

# 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. Neil McKinney (ND), Dr. Brian Martin (ND), Dr. Martin Kwok (ND, DrTCM), Dr. Bobby Parmar (ND), 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), Dr. Adam Amodeo (ND), Dr. Joseph Cheng (ND), and Dr. Liam LaTouche (ND).



## 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](mailto:info@vitaaid.com)
4. Order through your local sales representatives:



For more information, please visit our website at [www.vitaaid.com](http://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:

- » \$15 CAD for shipments to areas within BC
- » \$20 CAD for shipments to all other provinces outside BC in Canada
- » \$25 USD for Continental United States (Alaska and Hawaii, please inquire for rate)
- » Please contact us to inquire about shipping to all other international destinations.

- Orders under \$100 are subject to an additional \$15 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 Material Authorization (RMA) number.
- No returns will be accepted without an RMA. 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)

<b>ANTI-INFLAMMATORY, ALLERGY &amp; ANTIOXIDANTS</b>	
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-Trans Resveratrol
<b>BLOOD GLUCOSE SUPPORT</b>	
Angiolaxin	14 Vegan BP & Vascular Support
Bisglycino-Mg	13 For Maintenance of Bone and Teeth & Support Muscle Function
GLP-1RAG / Gluco-Metab	11 Herbal GLP-1 Agonist Supporting Formula
Inositol+	12 Support Insulin Sensitivity
TermiDM	12 Synergistic Herbal Support for Healthy Blood Glucose Metabolism
<b>BONE/MSK/JOINT SUPPORT</b>	
Collagen Restore	38 Comprehensive Formula for Collagen Restoration and Protection
MQ-7+D3	13 All-Trans Menaquinone-7 & Cholecalciferol
Os Matrix	14 Strengthens Bone Matrix and Prevents Osteoporosis
<b>CARDIOVASCULAR HEALTH</b>	
H.C.Q10-Cardio	15 Comprehensive Cardiovascular Support
Nattokinase 3000	15 Systemic Fibrinolytic Enzyme
Tobalief	16 Natural Smoking Cessation Aid
<b>CHILDREN'S HEALTH</b>	
Modism	16 Supports Neuro-Development Via Methylation & The Collateral Pathways
Pediatric Multi+	17 Kid's Multi-Vitamin/Mineral + With Certified Organic Elderberry
<b>DETOX &amp; LIVER SUPPORT</b>	
AC-1350	17 Activated Charcoal (from Certified Organic Coconut) + Ginger Extract
Hepatolief	18 Synergistic Liver 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
<b>EYE HEALTH</b>	
Betaine HCl	25 Digestive Aid for Hypochlorhydria

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
OptiFort	20 Synergistic support to improve vision health
Optizyme	26 High-Dose, Full-Spectrum Digestive Enzymes
Prokin	24 Natural Prokinetic Formula
Supreme Zyme-Aid Extra Fort	26 Balanced Blend of Digestive Enzymes
<b>HORMONE &amp; STRESS MANAGEMENT</b>	
AndroLief	40 Anti-Androgenic Formula
Adrenergyn	41 Adaptogenic Support for HPA Dysregulation
AdrenoForte DP	41 Herbal Cortisol Support
Cortilief	42 Alleviate High Cortisol State & Support Healthy Stress Response
Melatonin-3	42 USP-Grade Melatonin 3 mg
Melatonin-5	43 USP-Grade Melatonin 5 mg
Prostaxin	45 Herbal Prostate Support
Resolaxin	43 Eases Stress and Promotes Relaxation without Sedative Effects
SJW 450	44 USP-Grade St. John's Wort Extract
ThyroAide	44 Support healthy thyroid function
UTI-XP	45 Support Urinary Tract Health
<b>IMMUNE SUPPORT &amp; ANTI-MICROBIALS</b>	
Alliimin DR	27 Delayed-Release Garlic Concentrate
BiofilmX	27 Biofilm Disrupting Formula
Defenxin	28 Synergistic Cold/Flu Relief Formula
Immutonin	28 Long-Term, Comprehensive Immune Tonic

Lysine 500	29 L-Lysine 500 mg/capsule
Microcidin	29 Broad-Spectrum Anti-Microbial Formula
Microcidin AF	30 Low FODMAP Anti-Microbial Formula
Mycoplex 5250	30 Multi-Medicinal Mushroom Complex
<b>NEUROLOGICAL HEALTH</b>	
Cognicin	31 Supports Cognitive Function and Improves Memory
CogniForte	31 Supports Cognitive Function and Improves Memory
Methyl-Aide	32 Comprehensive Support for Methylation & the Collateral Pathways
MitoForte	32 Comprehensive Neurocognitive & Mitochondrial Support
Neuromin	33 Comprehensive Neuro-Protective Formula
NMN 300	33 β-NMN - The Most Bioavailable Precursor of NAD+
Synerdopa	34 Optimal Dopamine Levels & Metabolic Pathways
Verdha	34 Vegan Source of DHA for Neural and Brain Development
<b>PROBIOTICS</b>	
Baby & Mom-PB15+ DF	35 Perinatal/Baby Probiotic & Prebiotic Formula
Bifido-PB30+ DF	35 Bifido-Only Probiotic Formula
Optimum-PB10+ DF	36 Everyday Maintenance Probiotic Formula
S. boulardii	37 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
<b>SKIN HEALTH</b>	
Collagen Restore	38 Comprehensive Formula for Collagen Restoration and Protection
Eauderma	38 Helps Hydrate and Support Skin Integrity
Eczema Salve	39 Temporarily protects and helps relieve minor skin irritation due to eczema
<b>SPORTS NUTRITION</b>	
C-Nergy	39 Energy & Recovery Support for Sport Performance;with D-Ribose
Sarco Restore	40 Comprehensive Muscle Building & Recovery Support
<b>TCM FORMULAS</b>	
Femalance	55 Augmented Rambling Pills / Jia Wei Xiao Yao Wan
Spirityin	56 Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan

<b>VITAMINS &amp; MINERALS</b>	
Bio-Active Mineroplex	47 Essential Multi-Mineral Formula with Shilajit Extract
Bio-Active Multiplex	46 Multiple-Vitamin Formula with Active B-vitamins, Phytonutrients & Antioxidants
Bio-Active Multiplex	46 without Iron & Copper
Bio-B5 Forte	48 B5-focused complex to restore body's energy and support the adrenals
Bio-B6 Forte	48 B6-focused complex to support the nervous system
Bio-B Complete	47 Balanced formulation of B-vitamins and lipotropic agents for energy support
Bio-C	49 Buffered vitamin C with mixed bioflavonoids
C-Nergy	49 Energy & Recovery Support for Sport Performance;with D-Ribose
Liqui-D3	50 Liquid vitamin D3 (1,000 IU/drop)
Liqui-D3 HP	50 Liquid vitamin D3 (2,500 IU/drop)
Vitamin A plus Zinc	50 Support Skin & Eye Health and Immune Function
<b>WOMEN'S HEALTH</b>	
Estrolief	51 Support Steroid Hormone Detoxification
Melatonin-10	51 High Dose USP-Grade Melatonin
Oxygheme	52 Support hemoglobin production and integrity
Oxygheme Intensive	52 Intensive support for hemoglobin production and integrity
Perinatal Multi+ Kit	53 Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support
Vitex 2000	53 Herbal Progesterone Support

## Product Search (by Alphabets)

Alliimin DR .....	27	Synergistic Cold/Flu Relief Formula	
Delayed-Release Garlic Concentrate			
AC-1350 .....	17	Eauderma .....	38
Activated Charcoal (from Certified Organic Coconut) + Ginger Extract		Helps Hydrate and Support Skin Integrity	
Adrenergyn.....	41	Eczema Salve .....	39
Adaptogenic Support for HPA Dysregulation		Temporarily protects and helps relieve minor skin irritation due to eczema	
AdrenoForte DP .....	41	Elemental Nutrition .....	21
Herbal Cortisol Support		Elemental Medical Foods	
Androlief.....	40	Estrolief .....	51
Anti-Androgenic Formula		Support Steroid Hormone Detoxification	
Angiolaxin.....	14	Femalance .....	55
Vegan BP & Vascular Support		Augmented Rambling Pills / Jia Wei Xiao Yao Wan	
Baby & Mom-PB15+ DF.....	35	GI-Restore® / GI-Restore®+.....	22
Perinatal/Baby Probiotic & Prebiotic Formula		Comprehensive Gut-Healing Formula	
Betaine HCl.....	25	GI-Restore® LF.....	22
Digestive Aid for Hypochlorhydria		Comprehensive Gut-Healing Formula for Low FODMAP Diet	
Bifido-PB30+ DF.....	35	GLP-1RAG / Gluco-Metab .....	11
Bifido-Only Probiotic Formula		Herbal GLP-1 Agonist Supporting Formula	
Bio-Active Mineroplex.....	47	H.C.Q10-Cardio .....	15
Essential Multi-Mineral Formula with Shilajit Extract		Comprehensive Cardiovascular Support	
Bio-Active Multiplex .....	46	Hepatolief.....	18
Multiple-Vitamin Formula with Active B-vitamins, Phytonutrients & Antioxidants		Synergistic Liver Protectant	
Bio-Active Multiplex .....	46	Histalief .....	10
without Iron & Copper		Support Healthy Histamine Levels & Mast Cell Stability	
Bio-B5 Forte .....	48	Immutonin .....	28
B5-focused complex to restore body's energy and support the adrenals		Long-Term, Comprehensive Immune Tonic	
Bio-B6 Forte .....	48	Inflam lief.....	10
B6-focused complex to support the nervous system		Herbal Inflammation-Relief Formula	
Bio-B Complete .....	47	Inositol+ .....	12
Balanced formulation of B-vitamins and lipotropic agents for energy support		Support Insulin Sensitivity	
Bio-C .....	49	Intolerase .....	25
Buffered vitamin C with mixed bioflavonoids		"Digest Your Intolerances" for SIBO & Malabsorption	
BiofilmX .....	27	Keto-Elemental Nutrition .....	21
Biofilm Disrupting Formula		Elemental Medical Foods with Ketogenic Caloric Distributions	
Bisglycino-Mg.....	13	L-Glutamine Plus .....	23
For Maintenance of Bone and Teeth & Support Muscle Function		Vegan L-Glutamine with Antioxidants	
C-Nergy.....	39	Limonen-E .....	23
Energy & Recovery Support for Sport Performance		D-Limonene for GERD Relief	
with D-Ribose			
C-Nergy.....	49	Liqui-D3 .....	50
Energy & Recovery Support for Sport Performance		Liquid vitamin D3 (1,000 IU/drop)	
with D-Ribose			
Cognicin .....	31	Liqui-D3 HP .....	50
Supports Cognitive Function and Improves Memory		Liquid vitamin D3 (2,500 IU/drop)	
CogniForte .....	31	Lysine 500.....	29
Supports Cognitive Function and Improves Memory		L-Lysine 500 mg/capsule	
Collagen Restore .....	38	Melatonin-3 .....	42
Comprehensive Formula for Collagen Restoration and Protection		USP-Grade Melatonin 3 mg	
Cortilief.....	42	Melatonin-5 .....	43
Alleviate High Cortisol State & Support Healthy Stress Response		USP-Grade Melatonin 5 mg	
Defenxin .....	28	Melatonin-10 .....	51
		High Dose USP-Grade Melatonin	
Methyl-Aide .....	32	Methyl-Aide .....	32
Comprehensive Support for Methylation & the Collateral Pathways			
Mg-Lax .....	24	Spirityn .....	56
Gentle Osmotic Stool Softener		Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan	
Microcidin.....	29	Supreme-PB30+ DF .....	36
Broad-Spectrum Anti-Microbial Formula		High-Dose Probiotic Formula	
Microcidin AF .....	30	Supreme Zyme-Aid Extra Fort .....	26
Low FODMAP Anti-Microbial Formula		Balanced Blend of Digestive Enzymes	
MitoForte .....	32	SynerClear .....	19
Comprehensive Neurocognitive & Mitochondrial Support		Detox Nutrition Support with Complete Nutrient Profile	
Modism.....	16	Synerdopa .....	34
Supports Neuro-Development Via Methylation & The Collateral Pathways		Optimal Dopamine Levels & Metabolic Pathways	
MQ-7+D3 .....	13	TerMiDM .....	12
All-Trans Menaquinone-7 & Cholecalciferol		Synergistic Herbal Support for Healthy Blood Glucose Metabolism	
Mycoplex 5250.....	30	Thyroaide .....	44
Multi-Medicinal Mushroom Complex		Support healthy thyroid function	
NAC+.....	18	Tobalief .....	16
Support Glutathione Levels & Neutralize Free Radicals		Natural Smoking Cessation Aid	
Nattokinase 3000.....	15	Ultra-PB100+ DF .....	37
Systemic Fibrinolytic Enzyme		Ultra High-Dose Probiotic Formula	
Neuromin .....	33	UTI-XP .....	45
Comprehensive Neuro-Protective Formula		Support Urinary Tract Health	
NMN 300 .....	33	Verdha .....	34
$\beta$ -NMN - The Most Bioavailable Precursor of NAD+		Vegan Source of DHA for Neural and Brain Development	
OptiFort .....	20	Vitamin A plus Zinc .....	50
Synergistic support to improve vision health		Support Skin & Eye Health and Immune Function	
Optimum-PB10+ DF.....	36	Vitex 2000.....	53
Everyday Maintenance Probiotic Formula		Herbal Progesterone Support	
Optizyme .....	26	XenobioX .....	20
High-Dose, Full-Spectrum Digestive Enzymes		Synergistic Support for Xenobiotic Detox	
Os Matrice .....	14		
Strengthens Bone Matrix and Prevents Osteoporosis			
Oxygheme .....	52		
Support hemoglobin production and integrity			
Oxygheme Intensive .....	52		
Intensive support for hemoglobin production and integrity			
Pediatric Multi+ .....	17		
Kid's Multi-Vitamin/Mineral + With Certified Organic Elderberry			
Perinatal Multi+ Kit .....	53		
Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support			
Prokine .....	24		
Natural Prokinetic Formula			
Prostaxin.....	45		
Herbal Prostate Support			
Resolaxin.....	43		
Eases Stress and Promotes Relaxation without Sedative Effects			
R.O.S-Quench .....	11		
Synergistic Super-Antioxidant Formula Featuring High Dose All-Trans Resveratrol			
Sarco Restore .....	40		
Comprehensive Muscle Building & Recovery Support			
S. boulardii .....	37		
Support Gut Microbiota of Individuals on Antibiotic Treatment			
SJW 450 .....	44		



