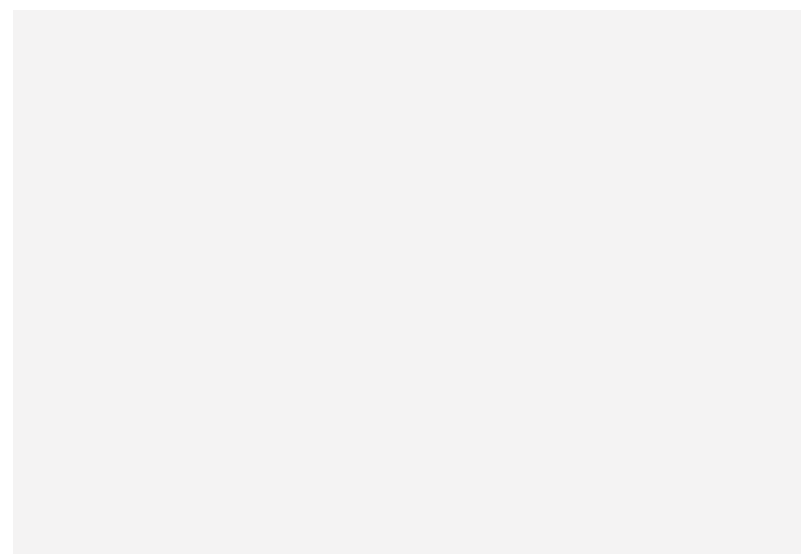


600 Boyce Road  
Pittsburgh, PA 15205 U.S.A.  
1 800 245 4440  
douglaslabs.com



Douglas Laboratories offers personalized, one-on-one consultation from credentialed experts to help you guide your clients to the right nutritional supplements for healthy aging and active lifestyles.† Our 60-year heritage of science-driven innovation, product efficacy, patient education, and customer service makes us the right partner to get results for your clients and maximize revenue for your practice.†

**CELEBRATING OUR 60TH ANNIVERSARY**

[douglaslabs.com](http://douglaslabs.com) | 1.800.245.4440



†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.

2015 PRODUCT REFERENCE GUIDE



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

2015 PRODUCT REFERENCE GUIDE

**CELEBRATING OUR 60TH ANNIVERSARY**

DOUGLAS  
LABORATORIES

DOUGLAS  
LABORATORIES | **PUSHING POTENTIAL.**



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## EASY ORDERING

At Douglas Laboratories, we emphasize the "service" in customer service. We deliver solutions and services that exceed expectations. Every effort is made to simplify and streamline the ordering process for our customers. Our friendly and knowledgeable staff is available to answer any questions and to assist you with your orders Monday-Thursday, 8:30 a.m. - 6:30 p.m. EST, and Friday, 8:30 a.m.- 6:00 p.m. EST.

## HOW TO PLACE AN ORDER

Douglas Laboratories offers a wide range of research-based dietary supplements directly to healthcare practitioners. As part of our credentialing process, we will ask you to provide proof that you are a licensed healthcare practitioner. Once verified, your account will be activated and you can begin purchasing.



**ONLINE**  
Secure online ordering at [www.douglaslabs.com](http://www.douglaslabs.com).

**Free shipping on order of \$100 or more.**  
Use Coupon Code **DL100** at checkout.

All of our product information is available online in our [Product section](#). Search by health function, ingredient, name or item number.

**CALL US**  
1-800-245-4440

**AUTOMATED ELECTRONIC NOTIFICATIONS**  
Upon providing Douglas Laboratories with your email address, you are able to receive order receipt acknowledgements, shipping notifications with tracking information, and electronic invoices.

## PAYMENT TERMS

First-time orders are prepaid with a credit card. Mastercard®, VISA®, Discover® and American Express® are all welcome. Credit terms of 30 days may be established for qualified healthcare professionals upon completing our credit application. Allow two to three weeks for credit approval with allowances for possible delays when checking references.

## RETURN POLICY

We guarantee the quality, purity and potency of our products through their expiration date. Returns must be made within 30 days from receipt and require preauthorization. Any claims of shortage or damage must be made within 7 days of receiving package. Authorized returns must be received within 14 days of authorization. All returns will be credited upon receipt and are subject to a 15% processing fee and cost of shipping. Returns may only be made on house label products (XL); no returns will be accepted on private or custom labeled products or custom convenience packs.

## SHIPPING

We ship daily via UPS. Delivery can be expected within 3 days of shipping from our facilities. All orders processed by 3 p.m. EST will ship the same day. Free shipping applies on orders over \$300. Want to save even more on shipping? Order online for free shipping over \$100! Overnight and other expedited delivery services are available for an additional charge. Overnight shipping costs are calculated by weight and destination in your online cart. Please note that UPS does not deliver to P.O. boxes.

## PRICING

All prices shown in the Douglas Labs catalog and on the website or the mobile app are suggested retail prices. To view professional pricing online, simply log into your account and select the item you wish to price. All prices, sizes and formulations are subject to change without prior notification.

**UNLOCK THE  
POTENTIAL**  
OF LIVING  
HEALTHIER  
LONGER.

**NEW PRODUCTS**

**FOUNDATION**

**HEART & METABOLIC**

**HORMONE**

**DIGESTIVE**

**BONE & JOINT**

**COGNITIVE**

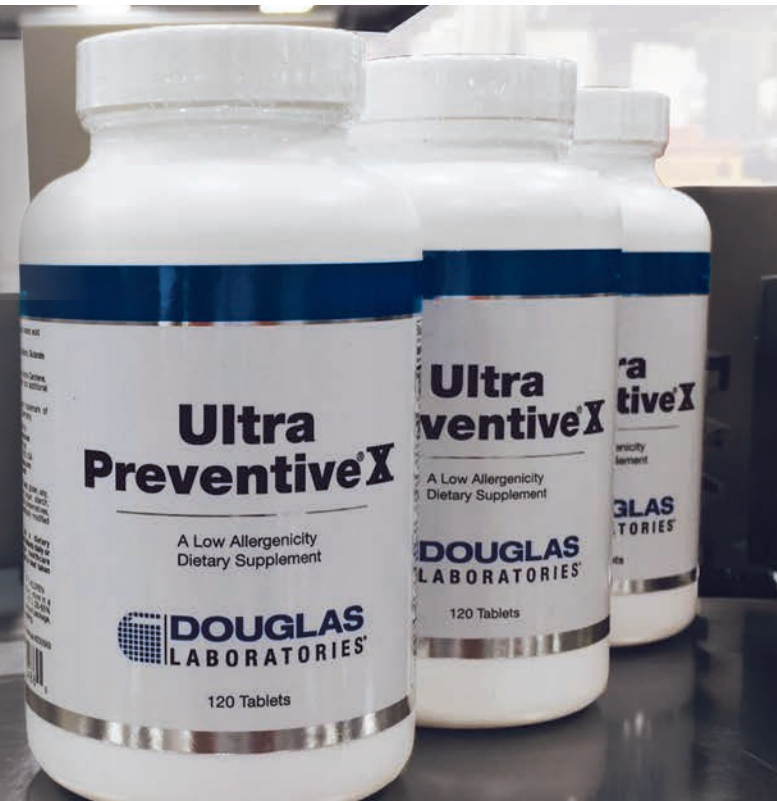
**BEAUTY**

**VISION**

**VITAMINS, MINERALS  
& AMINO ACIDS**

**KLEAN ATHLETE®**

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



## MANUFACTURING PRACTICES AND CERTIFICATIONS



- cGMPs for nutritional supplements in accordance with 21 CFR Part 111
- NSF International has registered Douglas Laboratories as a GMP manufacturing facility
- ISO 9001:2008 certification and ISO/IEC 17025:2005 accreditation of in-house laboratories
- VCP (Vendor Certification Program) to ensure raw material quality
- Approved facility to produce Certified Organic products
- Approved facility to produce NSF Certified for Sport® products
- Member of Council For Responsible Nutrition

## OUR STORY

It's hard to imagine life without nutritional supplements. Millions of us take one every day. Yet, back in 1955, when the Douglas Laboratories story began, supplements were not part of the mainstream. Sam Lioon, company founder, 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.†

## PRIVATE LABELING

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



### DOUGLAS LABORATORIES PRIVATE LABEL SOLUTIONS:

- Professional in-house label design
- Advanced color matching to your existing printed materials
- Logo creation
- Design consistency throughout a product line
- High quality label stocks, inks, and finishes
- Low bottle minimum order to start

- Private Labeling is available for select nutritional products at a 24 bottle minimum
- \$100 new set up fee per private labeled item billed at time of order entry
- Allow up to 6 weeks for new orders

**Our team is ready to answer any questions or place your order. Send an email to [customerservice@douglaslabs.com](mailto:customerservice@douglaslabs.com) or call 800.245.4440 to get started!**

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, in which our products are studied in clinical trials at top institutions.



## EDUCATION

In order to help healthcare practitioners make that critical link between research findings and clinical application, Douglas Laboratories offers monthly webinars and live seminars. Event details are posted online and via social media, making it easy to stay informed. Can't make it? No problem! Many of our educational events are recorded and housed on our website for easy, round-the-clock access.

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

## CLINICAL RESEARCH

As an Atrium Innovations brand, Douglas Laboratories believes in investing in research that will allow us to continue to lead the way in developing and providing rigorously designed supplements to help address today's top health concerns.†

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 partner, the Institute of Nutrition and Functional Foods (INAF).

## RESEARCH. A FIRM COMMITMENT.

Why invest in research? Because we are committed both to our healthcare practitioners, who depend on our science-based formulations as clinical tools for managing their patients' care, and to health-conscious consumers who demand access to safe, effective nutritional solutions.†

Visit: [atrium-innovations.com](https://atrium-innovations.com)



## CLINICAL ADVISORS

Douglas Laboratories focuses on developing strong relationships with key opinion leaders in integrative and complementary medicine. Our clinical advisors collaborate with our team closely and provide clinical expertise and input on formulation concepts. This enables us to create products that are backed not only by science, but that 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.

### Peter Bongiorno, N.D., LAc

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.

### Julie Chen, M.D.

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

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

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.

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

Dr. Espinosa is noted for his expertise in naturopathic urology, prostate, and bladder function. He received his degree from the University of Bridgeport, and spent 5 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.

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

Dr. Gallagher has the unique distinction of being triple licensed as a board certified family physician, a chiropractor, and a medical acupuncturist. He is the clinic director of Medical Wellness Associates, a multidisciplinary integrative health care facility located just outside of Pittsburgh, Pennsylvania. He is an international lecturer and has authored several books, including the best selling, Dr. Gallagher's Guide to 21st Century Medicine.

### Patrick Hogan, D.O. and Joan Hogan, R.D.

Dr. Hogan is a board certified neurologist with a private practice in Tacoma since 1987 after leaving the US Army Medical service. He lectures throughout the Northwest on the value of a comprehensive program to include exercise, optimal nutrition and nutritional supplements for neuro support. His wife, Joan Hogan, currently maintains a private practice as a clinical dietitian called Food 4 Life Nutrition Counseling.

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

Dr. Kendall-Reed is a specialist in metabolic and neuro-endocrine health and author of the best-selling book The Naturopathic Diet, 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.

Known as "Dr. Shel", she is the founder and medical director of the Dr. Shel Wellness & Medical Spa in Sugar Land, Texas. An honor graduate of Emory University School of Medicine, she is a Board Certified Obstetrician and Gynecologist. Dr. Shel has published her first book "I am Woman" to educate women of all ages about reclaiming their health, happiness, and harmony.

### Angela Mazza, D.O.

Dr. Mazza is board-certified in Endocrinology, Diabetes and Metabolism, as well as Internal Medicine, currently practicing 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. He is also the director of Anti-Aging and Clinical Nutrition Research for World Wellness Research in Houston, Texas. His practice is dedicated to Anti-Aging Medicine and Functional Nutrition in the promotion of vascular and metabolic health and prevention of age-associated functional decline. Currently, his focus is on the manner that the epigenome influences nutrigenomic expressions in the aging human population.

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

Dr. Richer is actively involved in primary care optometry and clinical antioxidant research with special interests in aging and ocular nutrition. He has been Chief of Optometry at Captain James A Lovell Federal Health Care Center in North Chicago, IL since 1983. He is the principal investigator of the Veterans Lutein Antioxidant Supplementation Trial published in the Journal Optometry April 2004, and the Zeaxanthin and Visual Function Study published Nov. 2011.

### Jacob Teitelbaum, M.D.

Dr. Teitelbaum is a board certified internist and nationally known 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 does frequent media appearances, speaking engagements and lives in Kona, Hawaii.

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

Dr. Ritz is the Vice President of Scientific and Regulatory Affairs at Atrium Innovations, Inc. He is involved in the American Society of Nutrition and Chairs the Council for Responsible Nutrition's Senior Scientific Advisory Council. Dr. Ritz has presented his research on the relationships between nutrition, aging, and immune function at national and international meetings and has numerous publications in scientific journals and texts.

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

After successfully running two wellness clinics, Dr. Coleman became the president of Douglas Laboratories Canada for 14 years. Currently she is 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. A constant pursuit of learning allowed her to complete her Certification in Functional Medicine through the Institute for Functional Medicine.

### Andrew Halpner, Ph.D.

Dr. Halpner received his Ph.D. in Nutrition from Tufts University School of Nutrition Science and Policy. His extensive research and interests focus around antioxidant nutrients, including their interactions and abilities to support healthy aging. Dr. Halpner has lectured nationally and internationally on various topics pertaining to nutrition and has authored numerous research articles. Dr. Halpner is currently the Vice President of Product Development for Atrium Innovations.

### Kristi Belohlavek, R.D.

Kristi Belohlavek is a Registered Dietitian and is an active member of the Dietitians in Integrative and Functional Medicine Practice Group. After practicing clinical dietetics for 5 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.

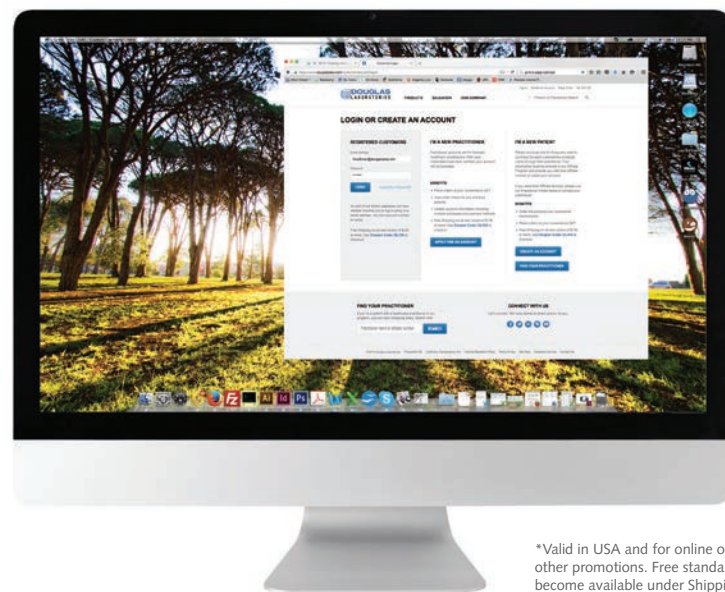
## COMPLETE ACCESS

### JOIN US ONLINE AT DOUGLASLABS.COM

24/7 Access + Free Shipping\*

#### ONLINE FEATURES:

- Create an account
- Place orders anytime
- Track your orders
- View/print your invoice
- Gather product information, search by ingredient, view product data sheets
- Compare products
- Plus:  
**FREE SHIPPING on all web orders of \$100 or more.\***  
Use Coupon Code: **DL100** at checkout.



\*Valid in USA and for online orders only. Cannot be combined with any other promotions. Free standard shipping will apply to entire order and become available under Shipping Method.

## PROFESSIONAL AFFILIATE PROGRAM

Today's healthcare professionals are confronted with many obstacles. Some of the more challenging issues include ensuring compliance to recommended nutritional protocols. Our Affiliate Program is a free service designed to help you address these concerns, support your practice and allow your clients to order the products you've recommended, at their convenience, directly from Douglas Laboratories.

#### HOW TO GET STARTED:

1. You'll be provided with a unique Affiliate ID number, our way to connect your clients to you.
  2. Your clients go to **[www.douglaslabs.com](http://www.douglaslabs.com)**, Create an Account, select I'm a Patient and place your Affiliate ID number in the designated box.
  3. Clients can also use our Practitioner Finder to connect to you. Be sure to Opt in to be searchable on our site.
  4. Orders are charged to the client's credit card and shipped directly to the client.
- Script pads are available free of charge to assist you in promoting the program to your clients.

#### CONNECT YOUR WEBSITE TO OURS:



#### THE DOUGLAS AFFILIATE BADGE

We'll provide a Douglas Laboratories Affiliate Badge that can be placed on your website. Your clients click on the badge and will be redirected to [www.douglaslabs.com](http://www.douglaslabs.com) to set up an account and order the products you recommend. Existing customers can simply log in using their email and password.

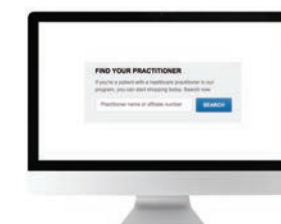
#### ONLINE ACCOUNT DASHBOARD FEATURES:



#### PERSONALIZED BANNER

Be sure to set up your Personalized Banner. Upload a photo or logo, and add a Welcome Message or office information. When clients log in, they will see the unique banner you have created.

#### OUR ONLINE ORDERING IS EASIER THAN EVER!



- ✓ Easy access for clients
- ✓ Reduced dispensary overhead
- ✓ No service charge

Contact our team to find out more or apply for your Affiliate ID number at [customerservice@douglaslabs.com](mailto:customerservice@douglaslabs.com) or visit us online and Apply Today!

## 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.



All of us at Douglas Laboratories believe in promoting health and well-being, not only with our superior nutritional health products, 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.

### 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: [www.sos-childrensvillages.org](http://www.sos-childrensvillages.org)

### OUR COMMITMENT

A portion of the proceeds of every bottle of our unique vitamin-mineral-trace element supplements designed to support children's health and well-being, Ultra Preventive Kids and Ultra Preventive Teen, will be donated to SOS Children's Villages furthering our ability to make an even greater difference.



[soschildrensvillages.com](http://soschildrensvillages.com)

## EASY ORDERING

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All of our product information is available online in our Product section. Search by health function, ingredient, name or item number.

#### CALL US

1-800-245-4440

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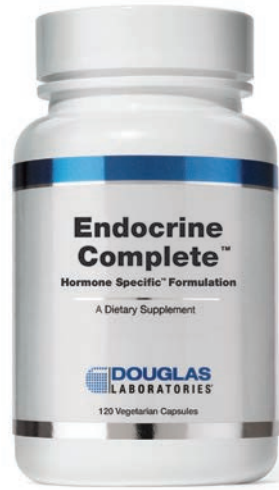
### SHIPPING

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†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.



# NEW PRODUCTS



Endocrine Complete™ is a comprehensive combination of vitamins, minerals, nutrients and phytotherapeutic compounds specifically formulated to provide complete support of endogenous hormone production by the endocrine system.† Endocrine Complete™ includes a wide variety of herbs that act as hormonogenic agents, a subclass of phytocrine™ activities that maintain endocrine gland health.† As a Hormone Specific™ Multi-Nutrient, this formulation can be used as a

foundation of hormone health with any of the Hormone Specific™ Formulations manufactured by Douglas Labs, and formulated by Dr. Joseph Collins.†

[ Formulated by Joseph Collins, N.D. ]

## Endocrine Complete™

Formula	Size	S.R.P.
202133	120 Vegetarian Capsules	\$48.00

Suggested Usage: 4 Daily

### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A .....5,000 IU (as 80% beta carotene/20% Vitamin A Palmitate)	100%
Vitamin C (as Ascorbic Acid)..... 500 mg	833%
Vitamin D-3 (as Cholecalciferol) ..... 1,000 IU	250%
Vitamin E ..... 100 IU (as d-alpha tocopheryl succinate plus mixed tocopherols)	333%
Vitamin K-2 (as Menaquinone-7).....40 mcg	50%
Thiamine (as Thiamine HCl).....25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate) ..... 10 mg	588%
Niacin/Niacinamide .....30 mg	150%
Vitamin B-6 (as Pyridoxal-5-phosphate).....20 mg	1,000%
Folate (as L-Methylfolate, Metafolin®) .....400 mcg	100%
Vitamin B-12 (as Methylcobalamin) .....250 mcg	4,667%
Biotin .....300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate) .....25 mg	250%
Calcium (as Calcium Citrate Malate).....50 mg	5%
Iodine (from Kelp) ..... 150 mcg	100%
Magnesium (as Magnesium Citrate) .....50 mg	13%
Zinc (as Zinc Monomethionine, Opti-Zinc®).....15 mg	100%
Selenium (as L-Selenomethionine).....100 mcg	143%
Copper (as Copper Amino Acid Chelate) ..... 0.25 mg	13%
Manganese (as Manganese Amino Acid Chelate) .....2 mg	100%
Chromium (as Chromium Amino Acid Chelate).....120 mcg	100%
Molybdenum (as Molybdenum Amino Acid Chelate) ..... 100 mcg	133%
Inositol .....25 mg	*
Boron (as Boron Citrate) .....2 mg	*
Benfotiamine .....25 mg	*

Proprietary Blend..... 500 mg \*  
*Bupleurum falcatum* root Extract, *Rehmannia glutinosa* root Extract, *Rhodiola rosea* root Extract (standardized to 3% rosavins), Ashwagandha root and leaf Extract (*Withania somnifera*, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides), *Coleus forskohlii* Extract (root, standardized to 10% forskolin), *Gymnema sylvestris* Extract (leaf, standardized to 25% gymnemic acids), *Panax ginseng* Extract (root, standardized to 3% ginsenosides).

\*Daily Value not established  
 Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany  
 Opti-Zinc® is a trademark of InterHealth N.I.



A Hormone Specific™ Formulation of ingredients that have documented anti-aromatase activity as well as androgenic adaptogens which support the function of endogenous aromatase inhibitors.† Collectively, these herbs promote minimal production and function of estrogens, while promoting testosterone function and sexual function in both genders.† This formulation is designed to quench excessive production of estrogens and aberrant functions of them while supporting

function of androgens by maintaining the health of androgen producing glands.†

[ Formulated by Joseph Collins, N.D. ]

## EstroQuench™

Formula	Size	S.R.P.
202060	120 Vegetarian Capsules	\$57.00

Suggested Usage: 2-4 Daily

### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV	%DV
Proprietary Blend..... 1,150 mg * ..... 2,300 mg *		
Maca root Extract ( <i>Lepidium meyenii</i> ), Damiana leaf Extract ( <i>Tournefortia diffusa</i> ), Hesperidin ( <i>Citrus sinensis</i> ), Agaricus mushroom mycelia Extract ( <i>Agaricus bisporus</i> ), <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 L.</i> standardized to 70% Ellagic Acid), Naringenin ( <i>Citrus grandis L.</i> , fruit), Chrysin		
Bioperine® ..... 2.5 mg * ..... 5 mg *		
(black pepper fruit extract/ <i>Piper nigrum</i> )		

\*Daily Value not established  
 Other ingredients: Cellulose and silica.



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 yield a significant amount of GLA. The special addition of astaxanthin, an important carotenoid, helps to further support eye health and systemic regulatory processes.†

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]

## Eye Moisture Support

Formula	Size	S.R.P.
202026	120 Vegetarian Capsules	\$40.00

Suggested Usage: 2 Softgels Daily

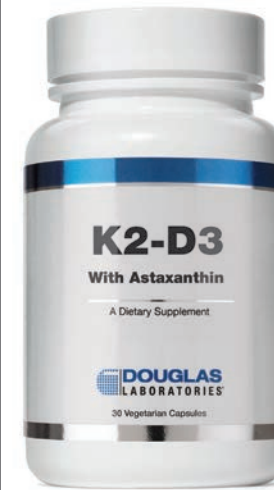
### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • 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 D3 .....1,000 IU	250%
Vitamin B6 (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 not established

Other ingredients: Sunflower lecithin, beeswax, capsule (gelatin from fish [tilapia], glycerin, water, carob).



K2-D3 supplies a significant amount of biologically active vitamin K-2 in the form of menaquinone-7 (MK-7) (soy-free) with Vitamin D-3 for cardiovascular and bone health.† The addition of Astaxanthin, a powerful antioxidant, helps to further support healthy oxidative stress biomarkers to the vascular and systemic systems.†

[ Formulated by Theodore S. Piliszek M.D. ]

## K2-D3 With Astaxanthin

Formula	Size	S.R.P.
202114	30 Vegetarian Capsules	\$32.00

Suggested Usage: 1 Daily

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....2,500 IU	625%
Vitamin K-2 (as menaquinone-7).....180 mcg	225%
Astaxanthin .....2 mg	*
(Supercritical CO <sub>2</sub> extract of <i>Haematococcus pluvialis</i> , entire plant)	

\*Daily value not established.

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



Macu-Support supplies a well-balanced spectrum of key nutrients that are important in maintaining normal retina and macula function in the eyes.<sup>†</sup> Macu-support contains important antioxidant nutrients including vitamin C, vitamin E, zinc, lutein and zeaxanthin, and is free of beta-carotene.<sup>†</sup> These important nutrients have shown positive results for vision health in the AREDS 2 trial conducted by the National Eye Institute.<sup>†</sup>

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]

**Macu-Support**

Formula	Size	S.R.P.
202023	30 Capsules	\$32.00

Suggested Usage: 3 Daily

**SUPPLEMENT FACTS**

Serving Size 3 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) ..... 500 mg	833%
Vitamin E ..... 400 IU (as d-alpha tocopheryl succinate)	1,333%
Zinc 25 mg ..... 167% (as zinc monomethionine‡)	
Lutein (from Marigold flower)** ..... 10 mg	*
Zeaxanthin ..... 2 mg	

\*Daily Value not established.

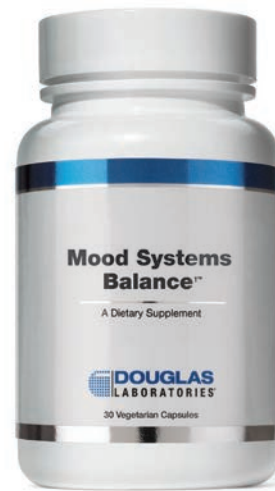
Other ingredients: Capsule (hydroxypropyl methylcellulose, titanium dioxide), cellulose, vegetable stearate, silica.



\*\*FloraGLO is a registered trademark of Kemira

Industries, Inc., USA.

‡ OptiZinc® is a trademark of InterHealth Company.



Mood Systems Balance<sup>™</sup> is a blend of beneficial ingredients targeted to balance the body's systems correlated with mood and a sense of well-being.<sup>†</sup> Saffron extract, Rhodiola, Longvida® Optimized Curcumin, chromium and berberine support mood, neurotransmitters, cognition, HPA axis physiology, blood glucose regulation and healthy digestion.<sup>†</sup> This formula can be taken in conjunction with

Neurotransmitter Balance if indicated for complete emotional wellness support.<sup>†</sup>

[ Formulated by Peter Bongiorno, N.D. ]

**Mood Systems Balance<sup>™</sup>**

Formula	Size	S.R.P.
202138	60 Vegetarian Capsules	\$46.00

Suggested Usage: 2 Daily

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate <sup>††</sup> ) ..... 400 mcg	333%
Rhodiola rosea root Extract (standardized to 3% rosavins) ..... 340 mg	*
Berberine HCl ..... 250 mg	*
LONGVIDA® 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 not established

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

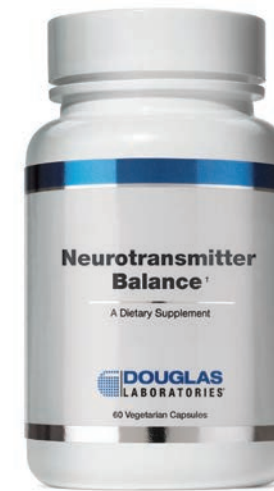


is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.

ZYCHROME® is a trademark of InterHealth N.I.

††Zychrome® brand chromium dinicocysteinate

Trademark of InterHealth N.I.



Neurotransmitter Balance<sup>†</sup> is a dietary blend of several ingredients to support mood and feelings of emotional wellness by optimizing neurotransmitters.<sup>†</sup> Important complementary nutrients for multiple neurotransmitters are included in this formula to help with mood stabilization.<sup>†</sup> The unique ingredient Venetron®, 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 promote restful sleep.<sup>†</sup>

[ Formulated by Peter Bongiorno, N.D. ]

**Neurotransmitter Balance<sup>†</sup>**

Formula	Size	S.R.P.
202136	60 Vegetarian Capsules	\$47.00

Suggested Usage: 2 daily

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Tyrosine ..... 300 mg	*
Mucuna pruriens 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® (Rafuma leaf extract) ..... 50 mg ( <i>Apocynum venetum</i> L.)	*

\*Daily Value not established

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

Venetron® is a registered trademark of Tokiwa Phytochemical Co., Ltd.



SeasonALL<sup>™</sup> is a special combination of phytonutrients designed to support the body's immune response to seasonal changes in the environment throughout the year.<sup>†</sup> Ingredients such as nettles, bromelain, isoquercetin, Tinospora cordifolia, and elderberry help to maintain healthy immune function in response to the environment, including healthy mast cell function, cytokine balance and immune cell function.<sup>†</sup> The special addition of Longvida® Optimized Curcumin with SLCP<sup>™</sup> technology

for enhanced curcumin absorption works to modulate healthy cytokine levels.<sup>†</sup>

[ Formulated by Julie Chen, M.D. ]

**SeasonALL<sup>™</sup>**

Formula	Size	S.R.P.
202126	60 Vegetarian Capsules	\$45.00

Suggested Usage: 2 Daily

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) ..... 50 mg	83%
Vitamin D-3 (cholecalciferol) ..... 500 IU	125%
Proprietary blend ..... 1025 mg Nettle leaf Extract ( <i>Urtica dioica</i> L.), Tinfend® Extract ( <i>Tinospora cordifolia</i> , stem), LONGVIDA® Optimized Curcumin Extract (from <i>Curcuma longa</i> root), Boswellia serrata Extract (dried gum), Elderberry fruit Extract ( <i>Sambucus nigra</i> L.) (standardized to 25% total polyphenols), Isoquercetin, Bromelain (yielding 5,000 m.c.u.).	

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate, vegetable stearate, silica.



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.





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.† Methylated B vitamins

in the form of 5-MTHF, methylcobalamin, P-5-P and benfotiamine allow for maximum bioavailability of these nutrients.

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]

### Ultra Preventive® Vision

Formula	Size	S.R.P.
202027	120 Vegetarian Capsules	\$50.00

Suggested Usage: 4 Capsules Daily

#### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsule • 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-3 (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-6.....	10 mg 500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate complex)	
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (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 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 not established



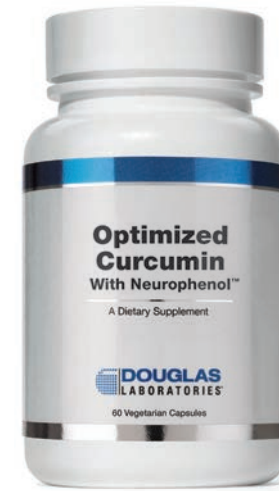
\*\*\*FloraGlo® Lutein is a Trademark of Kemin Industries, Inc., U.S.A.

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

\*\*OptiZinc® is a trademark of InterHealth N.I.



†ResVida® is a trademark of DSM.



Optimized Curcumin with Neurophenol™ is a unique formula containing 2 clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol™, a proprietary blend of standardized blueberry and grape extracts. Both ingredients support cognitive function in healthy aging adults.†

### Optimized Curcumin With Neurophenol™

Formula	Size	S.R.P.
202028	60 Vegetarian Capsules	\$45.00

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

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> )	

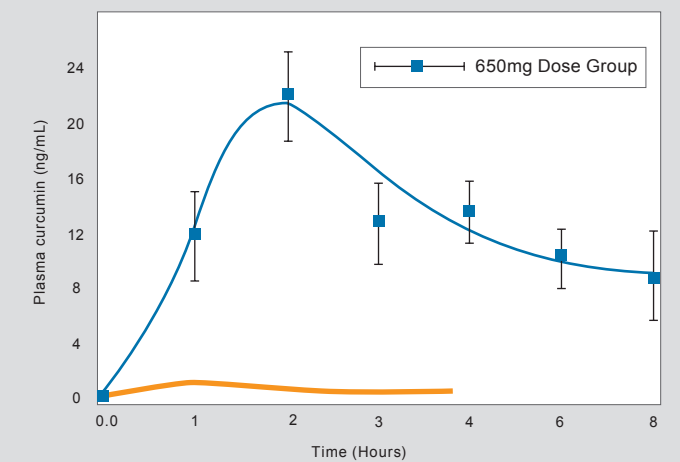
\*Daily Value not established.

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.



### Longvida® Optimized Curcumin



Longvida (black line) is 65 times more bioavailable than 95% curcuminoids (red line). (Gota At al. 2010)

# 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 individual 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.

13 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® X</i> *See pg. 19	<i>Ultra Preventive® EZ</i> *See pg. 21	<i>Ultra Preventive® 2 Daily</i> *See pg. 22	<i>Ultra Preventive® III</i> 7 formulas available *See pg. 23	<i>Ultra Preventive® Vision</i> *See pg. 155	<i>Ultra Preventive® Teen</i> *See pg. 75	<i>Ultra Preventive® Kids</i> *See pg. 73
<b>Features</b>	The signature 5-star rated comprehensive multivitamin/mineral/trace element formula with an organic fruit and vegetable blend supplying antioxidants.	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 with a fruit and spinach blend, methylfolate, astaxanthin and pterostilbene methylated resveratrol antioxidants.	A comprehensive multivitamin/mineral/trace element 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 designed with phytonutrients and carotenoids based on the latest research for vision.†	Designed with teenagers in mind providing comprehensive multivitamin/mineral/trace element in small, easy swallow tablets.	Vitamins and minerals in a great-tasting chewable natural orange or grape-flavored tablets sweetened with stevia and xylitol.
<b>Daily Dose Suggestion</b>	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 is Douglas Laboratories' signature formula and the most comprehensive multivitamin and mineral supplement with a special organic fruit and vegetable blend. This unique formula provides an antioxidant equivalent of 4-5 servings of fruits and vegetables, along with bioavailable forms of vitamins, minerals, trace elements and beneficial nutrients.†

### Ultra Preventive® X

Formula	Size	S.R.P.
200569	120 Tablets	\$41.10
	240 Tablets	\$73.50

Suggested Usage: 8 Daily

### SUPPLEMENT FACTS

Serving Size 8 Tablets

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [5,000 IU]/ 67% [10,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids††	15,000 IU 300%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	1,400 mg 2,333%
Vitamin D-3	1,000 IU 250%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols)	400 IU 1,333%
Thiamine	100 mg 6,667%
Riboflavin	50 mg 2,941%
Niacin/Niacinamide	190 mg 950%
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	100 mg 5,000%
Folate (as L-methylfolate, Metafolin®)	800 mcg 200%
Vitamin B-12 (methylcobalamin)	250 mcg 4,167%
Biotin	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	500 mg 5,000%
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	500 mg 50%
Iodine (from Kelp)	200 mcg 133%
Magnesium (as Magnesium Aspartate/ Ascorbate/Oxide Complex)	500 mg 125%
Zinc (as Zinc Amino Acid Chelate)	25 mg 167%
Selenium (as Selenium Krebs' /Kelp complex)	200 mcg 286%
Copper (as Copper Amino Acid Chelate)	2 mg 100%
Manganese (as Manganese Aspartate/Sulfate Complex)	10 mg 500%
Chromium (Organically bound with GTF activity-low allergenicity)	200 mcg 167%
Molybdenum (as Molybdenum Krebs')	100 mcg 133%
Potassium (as Potassium Aspartate/Chloride Complex)	99 mg 2%

Lutein (natural)	6 mg	*
Lycopene (natural)	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')	50 mcg	*
Amino Acids and Enzymes		
L-Cysteine/N-Acetyl L-Cysteine	150 mg	*
Betaine (from 150 mg Betaine HCl)	114 mg	*
Bromelain (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 (entire plant)	100 mg	*
Spirulina	100 mg	*
Chlorella (broken cell wall)	100 mg	*
Green Papaya Extract (fruit)	100 mg	*
Blackberry (fruit)	80 mg	*
Celery powder (leaf)	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 not established.

Other ingredients: Cellulose, stearic acid and silica.

†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.



Douglas Laboratories' award winning Ultra Preventive® X is a comprehensive multivitamin and mineral formula that has repeatedly received the NutriSearch GOLD Medal of Achievement™ by NutriSearch Comparative Guide to Nutritional Supplements™. In addition to

providing a balanced source of well-absorbed vitamins and minerals, this formula offers unique ingredients, including a blend of organic fruits and vegetables, and Metafolin®, a patented form of (6S) 5-methyltetrahydrofolate [5-MTHF]. Unlike folic acid, 5-MTHF is the naturally occurring, predominant form of folate commonly found in food and in our bodies' cells.

\* (By the independent NutriSearch Comparative Guide to Nutritional Supplements™. Over 500 nutritional products from hundreds of manufacturers tested.)

**Ultra Preventive® X (vegetarian capsules)**

Formula	Size	S.R.P.
200574	240 Vegetarian Capsules	\$56.10

Suggested Usage: 8 Daily

Ultra Preventive® X is Douglas Laboratories' signature formula in capsule form and delivers a comprehensive multivitamin and mineral supplement with a special organic fruit and vegetable blend. The Ultra Preventive X capsules provide half the dose amount per serving compared to the tablets.

**SUPPLEMENT FACTS**

Serving Size 8 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [2,500 IU]/ 67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†	150%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	1,167%
Vitamin D-3	125%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols)	667%
Thiamine	3,333%
Riboflavin	1,147%
Niacin/Niacinamide	475%
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	2,500%
Folate (as L-methylfolate, Metafolin®)	100%
Vitamin B-12 (methylcobalamin)	2,083%
Biotin	50%
Pantothenic Acid (as d-Calcium Pantothenate)	2,500%
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	25%
Iodine (from Kelp)	67%
Magnesium (as Magnesium Aspartate/ Ascorbate/Oxide Complex)	63%
Zinc (as Zinc Amino Acid Chelate)	83%
Selenium (as Selenium Krebs <sup>†</sup> /Kelp complex)	143%
Copper (as Copper Amino Acid Chelate)	50%
Manganese (as Manganese Aspartate/SulfateComplex)	250%
Chromium (Organically bound with GTF activity-low allergenicity)	83%
Molybdenum (as Molybdenum Krebs <sup>†</sup> )	67%
Potassium (as Potassium Aspartate/Potassium Chloride Complex)	1%
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 75 mg Choline Citrate/Bitartrate)	30 mg *
PABA (para-aminobenzoic acid)	25 mg *
Boron (as Boron Aspartate/Citrate complex)	0.75 mg *
Vanadium (as Vanadium Krebs <sup>†</sup> )	25 mcg *
Amino Acids and Enzymes	
L-Cysteine/N-Acetyl L-Cysteine	75 mg *
Betaine (from 75 mg Betaine HCl)	57 mg *
Bromelain (2,000 GDU/g)	25 mg *
Glutamic Acid (from 13 mg Glutamic Acid HCl)	10 mg *
L-Methionine	6.3 mg *
Bioflavonoids and Proanthocyanidins	
Rose Hips	50 mg *

Lemon Bioflavonoids	50 mg *
Red Wine Proanthocyanidins/Pine Bark Extract	25 mg *
Hesperidin	18 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 Extract	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 not established.

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

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

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

**Ultra Preventive® EZ Easy Swallow multivitamin**

Formula	Size	S.R.P.
200911	120 Tablets	\$39.80
	240 Tablets	\$71.30

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**

Serving Size 8 Tablets

Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate [5,000 IU]/ 67% [10,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids†	300%
Vitamin C (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	1,167%
Vitamin D-3	250%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols)	1,333%
Thiamine	6,667%
Riboflavin	2,941%
Niacin/Niacinamide	950%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	5,000%
Folate (as L-methylfolate, Metafolin®)	200%
Vitamin B-12 (methylcobalamin)	4,167%
Biotin	100%
Pantothenic Acid (as d-Calcium Pantothenate)	5,000%
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	10%
Iodine (from Kelp)	133%
Magnesium (as Magnesium Aspartate/Ascorbate/Oxide Complex)	25%
Zinc (as Zinc Amino Acid Chelate)	167%
Selenium (as Selenium Krebs <sup>†</sup> /Kelp complex)	286%
Copper (as Copper Amino Acid Chelate)	100%
Manganese (as Manganese Aspartate/SulfateComplex)	500%
Chromium (Organically bound with GTF activity-low allergenicity)	167%
Molybdenum (as Molybdenum Krebs <sup>†</sup> )	133%
Potassium (as Potassium Aspartate/Choloride Complex)	2%
Lutein (natural)	6 mg *
Lycopene (natural)	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)	114 mg *
Bromelain (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 (entire plant)	100 mg *
Spirulina	100 mg *
Chlorella (broken cell wall)	100 mg *
Green Papaya Extract (fruit)	100 mg *
Blackberry (fruit)	80 mg *
Celery powder (leaf)	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 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.



**Ultra Preventive® 2 Daily** ez Easy Swallow multivitamin  
[formerly Ultra Preventive 2-A-Day]

Formula	Size	S.R.P.
201344	60 Tablets	\$37.50

Suggested Usage: 2 Daily

Douglas Laboratories® is proud to offer Ultra Preventive® 2 Daily tablets with important vitamins and minerals plus powerful 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 the most powerful carotenoid antioxidant for healthy aging.† Activated forms of B vitamins in Ultra Preventive 2 Daily ensure proper utilization of vitamins.

**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-3.....	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-6 (as Pyridoxal-5-phosphate).....	.10 mg 500%
Folate (as L-methylfolate, Metafolin®).....	.400 mcg 100%
Vitamin B-12 (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 Opti-Zinc, 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 not established

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

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

\*\* pterPure is a trademark of ChromaDex, Inc.

MULTIVITAMINS | **ULTRA PREVENTIVE®**

**Ultra Preventive® III (tablets)**

Formula	Size	S.R.P.
200568	90 Tablets	\$24.90
	180 Tablets	\$40.70

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 D3 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**

Serving Size 6 Tablets

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-3.....	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-6.....	.100 mg. 5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®).....	.800 mcg. 200%
Vitamin B-12 (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 (Organic Selenium from Krebs† Cycle and Kelp).....	.200 mcg. 286%
Manganese (as Manganese Aspartate/SulfateComplex).....	.20 mg. 1,000%
Chromium (Organically bound with	
GTF activity—low allergenicity).....	
Molybdenum (from Molybdenum Krebs†).....	.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†).....	.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 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	S.R.P.
200585	180 Capsules	\$30.40

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**

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-3.....	.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-6.....	.50 mg. 2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®).....	.400 mcg. 100%
Vitamin B-12 (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† Cycle and Kelp)	
Manganese (as Manganese Aspartate/SulfateComplex).....	.10 mg. 500%
Chromium.....	.100 mcg. 83%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs†).....	.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†).....	.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 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.

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

Formula	Size	S.R.P.
200578C	180 Tablets	\$40.20

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-3 .....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-6 .....100 mg.	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) .....800 mcg.	200%
Vitamin B-12 (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 (Organic Selenium from Krebs' Cycle and Kelp) .....200 mcg.	286%
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') .....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') .....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 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) with Copper**

Formula	Size	S.R.P.
200587	180 Vegetarian Capsules	\$30.40

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 with Copper contains half the dose amount per serving compared to the tablets.

**SUPPLEMENT FACTS**

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-3 .....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-6 .....50 mg	2,500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) .....400 mcg	100%
Vitamin B-12 (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 12.5 mg (from Zinc Amino Acid Chelate) .....83%	143%
Selenium (Organic Selenium from Krebs' Cycle) .....100 mcg	100%
Copper (from Copper Amino Acid Chelate) .....2 mg	100%
Manganese (from Manganese Aspartate/Sulfate Complex) .....10 mg	500%
Chromium .....100 mcg	83%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs') .....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') .....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 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	S.R.P.
200577A	180 Tablets	\$40.20

Suggested Usage: 6 Daily

Ultra Preventive® III with Copper and 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-3 .....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-6 .....100 mg	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) .....800 mcg	200%
Vitamin B-12 (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' 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') .....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') .....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 not established.

Other ingredients: ellulose, carboxymethylcellulose, 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® III with Zinc Picolinate**

Formula	Size	S.R.P.
200570	180 Tablets	\$40.20

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 and includes Zinc picolinate.

**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-3 .....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-6 .....100 mg.	5,000%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®) .....800 mcg.	200%
Vitamin B-12 (on Ion Exchange Resin) .....100 mcg.	1,667%
Biotin .....300 mcg.	100%
Pantothenic Acid .....500 mg.	5,000%
(as d-Calcium Pantothenate)	
Calcium (from Calcium Citrate/Ascorbate Complex) .....500 mg.	50%
Iodine (from Kelp) .....200 mcg.	133%
Magnesium (from Magnesium Aspartate/Ascorbate Complex) .....500 mg.	125%
Zinc (from Zinc Picolinate Complex) .....25 mg.	167%
Selenium (Organic Selenium from Krebs' Cycle and Kelp) .....200 mcg.	286%
Manganese (from Manganese Aspartate Complex) .....20 mg.	1,000%
Chromium .....200 mcg.	167%
(Organically bound with GTF activity—low allergenicity)	
Molybdenum (from Molybdenum Krebs') .....100 mcg.	133%
Potassium (from Potassium Aspartate 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') .....50 mcg.	*
Boron (from Boron Aspartate/ .....1.5 mg.	*
Citrate Complex)	
Trace Elements .....100 mcg.	*
(from Sea Vegetation)	
L-Cysteine/N-Acetyl-L-Cysteine .....200 mg.	*
L-Methionine .....12.5 mg.	*
Glutamic Acid .....20 mg.	*
(from Glutamic Acid HCl)	
Betaine (from Betaine HCl) .....114 mg.	*

\*Daily Value 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® Beta**

Formula	Size	S.R.P.
200571	180 Tablets	\$42.40

**Suggested Usage:** 6 Daily  
With added natural carotenoids

Ultra Preventive® III with 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 (100% as natural Beta-Carotene with full spectrum Carotenoids**)	300%
Vitamin C (Ascorbic Acid) .....1,200 mg.	2,000%
Vitamin D-3 .....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-6 .....100 mg. (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	5,000%
Folate (as L-methylfolate, Metafolin®).....800 mcg.	200%
Vitamin B-12 (on Ion Exchange Resin).....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. (from Magnesium Aspartate/Ascorbate Complex)	125%
Zinc (as Opti-Zinc®).....30 mg.	200%
Selenium .....200 mcg. (Organic Selenium from Krebs' Cycle and Kelp)	286%
Manganese (from Manganese Aspartate Complex) .....20 mg.	1,000%
Chromium .....200 mcg. (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs').....100 mcg.	133%
Potassium (from Potassium Aspartate 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') .....50 mcg.	*
Boron (from Boron Aspartate/ Citrate Complex) .....3 mg.	*
Trace Elements (from Sea Vegetation) .....100 mcg.	*
N-Acetyl-L-Cysteine/L-Cysteine HCl.....200 mg.	*
L-Methionine .....12.5 mg.	*
Glutamic Acid (from Glutamic Acid HCl) .....20 mg.	*
Betaine (from Betaine HCl) .....114 mg.	*

\*Daily Value 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.

MULTIVITAMINS | **BASIC PREVENTIVE®**

**Basic Preventive® 1 with Copper & Iron**

Formula	Size	S.R.P.
201383	180 Tablets	\$40.20

**Suggested Usage:** 6 Daily

Basic Preventive® 1 is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive 1 is more than just another multivitamin supplement. It is a potent antioxidant formula with natural beta-carotene (from D. salina) 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 contains iron and copper 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 Vitamin A Acetate with fish oil (sardines, anchovies, mackerel) 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 D3 .....100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate).....400 IU	1,333%
Vitamin K1 (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 B6 (as pyridoxine hydrochloride).....50 mg	2,500%
Folic acid .....800 mcg	200%
Vitamin B12 (as cyanocobalamin).....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%
Iron (as Ferronyl® iron carbonyl) .....20 mg	111%
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%
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 (as potassium aspartate-ascorbate/potassium chloride complex)	2%
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 complex.....100 mg	*
Raw glandular tissue blend .....180 mg	*
Thymus 51 mg*, Spleen 51 mg*, Liver 51 mg*, and Adrenal 26 mg*	

\*Daily Value not established.

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

**Basic Preventive® 2 without Copper & Iron**

Formula	Size	S.R.P.
201384	180 Tablets	\$32.70

**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 a potent antioxidant formula with natural beta-carotene (from D. salina) 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 D3 .....100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate).....400 IU	1,333%
Vitamin K1 (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 B6 (as pyridoxine hydrochloride).....50 mg	2,500%
Folic acid .....800 mcg	200%
Vitamin B12 (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 20 mg (as zinc amino acid chelate).....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*, and Adrenal 27 mg*	

\*Daily Value not established.

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



### Basic Preventive® 3 with Iron

Formula	Size	S.R.P.
201385	180 Tablets	\$40.20

Suggested Usage: 6 Daily

Basic Preventive® 3 is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Basic Preventive 3 is more than just another multivitamin supplement. It is a potent antioxidant formula with natural beta-carotene (from D. salina) 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 contains iron and copper.

#### SUPPLEMENT FACTS

Serving Size 6 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A .....25,000 IU	500%
(As Vitamin A 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 D3 ..... 100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate) .....400 IU	1,333%
Vitamin K1 (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 B6 (as pyridoxine hydrochloride) .....50 mg	2,500%
Folic acid .....800 mcg	200%
Vitamin B12 (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%
Iron (as Ferronyl® iron carbonyl) .....20 mg	111%
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 complex ..... 100 mg	*

\*Daily Value 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 without Copper & Iron

Formula	Size	S.R.P.
201386	180 Tablets	\$40.20

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 a potent antioxidant formula with natural beta-carotene (from D. salina) 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 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 D3 ..... 100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate) .....400 IU	1,333%
Vitamin K1 (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 B6 (as pyridoxine hydrochloride) .....50 mg	2,500%
Folic acid .....800 mcg	200%
Vitamin B12 (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 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

Formula	Size	S.R.P.
201387	180 Tablets	\$33.90

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 a potent antioxidant formula with natural beta-carotene (from D. salina) 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 D3 ..... 100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate) .....400 IU	1,333%
Vitamin K1 (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 B6 (as pyridoxine hydrochloride) .....50 mg	2,500%
Folic acid .....800 mcg	200%
Vitamin B12 (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 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 (vegetarian capsules)

Formula	Size	S.R.P.
BP5-C	270 Vegetarian Capsules	\$41.70

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 a potent antioxidant formula with natural beta-carotene (from D. salina) 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 D3 ..... 100 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) .....400 IU	1,333%
Vitamin K1 (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 B6 (as pyridoxine hydrochloride) .....50 mg.	2,500%
Folic acid .....800 mcg.	200%
Vitamin B12 (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/carbonate complex) ... 500 mg.	50%
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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

MULTIVITAMINS | SUPPORT FORMULAS

**Arth-Support Formula™**

Formula	Size	S.R.P.
4547	120 Tablets	\$35.10

Suggested Usage: 4 Daily

Arth-Support Formula™ is a comprehensive combination of natural ingredients, including glucosamine sulfate, shark cartilage, and bromelain, carefully formulated and specifically designed to support the structure and function of healthy joints.†

**SUPPLEMENT FACTS**

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-3 .....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-6 .....25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid .....800 mcg	200%
Vitamin B-12 (as cyanocobalamin) .....100 mcg	1,667%
Biotin .....300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) .....150 mg	1,500%
Calcium .....300 mg (from Calcium/Carbonate Citrate/Ascorbate Complex)	30%
Magnesium .....300 mg (from Magnesium Aspartate/Ascorbate/Oxide Complex)	75%
Zinc (from Zinc Oxide/Krebs <sup>†</sup> /Aspartate Complex) .....50 mg	333%
Selenium (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp) .....300 mcg	429%
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 (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	*
Arth Support Proprietary Blend .....500 mg	*

Turmeric (root) (Curcuma longa), Pancreatin 8X (providing Protease, Amylase and Lipase activity), Licorice (root) (Glycyrrhiza glabra), Panax ginseng (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 not established.

