

Everything you need. Nothing you don't.



2021 | PROFESSIONAL PRODUCT REFERENCE GUIDE

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

pure
encapsulations®

30 years of developing
nutritional supplements
with a **pure commitment**
to **pure ingredients.**



Printed on Recycled Paper.

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GOODNESS ENCAPSULATED

At Pure Encapsulations®, we know it's what's inside that counts. That's why we've spent the last 30 years researching, innovating, and developing our comprehensive line of premium supplements, made with high-quality, pure ingredients, backed by verifiable science to complement your plan of care. Everything your patients need and nothing they don't — that's goodness encapsulated.

PURE DIFFERENCE

What makes us different is the promise of goodness that goes into every one of our supplements. We take high standards seriously, which is why we're the most recommended professional supplement brand, ranked highest in quality and trust.¹ Our supplements are made with only premium ingredients sourced from trusted suppliers and guided by our nutritional experts, then carefully manufactured and tested to ensure they are **FREE FROM** unnecessary additives and many common allergens.

**MORE HCPs
CHOOSE PURE
ENCAPSULATIONS**
than any other
supplement brand²

Our door is always open.

Visit our manufacturing facility in
Sudbury, Mass., anytime without notice.

GOOD FROM START TO FINISH

What makes us different isn't just our process or what goes into our supplements — what we leave out matters, too.

Pure Encapsulations® products are **FREE FROM:**



Wheat, Soy,
Dairy*, Eggs



Tree Nuts
& Peanuts



Gluten



Artificial Colors,
Flavors &
Sweeteners



Coatings
& Shellacs



GMOs^{††}



Unnecessary
Binders, Fillers
& Preservatives



Magnesium
Stearate



Trans Fat &
Hydrogenated Oils



NSF Registered

Certified



Gluten-Free

QUALITY PROMISE

Our products don't go to market without meeting the most stringent criteria to ensure the highest quality. We ensure the integrity of every product with the promise of premium sourced ingredients, verifiable science, and significant testing by certified independent laboratories of our raw materials and final products, to verify their potency and purity. We have a comprehensive Allergen SOP (Standard Operating Procedure) that prevents ingredient cross-contamination by flagging allergen-containing ingredients. So you can feel confident knowing only the best of the best ever make it into your hands.

1. Among brands surveyed, Nutrition Business Journal® 2016, 2020; Kaiser Associates 2014.

2. Determined as most recommended among brands surveyed, Nutrition Business Journal® 2016, 2020.

††Visit PureEncapsulations.com for more information on our GMO Policy.

*Except where labeled.

GF Certified Gluten-Free by the Gluten-Free Certification Organization, gluten.org

RESOURCES TO SUPPORT YOUR PRACTICE AND PATIENTS

At Pure Encapsulations® we're not only committed to the development of high-quality supplements, but we're also dedicated to providing resources at your fingertips to help guide and validate your plan of care as well as help you educate your patients on the products you recommend.

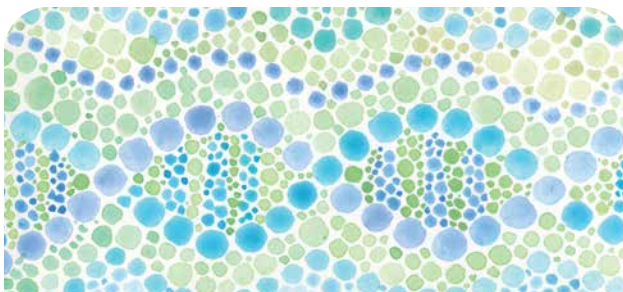
We look forward to supporting your commitment to patient wellness with:



Comprehensive portfolio of over 400 individual and multi-nutrient products across 16 health categories to empower you to customize supplementation based on patient presentation, lab results and other parameters.



Live and on-demand education in partnership with medical experts who share effective clinical strategies for supporting a wide range of health categories, such as memory & mood, immune support, gastrointestinal, sleep, vision, and more.



PureGenomics® is a free service, on behalf of Pure Encapsulations®, dedicated to empowering healthcare providers with simple, reliable, and actionable DNA-based nutrition advice based on patients' unique genetic information from 23andMe® or Ancestry®.



Practitioner resources & clinical protocols developed in collaboration with medical experts to support your patients' specific health goals, educate them on your recommended products, and help you optimize assessment and supplement recommendations. These resources are available for download or as hard copies that can be ordered for your practice.

Access our **calendar of upcoming events and on-demand education** that fits your schedule at [PureEncapsulations.com/event-calendar](https://www.pureencapsulations.com/event-calendar)

PURE EXCLUSIVES

We offer a series of Pure Exclusives — unique to Pure Encapsulations® — that are developed in collaboration with our medical experts. These Pure Exclusives include specially formulated products that focus on specific health needs, clinical protocols to support and guide your wellness decisions, and educational resources to support your practice.



PureGI™

Support upper and lower GI function, from digestion to elimination.‡

- Lower GI Support Protocol
- Microbiome Optimization Protocol
- Upper GI Support Protocol



PureLean®

Support metabolic rate, energy expenditure, healthy glycemic control, and satiety.‡

- Healthy Weight Management† Protocol



PureResponse™

Support immune balance and responsiveness.‡

- Immune Defense and Resilience Protocol
- Self-Tissue Response Protocol



PureSYNAPSE™

Support mood, sleep quality, stress, memory and healthy eating behavior.‡

- Behavioral Health Protocol: How to Address Obsessive Thinking & Habits
- Healthy Eating Behavior Protocol: How to Address Excessive Eating
- Healthy Eating Behavior Protocol: How to Address Restrictive Eating
- Integrative Mental Health Protocol
- Memory Support Protocol
- Mental Alertness & Concentration Support Protocol
- Mood Support Protocol
- Sleep Support Protocol
- Stress Management & Relaxation Protocol



PureWoman™

Target breast and ovarian health, premenstrual and menopausal support, emotional well-being, and occasional stress.‡

- Detox Protocol
- Menopausal Cardiometabolic Health Protocol
- Menopausal Cognitive Health Protocol
- Musculoskeletal Protocol
- Ovarian & Metabolic Health Protocol
- PMS Protocol

Download our protocols at [PureEncapsulations.com](https://www.pureencapsulations.com)

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.
PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.
23andMe® is the registered trademark of 23andMe, Inc. ANCESTRY.COM® is the registered trademark of Ancestry.com Operations Inc.
Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY.COM®.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

MEDICAL ADVISORY BOARD+

Our strength lies in our partnerships with leaders in the most important nutritional health areas: Nutritional Genomics, Mental Health and Emotional Well-Being, Weight Management, Immunology, Gastrointestinal Health and more. We partner with medical experts who not only help us formulate products, but also help to develop clinical protocols based on their success with our products, which they test and validate through clinical practice while advancing our ongoing education initiatives.



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Chief Medical Advisor



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Samuel F. Yanuck,
D.C., FACFN, FIAMA

Learn more about the incredible individuals who make up our Medical Advisory Board at PureEncapsulations.com/kol-institute



COMMITMENT TO SCIENCE

Pure Encapsulations® is part of the Atrium Innovations family, a leader in nutritional science with a longstanding commitment to scientific innovation. From supporting key research initiatives and partnering with world-leading academic research institutions, to providing study products, matched placebos, and technical expertise, we are making significant contributions to the advancement of nutritional science.

Our investment in clinical research aims not only to promote product safety, efficacy, and innovation, but to elevate the status of nutrition science in general. These efforts have yielded key findings and resulted in a continuous output of publications in top scientific journals.

PURE SCIENCE

Scientific research raises the bar for everything we do. Over the past several years, we at Atrium Innovations have published more than more than 50 product-specific clinical studies in leading peer-reviewed journals, highlighting our commitment to research and our collaboration with top academic institutions, including the Cleveland Clinic Foundation, Université Laval, and Brigham and Women's Hospital at Harvard Medical School.

*Our Medical Consultants are retained advisors to Pure Encapsulations.

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CLINICAL TRIALS

Scientific research is a top priority for Pure Encapsulations®. We continuously invest in studying both our ingredients and finished products. Learn more about some of the ongoing and completed trials involving Pure Encapsulations products below.**

Product	Study Title	Institution
Acetyl-L-Carnitine Alpha Lipoic Acid	A Placebo-Controlled Trial of Acetyl-L-Carnitine and Alpha-Lipoic Acid in the Treatment of Bipolar Depression	Biological Psychiatry Laboratory, McLean Hospital, an affiliate of Harvard Medical School, Belmont, Massachusetts
Alpha Lipoic Acid R-Lipoic Acid	Comparing the gastrointestinal tolerability and absorption of racemic lipoic acid and R-lipoic acid in progressive multiple sclerosis: a cross-over trial	MS Center of Oregon, Oregon Health & Science University, Portland, Oregon
Alpha Lipoic Acid	Lipoic Acid for Treatment of Progressive Multiple Sclerosis	
	Lipoic acid in secondary progressive MS: A randomized controlled pilot trial	
	Lipoic Acid Pharmacokinetics at Baseline and 1 year in Secondary Progressive Multiple Sclerosis	
Ashwagandha	A randomized placebo controlled trial of Ashwagandha for cognitive dysfunction associated with breast cancer chemotherapy	Sutter Institute for Medical Research, Sacramento, California
CurcumaSorb Vitamin D₃ O.N.E. Omega	Correlative Analysis of the Genomics of Vitamin D, Omega-3 Fatty Acid Intake and Turmeric Curcumin in Men Managed with Active Surveillance of Prostate Cancer	Cleveland Clinic, Cleveland, Ohio
DHA Ultimate	Effect of DHA-rich fish oil on PPAR γ target genes related to lipid metabolism in type 2 diabetes: A randomized, double-blind, placebo-controlled clinical trial	Tehran University of Medical Sciences, Tehran, Iran
Ginger Extract	Pilot Trial to Examine the Effect of Ginger on the Gut Microbiome	University of Minnesota College of Pharmacy, Minneapolis, Minnesota
	Phase II trial of encapsulated ginger as a treatment for chemotherapy-induced nausea and vomiting	University of Michigan Medical Center, Ann Arbor, Michigan
	Phase II study of the effects of ginger root extract on eicosanoids in colon mucosa in patients at normal risk for colorectal cancer	
Magnesium Glycinate	Magnesium and Blood Pressure Trial	Brigham and Women's Hospital, an affiliate of Harvard Medical School, Boston, Massachusetts
Melatonin, 20 mg	High-dose melatonin potentially mediates anti-inflammatory and immune-related factors and outcomes	Cleveland Clinic, Cleveland, Ohio

P = Published Trial

Product	Study Title	Institution
Melatonin Strontium (citrate) Vitamin D ₃ Vitamin K ₂ (MK7)	Melatonin-micronutrients Osteopenia Treatment Study (MOTS): a translational study assessing melatonin, strontium (citrate), vitamin D ₃ and vitamin K ₂ (MK7) on bone density, bone marker turnover and health related quality of life in postmenopausal osteopenic women following a one-year double-blind RCT and on osteoblast-osteoclast co-cultures	Duquesne University School of Pharmacy, Pittsburgh, Pennsylvania
Pregnenolone	An Open-Label Study of the Neurosteroid Pregnenolone in Adults with Autism Spectrum Disorder	Department of Psychiatry & Behavioral Sciences, Stanford University, Stanford, California
	Randomized Controlled Pilot Trial of Pregnenolone in Autism	
Probiotic 50B	Effects of probiotic supplementation on gastrointestinal symptoms in patients in the late postoperative period of Roux-en-Y Gastric Bypass: a randomized, double-blind, crossover, placebo-controlled study	Federal University of Paraná, Curitiba, Brazil
Resveratrol	An anti-inflammatory and reactive oxygen species suppressive effect of an extract of <i>Polygonum cuspidatum</i> containing resveratrol	Division of Endocrinology, Diabetes and Metabolism, State University of New York at Buffalo, Buffalo, New York
	Effects of <i>Polygonum cuspidatum</i> Containing Resveratrol on Inflammation in Male Professional Basketball Players	Tehran University of Medical Sciences, Tehran, Iran
Resveratrol EXTRA Teavigo®	Combined epigallocatechin-3-gallate and resveratrol supplementation for 12 weeks increases mitochondrial capacity and fat oxidation, but not insulin sensitivity, in obese humans: an RCT	Maastricht University, Maastricht, Netherlands
	Gut microbiota composition in relation to the metabolic response to 12-week combined polyphenol supplementation in overweight men and women	
	Short-term supplementation with a specific combination of dietary polyphenols increases energy expenditure and alters substrate metabolism in overweight subjects	
Saccharomyces boulardii	Effect of the Probiotic <i>Saccharomyces boulardii</i> on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot Study	National University of Natural Medicine, Portland, Oregon
Saw Palmetto	Saw Palmetto for Symptom Management During Radiation Therapy for Prostate Cancer	Michigan State University, East Lansing, Michigan
Vitamin D ₃	Hipbone loss is attenuated with 25 mcg (1000 IU) but not 10 mcg (400 IU) daily vitamin D ₃ : a 1-year double-blind RCT in postmenopausal women	University of Aberdeen, Aberdeen, Scotland
Various	The Impact of Functional Medicine on Wound Healing From Delayed Autologous Breast Reconstruction - A Feasibility Study	Cleveland Clinic, Cleveland, Ohio
Various	Assessment of Diabetes Control, Cost of Care, and Quality of Life Utilizing a Functional Medicine Approach in Addition to Usual Care vs. Usual Care Alone	
Various	Interventional: Functional Medicine In Asthma (FAst) Study	

*Independent studies conducted by independent, academic researchers. Pure Encapsulations has no influence on study results. Study titles are provided for informational purposes only and are not intended as product claims or to imply a positive outcome.

P = Published Trial

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GOODNESS FROM THE INSIDE OUT

HEALTHY PLANET INITIATIVES

We are committed to a sustainable future, and that comes through not just in what we produce, but also in what we practice as a company.

That's why we are constantly working to reduce our environmental footprint, with practices like eliminating non-recyclable, single-use plastic from our offices, and reducing the plastic wrapping on our bottles.

And we won't stop there.



SUSTAINABILITY





PURE GIVING

SOS CHILDREN'S VILLAGES

We have the honor of supporting SOS Children's Villages – the world's largest nonprofit organization dedicated to protecting and supporting orphaned, abandoned and other vulnerable children. For 70 years, SOS has worked to build and strengthen families for children in need while equipping them with the tools to reach their full potential. At SOS Villages, children who lack parental care are welcomed into a loving and stable home, where they are integrated into a family environment, encouraged by their SOS mother, and provided with essential services like quality education, healthcare, and support to heal from trauma and loss.

Pure Encapsulations® is a committed SOS partner. We raised funds to construct an SOS village in Pachacamac, Peru, that is home to eight children. We have been fundraising to ensure the village can continue to provide the best care, including building a new family home to serve more children. We are also a proud sponsor of a little girl and boy, for whom we provide food, clothing, school supplies, and medical care.

For more information on SOS's life-changing work and to learn how to support their mission, visit sos-usa.org

GLOBAL MEDICAL

We are a proud supporter of Global Medical, formerly Peace Possible™, the first non-profit medical group that provides care to refugees, disaster survivors and the poor, while also researching the underlying causes of radicalization, violence, and PTSD, in an effort to end the cycles of poverty and violence. These individuals will receive personalized support protocols that include Pure Encapsulations products.

For more information and to learn how to support their mission, visit gmedical.org

PRODUCT INDEX

Order code represents largest quantity only — see page for other quantities offered.

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
+CAL+® with Ipriflavone.....	CP3	24	Calcium (MCHA).....	CH31	47
5-HTP 50 mg.....	HYD51	24	Calcium (MCHA) with Magnesium.....	CHM1	47
5-HTP 100 mg.....	HYD11	24	Calcium K/D.....	CKD1	47
7-KETO™ DHEA 25 mg.....	KD21	25	Calcium Magnesium (citrate).....	CM1	47
7-KETO™ DHEA 50 mg.....	KD51	25	Calcium Magnesium (citrate/malate).....	CMC1	48
7-KETO™ DHEA 100 mg.....	KD11	25	Calcium with Vitamin D ₃	CVD1	48
Açai 600.....	ACA1	26	Calcium-D-Glucarate™.....	CG1	48
A.C. Formula II.....	AC21	26	Caprylic Acid.....	CAP2	48
A.I. Enzymes.....	AIE1	26	CarbCrave Complex.....	CCC1	49
A.I. Formula®.....	AI3	27	I-Carnitine.....	LC1	49
Acerola/Flavonoid.....	ACP31	27	I-Carnitine fumarate.....	LCF1	50
Acetyl-L-Carnitine 250 mg.....	ALC26	27	I-Carnosine.....	LCA1	50
Acetyl-L-Carnitine 500 mg.....	ALC56	27	Cat's Claw.....	CCL1	50
Adenosyl/Hydroxy B ₁₂	AHB9	28	Chaste tree (Vitex).....	CT1	50
Adenosyl/Hydroxy B ₁₂ liquid.....	AHBL	28	CholestePure [†]	CHO1	51
AdipoLean II.....	ADL9	28	CholestePure Plus II [†]	CHP21	51
ADR Formula®.....	AD1	29	ChromeMate® GTF 600.....	CRG61	52
Adrenal.....	AR6	29	Chromium (picolinate) 200 mcg.....	CRP21	52
Aller-Essentials.....	ALE21	29	Chromium (picolinate) 500 mcg.....	CRP51	52
Alpha Lipoic Acid 100 mg.....	AL11	30	Cinnamon WS.....	CI1	52
Alpha Lipoic Acid 200 mg.....	AL21	30	CLA 1,000 mg.....	CL11	53
Alpha Lipoic Acid 400 mg.....	AL41	30	CogniMag.....	CGM1	53
Alpha Lipoic Acid 600 mg.....	AL61	30	CogniPhos.....	CGP1	54
Alpha Lipoic Acid with GlucoPhenol®.....	AGP1	31	Cognitive Aminos.....	CA21	54
Amino-NR.....	ANR31	31	Collagen JS.....	CJS1	55
Amino Replete.....	AMR2	32	Colostrum 40% IgG.....	COL41	55
AntiOxidant Formula.....	AO21	32	Copper (citrate).....	CUC6	55
Arabinogalactan.....	ARA1	33	Copper (glycinate).....	CUG6	56
L-Arginine.....	LAR1	33	CoQ ₁₀ 30 mg.....	CQ31	56
Ascorbic Acid capsules.....	A12	33	CoQ ₁₀ 60 mg.....	CQ62	56
Ascorbic Acid powder.....	AAP	33	CoQ ₁₀ 120 mg.....	CQ11	56
Ascorbyl Palmitate.....	ASP1	34	CoQ ₁₀ 250 mg.....	CQ26	56
Ashwagandha.....	ASH1	34	CoQ ₁₀ 500 mg.....	CQ56	56
Astaxanthin.....	AST1	34	CoQ ₁₀ L-Carnitine fumarate.....	CQF1	57
Athletic Nutrients.....	ATN21	35	Coriolus extract.....	CRS6	57
Athletic Pure Pack.....	APP3B3	36	Cortisol Calm [†]	COR1	57
B-Complex liquid.....	BCL1	37	Cranberry NS®.....	CN1	58
B-Complex Plus.....	BCP1	38	Cranberry/d-Mannose.....	CRD1	58
B ₆ Complex.....	B6C21	38	Creatine powder.....	CRM5	58
B ₁₂ 5,000 liquid.....	B125L	39	CurcumaSorb.....	MCU1	59
B ₁₂ Folate.....	B12	39	CurcumaSorb Mind.....	MCUM6	59
B ₁₂ liquid.....	B12L	39	CurcumaSorb Mind EasySticks®.....	CMESB3	60
Bacopa monnieri.....	BA1	40	Curcumin.....	CUR1	61
Balanced Immune.....	BIM6	40	Curcumin 500 with Bioperine®.....	CUB51	61
BCAA capsules.....	BCA2	40	D-Mannose powder.....	DMP1	64
BCAA powder.....	BCAP	41	Daily Immune.....	DI21	64
BenfoMax.....	BFM9	41	Daily Stress Formula [†]	DSF1	65
Best-Rest Formula.....	BRF1	41	Detox Pure Pack.....	DPPB3	66
Beta Carotene.....	BE1	42	DGL Plus®.....	DG1	67
Beta-sitosterol.....	BS2	42	DHA Ultimate.....	DHU1	67
Betaine HCl Pepsin.....	BP2	42	DHEA 5 mg.....	DH1	67
Bilberry 160 mg.....	BB11	42	DHEA 10 mg.....	DH11	68
Biotin 8 mg.....	BI1	43	DHEA 25 mg.....	DH21	68
Black Cohosh 2.5.....	BLC1	43	Digestion GB.....	DGB1	68
Black Currant Seed Oil.....	BL2	43	Digestive Enzymes Ultra.....	DEU1	69
Borage Oil.....	BOG1	43	Digestive Enzymes Ultra with Betaine HCl.....	DEUB1	69
Boron (glycinate).....	BO6	44	DIM Detox.....	DD6	70
Boswellia.....	BW31	44	DIMPRO® 100.....	DP1	70
Boswellia AKBA.....	BWA1	44	Disc-Flex.....	DIS1	71
Bromelain 2400 500 mg.....	BR51	44	DL-Phenylalanine.....	LP1	71
Buffered Ascorbic Acid capsules.....	AB22	45	DopaPlus.....	DOP1	72
Buffered Ascorbic Acid powder.....	ABP32	45	E.P.O. (evening primrose oil).....	EPO2	72
Cal/Mag 2:1 (malate).....	CMM1	46	EFA Essentials.....	EFA1	73
Cal/Mag w/Cofactors powder.....	CMF3	46	Electrolyte/Energy formula.....	EEF3	73
Cal/Mag/D liquid.....	CML	46	Electrolyte/Energy formula (stick packs).....	EEF2B3	74
Calcium (citrate).....	CC1	47	Emotional Wellness [†]	EW1	74

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PRODUCT INDEX (CONT.)

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Energyze Plus™ Pure Pack	EPPB3	75	Lithium (orotate) 1 mg NEW	LI19	104
Energy Xtra	EX21	76	Lithium (orotate) 5 mg	LI1	105
EPA Ultimate	EPU1	76	Liver-G.I. Detox [†]	LGD1	105
EPA/DHA essentials	ED11	77	Longevity Nutrients IMPROVED	LGN22	106
EPA/DHA liquid (lemon flavor)	EDL2	77	Lutein 20 mg	LU1	107
EPA/DHA with lemon	EDC1	78	Lutein/Zeaxanthin	LZ1	107
EpilIntegrity powder	EIP1	78	LVR Formula	LV1	108
Essential-C & flavonoids	ECF21	79	Lycopene 20 mg	LY21	108
Essential Aminos	EA21	79	l-Lysine	LL2	108
EyeProtect Basics [†]	EPB6	80	M/R/S Mushroom Formula	MRS1	110
EyeProtect Basics without zinc [†]	EPB26	80	Maca-3	MAC1	110
Folate 400	FOL49	80	Macular Support Formula [†]	MS21	111
Folate 1,000	FOL19	80	Magnesium (aspartate)	MA9	111
Folate 5,000	FOL56	81	Magnesium (citrate)	MC1	112
Folate 5,000 Plus	FLP56	81	Magnesium (citrate/malate)	MCM1	112
Folic Acid	FO6	81	Magnesium (glycinate)	MG3	112
G.I. Fortify (capsules) [†]	GIFC1	82	Magnesium (powder)	MGP1	112
G.I. Fortify [†]	GIF4	82	Magnesium Glycinate liquid	MGL4	113
G.I. Integrity [†]	GII2	83	Magnesium liquid	ML2	113
GABA	GAB1	83	Manganese (aspartate/citrate)	MN6	114
Garlic Complex	GRC1	83	Melatonin 0.5 mg	ME51	114
Ginger extract	GI1	84	Melatonin 3 mg	ME31	114
Ginkgo 50 160 mg	GB11	84	Melatonin 20 mg	ME21	115
GlucoFunction [†]	GF1	84	Melatonin liquid	MEL3	115
Glucosamine + Chondroitin with MSM	GCMS3	85	Melatonin-SR	MESR6	116
Glucosamine Chondroitin with Manganese	GCM3	85	Memory Pro [†]	MEP21	116
Glucosamine Complex	GSC1	85	Men's Nutrients	MENN3	117
Glucosamine HCl + Chondroitin	GLC1	86	Men's Pure Pack	MPPB3	118
Glucosamine Sulfate 1,000 mg	GS13	86	MenoVive	MOV6	119
Glucosamine/MSM with joint comfort herbs [†]	GM3	87	Metabolic Xtra	MX29	120
Glucose Support Formula [†]	GSF1	87	l-Methionine	LM6	120
l-Glutamine 500 mg	LG59	88	MethylAssist	MAS9	120
l-Glutamine 850 mg	LG82	88	Methylcobalamin 1,000 mcg	MT1	121
l-Glutamine powder	LGP	88	MicroDefense w/ Oregano	MI31	121
Gluten/Dairy Digest	GDD1	88	Mineral 650 [®]	MF1	121
GlutenAssure Multivitamin	GAM9	89	Mineral 650 [®] (without copper & iron)	MM1	122
Glycine	GL1	90	Mitochondria-ATP	MATP21	122
Grape Pip 500 mg	GP51	90	MotilPro	MOP1	122
Grapefruit Seed extract	GR1	91	MSM capsules	MSM3	122
Green Tea extract (decaffeinated)	GT1	91	MSM powder	MSMP	123
Growth Hormone Support [†]	GH1	91	Multi t/d	MTD21	123
Hair/Skin/Nails Ultra	HSN6	92	Multivitamin EasySticks [®]	MVESB3	124
Hawthorn extract	HA1	92	Muscle Cramp/Tension Formula [†]	MCT1	124
Heartburn Essentials	HB1	93	NAC 600 mg	NA63	125
Hemp CBD VESIsorb [®]	HEV3	93	NAC 900 mg	NA92	125
HM Complex	HMC1	94	NAC + Glycine powder NEW	NGY1	125
Homocysteine Factors [†]	HO1	94	NeuroMood Pure Pack	NMPPB3	126
Hyaluronic Acid	HYA1	95	NeuroPure	NOP1	127
Immune Support liquid [†]	ISL	95	Niacinamide	NIA9	128
Indole-3-Carbinol 400 mg	I341	95	Niacitol [®] 500 mg	NI51	128
Innate Immune Support	IIS6	96	Niacitol [®] 650 mg	NI61	128
Inositol (powder)	INP2	96	Nitric Oxide Support	NOS16	128
Iodine (potassium iodide)	IO1	96	Nitric Oxide Ultra (capsules)	NXC1	129
Iodine and Tyrosine	IT1	96	Nrf2 Detox	NRF6	129
IP6	IP61	97	NSK-SD™ 100 mg	NS11	130
Iron-C	FC6	97	Nutrient 950 [®]	MVF3	130
Iron liquid	IRL	97	Nutrient 950 [®] A without copper & iron	MVMA	131
Joint Complex (single dose) [†]	JC6	98	Nutrient 950 [®] with NAC	MVN2	131
Joint Mediator [†]	JO11	98	Nutrient 950 [®] with Vitamin K	MVCK1	131
Junior Nutrients	JUN1	99	Nutrient 950 [®] without copper & iron	MVM1	131
KetoBrain Energy	KBE3	100	Nutrient 950 [®] without copper, iron & iodine	MVI	131
Krill-plex	KP1	100	Nutrient 950 [®] without iron	MVC3	131
Lactobacillus Acidophilus	LA36	101	O.N.E.™ Multivitamin	ONE1	132
Ligament Restore [†]	LR2	101	O.N.E.™ Omega	ON06	133
Liposomal Glutathione	LSG6	102	Olive Leaf extract	OL1	133
Liposomal Glutathione liquid	LGL	102	OptiFerin-C	OF26	134
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PS 100.....	PS1	150	I-Tryptophan.....	TRY11	184
PS Plus.....	PSP6	151	I-Tyrosine.....	LT59	184
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PureBi•Ome™ Intensive.....	BIOI3	152	Ubiquinol-QH 200 mg.....	UQ26	186
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PureHeart® K ₂ D.....	PHK26	157	Vascular Relax [†]	VR21	192
PureLean® Fiber.....	PLFX3	159	Vinpocetine 20 mg.....	VI1	193
PureLean® Nutrients.....	PLN1	160	VisionPro EPA/DHA/GLA [†]	VPE1	193
PureLean® Protein IMPROVED	PLPV6	161	VisionPro Nutrients [†]	VPN9	194
PureLean® Pure Pack.....	PPP2B3	162	Vitamin A + Carotenoids.....	VA59	195
PureLean® Whey.....	PLW4	163	Vitamin A 3,000 mcg (10,000 IU).....	VAC1	195
PureMelt B ₁₂ Folate.....	PMLB9	163	Vitamin C chewables NEW	VCC6	195
PureNutrients EPA/DHA Gummy.....	PNEGB3	164	Vitamin D ₃ 10 mcg (400 IU).....	VD1	196
PureNutrients Gummy.....	PNG1	164	Vitamin D ₃ 25 mcg (1,000 IU).....	VD12	196
PurePals.....	PUPC9	165	Vitamin D ₃ 125 mcg (5,000 IU).....	VD52	196
PurePals (with iron).....	PUPI9	166	Vitamin D ₃ 250 mcg (10,000 IU).....	VD101	196
PureProbiotic™.....	PPA6	166	Vitamin D ₃ (Vegan) liquid.....	VD3VL	197
PureResponse™ Multivitamin.....	PRSM6	166	Vitamin D ₃ liquid.....	VDL	197
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Pycnogenol® 100 mg.....	PY16	167	Vitamin E (with mixed tocopherols).....	DE1	198
Q-Gel® 100 (Hydrosoluble™ CoQ ₁₀).....	QG16	168	WheyBasics.....	WBV4	198
Quercetin.....	QU1	168	Women's Nutrients.....	WN3	199
R-Lipoic Acid (stabilized).....	RLA1	168	Women's Pure Pack.....	WPPB3	200
Reduced Glutathione.....	RG1	168	XanthiTrim.....	XT6	202
Relora®.....	RL1	169	Zinc (citrate).....	ZC1	202
RENUAL NEW	RNL6	169	Zinc 15.....	Z11	202
ResCu-SR®.....	RCSR6	170	Zinc 30.....	Z31	203
Resveratrol.....	RE1	170	Zinc chewables NEW	ZNC1	203
Resveratrol EXTRA.....	REE1	170	Zinc liquid 15 mg.....	Z15L	203
Resveratrol VESIsorb®.....	RSV9	171			

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

PRODUCT LISTING BY HEALTH CATEGORY

Pure Encapsulations® offers hundreds of nutritional supplements that are formulated to address a multitude of health categories, from mental health and immune function to bone & joint health and metabolism. So whatever the health need or goal, you can confidently turn to Pure Encapsulations for functional nutrition solutions and support.†

Bones, Joints & Muscles

Pure Encapsulations supplements are formulated to facilitate and maintain healthy muscles, bones, cartilage, and joints. Products feature calcium, magnesium, and trace minerals to support bone health, along with vitamins D and K for mineral absorption and utilization. A range of herbal ingredients, enzymes, and essential fatty acids are included to promote joint comfort. In addition, our magnesium supplements provide muscle relaxation support, while our glucosamine, chondroitin, and MSM-based formulations support joint and cartilage health.†

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
+CAL+® with Ipriflavone.....	CP3	24	Glucosamine Sulfate 1,000 mg.....	GS13	86
A.I. Enzymes.....	AIE1	26	Glucosamine/MSM with joint comfort herbs†.....	GM3	87
Black Currant Seed Oil.....	BL2	43	L-Glutamine 500 mg.....	LG59	88
Cal/Mag 2:1 (malate).....	CMM1	46	L-Glutamine 850 mg.....	LG82	88
Cal/Mag/D liquid.....	CML	46	L-Glutamine powder.....	LGP	88
Cal/Mag w/Cofactors powder.....	CMF3	46	Hyaluronic Acid.....	HYA1	95
Calcium K/D.....	CKD1	47	Joint Complex (single dose)†.....	JC6	98
Calcium with Vitamin D ₃	CVD1	48	Joint Mediator†.....	JO11	98
Collagen JS.....	CJS1	55	Ligament Restore†.....	LR2	101
Disc-Flex.....	DIS1	71	MSM capsules.....	MSM3	122
Glucosamine + Chondroitin with MSM.....	GCMS3	85	MSM powder.....	MSMP	123
Glucosamine Chondroitin with Manganese.....	GCM3	85	Muscle Cramp/Tension Formula†.....	MCT1	124
Glucosamine Complex.....	GSC1	85	OsteoBalance†.....	OB35	134
Glucosamine HCl + Chondroitin.....	GLC1	86	Uric Acid Formula.....	UAF1	192

Cardiometabolic Health & Metabolism

Pure Encapsulations offers a range of products designed to support cardiovascular and metabolic health. Specially formulated with the heart in mind, functions include support for healthy glucose and/or fat metabolism, vascular health, blood flow, and heart muscle function. Products for healthy weight management† include support for healthy appetite, satiety, body composition, and metabolism.†

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
7-KETO™ DHEA 25 mg.....	KD21	25	CoQ ₁₀ 30 mg.....	CQ31	56
7-KETO™ DHEA 50 mg.....	KD51	25	CoQ ₁₀ 60 mg.....	CQ62	56
7-KETO™ DHEA 100 mg.....	KD11	25	CoQ ₁₀ 120 mg.....	CQ11	56
Açai 600.....	ACA1	26	CoQ ₁₀ 250 mg.....	CQ26	56
AdipoLean II.....	ADL9	28	CoQ ₁₀ 500 mg.....	CQ56	56
Alpha Lipoic Acid 100 mg.....	AL11	30	CoQ ₁₀ L-Carnitine fumarate.....	CQF1	57
Alpha Lipoic Acid 200 mg.....	AL21	30	EFA Essentials.....	EFA1	73
Alpha Lipoic Acid 400 mg.....	AL41	30	EPA Ultimate.....	EPU1	76
Alpha Lipoic Acid 600 mg.....	AL61	30	Garlic Complex.....	GRC1	83
Alpha Lipoic Acid with GlucoPhenol®.....	AGP1	31	GlucoFunction†.....	GF1	84
L-Arginine.....	LAR1	33	Glucose Support Formula†.....	GSF1	87
BenfoMax.....	BFM9	41	Grape Pip 500 mg.....	GP51	90
CarbCrave Complex.....	CCC1	49	Hawthorn extract.....	HA1	92
L-Carnosine.....	LCA1	50	Homocysteine Factors†.....	HO1	94
CholestePure†.....	CHO1	51	Krill-plex.....	KP1	100
CholestePure Plus II†.....	CHP21	51	Metabolic Xtra.....	MX29	120
ChromeMate® GTF 600.....	CRG61	52	Niacitol® 500 mg.....	NI51	128
Chromium (picolinate) 200 mcg.....	CRP21	52	Niacitol® 650 mg.....	NI61	128
Chromium (picolinate) 500 mcg.....	CRP51	52	NSK-SD™ 100 mg.....	NS11	130
Cinnamon WS.....	CI1	52	Policosanol 20 mg.....	PO21	141
CLA 1,000 mg.....	CL11	53	Pomegranate Plus.....	POM21	143

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Product Name	Order Code	Pg. #
PureHeart® K ₂ D	PHK26	157
PureLean® Fiber	PLFX3	159
PureLean® Protein IMPROVED	PLPV6	161
PureLean® Whey	PLW4	163
PureNutrients EPA/DHA Gummy	PNEGB3	164
Pynogenol® 50 mg	PY51	167
Pycnogenol® 100 mg	PY16	167
Q-Gel® 100 (Hydrosoluble™ CoQ ₁₀)	QG16	168
R-Lipoic Acid (stabilized)	RLA1	168
Relora®	RL1	169
ResCu-SR®	RCSR6	170
Resveratrol	RE1	170

Product Name	Order Code	Pg. #
Resveratrol EXTRA	REE1	170
Resveratrol VESIsorb®	RSV9	171
RevitalAge™ Nerve	RJN1	171
RevitalAge™ Ultra	RJU9	172
SR-CoQ ₁₀ with PQQ	CQP6	178
Taurine 500 mg	TA56	180
Taurine 1,000 mg	TA11	180
Ubiquinol-QH 50 mg	UQ56	186
Ubiquinol-QH 100 mg	UQ16	186
Ubiquinol-QH 200 mg	UQ26	186
Ubiquinol VESIsorb®	UQV6	187
Vascular Relax [†]	VR21	192
XanthiTrim	XT6	202

Children's Formulas

Pure Encapsulations® has supplements to support children's needs including multivitamins and probiotics. Made with only pure, premium ingredients, our children's formulas are FREE FROM GMOs, gluten, magnesium stearate, unnecessary additives, artificial colors, flavors, sweeteners and many common allergens—including wheat, egg, peanuts and tree nuts.[‡]

Product Name	Order Code	Pg. #
EPA/DHA liquid	EDL2	77
Immune Support liquid [†]	ISL	95
Iron liquid	IRL	97
Junior Nutrients	JUN1	99
LiquiNutrients	LQN32	104
Magnesium liquid	ML2	113
Multivitamin EasySticks®	MVESB3	124

Product Name	Order Code	Pg. #
Probiotic 123	PRO6	147
PureDefense chewables	PDK21	149
PureNutrients EPA/DHA Gummy	PNEGB3	164
PureNutrients Gummy	PNG1	164
PurePals 90 chewable tablets	PUPC9	165
PurePals (with iron) 90 chewable tablets	PUPI9	166
Zinc liquid 15 mg	Z15L	203

Energy & Fitness

Pure Encapsulations energy support supplements are scientifically formulated to help support both cellular and physical fitness goals. These products provide nutrient cofactors for mitochondrial energy production and/or adaptogenic herbs to promote broad physiological balance. Discover a range of products to support adrenal and thyroid function, and promote athletic performance, endurance, and recovery.[‡]

Product Name	Order Code	Pg. #
Adrenal	AR6	29
ADR Formula®	AD1	29
Amino-NR	ANR31	31
Amino Replete	AMR2	32
Ashwagandha	ASH1	34
BCAA capsules	BCA2	40
BCAA powder	BCAP	41
L-Carnitine	LC1	49
L-Carnitine fumarate	LCF1	50
Creatine powder	CRM5	58
Daily Stress Formula [†]	DSF1	65
Electrolyte/Energy formula	EEF3	73
Electrolyte/Energy formula (stick packs)	EEF2B3	74
Energy Xtra	EX21	76

Product Name	Order Code	Pg. #
Essential Aminos	EA21	79
Growth Hormone Support [†]	GH1	91
KetoBrain Energy	KBE3	100
Maca-3	MAC1	110
Mitochondria-ATP	MATP21	122
Nitric Oxide Support	NOS16	128
Nitric Oxide Ultra (capsules)	NXC1	129
Panax Ginseng	PG1	136
Phyto-ADR	PHY1	140
RENUAL NEW	RNL6	169
Ribose	RI2	173
Systemic Enzyme Complex	SYC1	179
Thyroid Support Complex [†]	TS21	182
WheyBasics	WBV4	198

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Gastrointestinal

Pure Encapsulations® supplements are formulated with a range of ingredients to support gut health such as motility, microbial balance, digestion, and G.I. tract function. Our selection of proprietary probiotics maintain healthy intestinal microflora and contain digestive enzymes to aid in the digestion of protein, carbohydrate, fat, fiber, and gluten as well as dairy.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
A.C. Formula II.....	AC21	26	G.I. Integrity [†]	GII2	83
Betaine HCl Pepsin.....	BP2	42	Gluten/Dairy Digest.....	GDD1	88
Caprylic Acid.....	CAP2	48	Grapefruit Seed extract.....	GR1	91
DGL Plus®.....	DG1	67	Heartburn Essentials.....	HB1	93
Digestion GB.....	DGB1	68	MicroDefense w/ Oregano.....	MI31	121
Digestive Enzymes Ultra.....	DEU1	69	MotilPro.....	MOP1	122
Digestive Enzymes Ultra with Betaine HCl.....	DEUB1	69	Pancreatic Enzyme Formula.....	PE1	137
EpilIntegrity powder.....	EIP1	78	Pancreatic VegEnzymes.....	PV1	137
G.I. Fortify (capsules) [†]	GIFC1	82	Peptic-Care [†] (Zinc-L-Carnosine).....	PCZ6	138
G.I. Fortify [†]	GIF4	82	SunButyrate™ -TG liquid.....	BTGL	178

Hormone

Pure Encapsulations hormone support formulas are specifically designed to optimize levels of DHEA and pregnenolone, which serve as precursors for various hormones involved in metabolism, endocrine and reproductive function. Our pregnenolone supplements may also help support the immune system, mood, and memory. It is recommended that dosing be determined based on lab test results.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
DHEA 5 mg.....	DH1	67	Pregnenolone 10 mg.....	PR11	145
DHEA 10 mg.....	DH11	68	Pregnenolone 30 mg.....	PR31	145
DHEA 25 mg.....	DH21	68			

