metabolic..... 142  
 Xtra-Cell® CF Support (Frozen).....99457 Hormone ..... 160  
 Xtra-Cell® Comitris™ (Frozen).....99465 Foundation..... 113  
 Xtra-Cell® Comitris™ (Frozen).....99466 Foundation..... 113  
 Xtra-Cell® Immunity (Frozen).....99458 Foundation ..... 114  
 Xtra-Cell® Joint Support† (Frozen).....99459 Bone & Joint..... 32  
 Xtra-Cell® Mesenchyme (Frozen).....99456 Bone & Joint..... 32  
 Xtra-Cell® Thymus™ (Frozen).....201936 Foundation..... 114  
 Xtra-Cell® Thymus™ nf.....99463 Foundation..... 114

**Z**

Zinc Lozenges.....ZNL Vitamins, Minerals, Amino Acids.. 206  
 Zinc Picolinate (Capsules).....7440 Vitamins, Minerals, Amino Acids.. 207  
 Zinc Picolinate (Tablets).....ZNP Vitamins, Minerals, Amino Acids.. 207





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