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

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

**CNCR-Support Formula™**

Formula	Size	S.R.P.
4551	120 Tablets	\$41.70

Suggested Usage: 4 Daily

CNCR Support Formula™ is a comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated and specifically designed to offer nutritional support for individuals.†

**SUPPLEMENT FACTS**

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A .....30,000 IU (17% as Vitamin A Acetate/83% [25,000 IU] as Beta-Carotene)	600%
Vitamin C (Ascorbic Acid/Calcium Ascorbate) .....1,000 mg	1,667%
Vitamin D-3 .....50 IU	13%
Vitamin E (as Vitamin E Acetate) .....200 IU	667%
Thiamine (as Thiamine Mononitrate) .....50 mg	3,333%
Riboflavin .....25 mg	1,471%
Niacin/Niacinamide .....120 mg	600%
Vitamin B-6 .....25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid .....800 mcg	200%
Vitamin B-12 (as cyanocobalamin) .....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 (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp) .....200 mcg	286%
Copper (from Krebs <sup>†</sup> ) .....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 (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	*
CNCR-Support Proprietary Blend .....500 mg	*

Bioflavonoids, Burdock (root), Astragalus (root), Echinacea purpurea (entire plant), Ginger (rhizome), Lignans, Pectin (apple), Sesame Powder (seed), Broccoli (flowering head), Cauliflower (floret), Tomato (fruit), Carrot (root), Celery (seed), Cabbage (aerial parts), Evening Primrose Oil (dry), GLA (from borage seed oil, dry), Green Tea Extract (leaf), Glycyrrhetic Acid, Ligusticum, Shiitake Mushroom, Nucleic Acids (RNA and DNA), Kale (leaf), Alpha-Carotene, Beta-Carotene, Echinacea angustifolia (root), L-Glutathione, Grape Seed Extract, Luteins, Lycopenes, Quercetin, Ellagic Acid (from cherries), Genistein (Soy Isoflavone), Maitake Mushroom, Reishi Mushroom, Pepper (fruit), Eggplant (fruit), Parsnip (fruit), Cartilage Powder (bovine and shark), N-Acetyl-L-Cysteine, L-Methionine, and Betaine HCl

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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

**CFS Support Formula™**

Formula	Size	S.R.P.
4546	120 Tablets	\$35.10

Suggested Usage: 4 Daily

C.F.S. 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 fatigue.†

**SUPPLEMENT FACTS**

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-3 .....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-6 .....25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid .....800 mcg	200%
Vitamin B-12 (on Ion Exchange Resin) .....100 mcg	1,667%
Biotin .....300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) .....150 mg	1,500%
Calcium (from Calcium Citrate/Ascorbate Complex) .....300 mg	30%
Magnesium .....300 mg (from Magnesium Aspartate/Ascorbate Complex)	75%
Zinc (from Zinc Aspartate Complex) .....20 mg	333%
Selenium (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp) .....200 mcg	429%
Copper (from Copper Amino Acid Chelate) .....2 mg	100%
Manganese (from Manganese Aspartate 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 (from Potassium Aspartate 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	*
C.F.S. Support Proprietary Blend .....500 mg	*

Golden Seal (root), Echinacea angustifolia (root), Echinacea purpurea (root), Shiitake mushroom (mycelium) (Lentinus edodes), Chamomile (flower) (German), Burdock (root) (Arctium lappa), Licorice (root) (Glycyrrhiza glabra), Betaine HCl, Ligusticum porteri (root), Radix astragalus (root), Lomatium dissectum (root), Malic Acid, Magnesium Hydroxide, Raw Adrenal Concentrate (bovine), Raw Thymus Concentrate (bovine), N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine, and Glutamic Acid HCl

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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

**CV Support Formula™**

Formula	Size	S.R.P.
4550	120 Tablets	\$35.10

Suggested Usage: 4 Daily

CV 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**

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-3 .....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-6 .....25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid .....800 mcg	200%
Vitamin B-12 (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 Aspartate/Krebs <sup>†</sup> /Oxide Complex) .....20 mg	333%
Selenium (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp) .....200 mcg	429%
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 (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	*
C.V. Support Proprietary Blend .....500 mg	*

EDTA, Lecithin Complex (Soya) (yielding Phosphatidylcholine Phosphatidylethanolamine and Phosphatidylinositol), Muco-polysaccharides, Polysaccharides, Betaine HCl, L-Carnitine, Garlic (bulb), Pepsin 1:10,000, Papain 12M, Trypsin, Chymotrypsin, Cayenne (fruit), Chickweed (aerial part), Hawthorne (berry), Pectin, Mistletoe (entire plant), Alfalfa (leaf), Ginger (rhizome), L-Cysteine/N-Acetyl-L-Cysteine, L-Methionine, Coenzyme Q-10/Ubiquinone, Ginkgo biloba (leaf) (standardized extract providing a minimum of 24% total ginkgoflavonoglycosides and 6% total terpenes), Bromelain (minimum 2000 m.c.u.), Pantethine and Glutamic Acid HCl.

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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

**DGST Support Formula™**

Formula	Size	S.R.P.
4545	120 Tablets	\$35.10

Suggested Usage: 4 Daily

DGST Support Formula™ is a comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to help assimilate and utilize foods more effectively.†

**SUPPLEMENT FACTS**

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).....1000 mg.	1667%
Vitamin D-3.....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-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....25 mg.	1250%
Folic Acid.....800 mcg.	200%
Vitamin B-12 (on Ion Exchange Resin).....100 mcg.	1667%
Biotin.....300 mcg.	100%
Pantothenic Acid (as d-Calcium Pantothenate).....150 mg.	1500%
Calcium (from Calcium Citrate/Ascorbate Complex).....300 mg.	30%
Magnesium (from Magnesium Aspartate/Ascorbate Complex).....300 mg.	75%
Zinc (from Zinc Aspartate Complex).....20 mg.	333%
Selenium (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp).....200 mcg.	429%
Copper (from Copper Amino Acid Chelate).....2 mg.	100%
Manganese (from Manganese Aspartate 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 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.	*
DGST Support Proprietary Blend.....500 mg.	*
Pancreatin 8X (providing Protease, Amylase and Lipase), Papain, Lactobacillus Acidophilus, Golden-seal (root), Dandelion (root), Chamomile (flower), Betaine HCl, Lactase, Cellulase, L-Cysteine/N-Acetyl-L-Cysteine, L-Methionine, Bromelain (minimum 500 m.c.u.) and Glutamic Acid HCl	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.  
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Energy/Sports Formula™**

Formula	Size	S.R.P.
4543	120 Tablets	\$35.10

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**

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).....1000 mg.	1667%
Vitamin D-3.....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-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....25 mg.	1250%
Folic Acid.....800 mcg.	200%
Vitamin B-12 (on Ion Exchange Resin).....100 mcg.	1667%
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.	333%
Selenium (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp).....200 mcg.	429%
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.....500 mg.	*
Ginseng (root) (Panax ginseng), Sarsaparilla (root) (Smilax officinalis), 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	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.  
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Executive Stress Formula™**

Formula	Size	S.R.P.
4541	120 Tablets	\$35.10

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 stress.†

**SUPPLEMENT FACTS**

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-3.....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-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....25 mg	1,250%
Folic Acid.....800 mcg	200%
Vitamin B-12 (on Ion Exchange Resin).....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/Aspartate/Oxide Complex).....20 mg	133%
Selenium (Organic Selenium from Krebs <sup>†</sup> Cycle and Kelp).....200 mcg	286%
Copper (from Copper Krebs).....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.	*
Executive Stress Proprietary Blend.....500 mg.	*
Ginkgo biloba Extract (leaf) (minimum 24% ginkgo flavone glycosides and 6% terpenes), Silymarin (seed) (from Silybum marianum), Lemon Bioflavonoids, Brown Rice Protein Concentrate (hydrolyzed, digestibility 96%), Betaine HCl, L-Glycine, N-Acetyl-L-Cysteine, SOD/Glutathione Peroxidase (Young Wheat Sprouts), L-Methionine, Coenzyme Q-10, Proanthocyanidins (Red Wine Grapes), Glutamic Acid and L-Glutathione (reduced).	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.  
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Gluco-Support Formula™**

Formula	Size	S.R.P.
84075	120 Tablets	\$41.70

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**

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).....1000 mg.	1667%
Vitamin D-3.....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-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....25 mg.	1,250%
Folic Acid.....800 mcg.	200%
Vitamin B-12 (on Ion Exchange Resin).....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/Ascorbate/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 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.	*
Gluco-Support Proprietary Blend.....500 mg.	*
Momordica (fruit), Gymnema Extract (stem), Chickweed (aerial parts), Dandelion (root), Goldenseal (root), Acetyl-L-Carnitine, Lemon Bioflavonoids, Proanthocyanidins (Red Wine Grape), Lipoic Acid and Coenzyme Q-10.	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.  
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Meno-Support Formula™**

Formula	Size	S.R.P.
84073	120 Tablets	\$35.10

Suggested Usage: 4 Daily

Meno-Support Formula™ is a comprehensive combination of vitamins, minerals, herbs, and other nutrients, carefully formulated and specifically designed to support a woman's health through changes that may occur later in life.†

**SUPPLEMENT FACTS**

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)	400%
Vitamin C (Ascorbic Acid)	1667%
Vitamin D-3	13%
Vitamin E (as Vitamin E Succinate)	667%
Vitamin K (as Phytonadione)	63%
Thiamine (as Thiamine HCl)	3333%
Riboflavin	1471%
Niacin/Niacinamide	600%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1250%
Folic Acid	200%
Vitamin B-12 (on Ion Exchange Resin)	1667%
Biotin	100%
Pantothenic Acid (as d-Calcium Pantothenate)	1500%
Calcium (from Calcium Citrate/Ascorbate Complex)	50%
Magnesium (from Magnesium Aspartate/Ascorbate Complex)	100%
Zinc (from Zinc Aspartate Complex)	133%
Selenium (Organic Selenium from Krebs' Cycle and Kelp)	286%
Copper (from Copper Amino Acid Chelate)	100%
Manganese (from Manganese Aspartate Complex)	750%
Chromium (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs')	67%
Potassium (from Potassium Aspartate Complex)	2%
Choline (from Choline Citrate/Bitartrate)	*
Inositol	*
Citrus Bioflavonoid Complex	*
PABA (para-Aminobenzoic Acid)	*
Vanadium (from Vanadium Krebs')	*
Boron (from Boron Aspartate/Citrate Complex)	*
Trace Elements (from Sea Vegetation)	*
Meno-Support Proprietary Blend	*
Black Cohosh (root) (standardized), Dong Quai (aerial parts), Kelp, Horsetail (aerial parts), Sage (leaf), Lemon Bioflavonoids and Ipriflavone.	

\*Daily Value not established.  
 †Other ingredients: Cellulose, vegetable stearate and silica.  
 ‡Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Osteo-Support Formula™**

Formula	Size	S.R.P.
4544	120 Tablets	\$35.10

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 maintain healthy bone structure and function.†

**SUPPLEMENT FACTS**

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)	400%
Vitamin C (Ascorbic Acid)	1667%
Vitamin D-3	13%
Vitamin E (as Vitamin E Succinate)	667%
Thiamine (as Thiamine HCl)	3333%
Riboflavin	1471%
Niacin/Niacinamide	600%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1250%
Folic Acid	200%
Vitamin B-12 (on Ion Exchange Resin)	1667%
Biotin	100%
Pantothenic Acid (as d-Calcium Pantothenate)	1500%
Calcium (from Calcium Citrate/Ascorbate/Carbonate Complex)	30%
Magnesium (from Magnesium Aspartate/Ascorbate/Oxide Complex)	75%
Zinc (from Zinc Aspartate/Krebs'/Oxide Complex)	333%
Selenium (Organic Selenium from Krebs' Cycle and Kelp)	429%
Copper (from Copper Amino Acid Chelate)	100%
Manganese (from Manganese Aspartate/Sulfate Complex)	750%
Chromium (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs')	67%
Potassium (from Potassium Aspartate/Chloride Complex)	2%
Choline (from Choline Citrate/Bitartrate)	*
Inositol	*
Citrus Bioflavonoid Complex	*
PABA (para-Aminobenzoic Acid)	*
Vanadium (from Vanadium Krebs')	*
Boron (from Boron Aspartate/Citrate Complex)	*
Trace Elements (from Sea Vegetation)	*
Osteo-Support Proprietary Blend	*
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 not established.  
 †Other ingredients: Cellulose, vegetable stearate and silica.  
 ‡Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Prosta-Support Formula™**

Formula	Size	S.R.P.
84074	120 Tablets	\$41.70

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 (25% as Vitamin A Palmitate/75% [15,000 IU] as Beta-Carotene)	400%
Vitamin C (Ascorbic Acid)	1667%
Vitamin D-3	13%
Vitamin E (as Vitamin E Succinate)	667%
Thiamine (as Thiamine HCl)	3333%
Riboflavin	1471%
Niacin/Niacinamide	600%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1250%
Folic Acid	200%
Vitamin B-12 (on Ion Exchange Resin)	1667%
Biotin	100%
Pantothenic Acid (as d-Calcium Pantothenate)	1500%
Calcium (from Calcium Citrate/Ascorbate/Carbonate Complex)	30%
Magnesium (from Magnesium Aspartate/Ascorbate/Oxide Complex)	75%
Zinc (from Zinc Aspartate/Krebs'/Oxide Complex)	133%
Selenium (Organic Selenium from Krebs' Cycle and Kelp)	286%
Copper (from Copper Amino Acid Chelate)	100%
Manganese (from Manganese Aspartate/Sulfate Complex)	750%
Chromium (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs')	67%
Potassium (from Potassium Aspartate/Chloride Complex)	2%
Choline (from Choline Citrate/Bitartrate)	*
Inositol	*
Citrus Bioflavonoid Complex	*
PABA (para-Aminobenzoic Acid)	*
Vanadium (from Vanadium Krebs')	*
Boron (from Boron Aspartate/Citrate Complex)	*
Trace Elements (from Sea Vegetation)	*
Prosta-Support Proprietary Blend	*
Saw Palmetto (berry), Pumpkin Seed Powder (seed), Pygeum (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 not established.  
 †Other ingredients: Cellulose, vegetable stearate and silica.  
 ‡Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**Rehab-Support Formula™**

Formula	Size	S.R.P.
4549	120 Tablets	\$35.10

Suggested Usage: 4 Daily

Rehab Support Formula™ is a comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, carefully formulated and specifically designed to support optimal tissue healing that follows injury.†

**SUPPLEMENT FACTS**

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)	400%
Vitamin C (Ascorbic Acid)	1667%
Vitamin D-3	13%
Vitamin E (as Vitamin E Succinate)	667%
Thiamine (as Thiamine HCl)	3333%
Riboflavin	1471%
Niacin/Niacinamide	600%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1250%
Folic Acid	200%
Vitamin B-12 (on Ion Exchange Resin)	1667%
Biotin	100%
Pantothenic Acid (as d-Calcium Pantothenate)	1500%
Calcium (from Calcium Citrate/Ascorbate/Carbonate Complex)	30%
Magnesium (from Magnesium Aspartate/Ascorbate/Oxide Complex)	75%
Zinc (from Zinc Aspartate/Krebs'/Oxide Complex)	333%
Selenium (Organic Selenium from Krebs' Cycle and Kelp)	429%
Copper (from Copper Amino Acid Chelate)	100%
Manganese (from Manganese Aspartate/Sulfate Complex)	750%
Chromium (Organically bound with GTF activity—low allergenicity)	167%
Molybdenum (from Molybdenum Krebs')	67%
Potassium (from Potassium Aspartate/Potassium Chloride Complex)	2%
Choline (from Choline Citrate/Bitartrate)	*
Inositol	*
Citrus Bioflavonoid Complex	*
PABA (para-Aminobenzoic Acid)	*
Vanadium (from Vanadium Krebs')	*
Boron (from Boron Aspartate/Citrate Complex)	*
Trace Elements (from Sea Vegetation)	*
Rehab Support Proprietary Blend	*
Chondroitin Sulfate, L-Aspartic Acid, Trypsin, Chymo-trypsin, Capsicum (fruit), German Chamomile (flower), Betaine HCl, Microcrystalline Hydroxyapatite (from Veal Bone), Mucopolysaccharides, Rutin N.F., Pancreatin 4X (providing Protease, Amylase and Lipase), DL-Phenyl-alanine, N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine, Proanthocyanidins (Red Wine Grapes), Bromelain (min. of 2000 m.c.u.) and Glutamic Acid HCl	

\*Daily Value not established.  
 †Other ingredients: Cellulose, vegetable stearate and silica.  
 ‡Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

**YPD-Support Formula™**

Formula	Size	S.R.P.
200727	120 Tablets	\$35.10

Suggested Usage: 4 Daily

YPD Support Formula is a comprehensive combination of vitamins, minerals, herbals, and other nutrients carefully formulated and specifically designed to offer nutritional support for individuals who wish to support their defenses and microbial balance.†

**SUPPLEMENT FACTS**

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A .....20,000 IU (25% as Vitamin A Acetate/ 75% [15,000 IU] as Beta-Carotene)	400%
Vitamin C (Ascorbic Acid) ..... 1,000 mg	1,667%
Vitamin D-3 ..... 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-6 .....25 mg (as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	1,250%
Folic Acid .....800 mcg	200%
Vitamin B-12 (cyanocobalamin) .....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%
Iron (as Ferronyl®) .....1.5 mg	8%
Magnesium (from Magnesium Aspartate/Oxide complex) ..... 300 mg	75%
Zinc 20 mg .....133% (from Zinc Aspartate/Krebs†/Oxide Complex)	
Selenium (from Selenium Krebs†) .....200 mcg	286%
Copper (from Copper Krebs†) .....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†) .....50 mcg	67%
Potassium .....75 mg (from Potassium Chloride/Aspartate Complex)	2%

Choline (from Choline Citrate/Bitartrate) .....20 mg	*
Inositol .....25 mg	*
PABA (para-Aminobenzoic Acid) .....50 mg	*
Vanadium (from Vanadium Krebs†) .....25 mcg	*
Boron (from Boron Aspartate/Citrate Complex) .....1 mg	*
Trace Elements (from Sea Vegetation) .....100 mcg	*
Y.P.D. Support Proprietary Blend ..... 500 mg	*
Citrus bioflavonoid complex, Maltodextrin, Barberry(root bark), Ginger Root, Betaine HCl, Cinnamon (bark), Chamomile (flower), Garlic (bulb), Grapefruit (whole fruit), Rosemary (leaf), Thyme (leaf), Goldenseal (root), Sodium Caprylate, L-Cystine/N-Acetyl L-Cysteine, L-Methionine, Lactobacillus rhamnosus, Potassium Sorbate, Glutamic Acid.	
Aspartic Acid ..... 280 mg	*

\*Daily Value not established.

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

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

MULTIVITAMINS | CONVENIENCE PACKS

**Essential-4 Nutrition Pack**

Formula	Size	S.R.P.
66355	30 Packs	\$98.00

Suggested Usage: 1 Daily

Essential-4 Nutrition Pack combines 4 important products to help support optimal health, provided in one convenient pack: Ultra Preventive X multivitamin/mineral, QUELL Fish Oil EPA/DHA plus Vitamin D, A multi-probiotic 4 billion CFU, Coenzyme Q10 formula in a liquid-filled capsule with VESIsorb technology.†

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

Vitamin A .....7,500 I.U. (33% as Vitamin A Palmitate [2,500 IU]/67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids**	Trace Elements..... approx. 50 mcg. (from Sea Vegetation)
Vitamin C ..... 700 mg. (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	Choline ..... 30 mg. (from 150 mg Choline Citrate/ Bitartrate)
Vitamin D-3 .....500 I.U.	PABA (para-aminobenzoic acid) ..... 25 mg.
Vitamin E .....200 I.U. (natural, as d-alpha tocopheryl plus mixed tocopherols)	Boron ..... 0.75 mg. (as Boron Aspartate/Citrate complex)
Thiamine ..... 50 mg.	Vanadium (as Vanadium Krebs*) .. 25 mcg.
Riboflavin ..... 25 mg.	L-Cysteine/N-Acetyl L-Cysteine ..... 75 mg.
Niacin/Niacinamide ..... 95 mg.	Betaine ..... 57 mg. (from 150 mg Betaine HCl)
Vitamin B-6 ..... 50 mg. (as Pyridoxine HCl/ Pyridoxal-5- Phosphate Complex)	Bromelain (2,000 GDU/g) ..... 25 mg.
Folate .....400 mcg. (as L-methylfolate, Metafolin®)	Glutamic Acid ..... 10 mg. (from 25 mg Glutamic Acid HCl)
Vitamin B-12 .....125 mcg. (as methylcobalamin)	L-Methionine .....6.25 mg.
Biotin .....150 mcg.	Rose Hips ..... 50 mg.
Pantothenic Acid ..... 250 mg. (as d-Calcium Pantothenate)	Lemon Bioflavonoids ..... 50 mg.
Calcium ..... 250 mg. (as Calcium Citrate/Ascorbate/ Carbonate Complex)	Red Wine Proanthocyanidins/Pine Bark Extract ..... 25 mg.
Iodine (from Kelp) .....100 mcg.	Hesperidin ..... 17.5 mg.
Magnesium ..... 250 mg. (as Magnesium Aspartate/ Ascorbate/Oxide Complex)	Rutin ..... 12.5 mg.
Zinc (as Zinc Amino Acid Chelate) ..... 12.5 mg.	Proprietary Organic Fruit and Vegetable Blend ..... 350 mg. Organic beet powder, Organic carrot powder, Organic black currant powder, Organic blueberry powder, Organic broccoli powder, Organic Concord grape powder, Organic green cabbage powder, Organic Collard greens powder, Organic mountain cranberry powder, Organic kale powder, Organic Parsley powder, Organic pomegranate powder, Organic raspberry powder, Organic spinach Powder.
Selenium .....100 mcg. (as Selenium Krebs*/Kelp complex)	Garlic (bulb) ..... 50 mg.
Copper ..... 1 mg. (as Copper Amino Acid Chelate)	Cauliflower (entire plant) ..... 50 mg.
Manganese ..... 5 mg. (as Manganese Aspartate/Sulfate Complex)	Spirulina ..... 50 mg.
Chromium .....100 mcg. (Organically bound with GTF activity—low allergenicity)	Chlorella (broken cell wall) ..... 50 mg.
Molybdenum .....50 mcg. (as Molybdenum Krebs*)	Green Papaya Extract (fruit) ..... 50 mg.
Potassium ..... 49.5 mg. (as Potassium Aspartate/Chloride Complex)	Blackberry (fruit) ..... 40 mg.
Lutein (natural) ..... 3 mg.	Celery powder (leaf) ..... 35 mg.
Lycopene (natural) ..... 3 mg.	Black radish powder (root) ..... 35 mg.
Zeaxanthin ..... 0.5 mg.	Apricot powder (fruit) ..... 35 mg.
Inositol ..... 50 mg.	Green Tea Extract (leaf) ..... 25 mg.
	Apple Pectin (fruit) ..... 25 mg.

\*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.

**Two QUELL Fish Oil® Softgel -  
Ingredients:**

Calories from Fat ..... 20
Total Fat ..... 2.5 g.
Vitamin D3 ..... 2,000 IU
Omega-3 Supercritical CO <sub>2</sub> Triglyceride Concentrate .....2,500 mg
EPA ..... 1,200 mg (Eicosapentaenoic Acid)
DHA ..... 800 mg (Docosahexaenoic Acid)

**One Citrus Solu-Q™  
Caplique® - Ingredients:**

Vitamin E ..... 10 I.U. (as d-alpha-tocopheryl)
Natural Coenzyme Q10 ..... 100 mg.

A Douglas Laboratories® Caplique™ is a liquid-filled, two-piece capsule sealed with a band.

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

L. Acidophilus (DDS-1) ..... 1.150 Billion CFU
L. Rhamnosus ..... 1.150 Billion CFU
L. Rhamnosus (Type B, Bifidus) ..... 775 Million CFU
S. Lactis ..... 275 Million CFU
Bifidobacterium Longum ..... 275 Million CFU
B. Bifidum ..... 275 Million CFU
S. Thermophilus ..... 150 Million CFU
Proprietary Blend ..... 215 mg. FOS (fructooligosaccharides) and ulmus fulva (inner bark).

## Essential Female Pack

Formula	Size	S.R.P.
66360	30 Packs	\$67.00

Suggested Usage: 1 Daily

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.<sup>†</sup> Each pack includes Ultra Preventive 2-A-Day, QÜELL Fish Oil EPA/DHA+D, Cal-6+Mg., Multi-Probiotic 4000.

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

Vitamin A.....	5,000 IU (as natural beta-carotene)
Vitamin C (as Ascorbic Acid).....	120 mg
Vitamin D-3.....	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-6.....	10 mg (as Pyridoxal-5-phosphate)
Folate.....	400 mcg (as L-methylfolate, Metafolin®)
Vitamin B-12 (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 Opti-Zinc, 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).

### One QÜELL Fish Oil® Softgel - Ingredients:

Calories from Fat.....	10
Total Fat.....	1.25 g.
Vitamin D3.....	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

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

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

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

L. Acidophilus (DDS-1).....	1.150 Billion CFU
L. Rhamnosus.....	1.150 Billion CFU
L. Rhamnosus (Type B, Bifidus).....	775 Million CFU
S. Lactis.....	275 Million CFU
Bifidobacterium Longum.....	275 Million CFU
B. Bifidum.....	275 Million CFU
S. Thermophilus.....	150 Million CFU
Proprietary Blend.....	215 mg.

FOS (fructooligosaccharides) and ulmus fulva (inner bark).

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

 is a trademark of ChromaDex, Inc.

## Essential Male Pack

Formula	Size	S.R.P.
66359	30 Packs	\$67.00

Health Function: Male Specialties

Suggested Usage: 1 Daily

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.<sup>†</sup> Each pack contains Ultra Preventive 2-A-Day, QÜELL Fish Oil EPA/DHA+D, and Uro-Pro for Men.

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

Vitamin A.....	5,000 IU (as natural beta-carotene)
Vitamin C (as Ascorbic Acid).....	120 mg
Vitamin D-3.....	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-6.....	10 mg (as Pyridoxal-5-phosphate)
Folate.....	400 mcg (as L-methylfolate, Metafolin®)
Vitamin B-12.....	250 mcg (as methylcobalamin)
Biotin.....	300 mcg
Pantothenic Acid.....	25 mg (d-calcium pantothenate)
Calcium.....	50 mg (as Calcium Citrate/Malate Complex)
Magnesium.....	25 mg (as Magnesium Citrate)
Iodine (from kelp).....	150 mcg
Zinc.....	15 mg (as Opti-Zinc, monomethionine)
Selenium (as amino acid chelate).....	100 mcg
Copper (as amino acid chelate).....	1 mg
Chromium.....	120 mcg (as amino acid chelate)
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).

### One QÜELL Fish Oil® Softgel - Ingredients:

Calories from Fat.....	10
Total Fat.....	1.25 g.
Vitamin D3.....	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

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

Vitamin A.....	2500 IU
Vitamin E.....	30 IU (as d-alpha Tocopheryl Succinate)
Vitamin B-6.....	25 mg. (as Pyridoxine HCl/ Pyridoxal-5-Phosphate)
Zinc (from Zinc Picolinate).....	15 mg.
Saw Palmetto.....	160 mg. (berry) (standardized extract)
Pygeum (bark).....	50 mg. Pygeum africanum (standardized extract)
Pumpkin Seed powder.....	100 mg.
Glycine.....	50 mg.
L-Alanine.....	50 mg.
L-Glutamic Acid.....	50 mg.
Proanthocyanidins (OPC 85+).....	10 mg.

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

 is a trademark of ChromaDex, Inc.

## Prenatal Pack

Formula	Size	S.R.P.
66588	30 Packs	\$50.70

Suggested Usage: 1 Daily

Prenatal Pack supplies a comprehensive blend of ingredients to help support maternal health and wellness during pregnancy and lactation.<sup>†</sup>

### Each Pack Contains: Two Prenatal Vegetarian Capsules - Ingredients:

Vitamin A.....	5,000 IU (as natural beta-carotene)
Vitamin C (as ascorbic acid).....	80 mg
Vitamin D3 (as cholecalciferol).....	800 IU
Vitamin E.....	50 IU (as d-alpha tocopheryl succinate)
Thiamine (as thiamine mononitrate).....	1.5 mg
Riboflavin.....	1.7 mg
Niacinamide.....	20 mg
Vitamin B6 (as pyridoxine HCl).....	2 mg
Folate.....	800 mcg (as L-methylfolate, Metafolin®)
Vitamin B12 (as methylcobalamin).....	10 mcg
Biotin.....	300 mcg
Pantothenic Acid.....	10 mg (calcium pantothenate)
Calcium (as citrate).....	150 mg
Iron (as Ferrous).....	27 mg
Iodine (from potassium iodide).....	150 mcg
Magnesium (from citrate).....	75 mg
Zinc (from citrate).....	10 mg
Selenium (from selenomethionine).....	75 mcg
Copper (from copper glycinate chelate).....	1 mg
Manganese (from citrate).....	1 mg

Chromium (from GTF).....150 mcg  
Molybdenum (from chelate).....75 mcg  
Lutein (from marigold flower).....3 mg  
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

### One Calcium Citrate Tablet Ingredients:

Calcium (Citrate).....	250 mg.
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### Two Opti-DHA™ Enteric-Coated Softels - Ingredients:

Calories.....	9
Calories from Fat.....	0.9
Total Fat.....	1 g.
Vitamin E.....	3 I.U. (as d-alpha tocopherol)
Marine Lipid Triglycerides.....	1,000 mg.
Yielding:	
DHA (Docosahexaenoic acid).....	450 mg.
EPA.....	150 mg. (Eicosapentaenoic acid)

## Longevity Support Pack

Formula	Size	S.R.P.
66356	30 Packs	\$155.10

Suggested Usage: 1 Daily

Longevity Support Pack supplies a comprehensive nutrient support system of vitamins, minerals, antioxidants, and omega fatty acids to assist in a healthy aging process.<sup>†</sup> High potency antioxidants in this convenience pack provide cellular health for longevity support.<sup>†</sup> Now revised to include the Supercritical CO<sub>2</sub> Triglyceride QÜELL Fish Oil.

### Each Pack Contains: Four Ultra Preventive® X Tablets Ingredients:

Vitamin A.....	7,500 I.U. (33% as Vitamin A Palmitate [2,500 IU]/67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids**
Vitamin C.....	700 mg. (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)
Vitamin D-3.....	500 I.U.
Vitamin E.....	200 I.U. (natural, as d-alpha tocopheryl plus

mixed tocopherols)  
Thiamine.....50 mg.  
Riboflavin.....25 mg.  
Niacin/Niacinamide.....95 mg.  
Vitamin B-6.....50 mg.  
(as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)  
Folate.....400 mcg.  
(as L-methylfolate, Metafolin®)  
Vitamin B-12.....125 mcg.  
(as methylcobalamin)  
Biotin.....150 mcg.

Pantothenic Acid.....	250 mg. (as d-Calcium Pantothenate)
Calcium.....	250 mg. (as Calcium Citrate/Ascorbate/ Carbonate Complex)
Iodine (from Kelp).....	100 mcg.
Magnesium.....	250 mg. (as Magnesium Aspartate/ Ascorbate/Oxide Complex)
Zinc.....	12.5 mg. (as Zinc Amino Acid Chelate)
Selenium.....	100 mcg. (as Selenium Krebs*/Kelp complex)
Copper.....	1 mg. (as Copper Amino Acid Chelate)
Manganese.....	5 mg. (as Manganese Aspartate/Sulfate Complex)
Chromium.....	100 mcg. (Organically bound with GTF activity-low allergenicity)
Molybdenum.....	50 mcg. (as Molybdenum Krebs*)
Potassium.....	49.5 mg. (as Potassium Aspartate/Chloride Complex)
Lutein (natural).....	3 mg.
Lycopene (natural).....	3 mg.
Zeaxanthin.....	0.5 mg.
Inositol.....	50 mg.
Trace Elements.....	approx. 50 mcg. (from Sea Vegetation)
Choline.....	30 mg. (from 150 mg Choline Citrate/Bitartrate)
PABA (para-aminobenzoic acid).....	25 mg.
Boron.....	0.75 mg. (as Boron Aspartate/Citrate complex)
Vanadium.....	25 mcg. (as Vanadium Krebs*)
L-Cysteine/N-Acetyl L-Cysteine.....	75 mg.
Betaine.....	57 mg. (from 150 mg Betaine HCl)
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.
Proprietary Organic Fruit and Vegetable Blend.....	350 mg. Organic beet powder, Organic carrot powder, Organic black currant powder, Organic blueberry powder, Organic broccoli powder, Organic Concord grape powder, Organic green cabbage powder, Organic Collard greens powder, Organic mountain cranberry powder, Organic kale powder, Organic Parsley powder, Organic pomegranate powder, Organic raspberry powder, Organic spinach Powder.
Garlic (bulb).....	50 mg.
Cauliflower (entire plant).....	50 mg.
Spirulina.....	50 mg.
Chlorella (broken cell wall).....	50 mg.
Green Papaya Extract.....	50 mg. (fruit)
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.

\*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.

### One Tri-En-All 400 Softgel - Ingredients:


Vitamin E.....	400 I.U. (as d-Alpha Tocopherol) with mixed Tocopherols providing a minimum of:
Gamma-tocopherol.....	280 mg.
Beta and Delta-tocopherols.....	40 mg.
Mixed Tocotrienols.....	25 mg. (from palm)

### One QÜELL Fish Oil® Softgel - Ingredients:

Calories from Fat.....	10
Total Fat.....	1.25 g.
Vitamin D3.....	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

### One FruiTEA-Max™ Capsule - Ingredients:

Proprietary Blend.....	350 mg. OxyPhyte® Standardized White Tea Extract (leaf, minimum 90% polyphenols), OxyPhyte® Fruit Blend (apple and pomegranate extracts, fruit) and VitaBlue™ Wild Blueberry Extract (fruit). VitaBlue™ is a trademark of FutureCeuticals.
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 OxyPhyte® is a registered trademark of RFI Ingredients.

### One Citrus Solu-Q™ Caplique® - Ingredients:

Vitamin E.....	10 I.U. (as d-alpha-tocopheryl)
Natural Coenzyme Q10.....	100 mg.

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

### One Lipoic Acid Capsule - Ingredients:

alpha-Lipoic Acid.....	100 mg.
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### One N-Acetyl L-Cysteine-500 Vegetarian Capsule - Ingredients:

N-Acetyl L-Cysteine.....	500 mg.
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### One C-1000 Capsule - Ingredients:

Vitamin C (Ascorbic Acid).....	1,000 mg.
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MULTIVITAMINS | OTHER FORMULAS

**Added Protection III®  
without Copper & Iron**

Formula	Size	S.R.P.
APB	180 Tablets	\$35.40

Suggested Usage: 6 Daily

A full array of vitamins and minerals with two sulfur-containing amino acids for antioxidant activity and extra zinc to support various enzyme systems.† No iron, No copper.

**SUPPLEMENT FACTS**

Serving Size 6 tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 15,000 IU (as palmitate and 33% [5,000 IU] as natural beta-carotene)	300%
Vitamin C ..... 1,200 mg (from calcium and magnesium ascorbate/ ascorbic acid/potassium ascorbate complex)	2,000%
Vitamin D3 ..... 200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate) ..... 400 IU	1,333%
Vitamin K1 (as phytonadione) ..... 60 mcg	75%
Thiamine (as thiamine mononitrate) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin (as niacinamide and niacin) ..... 190 mg	950%
Vitamin B6 (as pyridoxine hydrochloride) ..... 50 mg	2,500%
Folic acid ..... 800 mcg	200%
Vitamin B12 (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/oxide complex)	125%
Zinc (as zinc amino acid chelate) ..... 30 mg	200%
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/chloride/ascorbate complex)	3%

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 bioflavonoid complex ..... 100 mg	*
L-cysteine HCl ..... 250 mg	*
Methionine (as DL-methionine) ..... 62.5 mg	*

\*Daily Value not established.

Other ingredients: Modified cellulose gum, methylcellulose, silica, vegetable stearine, cellulose, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor and canthaxanthin (carotene color).

**Added Protection III®  
with Copper**

Formula	Size	S.R.P.
APN	180 Tablets	\$35.40

Suggested Usage: 6 Daily

A full array of vitamins and minerals with two sulfur-containing amino acids for antioxidant activity and extra zinc to support various enzyme systems.† Includes copper.

**SUPPLEMENT FACTS**

Serving Size 6 tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 12,000 IU (as palmitate and 33% [3,960 IU] as natural beta-carotene)	240%
Vitamin C ..... 1,200 mg (from calcium and magnesium ascorbate/ ascorbic acid complex)	2,000%
Vitamin D3 ..... 400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) ..... 400 IU	1,333%
Vitamin K1 (as phytonadione) ..... 60 mcg	75%
Thiamine (as thiamine mononitrate) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin (as niacinamide and niacin) ..... 190 mg	950%
Vitamin B6 (as pyridoxine hydrochloride) ..... 50 mg	2,500%
Folic acid ..... 800 mcg	200%
Vitamin B12 (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 (magnesium aspartate/ascorbate/oxide/chelate complex)	125%
Zinc (as zinc amino acid chelate) ..... 30 mg	200%
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 aspartate/chloride complex) ..... 99 mg	3%

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 bioflavonoid complex ..... 100 mg	*
Cysteine (as L-cysteine hydrochloride) ..... 250 mg	*
Methionine (as D,L-methionine) ..... 62.5 mg	*

\*Daily Value not established.

Other ingredients: Modified cellulose gum, methylcellulose, silica, vegetable stearine, cellulose, titanium dioxide, magnesium stearate, gum ghatti, natural tangerine flavor and canthaxanthin (carotene color).

**Added Protection III®  
with Copper & Iron**

Formula	Size	S.R.P.
APR	180 Tablets	\$35.40

Suggested Usage: 6 Daily

A full array of vitamins and minerals with two sulfur-containing amino acids for antioxidant activity and extra zinc to support various enzyme systems.† Includes copper and iron.

**SUPPLEMENT FACTS**

Serving Size 6 tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A ..... 15,000 IU (as palmitate and 33% (5,000 IU) as natural beta-carotene)	300%
Vitamin C ..... 1,200 mg (from calcium and magnesium ascorbate/ ascorbic acid complex)	2,000%
Vitamin D3 ..... 400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate) ..... 400 IU	1,333%
Vitamin K1 (as phytonadione) ..... 60 mcg	75%
Thiamine (as thiamine mononitrate) ..... 100 mg	6,667%
Riboflavin ..... 50 mg	2,941%
Niacin (as niacinamide and niacin) ..... 190 mg	950%
Vitamin B6 (as pyridoxine hydrochloride) ..... 50 mg	2,500%
Folic acid ..... 800 mcg	200%
Vitamin B12 (as cyanocobalamin) ..... 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%
Iron (as iron carbonyl) ..... 20 mg	111%
Iodine (from kelp) ..... 150 mcg	100%
Magnesium ..... 500 mg (as magnesium aspartate/ascorbate/oxide complex)	125%
Zinc (as zinc amino acid chelate) ..... 30 mg	200%
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 (as potassium aspartate/chloride complex)	2%

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 Complex ..... 100 mg	*
Cysteine (as L-cysteine hydrochloride) ..... 250 mg	*
Methionine (as DL-methionine) ..... 62.5 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, aspartic acid, carboxymethylcellulose, hydroxypropylcellulose, stearic acid, silica, magnesium stearate, water, polyvinyl alcohol, titanium dioxide, polyethylene glycol, magnesium silicate, iron oxide.

**Essential Basics™**

Formula	Size	S.R.P.
ESB	180 Capsules	\$31.50

Suggested Usage: 3 twice 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 a potent antioxidant formula with 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 Capsules • 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 D3 (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 B6 (as pyridoxine hydrochloride) ..... 25 mg	1,250%
Folic acid ..... 400 mcg	100%
Vitamin B12 (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 not established.

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

### Liquid Multivitamin

Formula	Size	S.R.P.
200527	230ml. Liquid	\$41.10

Suggested Usage: 2 tsp. 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-3 (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 (Vitamin B-3, as Niacinamide and Inositol Nicotinate).....	45 mg. 225%
Vitamin B-6 (as Pyridoxine HCl).....	5 mg. 250%
Folic Acid.....	400 mcg. 100%
Vitamin B-12 (as methylcobalamin).....	30 mcg. 500%
Biotin.....	400 mcg. 133%
Pantothenic Acid (Vitamin B-5, 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 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	S.R.P.
201811	60 Vegetarian Capsules	\$23.70

Suggested Usage: 2 Daily

Prenatal capsules supply essential vitamins and minerals to help support maternal health and wellness during pregnancy.†

#### SUPPLEMENT FACTS

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 D3 (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 B6 (as pyridoxine HCl).....	2 mg 100%
Folate (as L-methylfolate, Metafolin®).....	800 mcg 200%
Vitamin B12 (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 not established.

Other Ingredients: Cellulose, vegetable stearate and silica.

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

 is a registered trademark of Kemin Industries, Inc., USA.

### Ultra Genic™

Formula	Size	S.R.P.
7511	90 Tablets	\$26.70

Suggested Usage: 2 Daily

Ultra Genic™ tablets supply the basic essential vitamins, minerals and other nutrients without iodine.

#### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 45

Amount Per Serving	%DV
Vitamin A (as Vitamin A Palmitate).....	10,000 IU 200%
Vitamin C (as Calcium Ascorbate).....	500 mg. 833%
Vitamin D.....	400 IU 100%
Vitamin E (as d-alpha Tocopheryl Succinate).....	200 IU 667%
Thiamine (Vitamin B-1).....	50 mg. 3,333%
Riboflavin (Vitamin B-2).....	40 mg. 2,353%
Niacinamide.....	75 mg. 375%
Vitamin B-6.....	50 mg. 2,500%
Folic Acid.....	400 mcg. 100%
Vitamin B-12 (as Cobalamin Concentrate).....	75 mcg. 1,250%
Biotin.....	50 mcg. 17%
Pantothenic Acid.....	75 mg. 750%
Calcium (from Calcium Gluconate/Ascorbate).....	150 mg. 15%
Magnesium (from Magnesium Aspartate).....	100 mg. 25%
Zinc (from Zinc Gluconate).....	15 mg. 100%
Selenium (from Selenium Selenate).....	50 mcg. 71%
Manganese (from Manganese Amino Acid Chelate).....	6 mg. 300%
Potassium (from Potassium Aspartate).....	10 mg. <1%
Choline (from 75 mg Choline Bitartrate).....	35 mg. *
Inositol.....	75 mg. *
PABA (para-Aminobenzoic Acid).....	15 mg. *
Lemon Bioflavonoid Complex.....	25 mg. *
Betaine HCl (from Beet Molasses).....	25 mg. *
Rutin (from Eucalyptus).....	20 mg. *
Papain (from Papaya).....	10 mg. *
Hesperidin (from Citrus).....	5 mg. *

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Ultra Vite 75™ II

Formula	Size	S.R.P.
7921	60 Tablets	\$25.50
	90 Tablets	\$33.80

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 300%
(50% as Palmitate, 50% as Beta-Carotene [7,500 IU])	
Vitamin C (Ascorbic Acid).....	250 mg. 417%
Vitamin D-3.....	400 IU 100%
Vitamin E.....	150 IU 500%
Thiamine (Vitamin B-1).....	75 mg. 5,000%
Riboflavin (Vitamin B-2).....	75 mg. 4,412%
Niacinamide.....	75 mg. 375%
Vitamin B-6.....	75 mg. 3,750%
Folic Acid.....	400 mcg. 100%
Vitamin B-12.....	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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

†AAC = Amino Acid Chelate

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



**QÜELL | FISH OIL.**

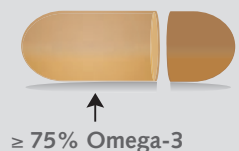
Douglas Laboratories offers QÜELL, a suite of ultra-pure supercritical CO<sub>2</sub> extracted omega-3 fish oils that provide a concentrated triglyceride form of EPA and DHA in a fish gelatin capsule. A growing body of scientific evidence supports the triglyceride (or re-esterified triglyceride) form 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

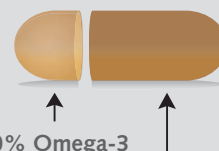
Comparison of Supercritical Fluid Extraction to Molecular Distillation

	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

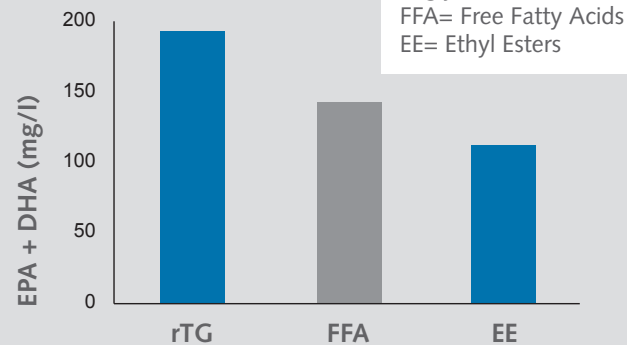
QÜELL Fish Oil®



Typical Fish Oil



vs.



rTG= Re-esterified Triglycerides  
FFA= Free Fatty Acids  
EE= Ethyl Esters

Data represent the change from baseline in cholesterol ester, phospholipid and triglyceride fractions. Data do not represent the QÜELL product specifically.  
1Adapted 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 Concentrations | Ultra Purity

	QÜELL® EPA/DHA+D	QÜELL® Ultra EPA	QÜELL® Ultra DHA	QÜELL® Junior *See pg. 74
Features	3:2 ratio of EPA:DHA omega fatty acids plus 1,000 IU of Vitamin D-3	5:1 ratio of EPA:DHA omega fatty acids	4:1 ratio of DHA:EPA omega fatty acids	4:1 ratio of DHA:EPA omega fatty acids
Omega-3 Dosages	EPA 600 mg DHA 400 mg	EPA 800 mg DHA 150 mg	DHA 775 mg EPA 200 mg	DHA 387 mg EPA 100 mg
Benefits†	<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>Cognitive Health</li> <li>Maternity Health</li> </ul>	<ul style="list-style-type: none"> <li>Children's Health</li> <li>Cognitive Development</li> </ul>
Daily Dose Suggestion	1 oblong softgel	2 small oblong softgels	2 small oblong softgels	1 small oblong softgel to swallow

OMEGA FATTY ACIDS



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. EPA/DHA Plus D contains a 3:2 ratio of EPA to DHA plus 1,000 IU of Vitamin D3 per one softgel.

QÜELL Fish Oil® EPA/DHA Plus Vit. D

Formula	Size	S.R.P.
200981	30 Softgels	\$31.70
	60 Softgels	\$53.10

Suggested Usage: 1 Daily

SUPPLEMENT FACTS

Serving Size 1 Softgel

Approximate Amount Per Serving	%DV
Calories from Fat.....10	
Total Fat.....1.25 g	2%
Vitamin D3.....1000 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 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).

### QÜELL Fish Oil® Ultra DHA

Formula	Size	S.R.P.
200980	60 Softgels	\$37.00

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

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 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).

### QÜELL Fish Oil® Ultra EPA

Formula	Size	S.R.P.
200979	60 Softgels	\$37.00

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 EPA contains a higher ratio of EPA to DHA that is indicated for cardiovascular, joint, or general health.†

#### SUPPLEMENT FACTS

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 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).

### FATTY ACIDS | OMEGA-3

#### DEPA

Formula	Size	S.R.P.
7980	100 Softgels	\$17.80

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

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.....	0.5g
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 not established.

Other ingredients: Gelatin (capsule), natural glycerin and water.

### Neuromins™ (Algae Source DHA)

Formula	Size	S.R.P.
NRMV	60 Vegetarian Softgels	\$33.80

Suggested Usage: 1 to 2 Daily

Neuromins™ provides docosahexaenoic acid (DHA), an omega-3 fatty acid, in its triglyceride form. Neuromins DHA is obtained from marine microalgae, and is currently the only vegetarian source of DHA. This single nutrient fatty acid supplement is free of eicosapentaenoic acid (EPA), an omega-3 fatty acid which is present in fish oil supplements along with DHA. Neuromins is a highly purified DHA-only oil completely free of cholesterol.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Softgel • Servings Per Container 60

Amount Per Serving	%DV
DHA (Docosahexaenoic acid from algal oil).....	100 mg *

\*Daily Value not established.

Other ingredients: Algal oil, modified corn starch, glycerin, high oleic sunflower oil, water, carrageenan, sorbitol, ascorbyl palmitate and tocopherols (antioxidants), natural flavor, sunflower lecithin, beta-carotene and caramel (coloring).



life'sDHA is a trademark of DSM

### Opti-DHA Enteric-Coated

Formula	Size	S.R.P.
98531	60 Softgels	\$28.20

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

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV	
Calories.....	9	
Calories from Fat.....	9	
Total Fat.....	1 g 2%	
Vitamin E (as d-alpha tocopherol).....	3 IU 10%	
Marine Lipid Triglycerides.....	1,000 mg.	*
yielding:		
DHA (Docosahexaenoic acid).....	450 mg.	*
EPA (Eicosapentaenoic acid).....	150 mg.	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), glycerin, water, hydroxypropyl methylcellulose, and glycerin triacetate. This product contains fish oil (from anchovies and sardines).

**Opti-EPA™ Enteric-Coated**

Formula	Size	S.R.P.
99276	60 Softgels	\$28.20

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.† The oil used in Opti-EPA is the highest quality available and has gone through an extensive molecular distillation process to ensure the best possible product. This formulation is enteric-coated, significantly reducing the “fishy” taste sometimes associated with marine lipid supplements.

**SUPPLEMENT FACTS**

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 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™ cholesterol free**

Formula	Size	S.R.P.
7089	60 Softgels	\$23.60
	250 Softgels	\$95.80

Suggested Usage: 1 Daily

Opti-EPA™ is concentrated marine fish oil, providing eicosapentaenoic acid (EPA, 300 mg) and docosahexaenoic acid (DHA, 200 mg).

**SUPPLEMENT FACTS**

Serving Size 1 Softgel

Amount Per Serving	%DV
Calories.....10	
Calories from Fat.....9	
Total Fat.....1 g.	2%†
EPA (Eicosapentaenoic Acid).....300 mg.	*
DHA (Docosahexaenoic Acid).....200 mg.	*

†Percent Daily Values are based on a 2,000 calorie diet.

\*Daily Value not established.

Other Ingredients: Marine lipid concentrate (fish oil from anchovy, sardine, mackerel), gelatin (capsule), glycerin, purified water.

**Opti-EPA™ Liquid**

Formula	Size	S.R.P.
99474	240 ml. Liquid	\$68.90

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 not established.

Other ingredients: Rosemary extract, ascorbyl palmitate, natural vitamin E and natural flavors.

**Salmon Oil**

Formula	Size	S.R.P.
81801	100 Softgels	\$14.50

Suggested Usage: 1 to 2 daily

Salmon Oil supplies 1,000 mg of pure Norwegian salmon oil, a good source of dietary fatty acids, in an easy to swallow softgel capsule.