Immune Support

Pure Encapsulations immune support supplements are designed to support diverse areas of immune function. Functions range from general immune support (with zinc, selenium, vitamin D and botanicals) to specialized actions, such as maintaining healthy mast cell function (with vitamin C, hesperidin, quercetin and others) or promoting microbial balance (with olive leaf, garlic and others). Other formulas support cytokine balance for tissue comfort (with bromelain, curcumin and boswellia).[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Acerola/Flavonoid.....	ACP31	27	Coriolus extract.....	CRS6	57
A.I. Formula®.....	AI3	27	Daily Immune.....	DI21	64
Aller-Essentials.....	ALE21	29	Essential-C & flavonoids.....	ECF21	79
AntiOxidant Formula.....	AO21	32	Ginger extract.....	GI1	84
Arabinogalactan.....	ARA1	33	Green Tea extract (decaffeinated).....	GT1	91
Ascorbic Acid capsules.....	A12	33	Immune Support liquid [†]	ISL	95
Ascorbic Acid powder.....	AAP	33	Innate Immune Support.....	IIS6	96
Balanced Immune.....	BIM6	40	Liposomal Vitamin C liquid.....	LCL	103
Boswellia.....	BW31	44	L-Lysine.....	LL2	108
Boswellia AKBA.....	BWA1	44	M/R/S Mushroom Formula.....	MRS1	110
Bromelain 2400 500 mg.....	BR51	44	Melatonin 20 mg.....	ME21	115
Buffered Ascorbic Acid capsules.....	AB22	45	Olive Leaf extract.....	OL1	133
Buffered Ascorbic Acid powder.....	ABP32	45	Perilla extract.....	PRL9	138
Cat's Claw.....	CCL1	50	Phyto-4.....	PH46	139
Colostrum 40% IgG.....	COL41	55	Phyto UltraComfort [†]	PUC1	141

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Product Name	Order Code	Pg. #
PureCell.....	PCE1	153
PureDefense chewables	PDK21	153
PureDefense w/NAC.....	PDN1	154
PureDefense w/NAC Travel Pack.....	PDNB2	154
PureResponse™ Multivitamin.....	PRSM6	166
Quercetin.....	QU1	168
Teavigo®.....	TE1	180
Th1 Support.....	TH11	181
Th2 Modulator.....	TH2A1	181

Product Name	Order Code	Pg. #
UltraZin Zinc.....	UZ9	191
Vitamin A + Carotenoids.....	VA59	195
Vitamin A 3,000 mcg (10,000 IU).....	VAC1	195
Vitamin C chewables NEW	VCC6	195
Zinc (citrate).....	ZC1	202
Zinc 15.....	Z11	202
Zinc 30.....	Z31	203
Zinc chewables NEW	ZNC1	203
Zinc liquid 15 mg.....	Z15L	203

Liver & Detoxification

Pure Encapsulations® liver & detoxification products promote liver health and/or detoxification functions in the liver and gastrointestinal tract. Key areas of detoxification support include phase I and II metabolism, cellular defenses and elimination of environmental substances.†

Product Name	Order Code	Pg. #
Calcium-D-Glucarate™.....	CG1	48
CurcumaSorb.....	MCU1	59
DIM Detox.....	DD6	70
DIMPRO® 100.....	DP1	70
HM Complex.....	HMC1	94
Indole-3-Carbinol 400 mg.....	I341	95
IP6.....	IP61	97
Liposomal Glutathione.....	LSG6	102
Liposomal Glutathione liquid.....	LGL	102
Lipotropic Detox.....	LD1	103

Product Name	Order Code	Pg. #
Liver-G.I. Detox.....	LGD1	105
LVR Formula.....	LV1	108
L-Methionine.....	LM6	120
NAC + Glycine powder NEW	NGY1	125
NAC 600 mg.....	NA63	125
NAC 900 mg.....	NA92	125
Nrf2 Detox.....	NRF6	129
Reduced Glutathione.....	RG1	168
Silymarin.....	SL1	176

Memory & Mood

Pure Encapsulations offers a broad selection of science-based mental health products to support memory and cognition, emotional health, and stress management. Choose from a range of products that promote healthy blood flow to the brain, neurotransmitter synthesis, neuronal health, and post-synaptic response.†

Product Name	Order Code	Pg. #
5-HTP 50 mg.....	HYD51	24
5-HTP 100 mg.....	HYD11	24
Acetyl-L-Carnitine 250 mg.....	ALC26	27
Acetyl-L-Carnitine 500 mg.....	ALC56	27
Bacopa monnieri.....	BA1	40
CogniMag.....	CGM1	53
CogniPhos.....	CGP1	54
Cognitive Aminos.....	CA21	54
Cortisol Calm†.....	COR1	57
CurcumaSorb Mind.....	MCUM6	59
CurcumaSorb Mind EasySticks®.....	CMESB3	60
Curcumin.....	CUR1	61
Curcumin 500 with Bioperine®.....	CUB51	61
DHA Ultimate.....	DHU1	67
DL-Phenylalanine.....	LP1	71
DopaPlus.....	DOP1	72
Emotional Wellness†.....	EW1	74
EPA/DHA essentials.....	ED11	77
EPA/DHA liquid (lemon flavor).....	EDL2	77
EPA/DHA with lemon.....	EDC1	78

Product Name	Order Code	Pg. #
GABA.....	GAB1	83
Ginkgo 50 160 mg.....	GB11	84
Hemp CBD VESIsorb®.....	HEV3	93
Lithium (orotate) 1 mg NEW	LI19	104
Lithium (orotate) 5 mg.....	LI1	105
Memory Pro†.....	MEP21	116
NeuroPure.....	NOP1	127
O.N.E.™ Omega.....	ONO6	133
Phosphatidylcholine (sunflower) NEW	PHC9	139
PS 100.....	PS1	150
PS Plus.....	PSP6	151
Pure Tranquility liquid.....	PTL	151
L-Theanine.....	LTH1	182
L-Tryptophan.....	TRY11	184
L-Tyrosine.....	LT59	184
Rhodiola Rosea.....	RR1	172
SAME (S-Adenosylmethionine).....	SAM6	173
Sereniten Plus.....	SRP4	175
SeroPlus.....	SOP1	176
Vinpocetine 20 mg.....	VI1	193

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

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Men's Formulas

Pure Encapsulations® produces a wide selection of supplements designed to help men achieve their health and wellness goals at every stage of life. Choose from a range of premium products to support men's health, from prostate health to healthy testosterone balance.[†]

Product Name	Order Code	Pg. #
Beta-sitosterol.....	BS2	42
Lycopene 20 mg.....	LY21	108
Men's Nutrients.....	MENN3	117
ProstaFlo.....	PRF1	150

Product Name	Order Code	Pg. #
Saw Palmetto 320.....	SP32	174
Saw Palmetto Plus.....	SP2	174
SP Ultimate.....	SPU21	177
Tribulus Formula.....	TBF9	184

Multivitamins, Vitamins & Minerals

Pure Encapsulations offers dozens of high-quality multivitamin formulations to support a wide range of health needs. Like all our supplements, our multivitamins are made with pure, premium ingredients, and are FREE FROM unnecessary additives and many common allergens.[†]

Product Name	Order Code	Pg. #
Adenosyl/Hydroxy B ₁₂	AHB9	28
Adenosyl/Hydroxy B ₁₂ liquid.....	AHBL	28
Ascorbyl Palmitate.....	ASP1	34
Athletic Nutrients.....	ATN21	35
Athletic Pure Pack.....	APP3B3	36
B-Complex liquid.....	BCL1	37
B-Complex Plus.....	BCP1	38
B ₆ Complex.....	B6C21	38
B ₁₂ 5000 liquid.....	B125L	39
B ₁₂ Folate.....	B12	39
B ₁₂ liquid.....	B12L	39
Beta Carotene.....	BE1	42
Biotin 8 mg.....	BI1	43
Boron (glycinate).....	BO6	44
Calcium (citrate).....	CC1	47
Calcium (MCHA).....	CH31	47
Calcium (MCHA) with Magnesium.....	CHM1	47
Calcium Magnesium (citrate).....	CM1	47
Calcium Magnesium (citrate/malate).....	CMC1	48
Copper (citrate).....	CUC6	55
Copper (glycinate).....	CUG6	56
Detox Pure Pack.....	DPPB3	66
Energize Plus™ Pure Pack.....	EPPB3	75
Folate 400.....	FOL49	80
Folate 1,000.....	FOL19	80
Folate 5,000.....	FOL56	81
Folate 5,000 Plus.....	FLP56	81
Folic Acid.....	FO6	81
GlutenAssure Multivitamin.....	GAM9	89
Hair/Skin/Nails Ultra.....	HSN6	92
Inositol (powder).....	INP2	96
Iodine (potassium iodide).....	IO1	96
Iodine and Tyrosine.....	IT1	96
Iron-C.....	FC6	97
Iron liquid.....	IRL	97
Junior Nutrients.....	1JUN	99
LiquiNutrients.....	LQN32	104
Longevity Nutrients (IMPROVED).....	LGN22	106
Magnesium (aspartate).....	MA9	111
Magnesium (citrate).....	MC1	112
Magnesium (citrate/malate).....	MCM1	112
Magnesium (glycinate).....	MG3	112
Magnesium (powder).....	MGP1	112
Magnesium Glycinate liquid.....	MGL4	113
Magnesium liquid.....	ML2	113
Manganese (aspartate/citrate).....	MN6	114
Men's Pure Pack.....	MPPB3	118
MethylAssist.....	MAS9	120

Product Name	Order Code	Pg. #
Methylcobalamin 1,000 mcg.....	MT1	121
Mineral 650®.....	MF1	121
Mineral 650® (without copper & iron).....	MM1	122
Multi t/d.....	MTD21	123
Multivitamin EasySticks®.....	MVESB3	124
NeuroMood Pure Pack.....	NMPPB3	126
Niacinamide.....	NIA9	128
Nutrient 950®.....	MVF3	130
Nutrient 950® A without copper & iron.....	MVMA	131
Nutrient 950® with NAC.....	MVN2	131
Nutrient 950® with Vitamin K.....	MVCK1	131
Nutrient 950® without copper & iron.....	MVM1	131
Nutrient 950® without copper, iron & iodine.....	MVI	131
Nutrient 950® without iron.....	MVC3	131
O.N.E.™ Multivitamin.....	ONE1	132
OptiFerin-C.....	OF26	134
P ₅ P 50 (activated B ₆).....	P51	136
Pantethine.....	PA1	137
Pantothenic Acid.....	PTA1	138
Polyphenol Nutrients.....	PHN3	142
Potassium (aspartate).....	PO9	144
Potassium (citrate).....	PC1	144
Potassium Magnesium (aspartate).....	PM1	144
Potassium Magnesium (citrate).....	PMC1	144
PreNatal Nutrients.....	PRN1	146
PureGenomics® B-Complex.....	PGB1	154
PureGenomics® Multivitamin.....	PGM26	155
PureGenomics® UltraMultivitamin (NEW).....	PGU9	156
PureLean® Nutrients.....	PLN1	160
PureLean® Pure Pack.....	PPP2B3	162
PureMelt B ₁₂ Folate.....	PMLB9	163
PureNutrients Gummy.....	PNG1	164
PurePals.....	PUPC9	165
PurePals (with iron).....	PUPI9	166
Selenium (citrate).....	SEC1	175
Selenium (selenomethionine).....	SE1	175
Strontium (citrate).....	STC1	178
Synergy K.....	SKD1	179
Trace Minerals.....	TRM26	183
Tri-Alkali.....	TRI3	183
Ultra B-Complex w/PQQ (IMPROVED).....	BPQ26	187
UltraDetox 10-Day Pure Pack.....	UDPPB1	189
UltraMag Magnesium.....	UM1	190
UltraNutrient™.....	UVC3	190
Ultra Pure Pack.....	UPPB3	188
VisionPro Nutrients [†]	VPN9	194
Vitamin D ₃ 10 mcg (400 IU).....	VD1	196
Vitamin D ₃ 25 mcg (1,000 IU).....	VD12	196

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Product Name	Order Code	Pg. #
Vitamin D ₃ 125 mcg (5,000 IU)	VD52	196
Vitamin D ₃ 250 mcg (10,000 IU)	VD101	196
Vitamin D ₃ (Vegan) liquid	VD3VL	197

Product Name	Order Code	Pg. #
Vitamin D ₃ liquid	VDL	197
Vitamin D ₃ VESIsorb®	VDV6	197
Vitamin E (with mixed tocopherols)	DE1	198

Probiotics & Prebiotics

Pure Encapsulations® probiotic and prebiotic supplements are designed to provide support for healthy immune function, digestive health, and gastrointestinal health. Explore a growing selection that features single, multi, and specialized strain formulations.†

Product Name	Order Code	Pg. #
Lactobacillus Acidophilus	LA36	101
Poly-Prebiotic powder	PPRP1	142
ProbioMood (Capsules)	PBM6	147
Probiotic 123	PRO6	147
Probiotic 50B IMPROVED	PR56	148
Probiotic G.I.	PGI6	148
Probiotic IMM	PRI6	149

Product Name	Order Code	Pg. #
Probiotic-5	PRB6	149
PureBi•Ome™ G.I.	BIOG6	152
PureBi•Ome™ Intensive	BIOI3	152
PureGG 25B	PGG6	157
PureProbiotic™	PPA6	166
Saccharomyces boulardii	SB6	173

Sleep

Pure Encapsulations offers products specially formulated to promote sleep quality and relaxation. Choose from our broad selection of sleep support products, such as melatonin to facilitate sleep, glycine to support sleep quality, and magnesium and herbal ingredients that promote relaxation.†

Product Name	Order Code	Pg. #
Best-Rest Formula	BRF1	41
Glycine	GL1	90
Melatonin 0.5 mg	ME51	114
Melatonin 3 mg	ME31	114

Product Name	Order Code	Pg. #
Melatonin liquid	MEL3	115
Melatonin-SR	MESR6	116
Sleep Solution (single dose liquid)	SLB6	177

Vision

Pure Encapsulations supplements can help to promote healthy eyes. These supplements are formulated with eye-supportive nutrients, to support functions such as light-filtering support, healthy tear film, and macular support.†

Product Name	Order Code	Pg. #
Astaxanthin	AST1	34
Bilberry 160 mg	BB11	42
EyeProtect Basics†	EPB6	80
EyeProtect Basics without zinc†	EPB26	80

Product Name	Order Code	Pg. #
Lutein 20 mg	LU1	107
Lutein/Zeaxanthin	LZ1	107
Macular Support Formula†	MS21	111
VisionPro EPA/DHA/GLA†	VPE1	193

Women's Formulas

Pure Encapsulations supplements are designed to support women's health and wellness goals across every stage of life, including products that support urinary tract health, comfort during menopause, breast and cervical health, as well as pregnancy and lactation.†

Product Name	Order Code	Pg. #
Black Cohosh 2.5	BLC1	43
Borage Oil	BOG1	43
Chaste tree (Vitex)	CT1	50
Cranberry NS®	CN1	58
Cranberry/d-Mannose	CRD1	58
D-Mannose powder	DMP1	64

Product Name	Order Code	Pg. #
E.P.O. (evening primrose oil)	EPO2	72
MenoVive	MOV6	119
PhytoBalance II	PHB1	140
ProSoothe II	PMS21	150
Women's Nutrients	WN3	199
Women's Pure Pack	WPPB3	200

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

PureGenomics®

BETTER HEALTH FROM WITHIN

THERE'S GOODNESS IN OUR DNA

Now, more than ever, personalized medicine matters — and PureGenomics® can help bring its benefits to your practice. We harness the science of nutrigenomics and the relationship between genes, nutrition, and wellness to develop strategies for optimal health, one patient at a time. Helping patients reach their fullest health potential based on their unique genetics — **now that's something we can all feel good about.**



Enhance your practice with **simple, reliable, actionable genomic data** from PureGenomics®

TAKE YOUR PRACTICE TO THE NEXT LEVEL WITH PUREGENOMICS®

We make it simple for you to bring the science of nutrigenomics to your practice with resources and support at every step. With PureGenomics you'll be able to enhance your practice with:



Comprehensive genetic reports rooted in science



Actionable nutrition and lifestyle insights customized to each individual patient



Personalized recommendations for research-backed supplements available through Pure Encapsulations®



Ongoing support through education and resources



COMPLIMENTARY ACCESS FOR HEALTHCARE PROFESSIONALS AND PATIENTS

Bring PureGenomics to your practice. Learn more at [PureGenomics.com](https://www.puregenomics.com)

PURE Genomics®

*Dr. Morris is a retained advisor to Pure Encapsulations.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

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

+CAL+® with Ipriflavone

COMPREHENSIVE BONE SUPPORT FORMULA
WITH IPRIFLAVONE†

This broad-spectrum combination of minerals and vitamins is formulated to aid in the formation and strengthening of the skeletal system. It provides a highly bioavailable form of calcium, a mineral essential not only for the maintenance of the functional integrity of the nervous, muscular and skeletal systems, but also cell membrane and capillary impermeability. This formula also provides substances that nutritionally support and enhance the absorption of calcium and the incorporation of calcium into bone, and provides nutrients essential to healthy bone structure and formation. Ipriflavone, an advanced addition to this formula, is a synthetic derivative of naturally occurring isoflavones. It supports healthy bone maintenance by promoting secretion of the hormone calcitonin, and maintaining healthy osteoclast activity. Ipriflavone also supports type I collagen and the formation of mineralized bone matrix. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Furthermore, +CAL+® is enhanced with 10.7 mcg (428 IU) of vitamin D₃ for optimal bone health.†

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10.7 mcg (428 IU)
Vitamin K (as vitamin K ₁)	184 mcg
Calcium (as calcium citrate/malate)	400 mg
Magnesium (as magnesium aspartate)	49 mg
Zinc (as zinc picolinate)	12 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.1 mg
Vitamin K ₂ (as menaquinone-7)	30 mcg
Boron (as boron glycinate)	0.85 mg
Ipriflavone	214 mg
Silica (from bamboo)	9 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Bones, Joints & Muscles   

+CAL+® with Ipriflavone	Quantity	Order Code
	351	CP3
	210	CP2

See also
OsteoBalance†

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5-HTP 50 mg (5-Hydroxytryptophan)

SUPPORTS BRAIN SEROTONIN LEVELS TO SUPPORT
EMOTIONAL WELL-BEING, HEALTHY EATING BEHAVIOR,
AND HEALTHY SLEEP†

5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. The enzyme tryptophan hydroxylase adds a hydroxyl group (OH) to tryptophan, forming the 5-HTP intermediate. In the body, it converts to serotonin with the removal of a carboxyl group (COOH) by a second enzyme. Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and sleep/wake cycles. In clinical studies, administration of 5-HTP supported serotonin production. The 5-HTP supplied in this supplement is derived from the *Griffonia simplicifolia* plant.†

1 capsule, 1-4 times daily, before meals, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

5-Hydroxytryptophan	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood    

5-HTP 50 mg	Quantity	Order Code
	180	HYD51
	60	HYD56

5-HTP 100 mg (5-Hydroxytryptophan)

1 capsule, 1-3 times daily, before meals.

Each (size 3) vegetarian capsule contains:

5-Hydroxytryptophan	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood    

5-HTP 100 mg	Quantity	Order Code
	180	HYD11
	60	HYD16

7-KETO® DHEA 25 mg

UNIQUE DHEA METABOLITE; SUPPORTS THERMOGENESIS AND HEALTHY BODY COMPOSITION†

7-KETO® DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin in Madison. Of over 150 DHEA compounds tested, 7-Keto® proved to be the most promising form. Researchers discovered that 7-Keto® does not convert to testosterone or estrogen, minimizing androgenic activity, and supports various physiological processes. It is several times more potent than DHEA in stimulating the thermogenic enzymes of the liver, promotes basal metabolism, and helps to increase the lean/adipose ratio. These actions safely support a leaner BMI (Body Mass Index) and healthy weight management¹ as part of a healthy lifestyle with a reduced calorie diet and regular exercise. In a double-blind study involving 30 overweight adults, 7-Keto® supported healthy body composition and BMI when combined with exercise. 7-KETO® DHEA is also known as DHEA-Acetate-7-one, 3-acetoxy-androst-5-ene-7, 17-dione, or 3-acetyl-7-oxo-dehydroepiandrosterone.¹

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3β-acetate) 25 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3β-acetate.

Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism



7-KETO® DHEA 25 mg	Quantity	Order Code
	120	KD21
	60	KD26

See also

DHEA 5 mg (micronized)

DHEA 10 mg (micronized)

DHEA 25 mg (micronized)

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»page 68

»page 68

7-KETO® DHEA 50 mg

1 capsule, 1-4 times daily, with meals.

Each (size 3) vegetarian capsule contains:

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3β-acetate) 50 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism



7-KETO® DHEA 50 mg	Quantity	Order Code
	120	KD51
	60	KD56

7-KETO® DHEA 100 mg

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3β-acetate) 100 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3β-acetate.

Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism



7-KETO® DHEA 100 mg	Quantity	Order Code
	120	KD11
	60	KD16



†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Açaí 600

FRUIT BLEND FOR ANTIOXIDANT SUPPORT[†]

Açaí berry extract (*Euterpe oleracea*), native to Brazil, offers an exceptional nutritional composition of vitamins, minerals, fiber, essential fatty acids, amino acids, and anthocyanins. Pure Encapsulations' açaí berry is harvested by hand in order to preserve the integrity of the palm tree and the delicate rain forest ecosystem. Berries are also hand sorted and selected for quality. In this formula, açaí is combined with blueberry, pomegranate, cranberry, and raspberry for additional support.[†]

1 capsule, 1-2 times daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Açaí (<i>Euterpe oleracea</i>) berry extract (whole fruit)	600 mg
Blueberry (<i>Vaccinium angustifolium</i>) extract (fruit)	15 mg
Pomegranate (<i>Punica granatum</i>) extract (fruit) (standardized to contain 40% punicosides)	25 mg
Cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	10 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

CranMax[®] is a registered trademark of Pharmachem Laboratories, LLC.

Cardiometabolic Health & Metabolism



Açaí 600	Quantity	Order Code
	180	ACA1

A.C. Formula II

PureGI™ product line

SUPPORTS INTESTINAL MICROBIAL BALANCE[†]

This combination of herbal extracts, caprylic acid and calcium undecylenate promotes a healthy environment for microflora in the colon and intestinal tract. Undecylenic acid and caprylic acid are fatty acids that promote a favorable environment for beneficial microflora. Calcium and magnesium act as buffers and may also help slow the dispersion and release of undecylenic acid and caprylic acid to support activity throughout the gastrointestinal tract. Grapefruit seed extract and berberine sulfate support microbial balance. Research suggests that they promote a healthy G.I. environment when exposed to a wide range of bacterial biotypes.[†]

2 capsules, 1-3 times daily, just before meals, with 6-8 oz water.

Two (size 00) vegetarian capsules contain:

Calcium (as calcium undecylenate and calcium caprylate)	44 mg
Magnesium (as magnesium caprylate)	17 mg
Caprylic acid (as calcium and magnesium caprylate)	400 mg
Bromelain (from pineapple stem) (2400 GDU/g)	250 mg
Undecylenic acid	125 mg
Grapefruit (<i>Citrus x paradisi</i>) extract (seed and fruit)	100 mg
Berberine sulfate	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant or lactating women.

Gastrointestinal



A.C. Formula II	Quantity	Order Code
	120	AC21

A.I. Enzymes

BALANCED PLANT ENZYME FORMULA PROVIDES BROAD-SPECTRUM JOINT, MUSCLE AND DIGESTIVE SUPPORT[†]

A.I. Enzymes provides a superior combination of natural plant enzymes precisely balanced for broad spectrum support of digestive function and to help maintain healthy joints and muscles. This formula contains enhanced levels of protease, amylase and lipase sourced from *Aspergillus oryzae* and *Aspergillus niger*. Bromelain (from pineapple) and papain (from papaya), provided in their highest potencies, add to the protease profile of this formula. Taken between meals, A.I. Enzymes promotes healthy levels of kinins and fibrin, thereby helping to maintain normal muscle and joint function. Taken with meals, the plant enzymes help replace naturally-occurring enzymes that are destroyed in highly processed and cooked foods. This plant enzyme blend promotes the breakdown of protein, carbohydrates and fat.[†]

2 capsules, 1-3 times daily, with or between meals, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Bromelain (from pineapple stem) (2,400 GDU/gram)	240 mg
Papain (from papaya fruit) (800 TU/mg)	240 mg
Amylase (20,000 DU) [◊]	200 mg
Protease (60,000 HUT) [◊]	100 mg
Lipase (5,000 FIP) [◊]	100 mg
Rutin	120 mg
Other ingredients: vegetarian capsule (cellulose, water)	

[◊]FCC (food chemical codex) units

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles



A.I. Enzymes	Quantity	Order Code
	120	AIE1

A.I. Formula®

SUPPORTS HEALTHY CYTOKINE BALANCE, PROVIDING POTENTIAL SUPPORT FOR MUSCULOSKELETAL AND INTESTINAL COMFORT†

A.I. Formula® is a broad spectrum, synergistic combination of concentrated extracts which maintain healthy leukotriene, thromboxane, kinin and fibrin production.†

1 capsule, 1-2 times daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Quercetin	175 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	150 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	200 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Immune Support



A.I. Formula®	Quantity	Order Code
	360	AI3
	120	AI1

Acerola/Flavonoid

CORN-FREE, PLANT-BASED VITAMIN C AND BIOFLAVONOIDS; PROVIDES ANTIOXIDANT SUPPORT†

This corn-free vitamin C and bioflavonoid blend contains 32% vitamin C sourced from natural acerola extract combined with the bioflavonoids quercetin, naringin and rutin for antioxidant support. Vitamin C is an important dietary antioxidant that supports the immune system, in part by maintaining healthy mast cell function and lymphocyte formation. The bioflavonoids quercetin, rutin and naringin are powerful free radical scavengers that complement the roles of vitamin C.†

2 capsules, 1-4 times daily, with or between meals.

Two (size 00) vegetarian capsules contain:

Vitamin C (from 938 mg acerola (<i>Malpighia glabra</i>) extract (fruit))	300 mg
Quercetin	50 mg
Naringin	50 mg
Rutin	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Immune Support



Acerola/Flavonoid	Quantity	Order Code
	120	ACP31

Acetyl-L-Carnitine 250 mg

SUPPORTS COGNITIVE FUNCTION AND BRAIN HEALTH†

Acetyl-L-carnitine is the acetylated form of L-carnitine, and the two compounds share similar energy and metabolism promoting properties. Found naturally in the body, acetyl-L-carnitine supports the availability of acetyl-CoA, an important energy generating metabolite. In addition, it supports healthy mitochondrial function and cell membrane stability. A multicenter trial of 481 volunteers indicated memory, behavioral and emotional support with acetyl-L-carnitine supplementation. In an evaluation of 28 elderly individuals using acetyl-L-carnitine or placebo, the supplemented group experienced enhanced emotional well-being.†

1-4 capsules daily, between meals.

Each (size 1) vegetarian capsule contains:

Acetyl-L-carnitine HCl	250 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Memory & Mood



Acetyl-L-Carnitine 250 mg	Quantity	Order Code
	60	ALC26

Acetyl-L-Carnitine 500 mg

1 capsule, 1-2 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Acetyl-L-carnitine HCl	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Memory & Mood



Acetyl-L-Carnitine 500 mg	Quantity	Order Code
	60	ALC56

Adenosyl/Hydroxy B₁₂

PureGenomics® product line

BLEND OF UNMETHYLATED B₁₂ FORMS TO SUPPORT ENERGY METABOLISM AND NEUROLOGICAL HEALTH†

Hydroxycobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. It is similar to cyanocobalamin without the cyanide moiety. Adenosylcobalamin is an activated form similar to methylcobalamin. While methylcobalamin is found in the cytosol of cells and predominates in blood and other fluids, adenosylcobalamin is the major form of vitamin B₁₂ stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism for the enzyme methylmalonyl-CoA mutase used to produce succinyl-CoA. Optimal levels also support healthy synthesis of neuronal myelin.†

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin B₁₂ 2,000 mcg
(as adenosylcobalamin and 50% hydroxycobalamin)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Adenosyl/Hydroxy B ₁₂	Quantity	Order Code
	90	AHB9

Adenosyl/Hydroxy B₁₂ liquid

PureGenomics® product line

LIQUID BLEND OF UNMETHYLATED B₁₂ FORMS TO SUPPORT ENERGY METABOLISM AND NEUROLOGICAL HEALTH†

- Convenient liquid formula without flavorings or sweeteners

1 ml (1 full dropper), 1-3 times daily, with meals.

1 ml (0.03 fl oz) (1 full dropper) contains:

Vitamin B₁₂ 1,000 mcg
(formulated as adenosylcobalamin and 50% hydroxycobalamin)

Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate

Multivitamins, Vitamins & Minerals



Adenosyl/Hydroxy B ₁₂ liquid	Quantity	Order Code
	30 ml (1 fl oz)	AHBL

AdipoLean II

PureLean® product line

PROMOTES ADIPONECTIN EXPRESSION TO SUPPORT NUTRIENT UTILIZATION AND HEALTHY WEIGHT MANAGEMENT††

AdipoLean II offers a combination of the clinically researched LOWAT® blend of Ayurvedic herbal extracts combined with Oligonol®, a lychee and green tea complex containing low molecular weight polyphenols for enhanced efficacy. Research indicates that both LOWAT® and Oligonol® help maintain healthy adiponectin expression, offering support for healthy insulin function, glucose uptake and fat utilization. LOWAT® (LI10903F) is a proprietary blend of Piper betle leaf extract and Dolichos biflorus seed extract combined in a specific ratio. Both herbs have been traditionally used to support healthy glucose metabolism and lipid metabolism. In vitro and animal research determined that this combination and ratio provided maximal efficacy. Research indicates that LOWAT® targets fat breakdown and helps maintain healthy weight management†, at least in part due to boosting adiponectin and moderating ghrelin production. In an eight-week, randomized, double-blind, placebo-controlled trial involving 50 overweight subjects following a standard 2,000-calorie-per-day diet, supplementation with 300 mg of the LOWAT® blend three times daily promoted healthy lean mass ratio and an average weight loss of 9.4 pounds, compared to 3.9 pounds in the placebo group (p=0.00005). Supplementation also resulted in an increase in serum adiponectin levels by 15.35% (p=0.0076) and a decrease in serum ghrelin levels by 20.85% (p=0.0066). Ghrelin is a peptide hormone associated with appetite. The mechanisms of action for Oligonol® include support for healthy insulin function, adiponectin synthesis and lipolysis. In a double-blind, placebo-controlled study involving 19 individuals, Oligonol® supported healthy visceral fat composition.†

1 capsule, 3 times daily, 30 minutes before meals.

Each (size 1) vegetarian capsule contains:

LOWAT® proprietary blend of catjang cowpea (*Dolichos biflorus*) 300 mg extract (seed) and betel (*Piper betle*) extract (leaf)

Oligonol® proprietary blend of lychee (*Litchi chinensis*) 17 mg extract (fruit) and green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 10% total monomeric phenols)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

LOWAT® is exclusively distributed by Lonza or its affiliates.

Oligonol® is a registered trademark of the Amino Up Chemical Company, Sapporo, Japan.

Cardiometabolic Health & Metabolism



AdipoLean II	Quantity	Order Code
	90	ADL9

ADR Formula®

COMPREHENSIVE ADRENAL SUPPORT FORMULA†

This formula combines whole adrenal and adrenal cortex herbal extracts. Whole adrenal and adrenal cortex are included for their potential to nutritionally support the adrenal gland. *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, are used primarily as adaptogens, supporting overall health by a wide range of physical, chemical, and biochemical factors. The ingredients in this formula support the production of certain adrenal hormones and maintain a healthy immune response.‡

1 capsule daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Asian ginseng (<i>Panax ginseng</i>) extract (root) (standardized to contain 5% total ginsenosides)	200 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Licorice (<i>Glycyrrhiza glabra</i>) extract (root) (standardized to contain 20% glycyrrhizic acid)	100 mg
Whole adrenal (bovine)	150 mg
Adrenal cortex (bovine)	75 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Energy & Fitness



ADR Formula®	Quantity	Order Code
	120	AD1
	60	AD6

Adrenal

NUTRITIONAL SUPPORT FOR HEALTHY ADRENAL FUNCTION†

This formula offers a blend of whole adrenal and adrenal cortex. Whole adrenal and adrenal cortex are included for their potential to nutritionally support the adrenal gland.‡

2 capsules, 1-2 times daily, between meals.

Two (size 3) vegetarian capsules contain:

Whole adrenal (bovine)	300 mg
Adrenal cortex (bovine)	160 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Energy & Fitness



Adrenal	Quantity	Order Code
	60	AR6

See also
Phyto-ADR

»page 140

Aller-Essentials

SUPPORTS HEALTHY IMMUNE RESPONSE TO ENVIRONMENTAL FACTORS†

Aller-Essentials contains a blend of nutrients and herbal extracts designed to maintain healthy seasonal immune function. EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune enhancing bioactive metabolites designed to support both innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and salivary IgA levels. In a double-blind, placebo-controlled trial involving 96 subjects, EpiCor® supported nasal comfort during a 12-week period in the spring. Additionally, it supported salivary IgA levels, an important first-line defense produced by the mucosal tissue. In a randomized double-blind trial involving 75 individuals, *Tinospora cordifolia* provided significant support for a healthy immune response by maintaining normal nasal function as well as healthy neutrophil and eosinophil activity. A randomized double-blind, placebo-controlled trial involving apple polyphenols reveals support for maintaining a healthy nasal lining and nasal function. Quercetin, hesperidin and vitamin C provide additional support for stabilizing mast cells.‡

2 capsules, 1-2 times daily, with or between meals, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Indian tinospora (<i>Tinospora cordifolia</i>) extract (aerial parts)	450 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i>)	250 mg
Quercetin	125 mg
Hesperidin methyl chalcone	100 mg
Apple (<i>Malus pumila</i>) extract (whole fruit) (standardized to contain 75% polyphenols)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), maltodextrin, ascorbyl palmitate	

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

Immune Support



Aller-Essentials	Quantity	Order Code
	120	ALE21
	60	ALE26

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Alpha Lipoic Acid 100 mg

WATER AND LIPID SOLUBLE ANTIOXIDANT; SUPPORTS HEALTHY GLUCOSE METABOLISM AND NERVE HEALTH[†]

Alpha lipoic acid is both water and fat soluble which allows it to function in almost any part of the body as an antioxidant. A key component of the metabolic process, alpha lipoic acid produces energy in muscles and directs calories into energy production. In addition, it helps maintain healthy glucose metabolism, supports the nervous system and provides nutritional support for healthy liver function. In one study, alpha lipoic acid decreased serum lactate and pyruvate and promoted healthy glucose metabolism in lean and overweight individuals. Alpha lipoic acid supported nerve health in subjects who participated in a randomized, double-blind, placebo-controlled, multicenter trial. The ability of alpha lipoic acid to modulate nitric oxide metabolite activity and to promote healthy microcirculation accounted for its ability to promote nerve cell health in two separate studies.[†]

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Each (size 0) vegetarian capsule contains:

Alpha lipoic acid (thioctic acid) 100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Cardiometabolic Health & Metabolism



Alpha Lipoic Acid 100 mg	Quantity	Order Code
	120	AL11
	60	AL16

Alpha Lipoic Acid 200 mg

1 capsule, 1-4 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Alpha lipoic acid (thioctic acid) 200 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Cardiometabolic Health & Metabolism



Alpha Lipoic Acid 200 mg	Quantity	Order Code
	120	AL21
	60	AL26

Alpha Lipoic Acid 400 mg

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Alpha lipoic acid (thioctic acid) 400 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Cardiometabolic Health & Metabolism



Alpha Lipoic Acid 400 mg	Quantity	Order Code
	120	AL41
	60	AL46

Alpha Lipoic Acid 600 mg

1 capsule, 1-2 times daily, with meals.

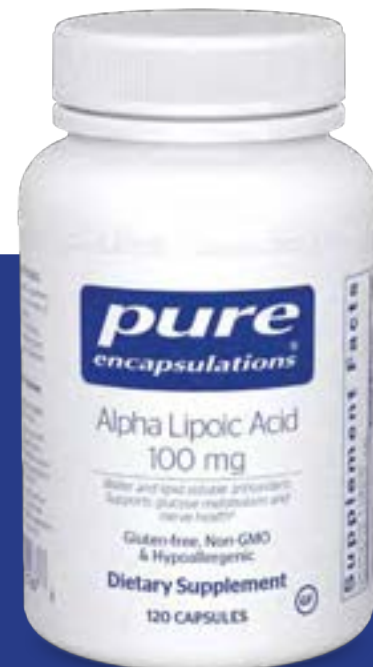
Each (size 00) vegetarian capsule contains:

Alpha lipoic acid (thioctic acid) 600 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Cardiometabolic Health & Metabolism



Alpha Lipoic Acid 600 mg	Quantity	Order Code
	120	AL61
	60	AL66



Alpha Lipoic Acid with GlucoPhenol®

SCIENCE-BASED APPROACH TO SUPPORT
GLUCOSE METABOLISM†

- Delivers 200 mg alpha lipoic acid per serving for metabolic support and cardioprotection†
- Provides GlucoPhenol®, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)
- In a 6-week randomized, double-blind, placebo-controlled clinical trial, subjects receiving 300 mg polyphenols from GlucoPhenol® per day exhibited a 14% improvement over baseline in glucose homeostasis. In vitro research suggests Orleans strawberry extract directly supports glucose disposal into skeletal muscle cells.†
- Supports healthy glucose and fat metabolism by targeting cellular receptors and cellular mediators†
- Supports overall cardiometabolic health by modulating NF-κB and maintaining vascular health†

1 capsule, 1-4 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol® proprietary blend providing 25 mg of polyphenols from Orléans strawberry (<i>Fragaria x ananassa</i>) extract (fruit) and cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit)	138 mg

Other ingredients: vegetarian capsule (cellulose, water), rice maltodextrin, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silicon dioxide

GlucoPhenol® is a registered trademark used under license by Pure Encapsulations®.

Cardiometabolic Health & Metabolism



Alpha Lipoic Acid with GlucoPhenol®	Quantity	Order Code
	120	AGP1

Amino-NR

NATURAL RATIO AMINO ACID COMPLEX; SUPPORT FOR
DAILY WELLNESS AND ATHLETIC ACTIVITY†

This formula is based on the ratios of amino acids found naturally in high biological value (BV) protein sources. Amino acids provide important support for athletic training, as supplementation promotes recovery, protects DNA from oxidation, lessens occasional muscle soreness and fatigue, enhances muscle performance, and enhances the body's oxygen carrying capacity. From trained athletes to the elderly, amino acids also play an important role in immune health, primarily attributed to support for healthy glutamine and glutathione levels. Alpha lipoic acid and alpha ketoglutarate provide additional support for mitochondrial function and energy. Vitamin B₆ acts as a cofactor for healthy amino acid and energy metabolism.†

3 capsules, 1-2 times daily, between meals.

Three (size 00) vegetarian capsules contain:

Calories	10
Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	3.3 mg
Alpha ketoglutarate	100 mg
Alpha lipoic acid	50 mg
L-Histidine (free-form)	77 mg
L-Isoleucine (free-form)	117 mg
L-Leucine (free-form)	207 mg
L-Lysine HCl monohydrate (free-form)	225 mg
L-Methionine (free-form)	158 mg
L-Phenylalanine (free-form)	86 mg
L-Threonine (free-form)	104 mg
L-Valine (free-form)	113 mg
L-Alanine (free-form)	41 mg
L-Arginine HCl (free form)	68 mg
L-Glutamine (free-form)	338 mg
Glycine (free-form)	68 mg
L-Proline (free-form)	135 mg
L-Serine (free-form)	68 mg
L-Tyrosine (free-form)	36 mg
L-Tryptophan (free-form)	33 mg
Taurine (free-form)	23 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

AjiPure® is a registered trademark of AJINOMOTO® CO., INC. /

TryptoPure® is a registered trademark of AJINOMOTO® CO., INC.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Energy & Fitness



Amino-NR	Quantity	Order Code
	180	ANR31

Amino Replete

Without fructose

FREE-FORM AMINO ACID POWDER; SUPPORT FOR DAILY WELLNESS AND ATHLETIC ACTIVITY[†]

- Offers a comprehensive blend of free-form amino acids, provided in the ratios found naturally in high biological value (BV) protein sources
- Maintains daily wellness with amino acid building blocks to support protein synthesis[†]
- Supports athletic training, including muscle performance, energy production and recovery[†]
- Enhances healthy neurotransmitter synthesis with amino acid precursors to support cognitive function and positive mood[†]
- Promotes immune function, in part by supporting healthy glutamine and glutathione levels[†]

1 scoop daily, mixed with 8 oz of water or juice, between meals, or as directed by a health professional.

