

Introduction

With over 20 years of experience in the natural health industry, our goal here at Vita Aid is to provide health care practitioners worldwide with high quality and effective natural health products for use in improving patient health.

Vita Aid product line is developed and available exclusively for licensed health care practitioners. We focus on products for professional, safe, and effective therapeutic use and follow strict Health Canada NNHPD GMP standards.

Vita Aid is manufactured by Naturo Aid Pharmaceutical Inc., which is based in British Columbia, Canada. We have our own professional product development team, professional in-house formulator, and production facility (NNHPD-GMP site license #300391). Everything from product development, to production, to bottling and labeling is done in-house. No step in the process is contracted out, which means that we fully control the quality of our products from beginning to end.

Why choose Vita Aid Products?

- Exclusive for licensed health care practitioners
- Transparency in all ingredients. No ‘Proprietary’ Blend = Consistency in Product Quality
- Minimal Non-Medicinal Ingredients - less number of capsules needed to reach the therapeutic dosages
- All-Vegetarian formulas
- Every product is approved and licensed by Health Canada for their safety & efficacy.
- Formulations are developed based on human clinical trials where the ingredients and dosages are proven by research to exert health benefits.
- No added magnesium stearate or other lubricating stearic salts – for higher bioavailability of the active ingredients
- A Canadian NNHPD-GMP certified manufacturer – we develop, market, and manufacture all our products. This means that we fully control the quality from the beginning to the end.
- Use highly bioavailable glycine-chelated mineral sources
- All products are developed via working with our panel of medical advisors, which includes Dr. John Bender (ND), Dr. Peter Bennett (ND), Dr. Brian Martin (ND), Dr. Martin Kwok (ND, DrTCM), Dr. Lorenzo Diana (ND), Dr. Carol Lin (ND), Dr. Brent Barlow (ND), Dr. Erica Kneeland (ND), Dr. Tomah Phillips (ND), Dr. Lisa Ghent (ND), Dr. Hamid Tajbakhsh (ND), and Clara Cohen (R.Ac).



Our Quality Assurance

Raw Materials/Ingredients

Vita Aid products are made using the highest quality raw materials, tested for quality and potency in-house, and via third party laboratories. We use non-irradiated, kosher certified herbs. Additionally, the raw materials for our ingredients are chosen based on specifications used in clinical studies, where their safety and efficacy have been demonstrated.

Inspection/Testing

Raw materials are tested for potency, heavy metals (Hg, As, Cd, Pb), pesticides, microbials, and irradiation when received. Every batch of raw material is sampled and the samples are retained one year past the expiration of the products for quality control.

During the encapsulation process, we monitor the physical parameters of the capsules, ensuring that none are broken and that the capsule weight falls ($\pm 5\%$) within specifications.

The finished capsules undergo disintegration tests to ensure timely release of the ingredients and microbial tests to determine the absence of yeast and mould, *E. coli*, *Salmonella spp.*, and *Staphylococcus aureus*, before being released. Finished products are retained one year past the product expiration date for ongoing quality control.

Production

Naturo Aid is a pharmaceutical-grade facility. The entire production area is equipped with a high performance air conditioning system which keeps each room in negative pressure, and a heavy-duty filtration system for dust/powder control, to prevent cross-contamination of different products. The facility is certified by Health Canada NNHPD Good Manufacturing Practice (GMP)*, and every aspect of the production process follows strict standard operating procedures (SOP).

*Site Licence #300391

Stability/Expiration Date

The expiration date for Vita Aid Professional Therapeutics Products are determined through real time tests to ensure that the finished products maintain their potency, retain their specified physical parameters, and are free of microbial contaminants throughout their shelf-life.



Product Development

Vita Aid product development is a continuous and dynamic process. New and innovative formulations are continually being developed and existing formulations are updated as new studies are published, new technology demonstrating higher bioavailability or vegetarian sources are developed, or when feedback from doctors and patients are received.

Vita Aid products are formulated based on scientific clinical trials and research, with combinations of active ingredients carefully chosen to synergize with each other and maximize effectiveness and bioavailability.

We know that excipients have no benefits for the body and some may decrease the bioavailability of the active ingredients. Therefore, we minimize the use of non-medicinal ingredients while containing absolutely no magnesium stearate or stearic acids, which may delay the rate of absorption.

In order to ensure that the active ingredient delivery system would not be hindered by manufacturing process and dosage form, Vita Aid products only use capsules, powder and oil in liquid. Most Vita Aid formulas are filler-free; for products with very potent ingredient(s) (ie. small therapeutic dose), only certified apple fiber and other natural substances are used as fillers.

Regulatory Compliance

Vita Aid is manufactured by Naturo Aid Pharmaceutical Inc. - a GMP-certified manufacturer in BC, Canada; every step of our product development and manufacturing process fully complies with the regulations from Health Canada.

The ingredients in Vita Aid's products have demonstrated safety and efficacy in scientific clinical trials; and all Vita Aid's products follow Health Canada's licensing regulations.

Due to the fact that all Natural Health Products sold in Canada are required to have therapeutic claims, the cautions/ warnings on the products serve to prevent patients from self-medication. Some cautions may in fact reflect the therapeutic actions of the product.



Customer Service

Office Hours:
Monday to Friday 9:00 am to 5:00 pm (PST)

Ways to Order:

1. Call Toll-Free: 1-800-490-1738 (Canada & US) Or 1-604-465-1688
2. Fax order form to 1-604-465-1299
3. Email order to info@vitaaid.com
4. Order through your local sales representatives:



For more information, please visit our website at www.vitaaid.com

Vita Aid products are available EXCLUSIVELY for health care practitioners. If you are not a health care practitioner but are interested in using our products, please speak to your health care practitioner about us, or contact our office to find a health care practitioner in your area.

Claims

The information contained in this professional product guide is based on sound clinical studies, trials, and research, and it may vary from others' opinions. The information in this guide is for professional use only and is not meant to diagnose, treat, or replace conventional medical treatment. In order to comply with Canadian natural health product regulations, label information and claim may vary from this professional guide. Product label takes precedence in all cases. Inquire to confirm. Availability of products and conditions are subject to change without prior notice.



Terms and Conditions

Clients wishing to establish an account must either complete an account application form or call to set up.

Payment Terms

Initial product orders are accepted on a prepaid basis only.

Payments can be made by cash, cheque, Visa or Mastercard.

A monthly administration fee of 2% will be applied on past due (over 30 days) accounts.

There is a \$25 service charge on all returned cheques.

Shipping

- Free Shipping Requirements:

- » Orders over CDN \$250 to BC, Alberta, Saskatchewan, Manitoba (1-2 Day Delivery)
- » Orders over CDN \$350 to Ontario, Quebec, NS, NB, NF, and PEI (Next Day Delivery)
- » Orders USD \$350 to Continental United States (Alaska and Hawaii, please inquire for rate)

- Orders below free shipping requirements are subject to the following fees:

- » \$12.50 CAD for shipments to areas within BC
- » \$12.50 CAD for shipments (WITHOUT SynerClear®) to all provinces outside BC in Canada
- » \$16 CAD for shipments (WITH SynerClear®) to all other provinces outside BC in Canada
- » \$20 USD for all US destinations
- » Please contact us to inquire about shipping to all other international destinations.

- Orders under \$75 are subject to an additional \$5 handling fee.

- The above shipping policy does not apply to certain remote areas; in which case, shipping cost is by quote. Other restrictions may apply.

- We will follow-up on any product that may be back ordered and will forward them free of shipping charge, as soon as they become available.

- We will ship products ordered before 11:30 am (PST) on the same day. Products ordered after 11:30 am (PST) will be shipped the following day.

Returns

- Please inform us right away if there is a problem with your order. All claims must be made within 10 days from receipt of merchandise. Please have your invoice ready when you contact Vita Aid.
- After 10 days, a 20% restocking fee will be applied. No returns will be accepted after 60 days.
- To return, please call us first to obtain a Return Authorization Number (RAN).
- No returns will be accepted without an RAN. Products with less than 12 months expiry are NOT returnable.
- All returns must be in resale condition. For returns that require cleaning or removal of stickers, a 15% handling fee will be applied. Returned items that are opened or damaged due to improper packaging will not be credited.



Product Search (by Functions)

ANTI-INFLAMMATORY, ALLERGY & ANTIOXIDANTS	
Histalief	10 Support Healthy Histamine Levels & Mast Cell Stability
Inflamlief	10 Herbal Inflammation-Relief Formula
R.O.S-Quench	11 Synergistic Super-Antioxidant Formula Featuring High Dose All-Rans Resveratrol
BONE/MSK/JOINT HEALTH	
Bisglycino-Mg	12 For Maintenance of Bone and Teeth & Support Muscle Function
Collagen Restore	37 Comprehensive Formula for Collagen Restoration and Protection
MQ-7+D3	13 All-Trans Menaquinone-7 & Cholecalciferol
Os Matrice	13 Strengthens Bone Matrix and Prevents Osteoporosis
Vegi-Glucosamine Complex	14 Vegan Joint Cartilage Support
BLOOD GLUCOSE SUPPORT	
Inositol+	11 Support Insulin Sensitivity
TermiDM	12 Synergistic Herbal Support for Healthy Blood Glucose Metabolism
CARDIOVASCULAR HEALTH	
Angiolaxin	14 Vegan BP & Vascular Support
C-Nergy	47 Energy & Recovery Support for Sport Performance; with D-Ribose
H.C.Q10-Cardio	15 Comprehensive Cardiovascular Support
Nattozimes	15 Supports Fibrinolytic System and Cardiovascular Health
Tobalief	16 Natural Smoking Cessation Aid
CHILDREN'S HEALTH	
Baby & Mom-PB15+ DF	34 Perinatal/Baby Probiotic & Prebiotic Formula
Modism	16 Supports Neuro-Development Via Methylation & The Collateral Pathways
Pediatric Multi+	17 Kid's Multi-Vitamin/Mineral + With Certified Organic Elderberry
Verdha	34 Vegan Source of DHA for Neural and Brain Development
DETOX & LIVER SUPPORT	
AC-1350	17 Activated Charcoal (from Certified Organic Coconut) + Ginger Extract
AC-1350P	17 Activated Charcoal + Ginger Extract in Powder Form
Hepasylin	18 Herbal Hepato-Protectant
NAC+	18 Support Glutathione Levels & Neutralize Free Radicals

SynerClear	19 Detox Nutrition Support with Complete Nutrient Profile
XenobioX	20 Synergistic Support for Xenobiotic Detox
EYE HEALTH	
OptiFort	20 Synergistic support to improve vision health
Vitamin A plus Zinc	48 Support Skin & Eye Health and Immune Function
GASTROINTESTINAL (GI) HEALTH	
GI-Restore® / GI-Restore®+	22 Comprehensive Gut-Healing Formula
Elemental Nutrition	21 Elemental Medical Foods
GI-Restore® LF	22 Comprehensive Gut-Healing Formula for Low FODMAP Diet
Intolerase	25 "Digest Your Intolerances" for SIBO & Malabsorption
Keto-Elemental Nutrition	21 Elemental Medical Foods with Ketogenic Caloric Distributions
L-Glutamine Plus	23 Vegan L-Glutamine with Antioxidants
Limonen-E	23 D-Limonene for GERD Relief
Mg-Lax	24 Gentle Osmotic Stool Softener
GI HEALTH - DIGESTIVE SUPPORT	
Betaine HCl	25 Digestive Aid for Hypochlorhydria
Optizyme	26 High-Dose, Full-Spectrum Digestive Enzymes
Prokin	24 Natural Prokinetic Formula
Supreme Zyme-Aid Extra Fort	26 Balanced Blend of Digestive Enzymes
Zyme-Aid Carbo Fort	27 Carbohydrate-Digesting Enzymes
IMMUNE SUPPORT & ANTI-MICROBIALS	
Alliimin DR	27 Delayed-Release Garlic Concentrate
BiofilmX	28 Biofilm Disrupting Formula
Defenxin	28 Synergistic Cold/Flu Relief Formula
Histalief	10 Support Healthy Histamine Levels & Mast Cell Stability
Immutonin	29 Long-Term, Comprehensive Immune Tonic
Lysine 500	29 L-Lysine 500 mg/capsule
Microcidin	30 Broad-Spectrum Anti-Microbial Formula
MicrocidinAF	30 Low FODMAP Anti-Microbial Formula
Mycoplex 5250	31 Multi-Medicinal Mushroom Complex

Pure Propolis	31 Natural Antimicrobial & Mucosal Tonic
Vitamin A plus Zinc	48 Support Skin & Eye Health and Immune Function
NEUROLOGICAL HEALTH	
Cognicin	32 Supports Cognitive Function and Improves Memory
Methyl-Aide	32 Comprehensive Support for Methylation & the Collateral Pathways
Neuromin	33 Comprehensive Neuro-Protective Formula
Synerdopa	33 Optimal Dopamine Levels & Metabolic Pathways
Verdha	34 Vegan Source of DHA for Neural and Brain Development
PROBIOTICS	
Baby & Mom-PB15+ DF	34 Perinatal/Baby Probiotic & Prebiotic Formula
Bifido-PB30+ DF	35 Bifido-Only Probiotic Formula
Optimum-PB10+ DF	35 Everyday Maintenance Probiotic Formula
S. boulardii	36 Support Gut Microbiota of Individuals on Antibiotic Treatment
Supreme-PB30+ DF	36 High-Dose Probiotic Formula
Ultra-PB100+ DF	37 Ultra High-Dose Probiotic Formula
SKIN HEALTH	
Collagen Restore	37 Comprehensive Formula for Collagen Restoration and Protection
Vitamin A plus Zinc	48 Support Skin & Eye Health and Immune Function
SLEEP & STRESS MANAGEMENT	
5-HTP	38 Aids in Sleep, Weight Management, Migraine and Fibromyalgia
Adrenergyn	38 Adaptogenic Support for HPA Dysregulation
AdrenoForte DP	39 Herbal Cortisol Support
Cortilief	39 Alleviate High Cortisol State & Support Healthy Stress Response
Melatonin-3	40 USP-Grade Melatonin 3 mg
Melatonin-5	40 USP-Grade Melatonin 5 mg
Resolaxin	41 Eases Stress and Promotes Relaxation without Sedative Effects
SJW 450	41 USP-Grade St. John's Wort Extract
Thyroaide	42 Support healthy thyroid function
UROLOGIC HEALTH	
Prostaxin	42 Herbal Prostate Support
UTI-XP	
UTI-XP	43 Support Urinary Tract Health
VITAMINS & MINERALS	
Bio-Active Mineroplex	45 Essential Multi-Mineral Formula with Shilajit Extract
Bio-Active Multiplex	44 Multiple-Vitamin Formula with Active B-vitamins, Phytonutrients & Antioxidants
Bio-Active Multiplex	44 without Iron & Copper
Bio-B5 Forte	46 B5-focused complex to restore body's energy and support the adrenals
Bio-B6 Forte	46 B6-focused complex to support the nervous system
Bio-B Complete	45 Balanced formulation of B-vitamins and lipotropic agents for energy support
Bio-C	47 Buffered vitamin C with mixed bioflavonoids
C-Nergy	47 Energy & Recovery Support for Sport Performance; with D-Ribose
Liqui-D3	48 Liquid vitamin D3 (1,000 IU/drop)
Oxygheme	50 Support hemoglobin production and integrity
Oxygheme Intensive	50 Intensive support for hemoglobin production and integrity
Vitamin A plus Zinc	48 Support Skin & Eye Health and Immune Function
WOMEN'S HEALTH	
Estrolief	49 Support Steroid Hormone Detoxification
Melatonin-10	49 High Dose USP-Grade Melatonin
Oxygheme	50 Support hemoglobin production and integrity
Oxygheme Intensive	50 Intensive support for hemoglobin production and integrity
Perinatal Multi+ Kit	51 Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support
Vitex 2000	51 Herbal Progesterone Support
TCM FORMULAS	
Femalance	53 Augmented Rambling Pills / Jia Wei Xiao Yao Wan
Harmovex	54 Emperor of Heaven's Heart Tonifying Pills / Tian Wang Bu Xin Wan
Hemotonin	55 Four Substance Pills / Si Wu Wan
Spirityang	56 Eight-Ingredient Pill with Rehmannia / Ba Wei Di Huang Wan
Spirityin	57 Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan
Ventorrid	58 Minor Bupleurum Pills / Xiao Chai Hu Wan

Product Search (by Alphabets)

5-HTP	38	Estrolief.....	49	MQ-7+D3	13	TermiDM.....	12
Aids in Sleep, Weight Management, Migraine and Fibromyalgia		Support Steroid Hormone Detoxification		All-Trans Menaquinone-7 & Cholecalciferol		Synergistic Herbal Support for Healthy Blood Glucose Metabolism	
AC-1350	17	Femalance	53	Mycoplex 5250.....	31	Thyroaide	42
Activated Charcoal (from Certified Organic Coconut) + Ginger Extract		Augmented Rambling Pills / Jia Wei Xiao Yao Wan		Multi-Medicinal Mushroom Complex		Support healthy thyroid function	
AC-1350P	17	GI-Restore® / GI-Restore®+.....	22	NAC+.....	18	Tobalief	16
Activated Charcoal + Ginger Extract in Powder Form		Comprehensive Gut-Healing Formula		Support Glutathione Levels & Neutralize Free Radicals		Natural Smoking Cessation Aid	
Adrenergyn.....	38	GI-Restore® LF.....	22	Nattozimes	15	Ultra-PB100+ DF.....	37
Adaptogenic Support for HPA Dysregulation		Comprehensive Gut-Healing Formula for Low FODMAP Diet		Supports Fibrinolytic System and Cardiovascular Health		Ultra High-Dose Probiotic Formula	
AdrenoForte DP	39	Harmovex	54	Neuromin	33	UTI-XP	43
Herbal Cortisol Support		Emperor of Heaven's Heart Tonifying Pills / Tian Wang Bu Xin Wan		Comprehensive Neuro-Protective Formula		Support Urinary Tract Health	
Alliimin DR	27	H.C.Q10-Cardio	15	OptiFort	20	Vegi-Glucosamine Complex	14
Delayed-Release Garlic Concentrate		Comprehensive Cardiovascular Support		Synergistic support to improve vision health		Vegan Joint Cartilage Support	
Angiolaxin.....	14	Hemotonin	55	Optimum-PB10+ DF.....	35	Ventorrid.....	58
Vegan BP & Vascular Support		Four Substance Pills / Si Wu Wan		Everyday Maintenance Probiotic Formula		Minor Bupleurum Pills / Xiao Chai Hu Wan	
Baby & Mom-PB15+ DF.....	34	Hepasylin	18	Optizyme	26	Verdha.....	34
Perinatal/Baby Probiotic & Prebiotic Formula		Herbal Hepato-Protectant		High-Dose, Full-Spectrum Digestive Enzymes		Vegan Source of DHA for Neural and Brain Development	
Betaine HCl.....	25	Histalief	10	Os Matrice	13	Vitamin A plus Zinc	48
Digestive Aid for Hypochlorhydria		Support Healthy Histamine Levels & Mast Cell Stability		Strengthens Bone Matrix and Prevents Osteoporosis		Support Skin & Eye Health and Immune Function	
Bifido-PB30+ DF.....	35	Immutonin	29	Oxygheme	50	Vitex 2000.....	51
Bifido-Only Probiotic Formula		Long-Term, Comprehensive Immune Tonic		Support hemoglobin production and integrity		Herbal Progesterone Support	
Bio-Active Mineroplex.....	45	Inflamlief.....	10	Oxygheme Intensive	50	XenobioX	20
Essential Multi-Mineral Formula with Shilajit Extract		Herbal Inflammation-Relief Formula		Intensive support for hemoglobin production and integrity		Synergistic Support for Xenobiotic Detox	
Bio-Active Multiplex	44	Inositol+	11	Pediatric Multi+	17	Zyme-Aid Carbo Fort	27
Multiple-Vitamin Formula with Active B-vitamins, Phytonutrients & Antioxidants		Support Insulin Sensitivity		Kid's Multi-Vitamin/Mineral + With Certified Organic Elderberry		Carbohydrate-Digesting Enzymes	
Bio-Active Multiplex	44	Intolerase	25	Perinatal Multi+ Kit	51		
without Iron & Copper		"Digest Your Intolerances" for SIBO & Malabsorption		Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support			
Bio-B5 Forte	46	Keto-Elemental Nutrition	21	Prokine	24		
B5-focused complex to restore body's energy and support the adrenals		Elemental Medical Foods with Ketogenic Caloric Distributions		Natural Prokinetic Formula			
Bio-B6 Forte	46	L-Glutamine Plus	23	Prostaxin.....	42		
B6-focused complex to support the nervous system		Vegan L-Glutamine with Antioxidants		Herbal Prostate Support			
Bio-B Complete	45	Limonen-E	23	Pure Propolis	31		
Balanced formulation of B-vitamins and lipotropic agents for energy support		D-Limonene for GERD Relief		Natural Antimicrobial & Mucosal Tonic			
Bio-C	47	Liqui-D3.....	48	Resolaxin.....	41		
Buffered vitamin C with mixed bioflavonoids		Liquid vitamin D3 (1,000 IU/drop)		Eases Stress and Promotes Relaxation without Sedative Effects			
BiofilmX	28	Lysine 500.....	29	R.O.S-Quench	11		
Biofilm Disrupting Formula		L-Lysine 500 mg/capsule		Synergistic Super-Antioxidant Formula Featuring High Dose All-Rans Resveratrol			
Bisglycino-Mg.....	12	Melatonin-3	40	S. boulardii	36		
For Maintenance of Bone and Teeth & Support Muscle Function		USP-Grade Melatonin 3 mg		Support Gut Microbiota of Individuals on Antibiotic Treatment			
C-Nergy	47	Melatonin-5	40	SJW 450	41		
Energy & Recovery Support for Sport Performance		USP-Grade Melatonin 5 mg		USP-Grade St. John's Wort Extract			
with D-Ribose		Melatonin-10	49	Spirityang	56		
Cognicin	32	High Dose USP-Grade Melatonin		Eight-Ingredient Pill with Rehmannia / Ba Wei Di Huang Wan			
Supports Cognitive Function and Improves Memory		Methyl-Aide	32	Spirityin.....	57		
Collagen Restore	37	Comprehensive Support for Methylation & the Collateral Pathways		Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan			
Comprehensive Formula for Collagen Restoration and Protection		Mg-Lax	24	Supreme-PB30+ DF	36		
Cortilief	39	Gentle Osmotic Stool Softener		High-Dose Probiotic Formula			
Alleviate High Cortisol State & Support Healthy Stress Response		Microcidin.....	30	Supreme Zyme-Aid Extra Fort.....	26		
Defenxin	28	Broad-Spectrum Anti-Microbial Formula		Balanced Blend of Digestive Enzymes			
Synergistic Cold/Flu Relief Formula		MicrocidinAF	30	SynerClear	19		
Elemental Nutrition	21	Low FODMAP Anti-Microbial Formula		Detox Nutrition Support with Complete Nutrient Profile			
Elemental Medical Foods		Modism.....	16	Synerdopa	33		
		Supports Neuro-Development Via Methylation & The Collateral Pathways		Optimal Dopamine Levels & Metabolic Pathways			



Histalief

Support Healthy Histamine Levels & Mast Cell Stability

- Synergistic Actions to Modulate Histamine Release & Provide Relief for IgE-Mediated Allergic Symptoms*
- Featuring Highly Concentrated (2,585 mg DHE*/cap) Anti-Allergy Herbal Extracts - Tinospora, Perilla, and Stinging Nettle
- Fortified with Quercetin, NAC, and Vitamin C

Indications:

- Allergic rhinitis
- Mast cell activation syndrome (MCAS)
- Histamine intolerance

Ingredients (per capsule):

Quercetin (from quercetin dihydrate)	150 mg
Guduchi Extract (<i>Tinospora cordifolia</i>)	83.5 mg (10:1) (aerial parts) (835 mg DHE*)
Perilla Extract (<i>Perilla frutescens</i>)	100 mg (10:1) (leaf) (1,000 mg DHE*)
Stinging Nettle Extract (<i>Urtica dioica</i>)	75 mg (10:1) (herb top) (750 mg DHE*)
N-Acetyl-L-Cysteine	75 mg
Vitamin C (from ascorbic acid & ascorbyl palmitate)	50 mg

*DHE - Dried Herb Equivalent.