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Calories.....10	
Calories from Fat.....10	
Total Fat.....1 g.	2%
Cholesterol......5 mg.	2%
Salmon Oil.....1,000 mg.	*
Providing:	
Docosahexaenoic Acid (DHA).....120 mg.	*
Eicosapentaenoic Acid (EPA).....80 mg.	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), natural glycerin and water.

FATTY ACIDS | **OMEGA-6**

**Borage Seed Oil**

Formula	Size	S.R.P.
BOR	90 Softgels	\$27.40

Suggested Usage: 1 Daily

Borage Seed Oil provides 210 mg of gamma-linolenic acid (GLA) per softgel. Douglas Laboratories' Borage Seed Oil softgels are manufactured using only 100% vegetable oil from borage seeds (*Borago officinalis*). The oil is cold-processed and handled carefully to avoid any oxidation, as indicated by consistently low peroxide values. No solvents such as hexane are used during the extraction and processing.

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 90

Amount Per Serving	%DV
Calories.....10	
Calories from Fat.....10	
Total Fat.....1 g.	2%
Saturated Fat.....0 g.	0%
Polyunsaturated Fat.....0.5 g.	*
Omega-6 fatty acids.....580 mg.	*
Linoleic acid.....370 mg.	*
Gamma-linolenic acid (GLA).....210 mg.	*
Omega-9 fatty acids (as oleic acid).....150 mg.	*

\*Daily Value not established.

Other ingredients: Borage seed oil, gelatin (capsule), glycerin and water.

**Prim Royal**

Formula	Size	S.R.P.
99855	60 Capliques®	\$19.30
	180 Capliques®	\$39.60

Suggested Usage: 1 Daily

Prim Royal Capliques® contain 500 mg of organic, cold-pressed evening primrose oil providing 40 mg of the nutritionally important gamma linolenic acid (GLA) and 350 mg of the essential fatty acid, linoleic acid. These liquid filled two piece capsules are not made from gelatin, making this product suitable for vegetarians.

**SUPPLEMENT FACTS**

Serving Size 1 Caplique®

Amount Per Serving	%DV
Calories.....5	
Calories from Fat.....5	
Total Fat.....0.5 g.	<1%†
Saturated Fat.....0.04 g.	<1%†
Polyunsaturated Fat.....0.4 g.	*
Monounsaturated Fat.....0.06 g.	*
Organic Cold-Pressed Oil.....500 mg.	*
of Evening Primrose Supplying the Essential Fatty Acids	
Gamma Linolenic Acid.....40 mg.	*
Linoleic Acid.....340 mg.	*

\*Daily Value not established.

†Percent Daily Values are based on a 2000 calorie diet.

Other ingredients: Cellulose (capsule) and silica.

**Ultra G.L.A. (Borage Oil)**

Formula	Size	S.R.P.
7046	60 Softgels	\$33.80
	90 Softgels	\$48.80

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
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* and Tetracosenoic Acid 19 mg*	

\*Daily Value not established.

Other ingredients: Gelatin (capsule) and distilled water.

FATTY ACIDS | OMEGA-3-6

**EPA/GLA Forte**

Formula	Size	S.R.P.
7040	120 Softgels	\$31.50

Suggested Usage: 1 to 2 daily

EPA/GLA Forte softgels contain a marine lipid concentrate processed by molecular distillation and borage seed oil. EPA/GLA Forte provides eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their triglyceride form, as well as the omega-6 fatty acid gamma linolenic acid (GLA).

**SUPPLEMENT FACTS**

Serving Size 2 Softgels • Servings Per Container 60

Amount Per Serving	%DV
Calories.....14	
Calories from Fat.....14	
Total Fat.....1.5 g.	2%
Saturated Fat.....0 g.	0%
Vitamin E.....20 IU	67%
Natural Triglyceride Marine.....1,334 mg.	*
Lipid Concentrate Providing:	
Eicosapentaenoic Acid (EPA).....240 mg.	*
Borage Oil Providing:.....125 mg.	*
Gamma Linolenic Acid (GLA).....30 mg.	*

\*Daily Value not established.  
Other ingredients: Gelatin (capsule) and water.

FATTY ACIDS | OMEGA-3 -6 -9

**Balance Plus™**

Formula	Size	S.R.P.
99825	90 Capliques®	\$24.40

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.† Balance Plus is now offered as a liquid-filled, two piece capsule.

**SUPPLEMENT FACTS**

Serving Size 3 Capliques® • Servings Per Container 30

Amount Per Serving	%DV
Calories.....25	
Calories from Fat.....20	
Total Fat.....2 g.	3%
Saturated Fat.....0 g.	0%
Polyunsaturated Fat.....1 g.	*
Monounsaturated Fat.....0.5 g.	*
Vitamin C (as L-ascorbic acid).....187.5 mg.	313%
Vitamin E (as d-alpha tocopherol).....45 IU	150%
Niacin.....15 mg.	75%
Vitamin B6 (as pyridoxine hydrochloride).....37.5 mg.	1875%
Zinc (as zinc gluconate).....3 mg.	20%
Omega-3 fatty acids.....625 mg.	*
Eicosapentaenoic acid (EPA).....325 mg.	*
Docosahexaenoic acid (DHA).....180 mg.	*
Omega-6 fatty acids.....227 mg.	*
Gamma linolenic acid (GLA).....63 mg.	*
Omega-9 fatty acids.....241 mg.	*
Oleic acid.....200 mg.	*

\*Daily Value not established.  
Other ingredients: Ultra-pure fish oil concentrate, cold-pressed organic evening primrose oil, olive oil, gelatin (capsule) and silica.

**Flax Seed Oil (Softgels)**

Formula	Size	S.R.P.
FLX	100 Softgels	\$19.20

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%†
Saturated Fat.....0 g	0%†
Polyunsaturated Fat.....1 g	*
Alpha-linolenic acid.....550 mg	*
Omega-6 fatty acids (as linoleic acid).....160 mg	*
Omega-9 fatty acids (as oleic acid).....180 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

Other ingredients: Organic flax seed oil, gelatin (capsule), glycerin, caramel color and water.

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. Each serving provides an ORAC equivalence to 3-4 servings of fruits and vegetables.†

**Organic Greens and Reds**

Formula	Size	S.R.P.
57402	240 Grams	\$46.50

Suggested Usage: 1 scoop daily; mixed with 8-10 ounces of water.

**SUPPLEMENT FACTS**

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 not established.  
\*\* Percent Daily value is 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, Organic Rice Flour and Sunflower Lecithin.  
Certified Organic By QAI

**Alpha-Lipoic Acid**

Formula	Size	S.R.P.
LPA	60 Tablets	\$17.60

Suggested Usage: 1 to 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**

Serving Size 1 Scored Tablet • Servings Per Container 60

Amount Per Serving	%DV
Alpha-Lipoic Acid.....100 mg.	*

\*Daily Value not established.

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

**Anti-Oxidant**

Formula	Size	S.R.P.
7468	90 Capsules	\$26.70

Suggested Usage: 3 Daily

Anti-Oxidant is a potent antioxidant dietary supplement that includes not only antioxidant vitamins such as vitamin C and vitamin E, but also other nutrients 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).....12,500 IU	250%
Vitamin C (as ascorbic acid/ascorbyl palmitate).....200 mg.	333%
Vitamin E.....150 IU	500%
Thiamine.....40 mg.	2667%
Riboflavin.....20 mg.	1177%
Niacinamide.....20 mg.	100%
Vitamin B-6 (as Pyridoxine HCl/Pyridoxal-5-Phosphate).....20 mg.	1000%
Pantothenic Acid (as Calcium Pantothenate).....20 mg.	200%
Selenium.....50 mcg.	71%
Bioflavonoids (Lemon).....200 mg.	*
L-Cysteine.....200 mg.	*
Choline (from 200 mg Choline Bitartrate).....94 mg.	*
Inositol.....200 mg.	*
L-Methionine.....20 mg.	*
DMG (n,n dimethylglycine).....20 mg.	*
Glutathione.....15 mg.	*

\*Daily Value not established.

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

### Glutathione Plus™

Formula	Size	S.R.P.
GSHP	60 Capsules	\$32.70

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 not established.

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

### GSH 250™ Master Glutathione Formula

Formula	Size	S.R.P.
80691	90 Capsules	\$86.80

Suggested Usage: 3 Capsules Daily

GSH 250™ capsules contain meaningful amounts of antioxidant nutrients including glutathione in its reduced active form, N-acetyl-L-cysteine, a biologically active precursor to intracellular glutathione, alpha-lipoic acid, and selenium.†

#### SUPPLEMENT FACTS

Serving Size 3 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Riboflavin.....25 mg.	1471%
Selenium (from Selenium Krebs*).....25 mcg.	36%
Glutathione (reduced)..... 250 mg.	*
N-Acetyl-L-Cysteine..... 250 mg.	*
Lipoic Acid..... 200 mg.	*
Parsley (leaf)..... 150 mg.	*
Spinach (leaf/stem).....50 mg.	*
Glycine......5 mg.	*
Glutamine......5 mg.	*
Cysteine......5 mg.	*

\*Daily Value not established.

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

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

### Lipoic Acid

Formula	Size	S.R.P.
83006	60 Capsules	\$23.60

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 not established.

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

### Resveratrol

Formula	Size	S.R.P.
200244	30 Vegetarian Capsules	\$57.00

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 trans-resveratrol) ..... 200 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica and titanium dioxide.

 is a registered trademark of DSM.

### S.O.D. (Superoxide Dismutase)

Formula	Size	S.R.P.
7987	100 Capsules	\$22.90

Suggested Usage: 1 or 2 daily with meals

S.O.D. (Superoxide Dismutase) contains 2,000 M.F. units of superoxide dismutase from porcine liver extract.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Superoxide Dismutase.....2000 M.F.U.	*

\*Daily Value not established.

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

### Ultra Anti-Oxidant

Formula	Size	S.R.P.
7470	90 Capsules	\$52.70

Suggested Usage: 1 three times daily

Ultra Anti-Oxidant is a potent antioxidant dietary supplement that includes not only antioxidant vitamins such as Vitamin A, C, E, but also 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

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-6 (Pyridoxine HCl/ yridoxal-5-Phosphate) .....20 mg.	1,000%
Pantothenic Acid (from Calcium Pantothenate).....40 mg.	400%
Zinc (from Zinc Krebs*).....15 mg.	100%
Selenium (from Sodium Selenate/Krebs*).....50 mcg.	71%
Bioflavonoids (Lemon) ..... 200 mg.	*
Hesperidin .....20 mg.	*
Rutin..... 10 mg.	*
Pycnogenol® .....25 mg.	*
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..... 120 mg.	*
(supplying Superoxide Dismutase, Catalase and Glutathione Peroxidase)	

\*Daily Value not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

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

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product is protected by one or more of U.S. patents #5,720,956 / #6,372,266 and other international patents.

### Ultra-Lipoic Forte®

Formula	Size	S.R.P.
83005	30 Capsules	\$47.30
	60 Capsules	\$90.80

Suggested Usage: 1 to 3 daily

Ultra -Lipoic Forte® capsules contain 1000 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

Serving Size 3 Capsules

Amount Per Serving	%DV
Alpha-Lipoic Acid ..... 1,000 mg.	*
(In a base of BioPerine™ and Red Wine Proanthocyanidins)	

\*Daily Value not established.

Other ingredients: Cellulose, gelatin (capsule), silica, vegetable stearate, BioPerine™ and red wine proanthocyanidins.

BioPerine™ is a registered trademark of Sabinsa Corp.

## ANTIOXIDANTS | BIOFLAVONOIDS

### Bioflavonoid Complex

Formula	Size	S.R.P.
80116	100 Tablets	\$14.00

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

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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### FlavonAll®

Formula	Size	S.R.P.
FVA	60 Tablets	\$62.30

Suggested Usage: 2 to 4 daily

FlavonAll® is a dietary multi-flavonoid supplement designed to provide a broad spectrum amount of beneficial antioxidant flavonoids in just two tablets daily. FlavonAll delivers these flavonoids in the form of eight potent standardized extracts that are of the highest quality available. Flavonoids are involved in immune function, gene expression, circulatory and vascular health, cerebral blood flow, liver function, enzyme activity, and lipid metabolism.†

#### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Pycnogenol® French Maritime (Pine Bark, dried extract).....10 mg	*
Grape Seed, dried extract, (min. 90% polyphenols) .....65 mg	*
Red Grape Skin, dried extract (min. 30% anthocyanosides).... 100 mg	*
Bilberry Fruit, dried extract (min. 25% anthocyanins)..... 120 mg	*
Green Tea Leaf, dried extract, ..... 900 mg	*
(decaffeinated, 20% polyphenols)	
Ginkgo Biloba Leaf, dried extract, ..... 80mg	*
(min. 24% ginkgo flavone glycosides, min. 6% terpene lactones)	
Milk Thistle Fruit, dried extract, (min. 80% silymarin)..... 175 mg	*
Citrus Bioflavonoid Complex, (min. 50% bioflavonoids) ..... 250 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate, titanium dioxide, silica and caramel color.



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.

### Quercetin-Bromelain Complex

Formula	Size	S.R.P.
QBC	100 Tablets	\$28.20

Suggested Usage: 2-4 twice 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 .....240 m.c.u.	*

\*Daily Value not established.

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

### Querciplex

Formula	Size	S.R.P.
81601	50 Capsules	\$21.70
	100 Capsules	\$37.90

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

Amount Per Serving	%DV
Quercetin dihydrate ..... 333 mg.	*
Bromelain ..... 100 mg.	*

\*Daily Value not established.

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

## ANTIOXIDANTS | PHYTONUTRIENTS

### Chlorella Plus

Formula	Size	S.R.P.
80249	90 Capsules	\$21.70

Suggested Usage: 1 to 3 Daily

Freeze-dried chlorella (cracked-cell) and spirulina from blue-green algae are provided as a phytonutrient aid in support of detoxification and immune function.†

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chlorella (freeze-dried)..... 250 mg.	*
Spirulina (freeze-dried) ..... 250 mg.	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

### FruitTEA-Max™

Formula	Size	S.R.P.
99000	60 Vegetarian Capsules	\$39.10

Suggested Usage: 2 Daily

FruitTEA-Max™ is a proprietary combination of OxyPhyte® White Tea Extract (standardized to a minimum of 90% polyphenols and 70% catechins), OxyPhyte® apple and pomegranate extracts, and VitaBlue™ wild blueberry extract supplied in vegetarian capsules. Each serving provides the ORAC equivalent of approximately 8-11 servings of fruits and vegetables.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Proprietary Blend ..... 700 mg.	*
OxyPhyte® Standardized White Tea Extract (leaf, minimum 90% polyphenols), OxyPhyte® Fruit Blend (apple and pomegranate extracts, fruit) and VitaBlue™ Wild Blueberry Extract (fruit).	

\*Daily Value not established.

Other ingredients: Cellulose and silica.

OxyPhyte® is a registered trademark of RFI Ingredients.

VitaBlue™ is a trademark of FutureCeuticals.

One serving provides the ORAC\*\* equivalence of 8-11 servings of fruits and vegetables (approximately 7,000 ORAC units).

\*\* ORAC stands for Oxygen Radical Absorbance Capacity.

### G.F.S.-2000® Capsules

Formula	Size	S.R.P.
7704	270 Capsules	\$75.20

**Suggested Usage:** 3, two to three times daily

G.F.S.-2000® Capsules are a powerful 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

Amount Per Serving	%DV
Vitamin A (100% as natural Beta-Carotene).....	6,500 IU 130%
Green Food Supplement.....	4,750 mg *
Providing:	
Wheat Grass Juice Powder (leaf).....	200 mg *
Barley Grass Juice Powder (aerial parts).....	200 mg *
Alfalfa Grass Juice Powder (aerial parts).....	200 mg *
Green Papaya (leaf).....	200 mg *
Blue Green Algae:	
Spirulina (leaf).....	400 mg *
Chlorella (entire plant) (cracked-cell).....	400 mg *
Broccoli (entire plant) (freeze-dried powder).....	400 mg *
Cauliflower (entire plant) (freeze-dried powder).....	400 mg *
Lecithin (from soy) (with Phosphatidylcholine).....	1,000 mg *
Wheat Sprout Powder.....	200 mg *
Acerola Juice Powder (berry).....	150 mg *
Beet Juice Powder (root).....	100 mg *
Spinach Powder (leaf).....	250 mg *
Green Tea Extract (leaf).....	25 mg *
Milk Thistle (seed) (Silybum marianum, 80% silymarin).....	25 mg *
Ginkgo biloba (leaf).....	20 mg *
(24% ginkgo flavone glycosides and 6% terpenes)	
Bilberry (leaf).....	20 mg *
Grape Seed Extract (providing proanthocyanidins).....	20 mg *
Probiotic Culture Blend.....	5 Billion CFU *
(as L. acidophilus [DDS-1], L. rhamnosus, L. bifidus, S. lactis, Bifidobacterium longum, B. bifidum and S. thermophilus)	
Fructooligosaccharides (FOS).....	500 mg *
<b>NutraFlora™</b>	
Proprietary Blend.....	20 mg *
Apple Pectin, Bromelain (lower stem, pineapple plant), Parsley (leaf), Celery (seed) and Watercress (aerial parts).	

\*Daily Value not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

**NutraFlora™** is a registered trademark of GTC Nutrition.

### G.F.S.-2000® Powder

Formula	Size	S.R.P.
7703	250 g. Powder	\$64.90

**Suggested Usage:** 1 to 2 scoops (approximately 2 to 4 teaspoons) daily of G.F.S.-2000 Powder with 8 ounces of juice or water in a shaker or mix in a small amount of liquid, then add remaining liquid.

G.F.S.-2000® Powder is a powerful 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 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) (Silybum marianum, 80% silymarin).....	100 mg *
Grape seed extract (providing proanthocyanidins).....	80 mg *
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 *
<b>NutraFlora™</b>	
Proprietary Blend.....	40 mg *
Apple Pectin, Bromelain (lower stem, pineapple plant) Parsley (leaf), Celery (seed), Watercress (aerial parts)	

\*Daily Value not established.

**NutraFlora™** is a registered trademark of GTC Nutrition.

### Green Tea Extract Max-V

Formula	Size	S.R.P.
77344	60 Vegetarian Capsules	\$10.20

**Suggested Usage:** 1 to 2 Daily

Green Tea Extract Max-V contains 100 mg of green tea extract, standardized to 50% polyphenols in a vegetarian capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Green Tea Herbal Extract.....	100 mg. *
(leaf) (Camellia sinensis) Standardized to provide 50 mg of polyphenols	
Green Tea (leaf) (non-standardized).....	100 mg. *

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

## PROTEIN POWDER

### Ultra Protein Plus (Pea Protein)

Formula	Size	S.R.P.
57053	908 g. Powder (Chocolate Almond Flavor)	\$54.00
57054	908 g. Powder (Vanilla Flavor)	\$54.00

**Suggested Usage:** 1 to 2 servings per day, 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 multi-vitamin/mineral dietary supplement.† Ultra Protein Plus's source of protein is from yellow peas, a low allergenic 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. 31.6 grams) Servings Per Container 30

Amount Per Serving	%DV
Calories.....	90
Total Carbohydrates.....	6 g 2%‡
Soluble Fiber.....	1 g *
Sugars (as Fructose).....	5 g *
Protein.....	16 g 32%‡

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-3 (Cholecalciferol).....	25 IU	6%
Vitamin E (as d-alpha tocopheryl acetate).....	100 IU	333%
Vitamin B-1 (Thiamine HCl).....	24 mg	1,600%
Vitamin B-2 (Riboflavin).....	12 mg	706%
Niacin/Niacinamide.....	43 mg	215%
Vitamin B-6 (Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	24 mg	1,200%
Folic Acid.....	200 mcg	50%
Vitamin B-12 (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').....	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').....	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').....	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 not established.

‡ Percent Daily value is based on a 2,000 Calorie diet.

†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.....	2672 mg
Aspartic Acid.....	1840 mg
Arginine.....	1392 mg
Lysine.....	1136 mg
Leucine.....	1312 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

**Ultra Whey Plus** Vanilla

Formula	Size	S.R.P.
57498P	771 Grams	\$64.30

Suggested Usage: 2 Scoops

Ultra Whey Plus is a protein powder naturally sweetened with organic coconut palm sugar and organic stevia in a natural vanilla flavor. Ultra Whey Plus's 22 grams of protein comes from whey concentrate, whey isolate, and potato protein, a rich source of indispensable amino acids essential to health. Ultra Whey Plus also contains an organic fruit and vegetable blend for antioxidant support, and soluble fiber from guar gum.†

**SUPPLEMENT FACTS**

Serving Size 2 Scoops (approx. 38.5 grams)  
Servings per Container approx. 20

Amount Per Serving	%DV
Calories.....	155
Total Fat.....	3 g 5%
Cholesterol (from whey protein).....	45 mg 15%
Total Carbohydrates.....	11 g 4%
Dietary Fiber.....	3 g 12%
Sugars.....	5 g *
Protein.....	22 g 44%

Calcium (from whey protein).....	140 mg 14%
Sodium (from whey protein).....	.85 mg 4%
Potassium (from whey protein).....	.90 mg 3%

Organic Fruit and Vegetable Blend.....	500 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).	

Typical Amino Acid Profile		
L-Alanine.....	825 mg	*
L-Arginine.....	445 mg	*
L-Aspartamine.....	1,745 mg	*
L-Cystine.....	410 mg	*
L-Glutamine.....	3,025 mg	*
L-Glycine.....	340 mg	*
L-Histidine.....	380 mg	*
L-Isoleucine.....	1,090 mg	*
L-Leucine.....	1,960 mg	*
L-Lysine.....	1,700 mg	*
L-Methionine.....	395 mg	*
L-Phenylalanine.....	580 mg	*
L-Proline.....	1,270 mg	*
L-Serine.....	960 mg	*
L-Threonine.....	1,320 mg	*
L-Tryptophan.....	340 mg	*
L-Tyrosine.....	560 mg	*
L-Valine.....	1,015 mg	*

\*Daily Value not established

Other Ingredients: Whey protein concentrate and isolate (from milk), organic coconut palm sugar, Sunfiber® (partially hydrolyzed guar gum), potato protein isolate, coconut oil, inulin, sodium caseinate (from milk), mono & diglycerides, dipotassium phosphate, silicic acid, natural vanilla flavor, medium chain triglycerides, organic stevia extract, and soy lecithin.

Sunfiber® is a registered trademark of Taiyo International Inc.

BLADDER SUPPORT



Cysto Renew®, 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. ]

**Cysto Renew®**  
**Bladder Support†**

Formula	Size	S.R.P.
201810	120 Capsules	\$46.00

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 *
Rhodiola rosea extract (root, standardized to 3% rosavins), Lemon Balm Extract (leaf), Aloe vera (inner leaf)	

\*Daily Value not established.

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

**Cran-Max™**

Formula	Size	S.R.P.
CRA	60 Vegetarian Capsules	\$24.20

Suggested Usage: 1 to 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. As scientists have not yet identified all of the active constituents of cranberry, it is essential that the whole fruit, with its entire complement of bioactive components, be used for optimal health benefits.†

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Cran-Max™ Whole.....	500 mg. *
Cranberry Fruit, dried concentrate	

\*Daily Value not established.

Other ingredients: Cellulose, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin.

Cran-Max™ is a trademark of Cape Cod Biolab

**d-Mannose Powder**

Formula	Size	S.R.P.
99471	50 g. Powder	\$48.80

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 55

Amount Per Serving	%DV
d-Mannose.....	0.9 g. *

\*Daily Value not established.

Other ingredients: None

**Uva Ursi Max-V (Bearberry)**

Formula	Size	S.R.P.
77379	60 Vegetarian Capsules	\$18.40

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 helps with water retention and urinary health.†

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Uva Ursi Herbal Extract.....	200 mg. *
(leaf) (Arctostaphylos uva-ursi L. Spreng.) Standardized to provide 40 mg arbutin	
Uva Ursi (leaf).....	100 mg. *
(non-standardized)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.



# DETOX/LIVER SUPPORT



Metabolic Cleanse™ is a unique dietary supplement featuring beneficial amounts of rice and pea proteins synergistically 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, perfect for detoxification, and now 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 maintenance.† Increased N-acetyl L-cysteine and grape seed extracts have been added for their valuable antioxidant roles they provide in the body.†

## Metabolic Cleanse™ Vegetarian Formula Nutritional Detoxification Support

Natural Vanilla Flavor

Formula	Size	S.R.P.
57468	1151 grams Powder	\$80.40

Suggested Usage: 1 to 2 scoops daily

### SUPPLEMENT FACTS

Serving Size 1 Scoop (approx. 39.9 g)  
Servings Per Container approximately 29

Approximate Amount Per Serving	%DV
Calories.....150	
Calories from Fat.....35	
Total Fat.....4 g	6%
Saturated Fat.....4 g	20%
Sodium.....70 mg	3%
Total Carbohydrate.....15 g	5%
Dietary Fiber.....2.5 g	10%
Sugars.....5 g	*
Protein.....16 g	32%

Each Serving also provides approximately:		
Vitamin A/Beta Carotene complex.....	6,300 IU	126%
Vitamin C.....	265 mg	442%
Vitamin D.....	500 IU	125%
Vitamin E (as d-alpha tocopheryl).....	100 IU	333%
Thiamine (Vitamin B-1).....	25 mg	1,667%
Riboflavin (Vitamin B-2).....	12 mg	706%
Niacin/Niacinamide.....	44 mg	220%

Vitamin B-6.....	25 mg	1,250%
(as Pyridoxine HCl and Pyridoxal-5-Phosphate)		
Folic acid.....	205 mcg	51%
Vitamin B-12.....	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).....	50 mg	5%
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 (Krebs*).....	45 mcg	64%
Chromium (GTF).....	45 mcg	38%
Molybdenum (Krebs*).....	23 mcg	31%
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	*
Trace Minerals (from sea vegetation).....	20 mcg	*
Vanadium (Krebs*).....	11.5 mcg	*
Proprietary Blend.....	320 mg	*
N-Acetyl L-Cysteine, Grape Seed extract (standardized), L-Cysteine HCl, MSM (Methylsulfonylmethane), Red wine proanthocyanidins.		

### Typical Amino Acid Profile:

Aspartic Acid.....	2,036 mg	*
Glutamic Acid.....	4,111 mg	*
Leucine.....	1,666 mg	*
Arginine.....	1,811 mg	*
Tyrosine.....	989 mg	*
Phenylalanine.....	1,189 mg	*
Isoleucine.....	990 mg	*
Serine.....	1,049 mg	*
Glycine.....	840 mg	*
Threonine.....	807 mg	*
Methionine.....	389 mg	*
Lysine.....	1,346 mg	*
Histidine.....	435 mg	*
Tryptophan.....	234 mg	*
Cysteine.....	264 mg	*
Valine.....	1,186 mg	*
Alanine.....	1,000 mg	*

\*Daily Value not established.

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).

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

## Metabolic Cleanse™ With Seacure®

Natural Vanilla Flavor

Formula	Size	S.R.P.
57462	1181 grams Powder	\$84.70

Suggested Usage: 1 to 2 scoops daily

Metabolic Cleanse™ 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, perfect for detoxification, and now 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 gastrointestinal maintenance.† Increased N-acetyl L-cysteine and grape seed extracts have been added for the valuable antioxidant roles they provide in the body.†

### SUPPLEMENT FACTS

Serving Size 1 scoop (approx. 39.9 g)  
Servings Per Container approximately 30

Approximate Amount Per Serving	%DV	
Calories.....	155	
Calories from Fat.....	35	
Total Fat.....	4 g	6%†
Saturated Fat.....	4 g	20%†
Cholesterol.....	3 mg	1%†
Sodium.....	70 mg	3%†
Total Carbohydrate.....	15 g	5%†
Dietary Fiber.....	2.5 g	10%†
Sugars.....	5 g	*
Protein.....	17 g	34%†

Each Serving also provides approximately:

Vitamin A/Beta Carotene complex.....	6,300 IU	126%
Vitamin C.....	265 mg	442%
Vitamin D-3.....	500 IU	125%
Vitamin E (as d-alpha tocopheryl).....	100 IU	333%
Thiamine (Vitamin B-1).....	25 mg	1,667%
Riboflavin (Vitamin B-2).....	12 mg	706%
Niacin/Niacinamide.....	44 mg	220%
Vitamin B-6.....	25 mg	1,250%
(as Pyridoxine HCl and Pyridoxal-5-Phosphate)		
Folic acid.....	205 mcg	51%
Vitamin B-12.....	25 mcg	417%
Biotin.....	75 mcg	25%
Pantothenic acid.....	125 mg	1,250%
Calcium (Citrate/Ascorbate/Carbonate complex).....	160 mg	16%
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 (Krebs*).....	45 mcg	64%
Manganese (from manganese aspartate/sulfate complex).....	4.8 mg	240%
Chromium (GTF).....	45 mcg	38%
Molybdenum (Krebs*).....	23 mcg	31%
Potassium.....	60 mg	2%
(from aspartate/chloride complex and pea protein)		

L-Glutamine.....	500 mg	*
Betaine HCl.....	34 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	*
Trace Minerals (from sea vegetation).....	20 mcg	*
Vanadium (Krebs*).....	11.5 mcg	*
Proprietary Blend.....	320 mg	*
N-Acetyl L-Cysteine, Grape Seed extract(containing proanthocyanidins), L-Cysteine HCl, MSM (Methylsulfonylmethane).		

\*Daily Value not established.

†Percent Daily Values are 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).

This product contains fish (from Pacific Whiting [Cod Family]).

†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

### Detoxification Pack

Formula	Size	S.R.P.
66842	30 Packs	\$59.40

Suggested Usage: 1 Daily

Detoxification Pack contains ingredients carefully selected to support the body's normal detoxification processes.<sup>†</sup> This pack can be used as part of a 15 or 30 day detoxification regimen, and used in conjunction with Metabolic Cleanse.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Pack • Servings Per Container 30

Amount Per Serving	%DV
Calories.....	5
Carbohydrate.....	0.8 g <1%††
Dietary Fiber.....	0.8 g 3%††
Vitamin A.....	12,500 IU 250%
(40% as Vitamin A Palmitate/ 60% as Beta-Carotene)	
Vitamin C (Ascorbic Acid).....	600 mg 1,000%
Vitamin D-3.....	500 IU 125%
Vitamin E (as Vitamin E Succinate).....	200 IU 667%
Thiamine (as Thiamine HCl).....	50 mg 3,333%
Riboflavin.....	25 mg 1,470%
Niacin/Niacinamide.....	98 mg 490%
Vitamin B-6.....	50 mg 2,500%
(as Pyridoxine HCl / Pyridoxal-5-Phosphate Complex)	
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (as cyanocobalamin).....	50 mcg 834%
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 12.5 mg (from Zinc Amino Acid Chelate).....	83%
Selenium (Organic Selenium from Krebs' Cycle and Kelp).....	100 mcg 143%
Manganese (from Manganese Aspartate/Sulfate Complex).....	10 mg 500%
Chromium.....	100 mcg 84%
(Organically bound with GTF activity—low allergenicity)	
Potassium (from Potassium Aspartate/Chloride Complex).....	49.5 mg 1%
Molybdenum (from Molybdenum Krebs').....	50 mcg 67%
Proprietary Blend.....	900 mg *
Psyllium Seed Husks (milled), Citrus Pectin, Lactobacillus acidophilus, Lactobacillus bifidus, Artichoke (leaf) and Cellulose	
Choline (from Choline Citrate/Bitartrate).....	265 mg *
Inositol.....	100 mg *
Citrus Bioflavonoid Complex.....	50 mg *
PABA (para-Aminobenzoic Acid).....	25 mg *
Lecithin Granulars (from soy).....	25 mg *
Vanadium (from Vanadium Krebs†).....	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.....	11.3 mg *
Glutamic Acid (from Glutamic Acid HCl).....	10 mg *
Betaine (from Betaine HCl).....	76 mg *
Wasabia japonica (rhizome).....	200 mg *
(Providing 2400 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC and 4-pentenyl ITC)	
Broccoli powder (sprout).....	200 mg *
(BroccoPhane™)(Standardized to 800 mcg of sulforaphane)	

Dandelion (leaf) Taraxacum officinalis.....	16.6 mg *
Turmeric (rhizome) Curcuma longa.....	16.6 mg *
Milk Thistle (seed) Silybum marianum.....	16.6 mg *
Globe Artichoke (leaf) Cynara scolymus.....	16.6 mg *

††Percent Daily Values are based on a 2,000 calorie diet.  
\*Daily Value not established.

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

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

BroccoPhane™ is a trademark of Cyvex Nutrition.

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

### De-Mer-Tox™

Formula	Size	S.R.P.
80317	60 Capsules	\$29.90

Suggested Usage: 2 Daily

De-Mer-Tox™ capsules contain several vitamins and other dietary constituents that support heavy metal detoxification and may protect against the toxic results of amalgam filling removal.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Thiamine.....	25 mg. 1667%
Riboflavin.....	10 mg. 588%
Biotin.....	200 mcg. 67%
Selenium.....	100 mcg. 71%
(as Selenomethionine)	
L-Glutathione.....	50 mg. *
N-Acetyl-L-Cysteine.....	500 mg. *
Dietary Sulfur.....	500 mg. *
Garlic (bulb) (Pure Gar®).....	250 mg. *
Parsley (leaf).....	100 mg. *

\*Daily Value not established.

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

**OptMSM**™ OptMSM™ is a registered trademark of Bergstrom Nutrition, Inc.

### LivdeTox™

Formula	Size	S.R.P.
7600	120 Tablets	\$26.70

Suggested Usage: 3 Daily

Synergistic blend of detoxifying nutrients for liver health.

LivdeTox™ tablets contain several lipotropic nutrients and herbal ingredients to help maintain liver structure and function and support the liver's metabolism of fat.<sup>†</sup>

#### SUPPLEMENT FACTS

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) Taraxacum officinalis.....	50 mg. *
Turmeric (rhizome) Curcuma longa.....	50 mg. *
Milk Thistle (seed) Silybum marianum.....	50 mg. *
Globe Artichoke (leaf) Cynara scolymus.....	50 mg. *
L-Methionine.....	15 mg. *

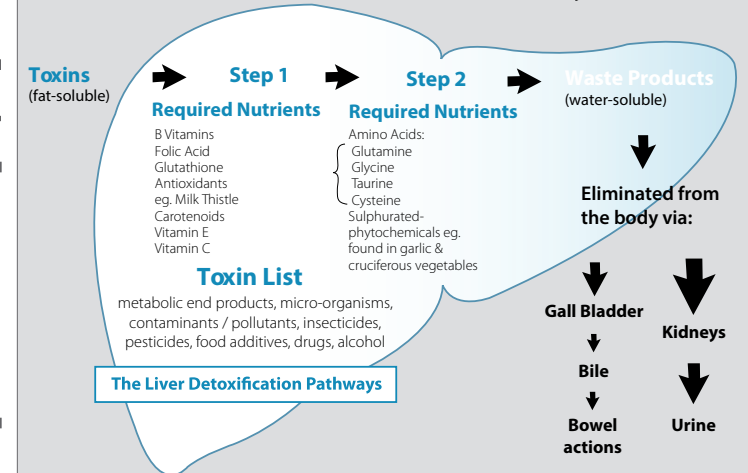
\*Daily Value Not Established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Prepare<sup>†</sup> Detox<sup>†</sup> Renew<sup>†</sup> 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<sup>†</sup>

- 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<sup>†</sup>

- 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)

## Metabolic Rejuvenation™ A 28-Day Program

Formula	Size	S.R.P.
66841	4 Bottles/1 Box	\$117.90

### 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 through elimination, detox through support of 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 and a patient guidebook.

### Week 1 Preparation†

#### SUPPLEMENT FACTS

Serving Size 1 Pack • Servings Per Container 14  
Each Pack contains 5 Capsules

Amount Per Serving	%DV
Total Calories	5
Total Carbohydrate	1.5 g
Dietary Fiber	1.5 g
Magnesium (from Magnesium Citrate)	150 mg 38%
Proprietary Blend	1,800 mg *
Psyllium Seed Husks (milled), Cellulose, Citrus Pectin, Lactobacillus acidophilus, Lactobacillus bifidus, Artichoke (leaf)	

\*\*Percent Daily Values are based on a 2,000 calorie diet  
\*Daily Value not established  
Other ingredients: Gelatin (capsule) and vegetable stearate.

### Week 2 Detox†

#### SUPPLEMENT FACTS

Serving Size 1 AM and 1 PM Pack • Servings Per Container 7  
Each AM Pack contains 4 Capsules and 1 Tablet  
Each PM Pack contains 3 Tablets and 2 Capsules

Amount Per Serving	%DV
Thiamine	75 mg 5,000%
Riboflavin (as Riboflavin, 5 Phosphate and Riboflavin)	30 mg 1,765%
Vitamin C (Ascorbic Acid)	1,000 mg 1,667%
Niacin/Niacinamide	56.6 mg 283%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	20 mg 1,000%
Folate (as L-methylfolate, Metafolin®)	400 mcg 100%
Vitamin B-12 (as methylcobalamin)	500 mcg 8,333%
Biotin	500 mcg 167%
Pantothenic Acid (Vitamin B-5, as d-calcium pantothenate)	500 mg 500%
Selenium (as Selenomethionine)	100 mcg 143%
Wasabia japonica	400 mg *

(rhizome) (Providing 600 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)		
Broccoli powder (sprout) (BroccoPhane™)	400 mg	*
(Standardized to 1,600 mcg of sulforaphane)		
N-Acetyl-L-Cysteine	1,000 mg	*
Dietary Sulfur	500 mg	*
Choline (from Choline Bitartrate)	470 mg	*
Garlic (bulb) (Pure Gar®)	250 mg	*
Alpha-Lipoic Acid	100 mg	*
Bioflavonoid Complex	100 mg	*
Inositol	100 mg	*
Parsley (leaf)	100 mg	*
L-Glutathione	50 mg	*
Lecithin Granulars (from soy)	50 mg	*
Intrinsic Factor (from porcine)	20 mg	*
Betaine (from Betaine HCl)	38 mg	*
Dandelion (leaf) Taraxacum officinalis	33.3 mg	*
Turmeric (rhizome) Curcuma longa	33.3 mg	*
Milk Thistle (seed) Silybum marianum	33.3 mg	*
Globe Artichoke (leaf) Cynara scolymus	33.3 mg	*
L-Methionine	10 mg	*

\*Daily Value not established  
Other ingredients: Gelatin (capsule), cellulose, vegetable stearate, silica, stearic acid and rose hips.

BroccoPhane™ is a trademark of Cyvex Nutrition.  
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

### Week 3 Detox†

#### SUPPLEMENT FACTS

Serving Size 1 AM and 1 PM Pack • Servings Per Container 7  
Each AM Pack contains 2 Tablets and 3 Capsules  
Each PM Pack contains 3 Capsules and 1 Tablet

Amount Per Serving	%DV	
Niacin	6.7 mg 34%	
Calcium (from Calcium Krebs <sup>†</sup> )	150 mg 15%	
Iodine (from Potassium Iodide)	50 mcg 33%	
Magnesium (from Magnesium Krebs <sup>†</sup> )	63 mg 16%	
Zinc (from Zinc Krebs <sup>†</sup> )	6 mg 40%	
Selenium (from Selenium Krebs <sup>†</sup> )	67 mcg 96%	
Copper (from Copper Krebs <sup>†</sup> )	0.4 mg 21%	
Manganese (from Manganese Krebs <sup>†</sup> )	10 mg 500%	
Chromium GTF	100 mcg 83%	
Molybdenum (from Molybdenum Krebs <sup>†</sup> )	17 mcg 22%	
Potassium (from Potassium Krebs <sup>†</sup> )	33 mg 1%	
N-Acetyl-L-Cysteine	500 mg *	
Taurine	500 mg *	
Choline (from Choline Bitartrate)	470 mg *	
Wasabia japonica	200 mg *	
(rhizome) (Providing 300 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)		
Broccoli powder	200 mg *	
(sprout) (BroccoPhane™)		
(Standardized to 800 mcg of sulforaphane)		
Milk Thistle Herbal Extract	250 mg *	
(seed) (Silybum marianum [L.] Gaertn.) Standardized to provide 200 mg of silymarin		
Milk Thistle (seed) (non-standardized)	100 mg *	
Inositol	100 mg *	
Lecithin Granulars (from soy)	50 mg *	
Betaine (from Betaine HCl)	38 mg *	
Dandelion (leaf) Taraxacum officinalis	33.3 mg *	
Turmeric (rhizome) Curcuma longa	33.3 mg *	
Milk Thistle (seed) Silybum marianum	33.3 mg *	

Globe Artichoke (leaf) Cynara scolymus	33.3 mg	*
L-Methionine	510 mg	*
Silicon	0.7 mg	*
Vanadium (from Vanadium Krebs <sup>†</sup> )	25 mcg	*
Boron (from Boron Citrate)	33 mcg	*
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 not established  
†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

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

### Week 4 Renew†

#### SUPPLEMENT FACTS

Serving Size 2 Packs • Servings Per Container 7  
Each Pack contains 2 tablets, 1 softgel and 2 capsules

Amount Per Serving	%DV	
Calories	16	
Calories from Fat	16	
Total Fat	1.8 g 3%	
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††		
Vitamin C	700 mg 1,167%	
(as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)		
Vitamin D-3	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-6	50 mg 2,500%	
(as Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)		
Folate (as L-methylfolate, Metafolin®)	400 mcg 100%	
Vitamin B-12 (methylcobalamin)	125 mcg 2,100%	
Biotin	150 mcg 50%	
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg 2,500%	
Calcium (as Calcium Citrate/Ascorbate/Carbonate Complex)	250 mg 25%	
Iodine (from Kelp)	100 mcg 67%	
Magnesium	250 mg 63%	
(as Magnesium Aspartate/Ascorbate Complex)		
Zinc (as Zinc Amino Acid Chelate)	12.5 mg 84%	
Selenium (as Selenium Krebs <sup>†</sup> /Kelp complex)	100 mcg 143%	
Copper (as Copper Amino Acid Chelate)	1 mg 50%	
Manganese (as Manganese Aspartate Complex)	5 mg 250%	
Chromium	100 mcg 83%	
(Organically bound with GTF activity—low allergenicity)		
Molybdenum (as Molybdenum Krebs <sup>†</sup> )	50 mcg 67%	
Potassium (as Potassium Aspartate Complex)	49.5 mg 1%	
L-Glutamine	1,000 mg *	
EPA (Eicosapentaenoic acid)	660 mg *	
DHA (Docosahexaenoic acid)	340 mg *	
L-Cysteine/N-Acetyl L-Cysteine	75 mg *	
Betaine (from Betaine HCl)	57 mg *	
Inositol	50 mg *	
Rose Hips	50 mg *	
Lemon Bioflavonoids	50 mg *	

Trace Elements (from Sea Vegetation)	approx. 50 mcg	*
Choline (from Choline Citrate/Bitartrate)	30 mg	*
Red Wine Proanthocyanidins/Pine Bark Extract	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Vanadium (as Vanadium Krebs <sup>†</sup> )	25 mcg	*
Bromelain (2,000 GDU/g)	25 mg	*
Hesperidin	17.5 mg	*
Rutin	12.5 mg	*
Glutamic Acid (from Glutamic Acid HCl)	10 mg	*
L-Methionine	6.25 mg	*
Lycopene (natural)	3 mg	*
Lutein (natural)	3 mg	*
Boron (as Boron Aspartate/Citrate complex)	0.75 mg	*
Zeaxanthin	0.5 mg	*
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) and 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	*
Multi-Strain Probiotic Blend	30 Billion CFU *	
Containing:		
L. acidophilus (DDS-1)	8.6 Billion CFU	*
L. rhamnosus	8.6 Billion CFU	*
B. lactis	3.8 Billion CFU	*
L. lactis	2.0 Billion CFU	*
B. longum	2.0 Billion CFU	*
B. bifidum	2.0 Billion CFU	*
L. gasseri	2.0 Billion CFU	*
S. thermophilus	1 Billion CFU	*
Proprietary Blend	420 mg *	
FOS (fructooligosaccharides) and Ulmus fulva (bark).		

\*\*Percent Daily Values are based on a 2000 calorie diet.  
\*Daily Value not established

Other ingredients: Cellulose, ultra refined fish oil concentrate (from sardine, anchovy and mackerel), gelatin, vegetable stearate, silica, glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid.

††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.

### Milk Thistle Extract

Formula	Size	S.R.P.
MLK	90 Capsules	\$19.10

Suggested Usage: 1 to 3 Daily

Milk Thistle capsules contain 175 mg of milk thistle extract, standardized to contain a minimum of 80% silymarin, for liver support.†

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Milk Thistle Fruit, dried extract, min. 80% silymarin	175 mg. *

\*Daily Value not established.

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

### Milk Thistle Max-V

Formula	Size	S.R.P.
77358	60 Vegetarian Capsules	\$26.10

Suggested Usage: 1 to 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) ( <i>Silybum marianum</i> ) Standardized to provide 200 mg of silymarin flavonoids	250 mg. *
Milk Thistle (seed) (non-standardized) ( <i>Silybum marianum</i> )	100 mg. *

\*Daily Value not established.

Other ingredients: Cellulose, hydroxypropyl methylcellulose and vegetable stearate.

### Silymarin/Milk Thistle Extract

Formula	Size	S.R.P.
7380	90 Capsules	\$20.30

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> ) (Standardized to contain 80% Silymarin)	150 mg. *

\*Daily Value not established.

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

### Wasabia Detox Plus

Formula	Size	S.R.P.
99245	60 Vegetarian Capsules	\$52.00

Suggested Usage: 2 Daily

Wasabia Detox Plus is a unique combination of true Japanese wasabi high in long chain isothiocyanates (ITCs) with a specially standardized broccoli sprout concentrate of sulforaphanes to support the liver's natural detoxification processes.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Wasabia japonica (rhizome) (Providing 4,800 mcg of isothiocyanates as Allyl ITC, 3-butenyl ITC, and 4-pentenyl ITC)	400 mg *
Broccoli powder (sprout) (BroccoPhane™) (Standardized to 1,600 mcg of sulforaphane)	400 mg *

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

BroccoPhane™ is a trademark of Cyvex Nutrition

## IMMUNE SUPPORT



SeasonALL™ is a special combination of phytonutrients designed to support the body's immune response to seasonal changes in the environment throughout the year.† Ingredients such as nettles, bromelain, isoquercetin, *Tinospora cordifolia*, and elderberry help to maintain healthy immune function in response to the environment, 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™

● new product

Formula	Size	S.R.P.
202126	60 Vegetarian Capsules	\$45.00

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid)	50 mg 83%
Vitamin D-3 (cholecalciferol)	500 IU 125%

Proprietary blend ..... 1025 mg  
 Nettle leaf Extract (*Urtica dioica* L.), Tinofend® Extract (*Tinospora cordifolia*, stem), LONGVIDA® Optimized Curcumin Extract (from *Curcuma longa* root), *Boswellia serrata* Extract (dried gum), Elderberry fruit Extract (*Sambucus nigra* L.) (standardized to 25% total polyphenols), Isoquercetin, Bromelain (yielding 5,000 m.c.u.).

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose (capsule), phosphatidylcholine (from soy), stearic acid, maltodextrin, ascorbyl palmitate, vegetable stearate, silica.

 is a registered trademark of Verdure Sciences, Inc.

 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	S.R.P.
99275	60 Vegetarian Capsules	\$120.90

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 a potent immune-supportive formula.†

#### SUPPLEMENT FACTS

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, Candelilla wax, Cyclodextrin and Microcrystalline cellulose.	
Arabinogalactan	100 mg *

\*Daily Value 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	S.R.P.
77304	60 Vegetarian Capsules	\$25.50

Suggested Usage: 2 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 ( <i>Astragalus membranaceus</i> , root)....	500 mg *
Standardized to provide 1.5 mg astragalosides	
Astragalus ( <i>Astragalus membranaceus</i> , root) (non-standardized)	50 mg *

\*Daily Value not established.

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

### Beta 1,3 Glucan

Formula	Size	S.R.P.
83901	90 Capsules	\$17.80

Suggested Usage: 2 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 not established.

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

### Cat's Claw

Formula	Size	S.R.P.
80097	100 Capsules	\$17.80

Suggested Usage: 1 Daily

Cat's Claw (*Uncaria tomentosa*) supplies 500mg 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> ).....500 mg.	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

### Cat's Claw Max-V

Formula	Size	S.R.P.
77417	60 Vegetarian Capsules	\$26.70

Suggested Usage: 1 to 2 Daily

Cat's Claw (*Uncaria tomentosa*) is an herb found in the highlands of Peru's Amazon rainforest. Known in Peruvian traditional medicine as U'a de Gato, cat's claw has been used as a medicinal herb with almost panacea-like qualities. It may be therapeutically useful for a range of health problems including those associated with a weakened immune system.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Cat's Claw (bark).....250 mg.	*
<i>(Uncaria tomentosa)</i>	
Standardized to provide 3.0% alkaloids and 15% total polyphenols ( <i>Amazonian Peru</i> )	
Cat's Claw (bark) (non-standardized).....100 mg.	*

\*Daily Value not established.

Other ingredients: Vegetable stearate.

### ColostOferrin™

Formula	Size	S.R.P.
98230	60 Capsules	\$25.50

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

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 not established.

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

### Colostrum (Vegetarian Capsules)

#### 100% Pure New Zealand

Formula	Size	S.R.P.
202118	120 Vegetarian Capsules	\$37.10

Suggested Usage: 4 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.<sup>†</sup> New Zealand colostrum meets the highest purity standards because the herds that are pasture-fed and raised without the use of hormones, steroids or antibiotics.

#### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 60

Amount Per Serving	%DV
Colostrum.....1,000 mg	*

\*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate. Contains milk.

### Colostrum (Powder)

#### 100% Pure New Zealand

Formula	Size	S.R.P.
57650P	180 g. Powder	\$61.80
	680 g. Powder	\$133.90

Suggested Usage: 1 tsp. 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.<sup>†</sup> New Zealand colostrum meets the highest purity standards because the herds that 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 tsp or 1/3 scoop (2g) • Servings Per Container 90

Amount Per Serving	%DV
Colostrum.....2 g	*

\*Daily Value not established.

Contains milk.

### Germanium

Formula	Size	S.R.P.
GES	30 Tablets	\$57.10

Suggested Usage: 1 Daily

Germanium supplies high quality germanium in tablet form. Germanium tablets can be dissolved in mouth and swallowed or swallowed whole.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 30

Amount Per Serving	%DV
Germanium .....150 mg.	*
<i>(as bis-carboxyethyl germanium sesquioxide)</i>	

\*Daily Value not established.

Other ingredients: Mannitol, xylitol, cellulose, vegetable stearine, magnesium stearate and silica.

### Germanium

Formula	Size	S.R.P.
GEM	30 Capsules	\$57.10

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 .....150 mg.	*
<i>(as bis-carboxyethylol germanium sesquioxide)</i>	

\*Daily Value not established.

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

### Immune-Plus™

Formula	Size	S.R.P.
7080	100 Capsules	\$16.40

Suggested Usage: 1 Daily

Immune-Plus is a supplement providing vitamins, minerals, bovine glandulars and other nutrients for support of immune glands and the immune system.†

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings per container 100

Amount Per Serving	%DV
Vitamin A (as vitamin A acetate).....	10,000 IU 200%
Vitamin C (Ascorbic Acid).....	200 mg 333%
Vitamin B-12 (as cyanocobalamin).....	10 mcg 167%
Pantothenic Acid (as Calcium Pantothenate).....	10 mg 100%
Calcium (from calcium carbonate).....	12 mg 1%
Zinc (from zinc oxide).....	1.3 mg 9%
RNA60 mg.....	*
Thymus.....	.50 mg *
Lemon Bioflavonoid Complex.....	.40 mg *
Lymph.....	.25 mg *
Spleen.....	.25 mg *
Bromelain.....	.20 mcg *
Bee Pollen.....	.500 mcg *

\*Daily Value not established.

