

# FATIGUE SUPPORT

## ADVANCED NUTRITIONAL RECOMMENDATIONS FOR FATIGUE SUPPORT†

### **Xtra-Cell® CF Support:**

A frozen liquid extract to help support energy and adrenal function consisting of specific proteins, peptides and other cell-signaling molecules obtained from aqueous extracts of porcine adrenal and mesenchyme tissues.†

**Product Code:** 99457      **Suggested Usage:** One bottle daily

### **5-HTP:**

A natural and safe alternative to tryptophan, L-5-Hydroxytryptophan (5-HTP) is used by the body to synthesize serotonin, a neurohormone needed for melatonin production, appetite and mood regulation. Each capsule provides 50 mg. of L-5-Hydroxytryptophan.

**Product Code:** 5HTP      **Suggested Usage:** One to two capsules daily

### **Melatonin:**

These fast-release, vanilla-flavored, and scored, 1 mg. tablets can be dissolved in the mouth for the quickest release or swallowed as desired.

**Product Code:** MEL-S      **Suggested Usage:** One tablet daily

### **Citrus Solu-Q™:**

Novel liquid-filled Caplique™ containing natural coenzyme Q10 in a patented, self-assembling, nano-colloid delivery system for enhanced absorption.

**Product Code:** 200054      **Suggested Usage:** One Caplique™ daily

### **Seditol® Plus:**

Seditol Plus is designed to help promote healthy sleep patterns and stress management with its novel, patented *Magnolia officianalis* extract and unique proprietary *Ziziphus spinosa* extract.† Seditol is designed for the occasional support of nighttime sleep and relaxation.

**Product Code:** 99446      **Suggested Usage:** One vegetarian capsule daily

### **Mag-Tea G:**

Magnesium citrate and a combination of green and white tea extracts in a pleasant-tasting natural lemon juice flavored powder. Each teaspoon provides 250 mg. of magnesium as magnesium citrate.

**Product Code:** 57126      **Suggested Usage:** One teaspoon daily

### **Thyro-Mend™:**

The thyroid is an endocrine gland that plays important roles in the body's metabolism and hormone production. Improper thyroid function can be associated with fatigue. Thyro-Mend's synergistic blend of herbs and nutrients is designed to support healthy thyroid function.

**Product Code:** 99447      **Suggested Usage:** Three vegetarian capsules daily

## FOR COMPLETE FATIGUE SUPPORT:†

### **FM Support Pack**

Provides a comprehensive, synergistic blend of vitamins, minerals, amino acids, and essential fatty acids specifically designed to address the nutritional needs of those with fatigue and chronic poor health.† Each pack contains: 3 Basic Preventive® 5 multivitamin tablets, 1 Magnesium/Potassium Aspartate capsule, 1 DEPA softgel, 1 Free Form Amino capsule, 1 Pyridoxal-5-Phosphate capsule and 1 Malic Acid tablet.

**Product Code:** 63629      **Suggested Usage:** One pack, twice daily with food

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