Other Ingredients:

Microcrystalline cellulose, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults – Take 2 capsules, 3 times per day, or as directed by the health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

Dosage Form: 84 Vegetarian Capsules



Inflamlief

Herbal Inflammation-Relief Formula

Inflamlief is a unique herbal formula with synergistic anti-oxidative herbs specialized for relief of inflammation, swelling and minor pain.

- Features patented hops CO₂-extract, clinically shown to relieve pain with comparable effect to 400 mg ibuprofen.
- Provides relief without the cardiovascular, gastrointestinal and renal adverse effects of the pharmaceutical anti-inflammatory medications.
- Contains highly concentrated phyto-antioxidants to scavenge free radicals and reduce oxidative stress in inflamed tissues such as arthritis, muscle tearing, and any discomfort caused by inflammation.

Ingredients (per capsule):

(Each capsule contains 6,300 mg Dried Herb Equivalent)	
Hops Extract 30:1 (<i>Humulus lupulus</i>)	167 mg (Perluxan™) (cone) (30% alpha and iso-alpha acids) (equivalent to 5,000 mg of dried herb)
Boswellia Extract 20:1 (<i>Boswellia serrata</i>) (gum resin)	60 mg (65% boswellic acid) (equivalent to 1,200 mg of dried herb)
Curcumin (from <i>Curcuma longa</i>)	200 mg (root, rhizome) (C3-Complex™)
Rosemary Extract 6:1 (<i>Rosmarinus officinalis</i>)	15 mg (leaf) (equivalent to 90 mg of dried herb)
Piperine (from <i>Piper nigrum</i> fruit) (Bioperine®)	1.7 mg

C3-Complex™ and Bioperine® are registered trademarks of Sabinsa Corp.

Other Ingredients:

L-leucine, hypromellose (capsule),

Suggested Use:

Adults - Take 3 capsules, 2 times a day, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



R.O.S-Quench

Synergistic Super-Antioxidant Formula Featuring High Dose All-Rans Resveratrol

R.O.S-Quench is a synergistic blend of powerful antioxidants specifically formulated to support vasculature, modulate immune function, and neutralize oxidative stress from inflammation.

- Features natural, highly concentrated (99%) Trans-Resveratrol (200 mg/cap) - the more stable and bioavailable form.
- Also contains: Grape Seed Extract (100 mg/cap; 95% OPCs), Quercetin (100 mg/cap), Olive Leaf Extract, and Vitamin C.
- Comprehensive Mitochondrial Biogenesis Support

Indications:

- Supports Cardiovascular Health
- Supports Healthy Aging & Skin Health
- Modulates immune system and helps relieve mild allergies and hypersensitivities

Ingredients (per capsule):

trans-Resveratrol	200 mg (>99%; isolate from <i>Reynoutria japonica</i> (root))
Grape Seed Extract 100:1 (<i>Vitis vinifera</i>)	100 mg (seed) (95% OPCs) (equivalent to 10,000 mg dried herb)
Quercetin (isolate)	100 mg
Olive Leaf Extract 7:1 (<i>Olea europaea</i>)	60 mg (leaf) (20% oleuropein) (equivalent to 420 mg dried herb)
Vitamin C	60 mg
Mixed tocopherol concentrate	30 mg

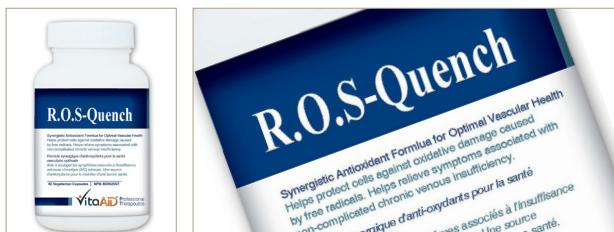
Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule, 1-2 times a day, with food, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 3 months.

Dosage Form: 42 Vegetarian Capsules



Inositol+

Support Insulin Sensitivity

Inositol together with folic acid have been shown in clinical studies to help support the insulin sensitivity in women with polycystic ovarian syndrome (PCOS).

Ingredients (per 1/4 teaspoon):

Myo-Inositol	500 mg
Folic Acid	50 mcg
Chromium (from chromium nicotinate glycinate)	3 mcg

Suggested Use:

Adults – take 1/4 teaspoon per day. For PCOS patients - take 2 teaspoons per day, or as directed by a health care practitioner.

Dosage Form: 224 g Powder (448 servings)



TermiDM

Synergistic Herbal Support for Healthy Blood Glucose Metabolism

TermiDM is a comprehensive herbal formula fortified with alpha lipoic acid and glucose tolerance factors (GTF) to support healthy blood sugar metabolism and neutralize free radicals.

- Contains Mulberry leaf extract that inhibits glucosidase, which digests disaccharides to glucose.
- Contains aqueous cinnamon extract that is clinically shown to support insulin sensitivity.
- Contains milk thistle and alpha lipoic acid to help balance glucogenesis and glycolysis in the liver, as well as neutralize oxidative stress.

Ingredients (per 2 capsules):	
(Each capsule contains 12,080 mg Dried Herb Equivalent)	
Mulberry Extract 8:1 (<i>Morus alba</i>)	155 mg (leaf) (1% deoxynojirimycin) (equivalent to 1,240 mg dried herb)
Bitter Melon Extract 10:1 (<i>Momordica charantia</i>)	170 mg (fruit) (5% triterpenoids) (equivalent to 1,700 mg dried herb)
Fenugreek Extract 7.5:1 (<i>Trigonella foenum-graecum</i>)	48 mg (seed) (2% 4-hydroxyisoleucine) (equivalent to 360 mg dried herb)
Cinnamon Extract 10:1 (<i>Cinnamomum cassia</i>)	200 mg (aqueous) (bark) (8% flavonoids) (equivalent to 2,000 mg dried herb)
Gymnema Extract 17.5:1 (<i>Gymnema sylvestre</i>)	44.4 mg (leaf) (75% gymnemic acids) (equivalent to 777 mg dried herb)
Milk Thistle Extract 40:1 (<i>Silybum marianum</i>)	150 mg (seed) (USP-grade) (30% silybins) (equivalent to 6,000 mg dried herb)
Alpha Lipoic Acid	100 mg
Chromium (from chromium nicotinate glycinate)	140 mcg

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:
Adults - Take 2 capsules before or with a meal, frequency as directed by your health care practitioner, or once per day.

Dosage Form: 84 Vegetarian Capsules



Bisglycino-Mg

For Maintenance of Bone and Teeth & Support Muscle Function

- Magnesium Bisglycinate is the most bioavailable form of magnesium that is readily up-taken into the blood stream and able to participate in the vital reactions in the body.
- Its absorption rate is more than twice that of minerals salts and not dependent on the pH in the stomach or food intake.
- High purity of magnesium bisglycinate with patent technique to remove the impurities (ie. MgO) and maximize the bioavailability.

Ingredients (per capsule):

Magnesium TRAACS® 150 mg
(from 1,200 mg of magnesium bisglycinate)

TRAACS® (The Real Amino Acid Chelate System) is a registered trademark of Albion® Minerals.

Other Ingredients:

L-leucine, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule 3 times per day, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules



Truth or Myth: Bioavailable Mg ≠ Good Stool Softener

- Magnesium plays a role as a co-factor in 300+ biochemical reactions in the body; it is especially important in energy generation and macro-nutrient metabolism.
- Most magnesium salts, such as magnesium oxide (MgO), carbonate and citrate, do not have ideal absorption rates. MgO, in particular, has only 4% of fractional absorption rate of magnesium.
- When magnesium salt is not readily absorbed in the colon, it can draw water from the interstitial into the lumen resulting in the softening of stool. Therefore, patients' stool change can be a good indicator of the bioavailability of the magnesium supplement.

TO INGREDIENT INDEX ▶

MQ-7+D3

All-Trans Menaquinone-7 & Cholecalciferol

MQ-7+D3 contains vitamin D3 and menaquinone-7 (MK-7), the most bioavailable form of vitamin K, to support bone and vascular health.

- MK-7 is a natural, bioavailable form of vitamin K2 commonly found in fermented soy.
- It only requires 1/1000 dosage of MK-7 compared to MK-4 to reach the therapeutic effect on bone health - minimizing the risk of interaction with blood thinning medications.

Ingredients (per capsule):

Vitamin K2 (menaquinone-7) 120 mcg
Vitamin D3 (cholecalciferol) (25 mcg) 1,000 IU

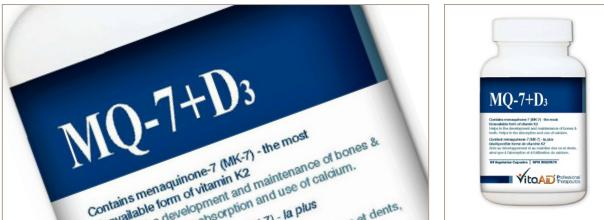
Other Ingredients:

Apple fiber, L-leucine, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule per day, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



*K1 vs. K2 & MK-4 vs. MK-7

There are two major forms of Vitamin K in supplements: Vitamin K1 and K2.

K1 is derived from plants and has less bioavailability. K2, on the other hand, has several forms including MK-4 (synthetic), MK-7 (from fermented soy) and MK-9 (from cheese). K3 is a toxic form and banned.

The current upper limit of Vitamin K in Canada is 120 mcg regardless of the forms used in the products. According to a number of clinical studies, MK-7 is shown to be the most effective and bioavailable form of vitamin K. Studies have shown that only 45 microgram of MK-7 exerted comparable effectiveness in both reducing vascular calcification and increasing the bone mineral density to 45 milligram of MK-4, a synthetic vitamin K2 supplement.

MK-7 has been proven to reduce calcification by guiding the serum Ca⁺⁺ to the bone rather than depositing on the vascular walls. Vessel calcification is the result of chronically high serum calcium levels, which could be the result of long-term calcium supplementation without other cofactors - suggested by studies. It is recommended that patients should take 45 mcg of MK-7 minimum daily with their calcium supplement.

TO PRODUCT SEARCH

Os Matrice

Strengthens Bone Matrix and Prevents Osteoporosis

Os Matrice is a comprehensive formula that includes major essential minerals, vitamin C, D3, and K2 to promote the bone matrix integrity and bone mineral density.

- Contains amino acid chelated essential minerals for bone health.
- Contains no phosphorus - elevated serum phosphorus levels actually inhibit calcium mineralization of the bone.
- Proper ratios of calcium to other bone minerals and vitamin D3, balancing parathyroid hormone secretion and facilitating active calcium transport to the bone.
- Natural MK-7 form of vitamin K; daily dose of as low as 45 microgram MK-7 is effective in promoting bone mineralization compared to the minimum daily dose of 45 milligram for MK-4.

Ingredients (per capsule):

Calcium (from calcium bisglycinate)	200 mg
Magnesium (from magnesium bisglycinate)	40 mg
Zinc (from zinc bisglycinate)	2.5 mg
Copper (from copper bisglycinate)	150 mcg
Manganese (from manganese bisglycinate)	300 mcg
Boron (from boron glycinate)	100 mcg
Silica (from silicon dioxide)	2.5 mg
Vitamin C (ascorbic acid)	20 mg
Vitamin D3 (5 mcg) (cholecalciferol)	200 IU
Vitamin K2 (menaquinone-7)	15 mcg

Other Ingredients:

L-leucine, hypromellose (capsule)

Suggested Use:

Take 3-5 capsules daily with food or as directed by a health care practitioner. Take a few hours before or after taking other medications.

Dosage Form: 150 Vegetarian Capsules



TO INGREDIENT INDEX ▶

Vegi-Glucosamine Complex

Vegan Joint Cartilage Support

Vegan joint care formula for support of the joint cartilage and relief of mild joint pain.

- Vegan source of glucosamine.
- Comprehensive approach to replenish the synovial fluid at joints, support the structural integrity of joints and elasticity of connective tissue as well as the formation and maintenance of collagen for skeletal health.

Ingredients (per capsule):

Glucosamine Hydrochloride (from <i>Aspergillus niger</i>)	375 mg
MSM (Methylsulfonylmethane)	250 mg
Vitamin C (as ascorbic acid)	.60 mg

Other Ingredients:

L-leucine, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 4 capsules a day with food or as directed by a health care practitioner. Avoid taking at bedtime. Use for a minimum of 4 weeks to see beneficial results.

Dosage Form: 120 Vegetarian Capsules



Angiolaxin

Vegan BP & Vascular Support

Angiolaxin contains clinically studied KM-20 sesame peptide and CoQ₁₀ that work via different but complementary mechanisms to support cardiovascular health.

May be used to complement and support existing treatments for hypertension and cardiovascular health (eg. prescription drugs, natural health products, and/ or healthy diets).

Ingredients (per capsule):

Sesamum indicum Peptide KM-20 (seed)125 mg
Coenzyme Q ₁₀ (ubiquinone)30 mg
Vitamin E (6.7 mg ATE) (from d-alpha tocopheryl acetate)10 IU

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 4 capsules once a daily, preferably before meals, or as directed by a health care practitioner. Take for a minimum of 4-6 weeks for noticeable effect. *May increase the dosage to 8 capsules per day as clinical studies have proven it to be safe.

Dosage Form: 112 Vegetarian Capsules



H.C.Q10-Cardio

Comprehensive Cardiovascular Support

H.C.Q10-Cardio contains hawthorn, L-carnitine and CoQ₁₀ with taurine and magnesium to provide synergistic support for cardiovascular function.

- Each vegetarian capsule contains 900 mg dried herb equivalent Hawthorn and 100 mg all-trans CoQ₁₀ to help support the cardiac output.
- L-carnitine is a carrier that shuttles fatty acids across the mitochondria membrane for beta-oxidation and promotes energy production.
- Numerous clinical studies have proven the efficacy of the treatment in CHF patients with combination of CoQ₁₀ and L-carnitine.

Ingredients (per capsule):

Coenzyme Q ₁₀ (ubiquinone)100 mg
L-Carnitine150 mg
Hawthorn Extract (<i>Crataegus laevigata</i>) 12:1 (fruit)75 mg (5% procyanidins) (equivalent to 900 mg dried herb)
Taurine50 mg
Magnesium (from magnesium bisglycinate)20 mg

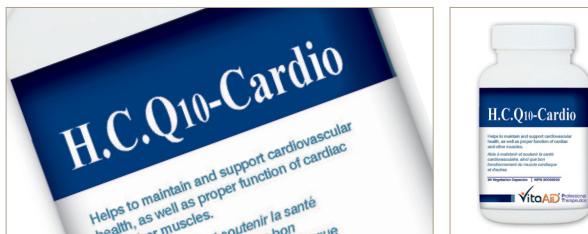
Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults – Take 1 capsule, 3 times per day, or as directed by your health care practitioner. Use for a minimum of 3 months to see beneficial effects.

Dosage Form: 84 Vegetarian Capsules



Nattozimes

Supports Fibrinolytic System and Cardiovascular Health

Nattozimes® is a soy-free protease with fibrinolytic activity to potentially benefit in promoting the normal and healthy endogenous fibrinolysis.

- Safe and high fibrinolytic unit (FU) per unit dose for better patient compliance.
- Specimen cultivated from allergen-free media.
- For support of cardiovascular health and relief of inflammation.

Ingredients (per capsule):

Nattozimes® (Fibrinolytic Protease) 3,000 FU (8,450 HUT)* (from <i>Aspergillus oryzae</i> & <i>Aspergillus melleus</i>)
*FU = fibrin unit activity; HUT = hemoglobin units on the tyrosine basis.	

Nattozimes® is a registered trademark of National Enzyme Company®.

Other Ingredients:

Microcrystalline cellulose, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults – Take 2 capsules daily, or as directed by a health care practitioner.

Dosage Form: 90 Vegetarian Capsules



Tobalief

Natural Smoking Cessation Aid

Tobalief® contains cytisine - a natural nicotine receptor partial agonist (NRPA).

- Clinically shown to yield higher success rate in smoking cessation than other agents, such as NRT, varenicline, and bupropion.
- Higher compliance - short course of treatment (25 days) & very well-tolerated.
- More cost-effective compared to other smoking cessation medications.

Ingredients (per capsule):

Cytisine (isolate from *Cytisus laborinum* L.) 1.5 mg

Other Ingredients:

Microcrystalline cellulose, silicon dioxide, L-Leucine, hypromellose (capsule)

Suggested Use:

Day 1 to 3: 1 capsule every 2 hours; 6 capsules (9 mg) daily.
Day 4 to 12: 1 capsule every 2.5 hours; 5 capsules (7.5 mg) daily.
Day 13 to 16: 1 capsule every 3 hours; 4 capsules (6 mg) daily.
Day 17 to 20: 1 capsule every 4 hours; 3 capsules (4.5 mg) daily.
Day 21 to 25: 1 capsule every 6 hours; 2 capsules (3 mg) daily.
Complete cessation of smoking must occur by the 5th day of treatment.

Dosage Form: 101 Vegetarian Capsules



Tobalief®

Smoking Cessation Aid
Cytisine Isolate 1.5 mg per capsule
dans la fumée cessation
1.5 mg par capsule

Modism

Supports Neuro-Development Via Methylation & The Collateral Pathways

Modism is a comprehensive formula designed to support multiple biochemical pathways of neurotransmitters and metabolic intermediates, enhance antioxidant capacity and help restore healthy microbiota; all of which have been implicated in the clinical presentations of autism spectrum disorders (ASD) and ADHD.

- Active P5P, 5-MTHF, methylcobalamin & betaine to enhance methylation in patients with MTHFR insufficiency
- Essential minerals, vitamins & taurine to support the collateral metabolic pathways of the methylation cycle and reduce the symptoms caused by the metabolic overload from methylation enhancement.
- The inclusion of *S. boulardii* helps to support the gut flora in cases of opportunistic bacteria overgrowth, particularly the ones that secrete neurotoxins, such as *Clostridium spp.*

Ingredients (per scoop):

Vitamin B1 (from thiamine HCl)	10 mg
Vitamin B2 (from riboflavin-5'-phosphate)	10 mg
Niacinamide	25 mg
Vitamin B6 (from calcium pyridoxal-5'-phosphate)	25 mg
5-MTHF (from calcium 5-methylfolate)	250 mcg
Vitamin B12 (methylcobalamin)	250 mcg
Vitamin D3 (cholecalciferol) (12.5 mcg)	500 IU
Vitamin E (d-a-tocopherol acetate) (13.4 mg ATE)	20 IU
Vitamin K2 (menaquinone-7)	220 mcg
Inositol	10 mg
Choline (from choline bitartrate)	10 mg
Calcium (from calcium bisglycinate)	30 mg
Copper (from copper (II) bisglycinate)	300 mcg
Iron (from iron (II) bisglycinate)	6 mg
Magnesium (from magnesium citrate)	125 mg
Zinc (from zinc bisglycinate)	200 mcg
Taurine	200 mg
Betaine Anhydrous	400 mg
<i>Saccharomyces boulardii</i>	5 billion cfu

Other Ingredients:

Silicon dioxide, erythritol, citric acid, stevia, natural passion fruit flavor

Suggested Use:

Take 1 scoop, 1-2 times daily, or as directed by your health care practitioner. Take a few hours before or after taking other medications.

Dosage Form: 180 g Powder (42 servings per container)



Modism

Comprehensive Support for Healthy Methylation & Development
Helps support normal growth and development, energy metabolism, tissue formation, healthy immune system, and liver function.
Goutier Complet pour une Méthylation et un Développement Sains
Aide à soutenir une croissance et un développement normaux, le métabolisme énergétique, le système immunitaire sain et la fonction hépatique.

TO INGREDIENT INDEX ▶

Pediatric Multi+

Kid's Multi-Vitamin/Mineral + With Certified Organic Elderberry

A comprehensive multi-vitamin/mineral formula to support healthy development of kids.

- Formulated with Active Forms of B-Vitamins (ie. 5-MTHF, methylcobalamin, P5P, R5P).
- Inclusion of organic Elderberry extract & juice concentrate, zinc, and vitamin A to support the immune functions.
- Utilizes amino acid mineral chelates to ensure optimal absorption.

Ingredients (per scoop):

Vitamin A (from vitamin A palmitate)	300 mcg
Vitamin B1 (from thiamine hydrochloride)	2 mg
Vitamin B2 (from riboflavin 5'-phosphate, sodium)	1.5 mg
Niacinamide	5 mg
Vitamin B5 (from calcium d-pantothenate)	5 mg
Vitamin B6 (from pyridoxal 5'-phosphate, calcium)	3 mg
Folate (from L-5-MTHF, calcium)	100 mcg
Vitamin B12 (methylcobalamin)	10 mcg
Biotin	50 mcg
Vitamin C (ascorbic acid)	300 mg
Vitamin D3 (cholecalciferol) (12.5 mcg)	500 IU
Vitamin E (d-a-tocopherol acetate) (13.4 mg ATE)	20 IU
Vitamin K2 (menaquinone-7)	220 mcg
Inositol	10 mg
Choline (from choline bitartrate)	10 mg
Calcium (from calcium bisglycinate)	30 mg
Copper (from copper (II) bisglycinate)	300 mcg
Iron (from iron (II) bisglycinate)	6 mg
Magnesium (from magnesium bisglycinate)	20 mg
Zinc (from zinc gluconate)	5 mg
Iodine (from Laminariaceae (whole))	30 mcg
Elderberry Extract (<i>Sambucus nigra</i>) (64:1)	29.3 mg (13% anthocyanidins) (equivalent to 1,875 mg dried herb)

Other Ingredients:

Citric acid, natural mixed berry flavour, erythritol (certified organic), *Stevia rebaudiana* extract, elderberry juice concentrate (certified organic)

Suggested Use:

Children (<4 years old): take 1 scoop per day with food. Children (5-9 years old): take 2 scoops per day with food. Or as directed by the health care practitioner. For children under 2 years old, mix 1 scoop with 1 oz (30 mL) of water before use.

Dosage Form: 190 g Powder (60 servings per container)



◀ TO PRODUCT SEARCH

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www.vitaaid.com
Toll Free: 1-800-490-1738

AC-1350

Activated Charcoal (from Certified Organic Coconut) + Ginger Extract

• Uses highly potent activated charcoal (Iodine Number = 1350) from certified organic coconut shells.

• Laboratory-screened to meet pharmaceutical standards.

• Activated charcoal is commonly used as a binding agent for a variety of applications. Ingested internally, it may be used to neutralize toxins (eg. endotoxins, mycotoxins, heavy metals) and metabolic wastes (eg. hormone metabolites, medication metabolites) and reduce the re-absorption of harmful substances in the gut.

Ingredients (per capsule):

*Activated Charcoal (USP-Grade)	230 mg (from Certified Organic Coconut)
Ginger Extract (<i>Zingiber officinalis</i>) (25:1)	8 mg (equivalent to 200 mg of dried herb)

*Other Ingredients

Suggested Use: Adults - Take 1-3 capsules a day, or as directed by your health care practitioner. Take a few hours before or after taking other medications or natural health products.

Dosage Form: 126 capsules



AC-1350

Activated Charcoal + Ginger Extract
Helps prevent nausea and vomiting associated with motion sickness, and/or seasickness.



AC-1350P

• **Powder form** for flexible, high-dose applications, such as in acute food/chemical poisoning

• Uses highly potent activated charcoal (Iodine Number = 1350) from certified organic coconut shells.

• Laboratory-screened to meet pharmaceutical standards.

Ingredients (per scoop):

*Activated Charcoal (from Certified Organic Coconut)	4,000 mg
Ginger Extract (<i>Zingiber officinalis</i>) (25:1)	8 mg (equivalent to 200 mg of dried herb)

*Other Ingredients

Suggested Use:

Adults - Take 1-3 scoops a day, or as directed by your health care practitioner. Take a few hours before or after taking other medications or natural health products.