Other ingredients: Gelatin, cellulose, brown rice powder, magnesium silicate and vegetable stearate.

[ Formulated by Julie Chen, M.D. ]

### Immunity

Formula	Size	S.R.P.
202018	60 Vegetarian Capsules	\$28.00
	120 Vegetarian Capsules	\$52.00

Suggested Usage: 4 Daily

Immunity provides powerful immune-supportive ingredients such as the well-tolerated and absorbed Ester-C®, vitamin D3, 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 (as Ester-C® calcium ascorbate and rosehips).....	1,000 mg 1,667%
Vitamin D-3.....	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, Andrographis paniculata, aerial parts), Black Elderberry Fruit (standardized to contain 30% Anthocyanins), Astragalus extract (10:1, root), Honeysuckle (Lonicera japonica, flowers), Garlic (bulb), Spirulina (algae)	

\*Daily Value not established.

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

Ester-C and Ester-C® are licensed trademarks of Zila Nutraceuticals, Inc.



### Mycocoetics® (Ten Mushroom Formula)

Formula	Size	S.R.P.
MYCO	120 Capsules	\$62.30

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.....	15 mg. *
(from purified yeast)	

\*Daily Value not established.

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

### Phyto Shield™

Formula	Size	S.R.P.
81096	63 Vegetarian Capsules	\$28.20

Health Function: Immune Support

Suggested Usage: 3 Daily

Phyto-Shield™ contains significant amounts of 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) (standardized) Echinacea purpurea.....	400 mg. *
Garlic (bulb).....	300 mg. *
Korean Ginseng (root)(Panax ginseng) (standardized).....	200 mg. *
Eleutherococcus Senticosus (root) (standardized).....	.75 mg. *
Proprietary Phyto-Shield Blend.....	252 mg. *
Eleutherococcus Senticosus (root), Echinacea (aerial parts), Beta-Carotene and Reishi Extract.	

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

### Xtra-Cell® Comitris™ (Frozen)

Formula	Size	S.R.P.
99465	60 ml. Bottle - 1 Box (30 Bottles)	\$829.50

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 healthy angiogenic balance as well as healthy hematocrit and red blood cell levels.†

#### SUPPLEMENT FACTS

Each 60 ml. Bottle Contains:

Amount Per Serving	%DV
Marine Liquid Cartilage extract.....	2.03 fl. oz (60 ml.) (LCE, Fish) *

\*Daily Value not established.

### Xtra-Cell® Comitris™ (Frozen)

Formula	Size	S.R.P.
99466	30 ml. Bottle - 1 Box (30 Bottles)	\$573.70

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 healthy angiogenic balance as well as healthy hematocrit and red blood cell levels.†

#### SUPPLEMENT FACTS

Each 30 ml. Bottle Contains:

Amount Per Serving	%DV
Marine Liquid Cartilage extract.....	1.01 fl. oz (30 ml.) (LCE, Fish) *

\*Daily Value not established.

### Xtra-Cell® Immunity (Frozen)

Formula	Size	S.R.P.
99458	9 ml. Bottle - (24 Bottles)	\$355.70

Suggested Usage: 1 bottle daily

Xtra-Cell® Immunity is a frozen liquid extract to support healthy immune function that consists of specific proteins, peptides and other growth factors and signaling molecules obtained from aqueous extracts of porcine thymus, liver and spleen tissues.†

#### 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 not established.

### Xtra-Cell® Thymus (Frozen)

Formula	Size	S.R.P.
201936	9 ml. Bottle - 1 Box (8 Bottles)	\$215.00

**Suggested Usage:** 1-2 bottles weekly

Xtra-Cell® Thymus is a frozen liquid extract to support healthy immune function that consists of a broad range of thymic peptides obtained from an aqueous extract of porcine thymus tissue.†

#### 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 ThymusAqueous Extract.....0.3 fl. oz (9 ml)	*

\*Daily Value not established.

### Xtra-Cell® Thymus™ nf

Formula	Size	S.R.P.
99463	1.0 fl. oz. (30 ml)	\$42.30

**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. Xtra-Cell Thymus nf is reformulated with additional immune-supporting ingredients, provided as a convenient, natural 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 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:

- Angiogenic balance†
- Immune health†
- Liver health†
- Joint and connective tissue health†
- Neurological health†
- Energy level†
- Healthy hematocrit level†
- Healthy red blood cell count†

## 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.†



- Growing Together Program -  
Douglas Laboratories is proud to donate a portion of Ultra Preventive Kids products sales to SOS Children's Villages.

### Ultra Preventive® Kids Grape Flavor

Formula	Size	S.R.P.
201035	60 Chewable Tablets	\$21.00

Same as Ultra Preventive® Kids Orange Flavored 201034.

### Ultra Preventive® Kids Orange Flavor

Formula	Size	S.R.P.
201034	60 Chewable Tablets	\$21.00

**Suggested Usage:** 2 Daily

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.†

#### SUPPLEMENT FACTS

Serving Size 2 Bear-Shaped Tablets • Servings Per Container 30

Amount Per Serving	%DV
Calories.....5	
Calories from Fat.....0	
Total Carbohydrates.....2 g	<1%
Sugar Alcohols (Xylitol).....2 g	*
Vitamin A.....3,500 IU	70%
(29% as Vitamin A/71% as natural beta-carotene)	
Vitamin C.....250 mg	417%
Vitamin D-3.....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-6.....2 mg	100%
Folic Acid.....400 mcg	100%
Vitamin B-12.....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 <b>chromax</b> *** (from Chromium Picolinate).....40 mcg	33%
Molybdenum (from Molybdenum Amino Acid Chelate).....5 mcg	7%
Potassium (from Potassium Aspartate/Chloride Complex).....10 mg	<1%

Citrus Bioflavonoids.....10 mg	*
Boron (from Boron Citrate Complex).....20 mcg	*
Vanadium (from Vanadium Krebs***)	*
Choline (from choline bitartrate).....40 mg	*

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established

Other ingredients: Xylitol, cellulose, ascorbyl palmitate, natural orange flavor, purified stevia extract, vegetable stearate, silica and mannitol.

\*\* **chromax** Trademark of Nutrition 21.

### Multi-Probiotic® KIDS

Formula	Size	S.R.P.
57648P	60 g. Powder	\$28.80

**Suggested Usage:** .25 - .5 tsp. 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 tsp (2g) • Servings Per Container 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 BB536</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus paracasei</i> , <i>Lactobacillus rhamnosus</i>	

\*Daily Value 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.

### QÜELL Fish Oil® JUNIOR

Formula	Size	S.R.P.
201398	60 Softgels	\$37.00

Suggested Usage: 1 Daily

QÜELL Fish Oil® Junior is a small, pure and potent softgel that provides omega-3 DHA for children's general health.† QÜELL is supercritical CO2 extracted fish oils in triglyceride form, manufactured in Germany exclusively for Douglas Laboratories®. QÜELL Fish Oil is unique among other fish oils for its critical extraction, purity, bioavailability and concentrations.

#### 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 CO2 Triglyceride Concentrate.....625 mg	*
Providing:	
DHA (Docosahexaenoic Acid).....387 mg	*
EPA (Eicosapentaenoic Acid).....100 mg	*

\*Daily Value 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).

### Super Immune Space Sprinkles

Formula	Size	S.R.P.
80441	2 oz Powder	\$35.40

Suggested Usage: 1 Scoop Daily

A probiotic/prebiotic powder fun for children as it turns from white to red when sprinkled in food or beverages.† Slightly sweet yet neutral-tasting, kids will be asking for space sprinkles.

#### SUPPLEMENT FACTS

Serving Size 1 Scoop (approx. 1.5 g) • Serving Per Container approx 37

Amount Per Serving	%DV
Lactobacillus bulgaricus.....100 million CFU	*
Lactobacillus acidophilus.....1.2 billion CFU	*
Bifidobacterium bifidum.....800 million CFU	*
Nat-Stim™.....10 mg	*
Proprietary Blend.....1522 mg	*
FOS (fructooligosaccharides), maltodextrin, organic evaporated cane sugar, beet root	

\*Daily Value not established.

Nat-Stim™ is a proprietary blend of Lactobacillus bulgaricus, peptidoglycan, lipopolysaccharide, n-acetyl d-glucosamine, n-acetylmuramic acid, murein, l-mannose and mannitol.

### Ultra Preventive® Teen EZ Easy Swallow

Formula	Size	S.R.P.
201036	180 Tablets	\$33.20

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 (2,000 IU as Vitamin A Palmitate (28%)/5,000 as Beta-Carotene (72%))	140%
Vitamin C (Ascorbic Acid).....500 mg	833%
Vitamin D.....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-6 (As Pyridoxine HCl/Pyridoxal-5-Phosphate).....10 mg	500%
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B-12.....50 mcg	833%
Biotin.....150 mcg	50%
Pantothenic Acid (as calcium pantothenate).....25 mg	250%
Calcium.....300 mg (from Calcium Citrate/Ascorbate/Carbonate Complex)	30%
Iodine (from Kelp).....40 mcg	27%
Magnesium.....200 mg (from Magnesium Aspartate/Taurate/Ascorbate/Oxide Complex)	50%
Zinc (from Zinc Amino Acid Chelate).....5 mg	33%
Selenium (as Krebs').....40 mcg	57%
Copper (from Copper Amino Acid Chelate).....0.5 mg	25%
Manganese (from Manganese Aspartate/Sulfate Complex).....4 mg	200%
Chromium (from Chromium Polynicotinate).....40 mcg	33%
Molybdenum (from Krebs').....40 mcg	53%
Potassium.....50 mg (from Potassium Aspartate/Ascorbate/Chloride Complex)	1%
Choline (from Choline Citrate/Bitartrate).....50 mg	*
Inositol.....25 mg	*
Citrus Bioflavonoid Complex.....25 mg	*
Vanadium (from Vanadium Amino Acid Complex).....10 mcg	*
Boron (from Boron Aspartate/Citrate Complex).....0.5 mg	*
Trace Elements (Mineral Complex with Sea Vegetation).....20 mcg	*
L-Cysteine.....48 mg	*
N-Acetyl-L-Cysteine.....2 mg	*
Glutamic Acid.....5 mg	*
Betaine (from Betaine HCl).....11 mg	*
Bromelain.....500 mcu	*

\*Daily Value not established

Other ingredients: Cellulose, dicalcium phosphate, vegetable stearate, silica, dextrose, titanium dioxide, riboflavin, magnesium silicate, glycerin and natural vanilla flavor.

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

### Vita-Kids™ Immune

Formula	Size	S.R.P.
99893	120 ml. Liquid	\$42.70

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. (Sambucus nigra) (fruit) (standardized to 3.2% Anthocyanins)	*
Honeysuckle Powder (Lonicera japonica) (flower).....30 mg.	*

\*Daily Value not established.

Other ingredients: Purified water, natural glycerin, stevia, xanthan gum, citric acid, potassium sorbate and natural grape flavor.

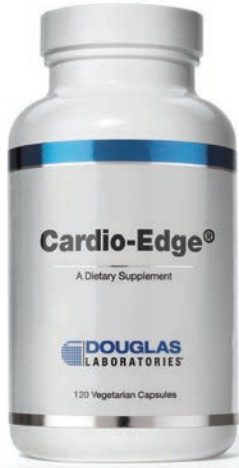


# HEART & METABOLIC

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.<sup>†</sup>



## LIPID METABOLISM



Cardio-Edge® continues Douglas Laboratories® tradition of providing unique, exclusive and scientifically substantiated products to health professionals. 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.<sup>†</sup>

### Cardio-Edge®

Formula	Size	S.R.P.
99134	120 Vegetarian Capsules	\$48.00

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

#### 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)	*

<sup>†</sup>Daily Value not established.  
Other ingredients: Cellulose, vegetable stearate and silica.

## Ultra Cardio Support Pack

Formula	Size	S.R.P.
66354	30 Packs	\$164.10

**Suggested Usage:** 1 Daily

Ultra-Cardio Support Pack is a comprehensive dietary supplementation pack designed to provide the essential nutrients needed for optimum cardiovascular support and healthy cholesterol metabolism.<sup>†</sup>

### Each Pack Contains: Four Ultra Preventive® X Tablets Ingredients:

Vitamin A.....7,500 I.U. (33% as Vitamin A Palmitate [2,500 IU]/67% [5,000 IU] as Natural Beta-Carotene) from D. Salina with full spectrum carotenoids**	Vanadium..... 25 mcg (as Vanadium Krebs*)
Vitamin C..... 700 mg (as Ascorbic Acid/Ascorbyl Palmitate/ Calcium and Magnesium Ascorbate complex)	L-Cysteine/N-Acetyl L-Cysteine..... 75 mg
Vitamin D-3.....500 I.U.	Betaine.....57 mg (from 150 mg Betaine HCl)
Vitamin E.....200 I.U. (natural, as d-alpha tocopheryl plus mixed tocopherols)	Bromelain (2,000 GDU/g)..... 25 mg
Thiamine..... 50 mg	Glutamic Acid..... 10 mg (from 25 mg Glutamic Acid HCl)
Riboflavin..... 25 mg	L-Methionine..... 6.25 mg
Niacin/Niacinamide..... 95 mg	Rose Hips.....50 mg
Vitamin B-6..... 50 mg (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	Lemon Bioflavonoids..... 50 mg
Folate.....400 mcg (as L-methylfolate, Metafolin®)	Red Wine Proanthocyanidins/Pine Bark Extract..... 25 mg
Vitamin B-12.....125 mcg (as methylcobalamin)	Hesperidin..... 17.5 mg
Biotin.....150 mcg	Rutin..... 12.5 mg
Pantothenic Acid..... 250 mg (as d-Calcium Pantothenate)	Proprietary Organic Fruit and Vegetable Blend..... 350 mg Organic beet powder, Organic carrot powder, Organic black currant powder, Organic blueberry powder, Organic broccoli powder, Organic Concord grape powder, Organic green cabbage powder, Organic Collard greens powder, Organic mountain cranberry powder, Organic kale powder, Organic Parsley powder, Organic pomegranate powder, Organic raspberry powder, Organic spinach Powder.
Calcium..... 250 mg (as Calcium Citrate/Ascorbate/ Carbonate Complex)	Garlic..... 50 mg (bulb)
Iodine (from Kelp).....100 mcg	Cauliflower (entire plant)..... 50 mg
Magnesium..... 250 mg (as Magnesium Aspartate/ Ascorbate/Oxide Complex)	Spirulina..... 50 mg
Zinc..... 12.5 mg (as Zinc Amino Acid Chelate)	Chlorella (broken cell wall)..... 50 mg
Selenium.....100 mcg (as Selenium Krebs*/Kelp complex)	Green Papaya Extract..... 50 mg (fruit)
Copper..... 1 mg (as Copper Amino Acid Chelate)	Blackberry (fruit)..... 40 mg
Manganese..... 5 mg (as Manganese Aspartate/Sulfate Complex)	Celery powder (leaf)..... 35 mg
Chromium.....100 mcg (Organically bound with GTF activity-low allergenicity)	Black radish powder (root)..... 35 mg
Molybdenum.....50 mcg (as Molybdenum Krebs*)	Apricot powder (fruit)..... 35 mg
Potassium..... 49.5 mg (as Potassium Aspartate/Chloride Complex)	Green Tea Extract (leaf)..... 25 mg
Lutein (natural)..... 3 mg	Apple Pectin (fruit)..... 25 mg
Lycopene (natural)..... 3 mg	
Zeaxanthin..... 0.5 mg	
Inositol..... 50 mg	
Trace Elements..... approx. 50 mcg (from Sea Vegetation)	
Choline..... 30 mg (from 150 mg Choline Citrate/Bitartrate)	
PABA..... 25 mg (para-aminobenzoic acid)	
Boron..... 0.75 mg (as Boron Aspartate/Citrate complex)	

\*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.

### One Citrus Solu-Q™ Caplique® - Ingredients:

Vitamin E..... 10 I.U. (as d-alpha-tocopheryl)
Natural Coenzyme Q10..... 100 mg

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

### Two Opti-EPA™ Enteric-Coated Capsules - Ingredients:

Calories.....16
Calories from Fat.....16
Total Fat..... 1.8 g.
Vitamin E (d-Alpha tocopherol)..... 3 I.U.
EPA..... 660 mg (Eicosapentaenoic acid)
DHA..... 340 mg (Docosahexaenoic acid)

### One Max-Carnitine Capsule - Ingredients:

L-Carnitine..... 500 mg
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### Two Cardio-Edge® Vegetarian Capsules - Ingredients:

Plant Sterols (from Soy)..... 400 mg
Proprietary blend of polymethoxylated flavones from citrus, and tocotrienols from palm..... 150 mg
Pomegranate extract..... 50 mg (whole fruit) (Standardized to 40% ellagic Acid)

### One Tri-En-All 400 Softgel Ingredients:

Vitamin E.....400 I.U. (d-Alpha tocopherol) with mixed Tocopherols providing a minimum of:
Gamma-tocopherol..... 280 mg
Beta and Delta-tocopherols..... 40 mg
Mixed Tocotrienols..... 25 mg (from palm)



### 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.<sup>†</sup>

### Ayur-Guggulipid

Formula	Size	S.R.P.
7674	90 Capsules	\$20.30

**Suggested Usage:** 2 to 4 Daily

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.†

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Gommiphora mukul	
Weigti (gum) ..... 250 mg	*
(standardized to 2.5% Guggulsterones, Z & E)	

\*Daily Value not established.

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

### Ayur-Triphala

Formula	Size	S.R.P.
7684	100 Capsules	\$20.30

**Suggested Usage:** 1 Daily

Ayur-Triphala is an Ayurvedic herbal formula from dried fruit of 3 plants *Emblia 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 belerica</i> (Bahera) family Combretaceae, <i>Emblia officinalis</i> (Amla) family Euphorbiaceae	

\*Daily Value not established.

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

### Beni-Koji RYR

Formula	Size	S.R.P.
83339	60 Capsules	\$16.70
	120 Capsules	\$31.10

**Suggested Usage:** 2 Daily

Beni Koji RYR is rice fermented by red yeast, called *Monascus purpureus*, to help support healthy blood lipid levels.†

#### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings per Container 60

Amount Per Serving	%DV
Organic Red Yeast Rice ..... 1,000 mg	*
<i>(Monascus purpureus)</i>	

\*Daily Value not established

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

### Garlic

Formula	Size	S.R.P.
7420	100 Tablets	\$14.50
	250 Tablets	\$31.50

**Suggested Usage:** 1 or more daily

Garlic supplies 500 mg of garlic in each tablet for cardiovascular health and immune support.†

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Garlic ( <i>Allium sativum</i> ) ..... 500 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Lipotrol™

Formula	Size	S.R.P.
81158	120 Tablets	\$35.40

**Suggested Usage:** 1 to 2 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

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 ..... 68 mg	*
(from 150 mg Bitartrate/Citrate Complex)	
Inositol..... 75 mg	*
Bromelain ..... 500 mcu	*
Papain..... 50 mg	*
Bioflavonoids..... 50 mg	*
Rutin ..... 5 mg	*
Synergistically Balanced..... 150 mg	*
Proprietary Blend Hawthorne Berry (fruit), Ginger (rhizome), Alfalfa (entire plant), Garlic (bulb), L-Carnitine, Taurine, Coenzyme Q-10, Ginkgo biloba (leaf), Cayenne (fruit), Trypsin and Chymotrypsin.	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Nopal Cactus

Formula	Size	S.R.P.
98249	60 Vegetarian Capsules	\$23.60

**Suggested Usage:** 1 to 2 before meals, one to two times daily

Nopal Cactus vegetarian capsules contain 600 mg of the cactus Nopal (*Opuntia ficus-indica*). Nopal, also called prickly pear, is a perennial cactus that grows in semi-tropical areas throughout the world. Nopal's content of gums and mucilages is thought to reduce the absorption of sugars and fats from the gastrointestinal tract.†

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Nopal Cactus ( <i>Opuntia ficus-indica</i> , leaf)..... 600 mg	*

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### Policosanol

Formula	Size	S.R.P.
99251	60 Vegetarian Capsules	\$19.70

**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

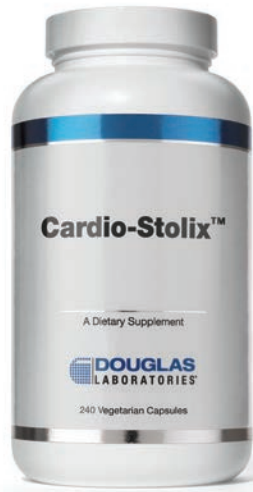
Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Policosanol..... 10 mg	*
(from sugar cane wax)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

# CIRCULATORY/ VASCULAR



Cardio-Stolix™ is a novel blend of natural ingredients, including unique milk-derived tripeptides, grape seed extract, herbs, vitamins, minerals and amino acids designed to support the body's natural blood pressure regulatory mechanism and maintain proper cardiovascular and circulatory function.†

## Cardio-Stolix™

Formula	Size	S.R.P.
200596	240 Vegetarian Capsules	\$111.10

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-6 (as pyridoxine HCl) .....	10 mg 500%
Folic Acid .....	800 mcg 200%
Vitamin B-12 (as methylcobalamin).....	500 mcg 8,333%
Calcium (as calcium citrate).....	50 mg 5%
Magnesium .....	100 mg 25%
<i>(as magnesium taurinate and magnesium ascorbate)</i>	
AmealPeptide® Hydrolyzed Casein (milk) .....	508 mg *
<i>(providing 5 mg of Valyl-Prolyl-Proline and Isoleucyl-Prolyl-Proline)</i>	
Hawthorn extract (leaf and flower) .....	250 mg *
<i>(standardized to 1.8% vitexin-2-rhamnoside and hyperoside)</i>	
MegaNatural®-BP grape seed extract.....	150 mg *
<i>(Vitis vinifera seed standardized to 90% polyphenols)</i>	
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 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.

## Grape Seed Extract-V

Formula	Size	S.R.P.
77342	30 Vegetarian Capsules	\$22.10

Suggested Usage: 1 to 2 Daily

Grape Seed Extract-V supplies 100 mg of standardized grape seed extract in a vegetarian capsule to provide polyphenol bioflavonoids for support of vascular elasticity and connective tissue.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Grape Seed Extract (seed) (Vitis vinifera) .....	100 mg *
<i>Standardized to 90% polyphenols</i>	

\*Daily Value not established.

Other ingredients: Rice protein, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

## Hawthorne Max-V

Formula	Size	S.R.P.
77347	60 Vegetarian Capsules	\$16.40

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 and Crataegus laevigata) standardized to provide 4.5 mg of vitexin-2-rhamnoside and hyperoside</i>	
Hawthorne (berry) .....	100 mg *
<i>(Crataegus oxyacantha) non-standardized</i>	

\*Daily Value not established.

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

## Hesperidin Methyl Chalcone

Formula	Size	S.R.P.
HMC	60 Capsules	\$22.90

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 not established.

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

## Nattosyn™

Formula	Size	S.R.P.
99250	60 Vegetarian Capsules	\$41.70

Suggested Usage: 1-2 capsules daily

Nattosyn™ capsules contain a combination of nattokinase, hesperidin methyl chalcone and pomegranate extract, designed to provide comprehensive support for circulatory health.†

### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Nattokinase .....	1,000 FU (50 mg) *
<i>(NSK-SD™) (from soy)</i>	
Hesperidin Methylchalcone.....	100 mg *
Standardized Pomegranate.....	50 mg *
<i>Extract (fruit)</i>	
<i>(standardized to 40% ellagic acid)</i>	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

NSK-SD™ is a registered trademark of Japan BioScience Laboratories.

## Pycnogenol®

Formula	Size	S.R.P.
7041	60 Capsules	\$35.40
	120 Capsules	\$58.50

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 powerful bioflavonoid that supports blood vessel, tissue and arterial health.†

### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Pycnogenol® .....	25 mg *
<i>(from Pinus Pilaster)</i>	

\*Daily Value 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®

Formula	Size	S.R.P.
PCO3	30 Tablets	\$26.10
PCO9	90 Tablets	\$76.10

Suggested Usage: 1-3 Daily with Meals

Pycnogenol® tablets contain pure, patented pine bark extract in 50 mg scored tablets. Pine bark extract is a powerful bioflavonoid that supports blood vessel, tissue and arterial health.†

### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Pycnogenol® .....	50 mg *
<i>(pine bark, dried extract)</i>	

\*Daily Value 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	S.R.P.
83030	60 Capsules	\$48.80

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 (Ruscus aculeatus L., rhizome).....	150 mg *
(standardized extract)	
Bilberry (Vaccinium uliginosum L., fruit) (standardized extract)...	40 mg *
Ginkgo biloba (Ginkgo biloba L., leaf) (standardized extract).....	20 mg *
Bioflavonoid complex (lemon).....	100 mg *
Hesperidin.....	40 mg *
Grape Seed Extract (containing proanthocyanidins).....	25 mg *
Rutin.....	10 mg *

\*Daily Value not established.

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

### Xtra-Cell® Remilyn (Frozen)

Formula	Size	S.R.P.
99461	9 ml. Bottle - (24 Bottles)	\$355.70

Suggested Usage: 1 bottle daily

Xtra-Cell® Remilyn is a frozen liquid extract designed to help support nerve cell function by providing proteins, peptides and other growth factors and signaling molecules.† This aqueous extract is obtained from porcine mesenchyme and CNS tissues and also contains a specialized marine liquid cartilage extract.

#### SUPPLEMENT FACTS

Each 9 ml. Bottle Contains:

Amount Per Serving	%DV
Marine Liquid Cartilage extract.....	0.16 fl. oz (4.9 ml.) *
(LCE, Fish)	
Porcine CNS Aqueous extract.....	0.10 fl. oz (3.05 ml.) *
(enriched with Mesenchyme 125X)	
Porcine Mesenchyme Aqueous extract 125X.....	0.04 fl. oz (1.05 ml.) *

\*Daily Value not established.

## GLUCOSE SUPPORT



Glucoset® capsules contain a complementary blend of thiamin, biotin, chromium, alpha-lipoic acid, N-acetyl-L-cysteine, and standardized extract of Gymnema sylvestre leaf for targeted nutritional support of glucose metabolism.†

### Glucoset®

Formula	Size	S.R.P.
GST	60 Vegetarian Capsules	\$32.50

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

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 *
Gymnema sylvestre leaf, dried extract, min. 25% gymnemic acids	400 mg *

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

#### CHROMEMATE

\*\*ChromeMate® is a trademark of InterHealth Co.

### Gluco-Mend

Formula	Size	S.R.P.
80442	90 Vegetarian Capsules	\$28.20

Suggested Usage: 3 Daily

Gluco-Mend 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.†

#### SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Chromium (as chromium polynicotinate[GTF]).....	200 mcg 167%
Garcinia Cambogia Fruit Extract.....	995 mg *
Supplying 500 mg of HCA	
Gymnema sylvestre Leaf (standardized extract).....	200 mg *
Bitter Melon Fruit.....	200 mg *
Fenugreek Seed.....	150 mg *
Alpha Lipoic Acid.....	100 mg *
Vanadium.....	2.5 mg *

\*Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose and vegetable stearate..

### GlucoBrium™

Formula	Size	S.R.P.
99155	60 Vegetarian Capsules	\$43.60

Suggested Usage: 1 to 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
Gymnema sylvestre 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 *
(Cinnamomum burmannii, Bark)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

#### CHROMEMATE

\*ChromeMate® is a trademark of InterHealth Co.

### R-Lipoic Acid (stabilized)

Formula	Size	S.R.P.
200460	60 Vegetarian Capsules	\$38.50

Suggested Usage: 1 daily with food

R-Lipoic Acid capsules contain 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.....	100 mg *
(from 143 mg of Sodium R-lipoic acid)	

\*Daily Value not established.

Other ingredients: Cellulose and sodium carbonate.

### Ultra Benfotiamine

Formula	Size	S.R.P.
201815	60 Vegetarian Capsules	\$36.00

Suggested Usage: 2 Daily

Ultra Benfotiamine contains the fat-soluble thiamine vitamin called benfotiamine, plus activated vitamin B6, alpha lipoic acid, grape seed extract and pine bark extract to support healthy peripheral circulation and nervous system, normal kidney function, and AGE (advanced glycation end-product) inhibition that is related to healthy blood sugar metabolism.†

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Pyridoxal-5-Phosphate (activated B6).....	25 mg *
Benfotiamine (as BenfoPure®).....	150 mg *
Alpha Lipoic Acid.....	100 mg *
MegaNatural®-BPGrape Seed Extract.....	25 mg *
(Vitis vinifera) (standardized to 90% polyphenols)	
Enzogenol® Pine Bark Extract.....	10 mg *

\*Daily Value not established.

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

BenfoPure® is a registered trademark of Hamari Chemicals, LTD. Osoka, Japan

M is a trademark of Constellation Wines U.S., Inc.

Enzogenol® is a registered trademark of ENZO Nutraceuticals Ltd, New Zealand.

**Ultra Glucose Support Pack**

Formula	Size	S.R.P.
66811	60 Packs	\$135.00

**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, CoQ10, antioxidants, fish oil and other important nutrients designed to support healthy blood glucose levels, peripheral circulation, cardiovascular health, and AGE (advanced glycation end-product) inhibition for 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%†
Vitamin A (as natural beta-carotene).....2,500 IU	50%
Vitamin C (as Ascorbic Acid).....60 mg	100%
Vitamin D-3.....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-6 (as Pyridoxal-5-phosphate).....15 mg	250%
Folate (as L-methylfolate, Metafolin®).....200 mcg	50%
Vitamin B-12 (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 Opti-Zinc®, 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 CO2	
Triglyceride Concentrate.....1,250 mg	*
Providing:	
EPA (Eicosapentaenoic Acid).....600 mg	*
DHA (Docosahexaenoic Acid).....400 mg	*
Coenzyme Q-10.....60 mg	*
Red Wine Proanthocyanidins (fruit).....5 mg	*
Alpha-Lipoic Acid.....150 mg	*
N-Acetyl-L-Cysteine.....250 mg	*
Gymnema sylvestre leaf,.....200 mg	*
dried extract, min. 25% gymnemic acids	
Vanadium (from Vanadium Krebs).....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, 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).	

\*Daily Value not established †Percent Daily Value is based on a 2,000 calorie diet

**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-3.....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-6 (as Pyridoxal-5-phosphate).....30 mg	1,500%
Folate (as L-methylfolate, Metafolin®).....200 mcg	50%
Vitamin B-12 (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 Opti-Zinc®, 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®-BPGrape Seed Extract.....25 mg	*
(Vitis vinifera) (standardized to 90% polyphenols)	
Enzogenol® Pine Bark Extract.....10 mg	*
Alpha-Lipoic Acid.....200 mg	*
N-Acetyl-L-Cysteine.....250 mg	*
Gymnema sylvestre leaf,.....200 mg	*
dried extract, min. 25% gymnemic acids	
Vanadium (from Vanadium Krebs).....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, 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).	

\*Daily Value not established  
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.

**CARDIOMETABOLIC**



Pterostilbene Supreme provides pterostilbene, a methylated resveratrol that is naturally occurring in berries. This formula also contains resveratrol, curcumin and vitamin D3 which compliment pterostilbene in supporting cardiometabolic health as a PPAR agonist, mitochondrial function by way of SIRT1 activation, and overall healthy aging.<sup>†</sup>

**Pterostilbene Supreme (A Methylated Resveratrol Formula)**

Formula	Size	S.R.P.
200901	30 Vegetarian Capsules	\$60.80

**Suggested Usage:** 1 Daily

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 (Cholecalciferol).....1,000 IU	250%
MERIVA® Curcumin Phytosome.....250 mg	*
(Curcuma longa extract, rhizome)/Phosphatidylcholine (soy) complex)	
Resveratrol (as trans-resveratrol).....100 mg	*
Pterostilbene (pTeroPure™).....50 mg	*
Proprietary Cruciferous.....150 mg	*
Vegetable and Fruit Blend	
Wasabia japonica (rhizome, providing 600 mcg total glucosinolates), Broccoli powder (sprout) (BroccoPhane™) (standardized to contain 200 mcg of sulforaphane) and Organic Pomegranate powder (fruit).	

\*Daily Value not established.

Other Ingredients: Cellulose (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.

Sawa™ is a trademark of New Zealand Wasabi, Ltd.  
BroccoPhane™ is a trademark of Cyvex Nutrition.

**Berberine Balance**

Formula	Size	S.R.P.
201131	60 Vegetarian Capsules	\$33.30

**Suggested Usage:** 2 Daily

Berberine Balance supplies high potency berberine combined with alpha lipoic acid and grape seed extract for blood sugar and cardiovascular support.<sup>†</sup> 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.<sup>†</sup> Grape seed extract is a well known antioxidant with heart health benefits, and alpha lipoic acid helps to support proper insulin function.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container approximately 60

Approximate Amount Per Serving	%DV
Berberine HCl (from Berberis aristata extract, root).....500 mg	*
Alpha Lipoic Acid.....50 mg	*
Grape Seed Extract.....50 mg	*

\*Daily Value not established

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

### Homocystrol® + TMG

Formula	Size	S.R.P.
201329	90 Vegetarian Capsules	\$30.10

Suggested Usage: 3 Daily

Homocystrol® + TMG is now revised to include 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

Serving Size 3 Vegetarian Capsules • Servings Per Container 30

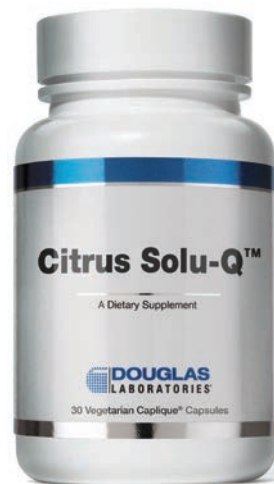
Amount Per Serving	%DV
Riboflavin (as Riboflavin-5-Phosphate).....50 mg	2,941%
Vitamin B-6 (as Pyridoxal-5-Phosphate).....50 mg	2,500%
Folate (as L-methylfolate, Metafolin®).....800 mcg	200%
Vitamin B-12 (methylcobalamin).....1,000 mcg	16,667%
Magnesium (as Magnesium Chelate).....50 mg	13%
Trimethylglycine (Betaine).....1,000 mg	*
Choline (as Choline Bitartrate).....150 mg	*

\*Daily Value not established.

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

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

## MITOCHONDRIAL SUPPORT



Citrus Solu-Q™ is a vegetarian Caplique® containing natural coenzyme Q10 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 CoQ10. 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 Q10.

### Citrus Solu-Q™

With VESISORB® Technology

Formula	Size	S.R.P.
201775	30 Vegetarian Capliques®	\$34.80
	60 Vegetarian Capliques®	\$66.10

Suggested Usage: 1 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Caplique®

Amount Per Serving	%DV
Vitamin E (as d-alpha-tocopheryl).....9 IU	30%
Natural Coenzyme Q10.....100 mg	*

\*Daily Value 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.

### MITOCHONDRIAL | COENZYME Q10

#### Citrus-Q10® 60

Formula	Size	S.R.P.
200052	60 Chewable Tablets	\$41.20

Suggested Usage: 1 to 4 Daily

Citrus-Q10® 60 supplies naturally fermented coenzyme Q10 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

Serving Size 1 Tablet • Servings Per Container: 60

Amount Per Serving	%DV
Natural Coenzyme Q10.....60 mg	*

\*Daily Value not established.

Other ingredients: Mannitol, cellulose, citric acid, natural lemon-lime flavor, povidone, silica, natural orange flavor and sorbitol.

#### Citrus-Q10® 300

Formula	Size	S.R.P.
99950	60 Chewable Tablets	\$162.10

Suggested Usage: 1 to 4 Daily

Citrus-Q10® 300 supplies naturally fermented coenzyme Q10 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 Q10.....300 mg	*

\*Daily Value not established.

Other ingredients: Mannitol, cellulose, citric acid, natural lemon-lime flavor, povidone, silica, natural orange flavor and sorbitol.

#### Coenzyme Q-10 with Vitamin C

Formula	Size	S.R.P.
7350	100 Capsules	\$68.60

Suggested Usage: 1 to 2 Daily

50 mg coenzyme Q-10 per capsule with 250 mg of Vitamin C for additional antioxidant support.†

#### SUPPLEMENT FACTS

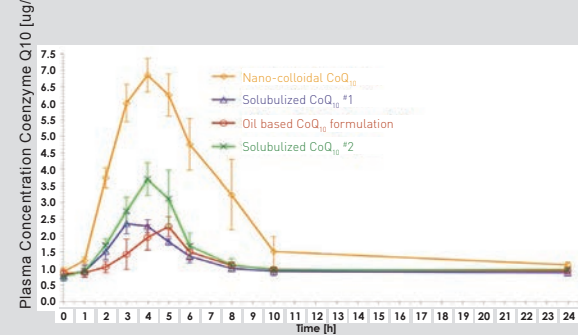
Serving Size 1 Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C.....250 mg	417%
(Ascorbic Acid)	
Coenzyme Q-10.....50 mg	*

\*Daily Value not established.

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

### Pharmacokinetic Profile



based on Liu, 2009

### Coenzyme Q-10 with Lipoic Acid

Formula	Size	S.R.P.
7362	30 Capsules	\$35.80
	60 Capsules	\$64.20

Suggested Usage: 1 Daily

Coenzyme Q-10 with Lipoic Acid supplies 60 mg of coenzyme Q10, 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-10.....60 mg	*
alpha-Lipoic Acid.....50 mg	*
Red Wine Proanthocyanidins.....5 mg (fruit)	*

\*Daily Value not established.

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

### Co-Enzyme Q10 Softgel

Formula	Size	S.R.P.
CQS1	30 Softgels	\$49.30

Suggested Usage: 1 to 2 Daily

Co-Enzyme Q10 Softgels contain pure co-enzyme Q10 (ubiquinone). Co-enzyme Q10 is solubilized in a base of rice bran oil and vitamin E to enhance absorption of co-enzyme Q10.

#### SUPPLEMENT FACTS

Serving Size 1 Softgel Capsule • 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 Q10 (as ubiquinone).....100 mg	*

\*Daily Value not established.

Other ingredients: Rice bran oil, gelatin (capsule), glycerin, yellow beeswax, water, annatto extract and titanium dioxide.

### Ultra Coenzyme Q-10

Formula	Size	S.R.P.
7200	30 Tablets	\$69.00
	60 Tablets	\$125.30
	90 Tablets	\$176.60

Suggested Usage: 1 Daily

Coenzyme Q-10 200 mg chewable tablets contain pure coenzyme Q10 (ubiquinone) material, emulsified with lecithin (soya) to aid in the absorption of coenzyme Q10.†

#### SUPPLEMENT FACTS

Serving Size 1 Chewable Tablet • Servings Per Container 90

Amount Per Serving	%DV
Calories.....5	
Total Carbohydrate.....1 g	<1%**
Sugars.....1 g	
Coenzyme Q-10.....200 mg	*

\*Daily Value not established.

\*\*Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Fructose, cellulose, lecithin(soy), vegetable stearate, silica, stearic acid, magnesium silicate, sucrose.

### 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†
- Provides extended release of the bioactive over time†

The VESIsorb® technology is broken down into three steps:

#### Step 1

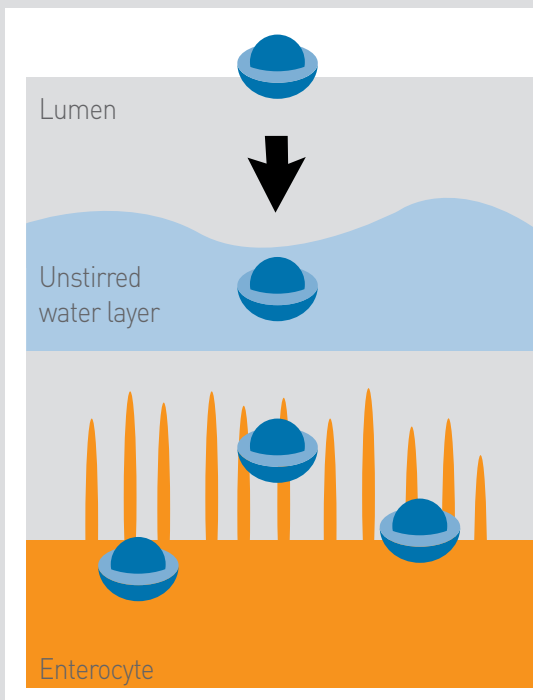
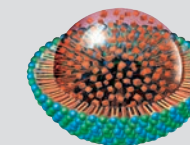
Formation of the colloidal delivery system

#### 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	S.R.P.
201899	30 Softgels	\$46.70
	60 Softgels	\$91.50

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 Q10. Ubiquinol may be of special importance for older adults looking to support healthy aging and cardiovascular function.†

#### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 30

Amount Per Serving	%DV
Vitamin E.....10 IU (as d-alpha-tocopherol)	33%
Ubiquinol.....100 mg (Kaneka QH™ - reduced form of CoQ10)	*

\*Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Gelatin (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin and caramel color.

VESIsorb® is a registered trademark of Vesifact AG.



Kaneka QH™ is a trademark of Kaneka Corporation.

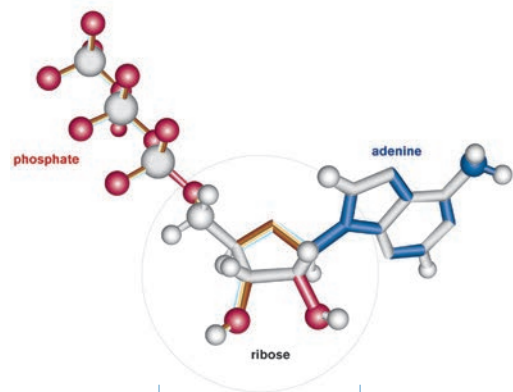
MITOCHONDRIAL | CELLULAR ENERGY



Corvalen® D-ribose, distributed exclusively to healthcare professionals by Douglas Laboratories®, is a natural pentose sugar that is designed for the support

of cardiovascular health, fatigue, cellular energy production, and mitochondrial function.† This slightly sweet ribose powder is rapidly dissolved and readily absorbed into the body.

61% INCREASE IN ENERGY\*  
36% IMPROVED CARDIAC FUNCTION\*\*



**ATP Molecule**

Adenosine triphosphate (ATP) is the energy currency of the cell. Our bodies require ribose to make ATP.

**D-Ribose Helps Reverse Energy Depletion Cycle.**

\*In a three week cycle of daily D-Ribose use, discomfort was decreased, mental clarity increased, sleep quality, overall well-being and energy all increased.† See VAS scale.

J.Teitelbaum, MD. An Open-label, Multicenter study. *The Open Pain Journal*. 2012, 5, 32-37

**Corvalen®**

Formula	Size	S.R.P.
57451P	9.9 oz. (280 g) Powder	\$47.20

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

**SUPPLEMENT FACTS**

Serving Size 5 g (1 scoop or 2 teaspoons) • Servings Per Container 56

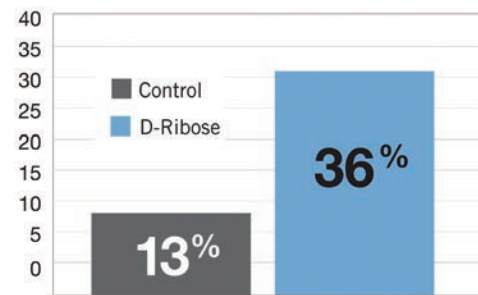
Amount Per Serving	%DV
Calories.....	20
Total Carbohydrate.....	5 g 2%
Sugars.....	5 g
D-Ribose.....	5 g **

\*Percent Daily Values are based on a 2,000 calorie diet.

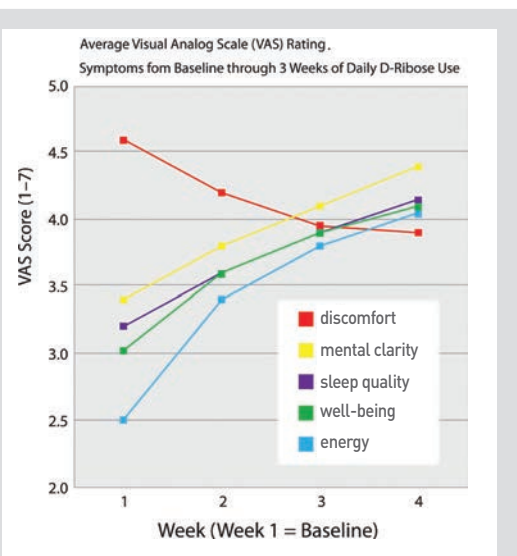
\*\*Daily Value not established

Other Ingredients: None

**Change in Cardiac Index**



\*\*Clinical data shows that D-Ribose supplementation can increase the heart's hypoxic threshold.† (Adapted from Olson NJ, JH Park)



**Corvalen® Chews**

Formula	Size	S.R.P.
201245	90 Chewable Tablets	\$40.80

**Suggested Usage:** 3 Daily

Corvalen® Chews are an all natural D-ribose supplement clinically proven to help restore and replenish core cellular energy.† Corvalen 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 not established

Other Ingredients: Xylitol, cellulose, hydroxypropylcellulose, natural orange and vanilla flavors, citric acid, mannitol, vegetable stearate, stearic acid, natural palm wax (Copernicia prunifera), and silica.

**Corvalen M®**

Formula	Size	S.R.P.
57452P	12oz. (340 g) Powder	\$60.00

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

Corvalen M® D-ribose is a natural pentose sugar that is designed for the support of fatigue, cellular energy production, and mitochondrial function.† Magnesium and malate are added to this formula to help in the utilization of energy and support symptoms of fatigue.†

**SUPPLEMENT FACTS**

Serving Size 6.1 g (1 scoop or 2 teaspoons) • Servings Per Container 56

Amount Per Serving	%DV
Calories.....	25
Total Carbohydrate.....	6 g 2%*
Sugars.....	5 g
Magnesium (from 800 mg magnesium gluconate).....	40 mg 10%
Malate.....	240 mg **
D-Ribose.....	5 g **

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established

Other Ingredients: None

**Corvalen® OPC**

Formula	Size	S.R.P.
57497P	5.8 ounces (165 grams)	\$40.80

**Suggested Usage:** One scoop, one to two times daily

Corvalen® OPC is all natural D-ribose for energy support combined with potent antioxidants including oligomeric proanthocyanidins (OPCs) in a pomegranate-flavored beverage. OPCs are some of the most powerful antioxidants to help neutralize free radicals and support healthy aging.†

**SUPPLEMENT FACTS**

Serving Size 1 scoop (approx. 5.5 grams) • Servings Per Container 30

Amount Per Serving	%DV
Calories.....	15
Total Carbohydrates.....	4 g 2%
Sugars.....	2 g
Sugar Alcohol.....	0.5 g *
Potassium (from Potassium Bicarbonate).....	100 mg 3%

D-Ribose.....	2 g *
Organic Pomegranate (fruit).....	425 mg *
Proprietary Blend.....	190 mg *

Maqui Berry (*Aristotelia chilensis*), Pomegranate Fruit Extract (*Punica granatum*) standardized to 40% Ellagic Acid), Grape Seed Extract (*Vitis vinifera*) standardized to 95% total polyphenols), Lemon Bioflavonoid Complex, Bilberry Fruit Extract (*Vaccinium myrtillus*) standardized to 25% total anthocyanidins), Red Wine Proanthocyanidins, Enzogenol® Pine Bark Extract (*Pinus radiata*) standardized to 80% total proanthocyanidins)

\*Daily Value not established.

Other ingredients: Maltodextrin, citric acid, potassium bicarbonate, malic acid, and purified stevia extract.

Enzogenol® is a registered trademark of Enzo Nutraceuticals Ltd.

**ATP-20**

Formula	Size	S.R.P.
83029	60 Tablets	\$20.30

**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 not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.



### Juvenon Pro Longevity

Formula	Size	S.R.P.
201309	90 Vegetarian Capsules	\$40.80

Suggested Usage: 3 Daily

Juvenon Pro Longevity contains a unique combination of ingredients to support healthy aging.<sup>†</sup> Juvenon Pro Longevity contains the patented combination of acetyl-L-carnitine, lipoic acid and biotin that has been the focus of research by Dr. Bruce Ames and an award-winning team of scientists at the University of California, Berkley. This patented, scientifically researched combination supports healthy gene expression and mitochondrial function.<sup>†</sup> The addition of Maqui berry and astaxanthin in this formula provide powerful antioxidant activity to promote cellular health and to help repair oxidative stress that is a contributing factor to the aging process.<sup>†</sup> Astaxanthin has gained great attention lately for its ability to effectively scavenge free radicals and support multiple health functions as a carotenoid.<sup>†</sup>

#### 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 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.

### MitoTone®

Formula	Size	S.R.P.
MIT	60 Tablets	\$55.20

Suggested Usage: 2 Daily

MitoTone® is a unique dietary supplement designed to provide a broad spectrum of beneficial mitochondrial energy production support nutrients in physiologically meaningful amounts.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving		%DV
Vitamin C (as L-ascorbic acid)	250 mg	417%
Vitamin E (as d-alpha-tocopheryl succinate)	150 IU	500%
Vitamin B1 (as thiamine mononitrate)	20 mg	1,333%
Vitamin B2 (riboflavin)	20 mg	1,176%
Niacin (as niacinamide)	50 mg	250%
Magnesium (as magnesium malate)	36 mg	9%
Sodium (from sodium succinate)	85 mg	4%
Co-Enzyme Q10 (ubiquinone**)	50 mg	*
Acetyl-L-Carnitine hydrochloride	200 mg	*
N-Acetyl-L-Cysteine USP	100 mg	*
Alpha-Lipoic Acid	100 mg	*
Malic Acid (as magnesium malate)	255 mg	*
Red Grape Seed, Skin, and Stem, dried extract	25 mg	*
Creatine Monohydrate	200 mg	*
Sodium Succinate	300 mg	*
Lecithin (from soy)	200 mg	*
Phosphatidylcholine	100 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, Absorbisol (a blend of fatty acids and Bioperine®), stearic acid and magnesium stearate.

\*\* Formulated with Absorbisol, a blend of fatty acids and Bioperine®.

### Xtra-Cell® Anti-Aging Support (Frozen)

Formula	Size	S.R.P.
99460	9 ml. Bottle - (24 Bottle)	\$355.70

Suggested Usage: 1 bottle daily

Xtra-Cell® Anti-Aging Support is a frozen liquid extract designed to support healthy aging. This extract contains proteins, peptides and other growth factors and signaling molecules obtained from aqueous extracts of porcine adrenal, thymus and mesenchyme tissues, as well as from a specialized marine liquid cartilage extract.<sup>†</sup>

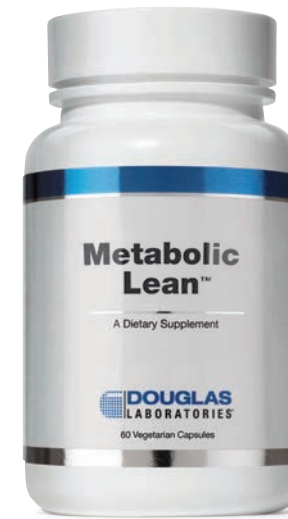
#### SUPPLEMENT FACTS

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 (enriched with Mesenchyme Aqueous Extract 125X)	0.05 fl. oz (1.4 ml)	*
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 not established.

