

# BREAST HEALTH PROTOCOL

A SUGGESTED NUTRITIONAL PROTOCOL FOR BREAST HEALTH†

## Ultra Preventive® X:

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin. Designed to provide antioxidants and vitamins for general health support.

**Product Code:** 45410

**Suggested Usage:** Four to eight tablets taken through the course of the day with meals

## Prim Royal:

Prim Royal supplies Evening Primrose oil, a rich source of fatty acids including gamma linoleic acid (GLA).

**Product Code:** 99855

**Suggested Usage:** One Caplique™ daily

## Ultra Indinol Plus:

Ultra Indinol Plus provides a combination of indole-3-carbinol and diindolylmethane (DIM), plus a synergistic combination of vegetables to help support healthy estrogen metabolism.†

**Product Code:** 98762

**Suggested Usage:** One vegetarian capsule daily

## Calcium-D-Glucarate (500 mg):

Supports phase II detoxification of chemicals and hormones which is vitally important to the health of breast tissue.†

**Product Code:** CDG

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

## Activin™ Plus:

Activin™ (California Grape Seed Extract) in a base of phytonutrients including isoflavones, broccoli and cauliflower.

**Product Code:** 7025

**Suggested Usage:** One to three capsules daily



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