**Serving size: 1 scoop (1 teaspoon, approximately 4 g)
Servings per container: approximately 60**

Each scoop contains:

Calories	15
Total carbohydrate	<1 g
Vitamin B ₆ (as pyridoxal 5' phosphate)	2 mg
L-Histidine (from L-histidine HCl)	80 mg
L-Isoleucine (free-form)	200 mg
L-Leucine (free-form)	345 mg
L-Lysine (from L-lysine HCl)	250 mg
L-Methionine (free-form)	200 mg
L-Phenylalanine (free-form)	175 mg
L-Threonine (free-form)	160 mg
L-Valine (free-form)	300 mg
L-Alanine (free-form)	185 mg
L-Arginine HCl (free-form)	250 mg
L-Glutamine (free-form)	439 mg
Glycine (free-form)	102 mg
L-Serine (free-form)	88 mg
L-Tyrosine (free-form)	169 mg
L-Tryptophan (free-form)	60 mg

Other ingredients: natural vanilla, strawberry, and lemonade flavors with other natural flavors, citric acid, malic acid, purified stevia leaf extracts

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Energy & Fitness



Amino Replete	Quantity	Order Code
	8.5 oz (222 g)	AMR2

AntiOxidant Formula

BROAD-SPECTRUM ANTIOXIDANT SUPPORT[†]

Free radicals are atoms, ions, or molecules with one or more unpaired electrons that bind to and destroy cellular compounds. Dietary antioxidants disarm free radicals through a number of different mechanisms. Foremost, they bind to the free electrons, 'pairing up' with them, creating an innocuous cellular compound that the body can eliminate as waste. The antioxidants in this formula also support the body's natural defense mechanisms against free radicals: the enzymes superoxide dismutase, catalase, and glutathione peroxidase. Recent research points to the fact that a synergistic combination of antioxidants is more effective than the total effect of each antioxidant taken alone.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Vitamin A (as beta carotene)	3,000 mcg
Vitamin E (as d-alpha tocopherol succinate)	67 mg
Riboflavin (vitamin B ₂)	25 mg
Zinc (as zinc picolinate)	5 mg
Selenium (as selenomethionine)	100 mcg
N-Acetyl-L-cysteine (NAC) (free-form)	100 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	100 mg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



AntiOxidant Formula	Quantity	Order Code
	120	AO21



Arabinogalactan

PREBIOTIC FIBER FOR IMMUNE SUPPORT[†]

Arabinogalactan, or AG, is a fermentable prebiotic fiber found in high concentrations in North American larch trees. It is also the active constituent of echinacea. AG has potential to support immune cells involved with the body's first line of defense and to promote cytokine production, the communication and signaling pathway of immune cells. Research conducted at the University of Minnesota revealed that AG stimulated immune cells with a higher capacity than echinacea. In several university studies at major U.S. institutions, AG promoted immune cell function at a dose of 1.5 grams per day in humans. A randomized 4-week trial in healthy adults suggested that AG also potentiates the complement system, another mechanism of defense in the body. Animal and human studies also indicate that AG supports a healthy environment for the liver and colon. In the colon, AG enhances the growth of the friendly microflora lactobacillus and bifidobacteria.[†]

1 capsule, 3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Arabinogalactan 500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



Arabinogalactan	Quantity	Order Code
	180	ARA1
	90	ARA9

L-Arginine

SUPPORTS NITRIC OXIDE PRODUCTION AND HEALTHY BLOOD FLOW[†]

L-Arginine supports nitric oxide formation, important for healthy dilation of blood vessels, circulation, and blood flow. In trials, L-arginine has demonstrated the potential to support endothelial function in blood vessels, platelet function, exercise tolerance, and sexual function. Because of its effect on nitric oxide production, L-arginine is theoretically best avoided by individuals with migraines, depression, autoimmune disorders, and kidney or liver disease. L-Arginine is contraindicated for individuals with the herpes virus.[†]

2 capsules, 1-3 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Calories 5
L-Arginine HCl (free-form) 1,400 mg
Other ingredients: vegetarian capsule (cellulose, water)

Cardiometabolic Health & Metabolism



L-Arginine	Quantity	Order Code
	180	LAR1
	90	LAR9

Ascorbic Acid capsules

VITAMIN C SUPPORTS A WIDE RANGE OF PHYSIOLOGICAL FUNCTIONS, INCLUDING IMMUNE FUNCTION, ANTIOXIDANT DEFENSE AND VASCULAR INTEGRITY[†]

Vitamin C, one of the most well known sources of dietary antioxidants, offers a wide range of support for the human body. It is an antioxidant and free radical scavenger. It supports the body's defense system by promoting white blood cell function and activity, interferon levels, antibody responses, and secretion of thymic hormones. It is essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron and the formation of red blood cells and converts folic acid to active folinic acid. It maintains healthy mast cell function and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.[†]

1 capsule, 1-4 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid) 1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



Ascorbic Acid capsules	Quantity	Order Code
	250	A12
	90	A19

Ascorbic Acid powder

1 scoop daily, with a meal, or as directed by a health professional.

Serving size: 1 scoop (approximately 1.4 g)

Servings per container: approximately 162

Each scoop contains:

Vitamin C (as ascorbic acid) 1,400 mg

Immune Support



Ascorbic Acid powder	Quantity	Order Code
	8 oz (227 g)	AAP

Ascorbyl Palmitate

FAT-SOLUBLE VITAMIN C; ANTIOXIDANT SUPPORT[†]

Ascorbyl palmitate is a fat-soluble derivative of ascorbic acid. Unlike the water soluble form, ascorbyl palmitate is able to enter the lipid cell membrane. Vitamin C is a potent antioxidant and free radical scavenger. It supports immune cell activity. It is essential for the formation and maintenance of collagen. Vitamin C aids in the absorption of iron and the formation of red blood cells. It maintains healthy mast cell function and supports lymphocyte formation.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Vitamin C (from 450 mg ascorbyl palmitate)	190 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Ascorbyl Palmitate	Quantity	Order Code
	180	ASP1
	90	ASP9

Ashwagandha

SUPPORT FOR OCCASIONAL STRESS[†]

Ashwagandha, *Withania somnifera*, is an adaptogenic herb that belongs to the pepper family. It has an extensive, 4,000-year history of traditional use and is one of the most revered and widely used Ayurvedic herbs. Withanolides are key constituents of this herb and play an important role in ashwagandha's overall ability to promote physical and mental health. In animal studies, ashwagandha has been shown to support the activity of lymphocytes and macrophages, moderate occasional stress, enhance memory and cognitive function, provide neuroprotection by scavenging free radicals, and support thyroid function. A small human clinical trial demonstrated the ability of ashwagandha to support healthy glucose and lipid metabolism.[†]

1 capsule daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	500 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Energy & Fitness



Ashwagandha	Quantity	Order Code
	120	ASH1
	60	ASH6

Astaxanthin

STABLE, FAT-SOLUBLE ANTIOXIDANT; SKIN, JOINT AND EYE HEALTH[†]

Derived from *Haematococcus pluvialis* microalgae cultivated under pristine conditions, esterified astaxanthin is a stable, fat-soluble antioxidant from the carotenoid family. Astaxanthin protects the phospholipid membranes of cells from oxidative damage. In a recent U.S. study, it demonstrated the ability to cross the blood-brain barrier and protect the retina in animals, suggesting its potential for supporting the brain and nervous system from free radical damage. Initial trials with astaxanthin suggest that it may support the skin's natural antioxidant defenses against free radicals induced by sun exposure. In a human clinical evaluation, supplementation with astaxanthin provided enhanced antioxidant protection for the skin. Additional studies suggest astaxanthin's immune, cellular and cardiovascular support potential.[†]

1 capsule, 1-3 times daily, with meals.

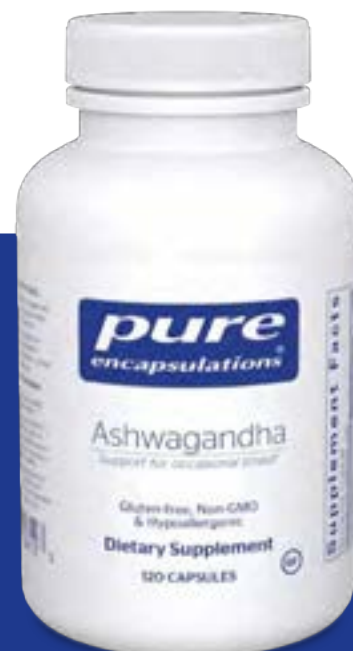
Each (size 7.5) softgel capsule contains:

Astaxanthin (from <i>Haematococcus pluvialis</i> microalgae)	4 mg
Other ingredients: extra virgin olive oil, gelatin capsule (gelatin, glycerin, water)	

Vision



Astaxanthin	Quantity	Order Code
	120	AST1
	60	AST6



Athletic Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX FOR EXERCISE PERFORMANCE AND TRAINING[†]

Indications:

- Support for athletic training and physical performance[†]
- Promotes energy, stamina and helps lessen muscle fatigue[†]

Vitamin/Mineral Distinctions:

- Potassium phosphate combined with calcium and magnesium for healthy muscle function[†]
- Copper, manganese, selenium and zinc for healthy tendons, ligaments and joints[†]

Special Features:

EnergizeATP Factors[†]

- Supports stamina and buffers lactic acid with highly pure creatine monohydrate; research indicates the potential to increase optimal work output in activities such as weight-lifting and sprinting.[†]

MuscleRestore Complex[†]

- Supports muscle recovery and comfort with NAC, alpha lipoic acid and l-carnosine.[†]

PowerProtect Antioxidants[†]

- In a randomized, double-blind, placebo-controlled trial, 400 mg PowerGrape[®] promoted plasma antioxidant capacity during competition and supported performance in athletes. Protects muscles from oxidative stress with green tea and super fruit polyphenols.[†]

2 capsules, twice daily, with meals, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,000 mcg
Vitamin C (as ascorbic acid)	83 mg
Vitamin D (as cholecalciferol) (D ₃)	8.3 mcg (333 IU)
Vitamin E (as d-alpha tocopherol succinate)	22 mg
Vitamin K (as vitamin K ₁)	33 mcg
Thiamin (as thiamin HCl) (B ₁)	8 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	11.1 mg
Niacin (as niacin and 67% niacinamide)	25 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	6.65 mg
Folate (as Metafolin [®] , L-5-MTHF)	222 mcg DFE (133 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	333 mcg
Biotin	266 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	16.5 mg
Choline (as choline bitartrate)	6.6 mg
Calcium (as calcium citrate)	66.5 mg
Iodine (as potassium iodide)	66.5 mcg
Magnesium (as magnesium citrate)	66.5 mg
Zinc (as zinc citrate)	5 mg
Selenium (as selenomethionine)	66.5 mcg
Copper (as copper glycinate)	650 mcg
Manganese (as manganese citrate)	650 mcg
Chromium (as chromium polynicotinate)	66.5 mcg
Potassium (as potassium phosphate)	33 mg

Boron (as boron glycinate)	650 mcg
Vanadium (as bis-glycinato oxo vanadium)	33 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	192 mcg
Inositol	16.5 mg
EnergizeATP Factors[†]	
Creatine monohydrate	250 mg
Coenzyme Q ₁₀	16.5 mg
Alpha ketoglutarate	16.5 mg
MuscleRestore Complex[†]	
N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	33 mg
L-Carnosine	16.5 mg
PowerProtect Antioxidants[†]	
PowerGrape [®] grape (<i>Vitis vinifera</i>) extract (whole fruit)	66.5 mg
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	20 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

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

PowerGrape[®] is a registered trademark of Naturex.

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Athletic Nutrients	Quantity	Order Code
	180	ATN21



Athletic Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

Indications:

- Supports energy, muscle recovery and immune function for healthy athletic activity[†]

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Vitamin C to support nitric oxide activity and immune function[†]
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate for healthy red blood cell function[†]
- Trace minerals, including manganese and copper, for healthy connective tissue integrity[†]

Special Features:

- Omega-3 fatty acids to support healthy cytokine balance[†]
- 1,200 mg BCAA, 375 mg creatine monohydrate, 145 mg CoQ₁₀ and 50 mg alpha lipoic acid to support metabolic acid buffering, ATP synthesis, and muscular adaptations to resistance and endurance training[†]
- Grape seed and superfruits help to moderate oxidative stress during training[†]
- 850 mg l-glutamine for healthy muscle preservation and immune function[†]
- Convenient, once-daily packet

Each Packet Contains:

Athletic Nutrients 3 vegetarian capsules »See page 35

- Multivitamin/mineral complex for exercise performance and training[†]

EPA/DHA essentials 1 softgel capsule »See page 77

Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support[†]

BCAA capsules 2 vegetarian capsules »See page 40

- Branched chain amino acids to support lean muscle mass and exercise recovery[†]

Ascorbic Acid capsules 1 vegetarian capsule »See page 33

- Potent antioxidant providing optimal nutritional support to all physiological functions[†]

CoQ₁₀ 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ₁₀

l-Glutamine 1 vegetarian capsule »See page 88

- Muscle mass and gastrointestinal tract support[†]

Take 1 packet daily (9 capsules), with a meal.

Nine capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,500 mcg
Vitamin C (as ascorbic acid)	1,125 mg
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	16.7 mg
Niacin (as niacin and 67% niacinamide)	38 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	10 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium phosphate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	289 mcg
Inositol	25 mg
Creatine monohydrate	375 mg
Coenzyme Q ₁₀	145 mg
Alpha ketoglutarate	25 mg
N-Acetyl-l-cysteine (free-form)	75 mg
Alpha lipoic acid (thioctic acid)	50 mg
l-Carnosine	25 mg
l-Glutamine (free-form)	850 mg
Branched chain amino acids	1,200 mg
Providing:	
l-Leucine (free-form)	600 mg
l-Isoleucine (free-form)	300 mg
l-Valine (free-form)	300 mg

PowerGrape® grape (<i>Vitis vinifera</i>) extract (whole fruit)	100 mg
Superfruit antioxidant blend (from açai berry, pomegranate fruit, acerola fruit, and quercetin)	30 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated) (standardized to contain 70% epigallocatechin gallate (EGCG))	25 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

PowerGrape® is a registered trademark of Naturex.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Athletic Pure Pack	Quantity	Order Code
	30 packets	APP3B3

B-Complex liquid

CONVENIENT LIQUID DELIVERY FORM; SUPPORTS ENERGY METABOLISM AND NERVOUS SYSTEM FUNCTION†

As a complex, the B vitamin group is essential for the proper functioning of the nervous system and are perhaps the most important nutritional factor for healthy nerve cells. The B vitamins also play a role in the conversion of carbohydrates into energy and in the metabolism of fats and protein. The B vitamins support the integrity of the skin, hair and liver. This balanced combination of functionally interrelated B vitamins provides wide ranging benefits, yet is specifically supportive of the nervous system.†

1 teaspoon (5 ml) daily, with a meal. Shake well before use.

Serving size: 5 ml (0.17 fl oz) (1 teaspoon)

Servings per container: 28

5 ml (0.17 fl oz) (1 teaspoon) contain:

Thiamin (as thiamin HCl) (B ₁)	3.5 mg
Riboflavin (as riboflavin 5' phosphate) (activated B ₂)	3 mg
Niacin (formulated with niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl)	4 mg
Vitamin B ₁₂ (formulated with methylcobalamin)	500 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg

Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, natural lemonade and orange flavors, citric acid, xanthan gum, potassium sorbate, purified stevia leaf extract

Multivitamins, Vitamins & Minerals



B-Complex liquid	Quantity	Order Code
	140 ml (4.73 fl oz)	BCL1



B-Complex Plus

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT†

This balanced combination of functionally interrelated B vitamins provides wide ranging benefits, including methylation, nerve and energy support.†

- Universally supportive, comprehensive B-complex†
- Methylated folate (400 mcg)
- Methylated vitamin B₁₂ (400 mcg)
- Energy synthesis†

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	100 mg
Riboflavin (as vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	16.7 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B ₁₂ (as methylcobalamin)	400 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Multivitamins, Vitamins & Minerals



B-Complex Plus	Quantity	Order Code
	120	BCP1
	60	BCP6

See also

PureGenomics® B-Complex
Ultra B-Complex w/PQQ

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»page 187

B₆ Complex

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT WITH ENHANCED VITAMIN B₆†

B₆ Complex offers the wide ranging support of B-Complex Plus with additional vitamin B₆. Vitamin B₆ is important in amino acid metabolism, hemoglobin formation, nerve impulse transmissions, and hormone synthesis.†

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	100 mg
Riboflavin (as vitamin B ₂ and 67% riboflavin 5' phosphate (activated B ₂))	15 mg
Niacin (as niacinamide and 9% inositol hexaniacinate (no-flush niacin))	110 mg
Vitamin B ₆ (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B ₆))	200 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B ₁₂ (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Choline (as choline bitartrate)	12 mg
Inositol	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Multivitamins, Vitamins & Minerals



B ₆ Complex	Quantity	Order Code
	120	B6C21
	60	B6C26



B₁₂ 5,000 liquid

FORMULATED WITH METHYLCOBALAMIN; SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH[†]

Research indicates that methylcobalamin, the active form of vitamin B₁₂, supports neurological function and nerve cell health. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function, as well as memory and emotional well-being. Vitamin B₁₂ is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism.[†]

1 ml (one full dropper), with a meal, or as directed by a health professional.

Serving size: 1 ml (0.03 fl oz) (one full dropper)
Servings per container: 30

1 ml (0.03 fl oz) (one full dropper) contains:

Vitamin B₁₂ 5,000 mcg

Other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, citric acid, potassium sorbate, purified stevia leaf extract

Multivitamins, Vitamins & Minerals



B ₁₂ 5,000 liquid	Quantity	Order Code
	30 ml (1 fl oz)	B125L

See also

Methylcobalamin 1,000 mcg

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B₁₂ Folate

With Metafolin® L-5-MTHF

SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH[†]

Vitamin B₁₂ and folate are interrelated in function. Folate is provided in this formula as Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate. The B₁₂ in this formula is provided as methylcobalamin, an active form of the vitamin.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Folate (as Metafolin®, L-5-MTHF) 1,333 mcg DFE (800 mcg L-5-MTHF)

Vitamin B₁₂ (as methylcobalamin) 800 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

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

Multivitamins, Vitamins & Minerals



B ₁₂ Folate	Quantity	Order Code
	60	B12

See also

PureMelt B₁₂ Folate

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B₁₂ liquid

CONVENIENT LIQUID DELIVERY FORM; FORMULATED WITH METHYLCOBALAMIN; SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH[†]

Methylcobalamin, the active form of vitamin B₁₂, supports neurological function and nerve cell health. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function as well as memory and emotional well-being. Vitamin B₁₂ is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism.[†]

1 dropper, 1-3 times daily, with meals, or as directed by a health professional. Shake well before use.

Serving size: 1 ml (0.03 fl oz) (one full dropper)
Servings per container: 30

1 ml (0.03 fl oz) (one full dropper) contains:

Vitamin B₁₂ 1,000 mcg

Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate, stevia leaf extract

Multivitamins, Vitamins & Minerals



B ₁₂ liquid	Quantity	Order Code
	30 ml (1 fl oz)	B12L



Bacopa monnieri

TRADITIONAL SUPPORT FOR MENTAL CLARITY AND RELAXATION[†]

Ayurvedic medicine has utilized *Bacopa monnieri* traditionally for centuries to support the nervous system, cognitive capacity, and memory. Over the last thirty years, preliminary clinical trials have suggested encouraging results. A three-month trial conducted by Australian scientists suggests that bacopa may support learning, moderate stress, and support memory. An animal study suggests the potential for bacopa to support mental function under stress. In a double-blind, randomized, placebo-controlled investigation, bacopa supported memory retention in adult subjects. The effects of this extract may, in part, be explained by antioxidant protection of important processing centers in the brain, including the frontal cortex, striatum and hippocampus. Bacopa may also help to promote healthy synaptic activity and neurotransmission in the brain.[†]

1 capsule, 1-3 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Bacopa (*Bacopa monnieri*) extract (aerial parts) 200 mg
(standardized to contain 20% bacosides)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Memory & Mood    

Bacopa monnieri	Quantity	Order Code
	180	BA1

Balanced Immune

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA[†]

SUPPORTS HEALTHY CELLULAR IMMUNE RESPONSE AND CYTOKINE PRODUCTION[†]

- Supports immune balance and tissue integrity, in part by targeting the NLRPs (NOD-like receptor proteins) and NF-κB pathways to modulate cytokine production; NLRPs act as intracellular sensors to oxidative and environmental stressors[†]
- Promotes numerous enzyme and gene transcription pathways including SIRT1 and Nrf2[†]
- Promotes the health of joint, G.I. and thyroid tissue that is influenced by immunological factors[†]

Balanced Immune is designed to support immune balance and tissue integrity, in part by targeting the NLRP and NF-κB pathways to modulate cytokine production. NLRP (NOD-like receptor proteins) act as intracellular sensors to oxidative and environmental stressors. Research suggests curcumin and vitamin D support healthy cellular response, in part by modulating this pathway. The formula also promotes numerous enzyme and gene transcription pathways targeting nutrient metabolism in the liver, detoxification, and cellular protection against oxidative stress. Black ginger and resveratrol promote healthy SIRT1 protein levels. SIRT1 supports cellular homeostasis, plays an important role in insulin secretion and glucose homeostasis, and affects glucose and lipid metabolism in the liver. In a double-blind, placebo-controlled, crossover study, 100 mg of Sirtmax® black ginger extract for seven weeks supported healthy glucose metabolism and weight management[†], while

in vitro studies on its active constituents suggest a five-fold increase in SIRT1 activity compared to resveratrol. Sulforaphane and resveratrol support the activity of Nrf2, a transcription factor that supports cellular function by promoting cellular detoxification and protection against oxidative stress.[†]

1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Meriva® turmeric phytosome (<i>Curcuma longa</i> extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	200 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain 600 mcg sulforaphane)	150 mg
Trans-resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root))	100 mg
Sirtmax® black ginger (<i>Kaempferia parviflora</i>) extract (root)	50 mg
Quercetin	60 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

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

Immune Support   

Balanced Immune	Quantity	Order Code
	60	BIM6

BCAA capsules

SUPPORTS LEAN MUSCLE MASS AND EXERCISE RECOVERY[†]

- Provides the only amino acids to be delivered directly to skeletal muscle for direct protein synthesis and repair[†]
- Has a sparing effect on muscle glycogen and muscle protein during prolonged bouts of exercise; decreases lactate production[†]
- Moderates the progression of central nervous system fatigue during exertion, supporting mental performance[†]

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Branched chain amino acids (free-form)	1,200 mg
Providing:	
I-Leucine	600 mg
I-Isoleucine	300 mg
I-Valine	300 mg

Other ingredients: vegetarian capsule (cellulose, water)

Energy & Fitness    

BCAA capsules	Quantity	Order Code
	250	BCA2
	90	BCA9

BCAA powder

1 scoop daily, mixed with 10 oz of water or juice.

Serving size: 3.3 g

Servings per container: 68

One rounded scoop (approximately 3.3 g) contains:

Branched chain amino acids (free-form)	3,000 mg
Providing:	
I-Leucine (free form)	1,500 mg
I-Isoleucine (free form)	750 mg
I-Valine (free form)	750 mg

Energy & Fitness    

BCAA powder	Quantity	Order Code
	8 oz (227 g)	BCAP

BenfoMax

FAT-SOLUBLE VITAMIN B₁ (THIAMIN); MAINTAINS HEALTHY ADVANCED GLYCATION END (AGE) PRODUCT ACTIVITY[†]

- Maintains healthy advanced glycation end (AGE) product activity and glucose metabolism[†]
- Supports optimal thiamine pyrophosphate activity with the lipid-soluble, enhanced-retention thiamin derivative benfotiamine[†]
- Promotes healthy transketolase activity, an important enzyme in glucose metabolism, to protect vascular tissues through three biochemical pathways[†]
- Promotes vascular, retinal, kidney and neuronal health[†]
- In a randomized crossover trial, benfotiamine supported healthy flow-mediated dilation and endothelial function in response to a heat-treated meal[†]
- In another randomized controlled study, benfotiamine supported healthy nerve conduction velocity and nerve comfort[†]
- Research suggests that benfotiamine may maintain healthy renal glomeruli and retinal function, as well as moderate protein kinase C enzyme activity, AGE production and protein glycation[†]
- Maintains healthy activity of the genomic regulator NF-κB to support cytokine balance[†]

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

BenfoPure[®] benfotiamine 200 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

BenfoPure[®] is a registered trademark of Hamari Chemicals USA, Inc.

Cardiometabolic Health & Metabolism    

BenfoMax	Quantity	Order Code
	90	BFM9

Best-Rest Formula

PROMOTES THE ONSET OF SLEEP AS WELL AS SLEEP QUALITY[†]

This blend provides support for occasional sleeplessness. It contains the time-tested support of valerian, passion flower, chamomile, lemon balm and hops, which act to calm and relax the central nervous system. Double-blind trials involving valerian, valerian/lemon balm combinations and valerian/hops combinations have indicated the potential to support the onset of sleep as well as healthy sleep quality. Melatonin also facilitates the onset of sleep and sleep efficiency. GABA and L-theanine are included for their ability to promote alpha wave production in the brain, an indication of relaxation.[†]

2 capsules, 30-60 minutes before bedtime.

Two (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	3.3 mg
Melatonin	1 mg
GABA (gamma-aminobutyric acid)	300 mg
L-Theanine	50 mg
Valerian (<i>Valeriana officinalis</i>) extract (root) (standardized to contain 0.8% valerenic acids)	400 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	150 mg
Hops (<i>Humulus lupulus</i>) extract (aerial parts)	150 mg
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts) (standardized to contain 3.5% vitexins)	100 mg
Chamomile (<i>Matricaria recutita</i>) extract (flower)	100 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep    

Best-Rest Formula	Quantity	Order Code
	120	BRF1
	60	BRF6

See also
Melatonin

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[†]Dr. Yanuck is a retained advisor to Pure Encapsulations.

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Beta Carotene (with mixed carotenoids)

FROM NATURAL D. SALINA; VITAMIN A PRECURSOR FOR ANTIOXIDANT SUPPORT[†]

Beta carotene is a precursor to vitamin A. It supports immune health, enhances visual acuity, and quenches free radicals. Beta carotene's antioxidant potential also supports healthy tissues and DNA integrity. As a precursor, the body converts beta carotene to vitamin A as needed.[†]

Beta carotene is one of the major dietary antioxidants, offering free radical scavenger activity and provitamin A activity.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) softgel capsule contains:

Vitamin A (as beta carotene) 7,500 mcg
(with alpha carotene, zeaxanthin and lutein)
(from D. salina, 100% natural)

Other ingredients: gelatin capsule (gelatin, glycerin, water, carob), sunflower oil, olive oil

Multivitamins, Vitamins & Minerals



Beta Carotene	Quantity	Order Code
	180	BE1
	90	BE9

See also

Vitamin A + Carotenoids

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Beta-sitosterol

PHYTOSTEROL COMPLEX FOR PROSTATE HEALTH AND URINARY FUNCTION[†]

Beta-sitosterol naturally occurs as part of a phytosterol complex and has the potential to support prostate health. In a 6-month randomized, double-blind, placebo-controlled, multicenter study with 200 male subjects, it was proposed that a mixed phytosterol complex providing beta-sitosterol supported healthy urinary flow. In an 18-month follow-up trial, beta-sitosterol maintained healthy urinary function. These results have been supported in other clinical trials as well.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Beta-sitosterol (from soy phytosterol complex) 60 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Contains soy

Men's Formulas



Beta-sitosterol	Quantity	Order Code
	270	BS2
	90	BS9

Betaine HCl Pepsin

PureGI™ product line

PROMOTES HEALTHY GASTRIC FUNCTION[†]

Betaine HCl and pepsin are gastric-juice components essential to the digestion of food and absorption of most nutrients. In particular, betaine HCl is necessary for adequate absorption of protein, calcium, vitamin B₁₂ and iron. The low pH of the stomach's hydrochloric acid destroys ingested bacteria and microorganisms. This formula can be beneficial for anyone seeking enhanced digestive function.[†]

1 capsule, 3 times daily, with each meal.

Each (size 0) vegetarian capsule contains:

Betaine HCl 520 mg

Pure pepsin (1:10,000 potency, lactose free) (porcine) 21 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.

Gastrointestinal



Betaine HCl Pepsin	Quantity	Order Code
	250	BP2

Bilberry 160 mg

SUPPORT FOR HEALTHY VISION AND VASCULAR FUNCTION[†]

Bilberry extract contains anthocyanidins with visual and vascular enhancing properties. Bilberry moderates visual fatigue and supports light to dark adjustment through its affinity for the rhodopsin-opsin system, the pigment system which mediates both light and dark vision and visual adaptation to dimly lit spaces. In addition, the extract also promotes the retina's own enzymatic antioxidant defenses. In the vascular system the anthocyanidin extract supports the integrity of vascular walls by increasing vitamin C levels within cells, decreasing the permeabilizing effect of certain proteolytic/lysosomal enzymes, stabilizing cell membranes, and stimulating the synthesis of collagen and connective ground substance tissue.[†]

1 capsule, 1-4 times daily, between meals.

Each (size 2) vegetarian capsule contains:

Bilberry (*Vaccinium myrtillus*) extract (fruit) 160 mg
(standardized to contain 25% anthocyanosides)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Vision



Bilberry 160 mg	Quantity	Order Code
	120	BB11

Biotin 8 mg

ESSENTIAL B VITAMIN

Biotin is a water-soluble B vitamin that is an essential co-factor for a number of metabolic carboxylation reactions involved in metabolism. Recent studies have expanded biotin's metabolic role, claiming that the vitamin maintains healthy genetic expression of the many enzymes for which it is a cofactor. Clinical studies have indicated that biotin may adjust the cellular arrangement of the nail bed, helping to reinforce the keratin structure, promote strength and thickness, and reduce splitting.[†]

1 capsule, 1-2 times daily, with a meal.

Each (size 3) vegetarian capsule contains:

Biotin 8,000 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals    

Biotin 8 mg	Quantity	Order Code
	120	BI1
	60	BI6

Black Cohosh 2.5

PureWoman™ product line

MENOPAUSAL SUPPORT AND COMFORT[†]

Black cohosh, *Cimicifuga racemosa*, is well known for promoting comfort during menopause. Black cohosh functions by maintaining healthy levels of luteinizing hormone (LH), allowing for optimal comfort and physical well being. The herb also exhibits mild estrogenic activity by binding to estrogen receptors. Black Cohosh 2.5 is standardized to contain 2.5% triterpene glycosides.[†]

1 capsule, 1-2 times daily, between meals.

Each (size 0) vegetarian capsule contains:

Black cohosh (*Cimicifuga racemosa*) extract (root) 250 mg

(standardized to provide 2.5% triterpene glycosides)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Women's Formulas    

Black Cohosh 2.5	Quantity	Order Code
	120	BLC1

Black Currant Seed Oil

CONTAINS 14% GLA FOR SKIN, MUSCULOSKELETAL HEALTH AND PROSTAGLANDIN PRODUCTION[†]

Black currant seed oil contains gamma linolenic acid (GLA), a fatty acid that has multiple physiological roles. Studies have shown that GLA promotes healthy prostaglandin E1 (PGE1) production. Researchers at the University of Massachusetts medical school reported that GLA helps support healthy cytokine activity, a mechanism that may help to support joint comfort. Furthermore, a randomized, double-blind, placebo-controlled trial reported statistically significant support of joint health in subjects supplementing with GLA. Another randomized, double-blind, placebo-controlled trial performed at the Jean Mayer USDA Human Nutrition Research Center on Aging reported that black currant seed oil supplementation provided immune support in elderly subjects. Black currant seed oil has also been shown to potentially support premenstrual comfort.[†]

2 softgel capsules, 1-2 times daily, with meals.

Two (size 10) softgel capsules contain:

Calories	10
Total fat	1 g
Vitamin E (as d-alpha-tocopherol)	13 mg
Black currant (<i>Ribes nigrum</i>) oil (seed)	1,000 mg
Providing:	
18:3 gamma linolenic acid (GLA)	140 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Bones, Joints & Muscles  

Black Currant Seed Oil	Quantity	Order Code
	250	BL2
	100	BL1

Borage Oil

CONTAINS 20% GLA; SUPPORTS JOINT, MUSCLE, SKIN AND REPRODUCTIVE HEALTH[†]

Borage Oil is cold-pressed, produced without the use of any solvents and contains 20% GLA, the highest GLA content of any plant source. Research indicates that borage oil supports healthy immune system function and joint comfort.[†]

1 softgel capsule, 1-4 times daily, with or between meals.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Vitamin E (as mixed tocopherols)	1 mg
Borage (<i>Borago officinalis</i>) oil (seed) (cold-pressed)	1,000 mg
(standardized to contain 20% gamma-linolenic acid (GLA))	
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Women's Formulas  

Borage Oil	Quantity	Order Code
	180	BOG1
	60	BOG6

Boron (glycinate)

SUPPORT FOR NUTRIENT UTILIZATION[†]

Boron supports calcium, phosphorous, and magnesium metabolism. Boron plays a role in the synthesis of estrogen, vitamin D, and other steroidal hormones and protects these hormones from rapid breakdown. In addition, boron strengthens the connective structure in bone matrix.[†]

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Boron (as boron glycinate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Boron (glycinate)	Quantity	Order Code
	60	BO6

Boswellia

HERBAL SUPPORT FOR MUSCULOSKELETAL, GASTROINTESTINAL AND CELLULAR HEALTH[†]

Boswellia serrata is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the active terpenoid constituents of boswellia, may maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism. In addition, boswellic acids may maintain healthy human leukocyte elastase enzyme activity. The combination of these two actions is believed to be unique to boswellia. As a result of its effect on 5-lipoxygenase, boswellia also plays a key role in supporting colon health.[†]

1 capsule, 3 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin)	400 mg
(standardized to contain 60% boswellic acids)	

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Not to be taken by pregnant or lactating women.

Immune Support



Boswellia	Quantity	Order Code
	120	BW31
	60	BW36

Boswellia AKBA

SUPPORT FOR MUSCULOSKELETAL, GASTROINTESTINAL AND IMMUNE HEALTH[†]

5-LOXIN[®] is a patent pending boswellia extract providing ten times as much AKBA as typical boswellia extracts. In studies, 5-LOXIN has demonstrated the potential to support joint motility and comfort, in part by promoting a healthy immune response. It may also play a role in maintaining healthy matrix metalloproteinase (MMP) activity, supporting connective tissue structural composition. Additionally, a randomized double-blind study involving 102 individuals revealed that AKBA supports gastrointestinal health. Further studies have indicated that AKBA may provide gastrointestinal support by maintaining healthy immune activity in the epithelial lining of the digestive tract. Moreover, studies suggest AKBA supports healthy cell signaling and cell cycle function for high capacity cellular support.[†]

1 capsule daily, with a meal.

Each (size 0) vegetarian capsule contains:

5-LOXIN [®] Boswellia serrata extract Indian Frankincense (<i>Boswellia serrata</i>) extract (gum resin)	100 mg
(standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

5-LOXIN[®] is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Not to be taken by pregnant or lactating women.

Immune Support



Boswellia AKBA	Quantity	Order Code
	120	BWA1
	60	BWA6

Bromelain 2400 500 mg

PROTEOLYTIC ENZYME FOR MUSCULOSKELETAL HEALTH AND DIGESTIVE SUPPORT[†]

Bromelain is a proteolytic enzyme from the stem of the pineapple plant. Taken with food, bromelain aids in the healthy functioning of the digestive system. Taken between meals, bromelain maintains healthy kinin and fibrin production, supporting healthy musculoskeletal function.[†]

1 capsule, 1-4 times daily, with or between meals, as indicated.

Each (size 00) vegetarian capsule contains:

Bromelain (from pineapple stem) (2,400 GDU/gram)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Immune Support



Bromelain 2400 500 mg	Quantity	Order Code
	180	BR51
	60	BR56

Buffered Ascorbic Acid capsules

VITAMIN C AS MINERAL ASCORBATES FOR SENSITIVE INDIVIDUALS

Buffered ascorbic acid combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate to create a neutral pH vitamin C. This special form of ascorbic acid lessens possible gastric irritation in sensitive individuals. Vitamin C offers a wide range of support for the human body. It is an antioxidant and free radical scavenger. It supports the body's defense system by promoting white blood cell function and activity, interferon levels, antibody responses, and secretion of thymic hormones. It is essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron and the formation of red blood cells and converts folic acid to active folinic acid. It maintains healthy mast cell function and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.[†]

1 capsule, 1-4 times daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Vitamin C (as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	670 mg
Calcium (as calcium ascorbate)	15 mg
Magnesium (as magnesium ascorbate)	37 mg
Potassium (as potassium ascorbate)	20 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



Buffered Ascorbic Acid capsules	Quantity	Order Code
	250	AB22
	90	AB29

Buffered Ascorbic Acid powder

1 rounded scoop (2.2 g) daily, or as directed by a health professional.

Serving size: 2.2 g (approximately 1 rounded scoop)

Servings per container: approximately 103

One rounded scoop (approximately 2.2 g) contains:

Vitamin C (as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	1,220 mg
Calcium (as calcium ascorbate)	100 mg
Magnesium (as magnesium ascorbate)	60 mg
Potassium (as potassium ascorbate)	20 mg

Immune Support



Buffered Ascorbic Acid powder	Quantity	Order Code
	8 oz (227 g)	ABP32

See also

[Acerola/Flavonoid Ascorbic Acid capsules](#)
[Ascorbic Acid powder](#)
[Essential-C & flavonoids](#)

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Cal/Mag 2:1 (malate)

CALCIUM AND MAGNESIUM MALATES IN A 2:1 RATIO; DUAL MINERAL SUPPORT FOR HEALTHY BONES; MAY REDUCE THE RISK OF OSTEOPOROSIS***†

Combines di-calcium malate and di-magnesium malate for the highest elemental calcium and magnesium per capsule. These minerals are chelated with the krebs cycle intermediate malate for optimal absorption.

3 capsules, 1-2 times daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Calcium (as DimaCal® di-calcium malate)	390 mg
Magnesium (as di-magnesium malate) (Albion®)	195 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal® and Albion® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Bones, Joints & Muscles    

Cal/Mag 2:1 (malate)	Quantity	Order Code
	180	CMM1

Cal/Mag w/Cofactors powder

SUPPORTS HEALTHY BONE MINERAL COMPOSITION; MAY REDUCE THE RISK OF OSTEOPOROSIS***†

Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health. Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. A trial involving 2,038 older individuals indicated that higher intakes of magnesium were positively associated with bone mineralization for certain individuals. Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining healthy calcium levels in the body and for healthy bone composition. A 7-year study involving 36,282 women indicated that combined supplementation of calcium and vitamin D promoted healthy hip bones. Boron supports calcium, phosphorous, magnesium and vitamin D metabolism and plays a role in reducing urinary calcium and magnesium excretion. In addition, it strengthens the connective structure in bone matrix. Silica is a component of connective tissue and studies have suggested that it supports bone and collagen formation. A cross-sectional study involving 2,847 people suggests that optimal silicon intake is positively related to bone mineral health, particularly for cortical bone. Research suggests xylitol may help facilitate intestinal absorption and retention of calcium, as well as promote healthy bone structure and strength.†

1 scoop daily, mixed with 8 oz water, or as directed by a health professional.

Serving size: 1 scoop (approximately 5.25 grams) (2 tsp)
Servings per container: approximately 60

One scoop (approximately 5.25 g) (2 tsp) contains:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Calcium (as calcium citrate)	500 mg
Magnesium (as magnesium citrate)	250 mg
Silica (from bamboo)	15 mg
Boron (as boron glycinate)	1 mg
Other ingredients: xylitol, natural lemon-lime flavor, luo han guo (Momordica grosvenorii) extract (fruit)	

Bones, Joints & Muscles   

Cal/Mag w/Cofactors powder	Quantity	Order Code
	11.1 oz (315 g)	CMF3

See also

+Cal+® With Ipriflavone
OsteoBalance†

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»page 134

Cal/Mag/D liquid

CALCIUM, MAGNESIUM, AND VITAMIN D IN A CONVENIENT LIQUID FORM; SUPPORTS HEALTHY BONE MINERAL COMPOSITION; MAY REDUCE THE RISK OF OSTEOPOROSIS***†

- Highly bioavailable mineral citrates
- 2:1 ratio of calcium to magnesium combined with vitamin D₃
- Great-tasting liquid formula

2 teaspoons daily, with a meal, or as directed by a health professional.