## WEIGHT MANAGEMENT



Metabolic Lean® is a novel weight management formula<sup>†</sup> that includes three branded and clinically studied ingredients-- Meratrim® plant extract, Capsimax™ capsicum extract, and Zychrome® chromium complex. This special combination of ingredients may improve lipolysis, thermogenic activity, and insulin function for overall

metabolic support.<sup>†</sup> The ingredients in Metabolic Lean also help to increase adiponectin levels which facilitate proper fat metabolism and glucose regulation.<sup>†</sup>

\*as part of a healthy lifestyle involving consistent, moderate dietary restriction and regular exercise

### Metabolic Lean®

Formula	Size	S.R.P.
201350	60 Vegetarian Capsules	\$41.20

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving		%DV
Chromium (as Chromium Dinicotinate)**	100 mcg	83%
Meratrim® Proprietary Blend ( <i>Sphaeranthus indicus</i> [flower heads] extract, <i>Garcinia mangostana</i> [fruit rind] extract)	400 mg	*
Capsaicinoids (from Capsimax™, providing capsaicin, dihydrocapsaicin, nordihydrocapsaicin)	0.5 mg	*

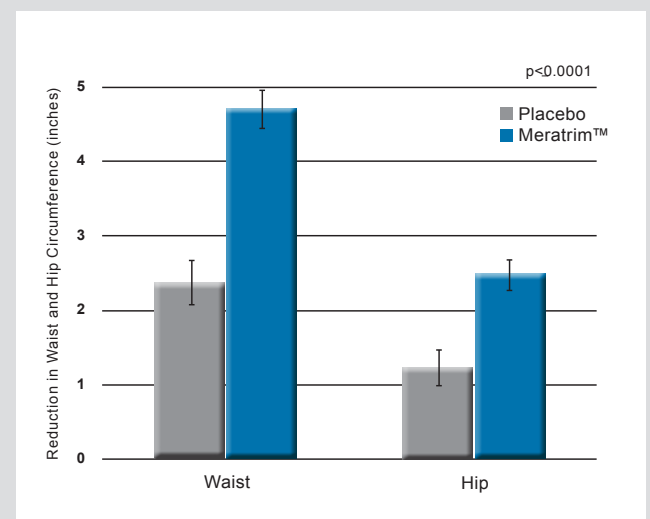
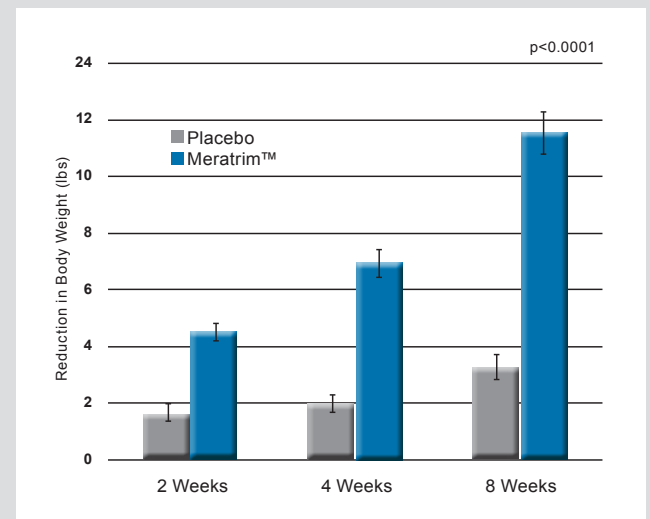
\*Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, cellulose, vegetable stearate, pharmaceutical glaze and silica

\*\*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 8 weeks when used in combination with a 2000 calorie diet and moderate exercise plan.<sup>†</sup> Meratrim significantly reduced body weight by 11.5 lbs after eight weeks, 3.5-fold better than placebo (p<0.0001) and significantly reduced waist circumference and hip circumference by 4.7 inches (p<0.0001) and 2.5 inches (p=0.0001), respectively.



Stern JS, et al. Obesity (Silver Spring). 2013 May;21(5):921-7

**7-Keto™**

Formula	Size	S.R.P.
99246	60 Vegetarian Capsules	\$63.60

Suggested Usage: 2 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 indicate 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™ ..... 100 mg	*
(3-Acetyl-7-oxo-dehydroepiandrosterone)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

7-Keto™ is a trademark of Humanetics Corporation.

**CLA (Conjugated Linoleic Acid)**

Formula	Size	S.R.P.
98336	120 Softgels	\$28.80

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 may reduce body fat and increase muscle mass.†

**SUPPLEMENT FACTS**

Serving Size 2 Softgels • Servings Per Container 30

Amount Per Serving	%DV
Calories.....9	
Total Fat.....1g	2%
Safflower Oil Complex..... 1,000 mg	*
Providing	
Conjugated linoleic Acid..... 770 mg	
Green Tea extract (leaf).....0.5 mg	*

\*Daily Value not established.

Other ingredients: Gelatin (capsule), glycerin, water, carob extract and titanium oxide.

**Coleus Extract**

Formula	Size	S.R.P.
99247	60 Vegetarian Capsules	\$33.80

Suggested Usage: 1 Daily

Coleus Extract contains 250 mg of Coleus forskohlii leaf extract, standardized to a minimum of 10% forskolin. Coleus may increase levels of cyclic AMP (cAMP), which is involved in metabolic and hormonal processes. Clinical trials of Coleus have shown increased lean body mass and reduced body fat in combination with regular exercise.†

**SUPPLEMENT FACTS**

Serving Size 2 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Coleus forskohlii ..... 250 mg	*
Extract (root) (standardized to 10% forskolin)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

**M.C.T. A Structured Lipid**

Formula	Size	S.R.P.
201767	8 oz. Liquid	\$17.80

Suggested Usage: 1 tablespoon daily

MCT 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 as part of a healthy diet, or cognitive/memory support.†

**SUPPLEMENT FACTS**

Serving Size 1 Tablespoon • Servings Per Container Approx. 16

Amount Per Serving	%DV
Calories.....95	
Total fat ..... 14 g	22%†
Saturated fat..... 14 g	70%†
100% Structured lipids medium-chain triglyceride..... 14 g	*
GLC supplying:	
Caprylic..... approx. 7.7 g	*
Capric ..... approx. 6.2 g	*

\*Daily Value not established.

†Percent Daily value is based on a 2,000 Calorie diet.

**Metabolic Management Pack**

Formula	Size	S.R.P.
66212	60 Packs	\$101.80

Suggested Usage: 2 packs daily

Metabolic Management Pack supplies a combination of weight management 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® formula by Douglas Laboratories, in addition to Relora®-Plex, CLA, Nature's Diet Caps+Herbs. The special combination of ingredients may support lipolysis, cortisol, thermogenic activity, adiponectin levels and insulin function.†

\*as part of a healthy lifestyle involving consistent, moderate dietary restriction and regular exercise

**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%
Thiamine.....5 mg	333%
Riboflavin.....5 mg	294%
Niacinamide.....5 mg	25%
Vitamin B-6.....5 mg	250%
Folic Acid.....100 mcg	25%
Vitamin B-12.....50 mcg	833%
Chromium.....200 mcg	167%
(from Chromium Polynicotinate/ Dinicocysteinate)†	
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 (fruit)..... 500 mg	*
(CITRIMAX) supplying: (-) hydroxycitric acid (HCA) ..... 250 mg	*
Proprietary Herbal Blend..... 200 mg	*
Green Tea Extract (leaf), Eleutherococcus senticosus (root), Cayenne (Fruit), Gotu Kola (Entire Plant), Beet Powder (Root), Ho Shou Wu (Entire Plant), Wood Betony (Entire Plant), Guarana (Seed) and Kola Nut (Roasted Seed)	
Relora® ..... 250 mg	*
(a proprietary blend of a patented** extract from Magnolia officinalis [bark] and a proprietary extract from Phellodendron amurense [bark])	

\*Daily Value not established.

Other Ingredients: Gelatin, hydroxypropyl methylcellulose (capsule), cellulose, dicalcium phosphate, vegetable stearate, glycerin, water, carob extract, titanium oxide pharmaceutical glaze and silica

Relora® is a registered trademark of NPI, LLC.

\*\*U.S. Patent No. US 6,582,735.

CitriMax™ and ChromeMate™ are trademarks of InterHealth Company.

†Zychrome® is a trademark of InterHealth N.I.

Meratrim™ is exclusively distributed by InterHealth N.I.

Capsimax™ is a trademark of OmniActive Health Technologies.

**Medium Chain Triglycerides**

Formula	Size	S.R.P.
81255	90 Softgels	\$18.40

Suggested Usage: 1 Daily

MCT Softgels supplies 1000 mg of medium chain triglycerides per softgel. Medium chain fatty acids are healthy fats that may contribute to healthy weight management or cognitive/memory support.†

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 90

Amount Per Serving	%DV
Calories.....9	
Calories from fat.....9	
Total Fat.....1 g	2%†
Saturated fat.....1 g	5%†
100% structured lipids, medium-chain triglyceride..... 1,000 mg	*
GLC:	
Caproic .....3.5%	
Caprylic.....65.4%	
Capric .....30.8%	
Lauric and higher.....0.3%	

\*Daily Value not established.

†Percent Daily value is based on a 2,000 Calorie diet.

Other ingredients: Gelatin (capsule) and water.

**Nature's Diet Caps® +**

Formula	Size	S.R.P.
7441	90 Capsules	\$26.70

Suggested Usage: 1, three times daily

Nature's Diet Caps® + is a combination of *Garcinia cambogia* and chromium specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.† This formula supports healthy carbohydrate, protein and fat metabolism by way of hepatic gluconeogenesis and lipogenesis.†

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chromium (from Chromium Polynicotinate)..... 100 mcg	83%
Garcinia cambogia (fruit)..... 500 mg	*
supplying: CITRIMAX	
(-) hydroxycitric acid (HCA) ..... 250 mg	*

\*Daily Value not established.

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

CitriMax and ChromeMate are trademarks of Inter-Health Company. CHROMEMATE ChromeMate® is a trademark of Inter-Health Co.

**Nature's Diet Caps® + Herbs**

Formula	Size	S.R.P.
7442	90 Capsules	\$36.40

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

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 such as those involving consistent, moderate dietary restriction and regular exercise.†

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chromium ..... 100 mcg (from Chromium Polynicotinate)	83%
Garcinia Cambogia (fruit) ..... 500 mg	*
supplying: <b>CITRIMAX</b>	
(-) hydroxycitric acid (HCA) ..... 250 mg	*
Proprietary Herbal Blend ..... 200 mg	*
Guarana (Seed), Kola Nut (Roasted Seed), Eleutherococcus Senticosus (root), Wood Betony (Entire Plant), Beet Powder (Root), Cayenne (Fruit), Green Tea (Leaf), Gotu Kola (Entire Plant), Ho Shou Wu (Entire Plant) and Green Tea Extract.	

\*Daily Value not established.

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

CitriMax and ChromeMate are trademarks of Inter-Health Company.

**CHROMEMATE** ChromeMate® is a trademark of InterHealth Co.

**Super HCA Garcinia cambogia**

Formula	Size	S.R.P.
98028	90 Tablets	\$35.40

**Suggested Usage:** 1 tablet with 8 ounces of pure water 1/2 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, moderate dietary restriction and regular exercise.† Research shows that (-) hydroxycitric acid helps maintain a healthy balance of hepatic lipogenesis and gluconeogenesis, thus preventing excessive conversion of glucose from dietary carbohydrate into body fat.† Further, research indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite and promoting healthy serotonin levels.† Unlike many commonly used diet ingredients, (-) hydroxycitric acid is not a central nervous stimulant.

**SUPPLEMENT FACTS**

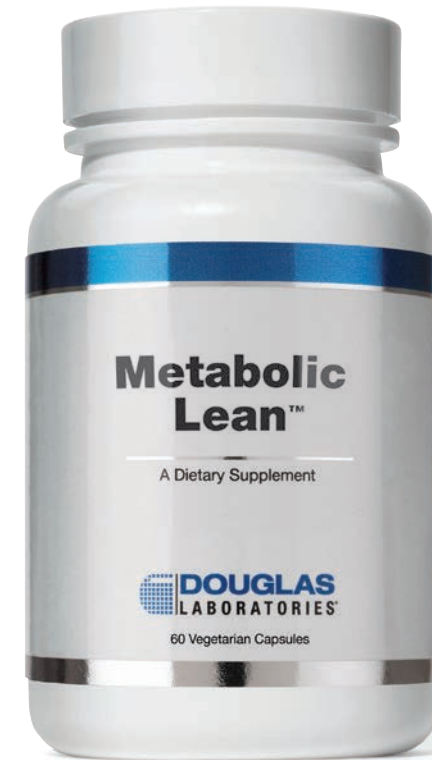
Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Garcinia cambogia extract (fruit) ..... 1400 mg	*
supplying: <b>Super Citrimax</b>	
(-) hydroxycitric acid (HCA) ..... 840 mg	*

\*Daily Value not established.

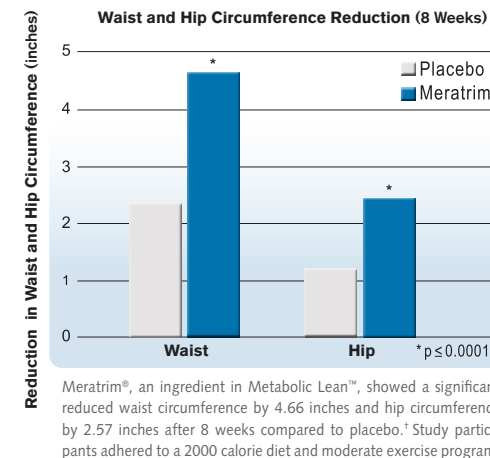
Other ingredients: Vegetable stearate, cellulose and silica.

**Super Citrimax** is a registered trademark of InterHealth N.I.



**METABOLIC LEAN™**

A NOVEL WEIGHT MANAGEMENT FORMULA†\*



Meratrim®, an ingredient in Metabolic Lean™, showed a significant reduced waist circumference by 4.66 inches and hip circumference by 2.57 inches after 8 weeks compared to placebo.† Study participants adhered to a 2000 calorie diet and moderate exercise program.

Includes three clinically studied ingredients:

- Meratrim®, a proprietary blend of plant extracts, shown to reduce hip and waist circumference through reduced adipogenesis and increased lipolysis.†
- Capsimax™ capsicum extract, shown to help support thermogenesis.†
- Zychrome™ chromium complex provides support of healthy insulin function.†

**MERATRIM** is exclusively distributed by InterHealth N.I.

**Capsimax** is a trademark of OmniActive Health Technologies.

**ZYCHROME** is a trademark of InterHealth N.I.

\*As part of a healthy lifestyle involving consistent, moderate dietary restriction and regular exercise.

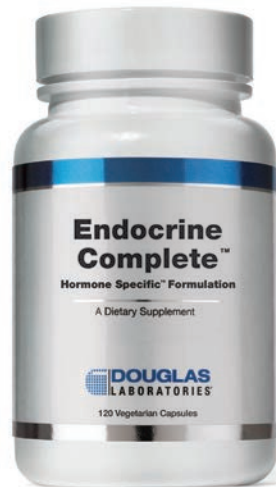
†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

# HORMONE

Our hormones 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. Hormones allow us to adapt to the demands and stressors of life. Maintaining healthy and appropriately balanced hormones supports healthy aging, 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™



Endocrine Complete™ is a comprehensive combination of vitamins, minerals, nutrients and phytotherapeutic compounds specifically formulated to provide complete support of endogenous hormone production by the endocrine system.† Endocrine Complete™ includes a wide variety of herbs that act as hormonogenic agents, a subclass of phytochrome™ activities that maintain endocrine gland health.† As a Hormone Specific™ Multi-Nutrient, this formulation can be used as a

foundation of hormone health with any of the Hormone Specific™ Formulations manufactured by Douglas Labs, and formulated by Dr. Joseph Collins.†

[ Formulated by Joseph Collins, N.D. ]

### Endocrine Complete™ ● new product

Formula	Size	S.R.P.
202133	120 Vegetarian Capsules	\$48.00

Suggested Usage: 4 Daily

#### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
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Vitamin A .....5,000 IU (as 80% beta carotene/20% Vitamin A Palmitate)	100%
Vitamin C (as Ascorbic Acid)..... 500 mg	833%
Vitamin D-3 (as Cholecalciferol) .....1,000 IU	250%
Vitamin E ..... 100 IU (as d-alpha tocopheryl succinate plus mixed tocopherols)	333%
Vitamin K-2 (as Menaquinone-7).....40 mcg	50%
Thiamine (as Thiamine HCl).....25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate) .....10 mg	588%
Niacin/Niacinamide .....30 mg	150%
Vitamin B-6 (as Pyridoxal-5-phosphate).....20 mg	1,000%
Folate (as L-Methylfolate, Metafolin®) .....400 mcg	100%
Vitamin B-12 (as Methylcobalamin) .....250 mcg	4,667%
Biotin .....300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate) .....25 mg	250%
Calcium (as Calcium Citrate Malate).....50 mg	5%
Iodine (from Kelp) .....150 mcg	100%
Magnesium (as Magnesium Citrate) .....50 mg	13%
Zinc (as Zinc Monomethionine, Opti-Zinc®).....15 mg	100%
Selenium (as L-Selenomethionine).....100 mcg	143%
Copper (as Copper Amino Acid Chelate) .....0.25 mg	13%
Manganese (as Manganese Amino Acid Chelate) .....2 mg	100%
Chromium (as Chromium Amino Acid Chelate).....120 mcg	100%
Molybdenum (as Molybdenum Amino Acid Chelate) .....100 mcg	133%
Inositol .....25 mg	*
Boron (as Boron Citrate) .....2 mg	*
Benfotiamine .....25 mg	*
Proprietary Blend..... 500 mg	*

*Bupleurum falcatum* root Extract, *Rehmannia glutinosa* root Extract, *Rhodiola rosea* root Extract (standardized to 3% rosavins), *Ashwagandha* root and leaf Extract (*Withania somnifera*, standardized to a minimum of 10% withanolide glycoside conjugates and 32% oligosaccharides), *Coleus forskohlii* Extract (root, standardized to 10% forskolin), *Gymnema sylvestre* Extract (leaf, standardized to 25% gymnemic acids), *Panax ginseng* Extract (root, standardized to 3% ginsenosides).

\*Daily Value not established  
Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose and silica.  
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany  
Opti-Zinc® is a trademark of InterHealth N.I.



### CLINICAL ADVISOR:

#### Joseph Collins, N.D.

Dr. Joseph J. Collins is the president and co-founder of Your Hormones, Inc. and has been directly involved in advancing the practice of supporting natural hormone health since 1993. He has extensive experience using herbal adaptogens to support and balance hormone function. Dr. Collins' Hormone Specific™ guidelines and educational webinars can be found at [www.douglaslabs.com](http://www.douglaslabs.com).†

[ Formulated by Joseph Collins, N.D. ]

### EstroMend™

Formula	Size	S.R.P.
201353	120 Vegetarian Capsules	\$51.40

Suggested Usage: 2-4 daily

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 bone, heart, brain, breasts, vagina and other estrogen sensitive tissues.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
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Proprietary Blend.....1,390 mg \* .....2,780 mg \*  
Pueraria root Extract (*Pueraria montana*, *Pueraria lobata*, standardized to 40% isoflavones), Red Clover Extract (*Trifolium pratense*, stem, leaves, and flowers, standardized to 8% biochanin), *Bacopa* Extract (*Bacopa monnieri*, aerial parts, standardized to 20% bacosides), *Gotu Kola* Extract (*Centella asiatica*, leaf, standardized to 10% asiaticosides), *Hops* Extract (*Humulus lupulus*, strobiles, standardized to 5% alpha bitter acids), *Dong Quai* root Extract (*Angelica sinensis*, standardized to 1% ligustilides), *Schizandra* fruit Extract (*Schizandra chinensis*, standardized to 9% schisandrins), *Sage* leaf (*Salvia officinalis*).

Black Cohosh Extract.....50 mg \* .....100 mg \*  
(*Cimicifuga racemosa*, root and stem) (standardized to 8% triterpene glycosides)

\*Daily Value not established.  
Other ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate and silica.

## HORMONE SPECIFIC™ | HORMONE

[ Formulated by Joseph Collins, N.D. ]

### EstroQuench™

● new product

Formula	Size	S.R.P.
202060	120 Vegetarian Capsules	\$57.00

Suggested Usage: 2-4 Daily

A Hormone Specific™ Formulation of ingredients that have documented anti-aromatase activity as well as androgenic adaptogens which support the function of endogenous aromatase inhibitors.† Collectively, these herbs promote minimal production and function of estrogens, while promoting testosterone function and sexual function in both genders.† This formulation is designed to quench excessive production of estrogens and aberrant functions of them while supporting function of androgens by maintaining the health of androgen producing glands.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60

Amount Per Serving	%DV	%DV
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Proprietary Blend.....1,150 mg \* .....2,300 mg \*  
*Maca* root Extract (*Lepidium meyenii*), *Damiana* leaf Extract (*Turnera diffusa*), *Hesperidin* (*Citrus sinensis*), *Agaricus* mushroom mycelia Extract (*Agaricus bisporus*), *Brassaiopsis glomerulata* leaf Extract, *Eurycoma longifolia* root Extract, *Mangosteen* fruit Extract (*Garcinia mangostana*), *Pomegranate* Hull Extract (*Punica granatum* L. standardized to 70% Ellagic Acid), *Naringenin* (*Citrus grandis* L., fruit), *Chrysin* *Bioperine*®.....2.5 mg \* .....5 mg \*  
(black pepper fruit extract/*Piper nigrum*)

\*Daily Value not established  
Other ingredients: Cellulose and silica.

[ Formulated by Joseph Collins, N.D. ]

### ProgestoMend™

Formula	Size	S.R.P.
201388	120 Vegetarian Capsules	\$51.40

Suggested Usage: 2-4 Daily

A Hormone Specific™ Formulation of phytoprogestones, progestogenic adaptogens and functional mimetics of progesterone. This 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 • Servings Per Container 60

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
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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 not established.  
Other Ingredients: Hydroxypropyl methylcellulose (capsule), dicalcium phosphate, vegetable stearate, silica.

[ Formulated by Joseph Collins, N.D. ]

**TestoGain™**

Formula	Size	S.R.P.
201397	120 Vegetarian Capsules	\$51.00

Suggested Usage: 2-4 Daily

A Hormone Specific™ Formulation of phytoandrogens, androgenic adaptogens, androgen agonists and androgen mimetics designed to help promote testosterone production and function by maintaining the health of testosterone producing glands in both men and women and by supporting the healthy functions of testosterone responsive tissues.†

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 60  
Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
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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 8% withanolides, 1% alkaloids, and 1% withaferine-A).

\*Daily Value not established.

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

[ Formulated by Joseph Collins, N.D. ]

**TestoQuench™ For Men**

Formula	Size	S.R.P.
201351	120 Vegetarian Capsules	\$50.20

Suggested Usage: 2-4 Daily

A Hormone Specific™ Formulation of herbal anti-androgens and androgen antagonists in order to help regulate testosterone levels.† This combination of herbs is designed to support the healthy function of the prostate and other testosterone sensitive tissues in men.†

**SUPPLEMENT FACTS**

Serving Size 2 Capsules • Servings Per Container 60  
Serving Size 4 Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
--------------------	-----	-----

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 not established.

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

[ Formulated by Joseph Collins, N.D. ]

**TestoQuench™ For Women**

Formula	Size	S.R.P.
201352	120 Capsules	\$50.20

Suggested Usage: 2-4 Daily

A Hormone Specific™ Formulation of anti-androgens and androgen antagonists to help regulate testosterone levels.† This combination is designed to support the healthy function of skin, hair, heart, breasts, vagina and other testosterone sensitive tissues in women.†

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • Servings Per Container 60  
Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
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Herbal 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 not established.

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

**OTHER HORMONE SPECIFIC™ FORMULAS**

200529	AdrenoMend™	Pg. 106
201381	ThyroMend™	Pg. 108

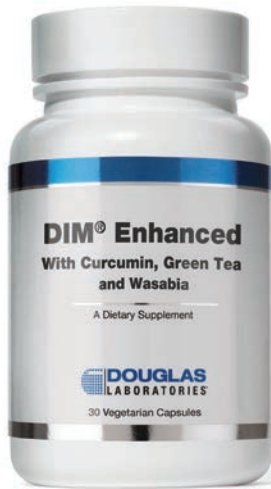
**Hormone Specific™ Formulations**

Hormone Specific™ Formulations provided by Douglas Laboratories® and formulated by Joseph J Collins, RN, ND, were created to support the optimal function of specific hormones through the use of hormone specific adaptogens, functional mimetics, and agonists or antagonists that provide contain phytochrome™ 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.†

Hormone Specific™ Formulations	Functions†	Primary Hormone Indications†	Daily Dose (see label for dosing protocol)
Endocrine Complete™	Supplies essential vitamins, minerals and a Phytocrine™ proprietary blend for foundational hormone health	• Foundational hormone health for men and women • Complements all Hormone Specific™ formulations	4 capsules
AdrenoMend™	Supports healthy function of the adrenal glands and other homeostasis regulatory systems for acute or chronic stress	• Adrenal fatigue • HPA axis balance • Homeostasis support • Weight management	2-4 capsules in morning
EstroMend™	Supports healthy estrogen receptor function, estrogen metabolism, and estrogen sensitive tissues	• Menopause • Premenstrual health • Sexual health • Fertility in women	2-4 capsules in evening
EstroQuench™	Provides anti-aromatase activity to decrease production of estrogens, and supports the function of endogenous aromatase inhibitors	• Andropause • Estrogen detoxification • Breast health • Endometrial health • Uterine fibrous tissue health • Prostate health	2-4 capsules
ProgestoMend™	Supports the natural production of progesterone and receptor agonist activity, and progesterone sensitive tissues	• Premenstrual health • Menopause • Fertility in women • Ovarian health • Uterine fibrous tissue health	2-4 capsules
TestoGain™	Promotes the production of testosterone and other androgens, acting as a functional agonist of testosterone	• Andropause • Sexual health • Fertility in men • Menopause • Premenstrual health	2-4 capsules
TestoQuench™ for Men	Decreases androgen activity to support testosterone sensitive tissues in men	• Prostate health • Breast health males	2-4 capsules
TestoQuench™ for Women	Decreases androgen activity to support testosterone sensitive tissues in women	• Ovarian health • Menopause • Premenstrual health • Breast health females	2-4 capsules
ThyroMend™	Supports natural production of thyroid hormones and supports thyroid responsive tissues	• Thyroid health • Weight management	2-4 capsules

See [www.douglaslabs.com](http://www.douglaslabs.com) for more detailed Hormone Specific™ Clinical Guidelines

## 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	S.R.P.
201208	30 Vegetarian Capsules	\$40.80
	60 Vegetarian Capsules	\$74.00

Suggested Usage: 1 Daily, one to two times daily

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

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 not established

Other Ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.



is a registered trademark of Indena S.p.A, Milano.

Sawa™ is a trademark of New Zealand Wasabi, Ltd.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

### Calcium D-Glucarate

Formula	Size	S.R.P.
CDG	90 Capsules	\$58.50

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

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Calcium (From 500 mg Calcium D-Glucarate) ..... 63 mg	6%

\*Daily Value not established

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

Calcium D-Glucarate™ supplies D-glucaric acid bound to calcium which serves as a bioavailable precursor to D-glucaro-1,4-lactone.



is a trademark of BioChemix, Inc. Calcium D-Glucarate is licensed from Nutraceutix, Inc. and Bio Chemix, Inc.

### Ultra I-3-C

Formula	Size	S.R.P.
201209	60 Vegetarian Capsules	\$31.20

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

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 not established

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

## FEMALE SPECIALTIES



Ultra Menoease™ is a supplement specially formulated with pure genistein, microencapsulated BioResponse DIM®, botanicals, and nutrients for support of normal menopausal symptoms and healthy estrogen levels in women.†

[ Formulated by Shelena Lalji, M.D. ]

### Ultra Menoease™ With BioResponse DIM®

Formula	Size	S.R.P.
201938	60 Vegetarian Capsules	\$36.50

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 ..... 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® diindolylmethane complex ..... 75 mg	*
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy] and silica), (standardized to contain 25% diindolylmethane)	
geniVida® Genistein ..... 30 mg	*

\*Daily Value not established.

Other ingredients: Pectin, hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, silica.

geniVida is a trademark of DSM

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

[ Formulated by Shelena Lalji, M.D. ]

### PMS Support† With BioResponse DIM®

Formula	Size	S.R.P.
201715	60 Vegetarian Capsules	\$37.10

Suggested Usage: 2 Daily

A combination of specific nutrients, including BioResponse DIM®, chaste berry extract, magnesium and B vitamins, specially formulated for support of premenstrual symptoms in women.† BioResponse DIM®, a bioavailable form of diindolylmethane, and chaste berry extract provide support for normal prolactin levels, hormone balance and healthy reproductive function in women.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 ..... 1,000 IU	250%
Thiamine (as Thiamine HCl) ..... 25 mg	1,667%
Riboflavin (as Riboflavin-5-phosphate) ..... 25 mg	1,471%
Vitamin B-6 (as Pyridoxal-5-phosphate) ..... 25 mg	1,250%
Folate (as L-methylfolate, Metafolin®) ..... 400 mcg	100%
Iron (as Ferronyl®) ..... 18 mg	100%
Magnesium (as Magnesium amino acid chelate) ..... 200 mg	50%

BioResponse DIM® diindolylmethane complex ..... 100 mg	*
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine [soy] 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 not established.

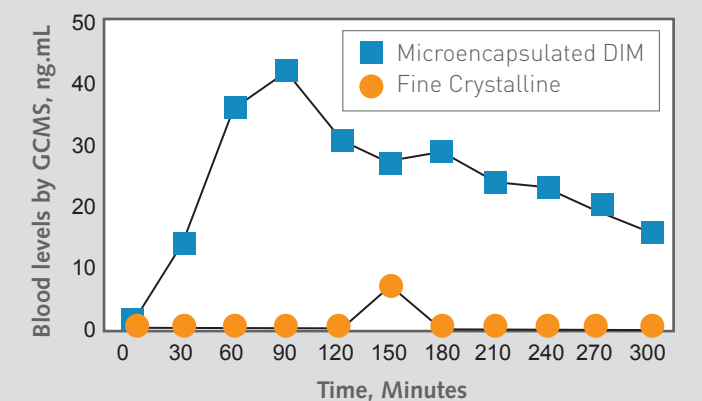
Other Ingredients: Hydroxypropyl methylcellulose (capsule), cellulose, vegetable stearate, and silica.

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

BioResponse DIM® 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 Zelig, Controlled Release Society, 27:1324, 2000.

### Agnus Castus-V (vitex, Chaste Berry)

Formula	Size	S.R.P.
77301	60 Vegetarian Capsules	\$46.30

Suggested Usage: 1 Daily

Agnus Castus-V supplies 400 mg of Vitex agnus-castus (chasteberry) standardized herb in each vegetarian capsule. Agnus castus may help support female reproductive health and hormonal balance.†

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitex agnus-castus ..... 400 mg	*
(Chastetree berry) (Herbal Extract (berry))	
Standardized to provide 2 mg agnuside and 2.4 mg aucubin	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### Isoflavone-250 with Genistein

Formula	Size	S.R.P.
83044	60 Capsules	\$35.40

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 not established.

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

## 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	S.R.P.
99451	60 Softgels	\$72.60

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 not established.

Other ingredients: Gelatin (capsule), glycerin, water and caramel color.

Lyc-O-Mato® is a registered trademark of LycoRed Natural Products Industries, LTD.

### Lycopene

Formula	Size	S.R.P.
LYC	90 Softgels	\$25.00

Suggested Usage: 1 Daily

Lycopene is extracted from tomato fruits. Each softgel provides 5 mg pure lycopene.

#### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 90

Amount Per Serving	%DV
Lycopene .....5 mg	*

\*Daily Value not established.

Other ingredients: Rice bran oil, gelatin (capsule), glycerin and water.

### Male X Booster

Formula	Size	S.R.P.
99248	60 Vegetarian Capsules	\$41.70

Suggested Usage: 4 Daily

Male X Booster Formula 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

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	*
Amino Acid Blend .....1,100 mg *	
Arginine, Soy Protein.	
Herbal Proprietary Blend ..... 1,876 mg	*
Muiru puama (bark), Avena sativa (straw), Horny Goat Weed (whole plant), Maca extract (root), Caltrop (fruit) Tribulus terrestris, Damiana (leaf), Ginseng Extract (root) Panax ginseng, Inosine, Deer Antler Velvet, Ginkgo biloba (leaf), Cayenne (fruit).	

\*Daily Value not established.

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

### Nettles Max-V

Formula	Size	S.R.P.
77359	60 Vegetarian Capsules	\$19.70

Suggested Usage: 2 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) (Urtica dioica L.)	
Standardized to provide 2.5 to 5 mg silica	
Nettles (leaf) ..... 100 mg	*
(non-standardized)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate

### Pecta-Sol®

Formula	Size	S.R.P.
82046	90 Capsules	\$50.10
	270 Capsules	\$134.80

Suggested Usage: 1-6, three times per day

PectaSol® 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

Amount Per Serving	%DV
PectaSol® (Modified Citrus Pectin)..... 800 mg	*

\*Daily Value not established.

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

PectaSol® was developed by a research and development team working with the world's leading pectin scientists. 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	S.R.P.
77367	60 Vegetarian Capsules	\$31.50

Suggested Usage: 1 to 2 Daily

Saw Palmetto Max-V capsules 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 ..... 160 mg	*
(berry) ( <i>Serenoa repens</i> ) Standardized to provide 48 mg fatty acids	
Saw Palmetto (berry) ..... 100 mg	*
(non-standardized)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### Uro-Pro® (For Men ONLY)

Formula	Size	S.R.P.
82044	60 Capsules	\$43.60

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

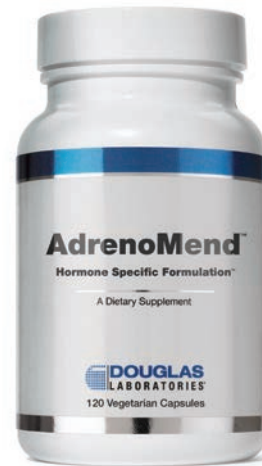
Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin A ..... 2500 IU	50%
Vitamin E ..... 30 IU	100%
(as d-alpha Tocopheryl Succinate)	
Vitamin B-6 ..... 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 not established.

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

## ADRENAL HEALTH



AdrenoMend™ is a Hormone Specific™ Formulation of ten 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 various homeostasis regulatory systems that work with the adrenal glands to maintain physiological function during both acute and chronic stress.†

[ Formulated by Joseph Collins, N.D. ]

### AdrenoMend™

Formula	Size	S.R.P.
200529	120 Vegetarian Capsules	\$53.40

Suggested Usage: 2-4 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60  
Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
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: Schisandra chinensis (fruit, standardized to 2% schisandrins), Bacopa monnieri (aerial parts, standardized to 20% bacosides), Rhodiola rosea (root, standardized to 5% rosavins and 1% salidroside), Eleutherococcus senticosus (root, standardized to 0.8% eleutherosides), Magnolia officinalis (bark, standardized to 5% honokiol), Rehmannia glutinosa (root), Bupleurum falcatum (root), Panax ginseng (root, standardized to 3% ginsenosides), Coleus forskohlii (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 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	S.R.P.
7221	60 Capsules	\$19.10
	120 Capsules	\$33.80

Suggested Usage: 2 Daily

Adrenplus-300 is a blend of vitamins, minerals and bovine adrenal glandular concentrate designed to support adrenal tissue.†

#### SUPPLEMENT FACTS

Serving Size 2 Capsules

Amount Per Serving	%DV
Vitamin A (as Vitamin A Acetate) ..... 5000 IU	100%
Vitamin C (Ascorbic Acid) ..... 300 mg	500%
Thiamine ..... 3 mg	200%
Riboflavin ..... 1.5 mg	88%
Vitamin B-6 (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 not established.

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

### Ora-Adren 80

Formula	Size	S.R.P.
7220	100 Capsules	\$14.50

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 ..... 80 mg	*
(not an extract) of bovine source	

\*Daily Value not established.

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

### Xtra-Cell® CF Support (Frozen)

Formula	Size	S.R.P.
99457	9 ml. Bottle - (24 Bottles)	\$355.70

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 not established.

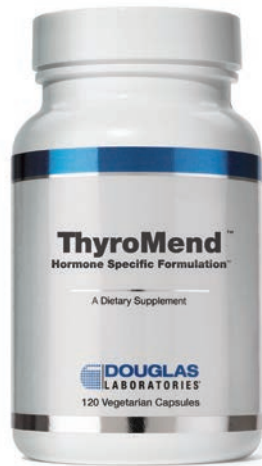
## XTRA-CELL® FORMULAS

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:

- Angiogenic balance†
- Immune health†
- Liver health†
- Joint and connective tissue health†
- Neurological health†
- Energy level†
- Healthy hematocrit level†
- Healthy red blood cell count†



## THYROID HEALTH



A Hormone Specific™ Formulation of iodine-containing seaweeds, herbs which contain phytothyroidogenic properties, and phyto-thyroid-receptor agonists. 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 Collins, N.D. ]

### ThyroMend™

Formula	Size	S.R.P.
201381	120 Vegetarian Capsules	\$49.80

**Suggested Usage:** 2-4 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 60  
Serving Size 4 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV	%DV
Iodine (from seaweed blend)..... 200 mcg	133%	400 mcg 267%

Proprietary Blend..... 1,300 mg	*	2,600 mg *
Seaweed Blend (Ascophyllum nodosum & Fucus vesiculosus, entire plant), Standardized Guggulipid (Commiphora mukul, gum resin, 2.5% guggulsterones), Standardized Bacopa (Bacopa monnieri, aerial parts, 20% bacosides), Standardized Ashwagandha (Withania somnifera, root, 1.5% withanolides & 1% alkaloids), Standardized Hops (Humulus lupulus aerial parts, 5% alpha bitter acid), Coleus forskohlii (root, standardized to 10% forskolin), Sage (Salvia officinalis, leaf), & Standardized Rosemary extract (Rosmarinus officinalis, aerial parts, 6% carnosic acid)		

\*Daily Value not established.

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

## DHEA/PREGNENOLONE/MELATONIN



DHEA 5 mg dissolvable tablets contain the highest purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets dissolve in mouth.

### DHEA (5 mg)

Formula	Size	S.R.P.
83025	100 Tablets	\$11.20

**Suggested Usage:** 1/2 to 1 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone).....5 mg	*

\*Daily Value 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 (10 mg)

Formula	Size	S.R.P.
DHEA1	100 Vegetarian Capsules	\$14.50

**Suggested Usage:** 1 to 2 Daily

DHEA capsules contain highest 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 Not Established.

Other ingredients: Cellulose.

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)

Formula	Size	S.R.P.
83050	60 Tablets	\$15.50
	120 Tablets	\$30.70

**Suggested Usage:** 1/2 to 1 Daily

DHEA 25 mg dissolvable tablets contain the highest purity micronized dehydroepiandrosterone (DHEA) produced under strict Good Manufacturing Practices (GMP). Tablets dissolve in mouth.

#### SUPPLEMENT FACTS

Serving Size 1 Bisect Tablet

Amount Per Serving	%DV
DHEA (dehydroepiandrosterone) ..... 25 mg	*

\*Daily Value 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)

Formula	Size	S.R.P.
DHEA	100 Vegetarian Capsules	\$17.80

**Suggested Usage:** 1 to 2 Daily

DHEA capsules contain highest 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 Not Established.

Other ingredients: Cellulose.

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)

Formula	Size	S.R.P.
DHEA5	100 Vegetarian Capsules	\$22.90

**Suggested Usage:** 1 to 2 Daily

DHEA capsules contain highest 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 Not Established.

Other ingredients: Cellulose.

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	S.R.P.
DHP	100 Capsules	\$22.90

Suggested Usage: 1 to 2 Daily

DHEA Plus capsules contain 25 mg each of highest purity dehydroepiandrosterone (DHEA) and pregnenolone. Both are produced under strict Good Manufacturing Practices (GMP) standards.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
DHEA (Dehydroepiandrosterone).....25 mg	*
Pregnenolone.....25 mg	*

\*Daily Value not established.

Other ingredients: Cellulose 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	S.R.P.
83088	60 Tablets	\$22.90

Suggested Usage: 1/2 to 1 Daily

Pregnenolone 25 mg contains highest 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 not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

### Pregnenolone (5 mg)

Formula	Size	S.R.P.
83057	100 Tablets	\$12.80

Suggested Usage: 1/2 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 Bisect Tablet • Servings Per Container 100

Amount Per Serving	%DV
Pregnenolone.....5 mg	*

\*Daily Value not established.

Other ingredients: Mannitol, cellulose, silica and vegetable stearate.

### Controlled-Release Melatonin

Formula	Size	S.R.P.
MEL-CR	60 Tablets	\$12.30

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 not established.

Other ingredients: Microcrystalline cellulose, vegetable stearine, methylcellulose, silica and magnesium stearate.

### Melatonin (3 mg)

Formula	Size	S.R.P.
81322	60 Tablets	\$13.20

Suggested Usage: 1 Daily

Melatonin 3 mg tablets contain 3 mg of purest pharmaceutical grade melatonin.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....3 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, fructose, silica and vegetable stearate.

### Melatonin (1 mg)

Formula	Size	S.R.P.
MEL-S	60 Tablets	\$9.30

Suggested Usage: ½ to 1 tablet 30 minutes before bedtime as needed, or as directed by your healthcare professional. Allow tablet to dissolve in mouth and then swallow.

Scored, 1 mg tablet. Our most flexible melatonin product. These fast-release tablets can be dissolved in the mouth and swallowed or swallowed whole. Scored tablets break in half easily for adjustment of intake for individual need. Mannitol and xylitol sweetened with natural vanilla flavor.

#### SUPPLEMENT FACTS

Serving Size 1 Bisected Tablet • Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....1 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, mannitol, xylitol, vegetable stearate, silica and vanilla flavor.

### Melatonin (3 mg)

Formula	Size	S.R.P.
MEL	60 Capsules	\$13.90

Suggested Usage: 1 Daily

Melatonin capsules contain 3 mg of highest 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 not established.

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

### Melatonin Prolonged Release

Formula	Size	S.R.P.
83199	60 Tablets	\$13.20
	180 Tablets	\$32.70

Suggested Usage: 1 Daily

Melatonin P.R. tablets contain 3 mg of purest pharmaceutical grade melatonin, in a prolonged-release, bisected tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Melatonin.....3 mg	*

\*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, silica and vegetable stearate. In a proprietary designed polymeric base formulated to release over an average of a 6 to 8 hour period.

# DIGESTIVE

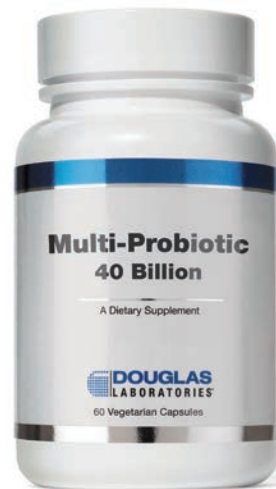
In terms of surface area, the gastrointestinal tract comprises one of the largest organs in the body. The roles that it plays are varied and extend well beyond simply moving and digesting food to allow for the absorption of nutrients. In addition to acting as a barrier against the harsh external environment,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



## 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
- Probiotic strains have been tested in vitro for inherent acid and bile resistance
- 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<sup>†</sup>

## PROBIOTICS



Multi-Probiotic® contains 16 potent strains of Lactobacillus, Bifidobacterium, and Streptococcus cultures, including the clinically researched Bifidobacterium lactis HN019 that supports enhanced gastrointestinal and immune function.<sup>†</sup> 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.<sup>†</sup> These probiotics are acid and bile resistant and undergo a patented cyroprotectant stabilization process for shelf stability.

### Multi-Probiotic® 40 Billion

Formula	Size	S.R.P.
202115	60 Vegetarian Capsules	\$33.00

**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®), Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium lactis (infantis), Bifidobacterium lactis HN019, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus

\*Daily value 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.

Formulations	Features	Benefits <sup>†</sup>	Daily Dose Suggestion
Multi-Probiotic® 40 Billion	<ul style="list-style-type: none"> <li>• 40 Billion CFU per serving</li> <li>• 16 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Highest potency, highest multi-strain formula</li> <li>• Includes B. Lactis HN019 clinically researched for immune health in aging adults<sup>†</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Intestinal/Digestive support</li> <li>• Immune health</li> </ul>	2 vegetarian capsules or 1 tsp. powder
Multi-Probiotic® 15 Billion	<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 B. Lactis HN019 clinically researched for immune health in aging adults<sup>†</sup></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	<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>	1-3 gelatin (bovine) capsules
Multi-Probiotic® YC-7	<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 Lactobacilli strains beneficial for urogenital health<sup>†</sup></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 <sup>†</sup>	<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<sup>†</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Respiratory /Sinus health</li> <li>• Immune health</li> </ul>	1-3 vegetarian capsules
Multi-Probiotic® Kids see p.73	<ul style="list-style-type: none"> <li>• 8 Billion CFU per serving</li> <li>• 7 probiotic strains</li> <li>• Prebiotic FOS</li> <li>• Includes B. Longum BB536 clinically researched for children's health<sup>†</sup></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	S.R.P.
200900	60 Capsules	\$38.30

Suggested Usage: 1 Daily

Each Multi-Probiotic® capsule contains over 15 billion 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 C.F.U. *
Containing:	
L. acidophilus (DDS-1).....	4.3 Billion C.F.U. *
L. rhamnosus.....	4.3 Billion C.F.U. *
B. lactis.....	1.9 Billion C.F.U. *
L. lactis.....	1.0 Billion C.F.U. *
B. longum.....	1.0 Billion C.F.U. *
B. bifidum.....	1.0 Billion C.F.U. *
L. gasseri.....	1.0 Billion C.F.U. *
S. thermophilus.....	0.5 Billion C.F.U. *

Proprietary Blend..... 210 mg  
FOS (fructooligosaccharides) and Ulmus fulva (bark).

\*Daily value not established.

Contains: Milk

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

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### Multi-Probiotic® 40 Billion Powder

Formula	Size	S.R.P.
57649P	60 Capsules	\$33.00

Suggested Usage: 1 one to three times daily

Multi-Probiotic® contains 16 potent strains of Lactobacillus, Bifidobacterium, and Streptococcus cultures, including the clinically researched Bifidobacterium lactis HNO19 that supports enhanced 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 cyroprotectant stabilization process for shelf stability. This neutral tasting powder can be mixed in unheated food or beverages.

#### SUPPLEMENT FACTS

Serving Size 1/2 tsp (2 g) • Servings Per Container 30

Amount Per Serving	%DV
Proprietary Blend.....	40 Billion C.F.U. *

Short Chain Fructooligosaccharide (NutraFlora® scFOS®), Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium lactis (infantis), Bifidobacterium lactis HNO19, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus

\*Daily Value not established.

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### Multi-Probiotic® 4000

Formula	Size	S.R.P.
7497	100 Capsules	\$30.90

Suggested Usage: 1/2 teaspoon 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 Capsule • Servings Per Container 100

Amount Per Serving	%DV
L. Acidophilus (DDS-1).....	1.150 Billion C.F.U. *
L. Rhamnosus.....	1.150 Billion C.F.U. *
L. Rhamnosus (Type B, Bifidus).....	775 Million C.F.U. *
S. Lactis.....	275 Million C.F.U. *
Bifidobacterium Longum.....	275 Million C.F.U. *
B. Bifidum.....	275 Million C.F.U. *
S. Thermophilus.....	150 Million C.F.U. *
Proprietary Blend.....	215 mg *
FOS (fructooligosaccharides) and ulmus fulva (inner bark).	

\*Daily Value not established.

Other ingredients: Gelatin (capsule), and silica.

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### Multi-Probiotic® Sinus Support†

Formula	Size	S.R.P.
202117	90 Capsules	\$37.10

Suggested Usage: 1 capsule 3 times daily

Multi-Probiotic® Sinus Support† 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 maintain immune balance and additional respiratory support.†

#### 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®), Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus rhamnosus, Streptococcus thermophilus	

\*Daily Value not established.

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

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### Multi-Probiotic® YC-7

Formula	Size	S.R.P.
202116	30 Capsules	\$33.00

Suggested Usage: 1 capsule 3 times 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.†

#### SUPPLEMENT FACTS

Serving Size 2 Capsules • Servings Per Container 30

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

\*Daily Value not established.

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

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### Bio-Dophilus®

Formula	Size	S.R.P.
BIO	90 Capsules	\$16.90

**Suggested Usage:** 1 to 3 daily after meals

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 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Microorganism Blend ..... 2.8 billion CFU	*
Comprised of:	
Lactobacillus acidophilus	
Lactobacillus rhamnosus	

\*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose, water, vegetable stearate, silica, sodium alginate, ammonia hydroxide and coconut oil.

### Co-biotic

Formula	Size	S.R.P.
80437	60 Vegetarian Capsules	\$47.30

**Suggested Usage:** 1 to 3 daily

Co-Biotic provides a premiere probiotic combination, including Saccharomyces boulardii, Lactobacillus acidophilus and bifidus, in an easy to swallow vegetarian capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Acidophilus..... 2 billion C.F.U.	*
Bifidus..... 2 billion C.F.U.	*
Saccharomyces Boulardii ..... 3 billion C.F.U.	*

\*Daily Value not established.

Other ingredients: Cellulose and silica.

### D.L. Acidophilus + Pectin

Formula	Size	S.R.P.
7903	250 Capsules	\$24.20

**Suggested Usage:** 1-2 capsules 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

Amount Per Serving	%DV
Lactobacilli Acidophilus and Lactobacilli Bulgaricus Complex ..... 550 million C.F.U.	*
Citrus Pectin ..... 100 mg	*

\*Daily Value not established.

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

### D.L. Duo-Dophilus®

Formula	Size	S.R.P.
81433	100 Capsules	\$25.50

**Suggested Usage:** 1 or more capsules 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
Acidophilus (dairy free, freeze-dried)..... 2 Billion C.F.U.	*
Bifidus (dairy free, freeze-dried)..... 2 Billion C.F.U.	*
FOS (fructooligosaccharides) ..... 109 mg	*

\*Daily Value not established.

Other ingredients: Lactobacillus acidophilus complex, lactobacillus bifidus complex (complexed with maltodextrin), gelatin (capsule), cellulose, vegetable stearate and FOS (fructooligosaccharides).

### D.L. Ultra-Dophilus Powder™

Formula	Size	S.R.P.
7495	2 ounces	\$31.50

**Suggested Usage:** 1/2 teaspoon daily

D.L. Ultra Dophilus powder contains over four billion beneficial Lactobacillus acidophilus organisms per serving.†

#### SUPPLEMENT FACTS

Serving Size 1/2 teaspoon (approx. 1 gram) • Servings per Container 56

Amount Per Serving	%DV
Lactobacillus ..... 4.0 Billion C.F.U.	*
Acidophilus (Freeze-dried)	

\*Daily Value not established.

Other ingredients: Maltodextrin

### S.B.C.

#### (Saccharomyces Boulardii Capsules)

Formula	Size	S.R.P.
9302	50 Capsules	\$27.40

**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
Saccharomyces Boulardii ..... 3 Billion C.F.U.	*

\*Daily Value 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	S.R.P.
201538	90 Vegetarian Capsules	\$39.20

**Suggested Usage:** 3 Daily

#### 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 not established.

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

### Betaine Hydrochloride

Formula	Size	S.R.P.
HCL	90 Capsules	\$11.90
HC2	250 Capsules	\$30.40

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

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

\*Daily Value not established.

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

### Betaine Plus®

Formula	Size	S.R.P.
80106	100 Capsules	\$20.30
	250 Capsules	\$41.70

Suggested Usage: 1 capsule 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 not established.