## 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) . . . . .	50 mg

\*DHE - Dried Herb Equivalent.

#### Other Ingredients:

Microcrystalline cellulose, ascorbyl palmitate, L-leucine, 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 CO<sub>2</sub>-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 ( <i>Perluxan™</i> ) (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-Trans 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> ) . . . . .	50 mg (leaf) (20% oleuropein) (equivalent to 350 mg dried herb)
Vitamin C . . . . .	60 mg
Mixed tocopherol concentrate . . . . .	30 mg

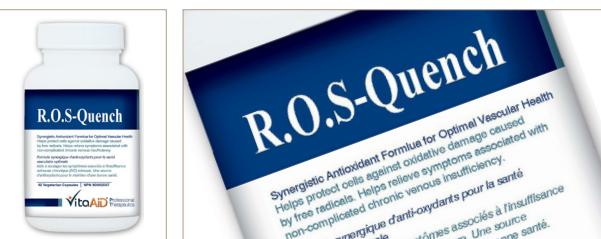
#### Other Ingredients:

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



## GLP-1RAG / Gluco-Metab

### Herbal GLP-1 Agonist Supporting Formula

**GLP-1RAG / Gluco-Metab** supports metabolic health by modulating the GLP-1 (glucagon-like peptide-1) pathway through active isolates and extracts that enhance glucose regulation, improve insulin sensitivity, reduce inflammation, and aid in appetite regulation.

- Enhances GLP-1 secretion and activity, with minimal GI side effects
- Supports healthy blood glucose levels and insulin sensitivity
- Controls appetite and optimizes fat metabolism
- Reduces inflammation and oxidative stress

#### Indications:

- Metabolic syndrome, type 2 diabetes
- Obesity and weight management (Ideally used in conjunction with intermittent fasting, this approach helps to reduce hunger and makes it easier to extend the time between meals)
- Chronic inflammation associated with metabolic disorders

#### Ingredients (per 2 capsules):

Berberine Hydrochloride (from <i>Phellodendron amurense</i> ) . . . . .	370 mg
Hops Extract ( <i>Humulus lupulus</i> ) . . . . .	334 mg (30% alpha- and iso-alpha acids) (strobile)
Gardenia Extract ( <i>Gardenia jasminoides</i> ) (5:1) . . . . .	200 mg (1,000 mg dried herb equivalent) (fruit)
Cinnamon Extract ( <i>Cinnamomum cassia</i> ) . . . . .	75 mg (10:1) (750 mg dried herb equivalent) (branch bark)
Ginger Extract ( <i>Zingiber officinale</i> ) (5% gingerols) (rhizome) . . . . .	60 mg

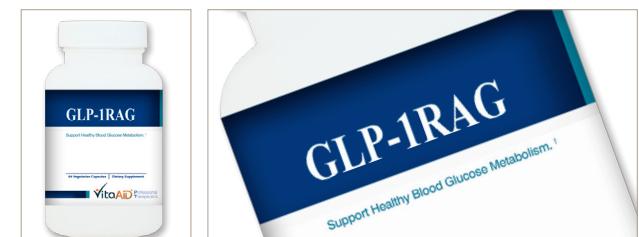
#### Other Ingredients:

Ascorbyl palmitate, silicon dioxide, microcrystalline cellulose, hypromellose (capsule)

#### Suggested Use:

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

Dosage Form: 84 Vegetarian Capsules



## Gluco-Metab

### Helps to support/maintain healthy blood glucose levels. Aide à soutenir/maintenir des niveaux sains de glycémie.

TO INGREDIENT INDEX ►

◀ TO PRODUCT SEARCH

TO INGREDIENT INDEX ▶

**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, apple fiber, 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

**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.

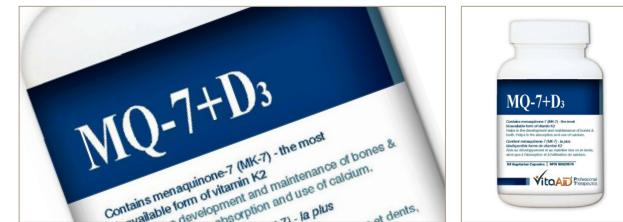
- MK-7 is a natural, bioavailable form of vitamin K2 commonly found in fermented soy.
- It only requires 1/1000 dosage of MK-7 compared to MK-4 to reach the therapeutic effect on bone health - minimizing the risk of interaction with blood thinning medications.

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<sup>++</sup> 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](#)

[TO INGREDIENT INDEX](#)

[TO INGREDIENT INDEX](#)

[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



## Angiolaxin

### Vegan BP & Vascular Support

**Angiolaxin** contains clinically studied KM-20 sesame peptide and CoQ<sub>10</sub> 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 <sub>10</sub> (ubiquinone)	30 mg
Vitamin E (6.7 mg ATE) (from d-alpha tocopheryl acetate)	10 IU

#### Other Ingredients:

Silicon dioxide, microcrystalline cellulose, 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 CoQ<sub>10</sub> 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 CoQ<sub>10</sub> 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 CoQ<sub>10</sub> and L-carnitine.

#### Ingredients (per capsule):

Coenzyme Q <sub>10</sub> (ubiquinone)	100 mg
L-Carnitine	150 mg
Hawthorn Extract ( <i>Crataegus laevigata</i> ) 12:1 (fruit)	75 mg (5% procyanidins) (equivalent to 900 mg dried herb)
Taurine	50 mg
Magnesium (from magnesium bisglycinate)	20 mg

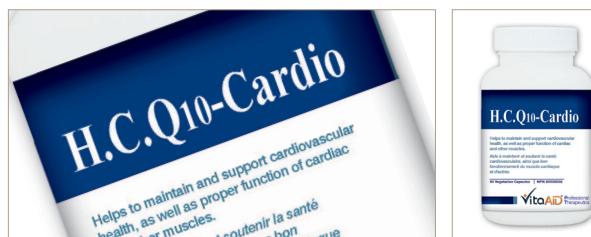
#### Other Ingredients:

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



## Nattokinase 3000

### Systemic Fibrinolytic Enzyme

**Nattokinase 3000** Helps support cardiovascular system health.

- 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):

Nattokinase	3,000 FU
( <i>Bacillus subtilis</i> var. natto from <i>Glycine max</i> )	

\*FU = Fibrinolytic Units.

#### Other Ingredients:

Maltodextrin, L-leucine, microcrystalline cellulose, silicon dioxide

#### Suggested Use:

Adults - take 1 capsule a day, or as directed by your health care practitioner.

Dosage Form: 84 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



## 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 bisglycinate) .....	.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 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)



## 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, silicon dioxide, 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)



## 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



## Hepatolief

### Synergistic Liver Protectant

**Hepatolief** is a comprehensive herbal liver tonic formula that protects hepatocytes and maintains healthy liver function.

- Multi-Mechanistic Liver Detox Support by protecting hepatocytes, mitigating oxidative stress and inflammation, and improving insulin sensitivity
- Utilizes USP-Grade Milk Thistle Extract, standardized in silybins by HPLC
- Fortified with NAC, R-Alpha Lipoic Acid, Curcumin, Burdock, and Licorice

#### Indications:

May be beneficial for people with NAFLD, liver cirrhosis and liver disease.

#### Ingredients (per capsule):

Milk Thistle Extract ( <i>Silybum marianum</i> ) (USP-grade).....	250 mg
(50% silybins by HPLC; 80% silymarins by UV/Vis) (seed)	
R-Alpha-Lipoic Acid (stabilized) (sodium salt).....	15 mg
N-Acetyl-Cysteine.....	50 mg
Licorice Extract ( <i>Glycyrrhiza glabra</i> ).....	10 mg
(17:1) (root) (170 mg DHE*)	
Burdock Extract ( <i>Arctium lappa</i> ).....	20 mg
(15:1) (root) (300 mg DHE*)	
Curcumin (from <i>Curcuma longa</i> ) (C3-Complex) (rhizome).....	30 mg

\*DHE - dried herb equivalent

#### Other Ingredients:

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

#### Suggested Use:

Adults - Take 1 capsule with a meal, 2 times per day, or as directed by the health care practitioner. Use for at least 3 weeks to see beneficial effects. Consult a health care practitioner for use beyond 4-6 weeks.