Serving size: two teaspoons (10 ml/0.33 fl oz)
Servings per container: 48

Two teaspoons (10 ml/0.33 fl oz) contain:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Calcium (as calcium citrate)	350 mg
Magnesium (as magnesium citrate)	175 mg
Other ingredients: purified water, xylitol, natural raspberry flavor, citric acid, medium chain triglycerides, xanthan gum, purified stevia leaf extract, potassium sorbate, rosemary leaf extract, natural mixed tocopherols	

Bones, Joints & Muscles   

Cal/Mag/D liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	CML

Calcium (citrate)

HIGHLY ABSORBABLE AND RESEARCHED CHELATE FOR BONE HEALTH[†]

2 capsules, 1-3 times daily, with or between meals.

Two (size 00) vegetarian capsules contain:

Calcium (as calcium citrate) 300 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Calcium (citrate)	Quantity	Order Code
	180	CC1

Calcium (MCHA)

SUPPORTS BONE MINERAL COMPOSITION[†]

Calcium microcrystalline hydroxyapatite is a calcium compound which contains minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans.

1 capsule daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Calcium (from microcrystalline hydroxyapatite) (bovine) 250 mg
Other ingredients: vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Calcium (MCHA)	Quantity	Order Code
	180	CH31

Calcium (MCHA) with Magnesium

HIGHLY ABSORBABLE FORM OF CALCIUM COMBINED WITH MAGNESIUM TO SUPPORT BONE MINERAL COMPOSITION[†]

Calcium microcrystalline hydroxyapatite contains a mixture of bone minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans. This formula provides a 2:1 ratio of calcium to magnesium.

1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Calcium (from microcrystalline hydroxyapatite) (bovine) 140 mg
Magnesium (as magnesium citrate) 70 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Calcium (MCHA) with Magnesium	Quantity	Order Code
	180	CHM1

Calcium K/D

HIGH ELEMENTAL CALCIUM PER CAPSULE WITH VITAMINS K AND D; SUPPORTS BONE AND CARDIOVASCULAR HEALTH; MAY REDUCE THE RISK OF OSTEOPOROSIS^{**†}

Calcium K/D combines di-calcium malate with vitamins D and K for optimal bone support and reduces the risk of osteoporosis^{**}. Di-calcium malate provides a high percentage of elemental calcium, fully chelated with the Krebs cycle intermediate malate for optimal absorption. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss. A 7-year study involving over 30,000 women indicates that combined calcium and vitamin D supplementation promotes healthy hip bones. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K₁ and K₂ may be especially important for optimal carboxylation in aging individuals. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity.[†]

2 capsules, 1-3 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D₃) 25 mcg (1,000 IU)
Vitamin K (as vitamin K₁) 100 mcg
Calcium (as DimaCal[®] di-calcium malate) 400 mg
Vitamin K₂ (menaquinone-7) 30 mcg
Other ingredients: vegetarian capsule (cellulose, water)

DimaCal[®] is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Bones, Joints & Muscles



Calcium K/D	Quantity	Order Code
	180	CKD1

Calcium Magnesium (citrate)

HIGHLY ABSORBABLE FORM OF CALCIUM COMBINED WITH MAGNESIUM TO SUPPORT BONE HEALTH[†]

3 capsules, 1-2 times daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Calcium (as calcium citrate) 240 mg
Magnesium (as magnesium citrate) 240 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Calcium Magnesium (citrate)	Quantity	Order Code
	180	CM1
	90	CM9

^{**}When providing adequate calcium throughout life as a part of a well balanced diet.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Calcium Magnesium (citrate/malate)

HIGHLY ABSORBABLE FORM OF CALCIUM COMBINED WITH MAGNESIUM TO SUPPORT HEALTHY BONES[†]

3 capsules, 1-2 times daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Calcium (as calcium citrate/malate)	225 mg
Magnesium (as magnesium citrate/malate)	225 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Calcium Magnesium (citrate/malate)	Quantity	Order Code
	180	CMC1

Calcium with Vitamin D₃

HIGHLY ABSORBABLE CALCIUM COMBINED WITH VITAMIN D₃ TO SUPPORT BONE AND COLON HEALTH; MAY REDUCE THE RISK OF OSTEOPOROSIS^{**†}

Several clinical trials reveal the positive effects of combined supplemental calcium and vitamin D for bone health. Vitamin D is important for its ability to promote intestinal calcium and phosphorous absorption, reduce urinary calcium loss and enhance healthy bone composition. In a large trial published in the New England Journal of Medicine involving over 3,000 women, supplementation with calcium and vitamin D daily for one and a half years supported bone composition of the femur. In another study, calcium and vitamin D supplementation promoted calcium utilization and maintained healthy bones in postmenopausal women. Calcium citrate malate combined with vitamin D moderated the rate of bone loss for a separate group of postmenopausal women, maintaining support for the spine. Calcium and vitamin D also play a role in supporting colon health.[†]

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Calcium (as calcium citrate/malate)	450 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles



Calcium with Vitamin D ₃	Quantity	Order Code
	180	CVD1

Calcium-D-Glucarate™

SUPPORTS DETOXIFICATION AND CELLULAR HEALTH[†]

Researchers at the University of Texas M.D. Anderson Cancer Center, Memorial Sloan-Kettering Cancer Center of New York, AMC Cancer Center in Colorado, and Ohio State University have extensively studied d-glucarate. Calcium-D-Glucarate™, a patented form of glucuronic acid, is a nutrient with the potential to support healthy detoxification and cellular function. In the liver, toxic compounds are bound to glucuronic acids so that they can be eliminated in a safe form from the body in a cleansing process known as glucuronidation. Beta-glucuronidase is a naturally-occurring enzyme found in various organs and cells, which can cleave apart these neutral compounds. D-Glucarate has been shown to help target beta-glucuronidase enzyme activity, supporting the process by which healthy cells eliminate waste and foreign elements. It also helps to maintain healthy cell structure and function. An animal study suggests the promising role of d-glucarate in supporting healthy lipid metabolism.[†]

2 capsules, 1-3 times daily, with meals.

Two (size 0) vegetarian capsules contain:

Calcium-D-glucarate	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water)	

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification



Calcium-D-Glucarate™	Quantity	Order Code
	120	CG1
	60	CG6

Caprylic Acid

SUPPORTS HEALTHY MICROBIAL BALANCE[†]

Caprylic acid, also known as octanoic acid, is a naturally occurring fatty acid that promotes a favorable environment for beneficial microflora. Due to its fat solubility, it is believed to penetrate intestinal mucosal cells to exert its effects.[†]

2 capsules, 30 minutes before each meal, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Calcium (as calcium caprylate)	60 mg
Magnesium (as magnesium caprylate)	36 mg
Caprylic acid (as calcium and magnesium caprylate)	800 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Gastrointestinal



Caprylic Acid	Quantity	Order Code
	240	CAP2
	120	CAP1

^{**}When providing adequate calcium throughout life as a part of a well balanced diet.

CarbCrave Complex With Sensoril®

PureLean® product line

MODERATES CARBOHYDRATE INTAKE AND HELPS LESSEN APPETITE BY SUPPORTING NEUROTRANSMITTER FUNCTION†

This formula supports healthy neurotransmitter metabolism, affecting the appetite and mood centers of the brain. 5-HTP is a precursor for serotonin, the same neurotransmitter released by the consumption of carbohydrates and associated with enhanced mood. At the same time, DL-phenylalanine supports dopamine and epinephrine production, responsible for the sensation of well-being. Vitamin B₆ is integral as a cofactor for neurotransmitter synthesis. Rhodiola and ashwagandha are believed to encourage the activities of these neurotransmitters while strengthening the body's resistance to stress and fatigue, common triggers for undesirable eating behaviors. Research indicates that Sensoril® ashwagandha promotes relaxation and maintains healthy cortisol response. It is these actions that may be responsible for its supportive effects on glucose and fat metabolism. Both chromium picolinate and Relora® have demonstrated the potential to promote more healthful patterns of carbohydrate and energy intake in adult subjects. In one study involving 49 volunteers prone to eating under stress, Relora® helped reduce stress-related snacking of sweets by 76%. In another trial, chromium picolinate supplementation helped reduce carbohydrate intake and mood fluctuations.†

Cravings and appetite are influenced by many factors, only some of which may be affected by the ingredients in this formula.†

2 capsules, 3 times daily, with or before meals.

Two (size 1) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	3.3 mg
Chromium (as chromium picolinate)	200 mcg
5-Hydroxytryptophan	50 mg
DL-Phenylalanine	250 mg
Relora®	175 mg

Patented proprietary blend of:

Magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)

Sensoril® ashwagandha (<i>Withania somnifera</i>) extract (root and leaf)	75 mg
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Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	75 mg
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Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Cardiometabolic Health & Metabolism



CarbCrave Complex	Quantity	Order Code
	180	CCC1
	90	CCC9

L-Carnitine

HIGHLY STABILIZED FORM OF L-CARNITINE SUPPORTING CARDIOVASCULAR HEALTH AND RECOVERY FROM EXERCISE†

L-Carnitine is an amino acid found abundantly in skeletal and heart muscle. It functions primarily to support fat utilization, and also acts as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. L-Carnitine also facilitates the removal of short and medium chain fatty acids from the mitochondria that accumulate during normal metabolic processes. A randomized double-blind, placebo-controlled trial of L-carnitine involving 101 volunteers indicated that L-carnitine maintained healthy cardiac enzymes including lipid peroxides and lactate dehydrogenase. In combination with other cardiovascular support agents, L-carnitine supported ventricular function and superoxide dismutase enzyme activity in human volunteers. Long-term L-carnitine supplementation indicated positive support for cardiovascular health after a 3-year follow-up in adult subjects. A placebo-controlled clinical study conducted at Ball State University in Indiana has found that L-carnitine-L-tartrate supplementation helps physical recovery from high intensity exercise. L-Carnitine-L-tartrate contains 68% pure L-carnitine and 32% natural L-tartaric acid.†

2 capsules, 1-2 times daily, between meals.

Two (size 0) vegetarian capsules contain:

L-Carnitine (free-form) (from L-carnitine-L-tartrate)	680 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Energy & Fitness



L-Carnitine	Quantity	Order Code
	120	LC1
	60	LC6



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

I-Carnitine fumarate

SUPPORTS ENERGY PRODUCTION, ENDURANCE, AND FAT METABOLISM[†]

In studies, I-carnitine has demonstrated the ability to promote oxygenation of heart muscle, support cardiovascular energy, enhance endurance training, and maintain healthy lipid metabolism. Fumarate, or fumaric acid, is an important compound, which is also naturally present in the body. As a component of the Krebs cycle (Citric Acid Cycle), fumaric acid plays a key role in generating energy. In combination with I-carnitine, it provides dual support for energizing the heart and muscles, unlike most forms of carnitine.[†]

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

I-Carnitine (free-form) (from I-carnitine fumarate) 680 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

I-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

Energy & Fitness



I-Carnitine fumarate	Quantity	Order Code
	120	LCF1

I-Carnosine

VERSATILE ANTIOXIDANT SUPPORT FOR CELLULAR HEALTH AND LONGEVITY[†]

I-Carnosine (beta-alanyl-L-histidine) occurs naturally in the body's muscle and nervous tissues and is formed by the amino acids alanine and histidine. Levels of this dipeptide can decline with age. It is a water-soluble antioxidant and promotes cell health and cell longevity. In vitro, I-carnosine maintains healthy advanced glycation end-product, or AGE, activity. These end-products are formed when aldehydes (such as aldose and ketose sugars) and lipid peroxidation by-products bind to proteins. I-Carnosine plays a role in maintaining DNA integrity. I-Carnosine may also support superoxide dismutase activity. In addition, I-carnosine may help to maintain healthy peptide metabolism in the brain and its membrane stabilizing properties support cellular health in the cardiovascular system. The concentration of I-carnosine in muscle may prove to be an important factor in high-intensity exercise performance based on a recent human study.[†]

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

I-Carnosine (beta-alanyl-L-histidine) 500 mg

Other ingredients: vegetarian capsule (cellulose, water)

Cardiometabolic Health & Metabolism



I-Carnosine	Quantity	Order Code
	120	LCA1
	60	LCA6

Cat's Claw

HERBAL SUPPORT FOR JOINT, CARDIOVASCULAR, IMMUNE AND GASTROINTESTINAL HEALTH[†]

Cat's Claw, also known as *Uncaria tomentosa*, has been used traditionally in Peru for over 2,000 years. Alkaloids, phenols, sterols, and glycosides comprise some of the naturally-occurring constituents of this herb. The effects of these compounds are far-reaching and include support for joint function, gastric and intestinal health, cellular protection and immune activity. In one trial, cat's claw extract promoted joint comfort in volunteers. This extract may also provide important antioxidant protection for gut health. Its alkaloids are thought to support healthy immune function. This product may be contraindicated for individuals who are taking blood thinning or antihypertensive medications due to a potential synergistic effect.[†]

1 capsule, 1-3 times daily, with meals, or as directed by a health professional.

Each (size 0) vegetarian capsule contains:

Cat's claw (*Uncaria tomentosa*) extract (inner vine bark) 450 mg
(standardized to contain 3% oxindole alkaloids)

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken by pregnant or lactating women.

Immune Support



Cat's Claw	Quantity	Order Code
	180	CCL1
	90	CCL9

Chaste tree (Vitex)

PureWoman™ product line

WIDE RANGE SUPPORT FOR FEMALE REPRODUCTIVE HEALTH[†]

Chaste tree extract, also known as Vitex, contains flavonoids, iridoid glycosides, and terpenoids. It has been associated with supporting breast comfort and positive mood during the menstrual cycle, as suggested by numerous randomized, double-blind, placebo-controlled trials. It has also been associated with promoting healthy menstrual luteal phase length and menstrual regularity for some women, helping to maintain healthy reproductive system function.[†]

1 capsule daily, with or between meals, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Chaste tree (*Vitex agnus-castus*) extract (fruit) 225 mg

Other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

Women's Formulas



Chaste tree (Vitex)	Quantity	Order Code
	120	CT1
	60	CT6

CholestePure[†]

HIGHLY-RESEARCHED PHYTOSTEROLS TO SUPPORT HEALTHY LIPID METABOLISM[†]

Phytosterols are sterol molecules, similar in structure to cholesterol, which are synthesized by plants and are present naturally in grains, nuts, seeds, fruits and vegetable oils. In studies, phytosterols have demonstrated the ability to maintain healthy enzyme function, thus supporting healthy lipid metabolism. Traditional Western diets only provide about 200 mg phytosterols per day (based on beta-sitosterol content), an amount too low to exert this action. Recent health conscious trends involve the incorporation of phytosterol esters into margarines and salad dressings to help promote optimal daily intake. CholestePure is a broad spectrum balance of the most prized phytosterols, including beta-sitosterol, campesterol, stigmasterol, and brassicasterol. It is a convenient phytosterol source without the calories and fat from margarines, spreads, or salad dressings. Furthermore, beta-sitosterol promotes healthy prostate function. This was demonstrated in a 6-month randomized, placebo-controlled, double-blind study involving 200 participants, and in a 6-month, multicentric, placebo-controlled double-blind trial involving 177 subjects, both conducted in Germany.[†]

2 capsules with each meal, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Phytosterol complex (including betasitosterol, campesterol, stigmasterol, brassicasterol and sitostanol) Providing (typical):	1,000 mg
Total phytosterols	900 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Contains soy

Cardiometa bolic Health & Metabolism



CholestePure [†]	Quantity	Order Code
	180	CHO1
	90	CHO9

CholestePure Plus II[†]

Soy-Free

A UNIQUE BLEND OF PHYTOSTEROLS, BERBERINE AND CLINICALLY STUDIED BERGAMOT EXTRACT TO PROMOTE HEALTHY LIPID METABOLISM AND OVERALL CARDIOMETABOLIC HEALTH[†]

Phytosterols are structural homologs of cholesterol that occur naturally in many plant foods. Over 30 years of research and 40 clinical trials suggest that phytosterols provide significant support for healthy lipid profiles. Well-established benefits of phytosterols on lipid balance stem primarily from competition with cholesterol for occupancy in micelles, particles that carry cholesterol across the intestinal epithelium into the systemic circulation. Through this mechanism, phytosterols promote excretion of cholesterol in the form of bile acids. Research indicates that the pine-derived phytosterols offered in this formula are comparable to phytosterols from other sources. Bergamot is a citrus fruit containing two newly discovered derivatives of the flavonoids hesperidin and naringenin. These compounds are naturally conjugated to a moiety known as hydroxymethylglutarate (HMG). In the liver, this unique molecule binds and modulates an enzyme known as HMG CoA reductase, which plays a central role in lipid biosynthesis. These unique compounds also target enzymes, transcription factors and genes involved in lipid metabolism. In a study involving 192 volunteers, bergamot juice maintained healthy cholesterol levels in the normal range over a 30-day period. In a separate study of 80 subjects, 150 mg of flavonoids from Bergavit[®] 40 bergamot extract supported healthy lipid and glucose profiles over a 6-month period. Berberine supports cardiometabolic health through a variety of mechanisms, including support for glucose and lipid metabolism. Preclinical data suggest that berberine may have antioxidant activity and favorable effects on cytokine production. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for glucose and lipid metabolism. It also helps maintain endothelial function, potentially by promoting healthy vascular cell adhesion molecule-1 (VCAM-1) expression and healthy iNOS activity.[†]

2 capsules, 1-2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Phytosterols (from PhytoPin [®] pine (<i>Pinus pinaster</i>) phytosterol complex)	500 mg
Berberine HCl	400 mg
Bergavit [®] 40 bergamot (<i>Citrus bergamia</i>) extract (fruit) (standardized to contain 39% flavonoids)	160 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Bergavit[®] 40 is a registered trademark of Bionap S.r.l.

PhytoPin[®] is a registered trademark DRT and licensed to Pure Encapsulations.

Cardiometa bolic Health & Metabolism



CholestePure Plus II [†]	Quantity	Order Code
	120	CHP21

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

ChromeMate® GTF 600

UNIQUE NIACIN-BOUND CHROMIUM COMPLEX;
SUPPORTS HEALTHY GLUCOSE METABOLISM†

Chromium is a trace mineral that plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate® has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise. One study showed that when combined with modest diet and exercise, ChromeMate® supported lean body composition in overweight women. A similar study at Georgetown University also suggested that ChromeMate® may support lean muscle mass in overweight women. The potential for ChromeMate® to promote Glucose Tolerance Factor (GTF) activity accounts for its role in maintaining healthy glucose metabolism and supporting body composition.†

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Chromium (as chromium polynicotinate) 600 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Cardiometa**bol**ic Health & Metabolism



ChromeMate® GTF 600	Quantity	Order Code
	180	CRG61
	60	CRG66

Chromium (picolinate) 200 mcg

HIGHLY UTILIZABLE FORM OF CHROMIUM, PROMOTING
HEALTHY GLUCOSE AND LIPID METABOLISM†

Chromium is a trace mineral that plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization.†

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Chromium (as chromium picolinate) 200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Cardiometa**bol**ic Health & Metabolism



Chromium (picolinate) 200 mcg	Quantity	Order Code
	180	CRP21
	60	CRP26

Chromium (picolinate) 500 mcg

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Chromium (as chromium picolinate) 500 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Cardiometa**bol**ic Health & Metabolism



Chromium (picolinate) 500 mcg	Quantity	Order Code
	180	CRP51
	60	CRP56

Cinnamon WS

PATENTED WATER-SOLUBLE EXTRACT FOR HEALTHY
GLUCOSE METABOLISM†

Cinnamon WS contains a patented, 100% water-soluble cinnamon (*Cinnamomi cassia*) extract standardized for polyphenols, which are the principal active constituents. Studies performed at the Beltsville USDA Human Nutrition Research Center suggest that these polyphenols are associated with the glucose metabolizing and antioxidant properties of cinnamon. A clinical trial reported that supplementation with cinnamon promoted healthy glucose balance and was well tolerated. The investigators also reported that cinnamon provided statistically significant support for healthy lipid metabolism. Additional studies indicate that cinnamon extract promotes glucose utilization in skeletal muscle cells.†

1 capsule, twice daily, with meals.

Each (size 3) vegetarian capsule contains:

Cinnamon (*Cinnamomum cassia*) extract (dried bark) 125 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

Cardiometa**bol**ic Health & Metabolism



Cinnamon WS	Quantity	Order Code
	120	C11

CLA (Conjugated Linoleic Acid) 1,000 mg

PROMOTES HEALTHY BODY COMPOSITION WHEN COMBINED WITH A HEALTHY DIET AND EXERCISE†

CLA is a naturally occurring trans isomer of linoleic acid, which may support fat reduction and lean body mass. It is unique in structure because of the location of the double bonds in the linoleic acid molecule. Recent research shows that the specific isomers c9,t11 and t10,c12 play key roles in many of CLA's physiological properties. Tonalin® CLA contains the main isomers c9,t11 and t10,c12 in a 39:39 ratio. In a preliminary human study involving 60 overweight subjects, conjugated linoleic acid supported healthy body fat mass. Several animal studies explore possible mechanisms of CLA, including the ability to maintain healthy fat deposition, promote lipolysis in adipocytes, moderate energy intake, and maintain healthy energy expenditure and metabolic rate.†

1 capsule, 3 times daily, before meals, or as directed by a health professional.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Vitamin E (as d-alpha tocopherol)	7 mg
Tonalin® conjugated linoleic acid complex	1,000 mg
Providing:	
Pure conjugated linoleic acid (CLA)	770 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water, carob)	

TONALIN® CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

The use of CLA for nutritional purposes is covered under one or more of the following patents: 5,017,614; 5,428,072; 5,430,066.

Cardiometabolic Health & Metabolism 

CLA (Conjugated Linoleic Acid) 1,000 mg	Quantity	Order Code
	180	CL11
	60	CL16

CogniMag

MAGNESIUM-L-THREONATE AND POLYPHENOL BLEND TO SUPPORT COGNITIVE FUNCTION†

- Supports optimal brain magnesium levels to promote cognitive function, learning ability and working memory†
- Animal research suggests that magnesium-l-threonate may promote synaptic plasticity and density in the regions of the hippocampus correlated with learning and memory†
- In a clinical trial of 44 participants aged 50-70, magnesium l-threonate (Magtein™) provided significant support for cognitive processing speed, executive function, and overall cognitive ability after only 6 weeks†
- An in vitro study demonstrated that PhytoMemory, a blend of blueberry, strawberry and spinach extracts, maintained healthy activity of prolyl endopeptidase (PEP), a protein involved in learning and memory†
- Consumption of blueberries, strawberries and spinach has been associated with brain health in clinical studies†

2 capsules, twice daily, with a meal and at bedtime.

Two (size 0) vegetarian capsules contain:

Magnesium (from 1,000 mg Magtein™ magnesium-l-threonate)	72 mg
PhytoMemory proprietary blend	50 mg
Providing:	
Wild blueberry (<i>Vaccinium angustifolium</i>) extract (fruit),	
Orléans strawberry (<i>Fragaria x ananassa</i>) extract (fruit),	
and spinach (<i>Spinacia oleracea</i>) extract (leaf)	

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Magtein™ is a trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc. Magtein is protected under US patents 8,178,118; 8,142,803; 8,163,301; and other pending patents.

Memory & Mood    

CogniMag	Quantity	Order Code
	120	CGM1



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

CogniPhos

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.†

NEURONAL SUPPORT FOR COGNITIVE PERFORMANCE,
MOOD AND BEHAVIOR†

Acetyl-L-carnitine (ALC) offers support for cellular energy, mood and neuronal function. A meta-analysis of 21 randomized controlled studies and 1,204 older subjects indicated that ALC offered statistically significant support for memory, performance and higher intellectual function. In other trials involving children, ALC promoted daily mental function and behavior in a subset of subjects. Citicoline and phosphatidylserine support healthy brain phospholipid composition. Phospholipids are essential for neuronal communication and protection. Research indicates that patented Cognizin® citicoline increases choline and phospholipid composition in the brain. Studies in children, middle-aged adults and elderly adults indicate that it supports healthy cognition across a wide age range. In two studies, one involving adolescent boys and another involving middle-aged women, 250-500 mg Cognizin® citicoline offered significant support for daily mental task performance. Numerous studies indicate phosphatidylserine promotes healthy mental acuity and behavior in elderly subjects, as well as children. Zinc and vitamin B₆ are important cofactors for neuronal function.†

2 capsules, 1-2 times daily, with meals, or as directed by a health professional.

Two (size 0) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	10 mg
Zinc (as zinc citrate)	5 mg
Acetyl-L-carnitine (as Acetyl-L-Carnitine HCl)	500 mg
Cognizin® citicoline	125 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Cognizin® is a registered trademark of KYOWA HAKKO BIO., LTD.

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Memory & Mood    

CogniPhos	Quantity	Order Code
	120	CGP1

Cognitive Aminos

PROVIDES AMINO ACID PRECURSORS FOR HEALTHY NEUROTRANSMITTER ACTIVITY, SUPPORTING MENTAL FUNCTION AND HEALTHY MOOD†

Age-related decreases in levels of several amino acids may influence cognitive function. Amino acids are important intermediates in the production of neurotransmitters in the brain and are involved in neuromodulating activities. L-Tyrosine is an amino acid naturally synthesized in the body. It is the precursor of the neurotransmitters L-dopa, dopamine, norepinephrine and epinephrine, supporting mood and mental clarity. DL-Phenylalanine provides a mixture of two essential amino acids, D-phenylalanine and L-phenylalanine. In the body, L-phenylalanine converts to tyrosine, enhancing neurotransmitter support. A separate pathway allows both D- and L-phenylalanine to support levels of the mood-elevating compound phenylethylamine, a function not provided by L-tyrosine. The serotonin precursor L-tryptophan is included to support emotional well-being, relaxation and restful sleep. In a double-blind, placebo-controlled study, L-tryptophan supported healthy emotional processing and promoted positive outlook in women. Taurine is considered an inhibitory amino acid, helping to maintain healthy glutamate and other excitatory amino acid activity in the brain. This provides neuroprotective action important for maintaining healthy brain cell function. Acetyl-L-carnitine plays an important role in multiple metabolic pathways in the brain. It also contributes to the production of the neurotransmitter acetylcholine and may support dopamine receptor function. As a result, acetyl-L-carnitine plays a role in memory, attention, mental clarity, and mood support.†

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

DL-Phenylalanine (free-form)	250 mg
Taurine (free-form)	250 mg
L-Tyrosine (free-form)	250 mg
Acetyl-L-carnitine (free-form)	250 mg
L-Tryptophan (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

AjiPure® is a registered trademark of AJINOMOTO® CO., INC. /

TryptoPure® is a registered trademark of AJINOMOTO® CO., INC..

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Memory & Mood    

Cognitive Aminos	Quantity	Order Code
	120	CA21

Collagen JS

PROVIDES PATENTED BIOCELL COLLAGEN® COMPLEX TO SUPPORT HEALTHY JOINTS AND SKIN†

This product contains BioCell Collagen®, a patented, hydrolyzed and denatured low molecular weight collagen. In addition to collagen, BioCell Collagen® provides the combined benefits of hyaluronic acid (HA), depolymerized low molecular weight chondroitin sulfate, glucosamine sulfate, and amino acids including lysine, proline and hydroxyproline. These compounds promote cartilage synthesis and enhance synovial fluid, supporting the composition, integrity and motility of joints. A double-blind, placebo-controlled study involving 16 individuals supplementing with BioCell Collagen® for 8-weeks, indicated statistically significant support for joint function and comfort. In a peak absorption study, serum levels of HA increased gradually and with statistical significance after BioCell Collagen® supplementation, emphasizing the potential for this compound to provide important connective tissue support. The components of collagen also support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have suggested that BioCell Collagen® may help rejuvenate skin and modulate the appearance of fine lines and wrinkles.†

2 capsules, 1-2 times daily, with meals and 8-10 oz water.

Two (size 00) vegetarian capsules contain:

BioCell Collagen® hydrolyzed collagen complex (from chicken sternal cartilage)	1,000 mg
Providing (typical):	
Hydrolyzed collagen 60%	600 mg
Chondroitin sulfate 20%	200 mg
Hyaluronic acid 10%	100 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

Bones, Joints & Muscles



Collagen JS	Quantity	Order Code
	120	CJS1
	60	CJS6

Colostrum 40% IgG

HIGHLY CONCENTRATED IMMUNE SUPPORT†

Colostrum is a highly-concentrated source of immune and growth factors produced from mammary glands shortly after giving birth. Pure Encapsulations Colostrum is derived from BSE-, hormone-, pesticide- and antibiotic-free USDA certified dairy farms in the U.S. It is collected after the first 24 hours, defatted and standardized to contain 40% IgG. Colostrum contains immunoglobulins G (IgG), A (IgA), E (IgE), D (IgD), and M (IgM). Each has a specific role in immune health. IgG is naturally found in the highest concentration. Other naturally occurring immune support compounds include lactoferrin, proline-rich polypeptide (PRP), lymphokines, interferons, interleukins, oligosaccharides, lysozymes, insulin growth factors (IGF-1 and IGF-2) and transforming growth factors (TGF-A and TGF-B).†

2 capsules, 2-3 times daily, on an empty stomach or at least 30 minutes before a meal, with 8-12 oz water.

Two (size 00) vegetarian capsules contain:

Colostrum (from bovine)	900 mg
(standardized to contain 40% IgG)	

Other ingredients: vegetarian capsule (cellulose, water), sunflower lecithin

Contains milk

Immune Support



Colostrum 40% IgG	Quantity	Order Code
	180	COL41
	90	COL49

Copper (citrate)

HIGHLY BIOAVAILABLE FORM OF COPPER FOR WIDE-RANGING SUPPORT†

Copper activates a number of enzymes important to energy metabolism. It is the key mineral in lysyl oxidase, an enzyme which weaves together collagen and elastin. Copper assists in the formation of hemoglobin and red blood cells by facilitating iron absorption. It is involved in protein metabolism, the production of RNA, and the synthesis of phospholipids used in the formation of myelin sheaths.†

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Copper (as copper citrate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Copper (citrate)	Quantity	Order Code
	60	CUC6

†Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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

Copper (glycinate)

ESSENTIAL MINERAL WITH WIDE-RANGING SUPPORT[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Copper (as copper glycinate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Copper (glycinate)	Quantity	Order Code
	60	CUG6

CoQ₁₀ 30 mg

SUPPORTS CELLULAR ENERGY, CARDIOVASCULAR AND NEUROLOGICAL HEALTH[†]

CoQ₁₀ is a core component of cellular energy production and respiration, shuttling electrons down the electron transport chain to produce the key energy-rich molecule adenosine triphosphate (ATP). As such, it provides energy support to the cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle. It also acts as an antioxidant, providing cellular protection from free radicals.¹

1 capsule, 1-4 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Coenzyme Q ₁₀	30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10[®] is a U.S. registered trademark of Kaneka Corporation.

Cardiometa bolic Health & Metabolism



CoQ ₁₀ 30 mg	Quantity	Order Code
	120	CQ31

CoQ₁₀ 60 mg

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

coenzyme Q ₁₀	60 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10[®] is a U.S. registered trademark of Kaneka Corporation.

Cardiometa bolic Health & Metabolism



CoQ ₁₀ 60 mg	Quantity	Order Code
	250	CQ62
	120	CQ61
	60	CQ66

CoQ₁₀ 120 mg

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Coenzyme Q ₁₀	120 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10[®] is a U.S. registered trademark of Kaneka Corporation.

Cardiometa bolic Health & Metabolism



CoQ ₁₀ 120 mg	Quantity	Order Code
	120	CQ11
	60	CQ16
	30	CQ13

See also

SR-CoQ₁₀ with PQQ
Ubiquinol-QH 50 mg

»page 178
»page 186

CoQ₁₀ 250 mg

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Coenzyme Q ₁₀	250 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10[®] is a U.S. registered trademark of Kaneka Corporation.

Cardiometa bolic Health & Metabolism



CoQ ₁₀ 250 mg	Quantity	Order Code
	60	CQ26

CoQ₁₀ 500 mg

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Coenzyme Q ₁₀	500 mg
Other ingredients: vegetarian capsule (cellulose, water), dicalcium phosphate	

Kaneka Q10[®] is a U.S. registered trademark of Kaneka Corporation.

Cardiometa bolic Health & Metabolism



CoQ ₁₀ 500 mg	Quantity	Order Code
	60	CQ56

CoQ₁₀ I-Carnitine fumarate

SUPPORTS CARDIOVASCULAR, METABOLIC AND NEUROLOGICAL HEALTH[†]

- Combined with I-carnitine fumarate to support mitochondrial energy production and heart muscle energy[†]
- I-Carnitine has also demonstrated the potential to moderate lactate levels and promote oxygenation of heart tissue[†]

2 capsules, 1-2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

I-Carnitine (free-form) (from I-carnitine fumarate)	680 mg
Coenzyme Q ₁₀	120 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

L-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

Kaneka Q10[®] is a U.S. registered trademark of Kaneka Corporation.

Cardiometabolic Health & Metabolism



CoQ ₁₀ I-Carnitine fumarate	Quantity	Order Code
	120	CQF1

Coriolus extract

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA⁺

HOT WATER MUSHROOM EXTRACT TO PROMOTE WHITE BLOOD CELL NUMBER AND FUNCTION[†]

Coriolus versicolor, also known as turkey tail mushroom, is used in traditional Chinese medicine, primarily to enhance immune function and energy. Research indicates an immunomodulatory effect and promotion of white blood cell number and function, including lymphocyte, macrophage and NK cells. It has also been shown to support antibody production, cytokine balance, and a healthy gut microflora. The main bioactive compounds in this mushroom are polysaccharides, namely beta-glucan. Pure Encapsulations' Coriolus extract is wild-crafted and organic, produced using only carefully controlled hot water to break apart the cell walls for concentration of the soluble beta-glucans.[†]

1 capsule, 1-2 times daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Turkey tails mushroom (<i>Coriolus versicolor</i>) extract (fruiting body) (certified organic) (standardized to contain 30% beta glucan)	500 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Immune Support



Coriolus extract	Quantity	Order Code
	60	CRS6

Cortisol Calm[†]

DESIGNED TO MAINTAIN HEALTHY CORTISOL RESPONSE AND SUPPORT RELAXATION, RESTFUL SLEEP, AND POSITIVE MOOD DURING TIMES OF OCCASIONAL STRESS[†]

Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol. In a recent study, Sensoril[®] ashwagandha extract promoted relaxation and maintained healthy cortisol response. Subjects in this randomized, double-blind, placebo-controlled study reported support for healthy sleep, positive mood and cognitive function. The effects were most pronounced for subjects taking 500 mg per day compared to lesser doses. Rhodiola and magnolia may also maintain healthy adrenal cortisol activity and offer support for occasional stress, mood and emotional well-being. I-Theanine supports normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect. Recent research suggests that maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes.[†]

1 capsule in the morning and 1 capsule in the evening, with meals.

Each (size 0) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Sensoril [®] ashwagandha (<i>Withania somnifera</i>) extract (root and leaf)	250 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	125 mg
Magnolia (<i>Magnolia officinalis</i>) extract (bark) (standardized to contain 2% honokiol)	100 mg
I-Theanine	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Sensoril[®] is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

Not to be taken by pregnant or lactating women.

Memory & Mood



Cortisol Calm [†]	Quantity	Order Code
	120	COR1
	60	COR6

⁺Dr. Yanuck is a retained advisor to Pure Encapsulations.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Cranberry NS[®]

NUTRITIONALLY SUPPORTS URINARY TRACT HEALTH WITHOUT UNWANTED SUGAR[†]

Cranberries have been used for hundreds of years as nutritional support for the urinary tract. Cranberry concentrate provides support without the unwanted sugar found in cranberry juice. The role of cranberry concentrate includes enhancing the acidity of urine and maintaining a healthy urinary tract ecology. Constituents of cranberry concentrate associated with its benefits include proanthocyanidins as well as d-mannose. Research has suggested the potential for cranberry juice to interact with lectin receptors and maintain a healthy bladder wall. At Brigham and Women's Hospital in Boston, a randomized double-blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. Our cranberry concentrate is made from 100% whole cranberry fruit solids through a proprietary process that concentrates the health benefiting components of cranberries without the use of solvents or sugars.[†]

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	500 mg
Other ingredients: cranberry fiber, vegetarian capsule (cellulose, water), cranberry seed oil, guar gum, sunflower lecithin	

CranMax[®] is a registered trademark of Pharmachem Laboratories, LLC.

Each capsule has approximately 3 calories.

Women's Formulas



Cranberry NS [®]	Quantity	Order Code
	180	CN1
	90	CN9

Cranberry/d-Mannose

COMBINES CRANBERRY CONCENTRATE MADE FROM 100% CRANBERRY FRUIT SOLIDS AND D-MANNOSE FOR TIME-TESTED, CONCENTRATED SUPPORT OF URINARY TRACT HEALTH[†]

Cranberry concentrate provides urinary tract support without the unwanted sugar found in cranberry juice or juice cocktails. It enhances the acidity of urine and maintains a healthy urinary tract ecology. At Brigham and Women's Hospital in Boston, a randomized double-blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. d-Mannose, a simple sugar found in cranberries and other fruit, is included in this formula to provide enhanced support. One study suggested that d-Mannose may play a role in supporting healthy genitourinary function by maintaining a healthy mucosal surface.[†]

2 capsules, 1-3 times daily, with or between meals.

Two (size 00) vegetarian capsules contain:

Cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	200 mg
D-Mannose	900 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

CranMax[®] is a registered trademark of Pharmachem Laboratories, LLC.

Women's Formulas



Cranberry/d-Mannose	Quantity	Order Code
	180	CRD1
	90	CRD9

Creatine powder

SUPPORTS ATP AND MUSCLE CONDITIONING[†]

- Increases optimal work output, strength and conditioning during short-duration, high-intensity exercise; encourages lean muscle mass[†]
- Regenerates the primary energy molecule, ATP, which is immediately available to muscles[†]
- Serves as a buffer during exercise, delaying the point at which lactic acid causes muscle fatigue and discomfort[†]

1 heaping scoop daily, mixed with a beverage, or as directed by a health professional.

Serving size: 4 g (1 scoop)

One heaping scoop (approximately 4 g) contains:

Creatine monohydrate	4 g
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Energy & Fitness



Creatine powder	Quantity	Order Code
	500 g	CRM5
	250 g	CRM2



CurcumaSorb

Soy-Free

WITH MERIVA® BIOAVAILABLE CURCUMIN PHYTOSOME; ENHANCED ABSORPTION FOR JOINT, TISSUE AND CELLULAR HEALTH[†]

CurcumaSorb provides the patented Meriva® curcumin-phosphatidylcholine complex for enhanced-absorption and bioavailability. The proprietary phytosome technology combines curcumin and phosphatidylcholine at a 1:2 ratio, promoting resistance to degradation in the digestive tract and efficient absorption across membranes. This produces significantly higher peak plasma concentrations and larger area under concentration-time curves (AUC). In a single-dose pharmacokinetic animal study, plasma curcumin levels were 20-fold greater with Meriva® than standard curcumin. A preliminary human pharmacokinetic study demonstrated that elevations in plasma curcumin from 450 mg Meriva® were similar to values obtained from 4,000 mg of a standard curcumin extract. The efficacy of a low dose was demonstrated in a three-month clinical trial, in which 200 mg curcuminoids from Meriva® per day provided significant benefit in joint comfort, mobility and quality of life.[†]

2 capsules, 1-3 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Meriva® turmeric phytosome 500 mg
(*Curcuma longa* extract (root) and sunflower phospholipid complex)
(standardized to contain 18% curcuminoids)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable® is a trademark of Indena S.p.A.

Liver & Detoxification



CurcumaSorb	Quantity	Order Code
	180	MCU1

CurcumaSorb Mind

Soy-Free

PureSYNAPSE™ product line

CURCUMIN AND POLYPHENOL BLEND TO PROMOTE MOOD, MEMORY AND MENTAL SHARPNESS[†]

CurcumaSorb Mind offers a broad range of polyphenol compounds, including flavonoids, EGCG and oligomeric proanthocyanidins (OPCs) to promote daily cognitive function and emotional wellness. Curcumin and other polyphenols support neuronal stability and function, in part by promoting healthy cytokine balance and antioxidant defenses. Numerous clinical studies indicate that curcumin supports positive mood through these actions, as well as through the promotion of healthy levels of serotonin and dopamine. Animal research suggests that polyphenols may also offer support for occasional stress and mental alertness. In a randomized, double-blind, placebo-controlled trial involving obese individuals, 1,000 mg of a standard curcumin

extract promoted relaxation. Curcumin is offered in this formula as the highly bioavailable Meriva® curcumin-phosphatidylcholine complex, which utilizes proprietary phytosome technology to increase resistance to degradation in the digestive tract and enhance absorption. Neurophenol® is a proprietary blend providing flavonoids from standardized extracts of wild blueberry and whole grape. Animal research suggests a synergistic effect between the grape and blueberry extracts on plasma uptake. These fruits contain neuroprotective polyphenolic compounds that support healthy cognitive function and memory, targeting both vascular strength and elasticity to support healthy neuronal blood flow, as well as synaptic density and plasticity in the brain. Cell and animal studies suggest that Neurophenol® supports neuronal function and healthy aging, at least in part by supporting antioxidant defenses, cytokine balance and healthy gene expression. In a multi-centered, placebo-controlled, randomized, double-blind study on 200 healthy men and women between the ages of 60-70, supplementation with 600 mg Neurophenol® per day for 6 months provided significant support for episodic memory and verbal recognition memory. Green tea supports healthy neuronal function through antioxidant properties, cytokine balance and receptor function, and is theorized to promote healthy hypothalamic-pituitary-adrenal (HPA) function. In a double-blind, placebo-controlled study, supplementation with green tea powder was associated with positive mood.[‡]

2 capsules, 1-2 times daily, with meals.