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

### Bilex

Formula	Size	S.R.P.
7102	90 Tablets	\$14.50

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).....	47 mg *
Yielding approximately	
Amylase.....	9400 USP units
Protease.....	940 USP units
Lipase.....	1970 USP units
Papain.....	372,000 USP units *
Ox Bile Extract.....	380 mg *

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Lipinase™

Formula	Size	S.R.P.
LPN	90 Tablets	\$25.70

Suggested Usage: 1 to 2 with meals

Lipinase™ is a natural pancreatic enzyme supplement formula providing 600 mg of quadruple strength pancreatin, which is equivalent to 2,400 mg of regular USP pancreatin.†

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Pancreatin 8X.....	300 mg *
Equivalent to 2,400 mg Pancreatin USP which provides the following enzyme activity:	
Lipase.....	12,000 USP Units *
Protease.....	60,000 USP Units *
Amylase.....	60,000 USP Units *

\*Daily Value not established.

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

### Pan-Ox-5™

Formula	Size	S.R.P.
7917	90 Tablets	\$21.70
	180 Tablets	\$37.90

Suggested Usage: 1 daily 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 (from 60 mg Betaine HCl).....	46 mg *
Glutamic Acid.....	10 mg *
Pancreatin (8X) (equal to 300 mg Pancreatin).....	37.5 mg *
Pepsin (1:10,000).....	9.75 mg *
Papain (12,000 USP units/mg).....	8 mg *
Aspergillus Oryza.....	35 mg *
Lipase.....	50 mg *
Ox Bile Extract.....	65 mg *
Vegetable Rennet.....	15 mg *
Malt Diastase.....	7.5 mg *
Beet Root Powder.....	100 mg *
Citrus Pectin.....	12.5 mg *

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate, myrrh gum and silica.

### Ultrazyme™

#### A Polyphasic Enzyme Complex

Formula	Size	S.R.P.
7022	60 Tablets	\$16.40
	180 Tablets	\$37.90

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 *

Bromelain (proteolytic enzyme from the pineapple plant).....	300 mcu	*
Ox Bile Extract.....	100 mg	*
Cellulase.....	6 mg	*
L-Lysine (from 100 mg L-Lysine Hydrochloride).....	80 mg	*
Pepsin 1:10,000.....	66 mg	*

\*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, carboxymethylcellulose, stearic acid, vegetable stearate and silica.

### Vegetarian Enzyme

Formula	Size	S.R.P.
7048	60 Tablets	\$17.80
	120 Tablets	\$31.50

Suggested Usage: 1 or 2, three times daily with meals

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

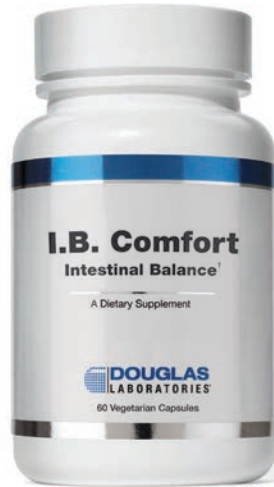
Amount Per Serving	%DV
Vegetarian Enzyme Concentrate.....	450 mg *
Supplying:	
Amylase.....	4200 D.U. *1
Protease.....	250 SAPU. *2
Lipase.....	2400 L.U. *3
Cellulase.....	600 C.U. *4
(All Acid Stabilized)	

\*Daily Value not established.

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

- 1 Alpha Amylase Dextrinizing Unit
- 2 Spectrophotometric Acid Protease Unit
- 3 Lipase Unit
- 4 Cellulase Unit

## 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	S.R.P.
201822	60 Vegetarian Capsules	\$60.00

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

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

\*Daily Value 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

### Candistat™

Formula	Size	S.R.P.
CND	90 Tablets	\$19.70

Suggested Usage: 1 to 3 Daily

Candistat™ is a well-tolerated, natural dietary supplement of controlled-release caprylic acid (octanoic acid) complex, 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 natural stabilizer.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Potassium .....13 mg	1%
(from potassium sorbate)	
Caprylic acid .....70 mg	*
(as sodium caprylate)	
Potassium sorbate .....50 mg	*
Pau D'Arco leaf (Taheebo) .....50 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, stearic acid, silica, horseradish powder, magnesium stearate, pharmaceutical glaze and clove extract oil.

### Cape Aloe

Formula	Size	S.R.P.
80023	100 Capsules	\$12.00

Suggested Usage: 1 Daily

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

#### SUPPLEMENT FACTS

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 not established.

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

### Caprylex™

Formula	Size	S.R.P.
CAP	90 Tablets	\$18.70

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. Caprylex is specially formulated to provide timed, controlled release of caprylic acid throughout the small and large intestine.

#### 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..... 136 mg	14%
(as dicalcium phosphate)	
Magnesium ..... 100 mg	25%
(as calcium-magnesium caprylate complex)	
Sodium (from sodium caprylate).....90 mg	4%
Caprylic acid ..... 600 mg	*
(as sodium caprylate and calcium-magnesium caprylate complex)	

\*Daily Value not established.

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

### Fiber-Plex™

Formula	Size	S.R.P.
FPC	120 Capsules	\$21.00

Suggested Usage: 1 to 2, three times 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	
Glucomannan *, Carrot Root *, Celery Stalk and Leaves *	
Citrus Pectin *, Apple Pectin *, Sodium Alginate*, Slippery Elm Bark*	

\*Daily Value not established.

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

### Ginger Root Max-V

Formula	Size	S.R.P.
201768	60 Vegetarian Capsules	\$20.30

Suggested Usage: 1 to 2 Daily

Ginger Root Max-V supplies 250mg of standardized ginger root in each vegetable 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 not established.

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

### Intestamine® (Powder)

Formula	Size	S.R.P.
INT	366 g Powder	\$71.30

Suggested Usage: 1 to 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 grams) • Servings Per Container 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 not established.

Other ingredients: None.

✓NutraFlora™ \*\* Nutra Flora is a registered trademark of GTC nutrition Co.

### Intestamine® (Capsules)

Formula	Size	S.R.P.
INT-C	180 Capsules	\$41.70

Suggested Usage: 6 Daily

Intestamine® 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.†

#### 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 not established.

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

✓NutraFlora™ \*\* Nutra Flora is a registered trademark of GTC nutrition Co.

### Licorice Root-V (Deglycyrrhizinated)

Formula	Size	S.R.P.
77355	90 Vegetarian Capsules	\$18.40

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 not established.

Other ingredient: Hydroxypropyl methylcellulose, cellulose and vegetable stearate.

### Licorice Root-V (Glycyrrhizin)

Formula	Size	S.R.P.
77356	60 Vegetarian Capsules	\$18.40

Suggested Usage: 2 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.....	500 mg *
Extract (root) ( <i>Glycyrrhiza glabra L.</i> ) Standardized to provide 60 mg glycyrrhizin	

\*Daily Value not established.

Other ingredients: Vegetable stearate.

### Natursyl Capsules

Formula	Size	S.R.P.
7596	90 Capsules	\$12.00

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

Natursyl Capsules supplies 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, Acidophilus (dairy free, freeze-dried), Bifidus (dairy free, freeze-dried), Artichoke (leaf) and Cellulose.	

\*Daily Value Not Established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

### Olive Leaf Extract

Formula	Size	S.R.P.
83905	60 Vegetarian Capsules	\$21.70
	120 Vegetarian Capsules	\$37.90

Suggested Usage: 1 Daily

Olive Leaf Extract capsules contain significant quantities of 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.....	500 mg *
(standardized to 20% oleuropein)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### Pylori-Plex

Formula	Size	S.R.P.
99076	60 Vegetarian Capsules	\$54.40

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 not established.

Other ingredients: Cellulose and vegetable stearate.



### Tegrice<sup>®</sup> Colostrum

Formula	Size	S.R.P.
201614	60 Vegetarian Capsules	\$27.90

**Suggested Usage:** 2 Daily

Tegrice<sup>®</sup> is an immunoglobulin-rich extract from Colostrum whey, containing important bioactive compounds including IgG, proline-rich polypeptides, growth factors and nucleotides. Tegrice has been clinically shown to support mucosal immune protection and healthy gut integrity.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Tegrice <sup>®</sup> Bovine Colostrum (milk)..... 1000 mg (minimum 40% IgG)	*

\*Daily Value not established.

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

### Ultra G.I.<sup>™</sup>

Formula	Size	S.R.P.
82752	90 Capsules	\$46.30

**Suggested Usage:** 3 capsules, three times daily

Ultra G.I.<sup>™</sup> is a formula containing beneficial amounts of dietary constituents such as L-glutamine and N-acetyl glucosamine specifically designed for the strength, permeability, and support of intestinal tract.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 3 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin E (as d-alpha Tocopheryl Succinate)..... 19 IU	63%
L-Glutamine..... 563 mg	*
N-Acetyl Glucosamine (from crab and shrimp)..... 281 mg	*
Gamma Linolenic Acid (from Borage Seed Oil Powder)..... 150 mg	*
Gamma Oryzanol (from Rice Bran Oil).....75 mg	*
FOS (Fructooligosaccharides).....38 mg	*
Jerusalem Artichoke (root).....15 mg	*

\*Daily Value Not Established.

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

### Ultra MFP Forte

Formula	Size	S.R.P.
200803	120 Vegetarian Capsules	\$52.00

**Suggested Usage:** 4 Daily with food

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

#### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsules • Servings Per Container 30

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

\*Daily value not established.

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



## A HEALTHY GUT STARTS WITH THE RIGHT PROBIOTIC<sup>†</sup>

### Features and Benefits of Multi-Probiotic<sup>®</sup> Formulations

- Various potencies to choose from in capsule or powder delivery forms
- Manufactured for shelf-stability and no refrigeration until after opening
- Contains clinically studied strains such as B. Lactis HN019, B. Longum BB536, and L. acidophilus DDS-1
- Helps to support digestive health, nutrient absorption, and immune health by balancing intestinal microflora<sup>†</sup>

See the comparison chart on page 113

# 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.†



## Move Active™ Continued...

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 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.

## Joint Health Pack with Wobenzym® N

Formula	Size	S.R.P.
66401	60 Packs	\$153.90

**Suggested Usage:** 1 (Joint Health) pack daily with meals and 1 (Wobenzym® N) pack 45 minutes before a meal

Joint Health Pack combines several joint-supportive products in two convenient packages. This comprehensive pack supplies essential vitamins, minerals, herbs and other nutrients, designed to support the joint and musculoskeletal systems.† A separate pack in this bottle includes the authentic German formula Wobenzym® N, a systemic enzyme formulation that contains a blend of enzymes from both plants and animals that has been clinically studied for supporting joint health and function.† Individual results may vary.

### Each Pack Contains: Two Multiple Vitamin and Mineral Tablets - Ingredients:

Beta-Carotene .....7,500 I.U. (Vitamin A Activity)	Potassium ..... 38 mg. (Aspartate Complex)
Vitamin A.....2,500 I.U. (Palmitate, Water Dispersible)	Zinc (Aspartate Complex) ..... 10 mg.
Vitamin D-3 .....25 I.U.	Copper (Amino Acid Chelate) ..... 1 mg.
Vitamin E (Succinate) .....100 I.U.	Manganese (Aspartate Complex) ..... 8 mg.
Vitamin C (Ascorbic Acid) ..... 500 mg.	Chromium GTF.....100 mcg. (Organically bound with GTF activity - low allergenicity)
Vitamin B-1 (Thiamine HCl) ..... 25 mg.	Selenium .....100 mcg. (Organic Selenium in Krebs* Cycle and Kelp)
Vitamin B-2 (Riboflavin) ..... 13 mg.	Molybdenum (Krebs*) .....25 mcg.
Niacin.....10 mg.	Vanadium (Krebs*).....13 mcg.
Niacinamide.....50 mg.	Boron (Aspartate/Citrate Complex) ... 0.5 mg.
Pantothenic Acid ..... 75 mg. (d-Calcium Pantothenate)	Trace Elements .....50 mcg.
Vitamin B-6..... 13 mg. (Pyridoxine HCl/Pyridoxal-5 Phosphate Complex)	Proprietary Blend ..... 250 mg. Chondroitin Sulfate, L-Aspartic Acid, Trypsin, Chymotrypsin, Capsicum (fruit), German Chamomile (flower), Betaine HCl, Microcrystalline Hydroxyapatite (from Veal Bone), Mucopolysaccharides, Rutin N.F., Pancreatin 4X (providing Protease, Amylase and Lipase), DL-Phenylalanine, N-Acetyl-L-Cysteine/L-Cysteine HCl, L-Methionine, Proanthocyanidins (Red Wine Grapes), Bromelain (min. of 2000 m.c.u.) and Glutamic Acid HCl.
Vitamin B-12 .....50 mcg. (on Ion Exchange Resin)	Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex
Folic Acid .....400 mcg.	
Biotin .....150 mcg.	
Choline (Citrate/Bitartrate)..... 10 mg.	
Inositol ..... 13 mg.	
Citrus Bioflavonoid Complex..... 50 mg.	
PABA ..... 25 mg. (Para-Aminobenzoic Acid)	
Calcium..... 150 mg. (Citrate/Ascorbate Complex)	
Magnesium ..... 150 mg. (Aspartate/Ascorbate Complex)	
	<b>Two Antioxidant Vegetarian Capsules - Ingredients:</b>
	Resveravine®..... 50 mg. (Containing approximately 5 mg. of resveratrol and 5 mg. of Viniferin)

Amount Per Serving	%DV
Standardized Curcumin extract..... 150 mg. (95% Tetrahydrocurcuminoids)	
Standardized Boswellia extract (60% Boswellic Acids)..... 150 mg.	
Standardized Green Tea extract..... 150 mg. (35% Epigallocatechin Gallate)	
Quercetin..... 150 mg.	

### Three Joint Health Tablets - Ingredients:

Calcium (Dicalcium Phosphate) ..... 275 mg.	
Phosphorus (Dicalcium Phosphate) ..... 240 mg.	
Glucosamine HCl..... 1,500 mg.	
Chondroitin Sulfate..... 1,200 mg.	
MSM® (Methylsulfonylmethane)..... 500 mg.	
Astaxanthin ..... 1 mg.	

### One Hyaluronic Acid Tablet - Ingredients:

Hyaluronic Acid ..... 30 mg. (non-animal source)	
-----------------------------------------------------	--

## Ayur-Boswellia Serrata

Formula	Size	S.R.P.
7671	90 Capsules	\$22.90

**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 (gum)..... 200 mg. (standardized to 65% Boswellic Acids)	*

\*Daily Value not established.  
Other Ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## Ayur-Curcumin (Turmeric)

Formula	Size	S.R.P.
7683	90 Capsules	\$25.50

**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 (stem) ..... 300 mg. Curcuma longa Standardized to 90% curcumin	*

\*Daily Value not established.  
Other Ingredients: Gelatin (capsule), cellulose and vegetable stearate.

## JOINT, MUSCLE, DISC



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, mobility and function compared to glucosamine and chondroitin in active individuals, in just one small capsule daily.†

### Move Active™ Once Daily Joint Support† (formerly Rheumashield)

Formula	Size	S.R.P.
8503	30 Capsules	\$33.00

**Suggested Usage:** 1 Daily

### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container: 30

Continued...



### 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.†

### Bromelain-5000

Formula	Size	S.R.P.
7500	60 Capsules	\$9.40

**Suggested Usage:** 1 to 3 daily with meals

Bromelain-5000 supplies a potent, high enzymatic activity of 5,000 m.c.u (milk clotting units) per capsule. Bromelain is a proteolytic enzyme indicated for support of the musculoskeletal system.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Bromelain .....5,000 m.c.u. [milk clotting units]	*

\*Daily Value not established.

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

### Cetyl Myristoleate

Formula	Size	S.R.P.
79809	60 Capsules	\$52.70
	120 Capsules	\$93.40

**Suggested Usage:** 1 Daily

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

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

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

\*Daily Value not established.

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

### Chondroitin Sulfate

Formula	Size	S.R.P.
7065	60 Capsules	\$22.10

**Suggested Usage:** 1 Daily

Chondroitin Sulfate capsules contain 300 mg of chondroitin sulfate which may support the structure and function of joint cartilage as well as other connective tissue.<sup>†</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Chondroitin Sulfate ..... 300 mg. (from Bovine Trachea)	*

\*Daily Value not established.

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

### Gluco-Flex Forte®

Formula	Size	S.R.P.
80690	90 Capsules	\$37.90

**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.<sup>†</sup> Individual results may vary.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

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

\*Daily Value not established.

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

### Glucosamine + MSM Forte™

Formula	Size	S.R.P.
83909	60 Capsules	\$26.70
	120 Capsules	\$46.30
	250 Capsules	\$83.00

**Suggested Usage:** 1 Daily

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

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

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

\*Daily Value 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	S.R.P.
GCSP	120 Vegetarian Capsules	\$37.90

**Suggested Usage:** 1 to 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.<sup>†</sup> 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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Glucosamine Plus™ Extra Strength

Formula	Size	S.R.P.
GSXV	90 Vegetarian Capsules	\$43.10

**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.<sup>†</sup> Individual results may vary.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container: 90

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

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Glucosamine Sulfate

Formula	Size	S.R.P.
80688	60 Capsules	\$17.80
	250 Capsules	\$66.20

**Suggested Usage:** 1 Daily

Glucosamine Sulfate is a well-absorbed source of glucosamine, an important precursor for the synthesis and maintenance of connective tissues.<sup>†</sup> 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 not established.

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

**Hyaluronic Acid Vegetarian Source**

Formula	Size	S.R.P.
99154	60 Tablets	\$39.00

Suggested Usage: 1-2 Daily

Hyaluronic Acid supplies 30 mg of non-animal source high molecular weight hyaluronic acid in each tablet for joint fluid support.†

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container: 60

Amount Per Serving	%DV
Hyaluronic Acid (non-animal source).....30 mg	*

\*Daily Value not established.

Other ingredients: Sodium hyaluronate, cellulose, vegetable stearate and silica.

**Infla-Guard®**

Formula	Size	S.R.P.
INF	60 Tablets	\$29.90

Suggested Usage: 2 Daily

Infla-guard® 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.†

**SUPPLEMENT FACTS**

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Boswellia serrata (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 idoid glycosides expressed as harpagoside)	

\*Daily Value not established.

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

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

**Joint, Tendon, Ligament I**

Formula	Size	S.R.P.
201691	90 Vegetarian Capsules	\$53.60

Suggested Usage: 3 Daily

Joint, Tendon, Ligament I is formulated with specific ingredients to support joint mobility and the ligament structure.† Cynatine® FLX is a solubilized keratin, a protein found naturally in the body with a natural antioxidant activity clinically shown to support joint mobility and resilience.† AprésFlex® is the next generation Boswellia serrata extract providing enhanced absorption for 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® Boswellia serrata extract (gum resin) ..... 100 mg	*
(standardized to 20% 3-O-Acetyl-11-Keto-B-Boswellic Acid)	
Strawberry fruit Extract .....25 mg	*
(Fragaria vesca)(standardized to 2% polyphenols)	
Spinach leaf Extract .....25 mg	*
(Spinacia oleracea)(standardized to 1.5% polyphenols)	
Silicon (as amino acid chelate).....15 mg	*
Enzogenol® Pine Bark Extract .....10 mg	*
(Pinus radiata)(standardized to 80% proanthocyanidins)	
Hyaluronic Acid (as sodium hyaluronate) .....5 mg	*

\*Daily Value 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	S.R.P.
201690	90 Vegetarian Capsules	\$52.60

Suggested Usage: 3 Daily

Joint, Tendon, Ligament II (Stem Cell Support) is a unique formula designed to support healthy stem cell function and assist in new tissue growth.† Specific nutrients, such as vitamin C and pterostilbene, have been shown to support normal mesenchymal cell growth, migration and proliferation.† The combination of L-carnosine, vitamin D3, green tea and blueberry have been studied for their ability to influence 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-3 .....1,000 IU	250%
Vitamin K-2 (as menaquinone-7) ..... 45 mcg	56%
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B-12 (methylcobalamin) .....500 mcg	8,333%
L-Carnosine ..... 250 mg	*
Green Tea leaf Extract ..... 250 mg	*
(Camellia sinensis)(standardized to 98% polyphenols, 80% catechins, 45% EGCG, decaffeinated)	
Wild Blueberry fruit Extract ..... 250 mg	*
(Vaccinium angustifolium) (standardized to 4% polyphenols)	
Pterostilbene (methylated resveratrol, pTeroPure™)......50 mg	*

\*Daily Value not established.

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

**Mag-Malate**

Formula	Size	S.R.P.
MGM	90 Tablets	\$20.40

Suggested Usage: 1 to 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 not established.

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

**Malic Acid + Magnesium Tablets**

Formula	Size	S.R.P.
85059	90 Tablets	\$12.00
	180 Tablets	\$21.70

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

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

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Proteozyme Forte™

Formula	Size	S.R.P.
7049	60 Tablets	\$21.70
	90 Tablets	\$31.50

Suggested Usage: 2, three times daily

Proteozyme Forte™ is a dietary supplement with a wide range of nutritional factors, including vitamins, minerals, enzymes, and botanicals that are involved in the normal recovery process for joints, tendons, ligaments.† Individual results may vary.

#### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Vitamin A (as Vitamin A Palmitate).....	1000 IU 20%
Vitamin C (ascorbic acid).....	500 mg 833%
Thiamine.....	10 mg 667%
Riboflavin.....	10 mg 588%
Niacinamide.....	10 mg 50%
Vitamin B-6 (as Pyridoxine HCl).....	50 mg 2500%
Folic Acid.....	200 mcg 50%
Vitamin B-12 (as cyanocobalamin).....	50 mcg 833%
Pantothenic Acid (as Calcium Pantothenate).....	50 mg 500%
Calcium (from Carbonate/Aspartate Complex).....	150 mg 15%
Magnesium (from Magnesium Oxide/Aspartate Complex).....	75 mg 19%
Zinc (from Zinc Oxide/Aspartate Complex).....	75 mg 500%
Manganese (from Manganese Sulfate/Aspartate Complex) ...	150 mg 7500%
Potassium (from Potassium Chloride/Aspartate Complex).....	75 mg 2%
Aspartic Acid.....	50 mg *
Lemon Bioflavonoids.....	250 mg *
Bromelain.....	200 mg *
Trypsin.....	100 mg *
Glucosamine Sulfate 2KCl (from crab and shrimp).....	125 mg *
Papain.....	16.6 mg *
Bovine Cartilage.....	100 mg *
Pepsin.....	60 mg *
Raw Veal Bone.....	50 mg *
Rutin.....	50 mg *
Proprietary Blend.....	25 mg *
Horsetail Grass (aerial parts), Valerian (root), Passion Flower (aerial parts) Passiflora incarnata, Dried Pineapple Juice.	

\*Daily Value not established.

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

### Resvera-Gold®

Formula	Size	S.R.P.
8500	60 Vegetarian Capsules	\$39.60

Suggested Usage: 2 Daily

Resvera-Gold® is a combination of botanical extracts including a resveratrol-containing grape vine extract, turmeric (standardized to 95% tetrahydrocurcuminoids), quercetin, green tea and boswellia designed to contribute to healthy cytokine balance and regulatory processes in the body.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container: 30

Amount Per Serving	%DV
Grapevine Shoot Extract.....	50 mg *
(containing approximately 5 mg of resveratrol and 5 mg of viniferin)	
Standardized Curcumin Extract (root).....	150 mg *
(95% Tetrahydrocurcuminoids)	
Standardized Boswellia Extract (gum).....	150 mg *
(60% Boswellic Acids)	
Standardized Green Tea Extract (leaf).....	150 mg *
(35% Epigallocatechin Gallate)	
Quercetin Dihydrate.....	150 mg *

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### Turmeric Max-V

Formula	Size	S.R.P.
77377	60 Vegetarian Capsules	\$12.00

Suggested Usage: 1 Daily

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

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

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

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

### Ultra Joint Forte

Formula	Size	S.R.P.
99075	90 Tablets	\$50.70

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 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.

### Vegetarian Protezyme Forte

Formula	Size	S.R.P.
99445	100 Tablets	\$45.10

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 Aspergillus oryzae).....	15,000 HUT *
Bromelain (from Pineapple extract).....	9,000,000 FCCPU *
Protease 6.0 (from Aspergillus oryzae).....	120,000 HUT *
Serrazimes®.....	120,000 U *
(from Aspergillus oryzae and Aspergillus melleus)	
Papain (from papaya extract).....	3,000,000 FCCPU *
Rutin.....	150 mg. *

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate, dicalcium phosphate and silica. Serrazimes® is a registered trademark of National Enzyme Company.

### Wobenzym® N

Formula	Size	S.R.P.
201213	100 Tablets	\$39.70
	200 Tablets	\$67.40
	400 Tablets	\$129.60
	800 Tablets	\$214.30

**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** 56,00 USP units protease..... 300 mg. (pancreas) <i>Sus scrofa</i>	*
Papain** 492 FIP-units*** <i>Carica papaya</i> .....	*
Bromelain** 675 FIP-units <i>Ananas comosus</i> .....	*
Trypsin** 2,160 FIP-units (pancreas).....72 mg. <i>Sus scrofa</i> and/or <i>Bos taurus</i>	*
Chymotrypsin** 900 FIP-units.....3 mg. (pancreas) <i>Bos taurus</i>	*
Rutoside trihydrate** (Rutin) <i>Sophora japonica</i> .....	*

\*Daily Value not established.

\*\*From dried purified aqueous extracts

\*\*\* FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

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

### Wobenzym® Plus

Formula	Size	S.R.P.
201910	120 Tablets	\$49.95
	240 Tablets	\$89.95
	480 Tablets	\$159.95

**Suggested Usage:** 4 Daily,

Clinically researched Wobenzym® Plus is the most potent Wobenzym formula yet with its increased activity compared to Wobenzym N and the more convenient 4-tablet-a-day dose, which means 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 1960's 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** ..... 270 mg (1350 FIP***-units) (from pineapple ( <i>Ananas comosus var comosus</i> ) stem)	*
Trypsin ..... 144 mg (4320 FIP***-units) (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 not established.

\*\* From dried purified aqueous extract.

\*\*\* FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

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

### Wobenzym® PS

Formula	Size	S.R.P.
200870	100 Tablets	\$50.40
	180 Tablets	\$85.60

**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** ..... 270 mg. 1,350 FIP-units*** <i>Ananas comosus</i>	*
Trypsin** ..... 144 mg. 4,320 FIP-units (pancreas) <i>Sus scrofa</i>	*
Rutoside trihydrate ..... 300 mg. (Rutin) <i>Sophora japonica</i>	*

\*Daily Value not established.

\*\*From dried purified aqueous extracts.

\*\*\* FIP is the measurement of enzyme activity according to the methods of the International Pharmaceutical Federation.

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

### Xtra-Cell® Mesenchyme (Frozen)

Formula	Size	S.R.P.
99456	9 ml. Bottle - (8 Bottles)	\$411.80

**Suggested Usage:** 1-2 bottles weekly

Xtra-Cell® Mesenchyme is a frozen liquid extract to support healthy joint and connective tissue function as well as energy production and overall homeostasis.† Mesenchyme is embryonic connective tissue composed of pluripotent cells, or cells that are undifferentiated and have the ability to evolve into almost any type of cell. The material used in this product is derived from embryonic fetal 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 not established.

### Xtra-Cell® Joint Support (Frozen)

Formula	Size	S.R.P.
99459	9 ml. Bottle - (24 Bottles)	\$355.70

**Suggested Usage:** 1 bottle daily

Xtra-Cell® Joint Support is a frozen liquid extract to support healthy joint and connective tissue function that consists of specific proteins, peptides and other growth factors and signaling molecules obtained from aqueous extracts of porcine mesenchyme tissue, as well as a specialized marine liquid-cartilage extract.†

#### SUPPLEMENT FACTS

Each 9 ml. Bottle Contains:

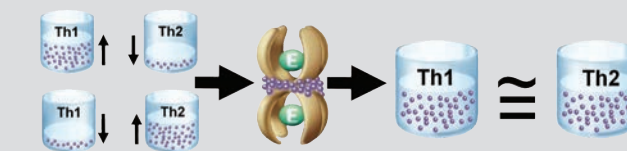
Amount Per Serving	%DV
Marine Liquid Cartilage extract.....0.18 fl. oz (5.25 ml.) (LCE, Fish)	*
Porcine Mesenchyme Aqueous extract 125X.....0.13 fl. oz (3.75 ml.)	*

\*Daily Value not established.

### WOBENZYM® COMPARISONS

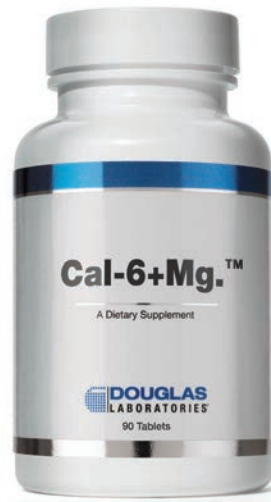
Ingredients	Wobenzym® Plus Dose per Tablet	Wobenzym® PS Dose per Tablet	Wobenzym® N Dose per Tablet
Pancreatin	none	none	300 mg
Papain	none	none	180 mg
Bromelain	270 mg	270 mg	135 mg
Rutin	300 mg	300 mg	150 mg
Trypsin	144 mg	144 mg	72 mg
Chymotrypsin	none	none	3 mg
Pill description	Slightly larger round tablet than PS/N	Small round tablet Size 6	Small round tablet Size 6
Daily Dose	4 tabs daily	6 tabs daily	6 tabs daily
Benefits†	Reduced dose vs. Wobenzym PS	Enhanced enzymatic activity vs. Wobenzym N	Classic formula

### Cytokines and a Balanced Immune System



A balance between Th1 and Th2 cytokine responses is best for optimal health.†

# OSTEO SUPPORT



Cal-6 + Mg.™ is a special chelate complex of 6 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	S.R.P.
7015	90 Tablets	\$11.10
	250 Tablets	\$18.30

Suggested Usage: 3 Daily

### SUPPLEMENT FACTS

Serving Size 3 Tablets

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

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 not established.

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

## Bone CoFactors

Formula	Size	S.R.P.
201940	180 Capsules	\$46.00

Suggested Usage: 6 Daily

Bone CoFactors is formulated to provide the necessary vitamins and minerals combined 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-3.....2,000 IU	500%
Vitamin K-2 (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 not established.

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

Contains: Milk

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	S.R.P.
202036	100 Tablets	\$15.50
	250 Tablets	\$29.90

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

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....80 mg	133%
Vitamin D-3.....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 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	S.R.P.
IPR	60 Capsules	\$23.20

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 not established.

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

## Liquid Cal/Mag/D

Formula	Size	S.R.P.
57568	450 ml (15 fl.oz.)	\$28.80

Suggested Usage: 2 tsp daily

Liquid Cal/Mag/D provides the essential nutrients for bone health - calcium, magnesium, and vitamin D3 - 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 D3 (as cholecalciferol).....1,000 IU	250%
Calcium (as calcium citrate).....350 mg	35%
Magnesium (as magnesium citrate).....175 mg	44%

\*Daily Value not established.

Other ingredients: Purified water, xylitol, natural raspberry flavor, citric acid, xanthan gum, organic stevia leaf extract and potassium sorbate.

## Osteo-guard®

Formula	Size	S.R.P.
OSG	120 Tablets	\$25.50

Suggested Usage: 1 Daily

Osteo-guard® is a microcrystalline calcium hydroxyapatite compound (MCHC) prepared from whole bone. This dietary supplement is rich in calcium and phosphate (as microcrystalline hydroxyapatite), trace minerals, bone matrix proteins, amino acids and glycosaminoglycans in their natural forms and physiological ratios.†

### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 120

Amount Per Serving	%DV
Vitamin K1 (as phytonadione).....15 mcg.	19%
Calcium (as microcrystalline hydroxyapatite).....250 mg.	25%
Phosphorus (as microcrystalline hydroxyapatite).....120 mg.	12%
Boron (as boron amino acid chelate).....0.5 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, silicon dioxide, stearic acid, magnesium stearate, and modified cellulose gum.

**Osteo-guard® Plus Ipriflavone**

Formula	Size	S.R.P.
OSG-IP	120 Tablets	\$38.60

**Suggested Usage:** 2 Daily

Osteo-guard® Plus Ipriflavone combines ipriflavone, a flavonoid isoflavone, 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 D3 (as cholecalciferol).....200 IU	50%
Vitamin K1 (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 not established.

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

**Strontium**

Formula	Size	S.R.P.
200242	90 Vegetarian Capsules	\$24.50

**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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**UltraCAL**

Formula	Size	S.R.P.
88050	120 Tablets	\$21.70

**Suggested Usage:** 2 Daily

UltraCAL is a balanced nutritional supplement that is formulated to provide meaningful amounts of calcium from Microcrystalline Hydroxyapatite (whole bone) and other forms of calcium, along with magnesium, which are nutrients that perform important roles in the maintenance of adequate bone mineralization, structure and function.†

**SUPPLEMENT FACTS**

Serving Size 2 Tablets • Serving Per Container 60

Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol).....150 IU	38%
Calcium.....600 mg	60%
(300 mg from Calcium Microcrystalline Hydroxyapatite /300 mg from Calcium Carbonate/Citrate/Chelate Complex)	
Phosphorus (from Calcium Microcrystalline Hydroxyapatite) ..110 mg	11%
Magnesium (from Magnesium Oxide).....300 mg	75%
Copper (from Copper Chelate).....2 mg	100%
Manganese (from Manganese Chelate).....1000 mcg	50%
Boron (from Boron Chelate).....2 mg.	*
Proprietary Blend.....110 mg.	*
Ipriflavone, L-Glutamic Acid, Alfalfa (entire plant).	

\*Daily Value not established.

Other ingredients: Cellulose, hydroxypropyl cellulose, stearic acid, magnesium stearate, carboxymethylcellulose, silica, water, polyvinyl alcohol, titanium dioxide, polyethylene glycol and magnesium silicate.

**Ultra-Ostivone™**

Formula	Size	S.R.P.
83916	60 Vegetarian Capsules	\$52.70

**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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

 Ostivone is a trademark of TSI.



**MOVE ACTIVE™ ONCE DAILY JOINT SUPPORT†**  
(FORMERLY RHEUMASHIELD)

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, mobility and function compared to glucosamine and chondroitin in active individuals, in just one small capsule daily.†



# COGNITIVE & MOOD

As we age, changes occur in many areas of our brain, notably in 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 overall quality of life. Factors such as genetics, diet, exercise and the environment can all influence cognitive health during 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.†



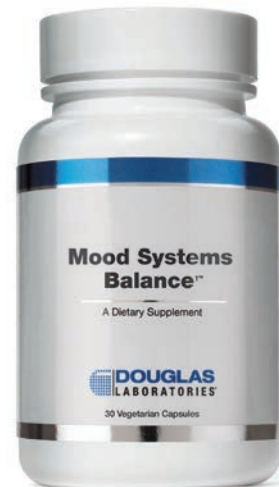
## EMOTIONAL WELLNESS



### CLINICAL ADVISOR:

**Peter Bongiorno, N.D., L.A.c.**

Dr. Peter Bongiorno is a naturopathic physician and licensed acupuncturist who specializes in the emotional well-being and mental health of patients. He has authored numerous books for physicians and patients about natural medicine. Dr. Bongiorno's clinical guidelines for mood support can be found at [www.douglaslabs.com](http://www.douglaslabs.com).



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, blood glucose regulation and healthy

digestion.† This formula can be taken in conjunction with Neurotransmitter Balance if indicated for complete emotional wellness support.†

[ Formulated by Peter Bongiorno, N.D. ]

### Mood Systems Balance<sup>†</sup>™ ● new product

Formula	Size	S.R.P.
202138	60 Vegetarian Capsules	\$46.00

**Suggested Usage:** 2 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Chromium (as Chromium Dinicocysteinate <sup>††</sup> )	400 mcg 333%

Rhodiola rosea root Extract (standardized to 3% rosavins)	340 mg	*
Berberine HCl	250 mg	*
LONGVIDA® Optimized Curcumin Extract (from <i>Curcuma longa</i> root)	200 mg	*
Saffron Extract ( <i>Crocus sativus</i> L, stigmas) (standardized to 2% safranal)	15 mg	*

\*Daily Value not established

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

**longvida.** is patent protected under EP 1993365, other patents pending, and is a registered trademark of Verdure Sciences Inc.

**ZYCHROME**™ is a trademark of InterHealth N.I.  
<sup>††</sup>Zychrome® brand chromium dinicocysteinate  
 Trademark of InterHealth N.I.

[ Formulated by Peter Bongiorno, N.D. ]

### Neurotransmitter Balance<sup>†</sup> ● new product

Formula	Size	S.R.P.
202136	60 Vegetarian Capsules	\$47.00

**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 help with mood stabilization.† The unique ingredient Venetron®, 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 promote restful sleep.†

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

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

\*Daily Value not established

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

Venetron® is a registered trademark of Tokiwa Phytochemical Co., Ltd.

### Ultra 5-HTP Formula

Formula	Size	S.R.P.
85081	60 Capsules	\$54.20

**Suggested Usage:** 2 Daily

Ultra 5-HTP Formula capsules contain a synergistic combination of 5-HTP, vitamins, minerals and other nutrients designed to support mood and a sense of well-being.†

#### SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin A (as Vitamin A Palmitate)	1000 IU 20%
Vitamin C (as Ascorbic Acid)	100 mg 167%
Vitamin E (as d-alpha tocopheryl)	30 IU 100%
Thiamine	.5 mg 333%
Riboflavin	.5 mg 294%
Niacinamide	.50 mg 250%
Folic Acid	.800 mcg 200%
Vitamin B-12	1,000 mcg 16,667%
Pantothenic Acid	.5 mg 50%
Magnesium (from Magnesium Aspartate Complex)	.50 mg 13%
Zinc (from Zinc Picolinate)	10 mg 67%
Chromium GTF (from Chromium Polynicotinate)	100 mcg 83%
L-5-HTP (L-5-hydroxytryptophan)	125 mg *
L-Tyrosine	100 mg *
L-Glutamine	100 mg *
Octacosanol	1,500 mcg *
St. John's Wort (leaf and flower) (standardized to 0.3% hypericin)	30 mg *
Ginkgo biloba (leaf) (standardized to 24% ginkgo flavone glycosides)	15 mg *
Inositol	.25 mg *
Pyridoxal-5-Phosphate (P-5-P)	.20 mg *

\*Daily Value not established

Other ingredients: Cellulose and silica.

[ Formulated by Eric R. Braverman, M.D. ]

### Brain Energy

Formula	Size	S.R.P.
98723	60 Vegetarian Capsules	\$28.20

Suggested Usage: 2 Daily

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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

[ Formulated by Eric R. Braverman, M.D. ]

### Brain Mood

Formula	Size	S.R.P.
98724	60 Vegetarian Capsules	\$53.90

Suggested Usage: 1, three times daily

Brain Mood is a blend of ingredients to support feelings of well-being. Serotonin, along with its amino acid precursor, tryptophan, provide support for brain symmetry and mood stability.†

#### 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 B12 (as cyanocobalamin).....	250 mcg 4,167%
Pantothenic Acid (as Calcium Pantothenate).....	.25 mg 250%
5-Hydroxytryptophan.....	100 mg *
St. John's Wort Extract.....	300 mg *
(flowers and tops) (standardized to contain 0.3% hypericin)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### Inositol

Formula	Size	S.R.P.
80801	100 Capsules	\$25.70

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

Serving Size 1 Capsule • Servings Per Container 100

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

\*Daily Value not established.

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

### SAM-e

Formula	Size	S.R.P.
98304	30 Tablets	\$48.80

Suggested Usage: 1 Daily

SAM-e tablets deliver 200 mg of S-adenosyl-methionine in an enteric-coated form for added stability. SAM-e acts as a methyl donor, participates in a wide variety of biochemical reactions, and provides important support for joints, liver, neurotransmitter, mood, and methylation.†

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 30

Amount Per Serving	%DV
S-Adenosylmethionine.....	200 mg *
(S-Adenosylmethionine disulfate tosylate)	

\*Daily Value not established.

Other ingredients: Microcrystalline cellulose, mannitol, croscarmellose sodium, glycerol behenate, vegetable stearate, methacrylic acid copolymer, glycerol palmitostearate, medium chain triglycerides, titanium dioxide, silica, talc, triethyl citrate, and yellow iron oxide.

### St. John's Wort Max-V

Formula	Size	S.R.P.
77373	60 Vegetarian Capsules	\$17.80

Suggested Usage: 1 to 2 Daily

St. John's Wort vegetarian capsules contain 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

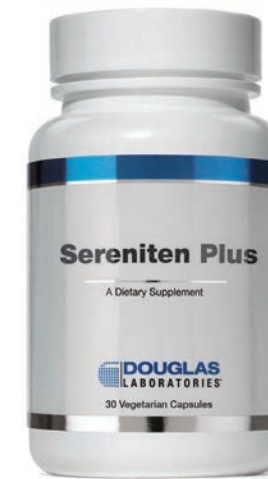
Serving Size 1 Vegetarian Capsule • Servings Per Container 60

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

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

## RELAXATION/SLEEP



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	S.R.P.
201348	30 Vegetarian Capsules	\$40.00

Suggested Usage: 1 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D3.....	100 IU 25%
Casein decapeptide (milk) (Lactium®).....	175 mg *
L-Theanine (Suntheanine®).....	50 mg *

\*Daily Value 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.

FEATURES CONTINUED...



### CLINICAL ADVISOR:

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

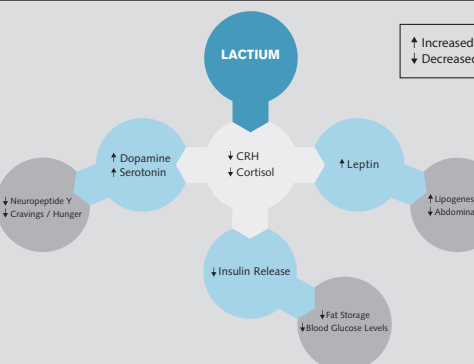
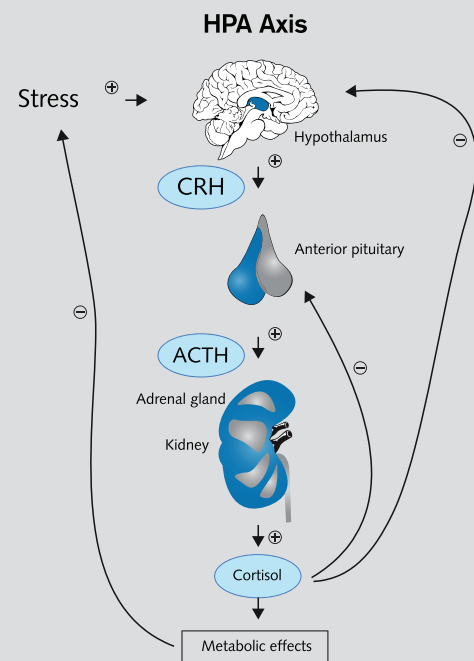
Dr. Penny Kendall-Reed is a naturopathic physician who has lectured extensively on the topic of neuro-endocrine and metabolic health. Dr. Kendall-Reed's clinical guidelines for neuro-endocrine support and her educational webinar incorporating the co-developed formula Sereniten Plus can be found at [www.douglaslabs.com](http://www.douglaslabs.com).†

Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-Theanine and Vitamin D3

**Formula Actions:**

- Assists in rebalancing the Hypothalamic-Pituitary-Adrenal (HPA) pathway†
- Supports relaxation and sleep without drowsiness†
- Provides immune support in response to stress†
- Helps to manage stress-induced weight gain†

When the negative feedback loop within the HPA axis is disrupted, chronic hormonal secretion becomes “normal” for that individual. In this state, a person either fails to recognize they are stressed or they may experience exaggerated emotional and physical responses to every stressor, including: intolerance to noise or light, food cravings, poor sleep, fatigue, weight gain, or feeling overwhelmed by simple tasks. Stress affects so many aspects of health that it is becoming crucial to rebalance the HPA axis.



[ Formulated by Eric R. Braverman, M.D. ]

**Brain Calm**

Formula	Size	S.R.P.
99579	60 Vegetarian Capsules	\$25.50

Suggested Usage: 2 Daily

Brain Calm is an effective blend of critical amino acids and nutrients that provide support for a calmer brain.†

**SUPPLEMENT FACTS**

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	*
(Passiflora incarnata L.) (aerial parts) 6:1 extract	
L-Glycine.....50 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**Seditol® Plus**

Formula	Size	S.R.P.
99446	30 Vegetarian Capsules	\$26.40

Suggested Usage: 1 daily

Seditol® Plus is a proprietary blend of Magnolia officinalis and Ziziphus spinosa, as well as 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 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Seditol®..... 365 mg	*
(a proprietary blend of a patented** extract from Magnolia officinalis [bark] and a proprietary extract from Ziziphus spinosa [seed])	
Proprietary Blend.....25 mg	*
Chamomile powder (flower), Passion flower powder (aerial parts) and Lemon Balm extract (leaf).	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**SEDITOL** Seditol® is a registered trademark of NPI, LLC.

\*\*U.S. Patent No. US 6,814,987

**L-Theanine**

Formula	Size	S.R.P.
98740	60 Vegetarian Capsules	\$26.70

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 fast-acting sense of calmness.†

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Theanine (Suntheanine®)..... 100 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, dicalcium phosphate and vegetable stearate

**Relora®-Plex**

Formula	Size	S.R.P.
98739	60 Vegetarian Capsules	\$33.80

Suggested Usage: 2 Daily

Relora®-Plex is a unique proprietary blend of two herbal extracts, Magnolia and Phellodendron, combined with B-vitamins designed 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**

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-6.....10 mg	500%
Folic Acid.....200 mcg	50%
Vitamin B-12.....100 mcg	1,667%
Relora® (a proprietary blend..... 500 mg	*
of a patented** extract from Magnolia officinalis [bark] and a proprietary extract from Phellodendron amurense [bark])	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

**RELORA** Relora® is a registered trademark of NPI, LLC.  
\*\* U.S. Patent No. US 6,582,735.

**Valerian Root Max-V**

Formula	Size	S.R.P.
77381	60 Vegetarian Capsules	\$17.80

Suggested Usage: 1 Daily

Valerian Root Max-V supplies 200 mg of standardized valerian root in each vegetarian capsule. Valerian root may support healthy sleep and muscle relaxation.†

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Valerian Herbal Extract..... 200 mg	*
(root) (Valeriana officinalis L.) Standardized to provide 1.6 mg valerenic acid	
Valerian (root)..... 100 mg	*
(non-standardized)	

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

**Valsed™**

Formula	Size	S.R.P.
7333	90 Tablets	\$11.40

Suggested Usage: 2 Daily

Valsed™ tablets contain extracts of valerian root (*Valeriana officinalis*) 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.....4 mg	1%
(As magnesium gluconate)	
Valerian Root	
Powder Extract (root)..... 145 mg	*
Valeriana officinalis	
Passion Flower Powder	
Extract (aerial parts)..... 145 mg	*
Passiflora incarnata	

\*Daily Value not established.

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

## COGNITIVE/MEMORY



Optimized Curcumin with Neurophenol™ is a unique formula containing 2 clinically supported and trademarked ingredients: Longvida® Optimized Curcumin with extended absorption and bioavailability, and Neurophenol™, a proprietary blend of standardized blueberry and grape extracts. Both ingredients support cognitive function in healthy aging adults.†

### Optimized Curcumin

With Neurophenol™

● new product

Formula	Size	S.R.P.
202028	60 Vegetarian Capsules	\$45.00

Suggested Usage: 2 Daily

#### SUPPLEMENT FACTS

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> )	

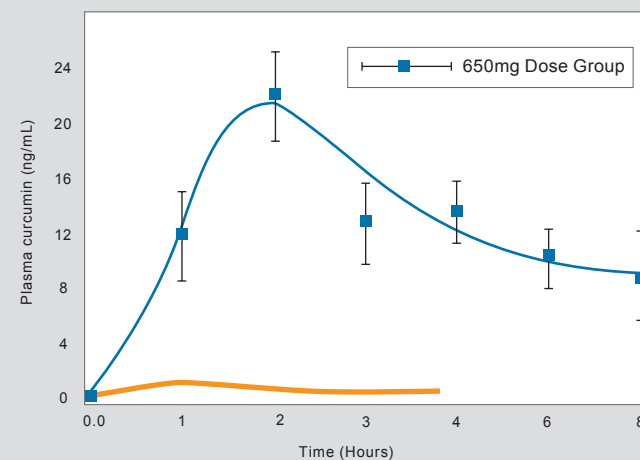
\*Daily Value not established.

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.



### Longvida® Optimized Curcumin



Longvida (black line) is 65 times more bioavailable than 95% curcuminoids (red line). (Gota At al. 2010)

[ Formulated by Eric R. Braverman, M.D. ]

### Brain Memory

Formula	Size	S.R.P.
99580	60 Vegetarian Capsules	\$41.70

Suggested Usage: 2 Daily

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

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

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

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Cogni-flex™

Formula	Size	S.R.P.
83915	60 Capsules	\$50.10

Suggested Usage: 1 Daily

Cogni-flex™ is a unique combination of nutrients which work in concert to help maintain and support brain and nervous system functions, including those involved in mental alertness, clarity, and memory retention.† The four ingredients in Cogni-flex support neurotransmitter metabolism, vascular circulation to the brain, and help maintain structure and function of nerve cell membranes.†

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Huperzine A .....100 mcg	*
Ginkgo biloba (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 not established.

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

### Ginkgo Biloba Max-V

Formula	Size	S.R.P.
77330	60 Vegetarian Capsules	\$21.70

Suggested Usage: 1 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 helping to 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 .....60 mg.	*
(leaf) (Ginkgo biloba L.) Standardized to provide 14.4 mg of ginkgo flavone glycosides (24%)	
Ginkgo biloba (leaf) (non-standardized) ..... 150 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

### Juvenon Pro Cognitive

Formula	Size	S.R.P.
201308	90 Vegetarian Capsules	\$48.30

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 Dr. Bruce Ames and an award-winning team of scientists at the University of California, Berkley. 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** ..... 1,000 mg	*
Alpha Lipoic Acid** ..... 400 mg	*
Alpha-GPC (L-Alpha-glycerolphosphorylcholine)..... 100 mg	*
VitaBerry® 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 acrocarpon</i> , berry), Prune ( <i>Prunus domestica</i> , fruit), Tart Cherry ( <i>Prunus cerasus</i> , fruit), Wild Bilberry ( <i>Vaccinium myrtillus L.</i> , whole fruit), Wild Bilberry Extract ( <i>Vaccinium myrtillus L.</i> , whole fruit), Strawberry ( <i>Fragaria virginia</i> , whole fruit).	
Lutein.....12 mg	*

\*Daily Value 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.

[ Formulated by Patrick Hogan, D.O. and Joan Hogan, R.D. ]

**Neuro Comfort**

Formula	Size	S.R.P.
202021	60 Vegetarian Capsules	\$27.00

Suggested Usage: 2 Daily

Specific nutrients such coenzyme Q-10, 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**

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 B12 (as Methylcobalamin).....1,000 mcg	16,667%
Magnesium (from 550 mg Magnesium Glycinate)......95 mg	24%
Coenzyme Q-10 ..... 100 mg	*

\*Daily Value not established.

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

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

**NeuroKrill**

Formula	Size	S.R.P.
200241	30 Capliques®	\$67.20

Suggested Usage: 1 Daily

NeuroKrill is a novel formula designed to provide essential nutrients for neurological health and mental functioning, including those processes involved in normal memory retention, mental focus and clarity.† The liquid filled two piece capsules are made from fish based gelatin, making this product suitable for those wishing to avoid bovine products.

**SUPPLEMENT FACTS**

Serving Size 1 Caplique®\*\* Capsule • Servings Per Container 30

Amount Per Serving	%DV
Ultra-pure krill oil (shellfish)..... 500 mg	*

(Providing phospholipids 195 mg, EPA [eicosapentaenoic acid] 75 mg, DHA [docosahexaenoic acid] 40 mg)		
Phosphatidylserine ..... 100 mg	*	
(Including DHA-conjugated phosphatidylserine)		
Astaxanthin esters .....700 mcg	*	
(as astaxanthin)		

\*Daily Value not established.