Dosage Form: 120 g Powder (30 servings per container)



AC-1350P

Activated Charcoal + Ginger Extract
Helps prevent nausea and vomiting associated with motion sickness, and/or seasickness.
charbon actif et extrait de gingembre
réduire la nausée et les vomissements associés au mal des transports



◀ TO PRODUCT SEARCH

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www.vitaaid.com
Toll Free: 1-800-490-1738

Hepasylin

Herbal Hepato-Protectant

Hepasylin is a comprehensive herbal liver tonic formula containing milk thistle, dandelion, artichoke and alpha lipoic acid to protect the hepatocytes and maintain healthy liver function.

- Contains USP-Grade Milk Thistle Extract standardized in silybins and HPLC-verified. Silybins are the most active compounds of silymarin group to provide the optimal liver-protecting effect.
- Increases the reduced glutathione level in the liver, promotes bile flow, provides powerful antioxidants for cell protection, and enhances the detoxification process in the liver.

Ingredients (per capsule):

Milk Thistle Extract (<i>Silybum marianum</i>).....	250 mg
(seed) (70% silybins) (USP-Grade) (silybins A&B: 40-65%; isosilybins A&B: 10-20%; silydianin & silychristin: 20-45%)	
Dandelion Root Extract 12:1 (<i>Taraxacum officinale</i>).....	20 mg
(equivalent to 240 mg dried herb)	
Artichoke Leaf Extract 10:1 (<i>Cynara scolymus</i>).....	50 mg
(equivalent to 500 mg of dried herb)	
Licorice Root Extract 15:1 (<i>Glycyrrhiza glabra</i>).....	10 mg
(equivalent to 150 mg of dried herb)	
Alpha Lipoic Acid	20 mg

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule 2 times daily, or as directed by your health care practitioner.

Dosage Form: 120 Vegetarian Capsules



NAC+

Support Glutathione Levels & Neutralize Free Radicals

NAC+ is a synergistic antioxidant formula to help neutralize inter- and intra-cellular free radicals and support the glutathione levels.

- Contains mucolytic agent, NAC to help ease chronic respiratory illnesses by promoting sputum expectoration.
- Helps to increase glutathione levels in the body via supplying direct precursor and enhancing glutathione-S-transferase activity.

Ingredients (per capsule):

N-Acetyl Cysteine.....	250 mg
Vitamin E (67 mg ATE) (from d-alpha tocopheryl acetate).....	100 IU
Vitamin C (ascorbic acid).....	.54 mg
Selenium (from selenium glycinate).....	50 mcg

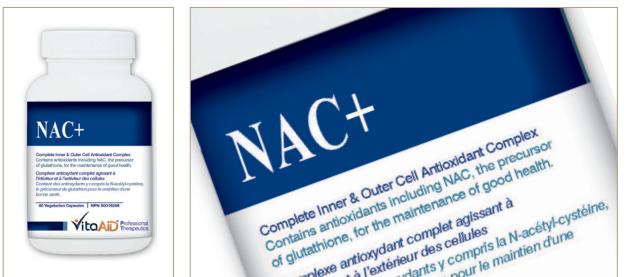
Other Ingredients:

Microcrystalline cellulose, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1-4 capsules daily as needed or as directed by a health care practitioner.

Dosage Form: 90 Vegetarian Capsules



SynerClear

Detox Nutrition Support with Complete Nutrient Profile

SynerClear® is a complete hypoallergenic protein supplement with macro- and micro-nutrient support for the body during convalescence, detoxification, and protein deficiency.

- Contains 22.5 g / 28 g (Unflavored) of protein per serving.
- Made with Certified Organic sprouted whole grain rice, which being pre-digested contains natural-occurring B-vitamins and hydrolysed proteins.
- Ultra-smooth texture; absolutely no sticking/thickening agents added.
- Provides key amino acids required in activities of the hepatic detoxification enzymes.
- Contains potent antioxidative phyto-nutrients (eg. curcuminoids [250 mg], quercetin, burdock, rosemary, green tea & bilberry) to protect against free radicals produced during Phase 1 detoxification.
- Addition of L-glutamine, peppermint, probiotics and prebiotic to support gastrointestinal environment.
- Contains 5 billion probiotics to help regulate GI environment and strengthen immune functions (BI-04).

Dosage Form: Powder (14 servings per container)



Ingredients (per serving; 2 scoops):

Vitamin A (600 mcg RAE) (from vitamin A palmitate).....	2000 IU
Natural Mixed Carotenoids (from <i>Elaeis guineensis</i>)900 mcg
(lycopene, alpha-, beta-, and gamma-carotene)	
Vitamin B1 (from thiamine HCl)	2.4 mg
Vitamin B2 (from riboflavin & riboflavin-5-phosphate (Na))	1.3 mg
Vitamin B3 (niacinamide)	10 mg
Vitamin B5 (from calcium-d-pantothenate)	20 mg
Vitamin B6	3.5 mg
(from pyridoxine HCl & pyridoxal-5-phosphate (calcium salt))	
Vitamin B12 (methylcobalamin)	100 mcg
5-Methyltetrahydrofolate (from calcium L-5-MTHF)50 mcg
Folate (folacin)350 mcg
Biotin200 mcg
Vitamin C (ascorbic acid)200 mg
Vitamin D3 (12.5 mcg) (cholecalciferol)	500 IU
Vitamin E (20 mg ATE) (from d-alpha-tocopherol acetate)	30 IU
Vitamin K2 (menaquinone-7)22.5 mcg
Potassium (from potassium citrate)100 mg
Chromium (from chromium nicotinate glycinate)100 mcg
Selenium (from selenium glycinate)50 mcg
Calcium (from calcium bisglycinate and citrate)200 mg
Magnesium (from magnesium citrate)100 mg
Copper (from copper bisglycinate)09 mg
Manganese (from manganese bisglycinate)1.8 mg
Molybdenum (from molybdenum glycinate)25 mcg
Zinc (from zinc gluconate)5 mg
Iodine (from <i>Laminaria spp.</i>)120 mcg
L-Lysine450 mg
L-Glutamine500 mg
Glycine	1,500 mg
Taurine300 mg
N-Acetyl Cysteine (NAC)100mg
Choline (from choline bitartrate)20 mg
MSM (Methylsulfonylmethane)100 mg
Inositol50 mg
Curcumin (from <i>Curcuma longa</i>)250 mg
(root, rhizome) (C3-Complex®)	
Quercetin (isolate) (flower) (from <i>Sora japonica</i>)50 mg
Burdock Root Extract 15:1 (<i>Arctium lappa</i>) (root)100 mg
(equivalent to 1,500 mg dried herb)	
Rosemary Extract 10:1 (<i>Rosmarinus officinalis</i>) (leaf)15 mg
(equivalent to 150 mg of dried herb)	
Peppermint Extract 20:1 (<i>Mentha piperita</i>) (leaf)60 mg
(equivalent to 1,200 mg of dried herb)	
Green Tea Extract (<i>Camellia sinensis</i>) (leaf) (50% EGCG)50 mg
Monk Fruit Extract 18:1 (<i>Siraitia grosvenorii</i>) (fruit)350 mg
(equivalent to 6,300 mg of dried herb)	
Bilberry Extract 100:1 (<i>Vaccinium myrtillus</i>)30 mg
(25% anthocyanidins; 36% anthocyanosides)	
(equivalent to 3,000 mg of dried herb)	
Alpha Lipoic Acid10 mg
<i>Lactobacillus acidophilus</i> La-14	2 billion cfu
<i>Bifidobacterium lactis</i> BI-04	3 billion cfu
Algal Oil (life'sDHA*) (12% DHA) (<i>Schizochytrium sp.</i>)100 mg

C3-Complex® is a registered trademark of Sabinsa Corp.
life's DHA® is a registered trademark of DSM.

Other Ingredients:

Inulin, medium chain triglycerides (3 g), certified organic rice protein concentrate, certified organic rice syrup powder (chocolate, vanilla, matcha), natural flavors (chocolate, vanilla)

Suggested Use:

Adults - Take 2 level scoops (1 serving) twice a day, or as directed by a health care practitioner. Mix with 240 ml (8 oz) water or other beverages and stir well before drinking.

XenobioX

Synergistic Support for Xenobiotic Detox

- Support Multiple Detox Mechanisms:
 - Active B-vitamins & Essential Minerals to prevent overload of toxic/reactive metabolites by supporting methylation, sulfation, and transamination
 - D-glucarate - reduce xeno-hormone metabolites from being recycled
 - NAC & Selenium - quench reactive oxygen species
- Restore metabolic pathways impacted by environmental toxins (sulfite, COMT, MAO, histamine, SOD, GST, GPx)

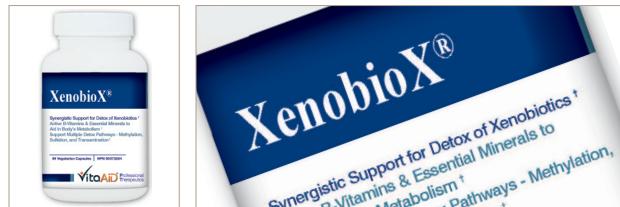
Ingredients (per 2 capsules):

Vitamin B1 (from thiamine HCl)30 mg
Vitamin B2 (from riboflavin-5'-phosphate)20 mg
Niacinamide50 mg
Vitamin B5 (from calcium d-pantothenate)50 mg
Vitamin B6 (from calcium pyridoxal-5'-phosphate)40 mg
5-Methyltetrahydrofolate (from Ca 5-MTHF)800 mcg
Vitamin B12 (methylcobalamin)600 mcg
Zinc (from zinc bisglycinate)20 mg
Molybdenum (from molybdenum glycinate)200 mcg
Selenium (from selenium glycinate)400 mcg
N-Acetyl-L-Cysteine500 mg
D-Glucarate (from calcium d-glucarate)350 mg
Betaine Anhydrous150 mg

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:
Adults - Take 2 capsules with food, 1-2 times a day, or as directed by your health care practitioner. Take a few hours before or after taking other medications.

Dosage Form: 84 Vegetarian Capsules



OptiFort

Synergistic support to improve vision health

OptiFort is a synergistic formula specifically designed to improve vision health via multiple mechanisms.

- Contains patented free-form lutein and zeaxanthin - the only two antioxidants in eyes to help neutralize free radicals generated from UV and blue light.
- Free-form lutein has higher bioavailability than the ester form lutein.
- Laboratory certified *Vaccinium myrtillus* contains 36% anthocyanosides that have been shown to support night vision via re-synthesis of rhodopsin in rod cells, modulation of retinal enzyme activity, and improvement of microcirculation.

Ingredients (per capsule):

Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit)80 mg (standardized min. 25% anthocyanidins, 36% anthocyanosides)
Lutein (FloraGLO®) (free form) (from <i>Tagetes erecta</i>)6.3 mg
Vitamin A (300 mcg RAE) (from vitamin A palmitate)	1000 IU
Vitamin C (ascorbylic acid)60 mg
Vitamin E (20.1 mg ATE) (from d-alpha tocopheryl acetate)30 IU
Zinc (from zinc gluconate)5 mg

FloraGLO® is a registered trademark of DSM.

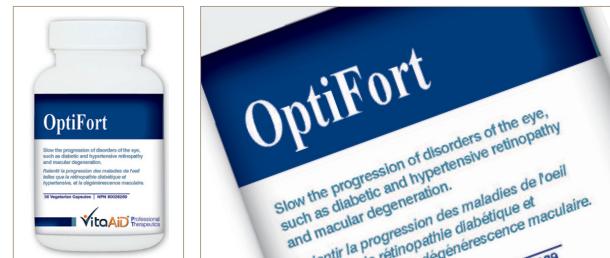
Other Ingredients:

Organic apple fiber, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule, 3 times a day with food, or as directed by a health care practitioner.

Dosage Form: 56 Vegetarian Capsules



Elemental Nutrition

Elemental Medical Foods

An elemental diet consists of only pre-digested/elemental nutrients (ie. amino acids, simple carbohydrates, medium chain triglycerides), and essential vitamins and minerals.

It can be used as the sole source of nutrition for a limited period of time in place of antimicrobials in the Eradication Phase to significantly decrease the bacterial overgrowth.

A clinical trial [16] demonstrated that a **two-week, as well as a three-week**, exclusive elemental diet was able to **normalize the lactulose breath test (LBT)** results in **80%** and **85%** of SIBO-positive patients, respectively.

It can also be used in Crohn's disease patients whose ability to digest and absorb is compromised.

Nutrition Facts (per serving):

Total Calories	200 kcal
Protein10 g (40 kcal)
Total Carbohydrates25 g (100 kcal)
Sugar	20 g
Fats	6.7 g (60 kcal)

Dosage Form: Powder (9 servings or 27 servings per container)

Ingredients (per serving):

Vitamin A (from vitamin A palmitate) (850 IU)255 mcg RAE
Vitamin C (ascorbic acid)20 mg
Vitamin D3 (cholecalciferol) (100 IU)2.5 mcg
Vitamin E (d-alpha tocopherol acetate) (10 IU)6.7 mg AT
Vitamin K2 (menaquinone-7)10 mcg
Vitamin B1 (from thiamine hydrochloride)0.5 mg
Vitamin B2 (from riboflavin 5'-phosphate, sodium)0.5 mg
Vitamin B3 (niacinamide)4 mg
Vitamin B6 (from pyridoxal 5'-phosphate, calcium)1 mg
Folate (from L-5-MTHF, calcium)60 mcg
Vitamin B12 (methylcobalamin)1.5 mcg
Biotin50 mcg
Vitamin B5 (from calcium pantothenate)4 mg
Calcium (from calcium bisglycinate)85 mg
Iron (from iron (II) bisglycinate)2 mg
Phosphorus (from potassium phosphate)85 mg
Iodine (from potassium iodide)20 mcg
Magnesium (from magnesium bisglycinate)40 mg
Zinc (from zinc gluconate)2.5 mg
Selenium (from selenium glycinate)25 mcg
Copper (from copper (II) bisglycinate)150 mcg
Manganese (from manganese (II) bisglycinate)200 mcg
Chromium (from chromium (III) nicotinate glycinate)15 mcg
Molybdenum (from molybdenum (VI) bisglycinate)10 mcg
Choline (from choline bitartrate)35 mg
L-Serine200 mg

Other Ingredients: Medium chain triglycerides, glucose, tapioca maltodextrin, stevia extract, citric acid, natural chocolate/vanilla flavours, natural herbal flavours*, sodium chloride*, sodium copper chlorophyllin*, lutein*, glycine, taurine, L-alanine, L-arginine, L-cysteine, L-glutamine, L-histidine, L-leucine, L-lysine hydrochloride, L-methionine, L-proline, L-threonine, L-tryptophan, L-tyrosine, L-valine, L-aspartic acid, L-isoleucine, L-phenylalanine, L-carnitine

* in Keto-Elemental Nutrition Only

Suggested Use:

Adults - Take 1-2 servings, 2-3 times a day for 14-21 days, or as directed by your health care practitioner.

Keto-Elemental Nutrition

Elemental Medical Foods with Ketogenic Caloric Distributions

For patients with duodenal overgrowth or co-existing fungal overgrowth, even simple carbohydrates like maltodextrin can potentially be utilized by the bacteria/fungi before they can be absorbed by the body.

By incorporating ketogenesis in Elemental Nutrition, we can further limit the food sources of the bacterial overgrowth, as well as providing a better sense of satiety.

Nutrition Facts (per serving):

Total Calories	200 kcal
Protein7.5 g (30 kcal)
Total Carbohydrates7.5 g (30 kcal)
Sugar	0 g
Fats	15.6 g (140 kcal)

Dosage Form: Powder (9 servings or 27 servings per container)

GI-Restore® / GI-Restore®+

Comprehensive Gut-Healing Formula

GI-Restore®/GI-Restore®+ is a comprehensive formula to help relieve inflammation of the GI tract and support the linings of the gut via multiple mechanisms:

- Support intercellular tight junctions
- Increase mucus secretion in the stomach
- Coat gut linings to soothe and protect damaged/inflamed tissue
- Modulate inflammation and histamine actions - ensure gut lining integrity and regulate acid secretion
- Promote proper tissue formation and regeneration

Key Features:

- Polaprezinc (Zinc L-Carnosine) – helps to protect intercellular tight junctions , and reduce gut hyperpermeability.
- Combination of herbal demulcents – DGL (10:1) and Slippery Elm (4:1 water extract) – to coat and soothe inflamed GI linings.
- L-glutamine to promote tissue regeneration in the GI tract.
- Quercetin to exert anti-histamine and anti-inflammatory effects in the gut.
- GI-Restore®+: contains S-methylmethionine from Cabbage juice concentrate to protect GI mucosa
- Powder form to ensure contact throughout the entire GI tract.

Ingredients (per 1/2 teaspoon):

Slippery Elm Extract 4:1 (<i>Ulmus rubra</i>) (branch bark) (water extract) (equivalent to 600 mg of dried herb)	150 mg
DGL (Deglycyrrhizinated Licorice) 10:1 (<i>Glycyrrhiza glabra</i>). (root) (equivalent to 1520 mg of dried herb)	152 mg
Zinc L-carnosine (polaprezinc)	25 mg
L-Glutamine	500 mg
Quercetin (isolate)	50 mg
Included in GI-Restore®+:	
Cabbage Juice Concentrate (20:1) (<i>Brassica oleracea</i>) (leaf) (low-temperature spray-dried) (equivalent to 3,000 mg of cabbage juice)	150 mg

Other Ingredients: None.

Suggested Use:

Adults - Take 1/2 teaspoon, 3 times a day, or as recommended by your health care practitioner.

Dosage Form: 105 g Powder (84 servings)



GI-Restore® LF

Comprehensive Gut-Healing Formula for Low FODMAP Diet

GI-Restore® LF is a Low FODMAP, gut-healing formula to help relieve inflammation of the GI tract and support the linings of the gut via multiple mechanisms:

- Supports intercellular tight junctions
- Promotes mucus secretion in the stomach
- Modulates inflammation and histamine actions - ensure gut lining integrity and regulate acid secretion
- Promotes proper tissue formation and regeneration
- Contains butyrate (SCFA) to support colonocytes & colon Lining Integrity. SCFAs are derived from soluble fibers via bacterial fermentation, and can become deficient over long term Low FODMAP diet.

Ingredients (per 3 capsules):

Zinc Carnosine	150 mg
Curcumin (from <i>Curcuma longa</i>) (root, rhizome) (*C3-Complex*)	200 mg
L-Glutamine	600 mg
Cayenne Extract 18:1 (<i>Capsicum annuum</i>) (fruit) (equivalent to 360 mg of dried herb)	20 mg
Quercetin (isolate).....	300 mg
Calcium Butyrate	300 mg

*C3-Complex® is a registered trademark of Sabinsa Corp.

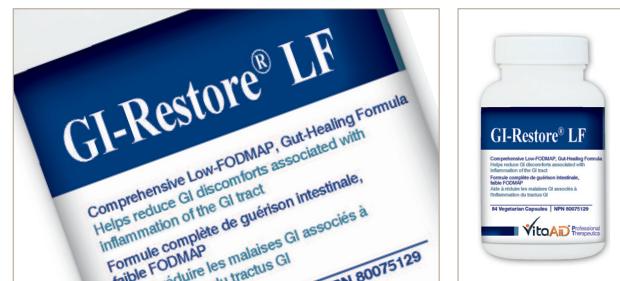
Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule, 3 times a day, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



Limonen-E

D-Limonene for GERD Relief

- Ultra-Purified D-Limonene (>99.5%).
- 1 g of D-Limonene (~24 drops) daily or every other day for 2 weeks has been clinically shown to achieve relief of GERD symptoms.
- Inclusion of vitamin E to stabilize D-Limonene from oxidation.

Ingredients (per 24 drops):

D-Limonene (from <i>Citrus sinensis</i> peel).....	1000 mg
Vitamin E (from alpha-d-tocopheryl acetate)	2.4 IU

Other Ingredients: None.

Suggested Use:

Take 24 drops daily on an empty stomach, or as recommended by your health care practitioner.

Direction of Use:

Take indicated dosage (24 drops) directly into your mouth on an empty stomach and washing it down with 1-2 sips of water. This way, all of the desired dosage is ingested and not too diluted.

Dosage Form: 30 mL Liquid (28 servings)



L-Glutamine Plus

Vegan L-Glutamine with Antioxidants

L-Glutamine Plus is a combination of highly purified, vegetarian-sourced L-glutamine and synergistic antioxidants to promote recovery and convalescence from chronic ailments.

- Restores plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise).
- Supports immune and digestive systems after periods of physical stress and ailments.
- Helps to manage the conditions associated with bowel inflammation by improving the absorption of nutrients. (eg. Short bowel syndrome, Crohn's disease).

Ingredients (per tablespoon):

L-Glutamine	9 g
Vitamin C (from calcium ascorbate)300 mg
Vitamin E (from d-alpha-tocopherol acetate)67 mg
Selenium (from selenium glycinate)70 mcg
Natural Mixed Carotenoids (from <i>Elaeis guineensis</i>) (lycopene, alpha-, beta-, and gamma-carotene) (equivalent to 3,500 IU vitamin A)	3 mg

Other Ingredients: Maltodextrin, medium chain triglycerides

Suggested Use:

Adults - Once a day, mix 1 tablespoon with 1 cup of cold liquid or semi-solid food and stir briskly. Consume immediately after mixing. Increase the dosage up to 3 tablespoons per day or as recommended by a health care practitioner.

Dosage Form: 315 g Powder (30 servings)



Mg-Lax

Gentle Osmotic Stool Softener

Mg-Lax is specifically formulated to promote regular bowel movements, loosen stools, and aid in constipation.

- Contains magnesium oxide and citrate, which act as an osmotic stool softener by increasing stool water content
- A safe and gentle alternative to stimulating laxatives
- Magnesium citrate helps relax bowel spasms and relieve cramping.
- Useful in elderly patients to prevent straining and promote healthy bowel movements

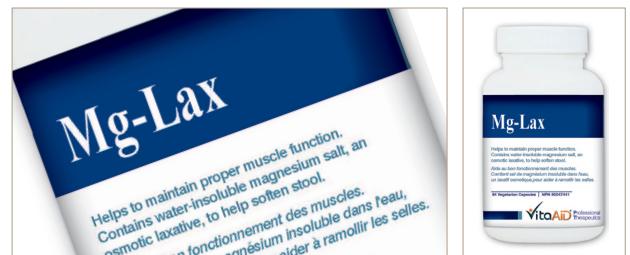
Ingredients (per capsule):
Magnesium (from Mg oxide & Mg citrate) 150 mg

Other Ingredients:
L-leucine, microcrystalline cellulose, silicon dioxide, hypromellose (capsule)

Suggested Use:
Adults - For constipation, take 1-3 capsules at bed time, or as directed by a health care practitioner.

NOTE: For therapeutic use of magnesium other than constipation, or treatment of magnesium deficiency choose Bisglycino-Mg for maximum absorption.

Dosage Form: 84 Vegetarian Capsules



Prokine

Natural Prokinetic Formula

Comprehensive Prokinetic Formula to help regulate gut motility.

- Acts on the 5-HT receptors to promote gastrointestinal migrating motor complex (MMC) function.
- Promotes digestive enzyme & bile secretions.
- Contains cofactors to support neurotransmitter synthesis & restore MMC.

Indications:

- Small intestine bacterial overgrowth (SIBO)
- Dyspepsia, Gastroparesis, Indigestion, Nausea & Vomiting
- Gastroesophageal Reflux Disease (GERD)
- Irritable Bowel Syndrome (IBS)

Ingredients (per 3 capsules):
L-5-HTP (L-5-Hydroxytryptophan) 225 mg
(from Griffonia simplicifolia) (seed)
Ginger Extract (Zingiber officinale) 600 mg
(rhizome) (standardized to contain 6% gingerols)
Chamomile Extract 10:1 (Matricaria chamomilla) 150 mg
(flower) (equivalent to 1,500 mg of dried herb)
Cinnamon Extract 10:1 (Cinnamomum aromaticum) 90 mg
(bark) (equivalent to 900 mg of dried herb)
Peppermint Extract 20:1 (Mentha x piperita) 120 mg
(herb) (equivalent to 2,400 mg of dried herb)
Gentian Extract 10:1 (Gentiana lutea) 90 mg
(root) (equivalent to 900 mg of dried herb)
Benfotiamine 30 mg
Vitamin B6 (from calcium pyridoxal-5-phosphate) 15 mg
5-Methyltetrahydrofolate (from Ca 5-MTHF) 300 mcg
Vitamin B12 (methylcobalamin) 300 mcg

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule between each meal and 2 capsules at bed time, on an empty stomach; or as directed by a health care practitioner.