Dosage Form: 84 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

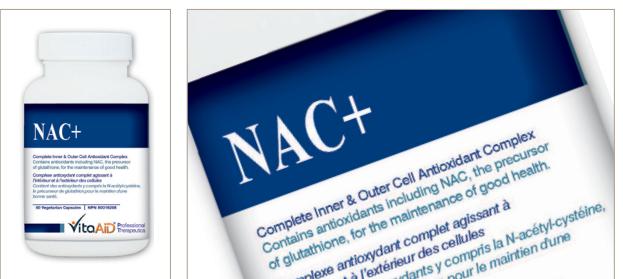
#### Other Ingredients:

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



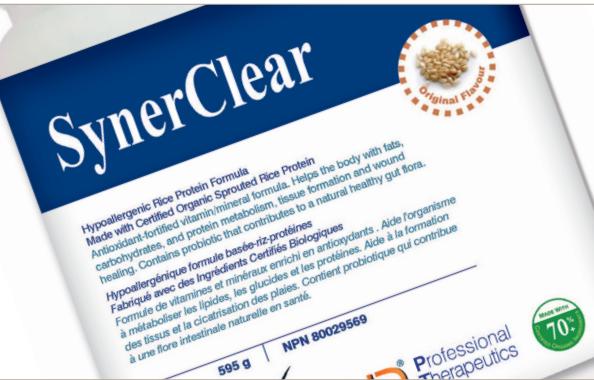
## SynerClear

### 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, bilberry) to protect against free radicals produced during Phase 1 detoxification.
- Addition of L-glutamine and peppermint to support gastrointestinal environment.

Dosage Form: Powder (14 servings per container)



#### Ingredients (per serving; 2 scoops):

Vitamin A (600 mcg RAE) (from vitamin A palmitate).....	2000 IU
Mixed Carotenoids (from <i>Elaeis guineensis</i> ).....	.900 mcg
Vitamin B1 (from thiamine HCl).....	2.4 mg
Vitamin B2 (from riboflavin-5-phosphate (sodium salt)).....	.13 mg
Vitamin B3 (niacinamide).....	10 mg
Vitamin B5 (from calcium-d-pantothenate).....	.20 mg
Vitamin B6 .....	3.5 mg (from pyridoxal-5-phosphate (calcium salt))
Vitamin B12 (methylcobalamin).....	.100 mcg
5-Methyltetrahydrofolate (from calcium L-5-MTHF) .....	.400 mcg
Biotin.....	.200 mcg
Vitamin C (ascorbic acid).....	.200 mg
Vitamin D3 (5 mcg) (cholecalciferol) .....	.200 IU
Vitamin E (20 mg ATE) (from d-alpha-tocopherol acetate).....	.30 IU
Vitamin K2 (trans-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).....	.0.6 mg
Manganese (from manganese bisglycinate) .....	.1.8 mg
Molybdenum (from molybdenum glycinate) .....	.25 mcg
Zinc (from zinc gluconate).....	.5 mg
Iodine (from potassium iodide) .....	.120 mcg
L-Lysine .....	.450 mg
L-Glutamine .....	.500 mg
Glycine .....	1,500 mg
Taurine .....	.300 mg
N-Acetyl Cysteine (NAC) .....	.100mg
Betaine .....	.40 mg
Choline (from choline bitartrate) .....	.40 mg
MSM (Methylsulfonylmethane) .....	.100 mg
Inositol .....	.50 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 of 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)
Bilberry Extract 100:1 ( <i>Vaccinium myrtillus</i> ) .....	.60 mg (25% anthocyanidins; 36% anthocyanosides) (equivalent to 6,000 mg of dried herb)
Alpha Lipoic Acid .....	.10 mg
Rice Protein Concentrate (seed) ( <i>Oryza sativa</i> ) .....	.12,250 mg

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

#### Other Ingredients:

Medium chain triglycerides, certified organic rice syrup powder (chocolate, vanilla, matcha), natural flavour (chocolate, vanilla), monk fruit extract, maltodextrine (tapioca), cellulose gum

#### Suggested Use:

Adults - Take 2 level scoops (1 serving) once 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)

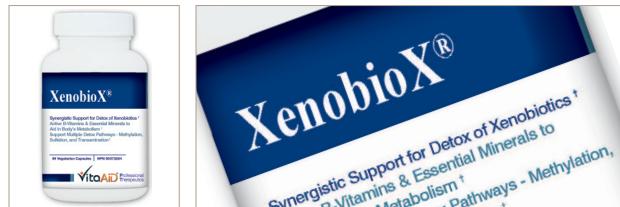
**Ingredients (per 2 capsules):**

Vitamin B1 (from thiamine HCl) .....	.30 mg
Vitamin B2 (from riboflavin-5'-phosphate) .....	.20 mg
Niacinamide .....	.50 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-Cysteine .....	.500 mg
D-Glucarate (from calcium d-glucarate) .....	.350 mg
Betaine Anhydrous .....	.150 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.

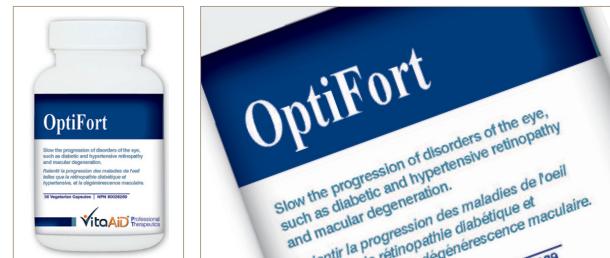
**Other Ingredients:**

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



**TO INGREDIENT INDEX ▶**

## 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
Protein .....	.10 g (40 kcal)
Total Carbohydrates .....	.25 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
Biotin .....	.50 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-Serine .....	.200 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
Protein .....	.7.5 g (30 kcal)
Total Carbohydrates .....	.7.5 g (30 kcal)
Sugar .....	0 g
Fats .....	15.6 g (140 kcal)

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

**TO PRODUCT SEARCH**

**TO INGREDIENT INDEX ▶**

**TO PRODUCT SEARCH**

**TO INGREDIENT INDEX ▶**

## 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)	150 mg
DGL (Deglycyrrhizinated Licorice) 10:1 ( <i>Glycyrrhiza glabra</i> ) (root)	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)	150 mg
(equivalent to 3,000 mg of cabbage juice)	

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 capsule):

Zinc Carnosine .....	50 mg
Curcumin (from <i>Curcuma longa</i> ) .....	67 mg (root, rhizome) (*C3-Complex*)
L-Glutamine .....	200 mg
Cayenne Extract 18:1 ( <i>Capsicum annuum</i> ) .....	6.7 mg (fruit) (equivalent to 120 mg of dried herb)
Quercetin (isolate).....	100 mg
Calcium Butyrate .....	100 mg

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

#### Other Ingredients:

Silicon dioxide, L-leucine, microcrystalline cellulose, 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-tocopherol 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> ) .....	.3 mg (lycopene, alpha-, beta-, and gamma-carotene) (equivalent to 3,500 IU vitamin A)

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, 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 (*Maticaria 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, microcrystalline cellulose, 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 carbohydrolase formula designed to break down fermentable carbohydrates and support post-eradication phase of SIBO treatment.

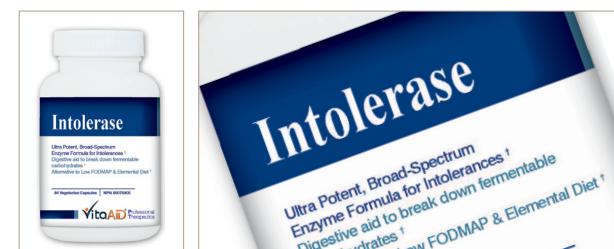
- Helps support the compliance of FODMAP-restrictive diet
- Enzyme potencies are based on the estimated dietary intake of common FODMAPs in general population.
- Contains butyrate (SCFA) to support colonocytes & lining integrity.

**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 (200 mg), silicon dioxide, L-leucine, ascorbyl palmitate, 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: 84 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)

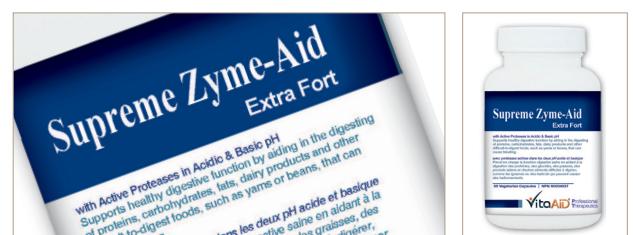
##### Other Ingredients:

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: 84 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	

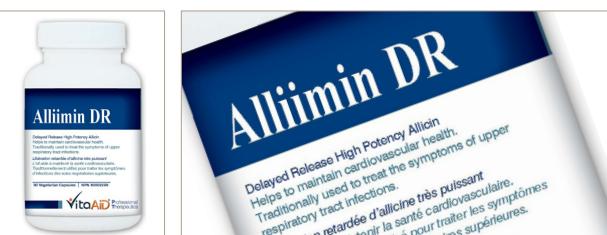
##### Other Ingredients:

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: 84 Vegetarian Capsules



## 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 <i>Serraria marcescens</i> E-15)	30,000 SU
Protease (from <i>Aspergillus oryzae</i> )	15,000 HUT
Fibrinolytic Protease (*Nattozimes*)	4,225 HUT (1,500 FU) (from <i>Aspergillus oryzae</i> & <i>Aspergillus melleus</i> )
Xylanase (from <i>Trichoderma longibrachiatum</i> )	1,100 XU
Pectinase (from <i>Aspergillus niger</i> )	50 endo-P
Beta-Glucanase (from <i>Trichoderma longibrachiatum</i> )	.30 BGU
Glucoamylase (from <i>Aspergillus niger</i> )	25 AGU
Hemicellulase (from <i>Aspergillus niger</i> )	4,000 HCU
Cellulase (from <i>Aspergillus niger</i> )	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



◀ TO PRODUCT SEARCH

All contents in this catalogue serve solely as a reference for health care practitioners, not for self-medication; they have not been evaluated by the Food and Drug Administration or Health Canada. All information is not intended to diagnose, treat, cure, or prevent any disease. Label information and claim may vary from this professional guide. Product label takes precedence in all cases.