Other ingredients: Capsule (gelatin, from fish) and olive oil. Contains: Soy

 Sharp- PS Gold is a registered trademark of Enzymotec Ltd.

\*\*A Douglas Laboratories Caplique® Capsule is a liquid-filled, two piece capsule sealed with a band.

**NeuroTone®**

Formula	Size	S.R.P.
NRT	120 Tablets	\$80.40

Suggested Usage: 1 to 2, twice daily

NeuroTone® is a unique, comprehensive combination of eleven 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 hydrochloride ..... 500 mg	*
Phosphatidylserine (from soy lecithin) .....50 mg	*
Ginkgo Biloba Leaf, dried extract, min. 27% .....80 mg	*
ginkgo flavone glycosides, min.7% terpene lactones	
DMAE (dimethylaminoethanol) ..... 100 mg	*
Choline (bitartrate)..... 150 mg	*
Glutamine (as L-glutamine FCC) ..... 500 mg	*
L-Pyroglutamic acid..... 250 mg	*
Tyrosine (as L-tyrosine USP)..... 250 mg	*
Eleutherococcus Senticosus (root)..... 150 mg	*
dried extract, min. 0.8% ginsenosides	
Ashwagandha Root and Leaves, dried extract, ..... 150 mg	*
min. 1.5% withanolides, 1% alkaloids	
Docosahexaenoic acid (DHA, from.....42 mg	*
Neuromins™** microalgae powder)	
Lecithin (from soy)..... 250 mg	*
Phosphatidylcholine.....65 mg	*
Phosphatidylethanolamine .....50 mg	*
Phosphatidylinositol.....35 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, silica, modified cellulose gum, stearic acid and ethylcellulose.

**PQQ Plus**

Formula	Size	S.R.P.
200559	30 Vegetarian Capsules	\$62.80

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).....50 mg	*

\*Daily Value not established.

Other ingredients: cellulose, vegetable stearate and silica.

BioPQQ® is a registered trademark of MGC (Japan)

**Vinpocetine**

Formula	Size	S.R.P.
8502	90 Vegetarian Capsules	\$28.20

Suggested Usage: 1 Daily

Vinpocetine supplies 10 mg of vinpocetine in a vegetarian capsule. Vinpocetine is a derivative of vincamine. Vinpocetine may support healthy blood flow to the brain as well as neuronal function, thereby supporting cognitive function and memory.†

**SUPPLEMENT FACTS**

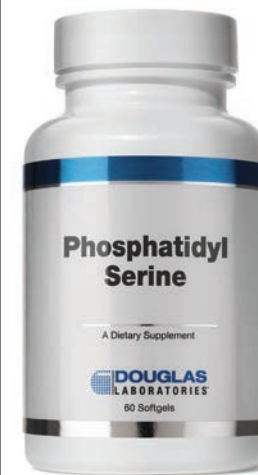
Serving Size 1 Vegetarian Capsule • Servings Per Container 90

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

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

PHOSPHOLIPIDS



Phosphatidyl serine softgels contain 500 mg of plant-derived phospholipids supplying 100 mg of phosphatidyl serine (PS). This phospholipid nutrient is active in cell membranes and is the major acidic phospholipid component in the brain. It may also help to balance stress hormones.†

**Phosphatidyl Serine**

Formula	Size	S.R.P.
PHS	60 Softgels	\$57.10

Suggested Usage: 1 to 2 Daily

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 60

Amount Per Serving	%DV
Calories......5	
Calories from fat......4.5	
Total Fat......0.5 g	1%
Phosphatidylserine (from soy)..... 100 mg	*
Phosphatidylcholine (from soy).....45 mg	*
Phosphatidylethanolamine (from soy) .....10 mg	*
Phosphatidylinositol (from soy)......5 mg	*

Percent Daily Values based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Gelatin (capsule), medium chain triglycerides, glycerin, caramel color, titanium dioxide, purified water and pharmaceutical glaze.

### Alpha-GPC

Formula	Size	S.R.P.
99255	60 Vegetarian Capsules	\$46.80

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 (L-Alpha-glycerylphosphorylcholine) (from soy) ... 500 mg	*

\*Daily Value not established.

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

### Lecithin (Soya)

Formula	Size	S.R.P.
7929	100 Softgels	\$46.00

Suggested Usage: 1 Daily

Lecithin supplied in softgels derived from non-GMO soy provides phospholipids such as phosphatidylcholine and phosphatidylserine for neurological and cardiovascular health.†

#### SUPPLEMENT FACTS

Serving Size 1 Softgel • Servings Per Container 100

Amount Per Serving	%DV
Calories.....11	
Calories from Fat.....11	
Total Fat.....1.2 g	<2%
Saturated Fat.....0 g	0%
Lecithin (from Soya).....1,200 mg	*

Percent Daily Values based on a 2,000 calorie diet.

\*Daily Value not established.

Other ingredients: Water and gelatin (capsule).

### Lecithin (soya) Granules

Formula	Size	S.R.P.
7859	16 oz. Powder	\$27.10

Suggested Usage: 3 tablespoons daily

Lecithin granules are conveniently offered in powder form to provide phospholipids such as phosphatidylcholine.

#### SUPPLEMENT FACTS

Serving Size 3 Level Tablespoons • Servings Per Container approx. 23

Amount Per Serving	%DV
Calories.....135	
Total Fat.....10 g	15%
Saturated Fat.....2 g	10%
Total Carbohydrate.....1.5 g	<1%
Protein.....0 g	
Pure Lecithin (Soya) Granules.....19,400 mg	*

Percent Daily Values based on a 2,000 calorie diet.

\*Daily Value not established.

### Phosphatidyl-SERINE

Formula	Size	S.R.P.
83004	30 Capsules	\$46.30
	60 Capsules	\$57.10

Suggested Usage: 1 Daily

Phosphatidylserine capsules provide plant-derived (soybean) phospholipids supplying 100 mg of phosphatidylserine (PS) for support of neurological function.†

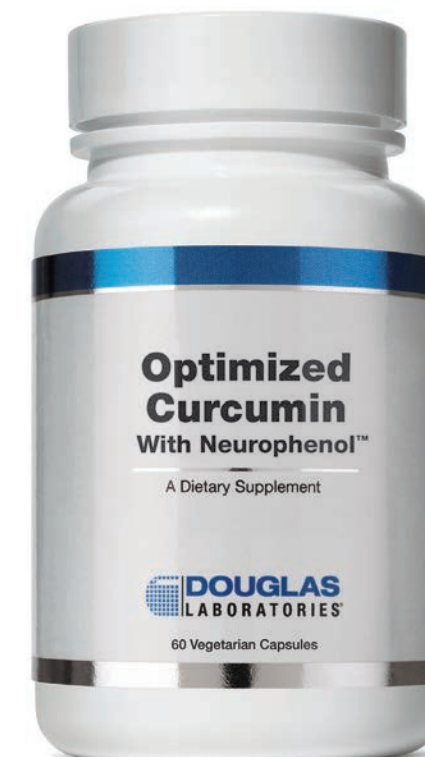
#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
PhosphatidylSERINE (from soy).....100 mg	*
Phosphatidylcholine (from soy).....20 mg	*
Phosphatidylethanolamine (from soy).....20 mg	*
Phosphatidylinositol (from soy).....10 mg	*

\*Daily Value not established.

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



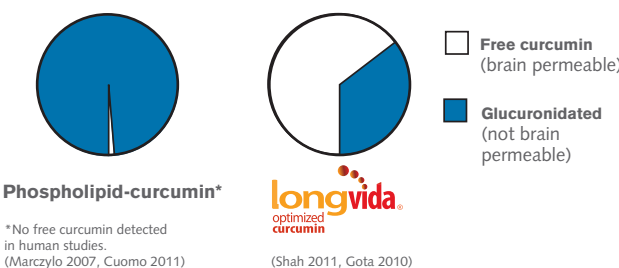
## OPTIMIZED CURCUMIN WITH NEUROPHENOL™ SUPPORTING A HEALTHY BRAIN AS WE AGE†

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 shown in a placebo-controlled clinical trial to support cognitive function at a dose of 400 mg daily.†  
Disilvestro et al. The Ohio State University. Nutr. J. 2012 26;11:79.

#### Bioavailability of free curcumin



**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 suggest positive effects on memory retention and learning.†
- Neurophenol™ is currently being evaluated in a large multi-center, placebo-controlled, randomized, double-blind study investigating cognitive function in healthy aging adults.†



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

\*Valid in USA and for online orders only. Cannot be combined with any other promotions. Free standard shipping will apply to entire order and become available under Shipping Method.

# 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 dullness of hair, skin and nails. 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.†



Ultra HNS is the newest formula in the Beauty health category. 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	S.R.P.
201345	90 Vegetarian Capsules	\$38.20

**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†) .....	25 mg	167%
Cynatine® HNS (soluble keratin) .....	500 mg	*
PABA (Para-Aminobenzoic Acid) .....	.75 mg	*
Lemon Bioflavonoid Complex .....	.75 mg	*

\*Daily Value not established.

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

†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.



# BEAUTY

## Collagen Forte Caps

Formula	Size	S.R.P.
99077	300 Capsules	\$37.90

**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 not established.

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

## Hair, Skin and Nails Plus

Formula	Size	S.R.P.
82924	100 Capsules	\$26.70

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

Hair, Skin and Nail Plus Formula is an original formula that supplies beneficial amounts of several vitamins, minerals and other nutrients, specially formulated to support healthy 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 (from Calcium Malate/Citrate/Ascorbate complex).....	80 mg	8%
Iron (as Ferronyl®) .....	7.5 mg	42%
Magnesium (from Magnesium Malate) .....	.55 mg	14%
Zinc (from Zinc Krebs†/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) (Equisetum arvense with silica) .....	325 mg	*
Lecithin (from soy) (granules, high in Phosphatidylcholine) .....	100 mg	*
Gelatin .....	.75 mg	*

\*Daily Value not established.

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

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

## Varitonin™

Formula	Size	S.R.P.
VRT	60 Vegetarian Capsules	\$25.00

**Suggested Usage:** 1 Daily

Varitonin™ 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.†

### 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>Aeculus hippocatanum</i> ), dried extract, min. 20% saponins calculated as aescin		
Hesperidin Methyl Chalcone.....	125 mg.	*
Gotu Kola leaf .....	60 mg.	*
( <i>Centinella asiatica</i> ), dried extract, min. 10% asiaticosides, min. 16% triterpenes		
Butcher's Broom rhizome .....	50 mg.	*
( <i>Ruscus aculeatus</i> ), dried extract, 10% saponins calculated as ruscogenins		

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

# 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.†



## 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 principle investigator of trials published on lutein and zeaxanthin for vision, Dr. Richer has co-formulated a line of vision health supplements with Douglas Laboratories to specifically address age-related visual decline.†

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]

### Ultra Preventive® Vision ● new product

Formula	Size	S.R.P.
202027	120 Vegetarian Capsules	\$50.00

Suggested Usage: 4 Capsules Daily

#### SUPPLEMENT FACTS

Serving Size 4 Vegetarian Capsule • 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-3 (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-6.....	.10 mg 500%
(as Pyridoxine HCl/Pyridoxal-5-Phosphate complex)	
Folate (as L-methylfolate, Metafolin®).....	.400 mcg 100%
Vitamin B-12 (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 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).....	.075 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 not established

\*\*\*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 pure resveratrol †ResVida® is a trademark of DSM.

## Healthy Vision Product Guide

	Ultra Preventive® Vision	Macu-Support	Eye Moisture Support	Ocu-Omega	Lutein
<b>Features</b>	A comprehensive Multivitamin/mineral with high dose Lutein, Zeaxanthin, Antioxidants	Antioxidants, Vitamin C, E, Zinc, Lutein, Zeaxanthin	Quell Fish Oil® EPA/DHA plus GLA, Astaxanthin, Vitamins, Magnesium	Omega-3 fish oil EPA/DHA plus Lutein and 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 age-related macular vision</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> <li>Supports eyes after excess blue light exposure</li> <li>Supports visual performance</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 capsules	3 small capsules	2 oblong softgels	3 liquid-filled capsules	1-3 softgels

To view Dr. Stuart Richer's clinical guidelines for vision support, visit [www.douglaslabs.com](http://www.douglaslabs.com)



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.† Methylated B vitamins in the form of 5-MTHF, methylcobalamin, P-5-P and benfotiamine allow for maximum bioavailability of these nutrients.

†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 ]

**Eye Moisture Support** ● new product

Formula	Size	S.R.P.
202026	120 Vegetarian Capsules	\$40.00

Suggested Usage: 2 Softgels Daily

Eye Moisture Support is a unique dietary supplement for the healthy production of tears and moisture in the eyes.<sup>†</sup> 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 yield a significant amount of GLA. The special addition of astaxanthin, an important carotenoid, helps to further support eye health and systemic regulatory processes.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Capsules • 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 D3.....1,000 IU	250%
Vitamin B6 (as pyridoxine HCl)......25 mg	1250%
Magnesium (from magnesium glycinate)..... 100 mg	25%
Omega-3 Supercritical CO2	
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 not established  
Other ingredients: Sunflower lecithin, beeswax, capsule (gelatin from fish [tilapia], glycerin, water, carob).

[ Formulated by Stuart Richer, O.D., Ph.D., FAAO ]

**Macu-Support** ● new product

Formula	Size	S.R.P.
202023	30 Capsules	\$32.00

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.<sup>†</sup> Macu-support contains important antioxidant nutrients including vitamin C, vitamin E, zinc, lutein and zeaxanthin, and is free of beta-carotene.<sup>†</sup> These important nutrients have shown positive results for vision health in the AREDS 2 trial conducted by the National Eye Institute.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 3 Capsules • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid)..... 500 mg	833%
Vitamin E.....400 IU	1,333%
(as d-alpha tocopheryl succinate)	
Zinc 25 mg..... 167%	
(as zinc monomethionine‡)	
Lutein (from Marigold flower)**.....10 mg	*
Zeaxanthin......2 mg	

\*Daily Value not established.

Other ingredients: Capsule (hydroxypropyl methylcellulose, titanium dioxide), cellulose, vegetable stearate, silica.



\*\*FloraGLO is a registered trademark of Kemin Industries, Inc., USA.

‡ **OptiZinc**® is a trademark of InterHealth Company.

**Lutein**

Formula	Size	S.R.P.
LUT	90 Softgels	\$22.90

Suggested Usage: 1 Softgel 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.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 1 Softgel • Servings Per Container 90

Amount Per Serving	%DV
Vitamin E..... 1 IU	4%
(as d-alpha-tocopherol)	
Lutein......6 mg.	*
Zeaxanthin.....300 mcg.	*

\*Daily Value not established.

Other ingredients: Safflower oil, gelatin (capsule), glycerin, and water.

**Lutein-Plus**

Formula	Size	S.R.P.
83031	60 Capsules	\$57.10

Suggested Usage: 1 Daily

Lutein, an important carotenoid for vision support, is extracted from Marigold flower petals, a potent natural source.<sup>†</sup> In addition, each capsule provides a blend of several green foods including spinach and broccoli that may naturally contain carotenoids.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Lutein (from Marigold flowers).....20 mg	*
Zeaxanthin.....1.3 mg	*
(from Marigold flowers)	
Green base proprietary blend.....35 mg	*
Spinach (leaf), Collard Greens (aerial parts), Turnip (root), Broccoli (whole plant), Celery (seed), Kale (leaf), Radish (root).	

\*Daily Value not established.

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

**Ocu-Omega™**

Formula	Size	S.R.P.
99817	90 Capliques®	\$29.80

Suggested Usage: 3 Daily with meals

Ocu-Omega™ is a Caplique® (liquid-filled, two-piece capsule sealed with a band) containing a novel combination of lutein, zeaxanthin and omega-3 fatty acids from ultra-pure, molecularly distilled fish oil. This formula combines ingredients well regarded for ocular health in a fish (not bovine or porcine) gelatin capsule.†

**SUPPLEMENT FACTS**

Serving Size 3 Capliques® • Servings Per Container 30

Amount Per Serving	%DV
Ultra-Pure Fish Oil Concentrate providing:	
EPA (Eicosapentaenoic acid).....	650 mg. *
DHA (Docosahexaenoic acid).....	350 mg. *
Total Omega-3 Fatty Acids.....	1,200 mg. *
Lutein.....	10 mg. *
Zeaxanthin.....	2 mg. *

\*Daily Value not established.

Other ingredients: Gelatin (capsule, from fish), rosemary extract, mixed tocopherols, ascorbyl palmitate, citric acid and safflower oil.



FloraGlo® Lutein is a Trademark of Kemin Industries, Inc., U.S.A.

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

**OcuTone®**

Formula	Size	S.R.P.
OCU	90 Vegetarian Capsules	\$52.70

Suggested Usage: 1, three times 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 (100% as natural ..... beta-carotene from D. salina)	10,000 IU 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 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.

**SEE HEALTHY AGING  
IN A NEW LIGHT.**



PROTECT VISION. PROMOTE HEALTHY AGING.†

# VITAMINS, MINERALS, AMINO ACIDS

Vitamins, minerals and omega-3 fatty 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. Also, the prevalence of insufficient nutrient intake tends to increase with age. Thirty-five to 40 percent of older adults who do not take supplements have inadequate B-6 intake, and older adults often have difficulty obtaining enough B-12 from their diet. Supplementation with multivitamins, minerals and omega-3 fatty acids can play a valuable role in helping to fill these gaps.†



## VITAMINS



Methyl B12 Plus provides Metafolin® L-methylfolate and vitamin B12 methylcobalamin in a great-tasting tablet that dissolves in the mouth. Methylfolate and methylcobalamin are the predominant forms of B vitamins commonly found in cells that do not require additional conversion in the

body. Methyl B12 Plus dissolvable tablets are sweetened naturally with Xylitol and flavored with natural black cherry and vanilla.

### Methyl B12 Plus

Formula	Size	S.R.P.
201659	90 Tablets	\$16.50

Suggested Usage: 1 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Folate (as L-methylfolate, Metafolin®).....400 mcg	100%
Vitamin B12 (as methylcobalamin).....1,000 mcg	16,667%

\*Daily Value not established.

Other ingredients: Xylitol, hydroxypropyl cellulose, natural black cherry and vanilla flavor, vegetable stearate.

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

## VITAMINS | A

### A-Potene™

Formula	Size	S.R.P.
7993	100 Softgels	\$11.10

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 .....25,000 IU (100% as Beta-Carotene)	500%

\*Daily Value not established.

Other ingredients: Carrot oil, gelatin (capsule), natural glycerin and water.

### Beta-Carotene Dry Capsules

Formula	Size	S.R.P.
7857	100 Capsules	\$16.90

Suggested Usage: 1 Daily

Beta-Carotene dry capsules contain pure, synthetically-derived beta-carotene. Each capsule provides 25,000 I.U. vitamin A activity.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Vitamin A .....25,000 IU (100% as Beta-Carotene)	500%

\*Daily Value not established.

Other ingredient: Gelatin (capsule).

## Vitamin A

Formula	Size	S.R.P.
AV1	100 Softgels	\$8.80

Suggested Usage: 1 Daily

Vitamin A contains 10,000 I.U. per softgel of vitamin A derived from fish liver oil.

#### 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 not established.

Other ingredients: Vegetable (soya) oil, gelatin (capsule), glycerin and purified water.

## VITAMINS | B

### B-1

Formula	Size	S.R.P.
7099	100 Tablets	\$6.30

Suggested Usage: 1 or more daily

B-1 supplies 100 mg of vitamin B-1 in each tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Thiamine..... 100 mg. (Vitamin B-1) (as Thiamine HCl)	6,667%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**B-6**

Formula	Size	S.R.P.
7943	100 Tablets	\$7.70
	250 Tablets	\$16.00

Suggested Usage: 1 or more daily

B-6 supplies 100 mg of Vitamin B-6 (Pyridoxine) in each tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet

Amount Per Serving	%DV
Vitamin B-6 (as Pyridoxine HCl) ..... 100 mg.	5,000%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**B-12**

Formula	Size	S.R.P.
7928	100 Tablets	\$7.70

Suggested Usage: 1 to 2 Daily

Vitamin B-12 tablets supply 500 mcg of Vitamin B-12 in each easy to swallow tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin B-12 (Cyanocobalamin).....500 mcg.	8,333%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

**Vitamin B12**

Formula	Size	S.R.P.
B12	60 Tablets	\$16.70

Suggested Usage: 1 Daily

Vitamin B12 is a dissolvable tablet in the mouth, specially designed to improve absorption and bioavailability of Vitamin B-12.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Vitamin B12 (as cyanocobalamin).....2,500 mcg.	41,667%

\*Daily Value not established.

Other ingredients: Mannitol, stearic acid, magnesium stearate and silica.

**Bio-Plus™**

Formula	Size	S.R.P.
7515	100 Capsules	\$9.90

Suggested Usage: 1 Daily

Bio-Plus™ supplies 100% of the recommended dietary intake for folic acid and biotin in an easy to swallow capsule.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Folic Acid .....400 mcg.	100%
Biotin .....300 mcg.	100%

\*Daily Value not established.

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

**Choline Bitartrate**

Formula	Size	S.R.P.
7426	100 Capsules	\$11.50

Suggested Usage: 1 Daily

Choline Bitartrate supplies 235 mg of choline from choline bitartrate in each capsule.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Choline (from Choline Bitartrate)..... 235 mg.	*

\*Daily Value not established.

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

**Folic Acid**

Formula	Size	S.R.P.
80546	90 Tablets	\$9.10

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 not established.

Other ingredients: Cellulose and vegetable stearate.

**Methyl Folate**

Formula	Size	S.R.P.
201181	60 Tablets	\$17.30

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 approximately 60

Amount Per Serving	%DV
Folate (as L-methylfolate, Metafolin®).....1,000 mcg	250%

\*Daily Value not established

Other ingredients: Cellulose, dicalcium phosphate, croscarmellose sodium, vegetable stearate and silica.

**Methylcobalamin Liquid**

Formula	Size	S.R.P.
200159	30 ml. Liquid	\$14.10

Suggested Usage: 1 dropper (1ml.) daily

Methylcobalamin Liquid provides 1,000 mcg of highly bioavailable vitamin B-12 in a tasty and convenient cherry flavored liquid.

**SUPPLEMENT FACTS**

Serving Size 1 dropper (1ml.) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin B-12 .....1,000 mcg. (methylcobalamin)	16,667%

\*Daily Value not established.

Other ingredients: Purified water, natural glycerin, natural cherry flavor, sodium benzoate, and citric acid.

**Niacin**

Formula	Size	S.R.P.
7977	100 Tablets	\$5.20

Suggested Usage: 1 Daily

Niacin tablets provide 100 mg of pure niacin (nicotinic acid) in a scored uncoated tablet which can be broken in half when a lower dosage is desired.

**SUPPLEMENT FACTS**

Serving Size 1 Bisected Tablet • Servings Per Container 100

Amount Per Serving	%DV
Niacin USP..... 100 mg.	*

\*Daily Value not established.

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

**Niacinamide**

Formula	Size	S.R.P.
7954	100 Capsules	\$9.30

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 not established.

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

**Niacinate**

Formula	Size	S.R.P.
NCT	90 Tablets	\$27.80

Suggested Usage: 1 to 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)..... 540 mg.	2,700%
Inositol (from inositol hexaniacinate).....54 mg.	*

\*Daily Value not established.

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

**Niacinate 400**

Formula	Size	S.R.P.
7580	60 Capsules	\$21.00
	120 Capsules	\$37.70

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

Amount Per Serving	%DV
Niacin (from 515 mg of Inositol Hexaniacinate)..... 400 mg.	2,000%

\*Daily Value not established.

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

**Niatab™ 500**

Formula	Size	S.R.P.
NTB	100 Tablets	\$12.30

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%

Other ingredients: Ethylcellulose, stearic acid, vegetable stearate and silica.

**PABA**

Formula	Size	S.R.P.
81510	100 Capsules	\$15.00

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 not established.

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

**Pantethine**

Formula	Size	S.R.P.
98416	50 Tablets	\$57.90

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-5).

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 50

Amount Per Serving	%DV
Pantethine..... 500 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate, and silica.

**Pantothenic Acid**

Formula	Size	S.R.P.
7919	100 Capsules	\$13.70

Suggested Usage: 1 Daily

Pantothenic Acid supplies 500 mg of pantothenic acid in a convenient capsule form.

**SUPPLEMENT FACTS**

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 not established.

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

### Pyridoxal-5-Phosphate

Formula	Size	S.R.P.
7467	60 Capsules	\$12.30
	100 Capsules	\$19.70

Suggested Usage: 1 Daily

Pyridoxal-5-Phosphate, a biologically active form of vitamin B-6, provides 50 mg of Pyridoxal-5-Phosphate per each capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Pyridoxal-5-Phosphate.....50 mg.	*

\*Daily Value not established.

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

### Riboflavin, B-2

Formula	Size	S.R.P.
81702	60 Capsules	\$11.50

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 not established.

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

## VITAMINS | B COMPLEXES

### Hypo-B-50

Formula	Size	S.R.P.
7911	100 Tablets	\$17.10

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-6 (as Pyridoxine HCl) .....50 mg.	2,500%
Folic Acid .....100 mcg.	25%
Vitamin B-12 .....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 not established.

Other ingredients: Cellulose, alfalfa, watercress, parsley, rice polishings, vegetable stearate and silica.

### B-Complex w/Metafolin® and Intrinsic Factor

Formula	Size	S.R.P.
200765	60 Vegetarian Capsules	\$22.90

Suggested Usage: 1 Daily

B-Complex is unique, including Metafolin®, Methylcobalamin Vitamin B-12, 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-12, 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-12 efficiently.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Thiamine (Vitamin B-1, as Thiamine HCl) .....50 mg.	3,333%
Riboflavin (Vitamin B-2, Riboflavin-5-Phosphate) .....20 mg.	1,176%
Niacin (Vitamin B-3, as Niacinamide).....50 mg.	250%
Vitamin B-6 (as Pyridoxal-5-Phosphate).....20 mg.	1,000%
Folate (as L-methylfolate, Metafolin®).....400 mcg.	100%
Vitamin B-12 (as methylcobalamin).....500 mcg.	8,333%
Biotin .....300 mcg.	100%
Pantothenic Acid (Vitamin B-5, as d-calcium pantothenate).....50 mg.	500%
Intrinsic Factor (from porcine) .....20 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

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

### Stress-B-Plus™

Formula	Size	S.R.P.
7452	90 Tablets	\$18.40

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

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Thiamine (Vitamin B-1).....55 mg	3,667%
Riboflavin (Vitamin B-2).....55 mg	3,235%
Niacinamide.....200 mg	1,000%
Vitamin B-6 (as Pyridoxine HCl) .....55 mg	2,750%
Folic Acid .....400 mcg	100%
Vitamin B-12 (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 not established.

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

### Tri-B-100

Formula	Size	S.R.P.
7913	90 Tablets	\$25.70

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

Serving Size 1 Tablet

Amount Per Serving	%DV
Thiamine..... 100 mg	6,667%
Riboflavin ..... 100 mg	5,882%
Niacinamide..... 100 mg	500%
Vitamin B-6 (as Pyridoxine HCl) ..... 100 mg	5,000%
Folic Acid 400 mcg .....100%	
Vitamin B-12 (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 not established.

Other ingredients: Cellulose, ethylcellulose, dicalcium phosphate, stearic acid, vegetable stearate, and silica.

### Ultra B-Complex Tablets

Formula	Size	S.R.P.
82050	100 Tablets	\$29.00

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-1)	50 mg.	3,333%
Riboflavin (Vitamin B-2)	50 mg.	2,941%
Niacin/Niacinamide	50 mg.	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg.	2,500%
Folic Acid	400 mcg.	100%
Vitamin B-12 (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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### VITAMINS | C

### Ascorbplex 1000™

#### Non-Acid Ascorbate Complex

Formula	Size	S.R.P.
7563	90 Tablets	\$22.60
	180 Tablets	\$38.10

Suggested Usage: 1 Daily

Ascorbplex 1,000 (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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### C-1000

Formula	Size	S.R.P.
81407	100 Capsules	\$14.10
	250 Capsules	\$29.70

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 Capsule

Amount Per Serving		%DV
Vitamin C	1,000 mg.	1,667%
(Ascorbic Acid)		

\*Daily Value not established.

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

### C-Max®

Formula	Size	S.R.P.
7964	90 Tablets	\$26.10

Suggested Usage: 1 Daily

C-Max® supplies 1,500 mg of vitamin C in a time release (6 to 8 hours) tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid)	1,500 mg.	2,500%
Bioflavonoid Complex	150 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, rose hips, vegetable stearate and silica.

### C/Lysine Plus

Formula	Size	S.R.P.
80279	120 Capsules	\$17.80

Suggested Usage: 4 Daily

C/Lysine Plus provides significant amounts of Vitamin C and L-Lysine in capsule form.

#### SUPPLEMENT FACTS

Serving Size 4 Capsules • Servings Per Container 30

Amount Per Serving		%DV
Vitamin C (Ascorbic Acid)	2,000 mg.	3,333%
L-Lysine	1,000 mg.	*

\*Daily Value not established.

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

### Calscorbplex™

#### Powdered Ascorbate Complex

Formula	Size	S.R.P.
7145	8 oz Powder	\$24.70

Suggested Usage: 1 teaspoon daily

Calscorbplex™ supplies 4,000 mg of vitamin C from calcium, magnesium potassium and zinc ascorbates per each heaping teaspoon.

#### SUPPLEMENT FACTS

Serving Size 1 rounded teaspoon (approx 5.2 g)  
Servings Per Container approx. 43

Amount Per Serving		%DV
Vitamin C	4,000 mg	6,667%
Calcium (from Calcium Ascorbate)	490 mg	49%
Zinc (from Zinc Ascorbate)	6 mg	40%
Magnesium (from Magnesium Ascorbate)	4.5 mg	<2%
Potassium (from Potassium Ascorbate)	2 mg	<2%

\*Daily Value not established.

### Effer-C® (Buffered)

Formula	Size	S.R.P.
80120	240 g. Powder	\$25.30

Suggested Usage: 1/2 teaspoon daily

Effer-C® contains vitamin C, specially buffered with calcium, magnesium, and potassium.

#### SUPPLEMENT FACTS

Serving Size 1/2 teaspoon (approx 2.5 g) • Servings Per Container 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 (from potassium bicarbonate/ascorbate complex)	49.5 mg	1%

\*Daily Value not established.

Other ingredients: Citric acid and rose hips.

### Ester-C® Plus

Formula	Size	S.R.P.
7847	100 Capsules	\$24.20

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

Serving Size 1 Capsule

Amount Per Serving	%DV
Vitamin C (from 675 mg Ester-C®).....	530 mg 883%
Calcium (from Calcium Ascorbate).....	.60 mg 6%
Pycnogenol®.....	3 mg *
(pine bark, dried extract)	
Rutin.....	.50 mg *
Bioflavonoids (lemon).....	.50 mg *
Proprietary Blend.....	6 mg *
Quercetin, Echinacea (root) and Beta-Carotene.	

\*Daily Value not established.

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

Ester-C and Ester-C are licensed trademarks of Zila Nutraceuticals, Inc. Manufactured under U.S. Patent Nos. 4,822,816 and 5,070,085 and corresponding foreign patents. Other patents pending.



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	S.R.P.
EST	100 Vegetarian Capsules	\$24.20

Suggested Usage: 2 Daily

Ester-C® Complex capsules contain a non-acidic, calcium ascorbate form of vitamin C combined with a potent citrus bioflavonoid complex.

#### SUPPLEMENT FACTS

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 not established.

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

Ester-C® and Ester-C are licensed trademarks of Zila Nutraceuticals, Inc.

### Natural C

Formula	Size	S.R.P.
7920	100 Tablets	\$15.60
	250 Tablets	\$30.90

Suggested Usage: 1 Daily

Natural C contains 1,000 mg vitamin C with rose hips and an additional amount of bioflavonoid complex.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....	1,000 mg. 1,667%
Bioflavonoid Complex.....	100 mg. *

\*Daily Value not established.

Other ingredients: Rose hips, cellulose, vegetable stearate and silica.

### Natural C Plus 500

Formula	Size	S.R.P.
7090	100 Tablets	\$12.20
	250 Tablets	\$23.90

Suggested Usage: 1 Daily

Natural C Plus 500 tablets provide 500 mg of Vitamin C and an additional bioflavonoid complex.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....	500 mg. 833%
Bioflavonoid complex (including rutin and hesperidin).....	100 mg *
Proprietary blend.....	.21 mg *
Alfalfa, rose hips, acerola (fruit)	

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Orange-Chew™

Formula	Size	S.R.P.
201253	100 Chewable Tablets	\$14.10

Suggested Usage: 1 Daily

Orange-Chew™ 500 mg chewable tablets contain vitamin C buffered with ascorbate. Re-formulated for improved taste and flavor with natural orange and vanilla.

#### SUPPLEMENT FACTS

Serving Size 1 Chewable Tablet • Servings Per Container 100

Amount Per Serving	%DV
Calories.....	.2
Carbohydrates.....	1 g <1%†
Sugars.....	.05 g *
Sugar alcohol (as erythritol).....	.05 g *
Sodium (from sodium ascorbate).....	.50 mg 2%†
Vitamin C.....	500 mg 833%
(buffered with ascorbates)	

†Percent Daily Values are based on a 2000 calorie diet.

\*Daily Value not established

Other Ingredients: Fructose, erythritol, cellulose, natural orange flavor, natural vanilla flavor, silica and vegetable stearate.

### TRC 500

Formula	Size	S.R.P.
7922	250 Capsules	\$30.90

Suggested Usage: 1 Daily

Timed release Vitamin C capsules.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 250

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....	500 mg. 833%

\*Daily Value not established.

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

### Vitamin C

Formula	Size	S.R.P.
82106	100 Tablets	\$11.90

Suggested Usage: 1 Daily

High potency vitamin C in tablet form.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid).....	1,000 mg. 1,667%

\*Daily Value not established.

Other ingredients: Ascorbic acid, cellulose, vegetable stearate and silica.

### Vitamin C Crystals

Formula	Size	S.R.P.
82145	8 oz. Powder	\$19.90

Suggested Usage: 1 teaspoon daily

Vitamin C Crystals contain 100% pure, vitamin C (ascorbic acid) in a powder.

#### SUPPLEMENT FACTS

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 not established.

Other ingredients: None



VITAMINS | D

**D-Replete™**

**A Vitamin D-Repletion Program**

Formula	Size	S.R.P.
66130	2 bottles	\$30.10

**Suggested Usage:** 1 Daily; Finish D-Sorb™, then start Vitamin D 5000IU

D-Replete™ is a supplemental program to help maintain serum vitamin D concentrations of 25(OH)D in the sufficient range, defined as > 50 nmol/L. The program includes 2 bottles of Douglas Laboratories' vitamin D products in one box: D-Sorb™ and Vitamin D 5000 IU. D-Sorb™ is a unique product containing 12,500 IU of vitamin D-3 in a patented, self-assembling nano-colloid system for enhanced absorption.

**D-Sorb™**

**SUPPLEMENT FACTS**

Serving Size 1 Caplique® • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D3 .....12,500 IU	3,125%
(as cholecalciferol)	

\*Daily Value 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** is a registered trademark used with permission.

**Vitamin D 5000 IU**

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....5,000 IU	1,250%

\*Daily Value not established.

Other ingredients: cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate

**D-Sorb™ With VESISORB® Technology**

Formula	Size	S.R.P.
201206	30 Capliques®	\$20.40

**Suggested Usage:** 1 Daily

D-Sorb™ is a Caplique® containing 12,500 IU of vitamin D-3 in a patented, naturally self-assembling nano-colloid system for enhanced absorption.

**SUPPLEMENT FACTS**

Serving Size 1 Caplique® • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D3 .....12,500 IU	3,125%
(as cholecalciferol)	

\*Daily Value 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** is a registered trademark used with permission.

**Liquid D and K**

Formula	Size	S.R.P.
57302	30 ml. Liquid	\$45.40

**Suggested Usage:** 1 dropper (1.ml) daily

Liquid D and K is a unique, great tasting liquid supplying significant amounts of vitamins K-1 and K-2 as well as vitamin D-3 to support optimal bone health.†

**SUPPLEMENT FACTS**

Serving Size 1 Dropper (1 ml) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol) .....1,000 IU	250%
Vitamin K.....1,545 mcg.	1,931%
as	
Vitamin K-2 (MK-4).....1 mg. (1,000 mcg)	
Vitamin K-1 .....500 mcg.	
Vitamin K-2 (MK-7, as MenaQ7) [from soy] .....45 mcg.	

\*Daily Value not established.

Other ingredients: Water, medium chain triglycerides, sunflower oil, cellulose, natural vanilla flavor, xanthan gum, potassium sorbate and stevia.

**MenaQ7** Mena Q7™ is a trademark of NattoPharma, Norway. Patents Pending.

**Liquid Vitamin D-3**

Formula	Size	S.R.P.
200039	30 ml. Liquid	\$23.30

**Suggested Usage:** 1 dropper (1.ml) daily

Liquid Vitamin D-3 is a unique, neutral tasting, sugar free liquid supplying 10,000 I.U. of natural vitamin D-3.

**SUPPLEMENT FACTS**

Serving Size 1 dropper (1 ml) • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....10,000 IU	2,500%

\*Daily Value not established.

Other ingredients: Medium chain triglycerides.

**Vitamin D 1000 IU**

Formula	Size	S.R.P.
83007	100 Tablets	\$6.20

**Suggested Usage:** 1 Daily

Vitamin D contains 1,000 I.U. of natural vitamin D-3 per tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....1,000 IU	250%

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

**Vitamin D 5000 IU**

Formula	Size	S.R.P.
200562	100 Tablets	\$11.60

**Suggested Usage:** 1 Daily

Vitamin D contains 5000 IU of vitamin D-3 per tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....5,000 IU	1,250%

\*Daily Value not established.

Other ingredients: cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate

VITAMINS | E

**E-400**

Formula	Size	S.R.P.
7098	100 Softgels	\$34.00

**Suggested Usage:** 1 Daily

Vitamin E softgel with 400 I.U. natural vitamin E for antioxidant protection and cardiovascular support.†

**SUPPLEMENT FACTS**

Serving Size 1 Softgel

Amount Per Serving	%DV
Vitamin E (as d-alpha Tocopheryl Acetate) .....400 IU	1,333%

\*Daily Value not established.

Other ingredients: Water and gelatin (capsule).

**E-400 Dry Caps**

Formula	Size	S.R.P.
80400	90 Capsules	\$34.00

**Suggested Usage:** 1 Daily

E-400 Dry Caps contain a vitamin E formula of natural d-alpha tocopheryl succinate which assures superior antioxidant protection.†

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Vitamin E .....400 IU	1,333%
(as Vitamin E, natural, d-alpha Tocopheryl Succinate)	

\*Daily Value not established.

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

### Natural Vitamin E Complex

Formula	Size	S.R.P.
81316	100 Softgels	\$30.00

Suggested Usage: 1 Daily

Natural Vitamin E Complex 400 I.U. contains pure, natural, mixed tocopherols including alpha, beta, gamma and delta tocopherols which assure superior antioxidant protection.†

#### SUPPLEMENT FACTS

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 not established.

Other ingredients: Soybean oil, gelatin (capsule), water and glycerin.

### Nutri-E 400™ Forte

Formula	Size	S.R.P.
98540	60 Softgels	\$36.00

Suggested Usage: 1 Daily

Nutri E-400™ Forte contains 400 I.U. 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

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 not established.

Other ingredients: Gelatin (capsule), glycerin and water.

### Selenium + Vitamin E

Formula	Size	S.R.P.
7905	90 Softgels	\$30.00

Suggested Usage: 1 Daily

Selenium + Vitamin E supply 400 I.U. 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 .....400 IU	1,333%
(d-alpha Tocopherol)	
Selenium.....50 mcg.	71%

\*Daily Value not established.

Other ingredients: Gelatin (capsule), soy oil and water.

### Tri-En-All 400

Formula	Size	S.R.P.
98738	60 Softgels	\$43.40

Suggested Usage: 1 or 2 Daily

Tri-En-All 400 contains 400 I.U. 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

Serving Size 1 Softgel Capsule • 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 not established.

Other ingredients: Gelatin (capsule), glycerin and water.

### VITAMINS | K

### Vitamin K2

Formula	Size	S.R.P.
200913	60 Vegetarian Capsules	\$27.80

Suggested Usage: 1 Daily

Vitamin K2 supplies a significant amount of biologically active vitamin K-2 in the form of menaquinone-7 (MK-7). This product is soy free and derived from plant-based geraniol and farnesol.

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 60

Amount Per Serving	%DV
Vitamin K2.....90 mcg.	113%
(as menaquinone-7)	

\*Daily value not established.

Other Ingredients: Cellulose, vegetable stearate, calcium citrate and silica

[ Formulated by Theodore S. Piliszek M.D. ]

### K2-D3 With Astaxanthin

● new product

Formula	Size	S.R.P.
202114	30 Vegetarian Capsules	\$32.00

Suggested Usage: 1 Daily

K2-D3 supplies a significant amount of biologically active vitamin K-2 in the form of menaquinone-7 (MK-7) (soy-free) with Vitamin D-3 for cardiovascular and bone health.† The addition of Astaxanthin, a powerful antioxidant, helps to further support healthy oxidative stress biomarkers to the vascular and systemic systems.†

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3 (cholecalciferol).....2,500 IU	625%
Vitamin K-2 (as menaquinone-7).....180 mcg	225%

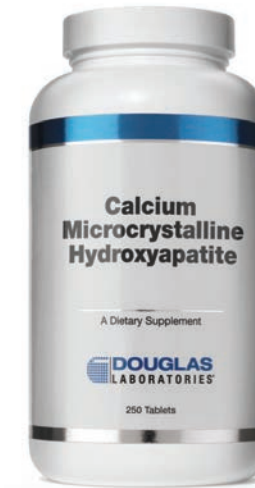
Astaxanthin .....2 mg \*

(Supercritical CO2 extract of Haematococcus pluvialis, entire plant)

\*Daily value 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	S.R.P.
83018	90 Tablets	\$16.40
	250 Tablets	\$39.10

Suggested Usage: 2 to 4 Daily

#### SUPPLEMENT FACTS

Serving Size 2 Tablets

Amount Per Serving	%DV
Calcium..... 500 mg	50%
(from Microcrystalline Hydroxyapatite)	
Phosphorus..... 260 mg	26%
(from Microcrystalline Hydroxyapatite)	
Microcrystalline Hydroxyapatite..... 2,000 mg	*
Boron (as Boron Citrate/Aspartate) .....5 mg	*

\*Daily Value not established.

Other Ingredients: Cellulose, hydroxypropyl cellulose, carboxymethylcellulose, stearic acid, vegetable stearate and silica.

MINERALS | **CALCIUM FORMULAS**

**Calcium Citrate**

Formula	Size	S.R.P.
7409	100 Tablets	\$8.40
	250 Tablets	\$14.10

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.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 1 Tablet

Amount Per Serving	%DV
Calcium (from Calcium Citrate) ..... 250 mg.	25%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate, and silica.

**Microcrystalline Calcium**

Formula	Size	S.R.P.
7399	100 Capsules	\$12.00

Suggested Usage: 1 Daily

Microcrystalline Calcium is a dietary supplement prepared from whole bone's microcrystalline hydroxyapatite that is rich in calcium, phosphorus, boron, bone matrix proteins, amino acids, and glycosaminoglycans in their natural forms and physiological ratios.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Calcium..... 125 mg. (from whole bone microcrystalline hydroxyapatite complex)	13%
Phosphorus..... 64 mg. (from whole bone microcrystalline hydroxyapatite complex)	6%
Boron (from Boron Citrate) ..... 1 mg.	*

\*Daily Value not established.

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

MINERALS | **CAL/MAG FORMULAS**

**Cal/Mag 1001**

Formula	Size	S.R.P.
1001	90 Tablets	\$12.00
	180 Tablets	\$21.70

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-3 are also included to assist the body in maintaining healthy bone structure.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 3 Tablets

Amount Per Serving	%DV
Vitamin C ..... 150 mg.	250%
Vitamin D-3..... 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 (from 150 mg Glutamic Acid HCl) ..... 150 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

**Cal/Mag 2001**

Formula	Size	S.R.P.
2001	90 Tablets	\$12.00
	180 Tablets	\$21.70

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-3 are also included to assist the body in maintaining healthy bone structure.<sup>†</sup>

**SUPPLEMENT FACTS**

Serving Size 3 Tablets

Amount Per Serving	%DV
Vitamin C ..... 150 mg	250%
Vitamin D-3..... 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 (from 150 mg Glutamic Acid HCl) ..... 120 mg	*

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

**Cal/Mag Citrate**

Formula	Size	S.R.P.
7471	250 Capsules	\$27.20

Suggested Usage: 1 Daily

Cal/Mag Citrate Capsules supply bioavailable calcium and magnesium in citrate form.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule

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 not established.

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

**Calcigard® One-To-One Plus Vitamin D**

Formula	Size	S.R.P.
CA4	90 Tablets	\$13.20

Suggested Usage: 2 Daily

Calcigard® One-to-One provides equal amounts of calcium as calcium citrate, and magnesium as amino acid chelate, both with excellent bioavailability.

**SUPPLEMENT FACTS**

Serving Size 2 Tablets • Servings Per Container 45

Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)..... 50 IU	13%
Calcium (as citrate/carbonate complex) ..... 250 mg.	25%
Magnesium (as magnesium amino acid chelate)..... 250 mg.	63%

\*Daily Value not established.

Other ingredients: Cellulose, hydroxypropyl cellulose, stearic acid, L-glutamic acid, carboxymethylcellulose, vegetable stearate and silica.

MINERALS | **CHROMIUM FORMULAS**

**Chromium**

Formula	Size	S.R.P.
7411	100 Tablets	\$7.40

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 not established.

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

### Chromium Picolinate

Formula	Size	S.R.P.
7417	100 Capsules	\$13.20

Suggested Usage: 1 Daily

Chromium Picolinate 250 mcg is a trace element supplement that contains 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 not established.

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



Supplement your life.™

### Dual-Source Chromium

Formula	Size	S.R.P.
7427	90 Capsules	\$14.50

Suggested Usage: 1 Daily

Dual Source Chromium supplies 300 mcg of dietary chromium in two highly bioavailable forms, chromium polynicotinate and chromium picolinate.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Chromium .....300 mcg. (from chromaX* Chromium Polynicotinate and Chromium Picolinate)	250%

\*Daily Value not established.

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

\*Trademark of Nutrition 21

### Chromium-GTF

Formula	Size	S.R.P.
80240	100 Capsules	\$13.20

Suggested Usage: 1 Daily

Chromium-GTF 400 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%

**CHROMEMATE**

\*Daily Value not established.

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

### Chromium-GTF 200

Formula	Size	S.R.P.
200063	100 Vegetarian Capsules	\$9.40

Suggested Usage: 1 Daily

Chromium-GTF 200 is a trace element supplement that contains chromium bound to nicotinic acid. Each 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%

**CHROMEMATE**

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

### MINERALS | MAGNESIUM FORMULAS

### Amino-Mag 200™

Formula	Size	S.R.P.
MAG	100 Tablets	\$13.90

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 ..... 200 mg. (as magnesium amino acid chelate)	50%

\*Daily Value not established.

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

### Chelated Magnesium

Formula	Size	S.R.P.
7033	100 Tablets	\$7.40

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 ..... 100 mg. (from Magnesium Amino Acid Chelate)	25%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Liquid Magnesium

Formula	Size	S.R.P.
57622	8 oz Liquid	\$24.20

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 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	S.R.P.
7405	100 Capsules	\$11.10
	250 Capsules	\$22.50

Suggested Usage: 1 Daily

Magnesium Aspartate capsules deliver 100 mg of elemental magnesium in their bioavailable aspartate forms.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Magnesium (from Magnesium Aspartate) ..... 100 mg.	25%

\*Daily Value not established.

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

### Magnesium Aspartate 2X

Formula	Size	S.R.P.
81285	100 Tablets	\$20.30
	250 Tablets	\$36.40

Suggested Usage: 1 Daily

Magnesium Aspartate delivers 200 mg of elemental magnesium and 99 mg of elemental potassium per tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Magnesium (from Magnesium Aspartate/Oxide Complex) ... 200 mg.	50%
Potassium (from Potassium Aspartate/Chloride Complex) .....99 mg.	2%

\*Daily Value not established.

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

### Magnesium Citrate

Formula	Size	S.R.P.
85045	90 Capsules	\$12.60

Suggested Usage: 1 to 3 Daily

Magnesium Citrate supplies 150 mg of elemental magnesium from bioavailable magnesium citrate in each convenient capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 90

Amount Per Serving	%DV
Magnesium (from Magnesium Citrate)..... 150 mg.	38%

\*Daily Value not established.

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

### Magnesium Glycinate

Formula	Size	S.R.P.
7575	120 Tablets	\$19.10
	240 Tablets	\$36.00

Suggested Usage: 1 to 2 Daily

Magnesium Glycinate supplies 100 mg of elemental magnesium from a magnesium glycinate/chelate complex in an easy to swallow tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Serving	%DV
Magnesium (from Magnesium Glycinate)..... 100 mg.	25%

\*Daily Value not established.

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

### Magnesium Oxide

Formula	Size	S.R.P.
81201	100 Capsules	\$6.60
	250 Capsules	\$13.20

Suggested Usage: 1 Daily

Magnesium Oxide supplies 300 mg of elemental magnesium from magnesium oxide in each capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Magnesium (from 500 mg Magnesium Oxide)..... 300 mg.	75%

\*Daily Value not established.

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

### Magnesium Taurate 400

Formula	Size	S.R.P.
83071	120 Tablets	\$19.10

Suggested Usage: 2 to 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

Serving Size 4 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Magnesium ..... 400 mg. (from Magnesium Taurate Complex, fully reacted)	100%

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

### Magnesium/Potassium Complex

Formula	Size	S.R.P.
7400	100 Capsules	\$14.50
	250 Capsules	\$33.80

Suggested Usage: 1 Daily

Magnesium/Potassium Complex delivers 90 mg of elemental magnesium and 90 mg of elemental potassium in each capsule.

#### SUPPLEMENT FACTS

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 not established.

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

### Mg-K Aspartate

Formula	Size	S.R.P.
MGK	100 Tablets	\$13.00

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 not established.

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

## MINERALS | IRON FORMULAS

### Amino-Iron™

Formula	Size	S.R.P.
FEC	100 Tablets	\$8.80

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 not established.