Two (size 0) vegetarian capsules contain:

Meriva® turmeric phytosome 300 mg
(turmeric (*Curcuma longa*) extract (root) sunflower phospholipid complex) (standardized to contain 18% curcuminoids)

Neurophenol® proprietary blend 300 mg
providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins and phenolic acids) from grape (*Vitis vinifera*) extract (fruit) and wild blueberry (*Vaccinium angustifolium*) extract (fruit)

Monterey pine (*Pinus radiata*) extract (bark) 50 mg

Green tea (*Camellia sinensis*) extract (leaf) 100 mg
(standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

NEUROPHENOL® is a registered trademark used by Pure Encapsulations under license.

Take with food. If you have liver problems, consult your health professional before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Memory & Mood



CurcumaSorb Mind	Quantity	Order Code
	60	MCUM6

CurcumaSorb Mind EasySticks®

Single-Serving Stick Packs

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.*

POLYPHENOL, PHOSPHATIDYLSERINE AND NUTRIENT BLEND TO PROMOTE MOOD AND MENTAL SHARPNESS IN A GREAT-TASTING, DIRECT-TO-MOUTH POWDER DELIVERY FORM†

- Great-tasting, fruit-flavored powder
- Sprinkle directly into mouth; no mixing needed
- Offers bioavailable chelated magnesium malate
- Provides soy-free phosphatidylserine and enhanced-absorption curcumin
- Contains clinically researched Meriva® curcumin, Oligopin® pine bark, and Neurophenol® grape and blueberry extracts
- Enhanced with organic whole fruit blueberry powder; consumption of blueberries has been associated with cardiovascular and brain health†

CurcumaSorb Mind EasySticks® offer flavonoids, phosphatidylserine, and nutrient cofactors in a unique, great-tasting, direct-delivery form. Magnesium and curcumin support neurotransmitter synthesis and positive mood. Neurophenol® is a proprietary blend of wild blueberry and whole grape extracts. These fruits contain neuroprotective polyphenolic compounds that support healthy cognitive function and memory, targeting vascular health, as well as synaptic density and plasticity in the brain. Oligopin® is manufactured from French pine trees in a unique and specific process to optimize the composition of low molecular weight oligomers without tannins that can inhibit bioavailability and efficacy. In a small randomized, double-blind, crossover trial, supplementation with 25 mg Oligopin® offered statistically significant support for daily cognitive function and mental tasks. Phosphatidylserine is the most abundant phospholipid in the brain. As such, it promotes neuronal function to support overall learning, recall and processing capacity. In a two-month study involving 36 children ages 4-14, 200 mg of phosphatidylserine daily supported short-term auditory memory, daily cognitive performance and relaxation.†

1 stick pack daily, sprinkled directly in the mouth, with a meal. Powder can require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

Serving size: 1 stick pack (approximately 4.5 g)

Servings per container: 30

Each stick pack (approximately 4.5 g) contains:

Calories	10
Total carbohydrate	2 g
Total sugars	0.5 g
Sugar alcohols	1 g
Magnesium (as di-magnesium malate)	150 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	100 mg
Meriva® turmeric phytosome (turmeric (<i>Curcuma longa</i>) extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	100 mg
Oligopin® French maritime pine (<i>Pinus pinaster</i>) extract (bark) (standardized to contain 67% procyanidins)	25 mg
Neurophenol® proprietary blend providing 28 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins and phenolic acids) from grape extract (<i>Vitis vinifera</i>) extract (fruit) and wild blueberry (<i>Vaccinium angustifolium</i>) extract (fruit)	100 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	100 mg
Blueberry (<i>Vaccinium angustifolium</i>) powder (fruit) (organic)	900 mg
Cherry (<i>Prunus spp.</i>) extract (fruit)	200 mg
Glycine	1,000 mg
Other ingredients: xylitol, natural strawberry, and lemonade flavors, citric acid, malic acid, purified stevia leaf extracts	

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

NEUROPHENOL® is a registered trademark used by Pure Encapsulations under license.

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Oligopin® is a registered trademark DRT and licensed to Pure Encapsulations.

Memory & Mood



CurcumaSorb Mind EasySticks®	Quantity	Order Code
	30 stick packs	CMESB3

*Dr. Greenblatt is a retained advisor to Pure Encapsulations.

Curcumin

HIGHLY-RESEARCHED CURCUMIN C3 COMPLEX®; SUPPORTS JOINT, TISSUE, LIVER, COLON AND CELLULAR HEALTH†

Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to maintain healthy cell cycle function and provides important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with support for cellular health in separate trials.†

2 capsules, 1-3 times daily, between meals.

Two (size 0) vegetarian capsules contain:

Turmeric (<i>Curcuma longa</i>) extract (root)	500 mg
(standardized to contain 95% curcuminoids)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Memory & Mood



Curcumin	Quantity	Order Code
	120	CUR1
	60	CUR6



Curcumin 500 with BioPerine®

CURCUMIN PIPERINE COMBINATION FOR ENHANCED ABSORPTION; SUPPORTS JOINT, TISSUE, LIVER, COLON AND CELLULAR HEALTH†

Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to provide important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with support for cellular health in separate trials. BioPerine® is a black pepper extract that contains the alkaloid piperine. Research reveals that it has the potential to enhance the bioavailability of curcumin, promoting its absorption.†

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Turmeric (<i>Curcuma longa</i>) extract (root)	500 mg
(standardized to contain 95% curcuminoids)	

BioPerine® black pepper (<i>Piper nigrum</i>) extract (fruit)	5.3 mg
(standardized to contain 95% piperine)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

BioPerine® is a registered trademark and patented product of Sabinsa Corporation.

Memory & Mood



Curcumin 500 with BioPerine®	Quantity	Order Code
	120	CUB51
	60	CUB56

PureResponse™

PROMOTE ACTIVE RESPONSE.‡
CREATE IMMUNE BALANCE.‡

PureResponse™ is a first-of-its kind resource at the forefront of functional immunology. Featuring exclusive tools and education to help you tease apart the nuances of each patient and address their unique, underlying biological mechanisms, PureResponse™ helps you deliver more personalized and predictable results for a healthy immune response.‡

Developed in collaboration with nationally recognized immunology thought leader Samuel F. Yanuck, D.C.+, PureResponse™ includes a practitioner toolkit with the following resources:

- On-demand Learning
- Immune Resilience Protocol
- Self-Tissue Response Protocol
- Foundational and Targeted Support Products
- Diet and Lifestyle Recommendations
- Assessment and Monitoring Recommendations



Samuel F. Yanuck, D.C., FACFN, FIAMA,+ is the CEO and Director of Education for cogenceimmunology.com, an online functional immunology course, serving over 3,000 clinician participants from more than 60 countries around the world. He is an adjunct assistant professor in the Program on Integrative Medicine, in the Department of Physical Medicine and Rehabilitation at the University of North Carolina School of Medicine, where he teaches topics in functional immunology. Dr. Yanuck co-directs the Yanuck Center for Life and Health, a functional medicine clinic in Chapel Hill, North Carolina, where he's been seeing patients from everywhere since 1992. Dr. Yanuck helped co-develop the PureResponse™ protocols.



PARTNERSHIP WITH COGENCE®

The Cogence® and Pure Encapsulations® partnership provides practitioners with a turnkey solution for helping to reset patients' immune balance and responsiveness. To help you better understand the interconnection of each biological process to the immune system, Pure Encapsulations has made an exclusive commitment to provide functional medicine practitioners with full access to Dr. Samuel Yanuck's Cogence® Immunology course and educational tools, assuming the full cost of membership.

Cogence offers an in-depth functional immunology learning experience. The Cogence Immunology course was designed by leading experts to connect the underlying immunology with clinical applications, creating a rigorous yet intuitive program that will allow you to navigate each patient's unique clinical pattern.

Your Cogence membership will give you access to over 200 instructional videos, each 20 to 90 minutes long, grouped into 22 modules covering a wide range of topics.

Visit PureEncapsulations.com/cogence and take advantage of complimentary access to Cogence® Immunology.



Learn more at PureEncapsulations.com/pureresponse

*Dr. Yanuck is a retained advisor to Pure Encapsulations.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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

D-Mannose powder

PROVIDES CONCENTRATED SUPPORT FOR PROPER URINARY FUNCTION WITH D-MANNOSE, THE ACTIVE URINARY TRACT SUPPORT INGREDIENT OF CRANBERRIES[†]

D-Mannose is a simple sugar found naturally in cranberries and pineapples. It is metabolized in small amounts, the remainder of which is excreted via the urine. As it is flushed out of the body, D-mannose maintains a healthy environment for the mucosal surface of the urinary tract.[†]

1 scoop, 3 times daily, mixed with water, with or between meals.

Serving size: 1 scoop

One scoop (approximately 0.9 g) contains:

D-Mannose 0.9 g

Women's Formulas GF NON-GMO V VEG

D-Mannose powder	Quantity	Order Code
	100 g	DMP1
	50 g	DMP5



Daily Immune[†]

VITAMIN, MINERAL AND HERBAL SUPPORT FOR IMMUNE HEALTH[†]

Vitamin C and zinc form a foundation for overall health by supporting immune system function. Vitamin D receptors are found in a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Elderberry and lemon balm extracts offer immune-supportive anthocyanins, flavonoids and polyphenols. Polysaccharides from arabinogalactan, aloe and maitake provide complementary support for healthy immune activity. Quercetin plays an important role in mast cell function. Astragalus and eleuthero have been added for their adaptogenic potential.[†]

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	200 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Zinc (as zinc citrate)	10 mg
Quercetin	200 mg
European elder (elderberry) (<i>Sambucus nigra</i>) extract (fruit)	150 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	200 mg
Arabinogalactan	200 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
Maitake mushroom (<i>Grifola frondosa</i>) extract (fruiting body)	150 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	75 mg
Eleutherococcus (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	75 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Immune Support GF NON-GMO V VEG

Daily Immune [†]	Quantity	Order Code
	120	DI21

Daily Stress Formula[†]

BROAD-SPECTRUM FORMULA DESIGNED TO PROMOTE MENTAL RELAXATION AND MODERATE THE EFFECTS OF OCCASIONAL STRESS[†]

In addition to promoting memory and cognitive function, preclinical investigation shows *Bacopa monnieri* maintains healthy enzyme activity in the brain, supporting the ability to deal with stress. In several clinical studies, bacopa supported learning and memory. A double-blind crossover trial suggested that rhodiola may help to moderate mild fatigue under stressful conditions. In a separate, double-blind, placebo-controlled pilot study, rhodiola provided support for physical and mental stress in students. Similarly, the amino acid l-tyrosine has indicated the potential to promote cognitive function and memory under stressful conditions. *Eleutherococcus senticosus*, or eleuthero, is used as an adaptogen to help bolster adrenal function and stress resistance. Like ashwagandha, it is highly revered for promoting energy, vitality and immune defense. Chamomile and lemon balm provide traditional support for calmness and relaxation. B vitamins and magnesium are included to help counter the effects of stress on healthy nutritional status. B-complex vitamins have also been associated with healthy neurotransmitter function and energy metabolism. Vitamin B₅ is especially important for boosting healthy adrenal gland function to strengthen the body's ability to withstand stress. Vitamin C provides important support for neutralizing free radicals generated by the stress response.[†]

3 capsules daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Thiamin (as thiamin HCl) (B ₁)	20 mg
Riboflavin (as vitamin B ₂ and 44% riboflavin 5' phosphate (activated B ₂))	17.7 mg
Niacin (as niacinamide)	35 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	16.7 mg
Vitamin B ₁₂ (as methylcobalamin)	200 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	200 mg
Magnesium (as magnesium citrate)	50 mg
l-Tyrosine (free-form)	250 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	200 mg
Bacopa (<i>Bacopa monnieri</i>) extract (aerial parts) (standardized to contain 20% bacosides)	200 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	200 mg
Chamomile (<i>Matricaria recutita</i>) extract (flower)	100 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	100 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Energy & Fitness



Daily Stress Formula [†]	Quantity	Order Code
	180	DSF1
	90	DSF9

Detox Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

Indications:

- Support for healthy detoxification†

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Promotes phase II detoxification in the liver with broccoli, curcumin, silymarin and amino acids†
- Maintains liver health with glutathione, NAC, alpha lipoic acid and other antioxidant nutrients†
- Enhances healthy hepatic fat metabolism and bile flow with artichoke and taurine†
- Supports G.I. cell health and detoxification with L-glutamine, omega-3 fatty acids, and chlorella†
- Convenient, once-daily packet

Each Packet Contains:

UltraNutrient® 3 vegetarian capsules »See page 190

- Best-selling multivitamin/mineral complex with enhanced support for healthy detoxification and liver cell function†

EPA/DHA essentials 1 softgel capsule »See page 77

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support†

Liver-G.I. Detox† 2 vegetarian capsules »See page 105

- Dual support for both liver and gastrointestinal detoxification†

NAC (N-Acetyl-L-Cysteine) 1 vegetarian capsule »See page 125

- Promotes glutathione synthesis to support detoxification and liver health†

Taurine 1 vegetarian capsule »See page 180

- Amino acid for cardiovascular and detoxification support†

1 packet daily (8 capsules), with a meal for gentle, daily detoxification support.†

1 packet (8 capsules) contains

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	3,750 mcg
Vitamin C (as ascorbyl palmitate)	30 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	134 mg
Thiamin (as thiamin HCl) (B ₁)	50 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinatate (no-flush niacin))	86 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	20.9 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg

Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	200 mg
Calcium (as calcium citrate/malate)	150 mg
Magnesium (as magnesium aspartate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	250 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
Coenzyme Q ₁₀	25 mg
Hawthorn (<i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	50 mg
Setria® glutathione (reduced form)	25 mg
Alpha lipoic acid (thioctic acid)	150 mg
N-Acetyl-L-cysteine (free-form)	700 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	175 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	200 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
Artichoke (<i>Cynara scolymus</i>) extract (leaf)	125 mg
Taurine (free-form)	1,225 mg
Glycine (free-form)	225 mg
L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	100 mg
Chlorella (<i>Chlorella</i> spp.) powder (cracked cell wall)	200 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water)	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

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

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Setria® is a registered trademark of KYOWA HAKKO BIO CO., Ltd.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Multivitamins, Vitamins & Minerals



Detox Pure Pack	Quantity	Order Code
	30 packets	DPPB3

See also
UltraDetox 10-Day Pure Pack

»page 189

DGL Plus®

OFFERS NUTRITIONAL SUPPORT FOR HEALTHY STOMACH LINING†

This combination of deglycyrrhizinated licorice (DGL) and herbal extracts provides nutritional support to the gastrointestinal tract. DGL Plus® supports the body's natural defense mechanisms by stimulating the mass, quality, and production of mucous, a major component of the stomach's protective lining. DGL is free of side effects typically associated with licorice.†

1 capsule daily, before a meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains

Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) extract (root)	300 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
Slippery elm (<i>Ulmus fulva</i>) powder (bark)	100 mg
Marshmallow (<i>Althaea officinalis</i>) extract (root)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Gastrointestinal



DGL Plus®	Quantity	Order Code
	180	DG1
	60	DG6

DHA Ultimate

ECO-FRIENDLY, SUPERCRITICAL CO₂ EXTRACTED DHA FISH OIL FOR CARDIOMETABOLIC AND COGNITIVE HEALTH†

The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function. Epidemiological studies indicate that a high intake of DHA is associated with healthy cognitive function in adults as well as infants born to mothers with a diet high in DHA. DHA-rich diets have been shown to support neurons via healthy gene expression, cell cycle function, and arachidonic acid metabolism. Fish oil containing DHA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.†

2 softgel capsules daily, with a meal.

Two (size 11) softgel capsules contain:

Calories	10
Total fat	1 g
Fish oil concentrate (from anchovies, sardines, mackerel)	1,200 mg
Providing:	
DHA (docosahexaenoic acid)	790 mg
EPA (eicosapentaenoic acid)	188 mg

Other ingredients: fish (tilapia), gelatin capsule (gelatin, glycerin, water), natural tocopherols, rosemary leaf extract

Contains fish (anchovies, sardines, mackerel, tilapia)

Memory & Mood



DHA Ultimate	Quantity	Order Code
	120	DHU1
	60	DHU6

DHEA 5 mg (micronized)

MICRONIZED; SUPPORTS HEALTHY DHEA LEVELS†

DHEA, dehydroepiandrosterone, is the most abundant adrenal steroid hormone in the body. After it is made by the adrenal glands, it travels into cells throughout the body, where it is converted into androgens and estrogens. These hormones regulate fat and mineral metabolism, endocrine and reproductive function, and energy levels. The amount of each hormone to which DHEA converts to depends on an individual's biochemistry, age and sex. DHEA levels peak around age 25 and then decline steadily. DHEA supplementation supports emotional well-being and immune function.†

1 capsule, 1-2 times daily, with meals, or as directed by your health professional.

Each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C ₁₉ H ₂₈ O ₂) (micronized)	5 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

CAUTION ATHLETES: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

Hormone



DHEA 5 mg (micronized)	Quantity	Order Code
	180	DH1
	60	DH6



DHEA 10 mg (micronized)

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C₁₉H₂₈O₂) (micronized) 10 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

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Hormone



DHEA 10 mg (micronized)	Quantity	Order Code
	180	DH11
	60	DH16

DHEA 25 mg (micronized)

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C₁₉H₂₈O₂) (micronized) 25 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

CAUTION ATHLETES: DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

Hormone



DHEA 25 mg (micronized)	Quantity	Order Code
	180	DH21
	60	DH26

Digestion GB

PureGI™ product line

A UNIQUE MIX OF ENZYMES, BILE SALTS, TAURINE AND HERBALS TO PROMOTE HEALTHY GALLBLADDER FUNCTION AND LIPID UTILIZATION IN ADDITION TO GENERAL DIGESTIVE FUNCTION[†]

Digestion GB contains gallbladder digestive enzymes, bile salts, taurine and herbal extracts to promote healthy gall bladder function and fat utilization. The metabolism of fats involves emulsification and digestion in a complex process that requires healthy liver, gallbladder and pancreas function. Milk thistle, curcumin and taurine promote liver and gallbladder health and stimulate production and secretion of bile acids. Bile acids, also provided in the form of ox bile salts, support the emulsification of fats necessary for digestion. The digestive enzymes included in this formula are active in a broad pH range to support fat, carbohydrate and protein digestion to complement pancreatic enzyme activity. This formula has enhanced lipase for extra fat digestion support.[†]

2 capsules, with each meal, or as directed by a health professional.

Two (size 0) vegetarian capsules contain:

Proprietary enzyme blend	160 mg
Providing:	
Protease	16,000 HUT
Lipase	6,000 FIP
Amylase	600 DU
Ox bile powder (bovine)	225 mg
Taurine (free-form)	250 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	150 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Gastrointestinal



Digestion GB	Quantity	Order Code
	180	DGB1
	90	DGB9

Digestive Enzymes Ultra

PureGI™ product line

COMPREHENSIVE BLEND OF VEGETARIAN DIGESTIVE ENZYMES; SUPPORT FOR PROTEIN, CARBOHYDRATE, FAT, FIBER AND DAIRY DIGESTION†

Digestive Enzymes Ultra contains an extensive profile of vegetarian digestive enzymes. Proteases included in this formula provide optimal activity across a wide pH range. They facilitate the normal breakdown of proteins and di- and tri-peptides. Lipase promotes lipid breakdown, while amylase and glucoamylase are included to stimulate polysaccharide breakdown of starch and glycogen. Invertase and lactase support digestion of carbohydrate disaccharides, including the dairy sugar lactose. This formula also offers numerous enzymes to support fiber breakdown, including cellulase, hemicellulase, beta-glucanase and phytase. These enzymes act to break down cell wall components and phytic acid, promoting nutrient bioavailability of fiber-containing foods. Additionally, alpha-galactosidase promotes the breakdown of certain complex carbohydrates, such as raffinose and stachyose, found in some vegetables, grains and legumes—helping to relieve occasional bloating or gas.†

2 capsules with each meal, or as directed by a health professional.

Two (size 3) vegetarian capsules contain:

Proprietary enzyme blend	391 mg
Providing:	
Amylase	24,000 DU
Protease	60,000 HUT
Protease 6.0	20,000 HUT
Glucoamylase	30 AGU
Lactase	1,600 ALU
Lipase	3,000 FIP
Beta-glucanase	20 BGU
Invertase	900 SU
Cellulase	800 CU
Alpha-galactosidase	120 GalU
Protease 3.0	20 SAPU
Phytase	10 FTU
Hemicellulase	200 HCU

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Gastrointestinal



Digestive Enzymes Ultra	Quantity	Order Code
	180	DEU1
	90	DEU9

Digestive Enzymes Ultra with Betaine HCl

HIGH-STRENGTH MIXTURE OF BETAINE HCL WITH VEGETARIAN ENZYMES TO SUPPORT ENHANCED PROTEIN, CARBOHYDRATE, FAT, FIBER AND DAIRY DIGESTION†

- Offers a broad-spectrum combination of vegetarian digestive enzymes designed to provide optimal activity across a wide pH range†
- Supports optimal gastric pH with betaine HCl, important for the enhanced digestion of protein and other nutrients to support daily wellness and neurotransmitter synthesis†
- Facilitates the normal breakdown of proteins, peptides, fats, polysaccharides and disaccharides†

2 capsules with each meal, or as directed by a health professional.

Two (size 0) vegetarian capsules contain:

Proprietary enzyme blend	391 mg
Providing:	
Amylase	24,000 DU
Protease	60,000 HUT
Protease 6.0	20,000 HUT
Glucoamylase	30 AGU
Lactase	1,600 ALU
Lipase	3,000 FIP
Beta-glucanase	20 BGU
Invertase	900 SU
Cellulase	800 CU
Alpha-galactosidase	120 GalU
Protease 3.0	20 SAPU
Phytase	10 FTU
Hemicellulase	200 HCU
Betaine HCl	500 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.

Gastrointestinal



Digestive Enzymes Ultra with Betaine HCl	Quantity	Order Code
	180	DEUB1
	90	DEUB9

DIM Detox

SUPPORT FOR DETOXIFICATION, HORMONE METABOLISM, AND CELLULAR HEALTH[†]

The glucosinolates in broccoli, including indole-3-carbinol and sulforaphane, help support healthy detoxification. BioResponse DIM[®] provides 25 mg per serving of a highly absorbable form of diindolylmethane, an important metabolite of indole-3-carbinol. These compounds promote healthy estrogen metabolism and cell cycle activity. Calcium-D-glucarate targets beta-glucuronidase enzyme activity, promoting healthy hormone detoxification through the glucuronidation pathway. Lignans, such as 7-hydroxymatairesinol (HMR), are converted in the body to enterolactone. Research indicates that dietary intake of lignans and healthy serum enterolactone levels provide support for cellular, heart, breast, bone and cognitive health. Silymarin, alpha lipoic acid and n-acetyl-l-cysteine act to support phase II detoxification enzyme activity in the liver and offer antioxidant support for cellular protection. Taurine, glycine and methionine promote phase II detoxification pathways and healthy cell metabolism.[‡]

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

BioResponse DIM [®] diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
Calcium-D-glucarate	100 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
HMRlignan™ (from Norway spruce knot wood) (containing 7-hydroxymatairesinol)	10 mg
Alpha lipoic acid (thioctic acid)	200 mg
N-Acetyl-l-cysteine (free-form)	200 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	150 mg
l-Methionine (free-form)	200 mg
Glycine (free-form)	100 mg
Taurine (free-form)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

HMRlignan™ is a trademark of Linnea Inc.

BioResponse DIM[®] and DIMPRO[®] are trademarks of BioResponse, L.L.C., Boulder, CO.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification    

DIM Detox	Quantity	Order Code
	60	DD6

DIMPRO[®] 100

HIGHLY ABSORBABLE FORM OF DIINDOLYLMETHANE TO SUPPORT BREAST, CERVICAL AND PROSTATE HEALTH[†]

DIMPRO[®] 100 contains BioResponse DIM[®] (diindolylmethane complex). Diindolylmethane is a metabolite of indole-3-carbinol (I3C). Both are found naturally in cruciferous vegetables like broccoli, kale and Brussels sprouts. Upon contact with gastric acid in the stomach, I3C is converted to a number of active compounds, predominantly diindolylmethane. Research indicates that diindolylmethane supports healthy cell cycle function and signal transduction to maintain breast, cervical and prostate cell health. In a double-blind, randomized clinical trial, BioResponse DIM[®] revealed potential support for maintaining the function of healthy breast cells. Another randomized placebo-controlled crossover trial found that it promoted statistically significant breast comfort. Furthermore, an additional double-blind randomized clinical trial with 52 women found that BioResponse DIM[®] supported cervical cell health. Diindolylmethane in its pure form is highly insoluble. Patented, microencapsulated BioResponse DIM[®] has been specially developed for enhanced-absorption. This form may be more supportive than I3C in cases of low gastric acidity.[‡]

1 capsule, 1-3 times daily, with or between meals.

Each (size 0) vegetarian capsule contains:

BioResponse DIM [®] diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
	25 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

BioResponse DIM[®] and DIMPRO[®] are trademarks of BioResponse, L.L.C., Boulder, CO.

Liver & Detoxification



DIMPRO [®] 100	Quantity	Order Code
	120	DP1
	60	DP6

Disc-Flex

SUPPORTS SPINAL DISC INTEGRITY†

This formula addresses the unique nutritional needs of intervertebral cartilage (IVC). IVC is avascular, wears differently, and is affected by different nutritional factors compared to articular cartilage. The basics of healthy disc composition involve glucosamine, chondroitin and collagen. Studies indicate that glucosamine supports spinal disc integrity and has the potential to support the strength of the disc under compressive loads. In postmenopausal women, the healthy composition of the lumbar spine is directly related to collagen content. The advanced nature of this product involves its potential ability to support healthy advanced glycation end product activity, healthy immune mediator activity and healthy calcium metabolism. Advanced glycation end products may reduce the ability of the intervertebral disc to produce proteoglycans, which comprise healthy disc matrix. The age-related increase in advanced glycation end products may also contribute to stiffening of the spine. L-Carnosine, alpha lipoic acid and grape seed extract help to maintain healthy advanced glycation end product metabolism and provide antioxidant protection. Cartilage end plate calcification also affects disc function and longevity. Vitamin K₂ as menaquinone-7 maintains a healthy balance of calcium uptake into extra-skeletal tissues. Vitamin D is a synergist with vitamin K₂ to help maintain healthy cartilage end plate calcium metabolism. Devil's claw supports day to day spinal comfort†

2 capsules daily, with meals, or as directed by a health professional. Individual results may vary.

Two (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin K ₂ (menaquinone-7)	10 mcg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Glucosamine HCl (from crab and shrimp)	500 mg
L-Carnosine (beta-alanyl-L-histidine)	75 mg
Alpha lipoic acid (thioctic acid)	50 mg
Devil's claw (<i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i>) extract (root) (standardized to contain 5% harpagosides)	150 mg
Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 70% boswellic acids)	100 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

Contains shellfish (crab, shrimp)

Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Bones, Joints & Muscles



Disc-Flex	Quantity	Order Code
	120	DIS1
	60	DIS6

DL-Phenylalanine

SUPPORTS EMOTIONAL WELL-BEING AND MUSCLOSKELETAL RELAXATION†

DL-Phenylalanine is a combination of the well-tolerated essential amino acids, d-phenylalanine and l-phenylalanine. Together, these compounds help promote mental functioning and support positive outlook. l-Phenylalanine is a precursor to l-tyrosine, which converts to the neurotransmitters norepinephrine, epinephrine, dopamine and tyramine. l-Tyrosine and its metabolites may support emotional well-being, memory and learning. d-Phenylalanine may promote the levels of certain endorphins, thereby calming stressed muscles and joints.†

2 capsules, 2-3 times daily, between meals.

Two (size 00) vegetarian capsules contain:

DL-Phenylalanine (free-form)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Memory & Mood



DL-Phenylalanine	Quantity	Order Code
	180	LP1
	90	LP9



DopaPlus

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.†

SUPPORTS DOPAMINE PRODUCTION AND MAINTAINS HEALTHY REUPTAKE FOR DAILY MENTAL FUNCTION AND SHARPNESS†

- Promotes the production of dopamine to support daily cognitive function and mental tasks†
- Provides the dopamine precursors l-tyrosine and L-DOPA from *Mucuna pruriens*
- In a randomized, controlled, double-blind, crossover trial, *Mucuna pruriens* supplementation promoted L-DOPA plasma concentrations†
- Includes the cofactors vitamin B₆, Metafolin® L-5-MTHF, and zinc to support dopamine production†
- Promotes the stability of dopamine and maintains healthy dopamine reuptake with rhodiola and green tea polyphenols†
- Supports cognitive function and mental sharpness with grape seed proanthocyanidins†
- Protects neuronal health and function with green tea and grape seed polyphenols†
- Supports optimal serum levels of zinc and folate to promote positive mood†

3 capsules, 1-2 times daily, with low protein foods.

Three (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg L-5-MTHF)
Zinc (as zinc picolinate)	10 mg
l-Tyrosine (free-form)	1,000 mg
Velvet bean (<i>Mucuna pruriens</i>) extract (seed) (standardized to contain 15% L-DOPA)	200 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	100 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 90% total tea catechins and 70% EGCG)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants, antipsychotics, or drugs used to treat Parkinson's disease.

Memory & Mood



DopaPlus	Quantity	Order Code
	180	DOP1

E.P.O. (evening primrose oil)

COLD-PRESSED EVENING PRIMROSE SEED FOR SKIN HEALTH AND MUSCULOSKELETAL COMFORT; CONTAINS 9% GLA†

Evening primrose oil (E.P.O.) is cold-pressed and produced without the use of any solvents. Used for centuries as nutritional support for a wide range of physiological functions, several studies have indicated that E.P.O. may help support the look and feel of healthy skin. A clinical trial reported that E.P.O. supported healthy skin through a modulation of IFN-gamma. Another study revealed that E.P.O. promoted skin health and led to a more favorable shift in eicosanoid metabolism. Other studies suggest that E.P.O. may support healthy lipid metabolism and may provide oxidative protection by promoting glutathione reductase and transferase activities. A clinical trial reported that GLA in combination with EPA/DHA significantly promoted healthy cardiovascular function in women. Additionally, E.P.O. may potentially be supportive of premenstrual comfort.†

1 softgel capsule, 1-4 times daily, with or between meals.

Each (size 10) softgel capsule contains:

Calories	5
Total fat	0.5 g
Evening primrose (<i>Oenothera biennis</i>) oil (seed) (cold-pressed) (standardized to contain 9% gamma-linolenic acid (GLA))	500 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Women's Formulas

NON
GMO

E.P.O. (evening primrose oil)	Quantity	Order Code
	250	EPO2
	100	EPO1



EFA Essentials

TRIGLYCERIDE-FORM FISH OIL AND BORAGE OIL BLEND TO SUPPORT JOINT, SKIN, AND EYE HEALTH[†]

Extensive clinical research has indicated that essential fatty acids support the health of joints, skin and eyes. EPA, DHA and GLA support joint, skin and eye health through a broad range of mechanisms involving cytokine balance, protease activity, immune mediator activity and blood flow. The importance of GLA has been underscored by clinical studies with favorable musculoskeletal and dermatologic outcomes. While omega-3 fatty acids are utilized for the biosynthesis of prostaglandin E3, the omega-6 fatty acid, GLA, is an important precursor of prostaglandin E1. Together, EPA, DHA and GLA help to balance eicosanoid production in diverse cell types, including chondrocytes in joints, keratinocytes of the skin, and epithelial cells of the eye. EPA, DHA and GLA support joint health by maintaining healthy cytokine activity and matrix protease expression. GLA also supports skin elasticity and hydration through promoting peripheral blood flow and nutrient delivery. Clinical research has indicated important roles of fish oil and GLA-rich oils in maintaining moisture retention in the epithelia of the eyes. Large studies have indicated that EPA and DHA support ocular hydration through promoting healthy tear production and tear film osmolarity in normally functioning eyes. GLA provides additional support for ocular health by maintaining mucin production and healthy tear film characteristics.[†]

2 softgel capsules, 1-2 times daily, with meals.

Two (size 20) softgel capsules contain:

Calories	20
Total fat	2 g
Fish oil concentrate (from anchovies, sardines)	1,914 mg
Providing:	
EPA (eicosapentaenoic acid)	570 mg
DHA (docosahexaenoic acid)	430 mg
Other omega-3 fatty acids	130 mg
Borage (<i>Borago officinalis</i>) oil (seed)	300 mg
Providing:	
GLA (gamma-linolenic acid)	50 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (rosemary leaf extract, natural tocopherols, ascorbyl palmitate)

Contains fish (anchovies, sardines)

Cardiometabolic Health & Metabolism 

EFA Essentials	Quantity	Order Code
	120	EFA1

Electrolyte/Energy formula

SUPPORTS HYDRATION, STAMINA, AND ELECTROLYTE REPLETION[†]

- Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function, retains hydration, may lessen the perception of exertion[†]
- Provides glucose and maltodextrin, important pre-exercise sources of rapidly available energy; spares glycogen stores and delays fatigue[†]
- Contains the energizing cofactors malic acid and alpha ketoglutarate, both Krebs cycle intermediates[†]
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery[†]
- Supports mental focus under stressful conditions and may also help promote physical endurance with the amino acid L-tyrosine, a neurotransmitter precursor[†]
- Especially for strenuous or prolonged exercise at least 1-2 hours in length

1 scoop mixed in 8–10 oz water, 20 minutes before intense exercise, or as directed by a health professional.

Serving size: 1 scoop (approximately 8.5 g)

Servings per container: 40

Each scoop (approximately 8.5 g) contains:

Calories	30
Total carbohydrate	7 g
Total sugars	3.5 g
Includes 3.5 g of added sugars	
Vitamin C (as ascorbic acid)	100 mg
Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate)	50 mg
Chloride (as sodium chloride)	75 mg
Sodium (as sodium chloride)	60 mg
Potassium (as potassium phosphate)	50 mg
Alpha ketoglutarate	100 mg
Malic acid	100 mg
L-Tyrosine (free-form)	250 mg

Other ingredients: maltodextrin, glucose, natural lemon-lime flavor

Energy & Fitness    

Electrolyte/Energy formula	Quantity	Order Code
	12 oz (340 g)	EEF3

[†]Dr. Greenblatt is a retained advisor to Pure Encapsulations.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Electrolyte/Energy formula (stick packs)

Single-Serving Stick Packs

CONVENIENT, GO ANYWHERE STICK PACKS; SUPPORTS HYDRATION, STAMINA AND ELECTROLYTE REPLETION[†]

- Offers the same benefits as Electrolyte/Energy formula in a convenient stick pack delivery form
- Combines sodium, chloride, potassium, calcium and magnesium, plus carbohydrates to replenish electrolytes lost during exercise; supports muscle function; retains hydration; and lessens the perception of exertion[†]
- Provides rapidly available energy sources glucose and maltodextrin to spare glycogen, enhance endurance, and delay fatigue[†]
- Supports peak ATP production with the precursor ribose to promote energy repletion during intense exercise[†]
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery[†]

Take one stick pack mixed with 8-10 oz of water, 20 minutes before intense exercise, or as directed by a health professional.

Serving size: 10.8 g (1 stick pack)

Servings per container: 30

Each stick pack (10.8 g) contains:

Calories	30
Total carbohydrates	8 g
Total sugars	4 g
Includes 4 g of added sugars	
Vitamin C (as ascorbic acid)	80 mg
Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate)	50 mg
Sodium (as sodium citrate)	170 mg
Potassium (as potassium phosphate)	50 mg
D-Ribose	200 mg
Malic acid	100 mg

Other ingredients: natural pomegranate juice powder, glucose, maltodextrin, red beet root powder

Energy & Fitness



Electrolyte/Energy formula (stick packs)	Quantity	Order Code
	30 stick packs	EEF2B3

Emotional Wellness[†]

SUPPORTS EMOTIONAL AND MENTAL WELL-BEING AND MODERATES OCCASIONAL STRESS[†]

5-hydroxytryptophan and l-tyrosine are key precursors for the synthesis of several neurotransmitters responsible for a healthy emotional outlook, including serotonin, dopamine, epinephrine and norepinephrine. These neurotransmitters are involved in the regulation of endocrine and brain activity in addition to sleep/wake cycles. Research suggests that l-tyrosine may also support cognitive function and memory under stressful conditions. A healthy level of the inhibitory neurotransmitter GABA is also associated with positive mood. Research suggests that both GABA and l-theanine enhance alpha wave production in the brain, promoting relaxation. Complementary support for relaxation is provided by passionflower, while *Rhodiola rosea* supports cognitive and mental function under stressful conditions. Vitamin B₆ is a cofactor that plays an important role in supporting positive emotional health.[†]

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
5-Hydroxytryptophan	100 mg
l-Tyrosine (free-form)	100 mg
GABA (gamma-aminobutyric acid)	200 mg
l-Theanine	100 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts) (standardized to contain 3.5% vitexins)	85 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood



Emotional Wellness [†]	Quantity	Order Code
	120	EW1
	60	EW6

Energize Plus™ Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

Indications:

- Support for mitochondrial energy production and nutrient metabolism†

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 37.5 mcg (1,500 IU) vitamin D₃
- Easily tolerated magnesium glycinate for sensitive individuals

Special Features:

- Enhances energy production in the mitochondria†
 - B vitamins, CoQ₁₀ and magnesium act as cofactors in the energy production pathway†
 - Carnitine shuttles fatty acids into the mitochondria for oxidation and conversion into energy†
- Promotes nutrient metabolism†
 - Omega-3-fatty acids support healthy gene expression to enhance glucose and lipid homeostasis†
 - Vitamin D promotes healthy nutrient metabolism†
 - Magnesium and B vitamins help counter the effects of stress on healthy nutritional status†
- Convenient, once-daily packet

Each Packet Contains:

Multi t/d 1 vegetarian capsules »See page 123

- Multivitamin/mineral complex with activated B vitamins, antioxidants and trace minerals

EPA/DHA essentials 2 softgel capsules »See page 77

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support†

Vitamin D₃ 1 vegetarian capsule » See page 196

- Cholecalciferol (vitamin D₃) to support healthy nutrient metabolism†

L-Carnitine 1 vegetarian capsule »See page 49

- Free-form amino acid to support fatty acid oxidation and promote energy production†

Magnesium (glycinate) 1 vegetarian capsule »See page 112

- Highly bioavailable form of magnesium to support energy production and emotional well-being†

CoQ₁₀ 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ₁₀

1 packet daily (7 capsules), with a meal.

Seven capsules contain:

Calories	20
Total fat	2 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	675 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	37.5 mcg (1,500 IU)
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	34 mg
Thiamin (as thiamin HCl) (B ₁)	25 mg
Riboflavin (as vitamin B ₂ and 28% as riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium glycinate)	120 mg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	50 mcg
Chromium (as chromium polynicotinate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Coenzyme Q ₁₀	30 mg
L-Carnitine (free-form) (from L-carnitine-L-tartrate)	340 mg
Fish oil concentrate (anchovies, sardines, mackerel)	2,000 mg
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

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

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Contains fish (anchovies, sardines, mackerel)

Multivitamins, Vitamins & Minerals



Energize Plus™ Pure Pack	Quantity	Order Code
	30 packets	EPPB3

Energy Xtra

ADAPTOGEN FORMULA FOR PHYSICAL AND MENTAL STAMINA[†]

Adaptogens have long been associated with promoting energy, enhancing stamina, and reducing mild fatigue. They encourage physical work capacity and mental performance. Often referred to as tonics, they have far reaching effects on overall physiological health, supporting immune, cardiovascular, and endocrine functions. At the same time, they help the body to adapt to and cope with occasional stress, primarily by supporting the hypothalamic-pituitary-adrenal (HPA) axis. Panax ginseng promotes endurance and stamina, while also promoting cognitive, cardiovascular and immune function. Ashwagandha is recognized for supporting immune function and cognitive function. Rhodiola and eleuthero are traditionally associated with rejuvenating effects and the ability to promote endurance.[†]

1 capsule daily, with or between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Asian ginseng (<i>Panax ginseng</i>) extract (root) (standardized to contain 5% ginsenosides)	200 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidoside)	100 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Not to be taken by pregnant or lactating women.