Dosage Form: 126 Vegetarian Capsules



Betaine HCl

Digestive Aid for Hypochlorhydria

Betaine HCl is a source hydrochloric acid to aid in the digestion of protein in the stomach.

Ingredients (per capsule):
Betaine Hydrochloride..... 825 mg

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

General Digestive Aid: Adults - Take 1 capsule with each meal, 3 times a day.
Patients diagnosed with Hypochlorhydria: Dosage may be increased as directed by your health care practitioner.

Dosage Form: 150 Vegetarian Capsules



Intolerase

"Digest Your Intolerances" for SIBO & Malabsorption

Intolerase is an ultra-potent, broad-spectrum carbohydase formula designed to break down fermentable carbohydrates and support post-eradication phase of SIBO treatment.

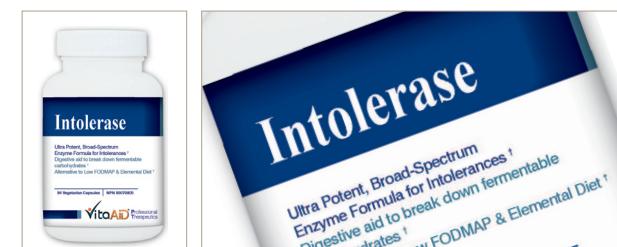
- Helps support the compliance of FODMAP-restrictive diet
- Enzyme potencies are based on the estimated dietary intake of common FODMAPs in general population.
- Contains butyrate (SCFA) to support colonocytes & lining integrity.

Ingredients (per capsule):
Alpha-Galactosidase (from Aspergillus niger) 925 GalU
Lactase (from Aspergillus oryzae) 3,000 ALU
Amylase (from Aspergillus oryzae) 8,109 DU
(contains 7,709 bacterial amylase units)
Glucoamylase (from Aspergillus niger) 150 AGU
Pectinase (from Aspergillus niger) 90 endo-P
Beta-Glucanase (from Trichoderma longibrachiatum) 105 BGU
Hemicellulase (from Aspergillus niger) 20,000 HCU
Invertase (from Aspergillus niger) 2,100 Sumner
Xylanase (from Trichoderma longibrachiatum) 1,650 XU
Maltase (from Hordeum vulgare seed) 300 DP
Protease (from Aspergillus oryzae) 15,000 HUT
Acid Protease (from Aspergillus oryzae) 15 SAPU

Other Ingredients:
Calcium butyrate (250 mg), silicon dioxide, L-leucine, hypromellose (capsule).

Suggested Use:
Adults - Take 1 capsule with carbohydrate-rich meal, 2-3 times a day, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



Optizyme

High-Dose, Full-Spectrum Digestive Enzymes

Optizyme contains full spectrum of plant-derived digestive enzymes working in different pH zones of the entire GI tract.

- Contains high potency digestive enzymes to yield much more effective relief to symptoms of indigestion and malnutrition.
- With proteases to help break down the potential allergens in the ingested foods.
- Also useful for individuals who are recovering from illnesses, severe injuries, burns, chemotherapy or surgeries by helping them obtain better absorption and tolerance of foods.

Ingredients (per capsule):

For Carbohydrate Digestion:

Alpha-Amylase (from <i>Aspergillus oryzae</i>)	17,500 DU
Glucoamylase (from <i>Aspergillus niger</i>)	9.5 AGU
Alpha-Galactosidase (from <i>Apergillus niger</i>)	180 GalU
Cellulase (from <i>Aspergillus niger</i>)	160 CU
Beta-glucanase (from <i>Trichoderma longibrachialum</i>)	70 BGU
Maltase (from <i>Aspergillus niger</i>)	60 DP
Hemicellulase (from <i>Aspergillus niger</i>)	30 HCU
Lactase (from <i>Aspergillus oryzae</i>)	650 ALU
Invertase (from <i>Saccharomyces cerevisiae</i>)	213 SU
Pectinase (from <i>Aspergillus niger</i>)	8 endo-P
Phytase (from <i>Aspergillus niger</i>)	13.5 FTU

For Fat Digestion:

Lipase (from <i>Rhizopus oryzae</i>)	11,500 LU
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For Protein Digestion:

Acid Protease (from <i>Aspergillus oryzae</i>)	23 SAPU
Protease (from <i>Aspergillus oryzae</i>)	22,500 HUT
Bromelain	1,800,000 PU (120 GDU) (from pineapple (<i>Ananas comosus</i>) stem)
Papain (from papaya (<i>Carica papaya</i>) fruit/latex)	100,000 PU

Other Ingredients:

Maltodextrin, microcrystalline cellulose, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule 3 times a day, or as directed by a health care practitioner. Take with first bite of food. For prolonged use, consult a health care practitioner.

Dosage Form: 120 / 60 Vegetarian Capsules



Supreme Zyme-Aid Extra Fort

Balanced Blend of Digestive Enzymes

Balanced blend of enzymes with specific proteases to work in different pH zones of the GI tract and help reduce food allergies, sensitivities, and intolerances.

- Contains only the essential carbohydrate digesting enzymes - lactase and alpha-galactosidase - to help relieve food intolerances caused by the hard-to-digest carbohydrates, such as lactose from dairy, as well as beans and yam.
- Formulated with emphasis on protein digestion.

Ingredients (per capsule):

For Carbohydrate Digestion:

Alpha-Amylase (from <i>Aspergillus oryzae</i>)	5,000 DU
Glucoamylase (from <i>Aspergillus niger</i>)	.5 AGU
Alpha-Galactosidase (from <i>Aspergillus niger</i>)	150 GalU
Lactase (from <i>Aspergillus oryzae</i>)	.300 ALU
Invertase (from <i>Saccharomyces cerevisiae</i>)	75 SU
Phytase (from <i>Aspergillus niger</i>)	5 FTU

For Fat Digestion:

Lipase (from <i>Rhizopus oryzae</i>)	4,580 LU
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For Protein Digestion:

Acid Protease (from <i>Aspergillus oryzae</i>)	15 SAPU
Protease (from <i>Aspergillus oryzae</i>)	15,000 HUT
Bromelain	1,500,000 PU (100 GDU) (from pineapple (<i>Ananas comosus</i>) stem)
Papain	100,000 PU (from papaya (<i>Carica papaya</i>) fruit/latex)

Other Ingredients:

Microcrystalline cellulose, maltodextrin, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule with or after meals, 3 times a day, or as directed by a health care practitioner.

Dosage Form: 90 Vegetarian Capsules



Zyme-Aid Carbo Fort

Carbohydrate-Digesting Enzymes

Digestive enzymes formulated to help digest complex carbohydrates, such as fiber, ribose and lactose.

- Beneficial for individuals ingesting high-carbohydrate diets containing higher amounts of crude fiber and other polysaccharides.
- Particularly useful for people with underweight issues due to malabsorption.
- Helps relieve GI discomforts (eg. gas & bloating) caused by intolerances of carbohydrates.

Ingredients (per capsule):

For Carbohydrate Digestion:

Alpha-Amylase (from <i>Aspergillus oryzae</i>)	5,000 DU
Glucoamylase (from <i>Aspergillus niger</i>)	.1.5 AGU
Alpha-Galactosidase (from <i>Aspergillus niger</i>)	45 GalU
Cellulase (from <i>Aspergillus niger</i>)	80 CU
Beta-Glucanase (from <i>Trichoderma longibrachiatum</i>)	35 BGU
Maltase (from <i>Aspergillus niger</i>)	50 DP
Hemicellulase (from <i>Aspergillus niger</i>)	15 HCU
Lactase (from <i>Aspergillus oryzae</i>)	100 ALU
Invertase (from <i>Aspergillus niger</i>)	50 SU
Pectinase (from <i>Aspergillus niger</i>)	3.5 endo-P
Phytase (from <i>Aspergillus niger</i>)	2.5 FTU

For Fat Digestion:

Lipase (from <i>Rhizopus oryzae</i>)	2,000 LU
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For Protein Digestion:

Bromelain (from <i>Ananas comosus</i> stem)	750,000 PU (50 GDU)
Papain (from <i>Carica papaya</i> fruit/latex)	5,000 PU

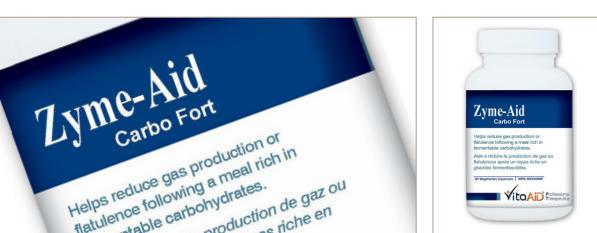
Other Ingredients:

Microcrystalline cellulose, maltodextrin, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule with or after meals, 3 times a day, or as directed by a health care practitioner.

Dosage Form: 90 Vegetarian Capsules



Alliimin DR

Delayed-Release Garlic Concentrate

Alliimin DR is a potent allicin concentrate from freeze-dried fresh garlic, encapsulated in a pH-controlled releasing (ie. stomach friendly) vegetarian capsule.

- Standardized and lab-certified to contain 20,000 mcg alliin per gram (yielding 10,000 mcg allicin).
- Broad spectrum antimicrobial effects. Clinically used to support upper respiratory tract, as well as the GI tract.
- Helps to support lipid profile and cardiovascular health.

Ingredients (per capsule):

Garlic (<i>Allium sativum</i>) (bulb)	.500 mg
(5,000 mcg allicin from 10,000 mcg of alliin)	

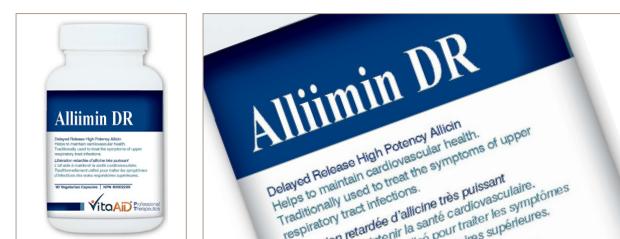
Other Ingredients:

Certified organic apple fiber, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1-2 capsules daily with food, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner.

Dosage Form: 90 Vegetarian Capsules



TO INGREDIENT INDEX ▶

◀ TO PRODUCT SEARCH

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TO INGREDIENT INDEX ▶

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BiofilmX**Biofilm Disrupting Formula**

BiofilmX combines multiple fibrinolytic & mucolytic enzymes to help breakdown biofilms and augment the efficacy of antimicrobial agents.

- Serrapeptase - a potent mucolytic enzyme that help reduce the inhibitory effects of bacterial biofilms and decrease chronic inflammation.
- Systemic fibrinolytic proteases and polysaccharide-digesting enzymes to help breakdown the integrity of biofilms and their adhesion to target tissues.
- Alpha lipoic acid - a sulfur-containing compound known to disrupt biofilms and provide antioxidant protection.
- Delayed-release encapsulation (FREE of phthalate - commonly found in enteric coating) to help bypass the stomach and retain the bioactivity of the enzymes.

Clinical Applications:

- Helps relieve inflammatory edema.
- Promotes the elimination of sputum, pus and hematoma.
- Enhance the effectiveness of antibiotics/ antimicrobials.

Ingredients (per capsule):

Serrapeptase (from *Serrata marcescens* E-15) 30,000 SU
Protease (from *Aspergillus oryzae*) 15,000 HUT
Fibrinolytic Protease (*Nattozimes*) 4,225 HUT (1,500 FU)
(from *Aspergillus oryzae* & *Aspergillus melleus*)
Xylanase (from *Trichoderma longibrachiatum*) 1,100 XU
Pectinase (from *Aspergillus niger*) 50 endo-P
Beta-Glucanase (from *Trichoderma longibrachiatum*) 30 BGU
Glucoamylase (from *Aspergillus niger*) 25 AGU
Hemicellulase (from *Aspergillus niger*) 4,000 HCU
Cellulase (from *Aspergillus niger*) 500 CU
Alpha Lipoic Acid 200 mg

*Nattozimes® is a registered trademark of National Enzyme Company®

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule with meal, 3 times a day, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 months.

Dosage Form: 84 Vegetarian Capsules

**Defenxin****Synergistic Cold/Flu Relief Formula**

Defenxin is a synergistic formula designed to support and boost the body's immune function at the onset of an upper respiratory tract infection.

- Features Highly Concentrated (7,6250 mg DHE*/capsule) Anti-Microbial & Immune-Tonic Extracts of **Echinacea, Andrographis, Elderberry (certified organic)**, and **American Ginseng**.
- Fortified with Anti-inflammatory & Respiratory Tract Soothing ingredients – **Licorice, Ginger, and NAC**

Ingredients (per capsule) (7,625 mg DHE*):

Andrographis Extract (13:1) (1,300 mg DHE*) 100 mg
(10% andrographolide) (*Andrographis paniculata*) (herb top)
Echinacea Extract (*Echinacea purpurea*) (30:1) 50 mg
(4% chicoric acid) (herb top) (1,500 mg DHE*)
Elderberry Extract (*Sambucus nigra*) (64:1) 50 mg
(Certified Organic) (14% anthocyanins) (fruit) (3,200 mg DHE*)
American Ginseng Extract (8:1) (root) 0 mg
(5% ginsenosides) (*Panax quinquefolius*) (400 mg DHE*)
Licorice Extract (*Glycyrrhiza glabra*) (17:1) 50 mg
(20% glycyrrhizin) (root) (850 mg DHE*)
Ginger Extract (rhizome) (5:1) 75 mg
(5% gingerols) (*Zingiber officinale*) (375 mg DHE*)
N-Acetyl-L-Cysteine (NAC) 100 mg
Zinc (from zinc bisglycinate) 5 mg

*DHE - dried herb equivalent

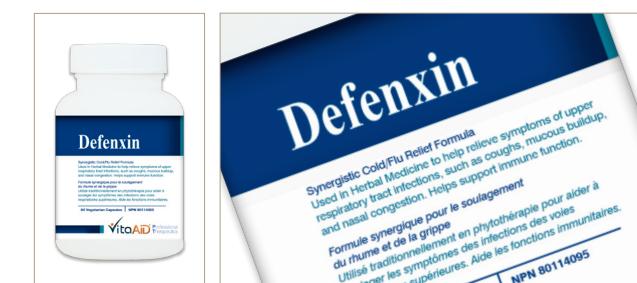
Other Ingredients:

L-Leucine, silicon dioxide, apple fibre, hypromellose (capsule)

Suggested Use:

Adults - at the first sign of infection, take 2 capsules with food, 2 times per day, or as directed by the health care practitioner. Take a few hours away from other medications. Consult a health care practitioner for use beyond 4-6 weeks.

Dosage Form: 84 Vegetarian Capsules



TO INGREDIENT INDEX ▶

Immutonin**Long-Term, Comprehensive Immune Tonic**

Immutonin is a comprehensive immune tonic formula to support the body's long-term immune function.

- Features Highly Concentrated Extracts (7,150 mg DHE*/capsule) of **Astragalus, Elderberry, American Ginseng, Eleuthero**, and a synergistic blend of Medicinal Mushroom extracts
- Mushroom extracts utilize **hot-water extraction + ethanol precipitation processes** to retain the most **bioactive constituents** (i.e. adenosine, triterpenes, and polysaccharides) stored within

Ingredients (per capsule) (7,150 mg DHE*):

Astragalus Extract (*Astragalus membranaceus*) (8:1) 100 mg
(0.5% astragaloside; 40% polysaccharides) (root) (800 mg DHE*)
Elderberry Extract (*Sambucus nigra*) (64:1) 25 mg
(Certified Organic) (14% anthocyanins) (fruit) (1,600 mg DHE*)
American Ginseng Extract (root) (8:1) 50 mg
(5% ginsenosides) (*Panax quinquefolius*) (400 mg DHE*)
Eleuthero Extract (15:1) (0.8% eleutherosides) 50 mg
(*Eleutherococcus senticosus*) (root) (750 mg DHE*)
Zinc (from zinc bisglycinate) 5 mg

Synergistic Mushroom Blend 275 mg (3,600 mg DHE*)

Reishi Extract (*Ganoderma lucidum*) (16:1) (40% polysaccharides) 300 mg; Cordyceps Cs-4 Extract (*Ophiocordyceps sinensis*) (8:1) (7% cordycepic acid) 50 mg; Maitake Extract (*Grifola frondosa*) (8:1) (40% polysaccharides) 50 mg; Lion's Mane Extract (*Hericium erinaceus*) (10:1) (30% polysaccharides) 50 mg; Shiitake Extract (*Lentinula edodes*) (12:1) (30% polysaccharides) 50 mg; Turkey Tail Extract (*Trametes versicolor*) (10:1) (30% polysaccharides) 50 mg

*DHE - dried herb equivalent

Other Ingredients:

L-Leucine, silicon dioxide, apple fibre, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules with food, 2 times per day, or as directed by your health care practitioner.

Dosage Form: 84 Vegetarian Capsules



TO PRODUCT SEARCH ▲

Lysine 500**L-Lysine 500 mg/capsule**

Herpes simplex virus (HSV) (eg. cold sores) are known to utilize L-arginine in their replications, and hence, they thrive in environment high in arginine. L-lysine is able to inhibit the uptake of L-arginine to limit the outbreak of infection.

Ingredients (per capsule):

L-Lysine (L-Lysine hydrochloride) 500 mg

Other Ingredients:

Silicon dioxide, L-leucine, microcrystalline cellulose, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsule 1-3 times per day, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



Microcidin

Broad-Spectrum Anti-Microbial Formula

Microcidin® contains multiple antimicrobial ingredients with different mechanisms to inhibit and kill pathogenic microbes.

- *Coptis* (Huang Lian) contains berberine as its main constituent. *Coptis* is the king herb for detoxification in Traditional Chinese Medicine, especially during infections and Liver Fire. *Coptis* by itself or combined with clove extract has been shown to inhibit fungal growth.
- Contains lab-standardized high allicin content from freeze-dried garlic concentrate.
- Synergized with highly concentrated oregano extract, undecylenic acid and caprylic acid for broad spectrum microcidal effects.

Ingredients (per capsule):

Huang Lian Extract 12:1 (<i>Coptis chinensis</i>) (rhizome) (20% berberine) (equivalent to 720 mg dried herb)	60 mg
Garlic (<i>Allium sativum</i>) (bulb) (20,000 mcg alliin/g to yield 10,000 mcg allicin/g)	240 mg
Oregano Extract 23:1 (<i>Origanum vulgare</i>) (leaf) (30% carvacrol) (equivalent to 920 mg dried herb)	40 mg

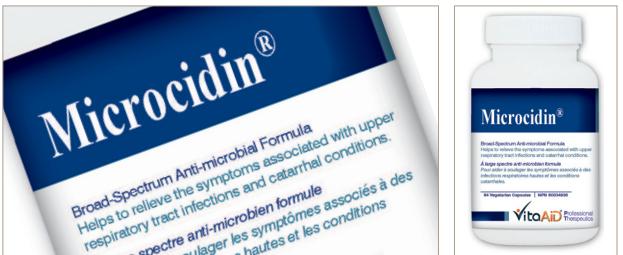
Other Ingredients:

Clove bud oil (*Syzygium aromaticum*) (15 mg), magnesium caprylate, undecylenic acid, silicon dioxide, L-leucine, pullulan (capsule)

Suggested Use:

Adults - Take 1 capsule with meal, 2-3 times per day, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



◀ TO PRODUCT SEARCH

Microcidin AF

Low FODMAP Anti-Microbial Formula

Microcidin® AF is a low-FODMAP “Allium-Free” broad spectrum antimicrobial formula that targets multiple mechanisms to inhibit and kill pathogenic microbes.

- Allium-free formula (low-FODMAP compatible) for individuals sensitive to garlic.
- Berberine has been shown to improve IBS symptoms (abdominal pain, stool frequency & urgency), as well as supporting the mood in patients with IBS-D.
- Cinnamon - “warming” antimicrobial to balance the “cooling” property of berberine.
- Synergized with concentrated Thyme and Oregano extracts for spasmolytic, carminative, and broad spectrum antimicrobial effect in the GI tract.
- Neem and Uva Ursi extract are potent antimicrobials, anti-biofilm, and provide additional gastroprotective effects.

Ingredients (per capsule):

Berberine Hydrochloride	250 mg
Thyme Extract 20:1 (<i>Thymus vulgaris</i>) (leaf) (equivalent to 700 mg dried herb)	35 mg
Cinnamon Extract 10:1 (<i>Cinnamomum aromaticum</i>) (bark) (equivalent to 400 mg dried herb)	40 mg
Neem Extract 20:1 (<i>Azadirachta indica</i>) (leaf) (equivalent to 700 mg dried herb)	35 mg
Uva Ursi Extract 10:1 (<i>Arctostaphylos uva-ursi</i>) (leaf) (equivalent to 350 mg dried herb)	35 mg
Oregano Extract 5:1 (<i>Origanum vulgare</i>) (leaf) (30% carvacrol) (equivalent to 375 mg dried herb)	50 mg

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule with food, 2-3 times per day, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules



TO INGREDIENT INDEX ▶

Mycoplex 5250

Multi-Medicinal Mushroom Complex

- Features Highly Concentrated Extracts (5,250 mg DHE*/capsule) of **Reishi, Lion's Mane, Maitake, Shiitake, and Turkey Tail**.
- Utilizes **hot-water extraction + ethanol precipitation processes** to retain the **most bioactive constituents** (i.e. adenosine, triterpenes, and polysaccharides) stored within.
- Supports healthy immune function, neurological health and cognition, liver health, and convalescence from physical and mental exertions.

Ingredients (per capsule):

Reishi Extract (16:1) (40% polysaccharides)	85 mg
(<i>Ganoderma lucidum</i>) (1,360 mg DHE*)	
Turkey Tail Extract (10:1) (30% polysaccharides)	100 mg
(<i>Trametes versicolor</i>) (1,000 mg DHE*)	
Maitake Extract (8:1) (40% polysaccharides)	105 mg
(<i>Grifola frondosa</i>) (840 mg DHE*)	
Lion's Mane Extract (10:1) (30% polysaccharides)	85 mg
(<i>Hericium erinaceus</i>) (850 mg DHE*)	
Shiitake Extract (12:1) (30% polysaccharides)	100 mg
(<i>Lentinula edodes</i>) (1,200 DHE*)	

*DHE - Dried Herb Equivalent

Other Ingredients:

L-Leucine, silicon dioxide, apple fibre, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules with food, 3 times per day, or as directed by your health care practitioner.

Dosage Form: 126 Vegetarian Capsules



◀ TO PRODUCT SEARCH

Pure Propolis

Natural Antimicrobial & Mucosal Tonic

Bee Propolis is has been shown to help relieve minor inflammations and sores of the oral mucous membranes.

- Contains organic aromatic acids and flavonoids with antibacterial, antifungal, antiviral, antioxidant, and anti-inflammatory properties.
- May help relieve the symptoms related to upper respiratory infections.
- Clinically shown to support male fertility via its protection of spermatozoa from oxidative damage.

Ingredients (per capsule):

Bee Propolis	500 mg
(from bee hive of the honey bee (<i>Apis mellifera</i> L.))	

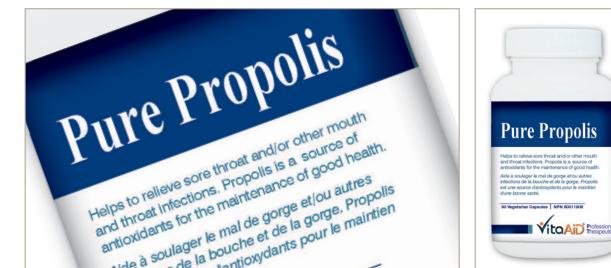
Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule daily with food or as directed by a health care practitioner.