TO INGREDIENT INDEX ▶

◀ TO PRODUCT SEARCH

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TO INGREDIENT INDEX ▶

## 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 (7,625 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) ( <i>Andrographis paniculata</i> ) (herb top)
Echinace Extract ( <i>Echinacea purpurea</i> ) (30:1)	.....50 mg (4% chicoric acid) (herb top) (1,500 mg DHE*)
Elderberry Extract ( <i>Sambucus nigra</i> ) (64:1)	.....50 mg (Certified Organic) (14% anthocyanins) (fruit) (3,200 mg DHE*)
American Ginseng Extract (8:1) (root)	.....0 mg (5% ginsenosides) ( <i>Panax quinquefolius</i> ) (400 mg DHE*)
Licorice Extract ( <i>Glycyrrhiza glabra</i> ) (17:1)	.....50 mg (20% glycyrrhizin) (root) (850 mg DHE*)
Ginger Extract (rhizome) (5:1)	.....75 mg (5% gingerols) ( <i>Zingiber officinale</i> ) (375 mg DHE*)
N-Acetyl-L-Cysteine (NAC).	.....100 mg
Zinc (from zinc bisglycinate)	.....5 mg

\*DHE - dried herb equivalent

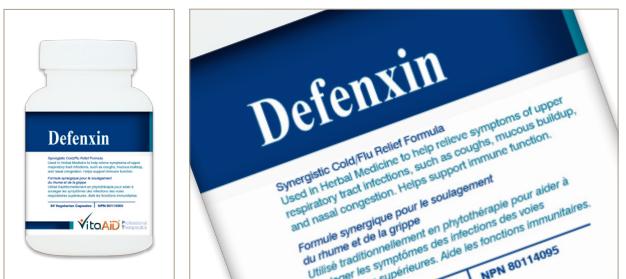
**Other Ingredients:**

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



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

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

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



## 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

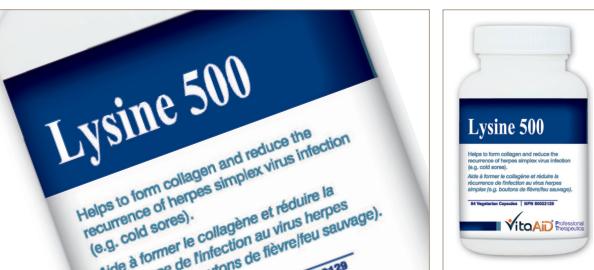
**Other Ingredients:**

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

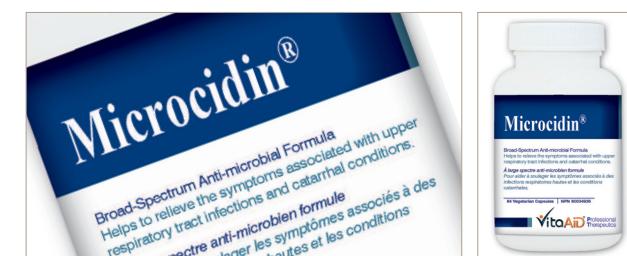
**Other Ingredients:**

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



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

**Other Ingredients:**  
Silicon dioxide, L-leucine, pullulan/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



## 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.
- Support healthy immune function, neurological health and cognition, liver health, and convalesce 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

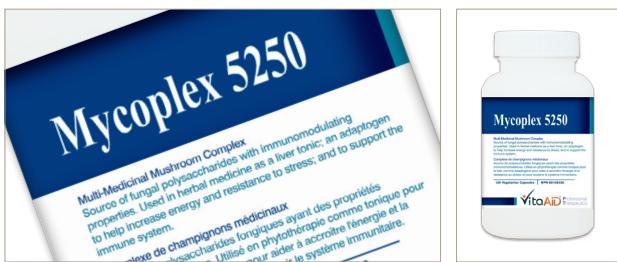
#### Other Ingredients:

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



## 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



## CogniForte

### Multi-Mechanistic Support in Neurological & Cognitive Functions

CogniForte provides multi-mechanistic approach to improve neurologic & cognitive functions.

- Citicoline** provides boosts in phosphatidylcholine & acetylcholine syntheses for optimal neuronal membrane integrity and transmission.
- Phosphatidylserine** plays a role in stabilizing membrane function of neurons and protecting the membrane against oxidative stress.
- Huperzine A - a potent cholinesterase inhibitor** - clinically shown to enhance acetylcholine levels in the brain and augment activities of endogenous cellular antioxidants.
- Spermidine induces autophagy** of cellular debris and wastes, critical for the elimination of toxic aggregates.
- Curcumin** is shown to reduce beta-amyloid formulation and accumulation in the brain.

#### Ingredients (per capsule):

Citicoline .....	250 mg
Huperzine A (from <i>Huperzia serrata</i> ) (whole) .....	100 mcg
Curcumin (from <i>Curcuma longa</i> ) (rhizome) .....	60 mg
Phosphatidylserine (from <i>Helianthus annuus</i> ) (seed) .....	50 mg
Rosemary Extract (10:1) ( <i>Rosmarinus officinalis</i> ) .....	60 mg
(leaf) (600 mg DHE*)	
Lion's Mane Extract (10:1) (30% polysaccharides) .....	90 mg
( <i>Hericium erinaceus</i> ) (fruiting body) (900 mg DHE*)	
Ginkgo Biloba Extract (50:1) (3000 mg DHE*) .....	60 mg
(25% flavonoid glycosides, 6% terpene lactones)	
Spermidine (from Spermidine Trihydrochloride) .....	4 mg

#### Other Ingredients:

Ascorbyl palmitate, silicon dioxide, microcrystalline cellulose, hypromellose (capsule)

#### Suggested Use:

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

Dosage Form: 56 Vegetarian Capsules



## TO INGREDIENT INDEX

◀ TO PRODUCT SEARCH

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## TO INGREDIENT INDEX ▶

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

## TO INGREDIENT INDEX ▶

◀ TO PRODUCT SEARCH

## TO INGREDIENT INDEX ▶

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## 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
Niacinamide . . . . .	.50 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
*Taurine . . . . .	100 mg
*Betaine Anhydrous . . . . .	100 mg

#### \*Other Ingredients:

Silicon dioxide, microcrystalline cellulose, 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



## MitoForte

### Comprehensive Neurocognitive & Mitochondrial Support

**MitoForte** combines key bioactive compounds that promote mitochondrial biogenesis and enhance neurocognitive function. This comprehensive formulation improves cellular energy production, reduces oxidative stress and inflammation, promotes muscle strength and supports brain and neurological function.

- **Urolithin A** enhances cellular health by increasing mitophagy and mitochondrial function, as well as reducing inflammation
- **Nicotinamide Mononucleotide (NMN)** - the most immediate and stable precursor to NAD+ to help promote ATP production.
- **Pyrroloquinoline quinone (PQQ)**, synergistically combined with **CoQ10**, facilitates nerve regeneration and acts as a neuro-protectant via its antioxidant and mitochondrial biogenesis effects
- **Active forms of vitamins B1, B2, B6, and B12** support methylation and promote neurotransmitter metabolism
- **R-alpha lipoic acid** provides additional antioxidant effects and protects mitochondria from damage

#### Ingredients (per capsule):

Urolithin A . . . . .	.500 mg
Nicotinamide Mononucleotide (NMN) . . . . .	.150 mg
Pyrroloquinoline quinone (PQQ) (sodium salt) . . . . .	.20 mg
Coenzyme Q10 (ubiquinone) . . . . .	.100 mg
R-Alpha-Lipoic Acid . . . . .	.100 mg
Vitamin B1 (from thiamine hydrochloride) . . . . .	.20 mg
Vitamin B2 (from sodium riboflavin-5'-phosphate) . . . . .	.10 mg
Vitamin B6 (from pyridoxal-5'-phosphate) . . . . .	.10 mg
Vitamin B12 (from methylcobalamin) . . . . .	.200 mcg

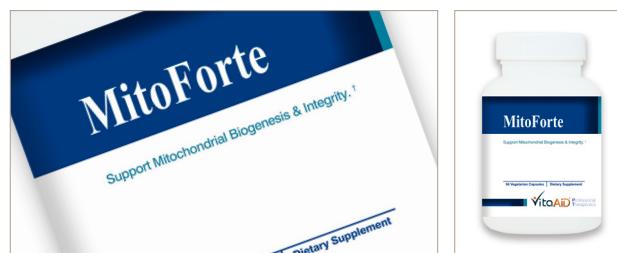
#### \*Other Ingredients:

Ascorbyl palmitate, silicon dioxide, microcrystalline cellulose, hypromellose (capsule)

#### Suggested Use:

Adults - Take 1-2 capsules, once a day day, or as directed by your health care practitioner.

Dosage Form: 56 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 it's antioxidant effects. Its benefits for memory & attention are enhanced by the addition of CoQ<sub>10</sub> 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):

Pyrroloquinoline quinone (PQQ) . . . . .	.5 mg
Coenzyme Q <sub>10</sub> (ubiquinone) . . . . .	.37.5 mg
R-alpha-lipoic acid (sodium salt) (stabilized) . . . . .	.75 mg
Benfotiamine . . . . .	.35 mg
5-Methyltetrahydrofolate (from Ca 5-MTHF) . . . . .	.100 mcg
Niacinamide . . . . .	.25 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



## NMN 300

### β-NMN - The Most Bioavailable Precursor of NAD+

- Contains ONLY the Bio-identical Beta-Form
- Derived from a series of enzymatic manufacturing processes
  - higher yield & purity than the chemical and fermentation processes
- Therapeutic dosage (300mg) in a Single Capsule

#### Indications:

- Anti-Aging and Longevity
- Mitochondrial Support
- Improves Physical Performance
- Enhances Insulin Sensitivity
- Post-Viral Infection Recovery
- Cardiovascular Support
- Neurodegeneration and Cognitive Decline

#### Ingredients (per capsule):

NMN (β-Nicotinamide Mononucleotide) . . . . .	.300 mg
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#### Other Ingredients:

Silicon dioxide, L-Leucine, hypromellose (capsule)

#### Suggested Use:

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

Dosage Form: 42 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-5-methylfolate)	50 mcg
Vitamin B12 (from methylcobalamin)	25 mcg
Magnesium (from magnesium bisglycinate)	21 mg
Coenzyme Q10 (ubiquinone)	45 mg

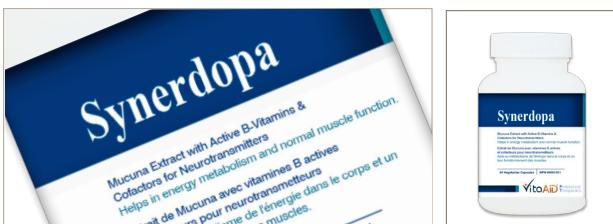
#### Other Ingredients:

Silicon dioxide, L-leucine, microcrystalline cellulose, 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



**Synerdopa**

Mucuna Extract with Active B-Vitamins & Cofactors for Neurotransmitters  
Helps in energy metabolism and normal muscle function.  
Extrait de Mucuna avec vitamines B actives  
et cofacteurs pour neurotransmetteurs  
aide à l'énergie dans le corps et un  
muscles.

## 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) ( <i>Schizochytrium sp.</i> ) (life's DHA*)
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\*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



**Verdha**  
Vegan source DHA for  
maintenance of good health.  
Source végétalienne de DHA pour  
le maintien d'une bonne santé.  
NPN 80023167

**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 scoop):

<i>Lactobacillus acidophilus</i> LA14	.1.5 billion cfu
<i>Lactobacillus rhamnosus</i> LR32	.1.5 billion cfu
<i>Lactobacillus casei</i> LC11	1 billion cfu
<i>Lactobacillus salivarius</i> LS33	1 billion cfu
<i>Bifidobacterium bifidum</i> BB06	.0.5 billion cfu
<i>Bifidobacterium lactis</i> BL04	.1.5 billion cfu
<i>Streptococcus thermophilus</i> ST21	.1 billion cfu
<i>Bifidobacterium breve</i> BB61v	.1 billion cfu
<i>Lactobacillus plantarum</i> LP115	.1.5 billion cfu
<i>Lactobacillus rhamnosus</i> HN001	2 billion cfu
<i>Bifidobacterium infantis</i> BI46v	.1 billion cfu
<i>Lactobacillus rhamnosus</i> GG	2 billion cfu
<i>Lactobacillus reuteri</i> 1E1	.0.5 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 scoop, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 2 scoops, 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)



## TO PRODUCT SEARCH

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## TO INGREDIENT INDEX

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

## 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> BB06	4 billion
<i>Bifidobacterium breve</i> BB61v	5 billion
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> BI46v	1 billion
<i>Bifidobacterium lactis</i> BL04	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