Energy & Fitness



Energy Xtra	Quantity	Order Code
	120	EX21
	60	EX26

EPA Ultimate

ECO-FRIENDLY, SUPERCRITICAL CO₂ EXTRACTED EPA FISH OIL CONCENTRATE FOR CARDIOVASCULAR HEALTH AND EMOTIONAL WELLNESS[†]

The omega-3 essential fatty acid EPA is primarily associated with healthy arachidonic acid metabolism. In an 8-week, double-blind study using high EPA, supercritical extracted fish oil, subjects reported support for healthy emotional well-being. In observational and epidemiological studies, higher plasma levels of EPA have been associated with healthy mood. Fish oil containing EPA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.[†]

2 softgel capsules daily, with a meal.

Two (size 11) softgel capsules contain:

Calories	10
Total fat	1 g
Vitamin E (as mixed tocopherols)	1 mg
Fish oil concentrate (from anchovies and sardines)	1,350 mg
Providing:	
EPA (eicosapentaenoic acid)	798 mg
DHA (docosahexaenoic acid)	266 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Contains fish (anchovies, sardines)

Cardiometabolic Health & Metabolism



EPA Ultimate	Quantity	Order Code
	120	EPU1



EPA/DHA essentials

ULTRA-PURE, MICROFILTERED FISH OIL CONCENTRATE; SUPPORT FOR CARDIOVASCULAR HEALTH AND DAILY WELLNESS[†]

Fish oil and omega-3 fatty acids EPA/DHA (eicosapentaenoic acid/docosahexaenoic acid) have been associated with numerous benefits, including healthy lipid metabolism, cytokine balance, joint comfort, blood flow, cognitive function and skin health.[†]

1-2 softgel capsules daily. Consume with food.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural tocopherols

Contains fish (anchovies, sardines, mackerel)

Memory & Mood



EPA/DHA essentials	Quantity	Order Code
	180	ED11
	90	ED19

EPA/DHA liquid (lemon flavor)

Suitable for Children

ULTRA-PURE, MICROFILTERED FISH OIL; SUPPORTS CARDIOVASCULAR HEALTH AND DAILY WELLNESS[†]

1 teaspoons daily, with a meal, or as directed by a health professional.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)

Servings per container: 40

Each teaspoon (5 ml/0.17 fl oz) provides:

Calories	40
Total fat	4.5 g
Saturated fat	1 g
Polyunsaturated fat	2 g
Monounsaturated fat	1 g
Cholesterol	15 mg
Fish oil concentrate (from anchovies, sardines)	4,600 mg
Providing (typical):	
EPA (eicosapentaenoic acid)	740–825 mg
DHA (docosahexaenoic acid)	460–550 mg

Other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary leaf extract, ascorbyl palmitate, natural tocopherols)

Contains fish (anchovies, sardines)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

Memory & Mood



EPA/DHA liquid (lemon flavor)	Quantity	Order Code
	200 ml (7 fl oz)	EDL2



EPA/DHA with lemon

ULTRA-PURE, MICROFILTERED FISH OIL ENHANCED WITH LEMON FLAVOR; SUPPORTS CARDIOVASCULAR HEALTH AND DAILY WELLNESS[†]

1-2 softgel capsules daily. Consume with food.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Fish oil concentrate (from anchovies, mackerel, sardines)	900 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

Contains fish (from anchovies, mackerel, sardines)

Memory & Mood



EPA/DHA with lemon	Quantity	Order Code
	120	EDC1

EpilIntegrity powder

Shelf-Stable

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA⁺

PROMOTES HEALTHY MODULATION OF MUCOSAL IMMUNE RESPONSES TO SUPPORT GI INTEGRITY IN A GREAT-TASTING POWDER[†]

EpilIntegrity powder combines glutamine, prebiotic fiber and herbal extracts to promote healthy modulation of mucosal immune response to support gastrointestinal (G.I.) integrity and function. Th2 modulation may be indicated when addressing immune balance in the G.I. tract. L-glutamine is an essential fuel for enterocytes (the cells that line the small intestine and colon), supporting cellular renewal, glutathione production and healthy, everyday tissue repair, while promoting healthy villous function. Arabinogalactan is a prebiotic fiber found in high concentrations in North American larch trees. It has been shown to increase the concentration of beneficial bacteria, such as Bacteroidetes and *Faecalibacterium prausnitzii*. Beneficial microflora are crucial for proper gut associated lymphoid tissue (GALT) function and development. Research suggests higher levels of *F. prausnitzii* are associated with healthy cytokine balance and G.I. function. In clinical trials, arabinogalactan has been shown to promote immune cell function. In a randomized three-week trial involving healthy adults, arabinogalactan potentiated the innate immune system, supporting key first-line defenses. Perilla supports cytokine

homeostasis of the G.I. mucosal tissue. In a randomized, controlled trial involving 50 individuals, 150 mg of Benegut® *Perilla frutescens* extract twice daily offered statistically significant support for G.I. comfort. Research suggests that perilla also helps maintain cytokine balance and stabilize mast cells. Astragalus promotes cytokine balance and supports macrophage, natural killer (NK) cell and T-cell activity. Adaptogens like astragalus support physiological and cellular homeostasis and have positive effects on immune function and antioxidant defenses. Deglycyrrhizinated licorice (DGL) maintains intestinal comfort by supporting the protective mucosal lining.[†]

1 scoop, 1-2 times daily. Add 1 serving to 8 oz of water or juice. Shake or stir until dissolved.

**Serving size: 1 scoop (approximately 5.7 g)
Servings per container: approximately 30**

One scoop (approximately 5.7 g) contains:

Calories	15
Total Carbohydrate	2.5 g
Sodium (naturally occurring)	25 mg
Arabinogalactan	2.4 g
L-Glutamine (free form)	2.4 g
Benegut® <i>Perilla (Perilla frutescens)</i> extract (leaf)	150 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	200 mg
Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) extract (root)	50 mg
Other ingredients: citric acid, natural strawberry and lemonade flavors, malic acid, purified stevia leaf extract	

Benegut® is a trademark of Vital Solutions GmbH, Germany.

Gastrointestinal



EpilIntegrity powder	Quantity	Order Code
	6 oz (171 g)	EIP1



Essential-C & flavonoids

VITAMIN C ENHANCED WITH FLAVONOIDS FOR ANTIOXIDANT, IMMUNE AND VASCULAR SUPPORT†

Essential-C & flavonoids offers a blend of ChelaMax® vitamin C and flavonoid compounds to provide vitamin C support for healthy immune and cellular function, as well as blood vessel integrity. ChelaMax® offers scientifically formulated, rigorously tested, and fully chelated calcium ascorbate. The process of chelation wraps this non-acidic, water-soluble nutrient in a protective shell to enhance bioavailability. A unique three-step quality assurance and verification process ensures full chelation, purity, and efficacy. This process includes X-Ray diffraction (XRD), to confirm the actual structure of the compound; Fourier Transform Infrared (FT-IR) spectroscopy, which creates a unique fingerprint specific to this material; and Thermogravimetric analysis (TGA) to confirm purity. The bioflavonoids quercetin and rutin are free radical scavengers that complement the roles of vitamin C. Quercetin helps maintain healthy mast cell function and moderates healthy leukotriene and prostaglandin metabolism. Rutin provides important support for blood vessel integrity and healthy cell function.†

1 capsule, 1-2 times daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Vitamin C (from ChelaMax® calcium ascorbate)	619 mg
Calcium (from ChelaMax® calcium ascorbate blend)	68 mg
Quercetin	50 mg
Rutin	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChelaMax® is a registered trademark of Innophos, LLC.

Immune Support



Essential-C & flavonoids	Quantity	Order Code
	180	ECF21
	90	ECF29

Essential Aminos

PROVIDES A BALANCED RATIO OF ESSENTIAL AMINO ACIDS FOR MUSCLE, BRAIN AND TISSUE HEALTH†

Amino acids are the building blocks for all proteins, making them essential for a number of body functions, including fluid balance, enzyme production, cellular repair and energy metabolism. Amino acids also provide a readily available form of nitrogen, a critical element that forms various compounds such as neurotransmitters and creatine. In humans, protein is composed of 20 amino acids, only some of which the body is able to produce. Those that need to be obtained from exogenous sources are referred to as the essential amino acids. Pure Encapsulations' Essential Aminos formula is based on the ratios of essential amino acids from high biological value (BV) protein sources. Proper intake of these amino acids is important for the synthesis, repair, and metabolism of muscle, cells, and tissues.†

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

L-Histidine (free-form)	50 mg
L-Isoleucine (free-form)	79 mg
L-Leucine (free-form)	138 mg
L-Lysine HCl (free-form)	110 mg
L-Methionine (free-form)	70 mg
L-Phenylalanine (free-form)	115 mg
L-Threonine (free-form)	68 mg
L-Valine (free-form)	75 mg
TryptoPure® L-tryptophan	20 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

AjiPure® is a registered trademark of AJINOMOTO® CO., INC. /

TryptoPure® is a registered trademark of AJINOMOTO® CO., INC..

Energy & Fitness

Essential Aminos	Quantity	Order Code
	180	EA21



†Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

EyeProtect Basics[†]

CLINICALLY-RESEARCHED LEVELS OF KEY ANTIOXIDANTS TO SUPPORT EYE HEALTH[†]

EyeProtect Basics[†] contains the key antioxidants vitamin C, vitamin E, zinc, copper, lutein and zeaxanthin to support healthy vision and the integrity of the eye. A large randomized, double-blind, placebo-controlled clinical trial involving 3,600 individuals indicates that these nutrients are critical to maintain the health of the retina and macula. EyeProtect Basics[†] contains clinically-researched levels of these nutrients in optimally bioavailable forms.[†]

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as d-alpha tocopherol succinate)	268 mg
Zinc (as zinc citrate)	25 mg
Copper (as copper glycinate)	2 mg
FloraGLO [®] lutein	10 mg
Zeaxanthin	2 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

[†]FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM.

Vision



EyeProtect Basics [†]	Quantity	Order Code
	60	EPB6

EyeProtect Basics without zinc[†]

OFFERS THE SAME EYEPROTECT BASICS[†] FORMULA, BUT WITHOUT ZINC

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as d-alpha tocopherol succinate)	268 mg
Copper (as copper glycinate)	2 mg
FloraGLO [®] lutein	10 mg
Zeaxanthin	2 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

[†]FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM.

Vision



EyeProtect Basics without zinc [†]	Quantity	Order Code
	60	EPB26

Folate 400

With Metafolin[®] L-5-MTHF

UNIVERSALLY METABOLIZED FORM OF FOLATE

Folate 400 provides 400 mcg per capsule of Metafolin[®] L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

1 capsule, 1–2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Folate (as Metafolin[®], L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

Multivitamins, Vitamins & Minerals



Folate 400	Quantity	Order Code
	90	FOL49

Folate 1,000

With Metafolin[®] L-5-MTHF

UNIVERSALLY METABOLIZED FORM OF FOLATE

Folate 1,000 provides 1,000 mcg per capsule of Metafolin[®] L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Folate (as Metafolin[®], L-5-MTHF) 1,667 mcg DFE (1,000 mcg L-5-MTHF)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

Multivitamins, Vitamins & Minerals



Folate 1,000	Quantity	Order Code
	90	FOL19

Folate 5,000

UNIVERSALLY METABOLIZED FORM OF FOLATE

Folate 5,000 provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate.

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Folate 8,333 mcg DFE (5,000 mcg L-5-MTHF)
(as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Quatrefolic® is a registered trademark of Gnosis S.p.A.,
U.S. Patent No. 7,947,662.

Multivitamins, Vitamins & Minerals



Folate 5,000	Quantity	Order Code
	60	FOL56

Folate 5,000 Plus

ACTIVATED FOLATE, VITAMIN B₁₂ AND B₆ COMBINATION

Folate 5,000 Plus provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, combined with activated vitamin B₁₂ and B₆. Optimal levels of these B vitamins have been associated with cellular, cardiovascular, neurological and emotional health. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. Research suggests that B vitamins help maintain healthy nervous system function. In a randomized controlled study, a combination of methylfolate, methylcobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort. These vitamins also enhance healthy endothelial function and play a vital role in the metabolism of homocysteine.†

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 1) vegetarian capsule contains:

Vitamin B₆ (as pyridoxal 5' phosphate (activated B₆)) 25 mg
Folate 8,333 mcg DFE (5,000 mcg L-5-MTHF)
(as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)
Vitamin B₁₂ (as methylcobalamin) 1,000 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Quatrefolic® is a registered trademark of Gnosis S.p.A.,
U.S. Patent No. 7,947,662.

Multivitamins, Vitamins & Minerals



Folate 5,000 Plus	Quantity	Order Code
	60	FLP56

Folic Acid

SUPPORT FOR HEALTHY FETAL NEURAL DEVELOPMENT†

Folic Acid is essential for healthy fetal neural development. It is necessary for the growth and reproduction of red and white blood cells, the formation of nucleic acids, the conversion of homocysteine to methionine, and the production of gastric HCl.†

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

1,333 mcg DFE (800 mcg) folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. FDA does not endorse this claim. Public health authorities recommend that women consume 600 mcg DFE (360 mcg) folic acid daily from fortified foods or dietary supplements or both to reduce the risk of neural tube defects.

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Folate (as folic acid) 1,333 mcg DFE (800 mcg folic acid)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Folic Acid	Quantity	Order Code
	60	FO6

See also

PureMelt B₁₂ Folate

»page 163



G.I. Fortify (capsules)[†]

PureGI™ product line

DESIGNED TO SUPPORT A HEALTHY G.I. ENVIRONMENT, BOWEL REGULARITY, COLON CELL FUNCTION AND DETOXIFICATION[†]

- Maintains bowel regularity and supports healthy bowel movement frequency with psyllium and flax[†]
- Supports short chain fatty acid (SCFA) production to promote a healthy G.I. environment, microflora balance, and colon cell health[†]
- Promotes healthy intestinal cellular integrity and enhances the protective mucosal lining with l-glutamine, an important energy source for the G.I. tract in times of stress or increased metabolic demand[†]
- Enhances healthy G.I. detoxification with fiber and chlorella[†]

3 capsules daily, between meals with 8-12 oz water, or as directed by a health professional. Daily water intake should be increased when consuming this product.

Three (size 00) vegetarian capsules contain:

Calories	5
Total carbohydrate	1 g
Dietary fiber	1 g
Psyllium powder (husk)	1,100 mg
Flax (<i>Linum usitatissimum</i>) powder (seed)	400 mg
l-Glutamine (free-form)	500 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
Chlorella (<i>Chlorella</i> spp.) powder (cracked cell wall)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Gastrointestinal    

G.I. Fortify (capsules) [†]	Quantity	Order Code
	120	GIFC1



G.I. Fortify[†]

PureGI™ product line

SUPPORTS INTESTINAL BARRIER FUNCTION AND DIGESTIVE HEALTH.[†]

This product is a blend of high-impact fiber, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Psyllium is a valued source of soluble fiber, helping to promote larger and softer stools for healthy bowel movement frequency. It is fermented in the intestines, producing short chain fatty acids (SCFAs) that provide an energy source for the colon to maintain healthy colon cell function and promote beneficial microflora. Flaxseed provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract. It also maintains gut integrity and enhances the protective mucosal lining to ensure proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. G.I. Fortify[†] provides a combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root to support gut integrity and provide a soothing effect. Triphala is a standardized blend of three fruit extracts, *Terminalia chebula*, *Terminalia bellerica*, and *Embolica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification, occasional constipation, and overall colon health.[†]

Add 1 serving to 8–12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.

**Serving size: 1 heaping scoop (approximately 8.9 grams)
Servings per container: approximately 45**

Each heaping scoop (approximately 8.9 g) contains:

Calories	25
Total carbohydrate	5 g
Dietary fiber	4 g
Total sugars	<1 g
Protein	1 g
Psyllium powder (husk)	4 g
Flax (<i>Linum usitatissimum</i>) powder (seed)	2.25 g
l-Glutamine (free-form)	1 g
Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) extract (root)	600 mg
Marshmallow (<i>Althaea officinalis</i>) extract (root)	400 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
Slippery elm (<i>Ulmus fulva</i>) extract (bark)	200 mg
Triphala (a proprietary blend of chebula myrobalan (<i>Terminalia chebula</i>), belleric myrobalan (<i>Terminalia bellerica</i>), and amla (<i>Embolica officinalis</i>) extracts (fruit))	90 mg
Other ingredients: stevia leaf extract, ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Gastrointestinal    

G.I. Fortify [†]	Quantity	Order Code
	14.1 oz (400 g)	GIF4

G.I. Integrity[†]

PureGI™ product line

ENHANCED SUPPORT FOR GASTROINTESTINAL INTEGRITY AND FUNCTION[†]

L-Glutamine, the most abundant amino acid in the body, promotes healthy everyday tissue repair. In the gut, it maintains intestinal integrity by supporting the protective mucosal lining and maintaining healthy villous function. This helps to ensure proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. It is also the principal metabolic fuel for the enterocytes and immune cells in the small intestines. N-acetyl-d-glucosamine is a component of glycosaminoglycans and glycoproteins found in the gut's mucosal surface. Gamma oryzanol provides beneficial support for gastric health and comfort. Aloe maintains healthy prostaglandin metabolism and immune mediator activity and promotes defense against reactive oxygen metabolites. In one randomized, double-blind trial, volunteers reported positive intestinal support with aloe compared to placebo.[†]

2 capsules, twice daily, with or between meals.

Two (size 00) vegetarian capsules contain:

L-Glutamine (free-form)	1,000 mg
N-Acetyl-d-glucosamine (from crab, shrimp)	500 mg
Gamma oryzanol (from rice bran)	150 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Gastrointestinal  

G.I. Integrity [†]	Quantity	Order Code
	240	GII2
	120	GII1

GABA

PROMOTES POSITIVE MOOD, SUPPORTS RELAXATION AND MODERATES OCCASIONAL STRESS[†]

GABA is the primary inhibitory neurotransmitter in the central nervous system, playing a central role in regulating cell-to-cell communication. Healthy levels have been associated with positive mood. A recent study indicates that GABA also enhances alpha wave production in the brain to promote relaxation and moderate occasional stress. In the same study, it supported healthy IgA levels, suggesting that it may support immune health during occasional stress.[†]

1 capsule daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

GABA (gamma-aminobutyric acid)	700 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Memory & Mood    

GABA	Quantity	Order Code
	120	GAB1
	60	GAB6

Garlic Complex

UNIQUE COMBINATION OF GARLIC AND AGED FERMENTED BLACK GARLIC EXTRACT TO SUPPORT ANTIOXIDANT DEFENSES AS WELL AS CARDIOVASCULAR AND IMMUNE HEALTH[†]

Garlic Complex provides a unique combination of aged fermented black garlic extract and garlic extract. This combination offers cardiovascular and immune support properties, while also reducing the odor and sharp taste typically associated with raw garlic and garlic extracts. The health-promoting effects of garlic are derived from its sulphur-containing compounds, including allicin and S-allyl-cysteine (SAC). The fermentation and aging process utilized in the production of black garlic increases the levels of SAC and other bioactive compounds, including phenols and flavonoids. These compounds act as antioxidants in the body to protect tissues and support cellular function. Animal and cell studies suggest that the cardiometabolic effects from aged black garlic are due primarily to antioxidant and cytokine balance support, stemming partly from alterations in gene expression. In a randomized, double-blind trial involving 60 adults, 12 weeks of supplementation with 6 grams of aged black garlic revealed support for healthy lipid metabolism. Standard garlic extract is included to promote broad-spectrum cardiovascular health, including support for healthy blood flow and platelet function, healthy lipid and triglyceride metabolism, and healthy arterial function. Garlic has also demonstrated support for maintaining a healthy gut ecology and promoting healthy immune system function.[†]

2 capsules, 1-2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Aged fermented black garlic (<i>Allium sativum</i>) extract (bulb) (standardized to contain 0.1% S-Allyl cysteine)	600 mg
Garlic (<i>Allium sativum</i>) extract (bulb) (standardized to contain 2,000 mcg/g allicin yield)	400 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

ABG10+® is a trademark owned by Pharmactive Biotech Products, SL.

Cardiometabolic Health & Metabolism    

Garlic Complex	Quantity	Order Code
	120	GRC1

Ginger extract

SUPPORTS DIGESTIVE, MUSCULOSKELETAL AND CARDIOVASCULAR HEALTH[†]

The volatile oil components of ginger are responsible for its nutritional activity. Ginger helps to stimulate digestive enzymes and increases the production and secretion of bile from the liver and gallbladder. Ginger supports the cardiovascular system by maintaining healthy leukotriene and thromboxane production, supporting healthy platelet function.[†]

1 capsule, 1-4 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Ginger (*Zingiber officinale*) extract (root) 500 mg
(standardized to contain 5% gingerols)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Immune Support   

Ginger extract	Quantity	Order Code
	120	GI1

Ginkgo 50 160 mg

SUPPORTS HEALTHY BLOOD CIRCULATION AND MENTAL ACUITY[†]

Ginkgo biloba provides time-tested support for healthy blood flow and cognitive function.[†]

1 capsule, 1-2 times daily, between meals.

Each (size 1) vegetarian capsule contains:

Ginkgo (*Ginkgo biloba*) extract (leaf) 160 mg
(standardized to contain 24% ginkgoheterosides and 6% terpene lactones)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Memory & Mood    

Ginkgo 50 160 mg	Quantity	Order Code
	120	GB11

GlucFunction[†]

COMBINES KEY NUTRIENTS, ANTIOXIDANTS AND HERBAL EXTRACTS TO PROMOTE BROAD SPECTRUM SUPPORT FOR HEALTHY GLUCOSE METABOLISM[†]

Minerals including chromium, magnesium and zinc are associated with healthy glucose metabolism and may be synergistic with biotin. Bis-glycinato oxo vanadium is a bioavailable organic complex of glycine and vanadium. Vanadium promotes healthy glucose metabolism by supporting healthy liver and skeletal muscle function. The water-soluble polyphenol polymers found in CinSulin[®] cinnamon extract promote healthy glucose function, lipid metabolism and blood flow. *Momordica charantia*, or bitter melon, and *Gymnema sylvestre* provide traditional support for healthy pancreas and glucose function. Vitamin C maintains healthy red blood cell sorbitol levels. Alpha lipoic acid supports healthy glucose metabolism by promoting healthy mitochondrial function.[†]

1 capsule, 3 times daily, before meals.

Each (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid)	66 mg
Biotin	2,000 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	5 mg
Chromium (as chromium polynicotinate)	133 mcg
Vanadium (as bis-glycinato oxo vanadium (BGOV))	500 mcg
Alpha lipoic acid (thioctic acid)	100 mg
Cinnamon (<i>Cinnamomum cassia</i>) extract (dried bark)	83 mg
Gymnema (<i>Gymnema sylvestre</i>) extract (leaf)	50 mg
Bitter melon (<i>Momordica charantia</i>) extract (fruit)	75 mg
Other ingredients: vegetarian capsule (cellulose, water)	

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

CinSulin[®] is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism    

GlucFunction [†]	Quantity	Order Code
	180	GF1
	90	GF9

Glucosamine + Chondroitin with MSM

SUPPORTS CONNECTIVE TISSUE HEALTH AND JOINT COMFORT[†]

Sulfur-containing methylsulfonylmethane (MSM) is included in this glucosamine and chondroitin combination to provide an enhanced spectrum of nutrients for optimal cartilage matrix composition, connective tissue strength, and joint comfort. Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin sulfate. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. In addition, chondroitin sulfate may maintain healthy enzyme activity. An important role of sulfur from MSM is to enhance the structure and integrity of proteoglycans.[†]

1 capsule, 3 times daily, with meals. Individual results may vary.

Each (size 00) vegetarian capsule contains:

Glucosamine HCl (from crab, shrimp)	300 mg
Chondroitin sulfate (from bovine)	300 mg
MSM (methylsulfonylmethane)	300 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

OptiMSM[®] is a registered trademark of Bergstrom Nutrition.

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine + Chondroitin with MSM	Quantity	Order Code
	360	GCMS3
	240	GCMS2
	120	GCMS1
	60	GCMS6



Glucosamine Chondroitin with Manganese

ENHANCED CARTILAGE SYNTHESIS AND ANTIOXIDANT SUPPORT[†]

This convenient formula combines two of the most important cartilage building blocks, glucosamine and chondroitin, with manganese ascorbate for enhanced connective tissue support. In a study, the combination of glucosamine HCl, chondroitin sulfate and manganese ascorbate demonstrated the ability to promote joint function. The combination of glucosamine and chondroitin may also provide support for healthy hyaluronic acid content and synovial fluid. The trace mineral manganese plays a key role in supporting glycosaminoglycan and mucopolysaccharide production and encourages the antioxidant activity of superoxide dismutase. Vitamin C, as ascorbate, is a vital nutrient for proper collagen formation and also serves as an antioxidant.[†]

Initial dose: 1 capsule, 3 times daily, with meals, for 2-3 weeks.

Maintenance dose: 1 capsule, 2 times daily, with meals. Individual results may vary.

Each (size 00) vegetarian capsule contains:

Manganese (as manganese ascorbate)	2 mg
Glucosamine HCl (from crab, shrimp)	500 mg
Chondroitin sulfate (from bovine)	400 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine + Chondroitin with Manganese	Quantity	Order Code
	360	GCM3
	120	GCM1

Glucosamine Complex

CARTILAGE SUPPORT WITH MANGANESE[†]

This formula combines three forms of glucosamine: glucosamine HCl, glucosamine sulfate and n-acetyl-d-glucosamine. These naturally occurring substances build and maintain the matrix of collagen and connective tissue that forms the ground substance of cartilage.[†]

1 capsule daily, with a meal, or as directed by a health professional. Individual results may vary.

Each (size 00) vegetarian capsule contains:

Manganese (as manganese ascorbate)	2 mg
Glucosamine sulfate (from crab, shrimp)	250 mg
Glucosamine HCl (from crab, shrimp)	250 mg
N-Acetyl-d-glucosamine (from crab, shrimp)	250 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine Complex	Quantity	Order Code
	180	GSC1

Glucosamine HCl + Chondroitin

SHELLFISH-FREE GLUCOSAMINE AND CHONDROITIN COMBINATION FOR DAILY JOINT SUPPORT[†]

This formula provides convenient and simple dual-strength support for healthy joint motility and function. Glucosamine HCl is manufactured in a proprietary process to produce a shellfish-free glucosamine supplement. Its production involves corn fermentation, which produces chitosan as a byproduct. The chitosan is extracted and processed to achieve glucosamine HCl. There is no allergenicity, as no corn DNA is present in the fermentation product. Studies have indicated that glucosamine HCl has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. In other studies, formulations containing glucosamine HCl and chondroitin sulfate have suggested positive effects on joint mobility and comfort. Chondroitin sulfate promotes the synthesis of proteoglycans, the ground substance of cartilage. In addition, it maintains healthy enzyme activity in the cartilage matrix, supporting cartilage integrity, and may provide synergistic support when combined with glucosamine.[†]

1 capsule, 3 times daily, with meals, or as directed by a health professional. Individual results may vary.

Each (size 00) vegetarian capsule contains:

Glucosamine HCl (shellfish-free)	400 mg
Chondroitin sulfate (from bovine)	300 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles



Glucosamine HCl + Chondroitin	Quantity	Order Code
	120	GLC1

Glucosamine Sulfate 1,000 mg

ENHANCES AND UTILIZES THE INTRINSIC COMPOUNDS IN CARTILAGE IN ORDER TO SUPPORT HEALTHY CARTILAGE AND JOINTS[†]

Glucosamine sulfate supports healthy joints and connective tissue. Glucosamine is a naturally occurring compound present in joint cartilage that is necessary for the synthesis of proteoglycans, the protein molecules responsible for giving cartilage its strength and resilience. Sulfate, another component of proteoglycans, works synergistically with glucosamine in cartilage metabolism.[†]

1 capsule, 1-2 times daily, with meals, or as directed by a health professional. Individual results may vary.

Each (size 00) vegetarian capsule contains:

Glucosamine sulfate (from crab, shrimp)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine Sulfate 1,000 mg	Quantity	Order Code
	360	GS13
	180	GS11
	60	GS16



Glucosamine/MSM with joint comfort herbs[†]

PROMOTES HEALTHY CARTILAGE AND JOINT TISSUE[†]

Glucosamine sulfate and MSM provide intrinsic compounds essential for healthy cartilage formation, including glycosaminoglycans and elemental sulfur, respectively. MSM has also been attributed with enhancing healthy immune cell activity, thereby supporting tissues surrounding the joints. These important cartilage matrix constituents are complemented with additional factors for supporting a healthy immune response. In studies, ginger promotes healthy prostaglandin and leukotriene biosynthesis. Curcumin helps maintain healthy neutrophil function and scavenges free radicals.[†]

2 capsules, 1-3 times daily, with meals. Individual results may vary.

Two (size 00) vegetarian capsules contain:

Glucosamine sulfate (from crab, shrimp)	500 mg
MSM (methylsulfonylmethane)	500 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	250 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	250 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

OptiMSM[®] is a registered trademark of Bergstrom Nutrition.

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine/MSM with joint comfort herbs [†]	Quantity	Order Code
	360	GM3
	180	GM1
	60	GM6

Glucose Support Formula[†]

SUPPORTS OPTIMAL PANCREAS FUNCTION AND HEALTHY
GLUCOSE METABOLISM[†]

This formula provides a helpful combination of essential nutrients for healthy glucose support. The leaves of *Gymnema sylvestre* have been used for over 2,000 years in India. *Gymnema sylvestre* has been shown to nutritionally support the insulin producing cells of the pancreas. Alpha lipoic acid is a versatile nutrient that provides antioxidant activity and supports healthy glucose metabolism. As adaptogens, *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, promote healthy glucose balance. Research has indicated that maitake mushroom extract has a potential role in healthy glucose utilization. This formula also combines chromium with nicotinic acid, promoting healthy glucose and fat metabolism.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Chromium (as chromium polynicotinate)	200 mcg
Gymnema (<i>Gymnema sylvestre</i>) extract (leaf)	75 mg
Asian ginseng (<i>Panax ginseng</i>) extract (root) (standardized to contain 5% ginsenosides)	100 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Maitake mushroom (<i>Grifola frondosa</i>) extract (fruiting body)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

Cardiometabolic Health & Metabolism



Glucose Support Formula [†]	Quantity	Order Code
	120	GSF1
	60	GSF6

See also

[GlucoFunction[†]](#)
[Metabolic Xtra](#)

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»page 120

I-Glutamine 500 mg

NUTRITIONALLY SUPPORTS THE MUCOSAL LINING AND THE HEALTHY FUNCTIONING OF THE GASTROINTESTINAL TRACT, AS WELL AS LEAN MUSCLE MASS[†]

I-Glutamine is the most abundant amino acid in the body. In times of metabolic stress, glutamine is utilized by the body for tissue repair and gastrointestinal tract support. Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine's protective mucosal lining. In addition, glutamine is important in the preservation of muscle mass.[†]

1 capsule, 1-4 times daily, between meals, or as directed by a health professional.

Each (size 1) vegetarian capsule contains:

I-Glutamine (free-form) 500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Bones, Joints & Muscles



I-Glutamine 500 mg	Quantity	Order Code
	90	LG59

I-Glutamine 850 mg

1 capsule, 1-3 times daily, between meals.

Each (size 00) vegetarian capsule contains:

I-Glutamine (free-form) 850 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Bones, Joints & Muscles



I-Glutamine 850 mg	Quantity	Order Code
	250	LG82
	90	LG89

I-Glutamine powder

1 heaping scoop mixed with water or juice, 1-3 times daily, between meals, or as directed by a health professional.

**Serving size: approximately 3.1 g (1 heaping scoop)
Servings per container: approximately 73**

Each heaping scoop (approximately 3.1 g) contains:

I-Glutamine (free-form) 3 g

Bones, Joints & Muscles



I-Glutamine powder	Quantity	Order Code
	8 oz (227 g)	LGP

Gluten/Dairy Digest

A UNIQUE MIX OF ENZYMES TO SUPPORT NORMAL GLUTEN, CASEIN, BETA-LACTOGLOBULIN AND LACTOSE DIGESTION[†]

Gluten/Dairy Digest contains a blend of digestive enzymes targeting gluten and dairy digestion. It provides a blend of proteases specially formulated with dipeptidyl peptidase IV (DPP-IV) activity to help break down gluten peptide fragments in normal digestive systems. Studies suggest that it may also promote a healthy cytokine balance to support G.I. comfort and function. Additionally, this formula provides a unique mixture of protease enzymes and lactase to assist digestion of multiple constituents of milk and dairy products. Protease enzymes targeting casein and beta-lactoglobulin proteins support dairy protein digestion. Casein is the predominant protein in milk and cheese. Beta-lactoglobulin occurs primarily in the whey fraction of milk. It is an acid-stable protein and therefore may not be broken down by pepsin and pancreatin. Lactase breaks down the milk sugar lactose, helping to relieve occasional bloating or gas that some people can experience from dairy consumption. If you are on a controlled diet and/or under the care of a health professional for dairy and/or gluten digestion, continue to follow those recommendations. This product is not intended to substitute for the recommendations of a health professional.[†]

1 capsule as needed, with a meal, or as directed by a health professional.

Each (size 2) vegetarian capsule contains:

BioCore [®] DPP-IV	100 mg
Protease (endo/exopeptidase)	30,000 HUT
Protease (exopeptidase)	500 DPP-IV
Protease (endo/exopeptidase)	8.5 AP
BioCore [®] Dairy	105 mg
Protease (endo/exopeptidase)	630 BLGU
Lactase	1,000 ALU

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

BioCore[®] is a trademark of National Enzyme Company.

Gastrointestinal



Gluten/Dairy Digest	Quantity	Order Code
	120	GDD1
	60	GDD6

See also

[Digestive Enzymes Ultra](#)

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GlutenAssure Multivitamin

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX DESIGNED TO SUPPORT NUTRITIONAL NEEDS OF THOSE AVOIDING GLUTEN[†]

Indications:

- Men and women ages 18 and up

Vitamin Distinctions:

- Provides enhanced levels of fat-soluble vitamins to meet increased needs
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers activated vitamin B₁₂ in a blend of adenosylcobalamin and methylcobalamin
- Includes vitamin K₁ and K₂ (menaquinone-7) to support healthy calcium metabolism[†]

Special Features:

- Contains unique, clinically researched Tolerase® G prolyl-endopeptidase enzyme at the level designed to target the breakdown of 500 mg gluten over 3 capsules^{†^}
- Convenient 3-capsule dosing designed to be taken at each meal to target inadvertent dietary gluten[†]
- Offers calcium, magnesium, folate, and vitamins B₁, B₂, B₆, B₁₂ and D, nutrients that can be low in individuals following a gluten-free diet[†]
- Provides lutein to support macular health[†]
- Contains the concentrated 5-LOXIN® boswellia extract to promote healthy immune activity in the epithelial lining of the digestive tract and cytokine balance[†]

Nutrition surveys indicate that gluten-free diets are often low in fiber and micronutrients, particularly B vitamins and certain minerals. GlutenAssure Multivitamin is specially formulated with higher levels of key B vitamins, as well as magnesium, calcium, zinc and selenium. Enhanced levels of fat-soluble vitamins A, D, E, K₁ and K₂ help support optimal serum levels of these nutrients, which can be difficult to absorb. 5-LOXIN® boswellia extract is concentrated to provide 10 times as much AKBA as typical boswellia extracts. Research suggests that AKBA promotes cytokine balance to support joint and gastrointestinal health, in part by maintaining healthy immune activity in the epithelial lining of the digestive tract. This multivitamin also includes the scientifically researched prolyl-endopeptidase enzyme targeting gluten breakdown. Research suggests that individuals following a gluten-free diet are exposed to an average of 150 to 400 mg of gluten daily. This unique formulation is designed to be taken with meals and target this inadvertent gluten exposure. In a randomized, double-blind, placebo-controlled trial, individuals consuming prolyl-endopeptidase enzyme and gluten showed lower α -gliadin (a main component of gluten) concentration in the stomach and duodenum. The enzyme specifically degrades the immunogenic parts of the gluten protein. Research reveals that gluten-sensitive T-cells no longer react after gluten has been degraded with the enzyme.[†]

1 capsule with each meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and as 20% beta carotene)	500 mcg
Vitamin C (as ascorbic acid)	33 mg
Vitamin D (as cholecalciferol) (D ₃)	8.3 mcg (333 IU)
Vitamin E (as d-alpha tocopherol succinate)	6.6 mg
Vitamin K (as vitamin K ₁)	30 mcg
Thiamin (as thiamin HCl) (B ₁)	3.3 mg
Riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B ₂))	1.3 mg
Niacin (as niacin and 75% niacinamide)	6.6 mg
Vitamin B ₆ (as pyridoxine HCl and 50% pyridoxal-5-phosphate (activated B ₆))	8.3 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	333 mcg
Biotin	33 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	2 mg
Choline (as choline bitartrate)	10 mg
Calcium (as di-calcium malate) (DimaCal®)	50 mg
Iodine (as potassium iodide)	50 mcg
Magnesium (as di-magnesium malate) (Albion®)	50 mg
Zinc (as zinc picolinate)	5 mg
Selenium (as selenomethionine)	23 mcg
Copper (as copper bis-glycinate)	0.3 mg
Manganese (as manganese citrate)	0.8 mg
Chromium (as chromium picolinate)	33 mcg
Vitamin K ₂ (menaquinone-7)	10 mcg
Inositol	10 mg
FloraGLO® lutein	666 mcg
5-LOXIN® Boswellia serrata extract Indian frankincense (Boswellia serrata) extract (gum resin)(standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	33 mg
Tolerase® G Prolyl endopeptidase	29,000 PPI
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. Albion® and DimaCal® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Tolerase® G is a trademark of DSM.

Multivitamins, Vitamins & Minerals



GlutenAssure Multivitamin	Quantity	Order Code
	90	GAM9

See also
Gluten/Dairy Digest

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^This product is not intended to replace a gluten-free diet or to treat or prevent celiac disease.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Glycine

SUPPORTS RESTFUL SLEEP AND DETOXIFICATION[†]

Glycine is the simplest amino acid; its side chain consists of just a single hydrogen atom. Supplementation with glycine has been shown to support healthy kidney and liver function as well as nervous system health. Animal studies and a small human study indicate that glycine has the potential to support memory and mental function. In another human trial, glycine, acting as an inhibitory amino acid, had neuroprotective effects. Animal studies suggest that glycine plays a protective role for the kidneys and liver particularly by supporting detoxification of certain chemicals.[†]

3 capsules, 1-2 times daily, between meals.

Three (size 1) vegetarian capsules contain:

Calories	5
Glycine (free-form)	1,500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Sleep

GF

NON
GMO

V

VEG

Glycine	Quantity	Order Code
	180	GL1

Grape Pip 500 mg

PROVIDES UNIQUE ANTIOXIDANT PROTECTION AND SUPPORTS VASCULAR HEALTH[†]

Grape pips (seeds) are a superior source of flavonoids, polyphenols and oligomeric procyanidin complexes (OPC). Polyphenols have been shown to maintain healthy collagenase, elastase and hyaluronidase enzyme activity, supporting vascular endothelial integrity. As these compounds are relatives of the anthocyanins in bilberry, they also support visual adaptation and acuity.[†]

1 capsule daily, between meals.

Each (size 00) vegetarian capsule contains:

Grape (<i>Vitis vinifera</i>) extract (seed)	500 mg
(standardized to contain 92% polyphenols)	
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Cardiometabolic Health & Metabolism

GF

NON
GMO

V

VEG

Grape Pip 500 mg	Quantity	Order Code
	120	GP51



Grapefruit Seed Extract

PROMOTES THE BALANCE OF INTESTINAL MICROORGANISMS AND SUPPORTS HEALTHY MICROBIAL BALANCE IN THE GASTROINTESTINAL TRACT[†]

Grapefruit seed extract is a highly concentrated G.I. balancing extract promoting healthy microflora and gut ecology. A preliminary clinical trial reported that grapefruit seed extract supplements helped support healthy G.I. function and comfort. An in vitro study indicated that grapefruit seed extract promoted healthy microbial balance. Other studies support these findings, citing that grapefruit seed extract promotes a healthy environment when exposed to a wide range of bacterial biotypes.[†]

1 capsule, 1-4 times daily, with meals and 6-8 oz of water.

Each (size 2) vegetarian capsule contains:

Grapefruit (*Citrus x paradisi*) extract (seed and fruit) 250 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken by pregnant or lactating women.