Dosage Form: 90 Vegetarian Capsules



TO INGREDIENT INDEX ▶

Cognicin

Supports Cognitive Function and Improves Memory

Cognicin combines a synergistic blend of Huperzine A, phosphatidylserine and herbal remedies specifically formulated to improve cognitive function and memory.

- Contains comprehensive herbal remedies for improving peripheral blood circulation.
- Curcumin is shown to reduce beta-amyloid formulation and accumulation in the brain.
- Phosphatidylserine plays a role in stabilizing membrane function of neurons and protecting the membrane against oxidative stress.
- Huperzine A is clinically proven to enhance acetylcholine levels in the brain and augment activities of endogenous cellular antioxidants.

Ingredients (per capsule):

Ginkgo Extract 50:1 (<i>Ginkgo biloba</i>) (leaf).....	60 mg (24% ginkgo flavonolignans, 6% terpene lactones) (equivalent to 3,000 mg dried herb)
Phosphatidylserine	50 mg (from organic phosphatidylserine-enriched soy lecithin)
Huperzine A (from <i>Huperzia serrata</i>) (whole plant).....	100 mcg
Curcumin (from <i>Curcuma longa</i>)	133 mg (root, rhizome) (C3-Complex*)
Rosemary Extract 6:1 (<i>Rosmarinus officinalis</i>) (leaf).....	60 mg (equivalent to 360 mg dried herb)

C3-Complex* is a registered trademark of Sabinsa Corp.

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2-3 capsules per day, or as directed by a health care practitioner.

Dosage Form: 56 Vegetarian Capsules



Methyl-Aide

Comprehensive Support for Methylation & the Collateral Pathways

Methyl-Aide is a comprehensive formula providing active methyl-donors (ie. 5-MTHF, methylcobalamin, betaine), plus other active B-vitamins and essential minerals, to support the methyl cycle, as well as its collateral pathways*. • Active P5P, 5-MTHF, methylcobalamin & betaine (TMG) to enhance methylation with MTHFR insufficiency. • Essential minerals, vitamins & taurine to support collateral metabolic pathways* to reduce metabolic overload from methylation enhancement. • Comes in flexible dosages to help patients build up their system to the target doses. It is crucial to always "start low and go slow" with MTHFR patients as their impaired metabolism makes them more sensitive.

*sulfite, histamine, COMT, MAO, SOD, GST

Ingredients (per capsule):

Vitamin B1 (from thiamine HCl)25 mg
Vitamin B2 (from riboflavin-5'-phosphate)15 mg
Niacinamide50 mg
Vitamin B5 (from calcium d-pantothenate).....	.75 mg
Vitamin B6 (from calcium pyridoxal-5'-phosphate)20 mg
5-Methyltetrahydrofolate (from Ca 5-MTHF)	500 mcg
Vitamin B12 (methylcobalamin)	500 mcg
Copper (from copper bisglycinate)	250 mcg
Magnesium (from magnesium bisglycinate)45 mg
Molybdenum (from molybdenum glycinate)75 mcg
Zinc (from zinc bisglycinate)5 mg
*Taurine100 mg
*Betaine Anhydrous100 mg

*Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule with food, 2 times a day, or as directed by a health care practitioner. (May take up to 6 capsules a day). Take a few hours before or after taking other medications.

Dosage Form: 84 Vegetarian Capsules



Neuromin

Comprehensive Neuro-Protective Formula

Neuromin is a comprehensive formula to support nerve regeneration. Working via various mechanisms to protect neurons from oxidative stress.

- Pyrroloquinoline quinone (PQQ) facilitates nerve regeneration by promoting nerve growth factor, and also acts as a neuro-protectant via its antioxidant effects. Its benefits for memory & attention are enhanced by the addition of CoQ₁₀ according to clinical data.
- PQQ protects mitochondria by significantly reducing levels of inflammatory markers such as CRP and IL-6.
- Benfotiamine combined with folate and B12 resulted in significant improvement in nerve conduction velocity.
- Active R-alpha lipoic acid provides additional antioxidant effects and protects nerves and mitochondria from damage.
- Phosphatidylserine has been shown to support memory and cognitive function in elderly patients.

Ingredients (per capsule):

Pyroloquinoline quinone (PQQ)5 mg
Coenzyme Q ₁₀ (ubiquinone)	37.5 mg
R-alpha-lipoic acid (sodium salt) (stabilized)75 mg
Benfotiamine35 mg
5-Methyltetrahydrofolate (from Ca 5-MTHF)	100 mcg
Niacinamide25 mg
Vitamin B2 (riboflavin-5'-phosphate (sodium salt))5 mg
Vitamin B6 (pyridoxal 5'-phosphate)5 mg
Vitamin B12 (methylcobalamin)	100 mcg
Mixed Phospholipids (from <i>Glycine max</i>)50 mg
(seed) (phosphatidylserine, phosphatidylcholine, phosphatidylinositol, phosphatidylethanolamine)	

Other Ingredients:

Silicon dioxide, L-Leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules, 2 times per day, or as directed by your health care practitioner. Use for a minimum of 3 months to see beneficial effects. For prolonged use over 24 weeks, consult a health care practitioner.

Dosage Form: 56 Vegetarian Capsules



Synerdopa

Optimal Dopamine Levels & Metabolic Pathways

Synerdopa is a comprehensive formula to support healthy dopamine levels and its metabolism.

- Mucuna pruriens Extract - 8:1 208 mg (1,664 mg DHE); 31.2 mg L-DOPA/cap. Traditionally used in Ayurvedic as a nervine tonic, adaptogen, and aphrodisiac.
- Support Healthy Dopamine Metabolism with Key Cofactors: B-Vitamins: B1, R5P, P5P, 5-MTHF, Methyl-B12, Magnesium & Vitamin C

Ingredients (per capsule):

Mucuna Extract (<i>Mucuna pruriens</i>) (8:1) (15% L-Dopa)	208 mg (equivalent to 1,664 mg dried herb)
Vitamin C (from ascorbic acid and ascorbyl palmitate)	50 mg
Vitamin B1 (from thiamine hydrochloride)	10 mg
Vitamin B2 (from riboflavin-5'-phosphate)5 mg
Vitamin B6 (from calcium pyridoxal-5'-phosphate)	15 mg
5-MTHF (from calcium 6S-L-methylfolate)	50 mcg
Vitamin B12 (from calcium methylcobalamin)25 mcg
Magnesium (from magnesium bisglycinate)21 mg
Coenzyme Q10 (ubiquinone)45 mg

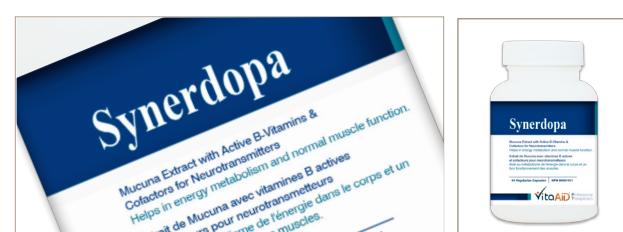
Other Ingredients:

Silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1-3 capsules a day, or as directed by your health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

Dosage Form: 84 Vegetarian Capsules



Verdha

Vegan Source of DHA for Neural and Brain Development

Verdha contains highly concentrated, plant-derived DHA to aid in brain, neural and eye development and to support cardiovascular health.

- Vegan DHA isolated from non-GMO marine algae.
- Cultivated in controlled marine environment to guarantee a heavy metal and PCB free quality.
- Unrefined algal oil with NO addition of diluent.
- Citrus splash taste. No unpleasant fishy aftertaste.
- Ideal essential fatty acid supplement for vegans or individuals not able to tolerate fish and its associated products.
- For development of eyes, brain and nerves in children; and support of cognitive, ocular and cardiovascular health in adults.

Ingredients (per teaspoon*):

DHA (docosahexanoic acid).....1,500 mg
(from 3,800 mg algal oil) (*Schizochytrium sp.*) (life's DHA®)

*Each teaspoon = 5mL = 100 drops

life's DHA® is a registered trademark of DSM.

Other Ingredients:

Vitamin E (d-alpha-tocopherol), natural fruit flavor

Suggested Use:

Children – 1/4 teaspoon (25 drops) daily or as directed by a health care practitioner.

Adults – 1/2 teaspoons (50 drops) daily or as directed by a health care practitioner.

Dosage Form: 50 ml Oil



DHA is the only omega-3 fatty acid used DIRECTLY by neurons of the eyes and the brain to maintain membrane integrity. The converting ratio of other omega-3 FA's to DHA varies from 3% to 67% (EPA). Supplementing DHA is more effective and specific in promoting the neuro-development.

Baby & Mom-PB15+ DF

Perinatal/Baby Probiotic & Prebiotic Formula

Baby & Mom-PB15+ DF is a Dairy-Free probiotic formula comprised of 13 human gut-anchoring probiotics to ensure successful establishment in each of their particular niche.

- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are registered in genome banks.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract.
- *L. rhamnosus GG*, clinically shown to support and relieve diarrhea.
- *B. lactis* BI-04 is shown in RCT to support immunity
- Perinatal & neonatal supplementation of *L. rhamnosus* HN001 has been clinically shown to support healthy blood sugar metabolism during gestation and healthy immune functions of newborns.
- *B. infantis*, a superior colonizer of infant gut, may help improve stool consistency in healthy infants.

Ingredients (per 1/2 teaspoon):

<i>Lactobacillus acidophilus</i> La-141.5 billion cfu
<i>Lactobacillus rhamnosus</i> Lr-321.5 billion cfu
<i>Lactobacillus casei</i> Lc-11	1 billion cfu
<i>Lactobacillus salivarius</i> Ls-33	1 billion cfu
<i>Bifidobacterium bifidum</i> Bb-0605 billion cfu
<i>Bifidobacterium lactis</i> BI-041.5 billion cfu
<i>Streptococcus thermophilus</i> St-21	1 billion cfu
<i>Bifidobacterium breve</i> Bb-03	1 billion cfu
<i>Lactobacillus plantarum</i> Lp-1151.5 billion cfu
<i>Lactobacillus rhamnosus</i> HN001	2 billion cfu
<i>Bifidobacterium infantis</i> Bi-26	1 billion cfu
<i>Lactobacillus rhamnosus</i> GG.....	2 billion cfu
<i>Lactobacillus reuteri</i> 1E1.....	.05 billion cfu

May contain up to 25 billion viable cells at the time of manufacture.

Other Ingredients:

Fructo-Oligosaccharide (FOS), Maltodextrin.

Suggested Use:

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1/2 teaspoon, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 1 teaspoon, 3 times a day; or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics.

Dosage Form: 90 g Powder (56 servings per container)



Bifido-PB30+ DF

Bifido-Only Probiotic Formula

Bifido-PB30+ DF combines five proprietary, research-driven Bifidobacteria strains, which have been extensively studied in clinical trials to carry out a myriad of health benefits, such as modulating inflammatory response, enhancing immune function, and normalizing gut motility.

Key Features

- Without FOS & Dairy-Free. Suitable for SIBO Patients
- Includes HN019 - clinically shown to Regulate Gut-Motility
- Stability: Acid & Bile-Resistant
- Efficacy: Human Gut-Anchoring Ability
- Safety: ATCC-Registered & Antibiotic Resistance Tested

Indications:

- newborns with disrupted microbiota (ie. antibiotic use)
- restoring gut motility in the elderly
- patients with predisposition to d-lactic acidosis, such as Small Intestinal Bacterial Overgrowth (SIBO) and Short Bowel Syndrome

Ingredients (per capsule):

<i>Bifidobacterium bifidum</i> BB-06	4 billion
<i>Bifidobacterium breve</i> BB-03	5 billion
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> BI-26.....	1 billion
<i>Bifidobacterium lactis</i> BL-04	10 billion
<i>Bifidobacterium lactis</i> HN019	10 billion

May contain up to 60 billion viable cells at the time of manufacture.

Other Ingredients:

L-leucine, hypromellose, maltodextrin, silicon dioxide, microcrystalline cellulose, trehalose

Suggested Use:

Take 1 capsule, 1-3 times a day, or as directed by your health care practitioner. Take a few hours before or after taking other medications.

Dosage Form: 42 Vegetarian Capsules



Optimum-PB10+ DF

Everyday Maintenance Probiotic Formula

Optimum-PB10+ DF is a Dairy-Free probiotic formula that contains 10 species of human gut-anchoring probiotics in the formula to ensure the successful establishment of each species in its particular niche.

- 18 billion active cells per capsule upon manufacturing.
- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are registered in genome banks.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract.
- Supports gut microbiota and immune function.
- Formulation WITHOUT FOS Available.

Ingredients (per capsule):

<i>Lactobacillus acidophilus</i> La-14	2 billion cfu
<i>Lactobacillus rhamnosus</i> Lr-32	1 billion cfu
<i>Lactobacillus casei</i> Lc-116 billion cfu
<i>Lactobacillus salivarius</i> Ls-336 billion cfu
<i>Bifidobacterium bifidum</i> Bb-064 billion cfu
<i>Bifidobacterium lactis</i> BI-041.6 billion cfu
<i>Streptococcus thermophilus</i> St-21.....	.5 billion cfu
<i>Bifidobacterium breve</i> Bb-036 billion cfu
<i>Lactobacillus plantarum</i> Lp-1151.5 billion cfu
<i>Lactobacillus rhamnosus</i> GG.....	.1.2 billion cfu

May contain up to 18 billion viable cells at the time of manufacture.

Other Ingredients:

Fructo-Oligosaccharide (FOS) / Maltodextrin, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 2 capsules, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 4 capsules, 3 times a day; or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics. For children under 6 years old, open the capsule and administer the powder form.

Dosage Form: 56 Vegetarian Capsules



Supreme-PB30+ DF

High-Dose Probiotic Formula

Supreme-PB30+ DF is a Dairy-Free probiotic formula that contains 55 billion viable cells comprised of 11 species of human gut-anchoring probiotics to ensure successful establishment in each of their particular niche.

- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are ATCC-registered.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract.
- *L. rhamnosus GG*, clinically shown to support and relieve antibiotic-associated diarrhea.
- *B. lactis* BI-04 is shown in RCT to support immunity.
- Perinatal & neonatal supplementation of *L. rhamnosus* HN001 has been clinically shown to support healthy blood sugar metabolism during gestation and healthy immune functions of newborns.
- Formulation WITHOUT FOS Available.

Ingredients (per capsule):

<i>Lactobacillus acidophilus</i> La-14	6 billion cfu
<i>Lactobacillus rhamnosus</i> Lr-32	2 billion cfu
<i>Lactobacillus casei</i> Lc-11	5 billion cfu
<i>Lactobacillus salivarius</i> Ls-33	1 billion cfu
<i>Bifidobacterium bifidum</i> Bb-06	1 billion cfu
<i>Bifidobacterium lactis</i> BI-04	5 billion cfu
<i>Streptococcus thermophilus</i> St-21	2 billion cfu
<i>Bifidobacterium breve</i> Bb-03	1.5 billion cfu
<i>Lactobacillus plantarum</i> Lp-115	1.5 billion cfu
<i>Lactobacillus rhamnosus</i> HN001	2 billion cfu
<i>Lactobacillus rhamnosus</i> GG	3 billion cfu

May contain up to 55 billion viable cells at the time of manufacture.

Other Ingredients:

Fructo-Oligosaccharide (FOS) / maltodextrin, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1 capsule, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 2 capsules, 2-3 times a day; or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics. For children under 6 years old, open the capsule and administer the powder form.

Dosage Form:



S. boulardii

Support Gut Microbiota of Individuals on Antibiotic Treatment

Saccharomyces boulardii is a probiotic clinically used to support the gut flora of patients on antibiotic treatment.

- Support the recovery of the antibiotic-associated diarrhea, as well as other types of acute, prolonged diarrhea.
- Improves intestinal permeability and supports the remission of patients with history of inflammatory bowel disorders.
- Regulates intestinal microbial homeostasis and stabilizes the gastrointestinal barrier, interfering with the ability of pathogens to colonize and infect the mucosa.

Ingredients (per capsule):

Saccharomyces boulardii (whole cell) 5 billion cfu

Other Ingredients:

L-leucine, maltodextrin, silicon dioxide, hypromellose (capsule)

Suggested Use:

Children, Adolescents, and Adults – Take 2 capsules, 1-3 times a day, or as directed by a health care practitioner. For children under 6 years old, open the capsule and administer the powder form.

Dosage Form:



Probiotics Selections at a Glance

- **Optimum-PB10+:** Support dysbiosis caused by antibiotics and general immune and digestive support.
- **Bifido-PB30+:** Suitable for SIBO patients, as well as those susceptible to d-lactic acidosis (eg. short bowel syndrome). Also indicated for newborn and elderly with disrupted gut flora.
- **Supreme-PB30+:** Support patients with candidiasis, celiac disease, food sensitivity/ leaky gut syndrome, dyspepsia, peptic ulcer disease, as well as antibiotic-associated diarrhea.
- **Baby & Mom-PB15+:** Formulation specifically designed for infant to toddler and pregnant/ breastfeeding mom. Helps promote healthy development, as well as prevention of atopic disease and gestational diabetes.
- **Ultra-PB100+:** Powdered, high-dose probiotic formula for easy dose adjustment. Higher dose may be used in inflammatory bowel diseases.
- **S. boulardii:** Safe to take with antibiotic to prevent antibiotic-associated diarrhea, and support acute traveller's diarrhea.

Ultra-PB100+ DF

Ultra High-Dose Probiotic Formula

Ultra-PB100+ DF is a Dairy-Free probiotic formula comprised of 13 human gut-anchoring probiotics to ensure successful establishment in each of their particular niche.

- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are registered in genome banks.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract.
- Comprehensive strain combination to maximize efficacy.
- Provides formulas with or without prebiotic (FOS) to meet each individual's needs.
- Powdered formula for easy dose adjustment & administration.
- High dose probiotic has been used as an adjunct support in inflammatory bowel diseases (IBD) to achieve remission and reduce relapse rate.

Ingredients (per teaspoon):

<i>Lactobacillus acidophilus</i> La-14	15 billion cfu
<i>Lactobacillus rhamnosus</i> Lr-32	15 billion cfu
<i>Lactobacillus casei</i> Lc-11	10 billion cfu
<i>Lactobacillus salivarius</i> Ls-33	8 billion cfu
<i>Bifidobacterium bifidum</i> Bb-06	2 billion cfu
<i>Bifidobacterium lactis</i> BI-04	12 billion cfu
<i>Streptococcus thermophilus</i> St-21	8 billion cfu
<i>Bifidobacterium breve</i> Bb-03	5 billion cfu
<i>Lactobacillus plantarum</i> Lp-115	15 billion cfu
<i>Lactobacillus rhamnosus</i> HN001	3 billion cfu
<i>Bifidobacterium infantis</i> Bi-26	1 billion cfu
<i>Lactobacillus rhamnosus</i> GG	6 billion cfu
<i>Lactobacillus reuteri</i> 1E1	1 billion cfu

May contain up to 200 billion viable cells at the time of manufacture.

Other Ingredients:

Fructo-Oligosaccharide (FOS) / Maltodextrin.

Suggested Use:

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1 teaspoon, 1-3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 1 teaspoons, 2-3 times a day; or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics.

Dosage Form:



Collagen Restore

Comprehensive Formula for Collagen Restoration and Protection

Collagen Restore is a comprehensive nutrient formula for collagen regeneration by providing the building blocks (amino acids), cofactors (vitamin & minerals), and protection (antioxidants) required for collagen restoration and protection.

- L-Proline, Glycine, and L-Lysine – key components in collagen synthesis.
- B-Vitamins, Vitamin C, Vitamin A, Omega-3, MSM, and Trace Essential Minerals (Zinc & Silica) to enhance connective tissue regeneration/repair.
- Phyto-Antioxidants: Trans-Resveratrol, OPCs, CoQ10, Mixed Tocopherols, and Lutein - for maximum protection against free radicals.
- Bearberry Extract – shown to reduce age-spot formation and hyperpigmentation by slowing melanin-producing process.

Ingredients (per capsule):

L-Lysine50 mg
L-Proline	100 mg
Glycine	150 mg
Green Tea Extract 50:1 (<i>Camellia sinensis</i>) (50% EGCG)50 mg
(leaf) (equivalent to 2,500 mg dried herb)	
Trans-Resveratrol (99%) (from <i>Reynoutria japonica</i>) (root)15 mg
Bearberry Extract 10:1 (<i>Arctostaphylos uva-ursi</i>)15 mg
(leaf) (equivalent to 150 mg dried herb)	
Grape Seed Extract 100:1 (<i>Vitis vinifera</i>)20 mg
(seed) (95% OPCs) (equivalent to 2,000 mg dried herb)	
Coenzyme Q ₁₀ (ubiquinone)10 mg
Vitamin A (from vitamin A palmitate) (750 mcg RAE)	2500 IU
Vitamin B1 (from thiamine HCl)2 mg
Vitamin B2 (riboflavin)2 mg
Vitamin B6 (from pyridoxine HCl)2 mg
Vitamin C (from ascorbyl palmitate)75 mg
Biotin25 mcg
Niacinamide5 mg
Vitamin B5 (from calcium d-pantothenate)10 mg
Vitamin B12 (methylcobalamin)25 mcg
Folic Acid50 mcg
Zinc (from zinc gluconate)3 mg
Silica (from horsetail (<i>Equisetum arvense</i> L.))800 mcg
MSM (Methylsulfonylmethane)50 mg
Algal Oil (Life's DHA™) (12% DHA) (<i>Schizochytrium</i> sp.)10 mg
Lutein (FloraGLO®) (isolate from <i>Tagetes erecta</i>)750 mcg
Mixed tocopherol concentrate15 mg

Life's DHA™ and FloraGLO® are registered trademarks of DSM.

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults – Take 2 capsules, 2 times a day, or as directed by a health care practitioner.

Dosage Form:



TO PRODUCT SEARCH

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TO INGREDIENT INDEX

www.vitaaid.com
Toll Free: 1-800-490-1738

TO PRODUCT SEARCH

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www.vitaaid.com
Toll Free: 1-800-490-1738

5-HTP

Aids in Sleep, Weight Management, Migraine and Fibromyalgia

5-Hydroxytryptophan (5-HTP) is a naturally-occurring amino acid and chemical precursor in the biosynthesis of serotonin and melatonin from tryptophan.

5-HTP has been clinically shown to support healthy mood balance, migraine prophylaxis, weight management, sleep aid, and relief of symptoms associated with fibromyalgia.

Ingredients (per capsule):

L-5-HTP (L-5-Hydroxytryptophan) 100 mg
(from *Griffonia simplicifolia*) (seed)

Other Ingredients:

Microcrystalline cellulose, L-leucine, hypromellose (capsule), silicon dioxide.

Suggested Use:

For healthy mood balance - take 1 capsule, 3 times a day. Take with food. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond one year.

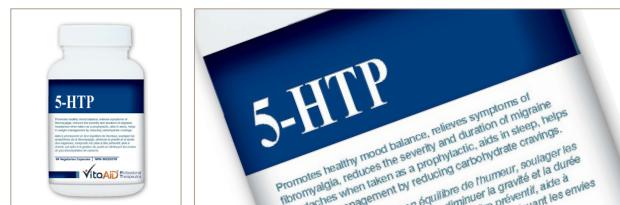
For relief of fibromyalgia symptoms - take 1 capsule, 3-4 times a day. Take with food. Use for a minimum of 2 weeks to see beneficial effects. Consult a health care practitioner for use beyond one year.

For migraine prophylaxis - take 1-2 capsules, 2-3 times a day. Take with food. Use for a minimum of 2-3 weeks to see beneficial effects. Consult a health care practitioner for use beyond 6 months if taking more than 400 mg per day.

For weight management - take 3 capsules, 3 times a day. Take 30 minutes prior to a meal. Consult a health care practitioner for use beyond 12 weeks.

As a sleep aid - take 1-2 capsules, 30-45 minutes before bedtime. To minimize the risk of GI side effects, start dosing at 100 mg, 2-3 times per day and slowly increase to effective dose over 2 week period.