## TO INGREDIENT INDEX

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

## 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 ATCC-registered.
- 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> LA14	.....	2 billion cfu
<i>Lactobacillus rhamnosus</i> LR32	.....	1 billion cfu
<i>Lactobacillus casei</i> LC11	.....	0.6 billion cfu
<i>Lactobacillus salivarius</i> LS33	.....	0.6 billion cfu
<i>Bifidobacterium bifidum</i> BB06	.....	0.4 billion cfu
<i>Bifidobacterium lactis</i> BL04	.....	1.6 billion cfu
<i>Streptococcus thermophilus</i> ST21	.....	0.5 billion cfu
<i>Bifidobacterium breve</i> BB61V	.....	0.6 billion cfu
<i>Lactobacillus plantarum</i> LP115	.....	1.5 billion cfu
<i>Lactobacillus rhamnosus</i> GG	.....	1.2 billion cfu

#### Other Ingredients:

Fructo-Oligosaccharide (FOS) / Maltodextrin, microcrystalline cellulose, 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 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* BL04 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> LA14	.....	6 billion cfu
<i>Lactobacillus rhamnosus</i> LR32	.....	2 billion cfu
<i>Lactobacillus casei</i> LC11	.....	5 billion cfu
<i>Lactobacillus salivarius</i> LS33	.....	1 billion cfu
<i>Bifidobacterium bifidum</i> BB06	.....	1 billion cfu
<i>Bifidobacterium lactis</i> BL04	.....	5 billion cfu
<i>Streptococcus thermophilus</i> ST21	.....	2 billion cfu
<i>Bifidobacterium breve</i> BB03	.....	1.5 billion cfu
<i>Lactobacillus plantarum</i> LP115	.....	1.5 billion cfu
<i>Lactobacillus rhamnosus</i> HN001	.....	2 billion cfu
<i>Lactobacillus rhamnosus</i> GG	.....	3 billion cfu

#### 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: 56 Vegetarian Capsules



## 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, microcrystalline cellulose, 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: 84 Vegetarian Capsules



#### 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 scoop):

<i>Lactobacillus acidophilus</i> LA14	.....	15 billion cfu
<i>Lactobacillus rhamnosus</i> LR32	.....	15 billion cfu
<i>Lactobacillus casei</i> LC11	.....	10 billion cfu
<i>Lactobacillus salivarius</i> LS33	.....	8 billion cfu
<i>Bifidobacterium bifidum</i> BB06	.....	2 billion cfu
<i>Bifidobacterium lactis</i> BL04	.....	12 billion cfu
<i>Streptococcus thermophilus</i> ST21	.....	8 billion cfu
<i>Bifidobacterium breve</i> BB61V	.....	5 billion cfu
<i>Lactobacillus plantarum</i> LP115	.....	15 billion cfu
<i>Lactobacillus rhamnosus</i> HN001	.....	3 billion cfu
<i>Bifidobacterium infantis</i> BI46V	.....	1 billion cfu
<i>Lactobacillus rhamnosus</i> GG	.....	6 billion cfu
<i>Lactobacillus reuteri</i> 1E1	.....	1 billion cfu

#### Other Ingredients:

Fructo-Oligosaccharide (FOS) / Maltodextrin.

#### Suggested Use:

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1 scoop, 1-3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 1 scoop, 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: 90 g Powder (28 servings per container)



TO PRODUCT SEARCH

TO INGREDIENT INDEX ▶

TO INGREDIENT INDEX ▶

## 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, 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-Lysine.....	50 mg
L-Proline.....	100 mg
Glycine .....	150 mg
Trans-Resveratrol (99%) (from <i>Reynoutria japonica</i> ) (root).....	15 mg
Bearberry Extract 10:1 ( <i>Arctostaphylos uva-ursi</i> ) (leaf) (equivalent to 150 mg dried herb).....	15 mg
Grape Seed Extract 100:1 ( <i>Vitis vinifera</i> ) (seed) (85% OPCs) .....	35 mg
Coenzyme Q <sub>10</sub> (ubiquinone) .....	15 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
Biotin.....	25 mcg
Niacinamide .....	5 mg
Vitamin B5 (from calcium d-pantothenate).....	10 mg
Vitamin B12 (methylcobalamin) .....	25 mcg
Folate (from calcium L-5-methylfolate) .....	50 mcg
Vitamin D3 (cholecalciferol) (7.5 mcg).....	300 IU
Selenium (from selenium glycinate).....	20 mcg
Zinc (from zinc bisglycinate) .....	3 mg
Silica (from silicon dioxide) .....	1 mg
MSM (Methylsulfonylmethane) .....	50 mg
Lutein (free form) (isolate from <i>Tagetes erecta</i> ) .....	750 mcg
Mixed tocopherol concentrate .....	15 mg

#### Other Ingredients:

L-leucine, hypromellose (capsule)

#### Suggested Use:

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

Dosage Form: 112 Vegetarian Capsules



## Eauderma

### Helps Hydrate and Support Skin Integrity

**Eauderma** is a dermatologically focused oral supplement designed to improve skin hydration, barrier function, and reduce signs of aging, such as wrinkles and erythema. It supports structural integrity and functional resilience of the skin by modulating ceramide synthesis, hyaluronic acid retention, and antioxidant activity. It is particularly beneficial for patients suffering from atopic dermatitis, xerosis, acne, and other dermatological conditions associated with impaired skin barrier and moisture retention.

- Enhances epidermal hydration and ceramide content
- Improves barrier function and reduces trans-epidermal water loss (TEWL)
- Promotes skin elasticity and firmness
- Provides antioxidant protection and modulates inflammatory pathways

#### Indications:

- Atopic dermatitis and xerosis
- Aging-related skin changes (e.g., wrinkles, loss of elasticity)
- Pruritus and skin erythema
- Acne scar and other inflammatory skin disorders
- Post-procedural skin recovery (e.g., laser, microdermabrasion)

#### Ingredients (per capsule):

Rice Bran Extract (3% glucosylceramides) ( <i>Oryza sativa</i> ).....	40 mg
Vitamin C (from ascorbyl palmitate).....	25 mg
Vitamin E (from d-alpha tocopheryl acetate).....	10 mg
Hyaluronic acid (from bacterial fermentation).....	120 mg
Grape seed extract ( <i>Vitis vinifera</i> ) (seed) (85% oligomeric proanthocyanidins).....	50 mg
Trans-Resveratrol ( <i>Reynoutria japonica</i> ) (root).....	60 mg
Lutein (from <i>Tagetes erecta</i> ) (flower oleoresin).....	3 mg

#### Other Ingredients:

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

#### Suggested Use:

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

Dosage Form: 56 Vegetarian Capsules



## Eczema Salve

### Temporarily protects and helps relieve minor skin irritation due to eczema

#### Hydration as an Indicator of Skin Age :

Water is an indicator of skin age and is associated with common concerns such as fine lines and wrinkles, atopic dermatitis, and dry, itchy skin that troubles many patients, especially the elderly; these issues are all related to inadequate skin moisture retention.

- Transparent dosage labeling on clinically proven effective ingredients, Ceramides (2%) and Colloidal Oat (1.5%)
- All Natural, Organic Ingredients
- Clinically proven to restore skin barrier integrity, moisturize, and reduce inflammation to provide relief for dry, irritated, and itchy skin
- Ideal for use by healthcare professionals in clinical settings or for recommending to patients for at-home care
- Available in Unscented or Lavender & Peppermint

#### Ingredients (Unscented):

Colloidal Oat (Avena Sativa).....	1.5%
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#### Other Ingredients:

Ceramide (2%), Shea Butter (Organic), Beeswax (Organic), Coconut Oil (Organic), Olive Oil (Organic), Glycerin (Organic), Vitamin E.

#### Ingredients (Scented):

Colloidal Oat (Avena Sativa).....	1.5%
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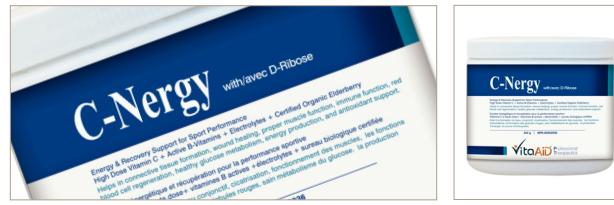
#### Other Ingredients:

Ceramide (2%), Shea Butter (Organic), Beeswax (Organic), Coconut Oil (Organic), Olive Oil (Organic), Glycerin (Organic), Vitamin E, Peppermint EO (Organic), Lavender EO (Organic)

#### Suggested Use:

Apply to the affected area as needed

Dosage Form: Cream Tin Can



## C-Nergy with D-Ribose

### Energy & Recovery Support for Sport Performance

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 mg
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 nicotinate 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 Acid .....	.20 mg
Mixed Carotenoids .....	.300 mcg
Lutein (FloraGLO®) (free-form) .....	.25 mcg
Quercetin .....	.30 mg
Taurine .....	.250 mg
Glycine .....	.15 mg
L-Lysine (from L-lysine hydrochloride) .....	.15 mg
L-Leucine .....	.15 mg
L-Cysteine .....	.15 mg
Elderberry Juice Concentrate (5:1) (Certified Organic) ( <i>Sambucus nigra subsp. canadensis</i> ) (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, mannitol, potassium bicarbonate, sodium bicarbonate, potassium carbonate, sodium monosodium citrate

#### 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: 340g / 170g Powder (30/15 servings/container)

◀ TO PRODUCT SEARCH

TO INGREDIENT INDEX ▶

◀ TO PRODUCT SEARCH

TO INGREDIENT INDEX ▶

## Sarco Restore

### Comprehensive Muscle Building & Recovery Support

**Sarco Restore** is a comprehensive formula that combines BCAAs and creatine to support muscle building, L-carnitine, NMN, and D-ribose to enhance mitochondrial function and energy output, vitamins A/C/E and magnesium to reduce oxidative stress and inflammation and promote optimal muscle function at the cellular level.

- Provides **BCAA's and Creatine** to facilitate muscle building process
- **L-Carnitine & NMN & D-Ribose (2500 mg)** – Supports the Mitochondrial Function & Integrity for an enhanced energy output
- **Vitamins A (beta-carotene)/C/E** to mitigate oxidative stress & inflammation
- **Magnesium (bisglycinate)** to support multiple metabolic pathways to ensure normal function of muscles on the cellular level.

#### Ingredients (per serving):

Creatine Monohydrate .....	2500 mg
L-Leucine .....	3000 mg
L-Isoleucine .....	1500 mg
L-Valine.....	1500 mg
L-Carnitine (from L-carnitine tartrate).....	1000 mg
Nicotinamide Mononucleotide (NMN) .....	50 mg
Beta-Carotene .....	0.5 mg
D-Ribose.....	2500 mg
Vitamin C (ascorbic acid).....	30 mg
Vitamin E (from d-a tocopherol acetate).....	6.7 mg
Magnesium (from Mg bisglycinate) .....	60 mg

#### Other Ingredients:

Citric acid, steviol glycosides, rebaudioside M, D-allulose, citrus flavour, potassium bicarbonate, sodium carbonate, carbonic acid, dipotassium salt, sodium bicarbonate, sodium citrate,mannitol

#### Suggested Use:

Mix the entire content with 6-7 oz (180-200 ml) of water.

#### Dosage Form:

56 Vegetarian Capsules



## Androlief

### Anti-Androgenic Formula

**Androlief** is a powerful and synergistic combination of high potency herbal extracts and nutrients formulated to exert anti-androgenic effects and mitigate androgenetic alopecia (AGA). AGA is the most prevalent type of hair loss, characterized by a receding frontal hairline in men and diffuse thinning in women while preserving the frontal hairline. It is mainly driven by 5α-reductase and dihydrotestosterone (DHT), which lead to the miniaturization of hair follicles and a reduction in the length of successive anagen cycles.