Gastrointestinal    

Grapefruit Seed Extract	Quantity	Order Code
	120	GR1
	60	GR6

Green Tea extract (decaffeinated)

CONTAINS A HIGH EPIGALLOCATECHIN GALLATE (EGCG) CONTENT, PROVIDING IMPORTANT ANTIOXIDANT SUPPORT FOR ALL CELLS IN THE BODY[†]

This decaffeinated green tea extract is a herbal extract containing catechins, a class of antioxidant compounds known as polyphenols. It contains a minimum of 90% catechins, with EGCG making up a minimum of 70% of the content.[†]

1 capsule, 1-4 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Green tea (*Camellia sinensis*) extract (leaf) 100 mg
(standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Immune Support    

Green Tea extract	Quantity	Order Code
	120	GT1
	60	GT6

Growth Hormone Support[†]

SUPPORTS HEALTHY GROWTH HORMONE LEVELS[†]

The amino acids arginine and ornithine have been shown to support healthy growth hormone production. Growth hormone is naturally released by the pituitary gland in response to sleep and exercise in order to help replenish tissues. It supports muscle protein synthesis, moderates the breakdown of muscle tissue and promotes fat utilization for energy. Arginine supports healthy growth hormone synthesis and is also a precursor for protein synthesis. Ornithine alpha-ketoglutarate (OKG) has indicated the ability to support healthy nitrogen balance, important for healthy muscle function. OKG also promotes healthy polyamine, arginine and glutamine levels, important metabolites for muscle protein support. One study suggested the potential for arginine and ornithine in combination to support lean muscle mass when combined with physical training. A second study also suggests a possible role of arginine and ornithine in supporting lean muscle mass and strength training when combined with a high intensity exercise program.[†]

Taken one hour before physical activity or bedtime, arginine and OKG may support healthy growth hormone production and may also promote healthy muscle protein synthesis, muscle recovery, and lean muscle mass when combined with physical training.[†]

2 capsules, 1-2 times daily, on an empty stomach, before bedtime or 1 hour before a workout, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

L-Arginine HCl 1,000 mg
Ornithine alpha-ketoglutarate 500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Energy & Fitness    

Growth Hormone Support [†]	Quantity	Order Code
	180	GH1
	90	GH9

Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF

SUPPORTS SKIN ELASTICITY AND HYDRATION, HEALTHY HAIR, AND NAIL STRENGTH AND THICKNESS†

Vitamin C, zinc, copper, manganese and silica are integral collagen and keratin cofactors, promoting skin elasticity. Optimal levels of these nutrients, as well as folate, have been associated with healthy hair, skin and nails. Vitamin C supports skin resiliency and helps counter the effects of oxidative stress along with sustained-release CoQ₁₀ complex. Niacinamide and zinc promote immune function in the skin. The proanthocyanidins in grape seed extract help to stabilize collagen and elastin by moderating the proteolytic enzymes collagenase and elastase. Clinical studies indicate that biotin may help reinforce the keratin structure of the nails, promoting strength and thickness. PABA supports the appearance of healthy hair through its effects on melanin metabolism. BioCell Collagen® is a patented, hydrolyzed and denatured low molecular weight collagen, providing a naturally occurring matrix of hyaluronic acid (HA), chondroitin sulfate and amino acids including lysine, proline and hydroxyproline. These structural components support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have revealed that BioCell Collagen® helped moderate the appearance of wrinkles and blemishes in the skin.†

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Niacin (as niacinamide)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Biotin	6,000 mcg
Zinc (as zinc citrate)	30 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Silica (from bamboo)	30 mg
PABA (para-aminobenzoic acid)	150 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ ₁₀ (as CoQ ₁₀ and as 33% from MicroActive® CoQ ₁₀ -cyclodextrin complex)	60 mg
Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate	

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

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by US and International Patents).

MicroActive® is a registered trademark of BioActives, LLC.

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Hair/Skin/Nails Ultra	Quantity	Order Code
	60	HSN6

Hawthorn extract

CARDIOVASCULAR SYSTEM SUPPORT†

Hawthorn extract provides nutritional support for healthy cardiovascular function. This herbal formula supports coronary flow, healthy heart tissue, and myocardial function.†

1 capsule, 1-4 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Hawthorn (<i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	500 mg
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Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Cardiometaabolic Health & Metabolism



Hawthorn extract	Quantity	Order Code
	120	HA1



Heartburn Essentials[‡]

PureGI™ product line

MAINTAINS HEALTHY GASTRIC SECRETION, SUPPORTS DIGESTION AND SOOTHES THE DIGESTIVE TRACT[‡]

For years, gamma oryzanol has been associated with maintaining healthy gastric secretion, even under occasionally stressful conditions. It is likely that gamma oryzanol does this by influencing the autonomic nervous system. DGL, marshmallow, and slippery elm provide traditional support for soothing the gastrointestinal tract and promote the integrity of the mucosal lining. Artichoke helps to stimulate the digestive process. Plant enzymes further promote digestive function.[‡]

1 capsule at the start of each meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Gamma oryzanol (from rice bran)	125 mg
Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i>) extract (root)	100 mg
Marshmallow (<i>Althaea officinalis</i>) extract (root)	100 mg
Slippery elm (<i>Ulmus fulva</i>) extract (bark)	100 mg
Artichoke (<i>Cynara scolymus</i>) extract (leaf)	75 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Proprietary enzyme blend	61 mg
Providing:	
Amylase	6,000 DU
Lipase	81 FIP
Cellulase	22 CU

Other ingredients: vegetarian capsule (cellulose, water), tapioca dextrin, ascorbyl palmitate

Not to be taken by pregnant or lactating women.

Gastrointestinal    

Heartburn Essentials [‡]	Quantity	Order Code
	180	HB1
	90	HB9

Hemp CBD VESIsorb[®]

ENHANCED-BIOAVAILABILITY, BROAD-SPECTRUM EXTRACT

Hemp, also known as *Cannabis sativa*, is an annual herb of the family Cannabinaceae with a long history of use. This extract is derived from 100% U.S.-sourced agricultural hemp and extracted without solvents, using supercritical carbon dioxide. VESIsorb[®] offers a unique self-assembling colloidal system to enhance absorption by promoting the ability of the hemp extract to dissolve readily in an aqueous environment.

1 softgel capsule daily, with or between meals, or as directed by a health professional.

1 softgel capsule contains:

VESIsorb[®] hemp (*Cannabis sativa*) oil extract (seed, stalk, stem) 334 mg
(standardized to contain 35 mg of phytocannabinoids and terpenes including beta-caryophyllene)

Other ingredients: VESIsorb[®] colloidal delivery system (medium chain triglycerides, vitamin E [tocopherol], mono and diglycerides, fatty acids, natural flavor), gelatin softgel (gelatin, glycerin, carob, water)

Broad-spectrum hemp extract is made from CO₂-extracted, U.S.-sourced agricultural hemp.

VESIsorb[®] is a registered trademark of SourceOne Global Partners.

Memory & Mood 

Hemp CBD VESIsorb [®]	Quantity	Order Code
	30	HEV3



[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

HM Complex

PROMOTES THE BODY'S NATURAL, HEALTHY DETOXIFICATION PROCESS FOR COMMON, MILD ENVIRONMENTAL HEAVY METAL EXPOSURE WHILE SUPPORTING ANTIOXIDANT DEFENSES[†]

The unique characteristic of PectaSol-C[®] modified citrus pectin versus other pectins is that it has a low molecular weight. This allows it to pass through the intestinal barrier and work systemically where it has the potential to bind to low levels of heavy metals from common, mild environmental exposure and facilitates their excretion. Modified citrus pectin does not appear to alter excretion of other minerals, including calcium, magnesium, and zinc. Chlorella has a long history of traditional use in supporting the body's natural detoxification process, particularly helping to regulate common heavy metal exposure and distribution in tissues. Sulforaphane, from broccoli sprout concentrate, promotes Nrf2-mediated signaling. Nrf2 controls the expression of numerous genes responsible for detoxification and protection against oxidative stress. As part of a cysteine-rich metal-binding protein, zinc exhibits similar properties. In addition, NAC provides important support for detoxification by maintaining glutathione concentrations. L-Methionine also plays a role in glutathione production and phase II detoxification pathways in the liver. Preclinical studies suggest that alpha lipoic acid may help to moderate heavy metal induced oxidative stress.[†]

3 capsules daily, between meals, or as directed by a health professional.

Three (size 00) vegetarian capsules contain:

Zinc (as zinc citrate)	10 mg
Selenium (as selenomethionine)	100 mcg
Sodium (as part of modified citrus pectin)	50 mg
Potassium (as part of modified citrus pectin)	70 mg
PectaSol-C [®] modified citrus pectin	1,000 mg
Chlorella (<i>Chlorella</i> spp.) powder (cracked cell wall)	300 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant)(standardized to contain a minimum of 1,000 mcg sulforaphane)	250 mg
N-Acetyl-L-cysteine (free-form)	300 mg
L-Methionine (free-form)	200 mg
Alpha lipoic acid (thioctic acid)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

PectaSol-C[®] is a registered trademark of EcoNugenics[®], Inc.

Liver & Detoxification



HM Complex	Quantity	Order Code
	180	HMC1
	90	HMC9

Homocysteine Factors[†]

With Metafolin[®] L-5-MTHF

SUPPORTS HEALTHY HOMOCYSTEINE METABOLISM AND CARDIOVASCULAR HEALTH[†]

Clinical studies show that folate, vitamin B₁₂, and vitamin B₆ are vital in the metabolism of homocysteine. Vitamin B₁₂ and folate (L-5-MTHF) are required by the enzyme that converts homocysteine back to methionine. Vitamin B₆ is required in each of the two enzymatic reactions that convert homocysteine to cysteine. Betaine, in the form of trimethylglycine, is included in this supplement to promote the absorption of these important nutrients. Homocysteine Factors provides vitamin B₆, vitamin B₁₂, folate and betaine, a highly bioavailable combination of nutrients integral to maintaining healthy homocysteine metabolism and cardiovascular health.[†]

1 capsule, 2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	25 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	200 mcg
Trimethylglycine (anhydrous betaine)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

This formula requires refrigeration after opening.

Cardiometabolic Health & Metabolism



Homocysteine Factors [†]	Quantity	Order Code
	180	HO1
	60	HO6



Hyaluronic Acid

SUPPORTS SKIN HYDRATION, JOINT LUBRICATION AND COMFORT[†]

Hyaluronic acid, or HA, is a naturally occurring polymer found in every tissue of the body. It is particularly concentrated in the skin and in synovial fluid but decreases with aging. Many sources of HA consist of large molecular weight compounds that are too large to be absorbed in the intestines. HyaMax[®] sodium hyaluronate provides a low molecular weight source of hyaluronic acid produced through fermentation. In a pharmacokinetic study conducted in animals, orally administered HyaMax[®] hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints. HA functions include attracting and retaining water in the extracellular matrix of tissues. For skin cells, this is essential for proper cell-to-cell communication, hydration, nutrient delivery, and waste and toxin elimination. It also appears to support the skin by promoting healthy turnover and renewal of keratinocytes. For joints, HA is especially supportive of healthy lubrication and shock absorption. Furthermore, in vitro studies indicate that HA modulates prostaglandin production, providing additional support for joint function.[†]

1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Hyaluronic acid (low molecular weight)	70 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

HyaMax[®] is a U.S.A. registered trademark of Fenchem.

Bones, Joints & Muscles    

Hyaluronic Acid	Quantity	Order Code
	180	HYA1
	60	HYA6

Immune Support liquid[†]

PROVIDES BROAD-SPECTRUM IMMUNE SUPPORT FOR ADULTS AND CHILDREN IN A GREAT-TASTING LIQUID FREE FROM ARTIFICIAL FLAVORS AND SWEETENERS[†]

Elderberry and lemon balm extracts offer immune supportive anthocyanins, flavonoids and polyphenols while polysaccharides from arabinogalactan and aloe provide complementary support for immune cell function and healthy immune mediator activity. Hesperidin plays the important role of maintaining healthy mast cell function while zinc and beta-carotene serve as the nutritional foundation for supporting a healthy immune system.[†]

Ages 8 to 18, 1 tsp daily, with a meal.
Ages 18 and up, 1 tsp, 1-2 times daily, with meals.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)
Servings per container: 24

One teaspoon (5 ml/0.18 fl oz) contains:

Vitamin A (as beta carotene)	750 mcg
Zinc (as zinc gluconate)	3 mg
Hesperidin methyl chalcone	25 mg
European elder (elderberry) (<i>Sambucus nigra</i>) extract (fruit)	150 mg
Arabinogalactan	75 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	50 mg
Aloe vera (<i>Aloe barbadensis</i>) extract (inner fillet) (standardized to contain 10% polysaccharides)	10 mg

Other ingredients: purified water, natural vegetable glycerin, natural grape flavor and other natural flavors, citric acid, purified stevia leaf extract, medium chain triglycerides, xanthan gum, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

This formula requires refrigeration after opening. Shake well before use.

If you are pregnant or lactating, have any health condition or are taking any medications, particularly immunosuppressants, consult your health professional before use.

Immune Support

Immune Support liquid [†]	Quantity	Order Code
	120 ml (4 fl oz)	ISL

Indole-3-Carbinol 400 mg

SUPPORTS HEALTHY BREAST, CERVICAL AND PROSTATE CELLS[†]

Indole-3-carbinol (I3C), naturally found in vegetables including broccoli, Brussels sprouts and cabbage, supports the function of healthy breast cells. Furthermore, a placebo-controlled trial indicated that I3C supports cervical cell health. In recent years, I3C has shown a promising ability to support prostate cell metabolism.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Indole-3-carbinol	400 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

This formula requires refrigeration.

Not to be taken by pregnant or lactating women.

Liver & Detoxification

Indole-3-Carbinol 400 mg	Quantity	Order Code
	120	I341
	60	I346

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Innate Immune Support

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FAFN, FIAMA+

PROMOTES HEALTHY CELLULAR IMMUNE RESPONSE TO SUPPORT INNATE IMMUNITY†

- Promotes NK cell and macrophage activity†
- Supports natural defenses†
- Contains clinically researched, biologically standardized AP-Bio™ andrographis, along with astragalus and reishi mushroom beta glucans, to promote immune function†

Innate Immune Support is designed to promote cell-mediated immune response, including NK cell and macrophage activity, and may be indicated for enhancement of natural defenses and mucosal health. In vitro and animal studies suggest that astragalus supports NK cell activity, as well as IgA and IgG levels in serum, key antibodies that play a critical role in mucosal immune defense. The formula also includes clinically researched andrographis extract standardized for andrographolide and other bioactive diterpene lactones. In a randomized, double-blind, placebo-controlled study, supplementation with 200 mg of AP-Bio™ andrographis for five days promoted immune function and supported respiratory comfort. Reishi mushroom offers a rich source of polysaccharides to promote cell-mediated immunity from both reishi mushroom extract and a unique, highly purified, reishi mushroom-derived beta 1,3/1,6-D glucan extract.†

1 capsule, 1-2 times daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Astragalus (<i>Astragalus membranaceus</i>) extract (root)	240 mg
AP-Bio™ andrographis (<i>Andrographis paniculata</i>) extract (leaf) (standardized to contain 31.5% andrographolide)	200 mg
Mushroom beta glucan (from reishi (<i>Ganoderma lucidum</i>) extract (mycelia))(standardized to contain 70% beta 1,3/1,6 glucan)	100 mg
Reishi (<i>Ganoderma lucidum</i>) extract (fruiting body)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

AP-Bio™ is a registered trademark of Natural Remedies PVT. LTD.

Immune Support    

Innate Immune Support	Quantity	Order Code
	60	IIS6

Inositol (powder)

SUPPORTS HEALTHY CENTRAL NERVOUS SYSTEM FUNCTION, INCLUDING EMOTIONAL WELLNESS AND MOOD; MAY ALSO SUPPORT OVARIAN HEALTH†

Inositol is a component of the B-complex family. Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, norepinephrine and cholinergic receptor function. As a result, inositol may support healthy mood, emotional wellness and behavior, and help lessen occasional nervous tension. Research also suggests that myo-inositol may help to support healthy ovulatory activity, ovarian function, and reproductive system function.†

2 scoops, 1-2 times daily, with or between meals, or as directed by a health professional.

Serving size: 4.2 g (2 scoops)

Servings per container: 60

Two scoops (approximately 4.2 g) contain:

Inositol (as myo-inositol) 4.1 g

Multivitamins, Vitamins & Minerals



Inositol (powder)	Quantity	Order Code
	8.8 oz (250 g)	INP2

Iodine (potassium iodide)

PROVIDES SUPPORT FOR THE THYROID GLAND†

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver.†

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Iodine (as potassium iodide) 225 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Iodine (potassium iodide)	Quantity	Order Code
	120	IO1

Iodine and Tyrosine

PROVIDES ENHANCED SUPPORT FOR THYROID HORMONE SYNTHESIS†

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver. I-Tyrosine plays an important role in the production of thyroid hormones. Studies show that tyrosine interacts with iodine for thyroid hormone formation.†

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Iodine (as potassium iodide) 225 mcg

I-Tyrosine (free-form) 500 mg

Other ingredients: vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Iodine and Tyrosine	Quantity	Order Code
	120	IT1

IP6

ANTIOXIDANT SUPPORT FOR PROSTATE, BREAST, COLON AND LIVER CELL HEALTH[†]

Inositol hexaphosphate (IP6), also known as phytic acid, is a natural antioxidant component of fiber-rich foods such as whole grains and legumes and is found in almost every cell of the body. Related to the B vitamin inositol, IP6 differs by the presence of six phosphate groups, influencing various cellular mechanisms. In studies, IP6 promotes healthy cell metabolism and maintains proper enzyme activity in cells. The unique conformation of IP6 also gives it the specific ability to modulate hydroxyl radical formation, supporting natural defense mechanisms.[†]

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

IP6 (inositol hexaphosphate) 1,000 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Liver & Detoxification    

IP6	Quantity	Order Code
	180	IP61

Iron-C

IRON AND VITAMIN C FORMULA DESIGNED TO ENHANCE INTESTINAL ABSORPTION; SUPPORTS RED BLOOD CELL FUNCTION AND ENERGY PRODUCTION[†]

Iron is an important component of hemoglobin, a protein in red blood cells that delivers oxygen to tissues throughout the body. It is also a part of myoglobin, a protein that helps muscle cells store oxygen and ferritin, the body's main iron storage protein found in the intestines, liver and spleen. Optimal serum levels have been associated with mental health and moderating fatigue in women of childbearing age.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin C (as ascorbic acid) 175 mg

Iron (as iron glycinate and 50% as iron aspartate) 15 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Multivitamins, Vitamins & Minerals    

Iron-C	Quantity	Order Code
	60	FC6

See also
OptiFerin-C

»page 134

Iron liquid

GREAT-TASTING LIQUID IRON FORMULA TO SUPPORT HEMOGLOBIN AND MYOGLOBIN FUNCTION[†]

Pure Encapsulations Iron liquid contains SunActive® Fe, a micronized water-soluble form of iron with high bioavailability. Research indicates SunActive® Fe iron pyrophosphate bioavailability is similar to ferrous sulfate. In a 16-week randomized, double-blind, placebo-controlled study involving 122 women, supplementation promoted healthy iron status, including hemoglobin, ferritin, and transferrin saturation. A blend of cranberry and blueberry fruit extracts offers antioxidant protection and additional microvascular support.[†]

1 teaspoon, 1-2 times daily, with meals.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)

Servings per container: 24

One teaspoon (5 ml/0.17 fl oz) contains:

Iron (as iron ferric pyrophosphate) 15 mg

CranBlue proprietary blend 30 mg

Providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and wild blueberry (*Vaccinium angustifolium*) extract (fruit)

Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, maltodextrin, natural pomegranate with other natural flavors, xanthan gum, potassium sorbate, sunflower lecithin

SunActive® Fe is a registered trademark of Taiyo International, Inc.

Keep refrigerated after opening. Shake well before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Multivitamins, Vitamins & Minerals   

Iron liquid	Quantity	Order Code
	120 ml (4.1 fl oz)	IRL



[†]Dr. Yanuck is a retained advisor to Pure Encapsulations.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Joint Complex (single dose)[†]

SUPPORTS JOINT FUNCTION AND COMFORT IN CONVENIENT, ONCE-DAILY DOSING[†]

- Promotes joint health, mobility and overall joint comfort[†]
- Supports cartilage health with undenatured type-II collagen, hyaluronic acid and MSM[†]
- Promotes joint flexibility and comfort with UC-II[®] cartilage containing collagen[†]
 - In a randomized, double-blind trial involving 52 subjects, 40 mg of UC-II[®] was more than twice as effective in promoting joint health as 1,500 mg of glucosamine and 1,200 mg of chondroitin as rated by WOMAC, VAS and the Lequesne functional index[†]
 - A human pilot study involving five women supplemented with 40 mg of UC-II[®] for 42 days indicates statistically significant support for joint comfort and flexibility[†]
- Supports tissue hydration and joint lubrication with low molecular weight hyaluronic acid[†]
 - In a pharmacokinetic study conducted in animals, orally administered HyaMax[®] hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints[†]
- Maintains healthy 5-lipoxygenase and cyclooxygenase-2 enzyme activity and cytokine metabolism to support joint comfort with 5-LOXIN[®] AKBA boswellia and enhanced-absorption Meriva[®] turmeric extracts[†]

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

UC-II [®] standardized cartilage (from chicken sternal cartilage) (standardized to contain 10 mg total collagen)	40 mg
Hyaluronic acid (low molecular weight)	70 mg
MSM (methylsulfonylmethane)	400 mg
Meriva [®] turmeric phytosome (turmeric (<i>Curcuma longa</i>) extract (root) and sunflower phospholipid complex)(standardized to contain 18% curcuminoids)	100 mg
5-LOXIN [®] - <i>Boswellia serrata</i> extract	100 mg
Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	

Other ingredients: vegetarian capsule (cellulose, water), potassium chloride, ascorbyl palmitate

5-LOXIN[®] is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International patents pending.

UC-II[®] & logo are trademarks of Lonza or its affiliates

Meriva[®] is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

HyaMax[®] is a U.S.A. registered trademark of Fenchem.

OptiMSM[®] is a registered trademark of Bergstrom Nutrition.

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles



Joint Complex (single dose) [†]	Quantity	Order Code
	60	JC6
	30	JC3

Joint Mediator[†]

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA⁺

SUPPORTS A HEALTHY BALANCE OF THE ACTIVATION AND SUPPRESSION OF IMMUNE MEDIATOR ACTIVITY[†]

Joint Mediator[†] is uniquely formulated to maintain the body's natural mechanisms for upregulation and downregulation of immune mediators. Cytokines and prostaglandins are chemical messengers that influence cellular activities in a variety of tissues. Maintaining healthy cytokine and prostaglandin function helps to sustain healthy joint mobility and comfort.[†]

3 capsules in the morning and 3 capsules in the evening, with meals, with 8–10 oz water. Individual results may vary.

Three (size 0) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	15 mcg (600 IU)
Glucosamine sulfate (from crab, shrimp)	750 mg
Proprietary blend	910 mg
Providing:	
Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 70% boswellic acids), turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids), L-glutamine (free-form), bromelain (2,400 GDU/gram)	

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Contains shellfish (crab, shrimp)

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles



Joint Mediator [†]	Quantity	Order Code
	180	J011



Junior Nutrients With Metafolin® L-5-MTHF

COMPREHENSIVE MULTIVITAMIN/MINERAL BLEND
WITHOUT IRON FOR CHILDREN AGES 4 AND UP†

Indications:

- Children ages 4 and up

Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Vitamin A and mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection†
- Helps maintain macular and retinal health with lutein and zeaxanthin†
- Choline and inositol for healthy cognitive function†

Consult a physician for children under the age of 4. Ages 4 to 13, take 2 capsules daily, with a meal. Ages 14 and up, take 2 capsules, twice daily, with meals.

Two (size 2) vegetarian capsules contain:

Vitamin A (as vitamin A acetate and 75% beta carotene)	750 mcg
Vitamin C (as ascorbic acid)	137 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	23 mg
Vitamin K (as vitamin K ₁)	45 mcg
Thiamin (as thiamin HCl) (B ₁)	1.5 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	1.5 mg
Niacin (as niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	2 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	100 mcg
Biotin	150 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	5 mg
Choline (as choline bitartrate)	10 mg
Calcium (as DimaCal® di-calcium malate)	42 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as di-magnesium malate) (Albion®)	42 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	60 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	37.5 mcg
Inositol	25 mg
Proprietary mixed carotenoid blend	246 mcg
FloraGLO® lutein	1.5 mg
Zeaxanthin	250 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

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

Albion®, DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Junior Nutrients	Quantity	Order Code
	120	JUN1



*Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

KetoBrain Energy

PureLean® product line

OFFERS A BLEND OF KETOGENIC MINERAL COMPOUNDS TO SUPPORT HEALTHY BRAIN FUNCTION, WEIGHT MANAGEMENT[†] AND ATHLETIC ENDURANCE[‡]

- Great tasting strawberry-lemonade powder
- 10 grams of beta-hydroxybutyrate per serving
- Designed to be used in combination with a low-carbohydrate ketogenic diet and/or to support brain and muscle function[†]

Ketones are important respiratory fuel created from fatty acids and act as the main reserve fuel for the brain when glucose is low or in times of very high energy demand, such as a low-carbohydrate diet, prolonged exercise, or lactation. In fact, when ketones are abundant in the blood, such as during caloric restriction or a ketogenic diet, the brain can obtain up to 60% of its energy from their oxidation. This condition, known as nutritional ketosis, can be maintained for years, and is quite different from metabolic acidosis/pathological ketosis, which can arise in type I diabetes due to severe insulin deficiency.

Ketones do cross the blood-brain barrier and have been shown to be neuroprotective, promoting oxidative defense, NAD⁺/NADH ratio, and enhancing mitochondrial respiration. In addition to acting as an energy source for the brain, ketones also enhance cerebral blood flow. In a human intervention study involving 20 elderly subjects and young controls, administration of 30 g MCT to increase ketone concentration resulted in an increased overall brain energy metabolism by 3%, without altering brain glucose consumption. It has been shown in animals that ketone bodies can also replace glucose as a cellular signal in the central nervous system. Fasting in humans is associated with an increase in ketones. Conversely, administering ketones directly into the brain of rats results in body weight loss without changing food intake, nor affecting blood glucose levels or liver glycogen levels. Subcutaneous injections result in decreased food intake, specifically targeting a decrease in meal frequency and the time between meals.

In a randomized, controlled, crossover trial involving 15 healthy subjects, consumption of ketogenic esters after an overnight fast resulted in significantly decreased ghrelin, glucagon-like peptide 1 (GLP-1), and peptide tyrosine (PYY) compared to a dextrose control. Subjects also reported decreased hunger and desire to eat. Research studies involving athletes indicate that ketones also increase fat oxidation in the muscle during exercise, acting as an alternative fuel, even in the presence of carbohydrate and insulin. Additionally, they result in decreased plasma lactate concentrations, suggesting support for athletic endurance and muscle comfort.[‡]

Add 1 serving to 8 oz of water, milk or juice. Shake or stir until dissolved.

Serving size: 15 g (2 scoops)

Servings per container: 20

Two rounded scoops (approximately 15 g) contain:

Calories	5
Total carbohydrate	1 g
Calcium (from calcium beta-hydroxybutyrate)	600 mg
Magnesium (from magnesium beta-hydroxybutyrate)	350 mg
Sodium (from sodium beta-hydroxybutyrate)	900 mg
Beta-hydroxybutyrate	10 g
(from a blend of calcium beta-hydroxybutyrate, magnesium beta-hydroxybutyrate, and sodium beta-hydroxybutyrate)	

Other ingredients: citric acid, natural strawberry and lemonade flavors, malic acid, purified stevia leaf extract

Energy & Fitness



KetoBrain Energy	Quantity	Order Code
	10.6 oz (300 g)	KBE3

Krill-plex

UNIQUE SOURCE OF OMEGA-3 FATTY ACIDS, PHOSPHOLIPIDS AND ANTIOXIDANTS TO SUPPORT HEALTHY PROSTAGLANDIN PRODUCTION FOR CARDIOVASCULAR, JOINT, COGNITIVE AND SKIN HEALTH[†]

Krill oil is unique in that it offers a naturally occurring complex of omega-3 and omega-6 fatty acids, phospholipids and astaxanthin. This phospholipid-fatty acid molecule closely resembles that of human brain phospholipids, providing potential support for cognitive function. The essential fatty acids in krill oil may also mediate hormone, prostaglandin, and neurotransmitter function to support menstruating women. A double-blind, randomized clinical trial suggested that krill oil promoted physical and emotional well being during the menstrual cycles of women volunteers. Krill oil also provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function. A prospective phase II randomized, double-blind, clinical trial suggested that krill oil supports healthy lipid and glucose metabolism. A prospective controlled pilot clinical trial reported that krill oil supplementation helped promote joint flexibility and comfort. In addition, a randomized, controlled pre-clinical trial investigated the effects of krill oil on skin health and reported that it supports the body's natural response to sun exposure.[‡]

2 softgel capsules daily, with a meal, or as directed by a health professional.

Two (size 13) softgel capsules contain:

Calories	5
Total fat	0.5 g
Cholesterol	10 mg

Krill oil	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	148 mg
DHA (docosahexaenoic acid)	66 mg
Other omega-3 fatty acids	62 mg
Phospholipids	496 mg
Astaxanthin	396 mcg

Other ingredients: gelatin capsule (gelatin, glycerin, water, sorbitol, ethyl vanillin)

The krill oil in Krill-plex is NKO[®], which is a registered trademark of Aker BioMarine Antarctic AS.

Contains shellfish (krill)

Cardiometabolic Health & Metabolism



Krill-plex	Quantity	Order Code
	120	KP1
	60	KP6

Lactobacillus Acidophilus

Shelf-Stable; Allergen-Free

GENTLE PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA[†]

Lactobacillus acidophilus is a naturally occurring, beneficial bacteria that helps to maintain a healthy microflora environment. *Lactobacillus acidophilus* DDS-1 is an acid-resistant, bile-resistant strain of human origin. It was discovered by Dr. Khem Shahani at the University of Nebraska, and has been researched for over 40 years. *Lactobacillus acidophilus* supports the health of the intestinal tract, including support for healthy cytokine production in the colon and healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract. In one clinical trial, 10 billion CFU of *L. acidophilus* DDS-1 promoted statistically significant support for bowel function and abdominal comfort during a 6-h Lactose Challenge. Another recently completed clinical trial involving 330 adults supplemented with 10 billion CFU *Lactobacillus acidophilus* DDS-1 indicates statistically significant support for G.I. comfort, bloating, bowel habits and quality of life.[†]

1 capsule, 1-3 times daily, between meals.

Each (size 0) vegetarian capsule contains:

<i>Lactobacillus acidophilus</i> (DDS [®] -1)	3 billion CFU
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

DDS[®]-1 is a trademark of UAS Laboratories LLC and used under license

Probiotics & Prebiotics



Lactobacillus Acidophilus	Quantity	Order Code
	60	LA36

Ligament Restore[†]

HELPS MAINTAIN HEALTHY TENDONS, LIGAMENTS AND JOINTS[†]

- Provides glucosamine sulfate as a building block for tendons, ligaments, and joints[†]
- Contains BioCell Collagen[®], a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity[†]
- Encourages collagen formation with l-lysine and l-proline, forming the "glue" that holds collagen together[†]
- Includes silica and vitamin C as cofactors for connective tissue matrix formation and repair[†]
- Maintains joint comfort with devil's claw and curcumin[†]
- Helps support normal recovery from exercise[†]
- Best taken daily to maintain connective tissue resiliency[†]

2 capsules, 2 times daily, with 8-10 oz water, with meals. Individual results may vary.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	100 mg
Glucosamine sulfate (from crab, shrimp)	750 mg
BioCell Collagen [®] hydrolyzed collagen complex (chicken sternal cartilage)	200 mg
Providing (typical):	
Hydrolyzed collagen 60%	120 mg
Chondroitin sulfate 20%	40 mg
Hyaluronic acid 10%	20 mg
l-Proline (free-form)	250 mg
l-Lysine HCl (free-form)	250 mg
Silica (from bamboo)	7.5 mg
Devil's claw (<i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i>) extract (root)(standardized to contain 5% harpagosides)	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

BioCell Collagen[®] is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

Contains shellfish (crab, shrimp)

Refrigerate after opening.

Bones, Joints & Muscles



Ligament Restore [†]	Quantity	Order Code
	240	LR2
	120	LR1

[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Liposomal Glutathione

Shelf-Stable

SUPPORTS ANTIOXIDANT DEFENSES AND DETOXIFICATION IN AN INNOVATIVE LIPOSOMAL FORM[†]

- Offers the key antioxidant glutathione in a liposomal form
- Purified phosphatidylcholine delivery system offers natural liposomal formation due to the hydrophobic and hydrophilic nature of phospholipids
- Liposomal form protects glutathione bonds from the degradation that can occur in digestion
- Protects the body from free radicals to support cellular function and homeostasis[†]
- Glutathione is found in virtually every cell of the body and plays a critical role in protein synthesis, enzyme function, transport, and cell maturation[†]
- Optimal levels of glutathione have been associated with physical and mental health[†]
- Supports liver health and detoxification[†]
- Offers antioxidant support for liver tissue protection; highest concentration of glutathione is found in the liver[†]
- Promotes p450 phase II conjugation pathways in the liver to support detoxification[†]
- Maintains healthy lipid metabolism and oxidative status[†]

1 softgel capsule, 1-2 times daily, with meals, or as directed by a health professional.

Each (size 16) softgel capsule contains:

BioGlute™ proprietary blend of glutathione and essential phospholipids	375 mg
Providing:	
Setria® glutathione	250 mg
Phospholipid complex	125 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water, calcium carbonate), extra virgin olive oil, beeswax

BioGlute™ is a registered trademark of Essential Nutraceuticals, LLC.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Contains soy

Liver & Detoxification



Liposomal Glutathione	Quantity	Order Code
	60	LSG6
	30	LSG3

Liposomal Glutathione liquid

ENHANCED-ABSORPTION LIPOSOMAL GLUTATHIONE TO SUPPORT ANTIOXIDANT DEFENSE, DETOXIFICATION, AND CELLULAR FUNCTION[†]

Liposomal Glutathione liquid offers the antioxidant glutathione in an enhanced-absorption liposomal form to target cellular health and function. Glutathione is a large molecule composed of glutamine, cysteine and glycine. It is found in virtually every cell of the body and plays a critical role in protein synthesis, enzyme function and transport, and cell maturation. It is also one of the main endogenous antioxidants, acting to recycle other antioxidants and protect the body from free radicals. Optimal levels of glutathione have been associated with physical and mental health, and the liposomal form helps to protect the glutathione bonds from degradation that can occur in digestion. This liposomal liquid delivery system utilizes phosphatidylcholine from non-GMO sunflower oil and tight manufacturing control to ensure glutathione encapsulation for optimal performance. The controlled processing procedure results in very small, higher-stable, spherical liposomes. These small-sized liposomes allow for increased absorption and diffusion across mucus membranes.[†]

2 pumps by mouth, 2 times daily, or as directed by a health professional.

Hold in mouth 30 seconds before swallowing. Take on an empty stomach, at least 10 minutes before meals.

Serving size: 2 pumps (approximately 1 ml)

Servings per container: 50

2 pumps contain:

Sodium	7 mg
Glutathione	100 mg
Phosphatidylcholine (from sunflower)	75 mg

Other ingredients: purified water, glycerin, ethanol, vitamin E (as tocopherol), natural citrus and mint oils

KEEP REFRIGERATED.

Liver & Detoxification



Liposomal Glutathione liquid	Quantity	Order Code
	50 ml (1.7 fl oz)	LGL

See also

Reduced Glutathione

»page 168

Liposomal Vitamin C liquid

ENHANCED-ABSORPTION LIPOSOMAL VITAMIN C TO SUPPORT CELLULAR FUNCTION, ANTIOXIDANT DEFENSES, AND IMMUNE HEALTH[†]

Liposomal Vitamin C liquid offers the antioxidant vitamin C in an enhanced-absorption liposomal form to target cellular health and function, as well as immune defense. This liposomal liquid delivery system utilizes phospholipids from non-GMO sunflower oil and tight manufacturing control to ensure vitamin C encapsulation for optimal performance. The controlled processing procedure results in very small, higher-stable, spherical liposomes. These small-sized liposomes allow for increased absorption and diffusion across mucus membranes.[†]

1 teaspoon daily, or as directed by a health professional. Hold in mouth for 30 seconds.

Serving size: 5 ml (approximately 1 teaspoon)
Servings per container: 24

1 teaspoon contains:

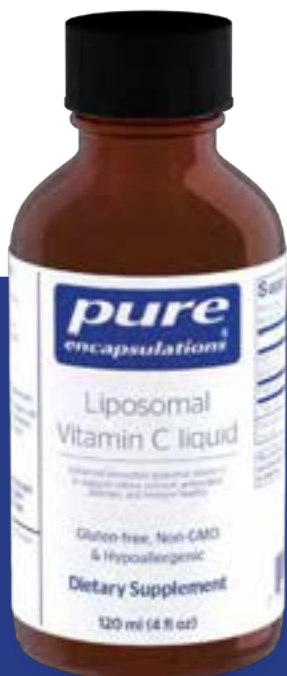
Vitamin C (as sodium ascorbate)	1,000 mg
Sodium (as sodium ascorbate)	125 mg
Phospholipids (from purified sunflower seed lecithin)	250 mg
Other ingredients: purified water, glycerin, ethanol, natural citrus oils	

REFRIGERATE AFTER OPENING.

Immune Support



Liposomal Vitamin C liquid	Quantity	Order Code
	120 ml (4 fl oz)	LCL



Lipotropic Detox

With Metafolin® L-5-MTHF

PROMOTES THE BREAKDOWN OF FATS IN THE LIVER, ALLOWING FOR HEALTHY BILE FLOW AND TOXIN METABOLISM[†]

The lipotropic agents choline, betaine, methionine, vitamin B₆, vitamin B₁₂ and folate (L-5-MTHF) support healthy hepatic fat metabolism and bile flow. Efficient processing and breakdown of fats in the liver maintains healthy overall liver function and detoxification. As methyl donors, these same nutrients are also critical for methylation, a widespread biochemical process in the body that involves transferring a methyl group to another compound. Methylation of DNA supports healthy DNA integrity and stability, important for liver, colon and overall cell health. Taurine, curcumin, silymarin and artichoke have been added for their abilities to support healthy bile flow, gene expression and the body's normal toxin metabolism.[†]

2 capsules, 3 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxine HCl)	5 mg
Folate (as Metafolin®, L-5-MTHF)	167 mcg DFE (100 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	50 mcg
Choline (as choline bitartrate)	120 mg
Inositol	150 mg
L-Methionine (free-form)	150 mg
Taurine (free-form)	100 mg
Trimethylglycine (anhydrous betaine)	100 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	75 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	75 mg
Artichoke (<i>Cynara scolymus</i>) extract (leaf)	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Liver & Detoxification



Lipotropic Detox	Quantity	Order Code
	120	LD1

LiquiNutrients

Natural lemon crème flavor

LIQUID MULTIVITAMIN/MINERAL COMPLEX ENHANCED WITH ORGANIC FRUITS AND VEGETABLES FOR DAILY WELLNESS[†]

Indications:

- Adults and children over 4

Vitamin/Mineral Distinctions:

- Extensive blend of vitamins and carotenoids
- Chelated minerals for optimal absorption
- Vegan vitamin D

Special Features:

- Natural beta carotene, lutein, organic berries and vegetables to support daily wellness[†]
- Great-tasting, naturally flavored and sweetened liquid formula
- Vegan

2 teaspoons daily, with a meal.

Serving size: 2 tsp (10 ml/0.34 fl oz). servings per container: 23

Two teaspoons (10 ml/0.34 fl oz) contain:

Calories	15
Total carbohydrate	4 g
Vitamin A (as beta carotene)	300 mcg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D (as cholecalciferol) (D ₃) (from lichen)	20 mcg (800 IU)
Vitamin E (as d-alpha tocopherol acetate)	20 mg
Thiamin (as thiamin HCl)	7.5 mg
Riboflavin (as riboflavin-5-phosphate)	4 mg
Niacin (as niacinamide)	25 mg
Vitamin B ₆ (as pyridoxine HCl)	5 mg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Calcium (as calcium citrate)	40 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium citrate)	20 mg
Zinc (as zinc gluconate)	12 mg
Manganese (as manganese gluconate)	1 mg
Chromium (as chromium nicotinate glycinate)	200 mcg
Boron (as boron glycinate)	0.7 mg
FloraGLO [®] lutein	3 mg
Fruit and vegetable powder blend (organic)	150 mg
strawberry fruit, tart cherry fruit, blackberry fruit, blueberry fruit, raspberry fruit, beet root, carrot root, spinach leaf, broccoli stem and floret, tomato fruit, kale leaf, cabbage leaf, parsley leaf, Brussels sprout edible head, green bell pepper fruit, cucumber whole fruit, celery stalk, garlic bulb, ginger root, green onion, cauliflower curd, asparagus stalk	
Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, lemon crème flavor with other natural flavors, medium chain triglycerides, xanthan gum, purified stevia leaf extract, citric acid, potassium sorbate, rosemary leaf extract, natural mixed tocopherols	

Made with Vitashine.