Dosage Form: 84 Vegetarian Capsules



[TO PRODUCT SEARCH](#)

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Adrenergyn

Adaptogenic Support for HPA Dysregulation

Adrenergyn® contains a synergistic ratio of adaptogenic herbs and vitamin B5 for patients with HPA axis dysregulation and debility or during convalescence.

- Contains Cs-4 strain of *Cordyceps sinensis*, the most extensively studied strain shown to promote ATP generation and modulate cortisol levels under stress.
- Clinically proven herbal remedies to increase the oxygen utilization in the body, scavenge free radicals that cause oxidative stress, and regulate the adrenal functions.
- Helps support circadian rhythm, sleep, energy, as well as cognitive and immune functions.

Ingredients (per capsule):

(Each capsule contains 4,070 mg Dried Herb Equivalent)
Rhodiola Extract 10:1 (*Rhodiola rosea*) 75 mg
(root) (3% rosavins, 1% salidrosides)
(equivalent to 750 mg of dried herb)
Cordyceps Cs-4 Extract 8:1 (*Cordyceps sinensis*) 200 mg
(mycelium) (7% cordycepic acid)
(equivalent to 1,600 mg of dried herb)
Eleuthero Extract 10:1 (*Eleutherococcus senticosus*) 70 mg
(root) (0.8% eleutherosides) (equivalent to 700 mg of dried herb)
Ashwagandha Extract 6:1 (*Withania somnifera*) 170 mg
(root) (7% withanolides) (equivalent to 1,020 mg of dried herb)
Vitamin B5 (from d-calcium pantothenate) 10 mg

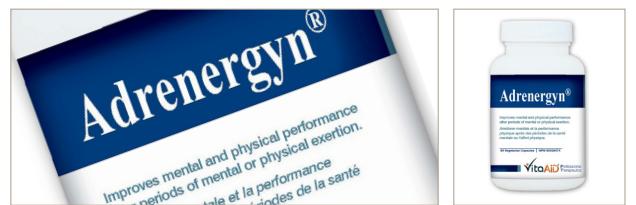
Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 3 capsules daily, preferably before meals, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 1 month.

Dosage Form: 84 Vegetarian Capsules



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www.vitaaid.com
Toll Free: 1-800-490-1738

AdrenoForte DP

Herbal Cortisol Support

AdrenoForte DP is a synergistic herbal formula specifically designed to tonify the depleted adrenals and give the body a kick start to restore its physiological functions in Stage 3 HPA Axis Dysregulation.

- Comparable effect to glandular tissue-containing formulas.
- Licorice helps to increase the cortisol level via its inhibitory effect on cortisol breakdown (ie. inhibition of 11-beta-hydroxysteroid dehydrogenases).
- Asian Ginseng helps to tonify the adrenal functions. In TCM, *Panax ginseng* tonifies Qi and calm the Spirit.
- Eleuthero to modulate the cortisol levels.
- Astragalus - "The King Herb of Qi" in TCM - to tonify Spleen and Lungs and enhance the immune functions.
- Highly concentrated Bacopa Extract (30:1; 50% bacopasides) - a potent Ayurvedic brain tonic to support cognitive function and memory. Also known as a cooling & bitter herb - balances the stimulatory effects of Licorice/ Asian Ginseng/Astragalus.

Ingredients (per capsule) (6,110 mg DHE*):

Asian Ginseng Extract 10:1 (*Panax ginseng*) 85 mg
(root) (20% ginsenosides) (850 mg DHE*)
Astragalus Extract 12:1 (*Astragalus membranaceus*) 100 mg
(root) (1,200 mg DHE*)
Licorice Extract 8:1 (*Glycyrrhiza glabra*) 170 mg
(root) (12% glycyrrhizin) (1,360 mg DHE*)
Eleuthero Extract 10:1 (*Eleutherococcus senticosus*) 75 mg
(root) (0.8% eleutherosides) (750 mg DHE*)
Bacopa Extract 30:1 (*Bacopa monnierii*) 65 mg
(whole plant) (50% bacopasides) (1,950 mg DHE*)
Vitamin B5 (from d-calcium pantothenate) 10 mg

*DHE - Dried Herb Equivalent

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 3-4 capsules a day, or as directed by a health care practitioner. Take this formula during the day (before 2 pm). Avoid taking in late afternoon or at night. Consult a health care practitioner for use beyond 4 weeks.

Dosage Form: 84 Vegetarian Capsules



[TO PRODUCT SEARCH](#)

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Cortilief

Alleviate High Cortisol State & Support Healthy Stress Response

Cortilief is specifically formulated to target Stages 1 & 2 of HPA axis dysregulation (Over-stimulation & Restlessness), as well as any other circumstances that require support in reducing high cortisol levels, such as systemic inflammation and post-intense workout.

- High-Dose **Phosphatidylserine (150 mg/capsule)** from sunflower seeds - promotes recovery from physical & mental exertions by stabilizing cortisol levels*
- Highly Concentrated **Magnolia (90% honokiol) & Phellodendron (85% berberine)** - powerful anxiolytic & cortisol-modulating actions*
- Ashwagandha + Wild Jujube Seed (natural GABA agonist) + L-Theanine** to optimize stress-scoping response and promote relaxation & sleep*

Ingredients (per capsule):

Phosphatidylserine (from *Helianthus annuus* seed) 150 mg
Ashwagandha Extract (*Withania somnifera*) (7:1) 150 mg
(7% withanolides) (root) (1,050 mg DHE*)
Wild Jujube Extract (*Ziziphus spinosa*) (18:1) 75 mg
(2% triterpene saponins) (seed) (1,350 mg DHE*)
Magnolia Extract (*Magnolia officinalis*) (72:1) 10 mg
(90% honokiol) (bark) (1,720 mg DHE*)
Phellodendron Extract (*Phellodendron amurense*) 10 mg
(85% berberine) (bark)
L-Theanine 50 mg

*DHE - Dried Herb Equivalent

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule at bedtime, or as directed by your health care practitioner. May increase to 2-3 capsules during times of acute stress.

Dosage Form: 56 Vegetarian Capsules



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www.vitaaid.com
Toll Free: 1-800-490-1738

Melatonin-3

USP-Grade Melatonin 3 mg

Melatonin helps to reset the body's circadian rhythm and support the sleep quality in people with sleep restriction or altered sleep schedule.

- Safe and effective dose for individuals suffering from delayed sleep phase syndrome and jet lag.
- May increase the dose to 6-9 mg to help alleviate sleep disturbance.
- Clinical research has demonstrated that melatonin may help support peri-menopausal transitions via its modulating action on the HPO-axis.

Ingredients (per capsule):

Melatonin (*USP grade) (vegetarian source).....3 mg

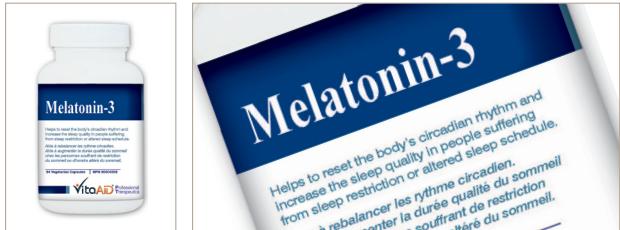
Other Ingredients:

Microcrystalline cellulose, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1 to 3 capsules at bedtime, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



Melatonin-5

USP-Grade Melatonin 5 mg

Melatonin helps to reset the body's circadian rhythm and support the sleep quality in people with sleep restriction or altered sleep schedule.

- Safe and effective dose for individuals suffering from delayed sleep phase syndrome and jet lag.
- Clinical research has demonstrated that melatonin may help support peri-menopausal transitions via its modulating action on the HPO-axis.

Ingredients (per capsule):

Melatonin (*USP grade) (vegetarian source).....5 mg

Other Ingredients:

Microcrystalline cellulose, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1 to 2 capsules at bedtime, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



*Why "USP-Grade" Melatonin?

Many melatonin products on the market are labeled as "natural." Natural melatonin commonly contains actual animal tissues, which may be contaminated with other hormones and animal proteins (e.g. risk of BSE). Furthermore, it does not meet the US Pharmacopeia (USP) standards of quality.

On the other hand, USP-grade melatonin is bioidentical to the melatonin in the human body. When administering hormones such as melatonin to patients, purity & potency should be the top priority.

A study from the American Academy of Sleep Medicine (AASM) identified significant variability of melatonin content, and more disturbingly, the presence of serotonin contamination in commercially available products. AASM recommends that consumers look for "USP grade" when choosing melatonin products.

Resolaxin

Eases Stress and Promotes Relaxation without Sedative Effects

Resolaxin is a comprehensive herbal stress management formula targeting individuals that are constantly stressed, nervous, anxious, restless, and/or suffering from Irritable Bowel Syndrome (IBS).

- Natural herbal combination that works by binding the GABA receptors to promote muscle relaxation and calm the mind.
- Wild jujube seed is a traditional Chinese medicine herb used for calming the mind, improving sleep quality.
- Contains L-theanine to induce a sense of inner calm without affecting alertness.
- Combination of carminative and calming herbs - an ideal formulation for IBS.

Ingredients (per 2 capsules):

(Contains 6,360 mg Dried Herb Equivalent)

Chamomile Extract 6:1 (*Matricaria chamomilla*).....240 mg (flower) (1% apigenin) (equivalent to 1,440 mg dried herb)

Lemon Balm Extract 5:1 (*Melissa officinalis*).....120 mg (leaf) (5% rosmarinic acid) (equivalent to 600 mg dried herb)

Wild Jujube Extract 18:1 (*Zizyphus spinosa*).....220 mg (seed) (equivalent to 3,960 mg dried herb)

Passion Flower Extract 4:1 (*Passiflora incarnata*).....90 mg (flower) (equivalent to 360 mg dried herb)

L-Theanine (from *Camellia sinensis*) (leaf).....80 mg

Magnesium (from magnesium citrate).....50 mg

Vitamin B6 (from pyridoxine hydrochloride).....10 mg

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules 2-3 times a day, or as needed for calming effect. Take 2-3 capsules 1/2 to 1 hour before sleep as needed for relaxation and better sleep. Take 1-2 capsules with each meal for IBS. Or else use as directed by a health care practitioner.

Dosage Form: 56 / 112 Vegetarian Capsules



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SJW 450

USP-Grade St. John's Wort Extract

St. John's Wort helps maintain healthy levels of serotonin, norepinephrine, and dopamine, neurotransmitters that help boost morale and mood in the central nervous system.

- 450 mg per capsule. Easy-to-administer dosage of 2 capsules a day.
- Supports healthy mental and nervous system function, and brings emotional balance.
- Comparable therapeutic effect to conventional anti-depressants for the treatment of depression, but with less side effects.

Ingredients (per capsule):

St. John's Wort Extract 7:1 (*Hypericum perforatum* L.).....450 mg (aerial parts, flower) (0.3% hypericins & 3% hyperforin) (equivalent to 3,150 mg of dried herb)

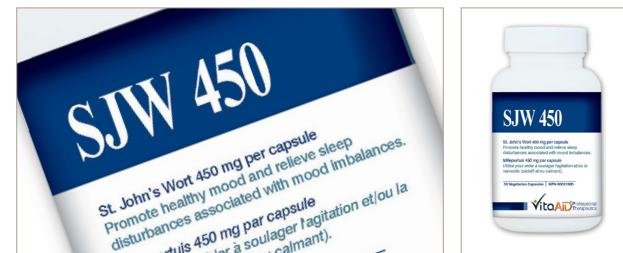
Other Ingredients:

Microcrystalline cellulose, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule 2 times a day, or as directed by a health care practitioner. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 18 weeks.

Dosage Form: 56 Vegetarian Capsules



*What is Hyperforin?

Hyperforin is believed to be the primary active constituent responsible for the antidepressant and anxiolytic properties of the extracts of St. John's wort (SJW). It acts as a reuptake inhibitor of monoamines, including serotonin, norepinephrine, dopamine, and GABA and glutamate.

It is also believed that hyperforin may be actually responsible for inducing the P450 liver enzymes, which may increase the metabolism of other drugs in the body.

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Thyraide

Support healthy thyroid function

Thyraide® is a combination of herbs, vitamins and minerals formulated to support thyroid function through multiple mechanisms.

- Provides essential nutrients - iodine, L-tyrosine, vitamin A, B6, folate, Zn and Se - for thyroid hormone synthesis.
- Contains Ashwagandha to support T4 to T3 conversion.
- Contains Forskohlii, a traditional Ayurvedic medicine to treat thyroid disorder - scientifically proven to balance TSH levels.
- Synergistic formulation that supports thyroid activity and maintains body's basal metabolic rate and mental alertness.

Ingredients (per capsule):

Ashwagandha Extract 6:1 (*Withania somnifera*) 200 mg (root) (7% withanolides) (equivalent to 1,200 mg of dried herb)
L-Tyrosine 125 mg
Forskohlii Extract 62.5:1 (*Plectranthus barbatus*) 50 mg (root) (20% forskolin) (equivalent to 3,125 mg of dried herb)
Vitamin B6 (from pyridoxine HCl) 7.5 mg
Vitamin A (750 mcg RAE) (from vitamin A palmitate) 2500 IU
Folate (folacin [200 mcg] & 5-MTHF [100 mcg]) 300 mcg
Zinc (from zinc bisglycinate) 6 mg
Iodine (from *Laminaria spp.*) 150 mcg
Selenium (from selenium glycinate) 100 mcg

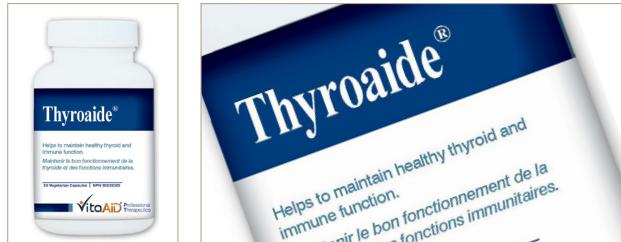
Other Ingredients:

Certified organic apple fiber, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules daily with meals, or as directed by a health care practitioner.

Dosage Form: 56 Vegetarian Capsules



Prostaxin

Herbal Prostate Support

Prostaxin is a comprehensive herbal remedy to support and relieve the urological symptoms associated with mild to moderate benign prostatic hyperplasia (BPH).

- Using Multi-Faceted Authenticating Process to screen for Saw Palmetto Extract as per the US Pharmacopeia
- Synergistic combination of herbal extracts and natural antioxidants to reduce prostatic volume, and reduce/ease the symptoms of BPH.

Ingredients (per capsule):

Saw Palmetto Extract 6:1 (*Serenoa repens*) 210 mg (USP-grade) (45% total fatty acids)
(0.05% beta-sitosterol) (0.1% total sterols)
(berry) (equivalent to 1260 mg dried herb)
Stinging Nettle 10:1 (*Urtica dioica*) 135 mg (root) (0.8% total sterols) (equivalent to 1,350 mg dried herb)
Pygeum Bark Extract 50:1 (*Prunus africana*) 5 mg (bark) (13% phytosterols) (equivalent to 250 mg dried herb)
Rosemary Extract 6:1 (*Rosmarinus officinalis*) (leaf) 50 mg (leaf) (equivalent to 300 mg dried herb)
Vitamin E (6.7 mg ATE) (from d-alpha tocopheryl acetate) 10 IU

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 3 capsules per day. Take with food to minimize gastric disturbance, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



UTI-XP

Support Urinary Tract Health

UTI-XP is a unique formula that specifically targets the urinary system to help support the lining integrity of the urinary tract.

- Includes highly concentrated cranberry juice and hibiscus flower extract, which contains anti-microbial polyphenols and organic acids shown to inhibit epithelial bacteria.
- Contains D-mannose, a non-caloric sugar capable of inhibiting the adhesion of bacteria like *E. coli* to the bladder wall.
- Can be used in conjunction with regular antibiotics for urinary tract infection.

Ingredients (per scoop):

Cranberry Juice Concentrate (12:1) 600 mg (*Vaccinium macrocarpon*) (equivalent to 7,200 mg of fresh juice)
D-Mannose 1,500 mg
Hibiscus sabdariffa Extract 500 mg (12:1) (6,000 mg dried herb equivalent)

Other Ingredients:

Erythritol (certified organic), rebaudioside M

Suggested Use:

Adults - Take 1-2 scoops a day, or as directed by a health care practitioner. Thoroughly mix 1 scoop with 150 mL of water. Use for at least 4 weeks to see beneficial effects.

Dosage Form: 168 grams Powder (28 servings per container)



Bio-Active Multiplex

Multiple-Vitamin Formula with Active B-vitamins, Phytonutrients & Antioxidants

Comprehensive multi-vitamin/mineral formula with essential vitamins, minerals, plus additional phytonutrients, antioxidants, and lipotropic agents.

- Contains all B-vitamins in Active Forms to provide optimal support to the body's methylation.
- Contains EGCG, 100% free-form lutein, OPCs, rosemary, NAC, quercetin, bioflavonoids, R-alpha-lipoic acid (active form) and CoQ₁₀ to strengthen cells' structural integrity and help neutralize free radicals.
- Minimized non-medicinal ingredients - only requires 2 capsules to reach recommended daily dosage.

Dosage Form: 120 Vegetarian Capsules



Ingredients (per capsule):

Vitamin A (450 mcg RAE) (from vitamin A palmitate)	1500 IU
Natural Mixed Carotenoids (from <i>Elaeis guineensis</i>)	300 mcg
Vitamin B1 (from thiamine HCl)	10 mg
Vitamin B2 (riboflavin-5-phosphate (sodium salt))	10 mg
Vitamin B3 (niacinamide)	15 mg
Vitamin B5 (from calcium-d-pantothenate)	15 mg
Vitamin B6 (pyridoxal-5-phosphate (calcium salt))	10 mg
Vitamin B12 (methylcobalamin)	50 mcg
Biotin	30 mcg
5-Methyltetrahydrofolate (from calcium L-5-MTHF)	100 mcg
Vitamin C (ascorbic acid)	40 mg
Vitamin D3 (12.5 mcg) (cholecalciferol)	500 IU
Mixed tocopherols (from <i>Elaeis guineensis</i>) (fruit)	10 mg
Vitamin K2 (menaquinone-7)	25 mcg
Calcium (from calcium bisglycinate)	33 mg
Chromium (from chromium nicotinate glycinate)	30 mcg
Copper* (from copper bisglycinate)	500 mcg
Iron* (from ferrous bisglycinate) (Ferrochel®)	2 mg
Magnesium (from magnesium bisglycinate)	20 mg
Manganese (from manganese bisglycinate)	2 mg
Molybdenum (from molybdenum glycinate)	20 mcg
Selenium (from selenium glycinate)	25 mcg
Zinc (from zinc bisglycinate)	5 mg
R-Alpha-Lipoic Acid	5 mg
Choline (from choline bitartrate)	5 mg
Citrus Bioflavonoids (85% flavonoids)	5 mg
Coenzyme Q ₁₀ (ubiquinone)	10 mg
OPC* (from grapeseed <i>Vitis vinifera</i>)	19 mg
Inositol	5 mg
Iodine (from <i>Laminaria spp.</i>)	75 mcg
Lutein (FloraGLO®) (free form)	208 mcg (isolated from <i>Tagetes erecta</i>)
Trans-Resveratrol	10 mg
Quercetin (isolate) (from <i>Sophora japonica</i>) (flower)	5 mg
Rosemary Extract (<i>Rosmarinus officinalis</i>) (6:1) (leaf)	5 mg (equivalent to 30 mg of dried herb)

OPC: Oligomeric Proanthocyanidins

Ferrochel® is a registered trademark of Albion® Minerals.

FloraGLO® is a registered trademark of DSM.

* Not included in the Fe & Cu free formulation

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules daily with meals, or as directed by a health care practitioner.

Bio-Active Multiplex

without Iron & Copper

Bio-Active Multiplex without Iron & Copper contains the same bioavailable active ingredients as Bio-Active Multiplex, without the addition of iron and copper to minimize pro-inflammatory factors.

Dosage Form: 120 Vegetarian Capsules



Bio-Active Mineroplex

Essential Multi-Mineral Formula with Shilajit Extract

Bio-Active Mineroplex is a highly bioavailable multi-mineral formula with Shilajit to support structure and function, and to replenish essential minerals following chelation therapies.

- Post-chelation support to replenish essential mineral loss and energy levels.
- Formulated based on the affinity of each mineral to commonly used chelating agents.
- Amino-acid-chelated minerals to ensure optimal absorption.
- Shilajit extract, traditionally used in Ayurvedic medicine as synergistic enhancer in transporting different mineral substances to their cellular targets.
- Fulvic acid, a major bioactive constituent in Shilajit, is known to have strong antioxidant activities, immunomodulatory effect, and to support mitochondrial energy production.
- Shilajit has also been shown to restore serum testosterone levels and support sperm count and quality.

Ingredients (per capsule):

Calcium (from calcium bisglycinate)	30 mg
Chromium (from chromium nicotinate glycinate)	100 mcg
Copper (from copper bisglycinate)	500 mcg
Iodine (from <i>Laminaria spp.</i>)	75 mcg
Magnesium (from magnesium bisglycinate)	25 mg
Manganese (from manganese bisglycinate)	1 mg
Molybdenum (from molybdenum glycinate)	75 mcg
Potassium (from potassium citrate)	25 mg
Selenium (from selenium glycinate)	50 mcg
Zinc (from zinc bisglycinate)	10 mg
Boron (from boron glycinate)	175 mcg
Silica (silicon dioxide)	1 mg
Shilajit Extract (standardized to contain 20% fulvic acid)	125 mg

Other Ingredients:

L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2-4 capsules daily, or as directed by your health care practitioner.

Dosage Form: 112 Vegetarian Capsules



Bio-B Complete

Balanced formulation of B-vitamins and lipotropic agents for energy support

Bio-B Complete is a combination of all essential B-vitamins and lipotropic agents specifically designed to support healthy metabolism and body's energy level.

- Supplies active vitamins B2, B6, B9, and B12 in optimal ratios of stable and active forms to ensure continuous supplementation to the metabolic system.
- Emphasized dosage of vitamin B3 for optimal cellular energy (ATP) production, healthy glucose metabolism, and maintenance of serum cholesterol levels.

Vitamin B1 (from thiamine HCl)	40 mg
Vitamin B2 (from riboflavin&riboflavin-5-phosphate)	15 mg
Vitamin B3 (as niacinamide (140 mg) & nicotinic acid (10 mg))	150 mg
Vitamin B5 (from Ca d-pantothenate)	100 mg
Vitamin B6 (from pyridoxine HCl & pyridoxal-5-phosphate)	20 mg
Vitamin B12 (as methyl/cobalamin)	300 mcg
Biotin	300 mcg
Folate (folacin and Ca 5-MTHF)	800 mcg
Choline (from choline bitartrate)	20 mg
Inositol	20 mg

Other Ingredients:

Betaine, L-leucine, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule per day with meals, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



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Bio-B5 Forte

B5-focused complex to restore body's energy and support the adrenals

Bio-B5 Forte is specifically formulated to improve energy levels, support adrenal function, and thereby increase the body's ability to cope with stress.

- Pantothenic acid is a vital component of coenzyme A, which is involved in the metabolism of proteins, fats, and carbohydrates and production in energy. B5, hence, is especially important for individuals with chronic fatigue.
- Supplies vitamins B2, B6, B9, and B12 in optimal ratios of stable and active forms to ensure that they are readily available to the metabolic system.

Ingredients (per capsule):

Vitamin B1 (from thiamine HCl)	50 mg
Vitamin B2 (from riboflavin & riboflavin-5-phosphate)	30 mg
Vitamin B3	80 mg
(as niacinamide (65 mg) & nicotinic acid (15 mg))	
Vitamin B5 (from Ca d-pantothenate)	250 mg
Vitamin B6 (from pyridoxine HCl & pyridoxal-5-phosphate)	20 mg
Vitamin B12 (as methylcobalamin)	150 mcg
Biotin	100 mcg
Folate (folacin and Ca 5-MTHF)	200 mcg
Choline (from choline bitartrate)	45 mg
Inositol	15 mg

Other Ingredients:

Microcrystalline cellulose, L-leucine, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1-2 capsule per day with meals, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



Bio-B6 Forte

B6-focused complex to support the nervous system

Bio-B6 Forte is a complete B-vitamin complex with focused dosage of B6 and folate to target healthy nervous system and homocysteine levels.