- Potent Anti-Androgenic Actions with Saw Palmetto Extract and 3,3'-Diindolymethane (DIM)
- Multi-Faceted Authenticating Process to Screen for Saw Palmetto Extract as per the US Pharmacopeia
- Fortified with Calcium D-Glucarate, Stinging Nettle, and Pygeum

#### Indications:

- Androgenetic hair loss
- Benign prostate hyperplasia

#### Ingredients (per capsule):

Saw Palmetto Extract ( <i>Serenoa repens</i> ).....	108 mg (seed) (85% fatty acids; 0.15% beta-sitosterol)
3,3'-Diindolylmethane (DIM).....	.50 mg
Stinging Nettle Extract ( <i>Urtica dioica</i> ).....	.50 mg (root) (10:1) (500 mg dried herb equivalent)
Pygeum Extract ( <i>Prunus africana</i> ).....	.25 mg (stem bark) (14% beta-sitosterol)
Calcium d-Glucarate (from calcium d-glucarate).....	.84 mg

#### Other Ingredients:

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

#### Suggested Use:

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

#### Dosage Form:

84 Vegetarian Capsules



## 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 ( <i>Rhodiola rosea</i> ) .....	75 mg (root) (3% rosavins, 1% salidrosides) (equivalent to 750 mg of dried herb)
Cordyceps Cs-4 Extract 8:1 ( <i>Cordyceps sinensis</i> ). ....	200 mg (mycelium) (7% cordycepic acid) (equivalent to 1,600 mg of dried herb)
Eleuthero Extract 10:1 ( <i>Eleutherococcus senticosus</i> ).....	70 mg (root) (0.8% eleutherosides) (equivalent to 700 mg of dried herb)
Ashwagandha Extract 6:1 ( <i>Withania somnifera</i> ).....	170 mg (root) (equivalent to 1,020 mg of dried herb)
Vitamin B5 (from d-calcium pantothenate).....	10 mg

#### Other Ingredients:

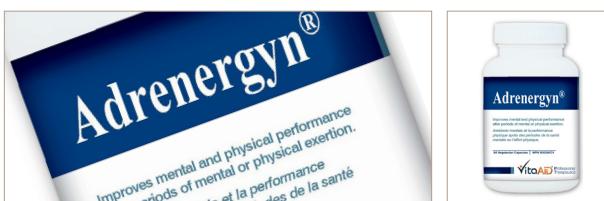
Silicon dioxide, ascorbyl palmitate, hypromellose (capsule)

#### 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



## 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 ( <i>Panax ginseng</i> ) .....	.85 mg (root) (20% ginsenosides) (850 mg DHE*)
Astragalus Extract 12:1 ( <i>Astragalus membranaceus</i> ) .....	.100 mg (root) (1,200 mg DHE*)
Licorice Extract 8:1 ( <i>Glycyrrhiza glabra</i> ) .....	.170 mg (root) (12% glycyrrhizin) (1,360 mg DHE*)
Eleuthero Extract 10:1 ( <i>Eleutherococcus senticosus</i> ).....	.75 mg (root) (0.8% eleutherosides) (750 mg DHE*)
Bacopa Extract 30:1 ( <i>Bacopa monnier</i> ) .....	.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, apple fiber, 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



## 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 & Phellodendron** - 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 <i>Helianthus annuus</i> seed).....	150 mg
Ashwagandha Extract ( <i>Withania somnifera</i> ) (12:1) .....	150 mg (5% withanolides) (root) (1,800 mg DHE*)
Wild Jujube Extract ( <i>Ziziphus spinosa</i> ) (18:1) .....	75 mg (2% triterpene saponins) (seed) (1,350 mg DHE*)
Magnolia Extract ( <i>Magnolia officinalis</i> ) (12:1) .....	60 mg (15% honokiol) (bark) (720 mg DHE*)
Berberine ( <i>Phellodendron amurense</i> ) (bark).....	8.5 mg
L-Theanine .....	50 mg
*DHE - Dried Herb Equivalent	
Other Ingredients:	
Silicon dioxide, L-leucine, hypromellose (capsule)	
Suggested Use:	
Adults - Take 2 capsules at bedtime, or as directed by your health care practitioner. May increase to 3 capsules during times of acute stress.	

Dosage Form: 56 Vegetarian Capsules



◀ TO PRODUCT SEARCH

## 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

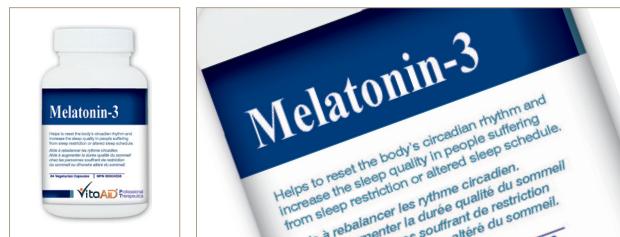
#### Other Ingredients:

Microcrystalline cellulose, L-leucine, 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



TO INGREDIENT INDEX ▶

## 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

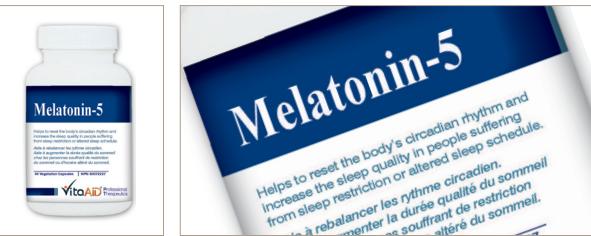
#### Other Ingredients:

Microcrystalline cellulose, L-leucine, 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.

◀ TO PRODUCT SEARCH

TO INGREDIENT INDEX ▶

## 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 (*Ziziphus 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



## 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:**

Apple fiber, silicon dioxide, 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 of 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.

## 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) (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 (L-5-methylfolate (calcium salt)) ..... 300 mcg  
Zinc (from zinc bisglycinate) ..... 6 mg  
Iodine (from potassium iodine) ..... 150 mcg  
Selenium (from selenium glycinate) ..... 100 mcg

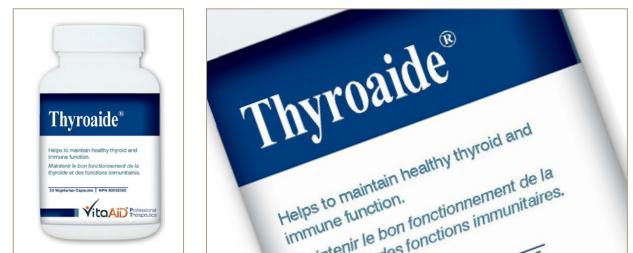
**Other Ingredients:**

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, apple fiber, 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)

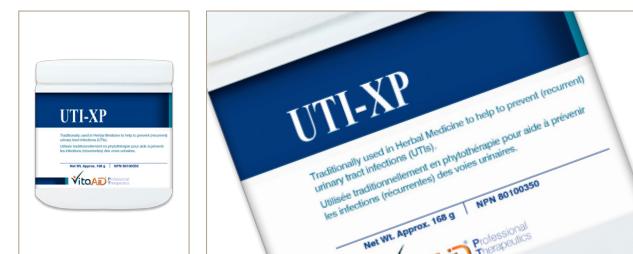
**Other Ingredients:**

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:** 120 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 CoQ<sub>10</sub> 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)	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 <sub>10</sub> (ubiquinone)	10 mg
OPC* (from grapeseed <i>Vitis vinifera</i> )	19 mg
Inositol	5 mg
Iodine (from <i>Laminaria spp.</i> )	75 mcg
Lutein (free form) (isolated from <i>Tagetes erecta</i> )	208 mcg
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

\* Not included in the Fe & Cu free formulation

#### Other Ingredients:

Silicon dioxide, L-leucine, ascorbyl palmitate, microcrystalline cellulose, 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, ascorbyl palmitate, microcrystalline cellulose, 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

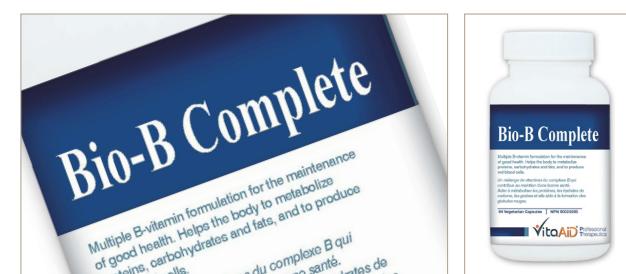
#### Other Ingredients:

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



## 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



## TO INGREDIENT INDEX ▶

## TO PRODUCT SEARCH ◀

## TO INGREDIENT INDEX ▶

## 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

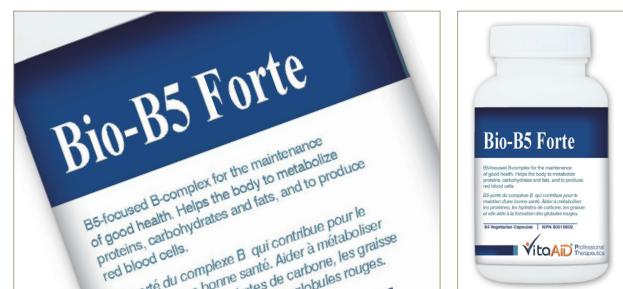
**Other Ingredients:**

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



## 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
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**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: Liquid / 2,100 servings



## Liqui-D3 HP

Liquid vitamin D3 (2,500 IU/drop)

**Ingredients (per drop):**

Vitamin D3 (62.5 mcg) (cholecalciferol).....2,500 IU

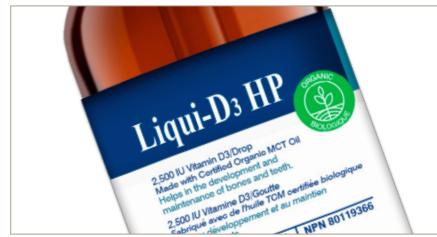
**Other Ingredients:**

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:** Liquid / 2,100 servings



## 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

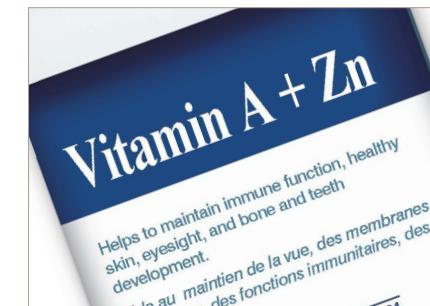
**Other Ingredients:**

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



## 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 estrones 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



## 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:**

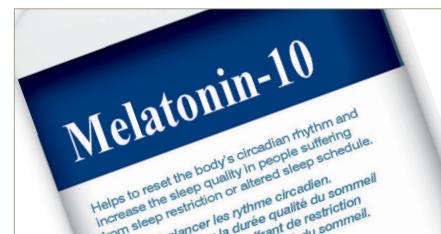
Microcrystalline cellulose, L-leucine, hypromellose (capsule)

**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



## 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, microcrystalline cellulose, 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, microcrystalline cellulose, 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
Folate (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 (trans-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)	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, ascorbyl palmitate, hypromellose (capsule)

**Suggested Use:**

Probiotic HN001 - Take 1 capsule with 1 capsule of Perinatal Multi-Vitamin/Mineral/Antioxidant 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)