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

**Ferronyl® with Vitamin C**

Formula	Size	S.R.P.
7035	60 Tablets	\$12.00

Suggested Usage: 2 Daily

Ferronyl® 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**

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin C (Ascorbic Acid) ..... 200 mg.	333%
Vitamin E ..... 30 IU (as d-alpha Tocopheryl Acetate distilled from vegetable oils)	100%
Thiamine..... 6 mg.	400%
Riboflavin ..... 8 mg.	471%
Niacinamide (from Niacinamide Ascorbate) ..... 30 mg.	150%
Vitamin B-6 (as Pyridoxine HCl) ..... 4 mg.	200%
Folate ..... 100 mcg.	25%
Vitamin B-12 ..... 50 mcg.	833%
Pantothenic Acid (as d-Calcium Pantothenate)..... 25 mg.	250%
Iron (from Ferronyl® as Iron Carbonyl)..... 54 mg.	300%
Choline (from 25 mg Choline Bitartrate) ..... 12 mg.	*
Glycine..... 200 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

**Time Released Iron**

Formula	Size	S.R.P.
7962	90 Tablets	\$11.10

Suggested Usage: 2 Daily

Time 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**

Serving Size 2 Tablets • Servings Per Container 45

Amount Per Serving	%DV
Iron (from Ferronyl® [as Iron Carbonyl]) ..... 54 mg.	300%

\*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

MINERALS | **SELENIUM FORMULAS**

**Hypo-Selenium**

Formula	Size	S.R.P.
7449	90 Tablets	\$12.00

Suggested Usage: 1 Daily

Hypo-Selenium contains 200 mcg of bioavailable selenium per each tablet.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Selenium ..... 200 mcg. (Krebs®/chelate, yeast free, organically bound in kelp)	286%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

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

**Opti-SEL™**

Formula	Size	S.R.P.
SEL	100 Tablets	\$7.40

Suggested Usage: 1 Daily

Opti-Sel™ is a dietary supplement of selenium in two forms: as the amino acid selenomethionine and as inorganic sodium selenate. Each tablet delivers 200 mcg of elemental selenium.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Selenium ..... 200 mcg. (as sodium selenate, 150 mcg, and asselenomethionine, 50 mcg)	286%

\*Daily Value not established.

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

**Selenium Plus**

Formula	Size	S.R.P.
81802	90 Capsules	\$14.50

Suggested Usage: 1 Daily

Selenium is an essentially important trace element in humans. Formulated with Vitamin E and Vitamin C for 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 Amino Acid Chelate)..... 200 mcg.	286%

\*Daily Value not established.

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

**Seleno-Methionine**

Formula	Size	S.R.P.
7422	100 Capsules	\$14.50
	250 Capsules	\$29.20

Suggested Usage: 1 Daily

Seleno-Methionine contains 200 mcg of bioavailable selenium per capsule.

**SUPPLEMENT FACTS**

Serving Size 1 Capsule

Amount Per Serving	%DV
Selenium ..... 200 mcg.	*

\*Daily Value not established.

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

MINERALS | **ZINC FORMULAS**

**Opti-Zinc™ 30**

Formula	Size	S.R.P.
200061	90 Vegetarian Capsules	\$13.20

Suggested Usage: 1 Daily

Opti-Zinc™ vegetarian capsules supply elemental zinc monomethionine, a chemically defined, patented organic compound which provides zinc and the amino acid methionine.

**SUPPLEMENT FACTS**

Serving Size 1 Vegetarian Capsule • Servings Per Container 90

Amount Per Serving	%DV
Zinc (from Zinc Monomethionine) ..... 30 mg.	200%

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.

OptiZinc™ is a trademark of InterHealth Company.

**Zinc Chelate**

Formula	Size	S.R.P.
7104	100 Tablets	\$7.40

Suggested Usage: 1 Daily

Zinc 50 mg. Chelate tablets provide a significant amount of zinc, an essential mineral. Absorbability of this formulation is enhanced by the chelation of zinc with gluconic acid.

**SUPPLEMENT FACTS**

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Zinc ..... 50 mg. (from 400 mg Zinc Gluconate in chelated combination)	333%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Zinc Lozenges

Formula	Size	S.R.P.
ZNL	100 Lozenges	\$11.10

Suggested Usage: 1 Daily

Zinc Lozenges supply bioavailable zinc, sweetened with sorbitol and flavored with natural orange extracts. Each tablet 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 not established.

Other ingredients: Sorbitol, citric acid, natural orange flavor, and vegetable stearate.

### Zinc Picolinate

Formula	Size	S.R.P.
ZNP	100 Tablets	\$9.60

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 not established.

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

### Zinc Picolinate

Formula	Size	S.R.P.
7440	100 Capsules	\$14.50

Suggested Usage: 1 Daily

Zinc Picolinate capsules supplies 50 mg of zinc from zinc picolinate complex.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Zinc (from Zinc Picolinate) .....50 mg.	333%

\*Daily Value not established.

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

## MINERALS | OTHER MINERALS

### Basic Minerals™

Formula	Size	S.R.P.
BMN	180 Capsules	\$22.50

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

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 vandy sulfate) .....39 mcg.	*
Boron (as boron aspartate-citrate) .....2 mg.	*

\*Daily Value not established.

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

**CHROMEMATE®** ChromeMate® brand of yeast-free chromium polynicotinate

### Boron Plus

Formula	Size	S.R.P.
7406	250 Tablets	\$9.60

Suggested Usage: 1 Daily

Boron Plus supplies 6 mg of bioavailable boron per serving.

#### SUPPLEMENT FACTS

Serving Size 3 Tablets • Servings Per Container 83

Amount Per Serving	%DV
Boron (from Boron Aspartate/Citrate) .....6 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Copper

Formula	Size	S.R.P.
7020	100 Capsules	\$5.70

Suggested Usage: 1 Daily

Amino acid chelate copper is an essential trace element and functions as a cofactor of many enzymes involved in antioxidant defense, connective tissue metabolism, and amine metabolism.†

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Copper (from Copper Amino Acid Chelate).....2 mg.	100%

\*Daily Value not established.

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

### Kelife™ Iodine

Formula	Size	S.R.P.
7973	100 Tablets	\$7.40

Suggested Usage: 1 Daily

Kelife™ (Norwegian Seaweed) Iodine tablets contain 500 mg of processed seaweed harvested from the cold, clean, nutrient rich waters of the North Atlantic. Seaweed is not only rich in iodine and other minerals, but also in immuno-modulating polysaccharides.†

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Iodine (from Seaweed).....250 mcg.	167%
Norwegian Seaweed ( <i>Ascophyllum nodosum</i> ) .....500 mg.	*

\*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, povidone, vegetable stearate, silica.

### MSM Capsules Fundamental Sulfur

Formula	Size	S.R.P.
MSMC	100 Capsules	\$23.40

Suggested Usage: 3 Daily

Fundamental Sulfur Capsules (MSM) 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 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	S.R.P.
MSM	100 Tablets	\$21.70

Suggested Usage: 3 Daily

Fundamental Sulfur (MSM) tablets contain 500 mg of methylsulfonyl-methane (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 not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate, silica, and ethylcellulose. †Krebs = Citrate, Fumarate, Malate, Glutarate, and Succinate Complex

Fundamental Sulfur supplies an organically bound form of the mineral sulfur, an important component of connective tissues, hair, skin, and proteins.†

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	S.R.P.
7101	90 Tablets	\$8.80

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 (from Manganese Amino Acid Chelate)..... 16.7 mg.	835%

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### Mega-Min

Formula	Size	S.R.P.
7999	60 Tablets	\$14.50

Suggested Usage: 2 Daily

Mega-Min is a comprehensive mineral formula high in calcium, magnesium and other important minerals, including iron.

#### SUPPLEMENT FACTS

Serving Size 2 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Vitamin D-3.....400 IU	100%
Calcium (from calcium carbonate)..... 1000 mg	100%
Iron (from Ferronyl® as Iron Carbonyl).....30 mg	167%
Iodine (from Kelp).....150 mcg	100%
Magnesium (from magnesium oxide)..... 500 mg	125%
Zinc (from zinc oxide).....22.5 mg	150%
Selenium (from Selenium Krebs).....100 mcg	143%
Copper (from Copper Chelate).....3 mg	150%
Manganese (from manganese sulfate).....10 mg	500%
Chromium (from Chromium Chelate).....200 mcg	167%
Potassium (from potassium chloride).....95 mg	2%
Betaine HCl..... 100 mg	*
Glutamic Acid..... 100 mg	*

\*Daily Value not established.

Other Ingredients: Cellulose, carboxymethylcellulose, stearic acid, vegetable stearate and silica.

### Molybdenum

Formula	Size	S.R.P.
MOC	100 Tablets	\$7.40

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 not established.

Other ingredients: Cellulose, stearic acid, magnesium stearate, silica and pharmaceutical glaze.

### Molybdenum

Formula	Size	S.R.P.
81216	60 Capsules	\$12.00

Suggested Usage: 1 Daily

Molybdenum 500 mcg from Molybdenum Krebs complex of Citrate, Fumarate, Malate, Glutarate, and Succinate.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
Molybdenum (from Molybdenum Krebs- Citrate, Fumarate, Malate, Glutarate, Succinate Complex).....500 mcg.	667%

\*Daily Value not established.

Other ingredients: Capsule (gelatin, bovine), Cellulose, vegetable stearate, silica

### Potassium 99 mg Chelated

Formula	Size	S.R.P.
7109	100 Capsules	\$11.40

Suggested Usage: 1 Daily

Potassium 99 mg Chelated capsules supplies 99 mg of elemental potassium chelate complex.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
Potassium (from Potassium Krebs/ amino acid chelate complex).....99 mg.	2%

\*Daily Value not established.

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

tKrebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

### Spectramin Chelate

Formula	Size	S.R.P.
7986	90 Tablets	\$16.90

Suggested Usage: 1 to 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

Serving Size 3 Tablets • Servings Per Container 30

Amount Per Serving	%DV
Calcium (from Calcium Krebs/Carbonate)..... 450 mg	45%
Iodine (from Potassium Iodide).....150 mcg	100%
Magnesium (from Magnesium Krebs/Oxide)..... 190 mg	48%
Zinc (from Zinc Krebs).....18 mg	120%
Selenium (from Selenium Krebs).....200 mcg	286%
Copper (from Copper Krebs)..... 1.25 mg	63%
Manganese (from Manganese Krebs).....30 mg	1,500%
Chromium GTF.....300 mcg	250%
Molybdenum (from Molybdenum Krebs).....50 mcg	67%
Potassium (from Potassium Krebs/Chloride).....99 mg	2%
Silicon (as silicon dioxide).....2 mg	*
Vanadium (from Vanadium Krebs).....75 mcg	*
Boron (from Boron Citrate).....100 mcg	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

tKrebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex

### Vanadium Krebs

Formula	Size	S.R.P.
82109	60 Tablets	\$6.10

Suggested Usage: 1 Daily

Vanadium Krebs supplies 250 mcg of elemental vanadium in each tablet.

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 60

Amount Per Serving	%DV
Vanadium (from Vanadium Krebs).....250 mcg.	*

\*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

tKrebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

### Vanadyl Sulfate

Formula	Size	S.R.P.
VDL	90 Tablets	\$12.00

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

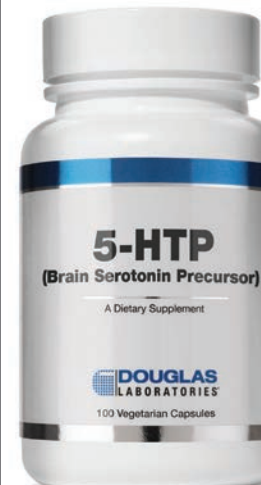
Serving Size 1 Tablet • Servings Per Container 90

Amount Per Serving	%DV
Vanadium (from 7.5 mg Vanadyl Sulfate).....1.4 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose, stearic acid, magnesium 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 (Brain Serotonin Precursor)

Formula	Size	S.R.P.
5HTP	100 Vegetarian Capsules	\$44.20

Suggested Usage: 1 Daily

#### SUPPLEMENT FACTS

Serving Size 1 Vegetarian Capsule • Servings Per Container 100

Amount Per Serving	%DV
L-5-Hydroxytryptophan.....50 mg.	*

\*Daily Value not established.

Other ingredients: Cellulose and vegetable stearate.



### 5-HTP Plus

Formula	Size	S.R.P.
85073	60 Vegetarian Capsules	\$46.50

**Suggested Usage:** 1 daily

5-HTP Plus 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 neurotransmitters 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	
L-Tyrosine, L-Glutamine.....	50 mg. *

\*Daily Value not established.

Other ingredients: Cellulose and silica.

### Acetyl-L-Carnitine

Formula	Size	S.R.P.
82730	60 Capsules	\$21.10
	120 Capsules	\$39.80

**Suggested Usage:** 1 Daily

Acetyl-L-Carnitine capsules each contain 500 mg of pure acetyl-L-carnitine.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
Acetyl L-Carnitine.....	500 mg. *

\*Daily Value not established.

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

### Amino-Gram Forte™

Formula	Size	S.R.P.
201252	100 Tablets	\$16.40

**Suggested Usage:** 1 Daily

Amino-Gram Forte™ tablets contain a nutritionally balanced mixture of essential, conditionally essential, and important non-essential amino acids naturally occurring in lactalbumin hydrolysate (milk).

#### SUPPLEMENT FACTS

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
L-Lysine†.....	148 mg *
L-Histidine†.....	30 mg *
L-Arginine†.....	39 mg *
L-Aspartic.....	74 mg *
L-Threonine†.....	41 mg *
L-Serine.....	53 mg *
L-Glutamic.....	230 mg *
L-Proline.....	110 mg *
L-Alanine.....	34 mg *
L-Cystine.....	9.4 mg *
L-Valine†.....	71.5 mg *
L-Methionine†.....	32 mg *
L-Isoleucine†.....	59 mg *
L-Tyrosine.....	16 mg *
L-Leucine†.....	102.1 mg *
L-Phenylalanine†.....	22 mg *
L-Tryptophan† (naturally occurring).....	13 mg *
L-Cysteine.....	10 mg *
L-Glutamine.....	15.3 mg *
Taurine.....	10.7 mg *

\*Daily Value not established.

†One of 10 essential Amino Acids.

Other Ingredients: Lactalbumin hydrolysate (milk), cellulose, dicalcium phosphate, vegetable stearate, L-Carnitine, silica, water, polyvinyl alcohol, polyethylene glycol, magnesium silicate and polysorbate 80.

### AminoBlend™

Formula	Size	S.R.P.
201996	100 Capsules	\$52.70

**Suggested Usage:** 1 to 6 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 not established.

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

### Creatine Monohydrate

Formula	Size	S.R.P.
903009	8 oz. Powder	\$21.20

**Suggested Usage:** 1/4 teaspoon daily

Creatine Monohydrate supplies pure, high-quality creatine.

#### SUPPLEMENT FACTS

Serving Size 1/4 teaspoon • Servings Per Container 300

Amount Per Serving	%DV
Creatine Monohydrate.....	750 mg. *

\*Daily Value not established.

### Free Form Amino Caps

Formula	Size	S.R.P.
82005	100 Capsules	\$21.70

**Suggested Usage:** 1 daily

Free Form Amino Acid 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
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 not established.

Other ingredients: Gelatin (capsule) and vegetable stearate.

### GABA

Formula	Size	S.R.P.
80611	60 Capsules	\$18.30

**Suggested Usage:** 1 daily

GABA supplies 500 mg of gamma amino butyric acid per each capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
GABA (Gamma Amino Butyric Acid).....	500 mg. *

\*Daily Value not established.

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

### Glycine

Formula	Size	S.R.P.
7934	60 Capsules	\$13.20

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 not established.

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

### L-Arginine

Formula	Size	S.R.P.
7932	60 Capsules	\$10.60

Suggested Usage: 1 Daily

L-Arginine capsules contain 500 mg pure, crystalline L-arginine.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Arginine..... 500 mg.	*

\*Daily Value not established.

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

### L-Arginine

Formula	Size	S.R.P.
ARG	100 Capsules	\$19.70

Suggested Usage: 1 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 not established.

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

### L-Carnitine

Formula	Size	S.R.P.
R250	60 Capsules	\$22.20
	100 Capsules	\$36.30

Suggested Usage: 1 Daily

L-Carnitine supplements supply pure, natural L-carnitine in capsule form.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
L-Carnitine..... 250 mg.	*

\*Daily Value not established.

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

### L-Carnosine

Formula	Size	S.R.P.
98731	30 Capsules	\$28.70

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 not established.

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

### L-Cystine

Formula	Size	S.R.P.
7933	60 Capsules	\$17.80

Suggested Usage: 1 Daily

L-Cystine supplies 500 mg of the amino acid L-cystine in each gelatin capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Serving	%DV
L-Cystine ..... 500 mg.	*

\*Daily Value not established.

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

### L-Glutamine

Formula	Size	S.R.P.
7940	60 Capsules	\$10.70

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 not established.

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

### L-Glutamine + FOS Powder

Formula	Size	S.R.P.
80697	250 g. Powder	\$55.20

Suggested Usage: 1 teaspoon

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
Total Carbohydrate ..... 1.5 g	<1%
L-Glutamine ..... 2.5 g	*
FOS (fructooligosaccharides) ..... 1.5 g	*

\*Daily Value not established.

NutraFlora™

### L-Glutamine Powder

Formula	Size	S.R.P.
907101	250 g. Powder	\$63.60

Suggested Usage: 1 teaspoon

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 not established.

### L-Glutathione

Formula	Size	S.R.P.
83072	60 Capsules	\$67.50

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

Amount Per Serving	%DV
L-Glutathione (reduced)..... 250 mg.	*

\*Daily Value not established.

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

### L-Histidine

Formula	Size	S.R.P.
7935	60 Capsules	\$25.50

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 not established.

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

### L-Lysine

Formula	Size	S.R.P.
7944	100 Capsules	\$10.70
	250 Capsules	\$21.70

Suggested Usage: 1 daily

L-Lysine supplies 500 mg of the amino acid in each capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
L-Lysine HCl.....	500 mg. *

\*Daily Value not established.

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

### L-Methionine

Formula	Size	S.R.P.
7937	60 Capsules	\$20.30

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 not established.

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

### L-Ornithine

Formula	Size	S.R.P.
7938	60 Capsules	\$19.10

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.....	500 mg. *

\*Daily Value not established.

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

### L-Phenylalanine

Formula	Size	S.R.P.
7945	90 Capsules	\$18.40

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 not established.

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

### L-Proline

Formula	Size	S.R.P.
7948	60 Capsules	\$31.50

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 not established.

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

### L-Serine

Formula	Size	S.R.P.
7939	60 Capsules	\$37.90

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 not established.

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

### L-Taurine

Formula	Size	S.R.P.
TAU	100 Vegetarian Capsules	\$14.50

Suggested Usage: 1 to 3 daily

L-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 not established.

Other ingredients: Cellulose, vegetable stearate and silica.

### L-Threonine

Formula	Size	S.R.P.
7946	60 Capsules	\$21.70

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 not established.

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

### L-Tyrosine

Formula	Size	S.R.P.
7549	100 Capsules	\$28.20

Suggested Usage: 1 Daily

L-Tyrosine supplies 500 mg of L-tyrosine in each gelatin capsule.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule • Servings Per Container 100

Amount Per Serving	%DV
L-Tyrosine.....	500 mg. *

\*Daily Value not established.

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

### L-Tryptophan

Formula	Size	S.R.P.
200448	60 Vegetarian Capsules	\$37.70

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.<sup>†</sup>

This unique formula contains necessary cofactors to ensure the proper synthesis of serotonin.<sup>†</sup>

- Supports healthy mood and restful sleep<sup>†</sup>
- Contains pure L-tryptophan

#### SUPPLEMENT FACTS

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 B6 (as pyridoxal-5-phosphate).....	10 mg. 500%
L-Tryptophan (as <i>TryptoPure</i> ®).....	1,000 mg. *
Bioperine® (Black pepper extract, fruit).....	5 mg. *

\*Daily Value not established.

Other ingredients: Cellulose and silica.

*TryptoPure*® is a registered trademark of Ajinomoto AminoScience, LLC. Bioperine® is a registered trademark of Sabinsa Corporation.

### Max Carnitine

Formula	Size	Formula
R500	60 Capsules	\$50.10
	100 Capsules	\$81.60

Suggested Usage: 1 daily

Max-Carnitine supplements supply pure, natural L-carnitine in capsule form.

#### SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Serving	%DV
L-Carnitine.....	500 mg. *

\*Daily Value not established.

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

### N-Acetyl-L-Cysteine

Formula	Size	S.R.P.
200062	90 Vegetarian Capsules	\$25.00

Suggested Usage: 1 to 4 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 not established.

Other ingredients: Cellulose, vegetable stearate and magnesium silicate.

### N-Acetyl-L-Cysteine

Formula	Size	S.R.P.
7430	90 Capsules	\$39.10

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 not established.

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

### Tri-Amino™

Formula	Size	S.R.P.
7510	100 Capsules	\$36.40

Suggested Usage: 4 Daily

Tri-Amino™ includes significant amounts of the amino acids L-ornithine, L-arginine, and L-lysine.

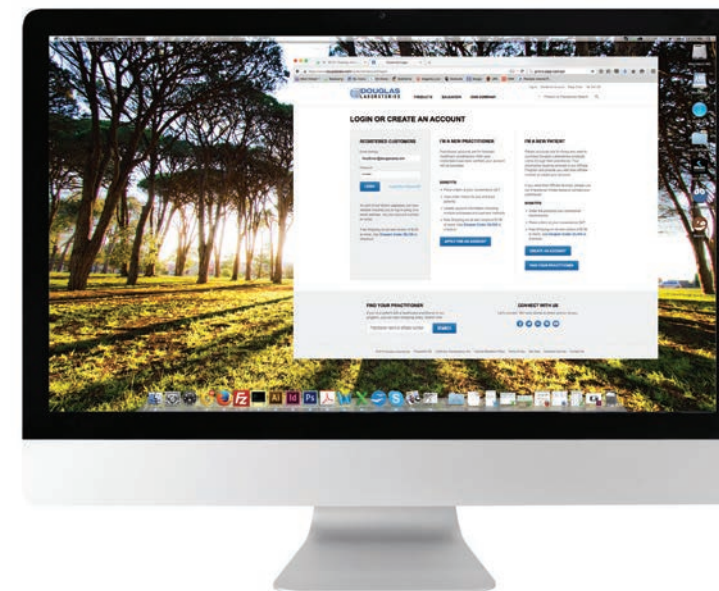
#### SUPPLEMENT FACTS

Serving Size 4 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 not established.

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



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# 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.†

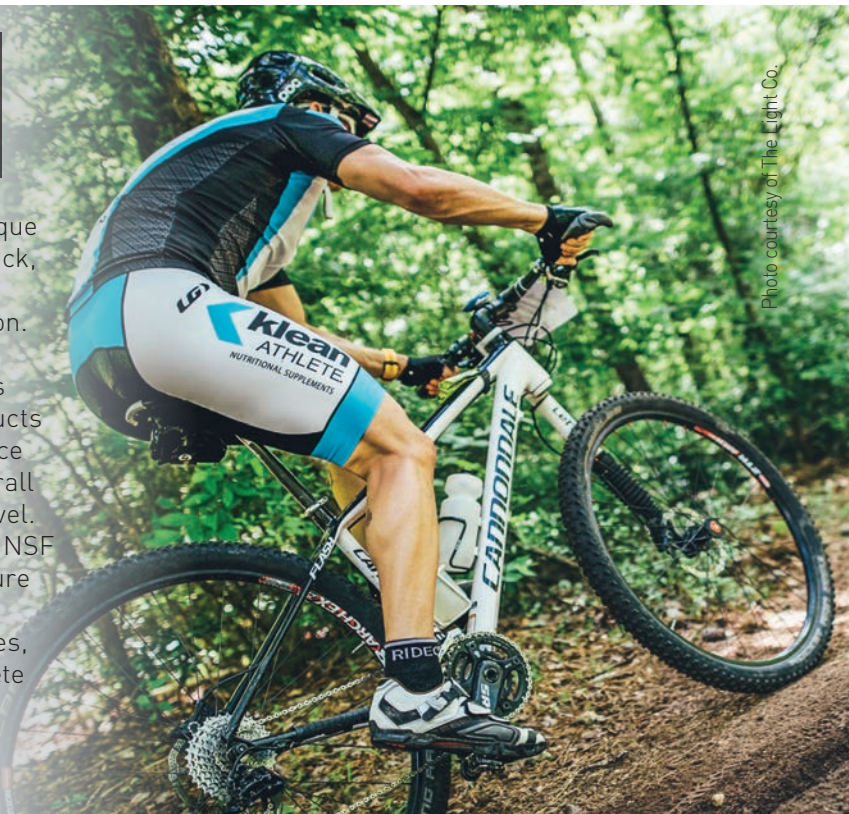


Photo courtesy of The Light Co.

## FOUNDATION

### EVERYTHING YOU NEED, NOTHING YOU DON'T.

The Foundation products are for everyday use, to help your patients live healthy, train smart and be at their best. These are the basics: Klean Multivitamin for enhanced nutritional intake, Klean Omega for joint and muscle support, and Klean Probiotic to support GI health, nutrient absorption and a healthy immune system. Designed to be taken daily, these key products provide a solid nutritional foundation. We mean it when we say everything you need and nothing you don't.†



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 without danger of toxic build-up or other side effects. The unique fruit and vegetable blend and 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.†

	Dose Suggestion
<b>KLEAN Multivitamin™</b>	2 tablets daily with a meal
<b>KLEAN Probiotic™</b>	1-2 capsules daily in the evening
<b>KLEAN Omega™</b>	1 softgel daily with food

## Klean Multivitamin™

Formula	Size	S.R.P.
KA201344	60 Tablets	SRP: \$36.00

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-3.....	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-6 (as Pyridoxal-5-phosphate).....	10 mg 500%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (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 Opti-Zinc, 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%
<hr/>	
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 not established

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

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

\*\* PteroPure is a trademark of ChromaDex, Inc.

## Klean Probiotic™

Formula	Size	S.R.P.
KA200900	60 Capsules	SRP: \$36.60

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 C.F.U. *
Containing:	
L. acidophilus (DDS-1).....	4.3 Billion C.F.U. *
L. rhamnosus.....	4.3 Billion C.F.U. *
B. lactis.....	1.9 Billion C.F.U. *
L. lactis.....	1.0 Billion C.F.U. *
B. longum.....	1.0 Billion C.F.U. *
B. bifidum.....	1.0 Billion C.F.U. *
L. gasseri.....	1.0 Billion C.F.U. *
S. thermophilus.....	0.5 Billion C.F.U. *
<hr/>	
Proprietary Blend.....	210 mg
FOS (fructooligosaccharides) and Ulmus fulva (bark).	

\*Daily value not established.

Contains: Milk

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

### Klean Omega™

Formula	Size	S.R.P.
KA201900	60 Softgels	SRP: \$32.50

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 not established.

\*\*Percent Daily value is 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).

## TRAIN & COMPETE

YOU DIG DEEP, TRAIN HARD,  
COMPROMISE ON NOTHING.

Athletes and their bodies deserve nutrition that meet their unique training and competition needs safely and effectively. The Train and Compete products ensure that athletes have the tools on hand that they need to keep the pace. These four products support the body through all stages of your workout – fueling, performance and recovery – all while giving you the peace of mind that you are compromising on nothing.†

	Dose Suggestion
<b>KLEAN Isolate™</b>	1 scoops mixed in any beverage post-activity (15-45 minutes) ----- Daily, as needed to meet daily protein requirement: 1.0-1.2 g/kg BW for endurance athletes and 1.2-1.5 g/kg BW for strength training
<b>KLEAN Endurance™</b>	1-3 chews pre-activity (15-30 minutes) ----- 1-3 chews with a glucose source every 60 minutes of physical activity during activity ----- 1-3 capsules post-activity (15-45 minutes)
<b>KLEAN Recovery™</b>	1-2 scoops post-activity (15-45 minutes)
<b>KLEAN Electrolytes™</b>	1-3 capsules pre-activity (15-30 minutes) ----- 1-3 capsules / hour during activity ----- 1-3 capsules post-activity (15-45 minutes)

### Klean Recovery™

Formula	Size	S.R.P.
KA57633P	1138 g. Powder	SRP: \$49.00

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 (approx. 56.9 grams)

Servings Per Container approx. 20

Approximate Amount Per Serving	%DV
Calories.....	200
Calories from fat.....	5
Total Fat.....	0.5 g <2% **
Total Carbohydrates.....	41 g 14% **
Dietary Fiber.....	1.5 g 6% **
Sugars.....	38 g *
Protein.....	10 g 20% **
Calcium.....	40 mg 4%
Iron.....	0.9 mg 5%
Potassium.....	150 mg 4%

\*Daily Value not established.

\*\*Percent Daily value is based on a 2,000 Calorie diet.

Ingredients: Dextrose, fructose, whey protein isolate (from milk), hydrolyzed marine protein (from fish [salmon]), Dutch process cocoa, natural flavors and sunflower lecithin.

### Klean Isolate™

Formula	Size	S.R.P.
KA57534P	446 g. Powder	SRP: \$48.00

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 grams)

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 not established.

\*\*Percent Daily value is based on a 2,000 Calorie diet.

Ingredients: Whey protein isolate (from milk), sunflower lecithin.

### Klean Electrolytes™

Formula	Size	S.R.P.
KA201390	120 Vegcaps	SRP: \$22.00

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-6 (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).....6 mg	*

\*Daily value not established.

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

### Klean Endurance™

Formula	Size	S.R.P.
KA201245	90 Chewables	SRP: \$39.00

Suggested Usage: 1 Daily

Klean Endurance chewable tablets contain pure, all natural D-Ribose that supports the natural way a body produces adenosine triphosphate (ATP).† The natural pentose sugar supports cardiovascular health, energy production, and mitochondrial function.† Klean Endurance offers a clinically proven way to help restore energy during exercise.†

#### 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 not established

Other Ingredients: Xylitol, cellulose, hydroxypropylcellulose, natural orange and vanilla flavors, citric acid, mannitol, vegetable stearate, stearic acid, natural palm wax (Copernicia prunifera), and silica.

## TARGETED

FOCUSED NUTRITION  
TO KEEP YOU IN THE ZONE.

Rain or shine, sore muscles or low energy, athletes need to perform through many obstacles. The Targeted products provide broad-spectrum nutritional support at times when athletes need it the most.†

	Dose Suggestion
<b>KLEAN-D™ 5000 IU</b>	1 tablet daily with food
<b>KLEAN Cognitive™</b>	3 capsules daily with food
<b>KLEAN Antioxidant™</b>	3 capsules daily with food after exercise

### Klean-D™ 5000 IU

Formula	Size	S.R.P.
KA200562	100 Tablets	SRP: \$11.70

Suggested Usage: 1 Daily

Klean-D contains 5,000 I.U. of natural vitamin D-3 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-3 (cholecalciferol).....5,000 IU	1,250%

Other Ingredients: Cellulose, croscarmellose sodium, calcium carbonate, silica and vegetable stearate.

### Klean Cognitive™

Formula	Size	S.R.P.
KA201308	90 Vegcaps	SRP: \$46.00

Suggested Usage: 3 Daily

Klean Cognitive 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 keep your patients' minds as sharp as their bodies.†

#### 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 (L-Alpha-glycerolphosphorylcholine).....100 mg	*
VitaBerry® 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 acrocarpon</i> , berry), Prune ( <i>Prunus domestica</i> , fruit), Tart Cherry ( <i>Prunus cerasus</i> , fruit), Wild Bilberry ( <i>Vaccinium myrtillus L.</i> , whole fruit), Wild Bilberry Extract ( <i>Vaccinium myrtillus L.</i> , whole fruit), Strawberry ( <i>Fragaria virginia</i> , whole fruit).	
Lutein.....12 mg	*

\*Daily Value 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	S.R.P.
KA201309	90 Vegcaps	SRP: \$39.00

Suggested Usage: 3 Daily

Klean Antioxidant provides a strong defense against the free radicals that are capable of disrupting metabolic activity.<sup>†</sup> Its Maqui Berry superfruit ingredient is extremely high in antioxidants while Astaxanthin offers anti-aging support.<sup>†</sup> The patented combination of Acetyl-L-Carnitine and Alpha Lipoic Acid guards against cellular damage that occurs during intense training.<sup>†</sup> 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 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



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 to certify that sports supplements are safer and free from banned substances. Leading sports organizations recommend the program, including the NFL, MLB, NHL, PGA and LPGA. Every product that carries the NSF Certified for Sport® Mark has undergone stringent laboratory testing to confirm content, purity and compliance. To learn more, visit [www.nsf-sport.com](http://www.nsf-sport.com).

**FOUNDATION** | EVERYTHING YOU NEED. NOTHING YOU DONT.

KLEAN MULTIVITAMIN™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	2 tablets daily with a meal			
KLEAN PROBIOTIC™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	1-2 capsules in the evening			
KLEAN OMEGA™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	1 softgel daily with food			

**TRAIN and COMPETE** | YOU DIG DEEP, TRAIN HARD, COMPROMISE ON NOTHING.

KLEAN RECOVERY™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
				1-2 Scoops
KLEAN ISOLATE™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	As needed to meet daily protein requirement: 1.0-1.2 g/kg BW for endurance athletes and 1.2-1.5 g/kg BW for strength training			1 scoop mixed in any beverage
KLEAN ELECTROLYTES™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
		1-3 Capsules	1-3 Capsules/Hour	1-3 Capsules
KLEAN ENDURANCE™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (within 15 minutes)
		1-3 Chews	1-3 Chews with a glucose source every 60 minutes of physical activity	1-3 Chews

**TARGETED** | FOCUSED NUTRITION TO KEEP YOU IN THE ZONE.

KLEAN D™ 5000 IU	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	1 tablet daily with food			
KLEAN COGNITIVE™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	3 capsules daily with food			
KLEAN ANTIOXIDANT™	Daily	Pre-Activity (15-30 minutes)	During Activity	Post-Activity (15-45 minutes)
	3 capsules daily with food after exercise			



Formula#	Product Name
1001-180X	Cal/Mag 1001
1001-90X	Cal/Mag 1001
200039-30X	Liquid Vitamin D-3
200052-60X	Citrus-Q10® 60
200053-60X	Citrus-Q10® 100
200061-90X	Opti-Zinc™ 30
200062-90X	N-Acetyl-L-Cysteine
200063-100X	Chromium-GTF 200
2001-180X	Cal/Mag 2001
2001-90X	Cal/Mag 2001
200159-30X	Methylcobalamin Liquid
200241-30X	NeuroKrill
200242-90X	Strontium
200244-30X	Resveratrol
200448-60X	L-Tryptophan
200460-60X	R-Lipoic Acid
200527-230X	Liquid Multivitamin
200529-120X	AdrenoMend™
200559-30X	PQQ Plus
200562-100X	Vitamin D 5000 IU
200568-180X	Ultra Preventive® III (tablets)
200568-90X	Ultra Preventive® III (tablets)
200569-120X	Ultra Preventive® X
200569-240X	Ultra Preventive® X
200570-180X	Ultra Preventive® III w/ Zinc Piccolinate
200571-180X	Ultra Preventive® Beta
200574-240X	Ultra Preventive® X (vegcaps)
200578C-180X	Ultra Preventive® III (tablets) w/ Cu
200585-180X	Ultra Preventive® III (capsules)
200587-180X	Ultra Preventive® III (capsules) w/ Cu
200727-120X	YPD-Support Formula™
200765-60X	B-Complex w/Metafolin®
200803-120X	Ultra MFP Forte
200900-60X	Multi-Probiotic® 15 Billion
200901-30X	Pterostilbene Supreme
200911-120X	Ultra Preventive® Easy Swallow
200911-240X	Ultra Preventive® Easy Swallow
200913-60X	Vitamin K2
200979-60X	QÜELL Fish Oil® Ultra EPA
200980-60X	QÜELL Fish Oil® Ultra DHA
200981-30X	QÜELL Fish Oil® EPA/DHA Plus Vit. D
200981-60X	QÜELL Fish Oil® EPA/DHA Plus Vit. D
201034-60X	Ultra Preventive® Kids (Orange)
201035-60X	Ultra Preventive® Kids (Grape)
201131-60X	Berberine Balance
201181-60X	Methyl Folate
201206-30X	D-Sorb™
201208-30X	DIM® Enhanced
201208-60X	DIM® Enhanced
201209-60X	Ultra I-3-C
201245-90X	Corvalen® Chews
201252-100X	Amino-Gram Forte™
201253-100X	Orange-Chew™
201329-90X	Homocystrol® + TMG
201344-60X	Ultra Preventive® 2 Daily
201345-90X	Ultra HNS Hair, Nails, Skin Formula
201348-30X	Sereniten Plus
201350-60X	Metabolic Lean®
201353-120X	EstroMend™
201381-120X	ThyroMend™
201387-180X	Basic Preventive® 5
201397-120X	TestoGain™
201659-90X	Methyl B12 Plus
201690-90X	Joint, Tendon, Ligament II
201715-60X	PMS Support+
201768-60X	Ginger Root Max-V
201775-30X	Citrus Solu-Q™
201775-60X	Citrus Solu-Q™
201811-60X	Prenatal
201815-60X	Ultra Benfotiamine

Formula#	Product Name
201899-30X	Ubiquinol-QH
201899-60X	Ubiquinol-QH
201938-60X	Ultra Menoease™
202018-120X	Immunity
202018-60X	Immunity
202023-90X	Macu-Support
202026-60X	Eye Moisture Support
202027-120X	Ultra Preventive® Vision
202036-100X	Dyna-Cal
202036-250X	Dyna-Cal
202060-120X	EstroQuench™
202114-30X	K2-D3 With Astaxanthin
202126-60X	SeasonALL™
4541-120X	Executive Stress Formula™
4543-120X	Energy/Sports Formula™
4544-120X	Osteo-Support Formula™
4546-120X	CFS Support Formula™
4549-120X	Rehab-Support Formula™
4550-120X	CV Support Formula™
4551-120X	CNCR-Support Formula™
57053-908X	Ultra Protein Plus (Chocolate Almond)
57054-908X	Ultra Protein Plus (Vanilla)
57402-240X	Organic Greens and Reds
57451P-280X	Corvalen®
57452P-340X	Corvalen M®
57462-1181X	Metabolic Cleanse™ With Seacure®
57468-1151X	Metabolic Cleanse™
57568-450X	Liquid Cal/Mag/D
66212-60X	Metabolic Management Pack
66354-30X	Ultra Cardio Support Pack
66355-30X	Essential-4 Nutrition Pack
66356-30X	Longevity Support Pack
66359-30X	Essential Male Pack
66360-30X	Essential Female Pack
66401-60X	Joint Health Pack with Wobenzym® N
66588-30X	Prenatal Pack
66811-60X	Ultra Glucose Support Pack
66842-30X	Detoxification Pack
7015-250X	Cal-6+Mg.™
7015-90X	Cal-6+Mg.™
7022-180X	Ultrazyme™
7022-60X	Ultrazyme™
7033-100X	Chelated Magnesium
7035-60X	Ferronyl® with Vitamin C
7040-120X	EPA/GLA Forte
7041-60X	Pycnogenol®
7046-60X	Ultra G.L.A. (Borage Oil)
7048-120X	Vegetarian Enzyme
7048-60X	Vegetarian Enzyme
7080-100X	Immune-Plus™
7089-60X	Opti-EPA™ cholesterol free
7090-100X	Natural C Plus 500
7098-100X	E-400
7099-100X	B-1
7104-100X	Zinc Chelate
7109-100X	Potassium 99 mg Chelated
7200-30X	Ultra Coenzyme Q-10
7220-100X	Ora-Adren 80
7221-120X	Adrenplus-300
7221-60X	Adrenplus-300
7362-30X	Coenzyme Q-10 with Lipoic Acid
7362-60X	Coenzyme Q-10 with Lipoic Acid
7380-90X	Silymarin/Milk Thistle Extract
7399-100X	Microcrystalline Calcium
7400-100X	Magnesium/Potassium Complex
7400-250X	Magnesium/Potassium Complex
7405-100X	Magnesium Aspartate
7405-250X	Magnesium Aspartate
7409-100X	Calcium Citrate
7409-250X	Calcium Citrate

Formula#	Product Name
7411-100X	Chromium
7417-100X	Chromium Picolinate
7420-100X	Garlic
7422-100X	Seleno-Methionine
7427-90X	Dual-Source Chromium
7430-90X	N-Acetyl-L-Cysteine
7440-100X	Zinc Picolinate
7441-90X	Nature's Diet Caps® +
7442-90X	Nature's Diet Caps® + Herbs
7449-90X	Hypo-Selenium
7452-90X	Stress-B-Plus™
7467-100X	Pyridoxal-5-Phosphate
7467-60X	Pyridoxal-5-Phosphate
7471-250X	Cal/Mag Citrate
7497-100X	Multi-Probiotic® 4000
7500-60X	Bromelain-5000
7511-90X	Ultra Genic™
7549-100X	L-Tyrosine
7563-90X	Ascorbplex 1000™
7575-120X	Magnesium Glycinate
7580-60X	Niacinate 400
7596-90X	Natursyl Capsules
7600-120X	LivdeTox™
7670-60X	Ayur-Ashwagandha
7671-90X	Ayur-Boswellia Serrata
7683-90X	Ayur-Curcumin (Turmeric)
7703-250X	G.F.S.-2000® Powder
7704-270X	G.F.S.-2000® Capsules
77301-60X	Agnus Castus-V
77330-60X	Ginkgo Biloba Max-V
77342-30X	Grape Seed Extract-V
77358-60X	Milk Thistle Max-V
77359-60X	Nettles Max-V
77367-60X	Saw Palmetto Max-V
77377-60X	Turmeric Max-V
7847-100X	Ester-C® Plus
7903-250X	D.L. Acidophilus + Pectin
7911-100HX	Hypo-B-50
7913-90X	Tri-B-100
7917-180X	Pan-Ox-5™
7917-90X	Pan-Ox-5™
7919-100X	Pantothenic Acid
7920-100X	Natural C
7920-250X	Natural C
7921-60HAX	Ultra Vite 75™ II
7921-90HAX	Ultra Vite 75™ II
7929-100X	Lecithin (soya)
7932-60X	L-Arginine
7940-60X	L-Glutamine
7943-100X	B-6
7944-100X	L-Lysine
7944-250X	L-Lysine
7954-100X	Niacinamide
7962-90X	Time Released Iron
7964-90X	C-Max®
7980-100X	DEPA
7986-90X	Spectramin Chelate
7999-60X	Mega-Min
80023-100X	Cape Aloe
80106-100X	Betaine Plus®
80116-100X	Bioflavonoid Complex
80120-240X	Effer-C® (Buffered)
80240-100X	Chromium-GTF
80317-60X	De-Mer-Tox™
80437-60X	Co-biotic
80442-90X	Gluco-Mend
80611-60X	GABA
80688-60X	Glucosamine Sulfate
80690-90X	Gluco-Flex Forte®
80801-100X	Inositol

Formula#	Product Name
81096-63X	Phyto Shield™
81158-120X	Lipotrol™
81201-100X	Magnesium Oxide
81201-250X	Magnesium Oxide
81216-60X	Molybdenum
81285-100X	Magnesium Aspartate 2X
81316-100X	Natural Vitamin E Complex
81322-60X	Melatonin (3 mg)
81407-100X	C-1000
81407-250X	C-1000
81433-100X	D.L. Duo-Dophilus®
81601-50X	Querciplex
81702-60X	Riboflavin, B-2
82044-60X	Uro-Pro®
82050-100X	Ultra B-Complex Tablets
82106-100X	Vitamin C
82145-8X	Vitamin C Crystals
82730-60X	Acetyl-L-Carnitine
82752-90X	Ultra G.I.™
82924-100X	Hair, Skin and Nails Plus
83004-30X	Phosphatidyl-SERINE
83004-60X	Phosphatidyl-SERINE
83005-30X	Ultra-Lipoic Forte®
83007-100X	Vitamin D 1000 IU
83018-250X	Calcium Microcrystalline Hydroxyapatite
83018-90X	Calcium Microcrystalline Hydroxyapatite
83030-60X	V.V.7 Supplement
83031-60X	Lutein-Plus
83044-60X	Isoflavone-250 with Genistein
83071-120X	Magnesium Taurate 400
83199-180X	Melatonin Prolonged Release
83199-60X	Melatonin Prolonged Release
83339-120X	Beni-Koji RYR
83905-60X	Olive Leaf Extract
83909-120X	Glucosamine + MSM Forte™
83909-60X	Glucosamine + MSM Forte™
84073-120X	Meno-Support Formula™
84074-120X	Prosta-Support Formula™
84075-120X	Gluco-Support Formula™
85045-90X	Magnesium Citrate
85073-60X	5-HTP Plus
85081-60X	Ultra 5-HTP Formula
88050-120X	UltraCAL
907101-250X	L-Glutamine Powder
9302-50X	S.B.C.
98028-90X	Super HCA
98230-60X	ColostOferrin™
98249-60X	Nopal Cactus
98304-30X	SAM-e
98336-120X	CLA (Conjugated Linoleic Acid)
98416-50X	Pantethine
98531-60X	Opti-DHA Enteric-Coated
98540-60X	Nutri-E 400™ Forte
98723-60X	Brain Energy
98724-60X	Brain Mood
98738-60X	Tri-En-All 400
98739-60X	Relora®-Plex
98740-60X	L-Theanine
99075-90X	Ultra Joint Forte
99076-60X	Pylori-Plex
99134-120X	Cardio-Edge®
99154-60X	Hyaluronic Acid
99155-60X	GlucoBrium™
99248-60X	Male X Booster
99250-60X	Nattosyn™
99275-60X	A.H.C.C.® Plus
99276-60X	Opti-EPA™ Enteric-Coated
99445-100X	Vegetarian Protezyme Forte
99446-30X	Seditol® Plus
99579-60X	Brain Calm

Formula#	Product Name
99580-60X	Brain Memory
99825-90X	Balance Plus™
99855-60X	Prim Royal
ARG	L-Arginine
AV1	Vitamin A
B12-60X	Vitamin B12
BIO	Bio-Dophilus®
BMN	Basic Minerals™
CDG	Calcium D-Glucarate
EST	Ester-C® Complex
FEC	Amino-Iron™
FLX	Flax Seed Oil (Softgels)
FPC	Fiber-Plex™
FVA	FlavonAll®
GSHP	Glutathione Plus™
GST	Glucoset®
GSXV	Glucosamine Plus™ Extra Strength
INF	Infla-Guard®
INT	Intestamine® (Powder)
IPR	Ipriflavone
LPA	Alpha-Lipoic Acid
LPN	Lipinase™
MAG	Amino-Mag 200™
MEL-S	Melatonin (1 mg)
MGM	Mag-Malate
MIT	MitoTone®
MSM	MSM + Vitamin C Fundamental Sulfur
MYCO	Mycocoetics®
NTB	Niatab™ 500
PHS	Phosphatidyl Serine
QBC	Quercetin-Bromelain Complex
R250-100X	L-Carnitine
R250-60X	L-Carnitine
R500-100X	Max Carnitine
R500-60X	Max Carnitine
TAU	L-Taurine
ZNP	Zinc Picolinate

Old Product Name	Old Formula#	Replacement Name	Formula	Page
Aler-Gest™	AG2	Vegetarian Enzyme	7048-120X	119
AminoBlend™	ABL	AminoBlend™	201996-100X	189
Ayur-Gymnema (250 mg.)	7675-60X	Gluco-Mend	80442-90X	83
Black Cohosh	84078-60X	Ultra MenoEase™	201938-60X	103
Cal/Mag Citrate	7471-90X	Cal/Mag Citrate	7471-250X	177
Calcigard® Two-To-One Plus Vitamin D	CA6-90X	Cal/Mag 2001	2001-90X	177
Candi-Trol™	7006-90X	Candistat™	CND	120
Cardio-Stolix™	200596-120X	Cardio-Stolix™	200596-240X	80
Chondroitin Sulfate (300 mg.)	7065-60X	Move Active™ Once Daily Joint Support†	8503-30X	126
Citrus-Q10® 30	99844-60X	Citrus-Q10® 60	200052-60X	87
CLA	98336-240X	CLA (Conjugated Linoleic Acid)	98336-120X	94
Colostrum (Powder) 180 g.	57620P-180X	Colostrum (Powder)	57650P-180X	69
Colostrum (Powder) 680 g.	57619P-680X	Colostrum (Powder)	57650P-680X	69
Colostrum (VegiCaps)	201870-120X	Colostrum (Vegetarian Capsules)	202118-120X	69
D.L. Acidophilus + Pectin	7903-100X	D.L. Acidophilus + Pectin	7903-250X	116
Detoxification Pack	65395-30X	Detoxification Pack	66842-30X	62
Diabet-Support Pack™	65397-30X	Ultra Glucose Support Pack	66811-60X	84
DL-Pheine™	7516-90X	L-Phenylalanine	7945-90X	192
Dyna-Cal	80261-100X	Dyna-Cal	202036-100X	137
Dyna-Cal	80261-250X	Dyna-Cal	202036-250X	137
Elite Athlete Multi-Vitamin	200263-240X	Klean Multivitamin™	KA201344-60	197
EPA/GLA	7039-120X	EPA/GLA Forte	7040-120X	50
Ester-C® Plus	7847-250X	Ester-C® Plus	7847-100X	170
Germanium Organic (25 mg.)	GER	Germanium	GES	69
Glucosamine Plus™ Extra Strength (500 mg.)	GCSPX	Glucosamine Plus™ Extra Strength	GSXV	129
Gly-Sea-Max™	99610-60X	Gluco-Mend	80442-90X	83
Goldenseal Max-V (125 mg.)	77338-60X	Phyto Shield™	81096-63X	71
Gotu Kola Max-V (100 mg.)	77340-60X	Varitonin™	VRT	153
Horsetail Grass Max-V (300 mg.)	77350-60X	Hair, Skin and Nails Plus	82924-100X	153
Hypoaller-C®	HYT	Ascorbplex 1000™	7563-90X	168
iFlora® (Powder) Multi-Probiotic®	57618P-60X	Multi-Probiotic® 40 Billion Powder	57649P-60X	114
iFlora® (Powder) Multi-Probiotic® KIDS	57621P-60X	Multi-Probiotic® KIDS	57648P-60X	73
iFlora® (VegiCap) Multi-Probiotic®	201864-60X	Multi-Probiotic® 40 Billion	202115-60X	112
iFlora® Multi-Probiotic® YC-7	201872-60X	Multi-Probiotic® YC-7	202116-60X	115
Immuno Forte™	7024-60X	Immune-Plus™	7080-100X	70
Korean Ginseng Max-V	77334-60X	Ayur-Ashwagandha	7670-60X	Web
L-Tyrosine (800 mg.)	TYR	L-Tyrosine	7549-100X	193
Lipex®	LP1-100X	Lipotrol™	81158-120X	79
Liquid DHA	57575-30X	Neuromins™ (Algae Source DHA)	NRMV	47
Macushield®	85014-180X	Ultra Preventive® Vision	202027-120X	16, 155
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Pro-PCA Fuel Raspberry	57180P-1X	Klean Recovery™	KA57633P-1138	199
Proanthocyanidins (50 mg.)	7589-120X	Resveratrol	200244-30X	52
Pyridoxine-250	7957-90X	B-6	7943-100X	162
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Ultra Whey Plus (Orange Cream)	57499P-780X	Ultra Whey Plus (Vanilla)	57498P-771X	58
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Vegetarian Liquid Omega-3	57414-16X	Neuromins™ (Algae Source DHA)	NRMV	47
Xtra-Cell® Zepax (Frozen)	99462-24XC	Xtra-Cell® Immunity	99458-24XC	71
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CA4	Calcigard® One-To-One Plus Vitamin D	Vitamins, Minerals, Amino Acids	177
CAP	Caprylex™	Digestive	121
CDG	Calcium D-Glucarate	Hormone	102
CND	Candistat™	Digestive	120
CQS1	Co-Enzyme Q10 Softgel	Heart & Metabolic	88
CRA	Cran-Max™	Foundation	59
DHEA	DHEA (25 mg)	Hormone	109
DHEA1	DHEA (10 mg)	Hormone	109
DHEA5	DHEA (50 mg)	Hormone	109
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LUT	Lutein	Vision	157
LYC	Lycopene	Hormone	105
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MEL-CR	Controlled-Release Melatonin	Hormone	110
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MSMC	MSM Capsules Fundamental Sulfur	Vitamins, Minerals, Amino Acids	185
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NCT	Niacinate	Vitamins, Minerals, Amino Acids	164
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NRT	NeuroTone®	Cognitive & Mood	148
NTB	Niatab™ 500	Vitamins, Minerals, Amino Acids	165
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OSG	Osteo-guard®	Bone & Joint	137
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