- Supplies stable and active forms of vitamin B2, B6, and B9 to enhance bioavailability.
- Ideal dosage ratio of vitamin B6, B9 (folate), and B12 to help reduce serum homocysteine levels and support cardiovascular health.
- Promotes healthy metabolism of carbohydrate, protein and fatty acid.

Ingredients (per capsule):

Vitamin B1 (from thiamine HCl)	50 mg
Vitamin B2 (from riboflavin & riboflavin-5-phosphate)	25 mg
Vitamin B3	55 mg
(as niacinamide (40 mg) & nicotinic acid (15 mg))	
Vitamin B5 (from Ca d-pantothenate)	50 mg
Vitamin B6 (from pyridoxine HCl & pyridoxal-5-phosphate)	100 mg
Vitamin B12 (as methylcobalamin)	150 mcg
Biotin	100 mcg
Folate (folacin and Ca 5-MTHF)	800 mcg
Choline (from choline bitartrate)	45 mg
Inositol	35 mg

Other Ingredients:

L-leucine, silicon dioxide, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule per day with meals, or as directed by a health care practitioner.

Dosage Form: 84 Vegetarian Capsules



Bio-C

Buffered vitamin C with mixed bioflavonoids

Bio-C is a bio-active vitamin C formula with buffered ascorbic acid and natural mixed bioflavonoids.

- Contains high dose vitamin C as antioxidant, immune system and cartilage support.
- Buffered to have higher bioavailability and more stomach-friendly.
- Contains mixed bioflavonoids to help increase the absorption of vitamin C and provide additive antioxidant function.
- Bioflavonoids synergize with vitamin C to help strengthen blood vessel integrity and immune system function, and support cardiovascular health.

Ingredients (per capsule):

Vitamin C (ascorbic acid)	900 mg
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Other Ingredients:

Citrus bioflavonoids, calcium carbonate, magnesium carbonate, potassium citrate, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules daily, or as directed by your health care practitioner.

Dosage Form: 120 Vegetarian Capsules



C-Nergy with D-Ribose

Energy & Recovery Support for Sport Performance
High-dose Vitamin C + Active B-Vitamins + Electrolytes + Certified Organic Elderberry
Helps in recovery after intense physical activity, supports immune function, and provides support for the nervous system.

High-dose vitamin C + Active B-Vitamins + Electrolytes + D-Ribose + Immune Tonic Elderberry (Certified Organic)

- Features high dose vitamin C as antioxidant, immune system and tissue-repair support
- Synergized with active B-vitamins and essential minerals/electrolytes to support body's metabolism
- Taurine & D-Ribose for energy and cardiovascular support
- Elderberry juice concentrate, vitamin A & zinc to support immune function

Ingredients (per serving):

Vitamin C (ascorbic acid)	1,000 mg
Vitamin D3 (cholecalciferol) (100 IU)	2.5 mcg
Vitamin E (d-alpha tocopheryl acetate) (18 IU)12 mg
Vitamin B1 (from thiamine hydrochloride)	0.5 mg
Vitamin B2 (from riboflavin 5'-phosphate sodium)	0.5 mg
Niacinamide	5 mg
Vitamin B6 (from pyridoxal 5'-phosphate calcium)	10 mg
Folate (from calcium L-5-MTHF)	50 mcg
Vitamin B12 (methylcobalamin)	30 mcg
Biotin	10 mcg
Vitamin B5 (from calcium d-pantothenate)	10 mg
Calcium (from calcium bisglycinate)50 mg
Iodine (from potassium iodide)45 mcg
Magnesium (from magnesium bisglycinate)80 mg
Zinc (from zinc gluconate)5 mg
Selenium (from selenium glycinate)50 mcg
Manganese (from manganese bisglycinate)500 mcg
Chromium (from chromium nitocinate glycinate)50 mcg
Molybdenum (from molybdenum bisglycinate)500 mcg
Sodium (from sodium bicarbonate)145 mg
Potassium (from potassium citrate and bicarbonate)200 mg
Alpha Lipoic Acid20 mg
Mixed Carotenoids300 mcg
Lutein (FloraGLO®) (free-form)25 mcg
Quercetin30 mg
Taurine250 mg
Glycine15 mg
L-Lysine (from L-lysine hydrochloride)15 mg
L-Leucine15 mg
L-Cysteine15 mg
Elderberry Juice Concentrate (5:1) (Certified Organic) (Sambucus nigra subsp. canadensis) (equivalent to 12 g fresh fruit)	2,400 mg
D-Ribose	2,500 mg

Other Ingredients:

Natural mixed berry flavour, Stevia extract, erythritol (certified organic), citric acid, microcrystalline cellulose

Suggested Use:

Adults - take 1 scoop, 1-2 times per day, or as directed by a health care practitioner. Mix each scoop with 4-6 oz (120-180 mL) of water. Take a few hours before and after taking other medications.

Dosage Form: 340 g Powder (30 servings per container)



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Liqui-D3

Liquid vitamin D3 (1,000 IU/drop)

Vitamin D3 is known for its function in:

- Increasing calcium absorption in the gut.
- Modulating serotonin synthesis and release to support mental health.
- Supporting immune function & metabolism

Key Features:

- Utilizes pure crystalline vitamin D3 as our starting material minimizing unnecessary non-medicinal ingredients.
- Uses Medium Chain Triglycerides (MCT) from coconut as base - a much more stable source than PUFAs, such as corn or sunflower oil.
- Free of preservative or stabilizing agent, such as butylated hydroxytoluene (BHT).
- Laboratory-tested potency and stability from the first to the last drop.

Ingredients (per drop):

Vitamin D3 (25 mcg) (cholecalciferol) 1,000 IU

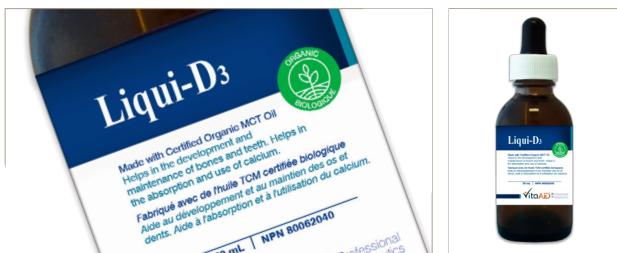
Other Ingredients:

Medium chain triglycerides (MCT), natural berry flavor

Suggested Use:

Take 1 drop per day, or as directed by a health care practitioner. Suitable for all age groups.

Dosage Form: 2,100 servings



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Vitamin A plus Zinc

Support Skin & Eye Health and Immune Function

Vitamin A Plus Zinc is a simple combination formula targeting immune system support and skin health.

- Vitamin A plays a significant role in cell division and cell differentiation - thereby supporting skin health.
- Zinc is an important factor in immune system and synthesis of retinol binding protein (RBP); thus, it can enhance the bioavailability of vitamin A.

Ingredients (per capsule):

Vitamin A (3,000 mcg RAE) (from vitamin A palmitate) 10,000 IU
Zinc (from zinc gluconate) 15 mg

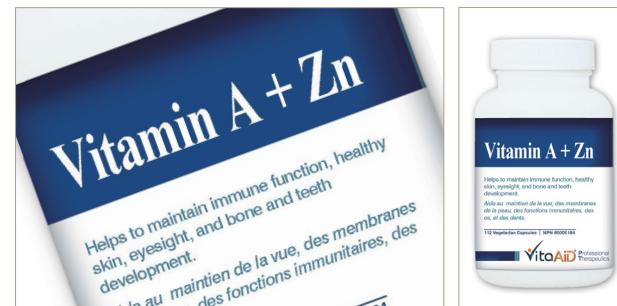
Other Ingredients:

Microcrystalline cellulose, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take one capsule daily with food or use as directed by a health care practitioner. Take a few hours before or after taking other medications.

Dosage Form: 112 Vegetarian Capsules



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www.vitaaid.com
Toll Free: 1-800-490-1738

Estrolief®

Support Steroid Hormone Detoxification

Estrolief® contains key components and vitamins to aid in hormone metabolism and reduce the risk of hormone-sensitive, abnormal cell proliferation via different mechanisms.

- DIM is the bioactive metabolite of Indole-3-Carbinol (I3C) from cruciferous vegetables. DIM has been shown in studies to better aid in the estrogen metabolism than I3C due to its actions further down the pathway. DIM enhances the estrone conversion to 2-OH-estrone (protective) and decreases the conversion to 4-OH & 16-OH metabolites (persistently estrogenic).
- SDG (Secoisolariciresinol diglucoside) has a strong affinity to the receptor of 4-, 16-OH estrone. It exerts an "amphoteric effect" to reduce the harmful estrogenic effect of 4-OH & 16-OH estrogens by occupying the receptors while alleviating menopausal symptoms.
- D-glucarate has been shown to inhibit beta-glucuronidase - an enzyme that recycles toxins and hormone metabolites back into the blood stream rather than excreted and, thus, slows down the detoxification process.
- Formulated with essential coenzymes: 5-MTHF, pyridoxine-5-phosphate, and B12 – to support steroid hormone detoxification (ie. methylation, transamination).

Ingredients (per capsule):

3,3'-Diindolylmethane (DIM) 54 mg
Calcium d-glucarate 215 mg
Flax Extract (*Linum usitatissimum*) (seed) 100 mg
(20% Secoisolariciresinol diglucoside)
5-Methyltetrahydrofolate (from Ca 5-MTHF) 350 mcg
Vitamin B6 (pyridoxine HCl & pyridoxal-5-phosphate) 35 mg
Vitamin B12 (methylcobalamin) 250 mcg

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule, two times per day, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 1 month.

Dosage Form: 56 Vegetarian Capsules



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Melatonin-10

High Dose USP-Grade Melatonin

Melatonin-10 helps to reset the body's circadian rhythm and support the sleep quality in people with sleep restriction or altered sleep schedule.

- Safe and effective dose for individuals suffering from delayed sleep phase syndrome and jet lag.
- May increase the dose to 6-9 mg to help alleviate sleep disturbance.
- Clinical research has demonstrated that melatonin may help support peri-menopausal transitions via its modulating action on the HPO-axis.

Ingredients (per capsule):

Melatonin (USP grade) (vegetarian source) 10 mg

Other Ingredients:

Microcrystalline cellulose, L-leucine, hypromellose (capsule)

Suggested Use:

Adults: for insomnia, take 1 capsule before bed.
Cancer Adjunct Therapy: take 2-4 capsules before bed. (Consult with health care practitioner)

Dosage Form: 84 Vegetarian Capsules



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www.vitaaid.com

Toll Free: 1-800-490-1738

Oxygheme

Support hemoglobin production and integrity

Oxygheme® contains glycine-chelated iron - one of the most bioavailable vegetarian sources of iron - with essential vitamins for healthy heme production and integrity.

- Contains iron in amino acid chelated form, providing MFP factor-like effect for better bioavailability and GI tolerance.
- Folic acid and vitamin B12 to support hemoglobin production and integrity.
- Red beet juice extract is used for *blood deficiency* in traditional Ayurvedic and Chinese Medicine.

Ingredients (per capsule):

Iron (from ferrous bisglycinate) (Ferrochel®)	15 mg
Vitamin B12 (as methylcobalamin)	330 mcg
Folate (as folacin)	270 mcg
Vitamin C (ascorbic acid)	60 mg
Vitamin E (12 mg ATE) (from d-alpha tocopheryl acetate)	18 IU
Beet Juice Concentrate 10:1 (<i>Beta vulgaris</i>) (root)	200 mg (equivalent to 2,000 mg of beet juice)

Ferrochel® is a registered trademark of Albion® Minerals.

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1-3 capsules per day or as recommended by a health care practitioner.

Dosage Form: 56 Vegetarian Capsules



Oxygheme Intensive

Intensive support for hemoglobin production and integrity

Oxygheme® Intensive is the fortified version of Oxygheme® containing higher dose of iron (22.5 mg/ capsule), active folate (5'-methyltetrahydrofolate), and active vitamin B6 (pyridoxal-5-phosphate).

- Contains iron in amino acid chelated form, providing MFP factor-like effect for better bioavailability and GI tolerance.
- Active folate, vitamin B6 and vitamin B12 to support hemoglobin production and integrity.
- Red beet juice extract is used for *blood deficiency* in traditional Ayurvedic and Chinese Medicine.

Ingredients (per capsule):

Iron (from ferrous bisglycinate) (Ferrochel®)	22.5 mg
Vitamin B6 (as pyridoxal-5-phosphate)	3 mg
Vitamin B12 (as methylcobalamin)	300 mcg
5-Methyltetrahydrofolate (from Ca 5-MTHF)	100 mcg
Vitamin C (ascorbic acid)	100 mg
Vitamin E (12 mg ATE) (from d-alpha tocopheryl acetate)	18 IU
Beet Juice Concentrate 20:1 (<i>Beta vulgaris</i>) (root)	200 mg (equivalent to 4,000 mg of beet juice)

Ferrochel® is a registered trademark of Albion® Minerals.

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule, 1-2 times per day, or as recommended by your health care practitioner.

Children & Adolescents (2-18 years) - Take 1 capsule once daily, or as recommended by your health care practitioner.

Take a few hours before or after taking other medications.

Dosage Form: 56 Vegetarian Capsules



Perinatal Multi+ Kit

Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support

Perinatal Multi+ is a comprehensive multi-formula for women planning to get pregnant, during pregnancy, and breastfeeding. It provides essential vitamins and minerals, plus probiotic *L. rhamnosus* (HN001) to support the gut and immune health of both mother and child.

- Provides essential vitamins & minerals for women before, during, and after pregnancy.
- Formulated with Active Forms of B-Vitamins (ie. 5-MTHF [800 mcg/day], methylcobalamin, P5P, R5P).
- Perinatal supplementation of *L. rhamnosus* HN001 has been clinically shown to support healthy blood sugar metabolism during gestation and healthy immune functions of newborns.
- All minerals included are amino acid chelates to ensure optimal absorption and avoid toxicity.
- Natural Mixed Carotenoids as the only source of vitamin A.

Ingredients (per capsule):

Natural Mixed Carotenoids (from <i>Elaeis guineensis</i>)	750 mcg
Vitamin B1 (from thiamine HCl)	10 mg
Vitamin B2 (riboflavin-5-phosphate (sodium salt))	.5 mg
Vitamin B3 (niacinamide)	12.5 mg
Vitamin B5 (from calcium-d-pantothenate)	15 mg
Vitamin B6 (pyridoxal-5-phosphate)	30 mg
5-MTHF (from calcium 6S-L-5-methylfolate)	400 mcg
Vitamin B12 (methylcobalamin)	250 mcg
Biotin	50 mcg
Vitamin C (ascorbic acid)	50 mg
Vitamin D3 (25 mcg) (cholecalciferol)	500 IU
Mixed tocopherols	20 mg
Vitamin K2 (menaquinone-7)	45 mcg
Calcium (from calcium bisglycinate)	75 mg
Chromium (from chromium nicotinate glycinate)	25 mcg
Copper (from copper bisglycinate)	300 mcg
Iron (from ferrous bisglycinate) (Ferrochel®)	15 mg
Magnesium (from magnesium bisglycinate)	40 mg
Manganese (from manganese bisglycinate)	0.5 mg
Molybdenum (from molybdenum glycinate)	25 mcg
Selenium (from selenium glycinate)	25 mcg
Zinc (from zinc bisglycinate)	7.5 mg
Choline (from choline bitartrate)	10 mg
Inositol	5 mg
Iodine (from potassium iodide)	65 mcg
Lutein (free form) (from <i>Tagetes erecta</i>)	1 mg
<i>Lactobacillus rhamnosus</i> (HN001)*	3 billion cfu

*In the Probiotic HN001 kit

Other Ingredients:

Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Probiotic HN001 - Take 1 capsule with 1 capsule of Perinatal Multi-Vitamin/Mineral Complex, 1-2 times a day with food, at least 2-3 hours away from antibiotics, or as directed by the health care practitioner.

Multi-Vitamin/Mineral Complex - Take 1 capsule with 1 capsule of Perinatal Probiotic HN001, 1-2 times daily, with food, a few hours away from other medications, or as directed by a healthcare practitioner.

Vitex 2000

Herbal Progesterone Support

- Highly concentrated (12:1) *Vitex agnus-castus* formula with each capsule equivalent to 2000 mg of dried herb.
- Support progesterone levels in peri-menopause, menopause and reproductive years.

Ingredients (per capsule):

Chaste Tree Berry Extract 12:1 (*Vitex agnus-castus*) 166.7 mg (fruit) (5% flavonoids) (equivalent to 2,000 mg dried herb)

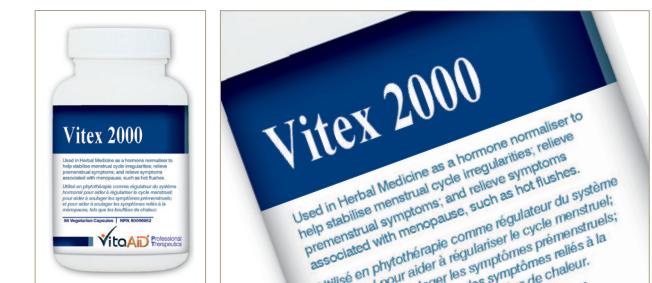
Other Ingredients:

Certified organic apple fiber, silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:

Adults - Take 1 capsule daily, or as directed by a health care practitioner. Use for a minimum of 3 months to see beneficial effects.

Dosage Form: 84 Vegetarian Capsules



Dosage Form: 112 Servings

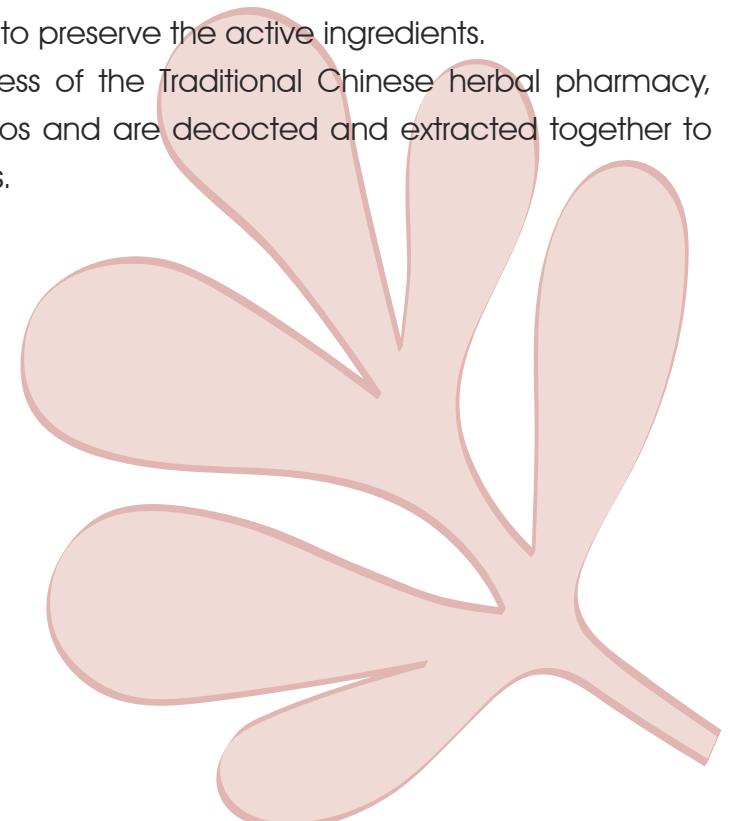




Innovative Traditional Chinese Medicine

Traditional Chinese Formulas with Western Pharmaceutical Standards

- Special extraction / granulation technique; does not involve carriers such as corn starch or maltodextrin often used as diluting agents.
- Highly concentrated 8 : 1 extraction ratio, meaning that fewer capsules are needed to reach effective dosage.
- Made in Canada by NNHPD-GMP site licence holder and in full compliance with NNHPD regulations.
- Tested by 3rd party and in-house laboratories. Kosher Certified raw materials.
- No added stearic lubricant, such as magnesium stearate, that can reduce the bioavailability of the active ingredients.
- Fully follows the traditional process of decoction.
- Low temperature extraction technique to preserve the active ingredients.
- In order to follow the extraction process of the Traditional Chinese herbal pharmacy, all herbs are prepared into proper ratios and are decocted and extracted together to enhance synergism between the herbs.



Femalance

Augmented Rambling Pills / Jia Wei Xiao Yao Wan

Soothes the Liver and Relieves Qi Stagnation
Strengthens the Spleen
Nourishes the Blood
Calms Heat and Fire

Clinical Manifestations

- Liver Qi Stagnation - Signs & Symptoms: bilateral hypochondriac pain, headache, vertigo, alternating fever and chills.
- Interior Heat - Signs & Symptoms: irritability, a shorter temper, red cheeks, and dysuria.
- Yin and Blood Deficiencies – Signs & Symptoms: dry mouth and dry throat, dry eyes, spontaneous perspiration, night sweats.
- Spleen Deficiency - Signs & Symptoms: lassitude/fatigue and loss of appetite.
- PMS or menstrual syndrome, and dysuria.
- Tongue Appearance: red dots in the liver area (one or both sides) OR thicker yellow tongue coating, often times in the middle or the rear of the tongue.
- Pulse Pattern: wiry pulse and deficient pulse.

Formula Rationale

Femalance (*Jia Wei Xiao Yao Wan*) treats Liver qi stagnation accompanied by interior heat and underlying blood and Spleen deficiencies. In cases when the interior qi and blood is deficient, especially Spleen, Liver qi stagnation turns into heat and fire.

Femalance is modified from *Xiao Yao San* (Rambling Powder) by including *Mu Dan Pi* and *Zhi Zi* in the formula to calm the interior heat arising from Spleen and blood deficiencies, as well as from Liver qi stagnation.

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Anxiety, stress, neurasthenia, postmenopausal symptoms, affective/emotional disorders, and panic disorders, hepatitis, early stage of liver cirrhosis, hepatomegaly, stomatitis, IBS caused by stress, gingivitis, cystitis, urinary tract infection, PMS, menstrual disturbance, menstrual pain and cramps, female infertility, pelvic inflammatory disease, and fibrocystic breasts.^{1,2,3}

Ingredients (per capsule):	
Jia Wei Xiao Yao Wan Extract 8:1	375 mg
(equivalent to 3.0 g of dried crude ingredients)	
Containing:	
Chai Hu (<i>Bupleurum chinense</i>) (root)	40.2 mg
Dang Gui (<i>Angelica sinensis</i>) (root)	40.2 mg
Bai Shao (<i>Paeonia lactiflora</i>) (root)	40.2 mg
Cang Zhu (<i>Atractylodes lancea</i>) (rhizome)	40.2 mg
Fu Ling (<i>Poria cocos</i>) (sclerotium)	40.2 mg
Gan Cao (<i>Glycyrrhiza uralensis</i>) (root & rhizome)	32.1 mg
Mu Dan Pi (<i>Paeonia suffruticosa</i>) (root bark)	60.3 mg
Zhi Zi (<i>Gardenia jasminoides</i>) (fruit)	60.3 mg
Bo He (<i>Mentha haplocalyx</i>) (aerial part)	8.0 mg
Sheng Jiang (<i>Zingiber officinale</i>) (rhizome) (fresh)	13.4 mg

Other Ingredients:
Certified organic apple fiber, hypromellose (capsule)
Suggested Use:
Adults - Take 2 capsules, twice a day, better before meals, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules



Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

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Harmovex

Emperor of Heaven's Heart Tonifying Pills / Tian Wang Bu Xin Wan

Replenishes Yin and Blood
Strengthens Heart and Kidney
Calms Mind (Shen)

Clinical Manifestations

- Heart blood deficiency - Signs & Symptoms: forgetfulness and palpitations.
- Hyperactivity of yang due to Heart blood deficiency - Signs & Symptoms: irritability and insomnia.
- Mal-nourishment due to Blood deficiency - Signs & Symptoms: lassitude.
- Yin-deficient/fire consuming fluids - Signs & Symptoms: dry stools.
- Yin-deficient/fire rising - Signs & Symptoms: tongue ulcerations.
- Tongue Appearance: red tongue body (especially red dots at the tip) with little coating. May also be sores of the mouth and tongue.
- Pulse Pattern: fine, rapid pulse.