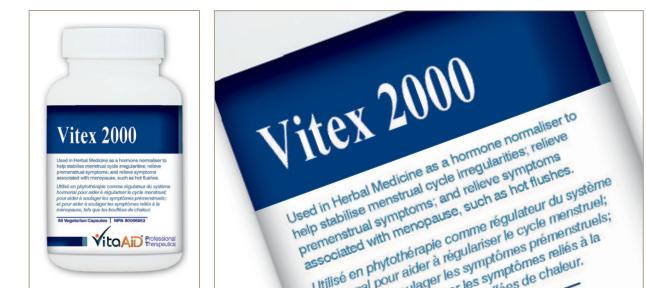
**Other Ingredients:**

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

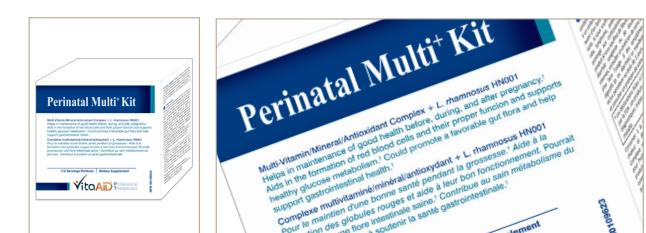
**Suggested Use:**

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

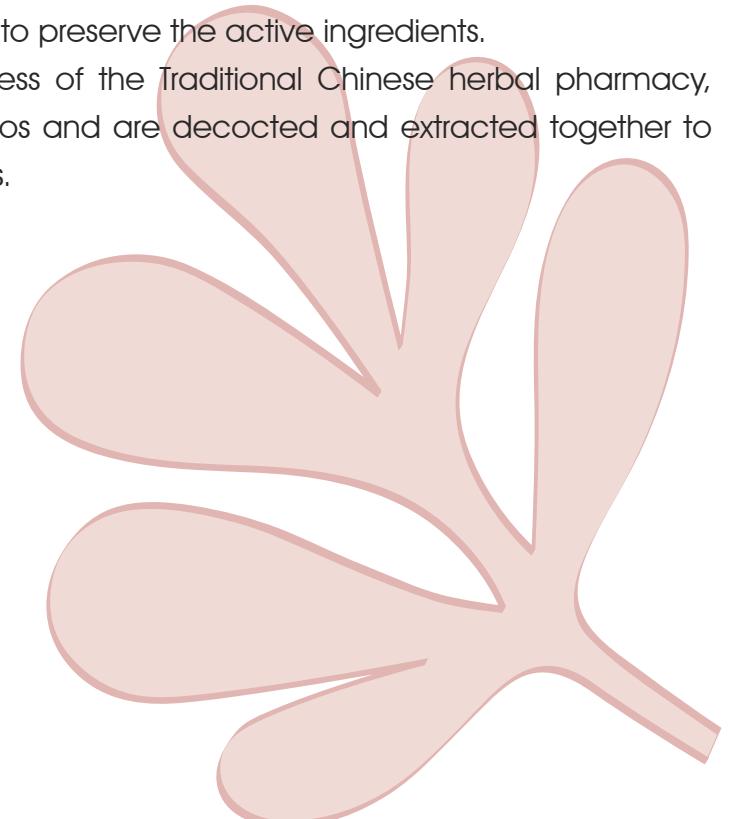




## Innovative Traditional Chinese Medicine

### 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.



### TCM Formulas

#### 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.<sup>1,2,3</sup>

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:  
Ascorbyl palmitate, 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).

◀ TO PRODUCT SEARCH

TO INGREDIENT INDEX ▶

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# 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.<sup>1,2,3</sup>

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:	
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).

[TO PRODUCT SEARCH](#)

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[TO INGREDIENT INDEX](#)

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## Ingredient Index

5

### 5-MTHF

C-Nergy	39
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Synerdopa	34

A

### Activated Charcoal

AC-1350	17
---------	----

### Alpha-Amylase

Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort	26

### Alpha-Galactosidase

Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort	26

### Alpha Lipoic Acid, D/L

BiofilmX	27
C-Nergy	39
SynerClear	19
TermiDM	12

### Alpha Lipoic Acid, R

Bio-Active Multiplex	46
Hepatolief	18
MitoForte	32
Neuromin	33

### American Ginseng

Defenxin	28
Immutonin	28

### Andrographis

Defenxin	28
----------	----

### Ashwagandha

Adrenergyn	41
Cortlief	42
Thyroайде	44

### Astragalus

AdrenoForte DP	41
Immutonin	28

B

### Bacopa

AdrenoForte DP	41
----------------	----

### Beet

Oxygheme	52
Oxygheme Intensive	52

### Benfotiamine

Neuromin	33
Prokine	24

### Berberine Hydrochloride

GLP-1RAG / Gluco-Metab	11
Microcidin AF	30

### Beta-Glucanase

BiofilmX	27
Intolerase	25
Optizyme	26

### Betaine Anhydrous

Bio-B Complete	47
Methyl-Aide	32
Modism	16
XenobioX	20

### Betaine Hydrochloride

Betaine HCl	25
-------------	----

### Bifidobacterium bifidum Bb-06

Baby & Mom-PB15+ DF	35
Bifido-PB30+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37

### Bifidobacterium breve Bb-03

Baby & Mom-PB15+ DF	35
Bifido-PB30+ DF	35
Optimum-PB10+ DF	36

### Bifidobacterium infantis Bi-26

Baby & Mom-PB15+ DF	35
Bifido-PB30+ DF	35

<b>Bromelain</b>	
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Burdock</b>	
Hepatolief	18
SynerClear	19
<b>Butyric Acid</b>	
GI-Restore LF	22
Intolerase	25
 <b>C</b>	
<b>Cabbage Juice Concentrate</b>	
GI-Restore+	22
<b>Calcium</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	99
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Os Matrice	14
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
<b>Caprylic Acid</b>	
Microcidin	29
<b>Carnitine, L-</b>	
H.C.Q10-Cardio	15
Sarco Restore	40
<b>Carotenoids, Mixed</b>	
Bio-Active Multiplex	46
L-Glutamine Plus	23
Perinatal Multi+	53
Sarco Restore	40
SynerClear	19
<b>Cayenne</b>	
GI-Restore LF	22
<b>Cellulase</b>	
BiofilmX	27
Optizyme	26
<b>Chamomile</b>	
Prokine	24
Resolaxin	43
<b>Charcoal, Activated</b>	
AC-1350	17
<b>Chaste Tree Berry</b>	
Vitex 2000	53
<b>Choline</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
<b>Chromium</b>	

Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	49
Elemental Nutrition	21
Inositol+	12
Keto-Elemental Nutrition	21
Perinatal Multi+	53
SynerClear	19
TermiDM	12

<b>Cinnamon</b>	
GLP-1RAG / Gluco-Metab	11
Microcidin AF	30
Prokine	24
TermiDM	12

<b>Citicoline</b>	
CogniForte	31

<b>Citrus Bioflavonoids</b>	
Bio-Active Multiplex	46
Bio-C	49

<b>Coenzyme Q10</b>	
Angiolaxin	14
Bio-Active Multiplex	46
Collagen Restore	38
H.C.Q10-Cardio	15
MitoForte	32
Neuromin	33

<b>Copper</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Os Matrice	14
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19

<b>Coptis (Huang Lian)</b>	
Microcidin	29

<b>Cordyceps Cs-4</b>	
Adrenergyn	41
Immutonin	28

<b>Cranberry</b>	
UTI-XP	45

<b>Creatine Monohydrate</b>	
Sarco Restore	40

<b>Curcumin</b>	
Cognicin	31
CogniForte	31
GI-Restore LF	22
Hepatolief	18
Inflam lief	10
SynerClear	19

<b>Cytisine</b>	
Tobalief	16

 <b>D</b>	
<b>DGL (Deglycyrrhizinated Licorice)</b>	
GI-Restore(+)	22

<b>DHA (docosahexanoic acid)</b>	
Verdha	34
<b>DIM (3,3'-Diindolylmethane)</b>	
Estrolief	51

 <b>E</b>	
<b>Echinacea</b>	
Defenxin	28
<b>Elderberry</b>	
C-Nergy	49
Defenxin	28
Immutonin	28
Pediatric Multi+	17

<b>Eleuthero</b>	
Adrenergyn	41
AdrenoForte DP	41
Immutonin	28

 <b>F</b>	
<b>Fenugreek</b>	
TermiDM	12

<b>Flax</b>	
Estrolief	51

<b>Folate, Folic Acid</b>	
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
C-Nergy	39
Collagen Restore	38
Inositol+	12
Keto-Elemental Nutrition	21
Oxygheme	52
SynerClear	19
Thyraide	44

<b>Forskohlii</b>	
Thyraide	44

 <b>G</b>	
<b>Gardenia</b>	
GLP-1RAG / Gluco-Metab	11
<b>Garlic</b>	
Alliimin DR	27
Microcidin	29

<b>Gentian</b>	
Prokine	24

<b>Ginger</b>	
AC-1350	17
GLP-1RAG / Gluco-Metab	11
Defenxin	28
Prokine	24

<b>Ginkgo</b>	
---------------	--

<b>Cognicin</b>	31
<b>CogniForte</b>	31
<b>Glucarate, D-</b>	
Estrolief	51
XenobioX	20

<b>Glucosylceramides (from Rice Bran Extract)</b>	
Eauderma	38

<b>Glucoamylase</b>	
BiofilmX	29
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26

<b>Glutamine, L-</b>	
GI-Restore(+)	22
GI-Restore LF	22
L-Glutamine Plus	23
SynerClear	19

<b>Glycine</b>	
C-Nergy	49
Collagen Restore	38
SynerClear	19

<b>Grape Seed</b>	
Bio-Active Multiplex	46
Collagen Restore	38
Eauderma	38
R.O.S-Quench	11

<b>Green Tea</b>	
Collagen Restore	38
SynerClear	19

<b>Guduchi (Tinospora)</b>	
Histalief	10

<b>Gymnema</b>	
TermiDM	12

## H

<b>Hawthorn</b>	
H.C.Q10-Cardio	15

<b>Hemicellulase</b>	
BiofilmX	27
Intolerase	25
Optizyme	26

<b>Hibiscus</b>	
UTI-XP	45

<b>Hops</b>	
GLP-1RAG / Gluco-Metab	11
Inflam lief	10

<b>Huperzine A</b>	
Cognicin	31
CogniForte	31

<b>Hyaluronic acid</b>	
Eauderma	38

<b>Hydroxytryptophan, 5-</b>	
Prokine	24

<b>Inositol</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
Inositol+	12
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
<b>Invertase</b>	
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Iodine</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	39
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
Thyroade	44
<b>Iron</b>	
Bio-Active Multiplex	46
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Oxygheme	52
Oxygheme Intensive	52
Pediatric Multi+	17
Perinatal Multi+	53
<b>Isoleucine, L</b>	
Sarco Restore	40
<b>L</b>	
<b>Lactase</b>	
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Lactobacillus acidophilus La-14</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
SynerClear	19
Ultra-PB100+ DF	37
<b>Lactobacillus casei Lc-11</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>Lactobacillus plantarum Lp-115</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>Lactobacillus reuteri 1E1</b>	
Baby & Mom-PB15+ DF	35
Ultra-PB100+ DF	37

<b>Lactobacillus rhamnosus GG</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>Lactobacillus rhamnosus HN001</b>	
Baby & Mom-PB15+ DF	35
Perinatal Multi+	53
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>Lactobacillus rhamnosus Lr-32</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>Lactobacillus salivarius Ls-33</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>L-Cysteine</b>	
C-Nergy	39
<b>Lemon Balm</b>	
Resolaxin	43
<b>Licorice</b>	
AdrenoForte DP	41
Defenxin	28
Hepatolief	18
<b>Limonene, D-</b>	
Limonen-E	23
<b>Lion's Mane</b>	
CogniForte	31
Immutonin	28
Mycoplex 5250	30
<b>Lipase</b>	
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Leucine, L-</b>	
C-Nergy	49
Sarco Restore	40
<b>Lutein</b>	
Bio-Active Multiplex	46
C-Nergy	49
Collagen Restore	38
Eauderma	38
OptiFort	20
Perinatal Multi+	53
<b>Lysine, L-</b>	
Collagen Restore	38
Lysine 500	29
SynerClear	19
<b>M</b>	
<b>Magnesium</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
Bisglycino-Mg	13
C-Nergy	39
<b>Elemental Nutrition</b>	
H.C.Q10-Cardio	15
Keto-Elemental Nutrition	21
Methyl-Aide	32
Mg-Lax	24
Modism	16
Os Matrice	14
Pediatric Multi+	17
Perinatal Multi+	53
Resolaxin	43
Sarco Restore	40
SynerClear	19
Synerdopa	34
<b>Magnolia</b>	
Cortlief	42
<b>Maitake</b>	
Immutonin	28
Mycoplex 5250	30
<b>Maltase</b>	
Intolerase	25
Optizyme	26
<b>Manganese</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	49
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Os Matrice	14
Perinatal Multi+	53
SynerClear	19
<b>Mannose, D-</b>	
UTI-XP	45
<b>Melatonin</b>	
Melatonin-3	42
Melatonin-5	43
Melatonin-10	51
<b>Methylfolate, 5-</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
Estrolief	51
Methyl-Aide	32
Modism	16
Neuromin	33
Oxygheme Intensive	52
Pediatric Multi+	17
Prokine	24
SynerClear	19
Thyroade	44
XenobioX	20
<b>Milk Thistle</b>	
Hepatolief	18
TermiDM	12
<b>Mixed Carotenoids</b>	
C-Nergy	39
<b>Molybdenum</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	39
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16

<b>Perinatal Multi+</b>	53
SynerClear	19
XenobioX	20
<b>Monk Fruit</b>	
SynerClear	19
<b>MSM</b>	
Collagen Restore	38
SynerClear	19
<b>Mucuna (velvet beans)</b>	
Synerdopa	34
<b>Mulberry</b>	
TermiDM	12
<b>N</b>	
<b>N-Acetyl Cysteine (NAC)</b>	
Defenxin	28
Histalief	10
NAC+	18
SynerClear	19
XenobioX	20
<b>Nattokinase</b>	
BiofilmX	27
Nattokinase	15
<b>Neem</b>	
Microcidin AF	30
<b>Niacinamide</b>	
C-Nergy	39
<b>Nicotinamide Mononucleotide (NMN)</b>	
MitoForte	32
NMN 300	33
Sarco Restore	40
<b>O</b>	
<b>Olive Leaf Extract</b>	
R.O.S-Quench	11
<b>Oregano</b>	
Microcidin	29
Microcidin AF	30
<b>P</b>	
<b>Panax ginseng</b>	
AdrenoForte DP	41
<b>Papain</b>	
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Passion Flower</b>	
Resolaxin	43
<b>Pectinase</b>	
BiofilmX	27
Intolerase	25
Optizyme	26

<b>Peppermint</b>	
Prokine	24
SynerClear	19
<b>Perilla</b>	
Histalief.	10
<b>Phellodendron</b>	
Cort lief.	42
<b>Phosphatidylserine</b>	
Cognicin	31
CogniForte	31
Cort lief.	42
Neuromin	33
<b>Phosphorus</b>	
Elemental Nutrition	21
Keto-Elemental Nutrition	21
<b>Phytase</b>	
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Piperine</b>	
Inflam lief.	10
<b>Potassium</b>	
Bio-Active Mineroplex	47
C-Nergy	39
SynerClear	19
<b>Proline, L-</b>	
Collagen Restore	38
<b>Protease</b>	
BiofilmX	27
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Protease, Acid</b>	
Intolerase	25
Optizyme	26
Supreme Zyme-Aid Extra Fort.	26
<b>Pygeum Bark</b>	
Prostaxin	43
<b>Pyroquinoline quinone (PQQ)</b>	
MitoForte	32
Neuromin	33

## Q

<b>Quercetin</b>	
Bio-Active Multiplex	46
C-Nergy	39
GI-Restore(+)	22
GI-Restore LF	22
Histalief.	10
R.O.S-Quench	11
SynerClear	19

## R

<b>Reshi</b>	
Immutonin	28
Mycoplex 5250	30
<b>Resveratrol, trans-</b>	
Bio-Active Multiplex	44
Eauderma	38
Collagen Restore	38
R.O.S-Quench	11
<b>Rhodiola</b>	
Adrenergyn	41
<b>Ribose, D-</b>	
C-Nergy	39
Sarco Restore	40
<b>Rosemary</b>	
Bio-Active Multiplex	46
Cognicin	31
CogniForte	31
Inflam lief.	10
Prostaxin	43
SynerClear	19

## S

<b>Saccharomyces boulardii</b>	
Modism.	16
S. boulardii	37
<b>Saw Palmetto</b>	
Prostaxin	42
<b>Selenium</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	39
Elemental Nutrition	21
Keto-Elemental Nutrition	21
L-Glutamine Plus	23
NAC+	18
Perinatal Multi+	53
SynerClear	19
Thyroaide	44
XenobioX	20
<b>Serine, L-</b>	
Elemental Nutrition	21
Keto-Elemental Nutrition	21
<b>Serrapeptase</b>	
BiofilmX	27
<b>Sesamum indicum peptides KM-20</b>	
Angiolaxin	14
<b>Shiitake</b>	
Immutonin	28
Mycoplex 5250	30
<b>Shilajit</b>	
Bio-Active Mineroplex	47
<b>Silica</b>	
Bio-Active Mineroplex	47
Collagen Restore	38

## U

<b>Os Matrice</b>	14
<b>Slippery Elm</b>	
GI-Restore(+)	22
<b>Sodium</b>	
C-Nergy	39
<b>Spermidine</b>	
CogniForte	31
<b>Stinging Nettle</b>	
Histalief.	10
Prostaxin	43
<b>St. John's Wort</b>	
SJW 450	44
<b>Streptococcus thermophilus St-21</b>	
Baby & Mom-PB15+ DF	35
Optimum-PB10+ DF	36
Supreme-PB30+ DF	36
Ultra-PB100+ DF	37
<b>Taurine</b>	
C-Nergy	39
H.C.Q10-Cardio	15
Methyl-Aide	32
Modism	16
SynerClear	19
<b>Theanine, L-</b>	
Cort lief.	42
Resolaxin	43
<b>Thyme</b>	
Microcidin AF	30
<b>Tocopherols, Mixed</b>	
Bio-Active Multiplex	46
Collagen Restore	38
Perinatal Multi+	53
R.O.S-Quench	11
<b>Turkey Tail</b>	
Immutonin	28
Mycoplex 5250	30
<b>Tyrosine, L-</b>	
Thyroaide	44

## U

<b>Undecylenic Acid</b>	
Microcidin	29
<b>Uva Ursi</b>	
Collagen Restore	38
Microcidin AF	30
<b>Urolithin A</b>	
MitoForte	32

## V

<b>Valine, L</b>	
Sarco Restore	40
<b>Vitamin A</b>	
Bio-Active Multiplex	46
Collagen Restore	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
OptiFort	20
Pediatric Multi+	17
SynerClear	19
Thyroaide	44
Vitamin A + Zinc	50
<b>Vitamin B1</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
C-Nergy	39
Collagen Restore	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
MitoForte	32
Modism	16
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
Synerdopa	34
XenobioX	20
<b>Vitamin B2</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
C-Nergy	39
Collagen Restore	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
MitoForte	32
Modism	16
Neuromin	33
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
Synerdopa	34
XenobioX	20
<b>Vitamin B3</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
Collagen Restore	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Neuromin	33
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
Synerdopa	34
XenobioX	20
<b>Vitamin B5</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
Collagen Restore	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
Neuromin	33
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
XenobioX	20
<b>Vitamin B5</b>	
Adrenergyn	41
AdrenoForte DP	41
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47

C-Nergy	39
Collagen Restore	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Methyl-Aide	32
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
XenobioX	20
<b>Vitamin B6</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
C-Nergy	39
Collagen Restore	38
Elemental Nutrition	21
Estrolief	51
Keto-Elemental Nutrition	21
Methyl-Aide	32
MitoForte	32
Modism	16
Neuromin	33
Oxygheme Intensive	52
Pediatric Multi+	17
Perinatal Multi+	53
Prokine	24
Resolaxin	43
SynerClear	19
Synerdopa	34
Thyroaide	44
XenobioX	20
<b>Vitamin B12</b>	
Bio-Active Multiplex	46
Bio-B5 Forte	48
Bio-B6 Forte	48
Bio-B Complete	47
C-Nergy	39
Collagen Restore	38
Elemental Nutrition	21
Estrolief	51
Keto-Elemental Nutrition	21
Methyl-Aide	32
MitoForte	32
Modism	16
Neuromin	33
Oxygheme	52
Oxygheme Intensive	52
Pediatric Multi+	17
Prokine	24
SynerClear	19
Synerdopa	34
XenobioX	20
<b>Vitamin C</b>	
Bio-Active Multiplex	46
Bio-C	49
C-Nergy	39
Collagen Restore	38
Eauderma	38
Elemental Nutrition	21
Histalief	10
Keto-Elemental Nutrition	21
L-Glutamine Plus	23
NAC+	18
OptiFort	20
Os Matrice	14
Oxygheme	52
Oxygheme Intensive	52
Pediatric Multi+	17
Perinatal Multi+	53
R.O.S-Quench	11

Sarco Restore	40
SynerClear	19
Synerdopa	34
<b>Vitamin D3</b>	
Bio-Active Multiplex	46
C-Nergy	39
Elemental Nutrition	21
Keto-Elemental Nutrition	21
Liqui-D3	49
Liqui-D3 HP	50
Modism	16
MQ-7+D3	13
Os Matrice	14
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
<b>Vitamin E</b>	
Angiolaxin	14
C-Nergy	39
Eauderma	38
Elemental Nutrition	21
Keto-Elemental Nutrition	21
L-Glutamine Plus	23
Limonen-E	23
NAC+	18
OptiFort	20
Oxygheme	52
Oxygheme Intensive	52
Pediatric Multi+	17
Protaxin	45
Sarco Restore	40
SynerClear	19
<b>Vitamin K2</b>	
Bio-Active Multiplex	46
Elemental Nutrition	21
Keto-Elemental Nutrition	21
MQ-7+D3	13
Os Matrice	14
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19

Immutonin	28
Keto-Elemental Nutrition	21
Methyl-Aide	32
Modism	16
OptiFort	20
Os Matrice	14
Pediatric Multi+	17
Perinatal Multi+	53
SynerClear	19
Thyroaide	44
Vitamin A + Zinc	50
XenobioX	20
<b>Zinc L-carnosine (polaprezinc)</b>	
GI-Restore(+)	22
GI-Restore LF	22

## W

<b>Wild Jujube</b>	
Cort lief	42
Resolaxin	43

## X

<b>Xylanase</b>	
BiofilmX	27
Intolerase	25

## Z

<b>Zinc</b>	
Bio-Active Mineroplex	47
Bio-Active Multiplex	46
C-Nergy	39
Collagen Restore	38
Defenxin	28
Elemental Nutrition	21