Formula Rationale

Harmovex (*Tian Wang Bu Xin Wan*) is designed to treat Heart and Kidney deficiencies with yin and blood insufficiencies.

Di Huang is the chief herb in this formula; its main actions are tonifying yin and blood to help control hyperactivity of yang and moisten dryness. *Di Huang* also nourishes Kidney water and helps to control Heart fire.

Xuan Shen, *Tian Men Dong*, and *Mai Men Dong* are assistant herbs to further strengthen yin to clear fire. *Dan Shen* and *Dang Gui* both act to tonify and activate blood circulation.

Dang Shen and *Fu Ling* tonify qi to calm the *shen* (mind). *Suan Zao Ren* and *Wu Wei Zi* astringe the Heart qi to calm the *shen* (mind). *Bai Zi Ren* and *Yuan Zhi* nourish the Heart to calm the *shen* (mind). *Jie Geng* leads all the herb actions to the Upper *Jiao* (burner).

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, difficult concentrating for even short periods of time, fibromyalgia, nocturnal emissions, forgetfulness, dry stools, low grade fever, night sweats, hypertension, hyperthyroidism, neuroasthenia, mental instability, ADHD, impotence, and hepatitis.^{1,2,3}

Ingredients (per capsule):	
Tian Wang Bu Xin Wan extract 8:1	345 mg (equivalent to 2.8 g of dried crude ingredients)
Containing:	
Dan Shen (<i>Salvia miltiorrhiza</i>) (root, rhizome)	12.3 mg
Dang Gui (<i>Angelica sinensis</i>) (root)	24.7 mg
Shi Chang Pu (<i>Acorus tatarinowii</i>) (rhizome)	12.3 mg
Dang Shen (<i>Codonopsis tangshen</i>) (root)	12.3 mg
Fu Ling (<i>Poria cocos</i>) (sclerotium)	12.3 mg
Wu Wei Zi (<i>Schisandra chinensis</i>) (fruit)	24.7 mg
Mai Men Dong (<i>Ophiopogon japonicus</i>) (root)	24.7 mg
Tian Men Dong (<i>Asparagus cochinchinensis</i>) (root)	24.7 mg
Di Huang (<i>Rehmannia glutinosa</i>) (root)	98.6 mg
Xuan Shen (<i>Scrophularia ningpoensis</i>) (root)	12.3 mg
Yuan Zhi (<i>Polygala tenuifolia</i>) (root)	12.3 mg
Suan Zao Ren (<i>Ziziphus spinosa</i>) (seed)	24.7 mg
Bai Zi Ren (<i>Platycladus orientalis</i>) (kernel)	24.7 mg
Jie Geng (<i>Platycodon grandiflorum</i>) (root)	12.3 mg
Gan Cao (<i>Glycyrrhiza uralensis</i>) (root, rhizome)	12.3 mg

Other Ingredients:
Certified organic apple fiber, hypromellose (capsule)

Suggested Use:
Adults - Take 2 capsules, twice a day, better before meals, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules



Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

Hemotonin

Four Substance Pills / Si Wu Wan

Tonifies the Blood and Regulates the Liver
Supports Blood Deficiency and Regulates Menstruation

Clinical Manifestations

- Blood Deficiency in General - Signs & Symptoms: pale face, lips, fingernails, sallow appearance, dizziness, blurry vision, palpitations, insomnia, a pale tongue with a white coating.
- Deficiency and injury of the *Chong* (thoroughfare) and the *Ren* (conception) channels - Signs & Symptoms: irregular menstruation, hypomenorrhea or hypermenorrhea, delayed menstruation OR amenorrhea, pale red menses, abdominal mass from blood stasis, and umbilical and lower abdominal pain.
- Gestational and postpartum disorders: unstable fetus with bleeding, postpartum uterine bleeding with lower abdominal pain, chills and fever.
- Tongue Appearance: pale, purple, or dusky tongue. White coating.
- Pulse Pattern: fine/deficient OR fine/wiry.

Formula Rationale

When the Liver blood is deficient, not enough blood is able to rise and supply the head, as well as the sensory organs in the head. This manifests as dizziness, blurred vision, chronic eye strain and generalized muscle tension.

The health of the Liver is reflected in the nails; deficiency Liver blood would result in soft, dry, pale, and lusterless nail appearances.

Menstrual cycle is governed by the Liver – to supply or close off the flow of bleed at the appropriate times; hence, in deficiency of the Liver blood, the menses are usually irregular with a scanty flow, or even amenorrhea. Blood stasis could develop as well when the blood is little and does not move well, resulting in periumbilical and lower abdominal pain at the onset of menstruation.

The Heart is also nourished by Liver blood; one may experience palpitations and shortness of breath when the Liver blood is deficient.

All herbs in Hemotonin (*Si Wu Wan*) enter the blood level. *Di Huang*, the chief herb, tonifies the blood, as well as Kidney, which produces the marrow to increase hemopoiesis. On the other hand, it is imperative to move the blood to prevent stasis after tonifying the blood; *Dang Gui* enhances blood circulation and tonifies the blood - nourishing the Liver and regulates the menses. *Bai Shao* nourishes the blood and consolidates yin while *Chuan Xiong* assists *Dang Gui* promoting blood circulation.

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Anemia, postpartum anemia, menstrual pain, irregular menstruation, abnormal vaginal discharge, breech birth presentation, threatened abortion, ectopic pregnancy, endometriosis, infertility, pelvic inflammatory disease, headaches (neurogenic, vascular, and/or trauma-associated), insomnia, chronic nephritis, lumbago, sciatica, periarthritis of the shoulder, dermatitis, psoriasis, urticaria, and allergic rhinitis.^{1,2,3}

Ingredients (per capsule):	
Si Wu Wan Extract 8:1	468 mg (equivalent to 3.74 g of dried crude ingredients)
Containing:	
Dang Gui (<i>Angelica sinensis</i>) (root)	117 mg
Bai Shao (<i>Paeonia lactiflora</i>) (root)	117 mg
Chuan Xiong (<i>Ligusticum chuanxiong</i>) (rhizome)	117 mg
Shu Di Huang (<i>Rehmannia glutinosa</i>) (steamed root)	117 mg

Other Ingredients:
Certified organic apple fiber, hypromellose (capsule)

Suggested Use:
Adults - Take 4 capsules, 2-3 times a day, with food, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules



Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

Spirityang

Eight-Ingredient Pill with Rehmannia / Ba Wei Di Huang Wan

Warm and Tonify Kidney Yang

Clinical Manifestations

- Kidney Yang Deficiency - Signs & Symptoms:
lower back pain, weak lower extremities, cold sensations in the lower body, pain and cramps in the lower abdomen, impotence, premature ejaculation, dysuria or polyuria with edema sometimes to the point of urinary incontinence, breathing worse lying down and better leaning against something.
- Tongue Appearance: pale and flabby body with a thin, white tongue coating.
- Pulse Pattern: deep, fine pulse at the chi (Kidney) position.

Formula Rationale

Spirityang (*Ba Wei Di Huang Wan*) treats Kidney yang deficiency and/or deficiency of *ming men* (life gate) fire. This formula is essentially a modified formula from the famous *Jin Gui Shen Qi Wan* (Kidney Qi Pill from the Golden Cabinet); in Spirityang (*Ba Wei Di Huang Wan*), *Shu Di Huang* (prepared Rehmannia root) and *Rou Gui* (Cinnamon Bark) are used instead of *Sheng Di Huang* (raw Rehmannia root) and *Gui Zhi* (Cinnamon Twig) to provide more Kidney-yin nourishing and better Kidney-yang tonifying properties.

The chief herb in Spirityang is *Shu Di Huang*, which is included to tonify Kidney yin and *jing* (essence). Two of the deputy herbs – *Shan Zhu Yu* and *Shan Yao* – are to tonify Kidney & Liver yin and the Kidney & Spleen, respectively.

The other two deputies are *Rou Gui* (Cinnamon bark) and *Fu Zi*. *Rou Gui* benefits the joints, warms & unblocks the channels; *Fu Zi* tonifies source fire to dispel cold and eliminate dampness.

Rou Gui and *Fu Zi* are only added in small amounts because that is more than adequate to ignite the *ming men* (life gate) fire and raise Kidney yang like a fire starter.

Moreover, in order to prevent the greasy nature of the yin tonic herbs from obstructing the qi flow, *Ze Xie*, *Fu Ling*, and *Mu Dan Pi* are the assistant herbs included to balance the formula.

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

- Endocrine: diabetes mellitus, hyperaldosteronism, hypothyroidism;
- Reproductive: benign prostate hyperplasia, male & female infertility, gynecomastia;
- Genitourinary: nephritis, nephrosclerosis, chronic glomerulonephritis, urolithiasis, renal tuberculosis, proteinuria, anuria, urinary incontinence, nocturia, prostate disorders;

Ingredients (per capsule):	
Ba Wei Di Huang Wan Extract 8:1	337.5 mg (equivalent to 2.7 g of dried crude ingredients)
Containing:	
Shu Di Huang (<i>Rehmannia glutinosa</i>) (prepared) (root)	100 mg
Shan Zhu Yu (<i>Cornus officinalis</i>) (fruit)	50 mg
Shan Yao (<i>Dioscorea oppositifolia</i>) (rhizome)	50 mg
Fu Ling (<i>Wolfiporia extensa</i>) (sclerotium)	37.5 mg
Mu Dan Pi (<i>Paeonia suffruticosa</i>) (root bark)	37.5 mg
Ze Xie (<i>Alisma plantago-aquatica</i> subsp. <i>orientale</i>) (rhizome and stolon)	37.5 mg
Rou Gui (<i>Cinnamomum aromaticum</i>) (branch bark)	12.5 mg
Fu Zi (<i>Aconitum carmichaelii</i>) (prepared) (root)	12.5 mg
Other Ingredients:	
Certified organic apple fiber, hypromellose (capsule)	
Suggested Use:	
Adults - Take 3 capsules twice daily, or as directed by a health care practitioner.	

Dosage Form: 126 Vegetarian Capsules



- Cardiovascular: coronary artery disease, arteriostenosis, hypertension, hypotension;
- Respiratory: chronic bronchitis, asthma, pulmonary emphysema.^{1,2,3}

Reference

- Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
- Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
- Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

Spirityin

Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan

Nourishes Liver and Kidney Yin

Clinical Manifestations

- Kidney and Liver yin deficiencies - Signs & Symptoms:
soreness and weakness of the lower back and knees, seminal emissions, night sweats, delayed closing or unclosed fontanel in infants, dizziness, vertigo, tinnitus, deafness, and blurred vision.
- Yin-deficient heat - Signs & Symptoms:
steaming bone sensation, heat sensations in the palm and soles, tidal fever, thirst, toothache, a dry mouth and throat.
- Tongue Appearance: red tongue body with a scanty tongue coating.
- Pulse Pattern: fine, rapid pulse.

Formula Rationale

Spirityin (*Liu Wei Di Huang Wan*) consists of three tonic and three sedative herbs. Both sedative and tonifying actions are carried out simultaneously, with more emphasis on the tonifying action though.

Di Huang is the chief herb with its action in tonifying Kidney yin and *jing* (essence), and replenishes the marrow. *Shan Zhu Yu* nourishes the Liver and Kidney and condenses *jing*. *Shan Yao* tonifies the Spleen and Kidney and consolidates *jing*. Altogether these three herbs address the deficiencies in the Kidney, Liver, and Spleen.

Ze Xie calms the Kidney, descends the turbidity, and checks the stagnating effect of *Di Huang*. *Mu Dan Pi* sedates yin-deficiency fire of the Liver and balances the astringent property of *Shan Zhu Yu*. *Fu Ling* tonifies the Spleen to resolve dampness and harmonizes *Shao Yao*.

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Diabetes mellitus, menopause, coronary heart disease, hypertension, hyperthyroidism, hypothyroidism, thyroid adenoma, bronchial asthma, atrophic gastritis, esophagitis, chronic nephritis, nephritic syndrome, chronic renal failure, periodic paralysis, miscarriage, chronic hepatitis, stroke sequelae, chronic prostatitis, BPH, male or female infertility, impotence, frequent urination, galacturia, side effects of chemotherapy, heel pain, lumbago, retarded growth in children, optic neuritis, and central retinitis.^{1,2,3}

Ingredients (per capsule):	
Liu Wei Di Huang Wan Extract 8:1	300 mg (equivalent to 2.4 g of dried crude ingredients)
Containing:	
Di Huang (<i>Rehmannia glutinosa</i>) (root)	96 mg
Shan Zhu Yu (<i>Cornus officinalis</i>) (fruit)	48 mg
Mu Dan Pi (<i>Paeonia suffruticosa</i>) (bark)	36 mg
Shan Yao (<i>Dioscorea opposita</i>) (rhizome)	48 mg
Fu Ling (<i>Poria cocos</i>) (sclerotium)	36 mg
Ze Xie (<i>Alisma orientalis</i>) (rhizome)	36 mg

Other Ingredients:
Certified organic apple fiber, L-leucine, hypromellose (capsule)

Suggested Use:
Adults - Take 2 capsules twice daily, better before meals, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules



Reference

- Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
- Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
- Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

Ventorrid

Minor Bupleurum Pills / Xiao Chai Hu Wan

Harmonize and Release Lesser (Shao) Yang-Stage Disorders

Clinical Manifestations

- Alternating chills and fever - Signs & Symptoms: indicating the location of the illness between exterior and interior.
- Qi Stagnation - Signs & Symptoms: fullness in the chest and hypochondria.
- Heat rising upward in the shaoyang Gallbladder channel - Signs & Symptoms: bitter or sour taste in the mouth, dry throat, and dizziness.
- Gallbladder qi insults the Stomach - Signs & Symptoms: heartburn, nausea, vomiting, and reduced appetite.
- Tongue Appearance: normal with a thin white coating - exterior condition.
- Pulse Pattern: wiry pulse - qi stagnation.

Formula Rationale

Ventorrid (*Xiao Chai Hu Wan*) was originally compiled and recorded in *Shang Han Lun* (Discussion of Cold-induced Disorders). It is used to harmonize and release lesser yang-stage disorders.

At this level of invasion, the pathogenic qi is in between the "exterior" and the "interior" aspects of the body and trying to penetrate deeper into the body while the normal qi is forcing it out.

Moreover, disorders in the lesser-yang may cause qi stagnation and eventually heat formation in the Gallbladder channel (a lesser-yang channel).

Since the disease resides between the exterior and the interior, using only exterior-releasing herbs will not treat the interior while using only the heat-clearing herbs will bring the pathogens from exterior into the interior. Therefore, harmonizing action is the most suitable approach to this condition.

Chai Hu is the chief herb, especially used for treating lesser-yang disorders. *Chai Hu* has the actions of both dispersing stagnation and releasing pathogens to exterior. *Huang Qin*, a bitter cold herb, can enter the Gallbladder channel and help clear shaoyang heat. Together *Chai Hu* and *Huang Qin* achieve the harmonizing effect.

Other herbs have actions to relieve nausea and vomiting, harmonizing the middle *jiao*, tonifying Stomach qi (to mitigate the damage induced by dispersing action of *Chai Hu*), nourishing body fluids and harmonizing the *ying* (nutritive) and *wei* (defensive) levels.

Clinical Applications

Hepatitis (viral/chronic), hepatic fibrosis and carcinoma, jaundice, cholecystitis, cholelithiasis, pancreatitis, fever, nephritis, chronic renal insufficiency, acute tonsillitis, infectious parotitis, stomatitis, common cold, influenza, measles, bronchitis, pneumonia, pulmonary tuberculosis, cough, allergic rhinitis, bronchial asthma, reflux esophagitis, gastritis, gastric prolapse, constipation, Meniere's syndrome, dizziness, seizures, migraine, angina, depression, chronic fatigue syndrome, morning sickness, postpartum infection/fever, dysmenorrhea, PMS, and malaria.^{1,2,3}

Ingredients (per capsule):	
Xiao Chai Hu Wan Extract 8:1	458 mg (equivalent to 3.7 g of dried crude ingredients)
Containing:	
Chai Hu (<i>Bupleuri chinense</i>) (root)	140.9 mg
Huang Qin (<i>Scutellaria baicalensis</i>) (root)	52.8 mg
Ban Xia (<i>Pinellia ternata</i>) (root)	52.8 mg
Dang Shen (<i>Codonopsis pilosula</i>) (root)	52.8 mg
Sheng Jiang (<i>Zingiber officinale</i>) (rhizome)	52.8 mg
Gan Cao (<i>Glycyrrhiza uralensis</i>) (root)	52.8 mg
Da Zao (<i>Ziziphus jujuba</i>) (fruit)	52.8 mg
Other Ingredients:	
Certified organic apple fiber, hypromellose (capsule)	
Suggested Use:	
Adults - Take 2-4 capsules, twice a day, or as directed by a health care practitioner.	

Dosage Form: 112 Vegetarian Capsules



Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

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Prokine	24
SynerClear	19
Perilla	
Histalief	10
Phelodendron	
Cortlief	39
Phosphatidylserine	
Cognicin	32
Cortilief	39
Neuromin	33
Phosphorus	
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Phytase	
Optizyme	26
Supreme Zyme-Aid Extra Fort	26
Zyme-Aid Carbo Fort	27
Piperine	
Inflamlief	10
Potassium	
Bio-Active Mineroplex	45
C-Nergy	47
SynerClear	19
Proline, L-	
Collagen Restore	37
Protease	
BiofilmX	28
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort	26
Protease, Acid	
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort	26
Pygeum Bark	
Prostaxin	42
Pyrroquinoline quinone (PQQ)	
Neuromin	33

Q

Quercetin	
Bio-Active Multiplex	44
C-Nergy	47
GI-Restore(+)	22
GI-Restore LF	22
Histalief	10
R.O.S-Quench	11
SynerClear	19

R

Reshi	
Immutonin	29
Mycoplex 5250	31

Resveratrol, trans-	
Bio-Active Multiplex	44
Collagen Restore	37
R.O.S-Quench	11

Rhodiola	
Adrenergyn	38

Rosemary	
Bio-Active Multiplex	44
Cognicin	32
Inflamlief	10
Prostaxin	42
SynerClear	19

S

Saccharomyces boulardii	
Modism	16
S. boulardii	36

Saw Palmetto	
Prostaxin	42

Selenium	
Bio-Active Mineroplex	45
Bio-Active Multiplex	44
C-Nergy	47
Elemental Nutrition	21
Keto-Elemental Nutrition	21
L-Glutamine Plus	23
NAC+	18
Perinatal Multi+	51
SynerClear	19
Thyroaide	42
XenobioX	20

Serrapeptase	
BiofilmX	28

Sesamum indicum peptides KM-20	
Angiolaxin	14

Shiitake	
Immutonin	29
Mycoplex 5250	31

Shilajit	
Bio-Active Mineroplex	45

Silica	
Bio-Active Mineroplex	45
Collagen Restore	37
Os Matrice	13

Slippery Elm	
GI-Restore(+)	21 22

Sodium	
C-Nergy	47

Stinging Nettle	
Histalief	10
Prostaxin	42

St. John's Wort	
SIW 450	41

Streptococcus thermophilus St-21	
Baby & Mom-PB15+ DF	34
Optimum-PB10+ DF	35
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37

T

Taurine	
C-Nergy	47
H.C.Q10-Cardio	15
Methyl-Aide	32
Modism	16
SynerClear	19

Theanine, L-	
Cortlief	39
Resolaxin	41

Thyme	
Microcidin AF	30

Tocopherols, Mixed	
Bio-Active Multiplex	44
Collagen Restore	37
Perinatal Multi+	51
R.O.S-Quench	11

Turkey Tail	
Immutonin	29
Mycoplex 5250	31

Tyrosine, L-	
Thyroaide	42

U

Undecylenic Acid	
Microcidin	30

Uva Ursi	
Collagen Restore	37
Microcidin AF	30

V

Vitamin A	
Bio-Active Multiplex	44
Collagen Restore	37
Elemental Nutrition	21
Keto-Elemental Nutrition	21
OptiFort	20
Pediatric Multi+	17
SynerClear	19
Thyroaide	42
Vitamin A + Zinc	48

Vitamin B1	
Bio-Active Multiplex	44
Bio-B5 Forte	46
Bio-B6 Forte	46
Bio-B Complete	45
C-Nergy	47
Collagen Restore	37
Elemental Nutrition	21
Estrolief	49
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16

Collagen Restore	37
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19
Synerdopa	33
XenobioX	20

Vitamin B2	
Bio-Active Multiplex	44
Bio-B5 Forte	46
Bio-B6 Forte	46
Bio-B Complete	45
C-Nergy	47
Collagen Restore	37
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Neuromin	33
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19
Synerdopa	33
XenobioX	20

Vitamin B3	
Bio-Active Multiplex	44
Bio-B5 Forte	46
Bio-B6 Forte	46
Bio-B Complete	45
Collagen Restore	37
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Neuromin	33
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19
XenobioX	20

Vitamin B5	
Adrenergyn	38
AdrenoForte DP	39
Bio-Active Multiplex	44
Bio-B5 Forte	46
Bio-B6 Forte	46
Bio-B Complete	45
C-Nergy	47
Collagen Restore	37
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19
XenobioX	20

Vitamin B6	
Bio-Active Multiplex	44
Bio-B5 Forte	46
Bio-B6 Forte	46
Bio-B Complete	45
C-Nergy	47
Collagen Restore	37
Elemental Nutrition	21
Estrolief	49
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16

Neuromin	33
Oxygheme Intensive	50
Pediatric Multi+	17
Perinatal Multi+	51
Prokine	24
Resolaxin	41
SynerClear	19
Synerdopa	33
Thyroaide	42
XenobioX	20

Vitamin B12

Bio-Active Multiplex	44
Bio-B5 Forte	46
Bio-B6 Forte	46
Bio-B Complete	45
C-Nergy	47
Collagen Restore	37
Elemental Nutrition	21
Estrolief	49
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Neuromin	33
Oxygheme	50
Oxygheme Intensive	50
Pediatric Multi+	17
Prokine	24
SynerClear	19
Synerdopa	33
XenobioX	20

Vitamin C

Bio-Active Multiplex	44
Bio-C	47
C-Nergy	47
Collagen Restore	37
Elemental Nutrition	21
Histalief	10
Keto-Elemental Nutrition	21
L-Glutamine Plus	23
NAC+	18
OptiFort	20
Os Matrice	13
Oxygheme	50
Oxygheme Intensive	50
Pediatric Multi+	17
Perinatal Multi+	51
R.O.S-Quench	11
SynerClear	19
Synerdopa	33
Vegi-Glucosamine Complex	14

Vitamin D3

Bio-Active Multiplex	44
C-Nergy	47
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Liqui-D3	48
Modism	16
MQ-7:D3	13
Os Matrice	13
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19

Vitamin E

Angiolaxin	14
C-Nergy	47
Elemental Nutrition	21
Keto-Elemental Nutrition	21
L-Glutamine Plus	23
Limonen-E	23
NAC+	18

OptiFort	20
Oxygheme	50
Oxygheme Intensive	50
Pediatric Multi+	17
Prostaxin	42
SynerClear	19

Vitamin K2

Bio-Active Multiplex	44
Elemental Nutrition	21
Keto-Elemental Nutrition	21
MQ-7:D3	13
Os Matrice	13
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19

W**Wild Jujube**

Cortlief	39
Resolaxin	41

X**Xylanase**

BiofilmX	28
Intolerase	25

Z**Zinc**

Bio-Active Mineroplex	45
Bio-Active Multiplex	44
C-Nergy	47
Collagen Restore	37
Defenxin	28
Elemental Nutrition	21
Immutonin	29
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
OptiFort	20
Os Matrice	13
Pediatric Multi+	17
Perinatal Multi+	51
SynerClear	19
Thyroaide	42
Vitamin A + Zinc	48
XenobioX	20

Zinc L-carnosine (polaprezinc)

GI-Restore(+)	22
GI-Restore LF	22