[†]FloraGLO is a registered trademark of Kemin Industries, Inc.

Multivitamins, Vitamins & Minerals



LiquiNutrients	Quantity	Order Code
	230 ml (7.8 fl oz)	LQN32

Lithium (orotate) 1 mg NEW

PureSYNAPSE™ product line

OFFERS THE ESSENTIAL TRACE ELEMENT LITHIUM TO SUPPORT HEALTHY MENTAL FUNCTION, INCLUDING MOOD, EMOTION, MEMORY AND BEHAVIOR[†]

Lithium is an essential micronutrient with some chemical properties similar to calcium and magnesium. It is present in all organs and tissues in the body. Lithium has a long history of clinical use for supporting healthy mood and behavior, the mechanisms for which involve promoting dopamine and serotonin neurotransmitter activity. Lithium also plays a role in gene expression of natural detoxification enzymes in the brain, including glutathione-s-transferase (GST). This offers important neuron antioxidant protection, which may also contribute to healthy spatial memory. Lithium may support healthy brain receptor function and brain-signaling cascades to maintain healthy mental function.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 1) vegetarian capsule contains:

Lithium (as lithium orotate)	1 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. Consult your health professional before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder or depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the dose recommended by your health professional.

Memory & Mood



Lithium (orotate) 1 mg	Quantity	Order Code
	90	LI19

Lithium (orotate) 5 mg

PureSYNAPSE™ product line

OFFERS THE ESSENTIAL TRACE ELEMENT LITHIUM TO SUPPORT HEALTHY MENTAL FUNCTION, INCLUDING MOOD, EMOTION, MEMORY AND BEHAVIOR[†]

This formula offers 5 mg elemental lithium combined with N-acetyl-L-cysteine (NAC). NAC is a precursor to glutathione, the major antioxidant in the brain, and is included for enhanced protection of brain cell membranes.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 1) vegetarian capsule contains:

Lithium (as lithium orotate)	5 mg
N-Acetyl-L-cysteine (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant and lactating women. Consult your health care practitioner before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the dose recommended by your health professional.

Memory & Mood



Lithium (orotate) 5 mg	Quantity	Order Code
	180	LI1
	90	LI9



Liver-G.I. Detox[†]

DUAL SUPPORT FOR LIVER AND GASTROINTESTINAL DETOXIFICATION[†]

The ingredients in this formula are combined to stimulate both liver and gastrointestinal detoxification. N-acetyl-L-cysteine and alpha lipoic acid are antioxidants that boost tissue glutathione levels. The combined actions of curcumin and silymarin include enhancing phase II detoxification enzymes, supporting glutathione synthesis and promoting gastric, colon and liver cell functions. Sulforaphane, from broccoli sprout concentrate, is considered one of the most powerful inducers of phase II enzyme activity and has also demonstrated a role in maintaining healthy colon cell function. The amino acids glycine, taurine and methionine support detoxification pathways in the liver. L-Glutamine helps to maintain healthy intestinal integrity, ensuring proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. Artichoke extract aids the digestive process by promoting healthy bile flow and intestinal motility while also supporting hepatic cell function and blood flow in the liver. Chlorella, the most studied "green food", is traditionally celebrated for its digestive, cleansing and blood purifying properties. Furthermore, its nutrient rich matrix includes vitamins, minerals, protein, carotenoids, and flavone compounds.[†]

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Alpha lipoic acid (thioctic acid)	100 mg
N-Acetyl-L-cysteine (free-form)	100 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	125 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
Artichoke (<i>Cynara scolymus</i> L.) extract (leaf)	125 mg
Taurine (free-form)	225 mg
Glycine (free-form)	225 mg
L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	100 mg
Chlorella (<i>Chlorella</i> spp.) powder (cracked cell wall)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Liver & Detoxification



Liver-G.I. Detox [†]	Quantity	Order Code
	120	LGD1
	60	LGD6

Longevity Nutrients

With Metafolin® L-5-MTHF

Improved Formula

MULTIVITAMIN/MINERAL COMPLEX FOR HEALTHY AGING[†]

Indications:

- Support for men and women over 40

Vitamin/Mineral Distinctions:

- Vitamin A as a blend of pre-formed vitamin A and beta carotene
- Vitamin E as a blend of d-alpha tocopherol and mixed tocopherols
- Vitamin B₁₂ as a blend of activated methylcobalamin and adenosylcobalamin
- Vitamins K₁, 80 mcg K₂ and 25 mcg (1,000 IU) vitamin D₃ to support cellular, bone and heart health[†]
- Enhanced levels of ChromeMate® chromium polynicotinate and biotin for metabolic support[†]

Special Features:

- Easy-to-swallow capsule size
- Convenient 4-capsule daily dose
- Promotes cellular energy production with adenosylcobalamin and CoQ₁₀; adenosylcobalamin is the form of vitamin B₁₂ active in mitochondria, boosting mitochondrial energy (ATP) production. Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, and stabilizes neuro-muscular junctions.[†]

CognitivePro Complex[†]

- Cognizin® citicoline promotes choline and phospholipid composition in the brain, essential for neuronal communication and protection, as well as daily mental task performance. Provides targeted support for healthy brain cell function with Curcumin C3 Complex.[†]

Cardio Polyphenol Complex[†]

- Maintains healthy blood vessel function with polyphenols from pomegranate and grape seed extract.[†]

MacularSynergy Extra[†]

- Offers advanced macular and retinal protection with lutein, zeaxanthin and synergistic cofactors vitamin C, vitamin E, zinc and carotenoids.[†]

2 capsules, 2 times daily, with meals.

Two (size 0) vegetarian capsules contain:

Vitamin A (as vitamin A acetate and 50% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg
Vitamin K (as vitamin K ₁)	42.5 mcg
Thiamin (as thiamin HCl) (B ₁)	5 mg
Riboflavin (as vitamin B ₂ and 61% riboflavin 5' phosphate (activated B ₂))	6 mg
Niacin (as niacin and 56% niacinamide)	22.5 mg
Vitamin B ₆ (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B ₆))	5.85 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	500 mcg

Biotin	1,000 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc citrate)	15 mg
Selenium (as selenomethionine)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS®)	75 mcg
Vitamin K ₂ (menaquinone-7)	80 mcg
Mixed tocopherols	20 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid (thioctic acid)	37.5 mg
Coenzyme Q ₁₀	30 mg

MacularSynergy Extra[†]

FloraGLO® lutein	5 mg
Zeaxanthin	1 mg

CognitivePro Complex[†]

Cognizin® citicoline	50 mg
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg

Cardio Polyphenol Complex[†]

Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

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

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Cognizin® is a registered trademark of KYOWA HAKKO BIO, LTD.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking any blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Longevity Nutrients	Quantity	Order Code
	240	LGN22
	120	LGN21

Lutein 20 mg

ANTIOXIDANT AND LIGHT FILTERING PROTECTION FOR HEALTHY VISUAL FUNCTION†

Lutein is a carotenoid found in a vast number of fruits and vegetables. Pure Encapsulations' free-form Lutein is structurally identical to the lutein found naturally in spinach and other leafy greens. Like other carotenoids, lutein has antioxidant activity in various tissues, but is one of only two that are stored within the retina, where lutein promotes the integrity and density of the macular pigment, a key component of ocular health. Multiple clinical studies suggest a direct relationship between lutein supplementation and macula lutein concentration. Lutein uptake reportedly occurs in the receptor layer of the eye through a soluble carotenoid-binding protein called tubulin. Clinical trials have indicated that lutein specifically supports vision health through a combination of pigment associated antioxidant protection and light screening mechanisms. Furthermore, a two-year, double-blind, placebo-controlled pilot study reported that lutein may support healthy visual function in older individuals more efficiently than alpha tocopherol.†

1 softgel capsule, 1-2 times daily, with meals.

Each (size 6) softgel capsule contains:

FloraGLO® lutein	20 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water), safflower oil, beeswax, mixed tocopherols	

†FloraGLO is a registered trademark of Kemin Industries, Inc.



Lutein 20 mg	Quantity	Order Code
	120	LU1
	60	LU6



Lutein/Zeaxanthin

UNIQUE CAROTENOIDS THAT SPECIFICALLY SUPPORT THE MACULA AND OVERALL VISUAL FUNCTION†

Lutein and zeaxanthin are the two major carotenoid pigments stored in the macula, the central part of the retina. They are believed to promote the integrity and density of the macular pigment through antioxidant properties. In addition, they help form a protective layer that filters light, maintaining healthy photoreceptor function in the macula. Increased intake of these carotenoids is associated with increased macular concentration. Numerous double-blind, placebo-controlled trials indicate that lutein and zeaxanthin support the health of the optical lens as well as the retina. Additionally, recent research has revealed that the combination may target different areas in the retina to enhance total retinal health, photoreceptor health, and color vision.†

1 capsule daily, with a meal.

Each (size 0) vegetarian capsule contains:

FloraGLO® lutein	10 mg
Zeaxanthin	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), red beet root powder, vegetarian capsule (cellulose, water)	

†FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.



Lutein/Zeaxanthin	Quantity	Order Code
	120	LZ1
	60	LZ6

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

LVR Formula

PROTECTS AND PROMOTES LIVER CELL HEALTH AND TISSUE FUNCTION[†]

LVR Formula helps support liver function with antioxidants designed to offer multifaceted liver cell protection. The flavonoid components in silymarin, curcumin and artichoke have free radical scavenging activities, helping to protect and promote liver cell health. Studies indicate that silymarin supports healthy liver metabolism, hepatocyte protein synthesis and DNA integrity within the liver cells. Curcumin offers additional cellular protection support. Luteolin is a key component found in artichoke. Research suggests that it promotes healthy matrix metalloproteinase activity to support healthy liver tissue. N-Acetyl-L-cysteine (NAC) is a precursor of the endogenous antioxidant glutathione. In the body, NAC supports healthy detoxification processes. Experimental models suggest that the antioxidant properties of alpha lipoic acid provide further liver cell protection.[†]

1 capsule, 2 times daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	150 mg
Artichoke (<i>Cynara scolymus</i>) extract (leaf)	100 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	150 mg
N-Acetyl-L-cysteine	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Luteolin	5 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Liver & Detoxification    

LVR Formula	Quantity	Order Code
	120	LV1
	60	LV6

Lycopene 20 mg

TOMATO CAROTENOID FOR ANTIOXIDANT AND CELLULAR SUPPORT[†]

Pure Encapsulations' Lycopene provides a natural tomato extract rich in lycopene, various carotenoids, vitamin E, and other important phytochemicals. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health. In another study involving 30 male subjects, supplementation with lycopene promoted healthy prostate function. This was one of the first randomized, prospective clinical trials to suggest that a lycopene supplement, rather than dietary tomato consumption, supported prostate health. Research compiled in a multi-center study involving ten European countries revealed that the antioxidant properties of dietary lycopene supported cardiovascular health. Fifty-seven epidemiological studies indicate that lycopene from tomato consumption or tomato-based products may help digestive, lung, cervical and breast cell health. Lycopene has also demonstrated potential for promoting retinal and macular health.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 12) softgel capsule contains:

Lycopene	20 mg
Other ingredients: rice bran oil, gelatin capsule (gelatin, glycerin, water), beeswax, soy lecithin	

Contains soy

Men's Formulas



Lycopene 20 mg	Quantity	Order Code
	120	LY21
	60	LY26

L-Lysine

MAINTAINS HEALTHY ARGININE PRODUCTION AND SUPPORTS THE BODY'S NATURAL DEFENSES[†]

L-Lysine, an amino acid, provides nutritional support for the body's natural defenses. L-Lysine is particularly helpful in maintaining healthy gum and lip tissue.[†]

1 capsule, 2 times daily, between meals, or as directed by a health professional.

Each (size 0) vegetarian capsule contains:

L-Lysine HCl	500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



L-Lysine	Quantity	Order Code
	270	LL2
	90	LL9



PureWoman™

TARGETING THE WHOLE WOMAN AT EVERY STAGE OF LIFE†

What makes women unique? The complex interplay of hormones, their receptors, and dietary, lifestyle, and environmental factors as they converge on every organ system in the female body. PureWoman™ recognizes these complex relationships and the science behind them, empowering practitioners with nutritional supplements and education to bring a new level of health and wellness to female patients at all stages of life.†

Developed in collaboration with integrative gynecologist Felice L. Gersh, M.D.,+ PureWoman™ offers product protocols that address:

- Premenstrual and Menopausal Support†
- Ovarian and Metabolic Health†
- Emotional Well-Being and Occasional Stress†
- Cardiovascular Support†
- Detoxification†



Felice L. Gersh, M.D.,+ is an award-winning integrative gynecologist. She has special expertise in women's hormones and the impact of environmental toxins, medications, nutrition, and aging on hormone receptors and production. Dr. Gersh graduated from Princeton University and the University of Southern California School of Medicine. Dr. Gersh co-developed the PureWoman™ protocols.

Learn more at PureEncapsulations.com/purewoman

+Dr. Gersh is a retained advisor to Pure Encapsulations.

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

M/R/S Mushroom Formula

COMBINATION OF IMMUNOMODULATING MUSHROOMS TO SUPPORT IMMUNE FUNCTION[†]

There are over 20,000 different mushroom species, at least 50 of which have been determined to influence immune responses. The common attribute consistent among these species appears to be the polysaccharides, constituents shown to achieve additional immune system support. Polysaccharides from maitake, reishi, and shiitake are believed to be among the most nutritionally supportive for healthy immune function. Wide-ranging health properties of mushroom supplementation include liver, cardiovascular, healthy glucose metabolism, and cellular health support.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Maitake mushroom (<i>Grifola frondosa</i>) extract (fruiting body)	200 mg
Reishi mushroom (<i>Ganoderma lucidum</i>) extract (fruiting body)	200 mg
Shiitake mushroom (<i>Lentinus edodes</i>) extract (fruiting body)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



M/R/S Mushroom Formula	Quantity	Order Code
	120	MRS1



Maca-3

COMBINES VARIOUS MACA EXTRACTS TO PROVIDE THE SYNERGY OF CONSTITUENTS PRIZED FOR PROMOTING MALE AND FEMALE LIBIDO AND HEALTHY REPRODUCTIVE SYSTEM FUNCTION[†]

Maca, cultivated in the highlands of Peru, has long been considered the ginseng of the Andes, supporting energy, stamina and vitality. For centuries, it has been associated with supporting healthy libido and sexual performance. Studies indicate that this effect appears independent of any influence on testosterone or other hormones, further supporting the safety of maca. In addition to traditional use, several recent trials involving male subjects indicate its potential for supporting healthy sexual desire and performance. Maca has also been associated with promoting healthy female sexual interest and healthy reproductive system function.[†]

1 capsule, 1-2 times daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Maca (<i>Lepidium meyenii</i>) extract (tuber) (standardized to contain 0.6% macamides and macaenes)	225 mg
Maca (<i>Lepidium meyenii</i>) extract (tuber) (standardized to contain 0.1% glucosinolates)	225 mg
Maca (<i>Lepidium meyenii</i>) extract (tuber)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

MacaPure[®] is a registered trademark of Naturex.

Energy & Fitness



Maca-3	Quantity	Order Code
	120	MAC1
	60	MAC6

Macular Support Formula[†]

COMPREHENSIVE ANTIOXIDANT FORMULA FOR HEALTHY EYES[†]

Macular Support Formula is a combination high in antioxidants and botanicals designed to protect and support the macula, the central area of the retina responsible for sharp vision. Since the macula is extremely susceptible to free radical damage, research emphasizes the importance of antioxidant supplementation in maintaining and improving macular health. N-acetyl-l-cysteine, a glutathione precursor, has been shown to protect against oxidative damage to the lens and to support healthy glutathione levels. Glutathione is one of the natural antioxidants found in retinal tissues. Bilberry, containing anthocyanidins, may help moderate visual fatigue and improve light to dark adjustments. Combined with these cofactors, grape seed extract helps provide antioxidant balance in the retina. This formula is also enhanced with lutein and zeaxanthin, the only two carotenoids found in macular pigment. Lutein and zeaxanthin promote the integrity and density of the macular pigment, as well as help maintain the health of the optical lens. The antioxidant activity of carotenoids and vitamin C provide optimal macular protection and ocular health.[†]

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	7,500 mcg
Vitamin C (as ascorbic acid)	800 mg
N-Acetyl-l-cysteine (free-form)	250 mg
Setria® glutathione (reduced)	50 mg
Bilberry (<i>Vaccinium myrtillus</i>) extract (fruit) (standardized to contain 25% anthocyanosides)	80 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
FloraGLO® lutein	10 mg
Zeaxanthin	2 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	1,445 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.



Macular Support Formula [†]	Quantity	Order Code
	120	MS21
	60	MS26

Magnesium (aspartate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body. In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass. Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium, and potassium. In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups. This vital mineral also helps utilize some vitamins, including vitamin B₆, vitamin C, and vitamin E.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium aspartate)	75 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	



Magnesium (aspartate)	Quantity	Order Code
	90	MA9



[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Magnesium (citrate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body. In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass. Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium, and potassium. In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups. This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C, and vitamin E.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium citrate) 150 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Magnesium (citrate)	Quantity	Order Code
	180	MC1
	90	MC9

Magnesium (citrate/malate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium citrate/malate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Magnesium (citrate/malate)	Quantity	Order Code
	180	MCM1
	90	MCM9

Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE FOR SENSITIVE INDIVIDUALS

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9

Magnesium (powder)

CONVENIENT, TASTE-FREE MAGNESIUM POWDER

This formula offers an enhanced solubility form of the highly bioavailable magnesium citrate in a convenient powder form without sweeteners or flavors.

1 scoop 1-2 times daily, with meals, mixed with 8 water.

Serving size: 1.7 g (1 scoop)

Servings per container: 60

Each scoop contains:

Magnesium (as magnesium citrate) 250 mg

Multivitamins, Vitamins & Minerals



Magnesium (powder)	Quantity	Order Code
	3.7 oz (107 g)	MGP1

Magnesium Glycinate liquid

MAGNESIUM GLYCINATE IN A CONVENIENT LIQUID FORM

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.[†]

2 teaspoons daily, with a meal, or as directed by a health professional.

Serving size: 2 teaspoons (10 ml/0.34 fl oz)

Servings per container: 48

Two teaspoons contain:

Calories	20
Total carbohydrate	2 g
Total sugars	<1 g
Sugar alcohols	0.5 g
Protein	1 g
Magnesium (as magnesium glycinate)	165 mg

Other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange and other natural flavors, potassium sorbate

Shake well before use.

Multivitamins, Vitamins & Minerals



Magnesium Glycinate liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	MGL4

Magnesium liquid

MAGNESIUM AND VITAMIN B₆ LIQUID COMBINATION TO SUPPORT MUSCULOSKELETAL, CARDIOMETABOLIC AND EMOTIONAL HEALTH[†]

- Offered with vitamin B₆ to support intracellular accumulation of magnesium[†]

1 teaspoon daily, with a meal, or as directed by a health professional.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)

Servings per container: 48

One teaspoon contains:

Vitamin B ₆ (as pyridoxine HCl)	20 mg
Magnesium (as magnesium citrate)	215 mg

Other ingredients: purified water, natural glycerin, apple juice concentrate, xylitol, natural pomegranate flavor with other natural flavors, xanthan gum, citric acid, potassium sorbate, purified stevia leaf extract

Shake well before use.

Multivitamins, Vitamins & Minerals



Magnesium liquid	Quantity	Order Code
	240 ml (8.1 fl oz)	ML2



Manganese (aspartate/citrate)

TRACE MINERAL FOR CONNECTIVE TISSUE AND BONE SUPPORT[†]

Manganese activates numerous enzymes necessary for the utilization of biotin, thiamin, and ascorbic acid. It is a catalyst in the synthesis of fatty acids and cholesterol, and it plays a part in protein, carbohydrate, and fat production. Manganese is necessary for normal skeletal development and maintenance of connective structural tissue and cellular integrity. In addition, it influences the synthesis of mucopolysaccharides, and is a necessary cofactor in the detoxification of ammonia to urea.[†]

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Manganese (as manganese aspartate and 50% as manganese citrate) 8 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Manganese (aspartate/citrate)	Quantity	Order Code
	60	MN6



Melatonin 0.5 mg

SUPPORTS THE BODY'S NATURAL SLEEP CYCLE[†]

Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.[†]

1 capsule daily, 1/2 to 1 hour before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin 0.5 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.



Melatonin 0.5 mg	Quantity	Order Code
	180	ME51
	60	ME56

Melatonin 3 mg

1 capsule daily, 1/2 to 1 hour before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin 3 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.



Melatonin 3 mg	Quantity	Order Code
	180	ME31
	60	ME36

Melatonin 20 mg

Not Intended for Sleep Support

PROMOTES HEALTHY CELLS AND TISSUES†

Scientific advances suggest that it may play a role in cellular health. More than a dozen preliminary clinical trials have examined the role of melatonin in supporting healthy cells and tissues, promoting immune cell activity, and scavenging free radicals. Randomized studies have revealed the potential for melatonin to positively support colon, breast, prostate and lung tissues.¹

1 capsule daily, 30-60 minutes before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

This product is not intended for sleep support. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Immune Support GF NON-GMO V VEG

Melatonin 20 mg	Quantity	Order Code
	180	ME21
	60	ME26

Melatonin liquid

NUTRITIONALLY AUGMENTS THE NATURAL FUNCTIONING OF THE PINEAL GLAND SUPPORTING THE BODY'S NATURAL SLEEP CYCLE†

- 2.5 mg of micronized melatonin per 1 ml dropper
- Convenient liquid formula for easy dispensing
- Great-tasting and naturally flavored with apple and black currant juice concentrates

1 dropper daily, 1/2 to 1 hour before bedtime, or as directed by a health professional.

Serving size: 1 ml (0.03 fl oz) (one full dropper)

Servings per container: 30

One ml contains:

Melatonin (micronized)	2.5 mg
Other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, black currant juice concentrate, xanthan gum, potassium sorbate, citric acid, purified stevia leaf extract	

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep GF NON-GMO VEG

Melatonin liquid	Quantity	Order Code
	30 ml (1 fl oz)	MEL3



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Melatonin-SR

SUSTAINED-RELEASE MELATONIN TO SUPPORT HEALTHY SLEEP[†]

Melatonin-SR provides sustained-release MicroActive[®] melatonin to promote healthy sleep. Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency. MicroActive[®] is an innovative, patented delivery system that offers both improved absorption and sustained release. A pharmacokinetic study of MicroActive[®] melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose.[†]

1 capsule 30-60 minutes before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin (as MicroActive[®] melatonin sustained-release complex) 3 mg
Other ingredients: microcrystalline cellulose, vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl methyl cellulose, sodium alginate, carnauba wax

MicroActive[®] is a registered trademark of BioActives, LLC.

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.



Melatonin-SR	Quantity	Order Code
	60	MESR6

See also

Best-Rest Formula
Sleep Solution (single dose liquid)

»page 41
»page 177



Memory Pro[†]

COMPREHENSIVE MEMORY SUPPORT FORMULA; WITH LUTEIN/ZEAXANTHIN AND SOY-FREE[†]

This formula combines acetyl-L-carnitine, phospholipids and herbal extracts to promote neural health, cognitive function and memory. Research suggests that acetyl-L-carnitine supports memory in older adults. Phosphatidylserine is an important cell membrane component critical for neuron function and communication. Research suggests that it promotes healthy neurotransmitter levels and spatial memory. The Ayurvedic herb *Bacopa monniera* promotes memory as well as mental function and information processing. *Ginkgo biloba* promotes cerebral blood flow, vascular integrity and healthy red blood cell and platelet function in the brain. Lutein and zeaxanthin are the primary carotenoids in the macula, but have also recently been identified as the primary carotenoids in the brain. Research studies have found a positive association between lutein and zeaxanthin intake, macular pigment density and cognitive function. This association is believed to be due to antioxidant defense and cytokine balance properties, helping to promote neuronal membrane stability and function. Curcumin, resveratrol and lemon balm extracts help to protect neurons from oxidative stress. Additionally, curcuminoids and resveratrol support healthy vascular tissue in the brain by promoting phagocytosis and proteasome activity. The soothing properties of lemon balm are highlighted in one double blind, randomized, placebo-controlled trial, indicating that it promoted relaxation and cognitive function in elderly individuals.[†]

3 capsules daily, with or between meals, or as directed by a health professional.

Three (size 00) vegetarian capsules contain:

Acetyl-L-carnitine	750 mg
Sharp-PS [®] GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	50 mg
<i>Ginkgo biloba</i> extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	60 mg
FloraGLO [®] lutein	6 mg
Zeaxanthin	1 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	250 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	125 mg
Trans-resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root))	20 mg
<i>Bacopa (Bacopa monnieri)</i> extract (aerial parts) (standardized to contain 20% bacosides)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Curcumin C3 Complex[®] is a registered trademark and patented product of Sabinsa Corporation.

Sharp-PS[®] is a registered trademark of Enzymotec Ltd.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM.



Memory Pro [†]	Quantity	Order Code
	180	MEP21
	90	MEP29

Men's Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX FOR MEN OVER 40

Indications:

- Men over 40

Vitamin/Mineral Distinctions:

- Yeast-derived selenium, vitamin D, and zinc for optimal prostate health[†]

Special Features:

- MacularSynergy Complex[†]**
Enhances the integrity of the macula and retina with 6 mg lutein and 1 mg zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.[‡]
- ProstaProtect Plus[†]**
Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea. Synergistic cofactors include selenium, vitamin D and zinc.[‡]
- Cardio Polyphenol Complex[†]**
Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.[‡]
- EnduraBoost Blend[†]**
Combines astragalus and maca to promote energy, endurance and stamina.[‡]

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D ₃)	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg

Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg

MacularSynergy Complex[†]

FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg

ProstaProtect Plus[†]

Saw palmetto (<i>Serenoa repens</i>) extract (fruit) (standardized to contain 45% total fatty acids)	160 mg
Pygeum (<i>Pygeum africanum</i>) extract (bark) (standardized to contain 2.5% total sterols)	25 mg
Lycopene	500 mcg
Green tea (<i>Camellia sinensis</i>) (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg

Cardio Polyphenol Complex[†]

Red wine grape (<i>Vitis vinifera</i>) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg

EnduraBoost Blend[†]

Maca (<i>Lepidium meyenii</i>) extract (tuber)	100 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.



Men's Nutrients	Quantity	Order Code
	360	MENN3
	180	MENN1

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Men's Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

Indications:

- Supports energy and stamina[†]
- Supports cardiovascular, macular and prostate health[†]
- For men over 40

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 37.5 mcg (1,500 IU) vitamin D₃ and yeast-derived selenium to support prostate health[†]

Special Features:

- Maintains healthy cardiovascular function with omega-3 fatty acids, CoQ₁₀, and polyphenols from pomegranate, red wine concentrate and grape seed extract[†]
- Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea[†]
- Combines astragalus and maca with nutrient cofactors to promote energy, endurance and stamina[†]
- Enhances the integrity of the macula and retina with lutein, zeaxanthin and nutrient cofactors[†]
- Convenient, once-daily packet

Each Packet Contains:

Men's Nutrients 3 vegetarian capsules »See page 117

- Multivitamin/mineral complex for men over 40

EPA/DHA essentials 1 softgel capsule »See page 77

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support[†]

Vitamin D₃ 1 vegetarian capsule »See page 196

- Support for bone, prostate, cardiovascular, colon and immune health[†]

CoQ₁₀ 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ₁₀

Saw Palmetto Plus 1 softgel capsule »See page 174

- Wide range support for prostate health[†]

Magnesium (citrate) 1 vegetarian capsule »See page 112

- Highly bioavailable magnesium chelate for heart and muscle function[†]

Take 1 packet daily (8 capsules), with a meal.

Eight capsules contain:

Calories	20
Total fat	2 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D ₃)	37.5 mg (1,500 IU)
Vitamin E	40 mg
(as d-alpha tocopherol succinate and natural tocopherols)	

Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	250 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Coenzyme Q ₁₀	60 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg
Red wine grape (<i>Vitis vinifera</i>) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Maca (<i>Lepidium meyenii</i>) extract (tuber)	100 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	50 mg
Saw palmetto (<i>Serenoa repens</i>) extract (fruit) (standardized to contain 212 mg total fatty acids)	320 mg
Pumpkin (<i>Cucurbita pepo</i>) oil (seed) (fresh pressed)	320 mg
Nettle (<i>Urtica dioica</i>) extract (root)	200 mg
Pygeum (<i>Pygeum africanum</i>) extract (bark)	45 mg
Fish oil concentrate (anchovies, sardines, mackerel) Providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, sunflower lecithin, beeswax, carob	

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

Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health care practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals 

Men's Pure Pack	Quantity	Order Code
	30 packets	MPPB3

MenoVive

PureWoman™ product line

Formulated with Felice Gersh, M.D.*

BROAD-RANGE SUPPORT FOR MENOPAUSAL HEALTH AND COMFORT, MOOD, LIBIDO, MENTAL SHARPNESS AND CARDIOVASCULAR FUNCTION†

HMRlignan™ contains the lignan 7-hydroxymatairesinol, a precursor to enterolactone, which has been associated with a healthy estrogen-to-progesterone ratio and cellular health. As a result, lignans have demonstrated supportive roles in moderating hot flashes as well as promoting breast, uterine, cervical, bone and cognitive health. Importantly, dietary intake of lignans and healthy serum enterolactone levels are also positively associated with healthy cardiovascular function. Lifenol® hops extract contains 8-prenylnaringenin (8-PN), offering support for menopausal comfort, antioxidant defense and bone health. Two randomized, double-blind, placebo-controlled studies indicated that Lifenol hops extracts provided support for general menopausal discomfort, night sweats and hot flashes. Questionnaire results scored at six to eight weeks after supplementation suggest that hot flashes were reduced by three to four times compared to placebo. Ashwagandha, rhodiola and maca extracts are adaptogens offering support for positive mood and relaxation. Two randomized controlled trials indicated that ashwagandha offers support for occasional stress and promotes healthy sleep, cognitive function and relaxation. In addition to promoting emotional well-being, maca also offers support for sexual function. While rhodiola has long been known to support endurance, recent research suggests that it may act as a selective estrogen receptor modulator to support cognitive, cardiovascular and bone health related to menopause. Grape seed extract and resveratrol

support menopausal comfort, as well as bone, cognitive and cardiovascular health. In a randomized controlled trial, resveratrol supplementation decreased menopausal symptom intensity in 78.6% of patients. Numerous studies suggest grape seed polyphenols promote healthy blood vessel relaxation and antioxidant defenses to promote cardiovascular health.†

1 capsule, twice daily, with meals.

Each (size 00) vegetarian capsule contains:

HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	36 mg
Lifenol® hops (<i>Humulus lupulus</i>) extract (female cone) (standardized to contain 0.15% 8-prenylnaringenin)	42.5 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	125 mg
Maca (<i>Lepidium meyenii</i>) extract (tuber)	250 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
resVida® resveratrol (as trans-resveratrol)	12.5 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Not to be taken by pregnant or lactating women.

HMRlignan™ is a trademark of Linnea Inc.

Lifenol® is a trademark of Naturex.

resVida® is a trademark of DSM.

Women's Formulas    

MenoVive	Quantity	Order Code
	60	MOV6



*Dr. Gersh is a retained advisor to Pure Encapsulations.

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

Metabolic Xtra

PureLean® product line

SUPPORTS HEALTHY GLUCOSE METABOLISM†

Metabolic Xtra is a powerful combination of nutrients that helps support insulin receptor function as well as healthy glucose metabolism. The natural plant alkaloid berberine enhances the expression and function of insulin receptors. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for healthy glucose and lipid metabolism. Resveratrol promotes healthy AMPK and SIRT1 protein levels to support cellular metabolism and glucose homeostasis. In a randomized, double-blind, placebo-controlled, four-week study, resveratrol supported healthy insulin signaling and antioxidant defenses. The trace mineral chromium plays an important role in nutrient metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate® has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise. Alpha lipoic acid supports healthy receptor function and glucose metabolism.†

1 capsule, 1-3 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Chromium (as ChromeMate® chromium polynicotinate)	200 mcg
Berberine HCl	350 mg
Alpha lipoic acid (thioctic acid)	100 mg
resVida® resveratrol (as trans-resveratrol)	20 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

resVida® is a trademark of DSM.

Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism



Metabolic Xtra	Quantity	Order Code
	90	MX29

L-Methionine

LIVER AND TISSUE SUPPORT†

L-Methionine is an essential amino acid that contains sulfur, which is an important component of cartilage building blocks such as proteoglycans and glycosaminoglycans. L-Methionine is incorporated into tissue proteins and enzymes and is a component of active peptides, including L-methionine enkephalin and various endorphins. One of the main roles of L-methionine is as a methyl donor, contributing to numerous physiological pathways in the body including formation of myelin components. In one such pathway, L-methionine converts to s-adenosylmethionine. Studies have indicated that L-methionine may promote healthy cellular metabolism, enzyme activity, and glutathione concentration. L-Methionine, like choline and betaine, is also a lipotropic compound supporting lipid metabolism and healthy hepatic function. In combination with antioxidants, L-methionine may play a role in healthy pancreas function.†

1 capsule, 2-3 times daily, between meals.

Each (size 1) vegetarian capsule contains:

L-Methionine (free-form)	375 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Liver & Detoxification



L-Methionine	Quantity	Order Code
	60	LM6

MethylAssist

PROVIDES ACTIVATED B VITAMINS TO SUPPORT HEALTHY METHYLATION, CARDIOVASCULAR, NEURONAL AND EMOTIONAL HEALTH†

Folate, vitamin B₁₂, and vitamin B₆ offer cardiovascular support by promoting healthy endothelial function and the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor used in methylation reactions. Methylation involves the transfer of a methyl group (CH₃) from one molecule to another. This methyl group acts as a signal throughout the body, regulating genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with neurological and psychological health. Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations. Research suggests that folate and benfotiamine enhance healthy endothelial function, vascular dilation and nitric oxide status, as well as help maintain healthy nervous system function and comfort. In a randomized, controlled study, benfotiamine supported healthy nerve conduction velocity and nerve comfort. In another trial, a combination of L-methylfolate, methylcobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort.†

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	16 mg
Folate (as Metafolin®, L-5-MTHF)	1,667 mcg DFE (1,000 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg
BenfoPure® benfotiamine	75 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Multivitamins, Vitamins & Minerals



MethylAssist	Quantity	Order Code
	90	MAS9

Methylcobalamin 1,000 mcg

SUPPORTS ENERGY PRODUCTION, NEUROLOGICAL HEALTH AND EMOTIONAL WELLNESS[†]

Vitamin B₁₂ is an important cofactor for energy metabolism. It works with folate in the methionine synthase pathway, which supports healthy homocysteine metabolism in the synthesis of S-adenosyl-methionine (SAME), an important methyl donor. As such, it supports methylation for key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. Through this pathway, Vitamin B₁₂ is required for proper red blood cell formation, neurological function, and DNA synthesis. The activated and methylated form methylcobalamin is the primary form found in the cytosol of cells and predominates in blood and other fluids. This is the form of vitamin B₁₂ primarily used for SAME production, making it an important nutrient for healthy cell development, including red blood cells.[†]

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals    

Methylcobalamin 1,000 mcg	Quantity	Order Code
	180	MT1
	60	MT6

See also

- Adenosyl/Hydroxy B₁₂ liquid »page 28
- B₁₂ 5,000 liquid »page 39
- B₁₂ liquid »page 39

MicroDefense w/ Oregano

PureGI™ product lines

COMBINATION OF PLANT EXTRACTS DESIGNED TO SUPPORT HEALTHY GASTROINTESTINAL TRACT FUNCTION AND MICROBIAL BALANCE[†]

Artemisia, which contains artemisinin, has been used traditionally for thousands of years to promote healthy microbial balance within the body. Oregano oil powder offers antioxidant and microbial-balancing properties. In vitro and animal research suggests that oregano oil and clove can diffuse through microbial cell membranes, promoting membrane permeability. Berberine sulfate is a highly concentrated microbial-balancing compound. Olive leaf extract contains the active constituent oleuropein, a phenolic glucoside that helps maintain healthy G.I. microorganism balance and may help support immune function.[†]

1 capsule, 1-3 times daily, just before a meal, with 6-8 oz water, for 2-3 months, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Berberine sulfate	100 mg
Olive (<i>Olea europaea</i>) extract (leaf) (standardized to contain 15% oleuropein)	100 mg
Sweet wormwood (<i>Artemisia annua</i>) extract (aerial parts)	150 mg

Clove (<i>Syzygium aromaticum</i>) powder (bud)	50 mg
Oregano (<i>Origanum vulgare</i>) oil extract (leaf and flower)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Gastrointestinal    

MicroDefense w/ Oregano	Quantity	Order Code
	180	MI31
	90	MI39

Mineral 650®

COMPLETE CHELATED-MINERAL FORMULA; COMPREHENSIVE MINERAL SUPPORT FOR DAILY WELLNESS[†]

This is a highly-absorbable, balanced combination of chelated minerals. By providing minerals in a controlled ratio, this formula prevents minerals from competing with each other for absorption in the digestive tract.[†]

3 capsules, 1-2 times daily, with meals.

Three (size 0) vegetarian capsules contain:

Calcium (as calcium citrate)	150 mg
Iron (as iron glycinate)	5 mg
Iodine (as potassium iodide)	50 mcg
Magnesium (as magnesium citrate)	125 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	100 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	50 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals    

Mineral 650®	Quantity	Order Code
	180	MF1

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Mineral 650® (without copper & iron)

Multivitamins, Vitamins & Minerals



Mineral 650® (without copper & iron)	Quantity	Order Code
	180	MM1

See also
Trace Minerals

»page 183

Mitochondria-ATP

SUPPORTS CELLULAR ENERGY AND MITOCHONDRIAL HEALTH[†]

CoQ₁₀ is a component of the mitochondria and plays a key role in the synthesis of ATP. Ubiquinol is the activated form of CoQ₁₀. B vitamins are important cofactors needed to fuel the Krebs cycle, while optimal serum levels of magnesium are associated with healthy mitochondrial metabolism and nutrient transport. Acetyl-L-carnitine provides carnitine to transport long chain fatty acids into the mitochondria for energy as well as an acetyl group for the synthesis of the Krebs cycle precursor acetyl-CoA. Highly pure creatine monohydrate helps enhance the production of the ATP by acting as a precursor. This formula provides antioxidant support from vitamins C and E, as well as additional antioxidant support from grape seed extract, resveratrol, alpha lipoic acid and n-acetyl-L-cysteine. These nutrients and bioactives neutralize the free radicals generated during energy production in the mitochondria. In a double-blind, placebo-controlled crossover study, the combination of creatine, CoQ₁₀, and alpha lipoic acid supported energy production and antioxidant status within the mitochondria.[‡]

2 capsules, 2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	100 mg
Vitamin E (as d-alpha tocopherol succinate)	17 mg
Thiamin (as thiamin HCl) (B ₁)	10 mg
Riboflavin (vitamin B ₂)	7.5 mg
Niacin (as niacinamide)	17.5 mg
Magnesium (as magnesium citrate/malate)	50 mg
Creatine monohydrate	375 mg
Acetyl-L-carnitine (free-form)	250 mg
Trans-resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root))	25 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	50 mg
Kaneka ubiquinol™ (active antioxidant form of coenzyme Q ₁₀)	25 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Energy & Fitness



Mitochondria-ATP	Quantity	Order Code
	120	MATP21

MotilPro

PureGI™ product line

ADVANCED GUT SIGNALING SUPPORT FORMULA,
SUPPORTING SEROTONERGIC AND CHOLINERGIC
FUNCTION FOR HEALTHY GUT MOTILITY[†]

MotilPro supports serotonergic and cholinergic neurotransmission in the G.I. tract. 5-HTP is absorbed by enterochromaffin cells in the epithelium, in which it is decarboxylated to serotonin using pyridoxal 5' phosphate as a cofactor. 5-HTP stimulates enteric neurons through activation of 5HT4 receptors. Ginger modulates serotonin signaling by additional 5HT4 stimulation and by binding type 3 (5HT3) receptors in the enteric nervous system and brain stem, supporting gastric emptying, intestinal transit, healthy visceral sensation and upper G.I. comfort. Acetyl-L-carnitine supports autonomic neuronal health and contributes acetyl groups for the synthesis of acetylcholine, supporting neurotransmission of signals to encourage healthy motility.[‡]

3 capsules, 1-2 times daily, between meals.

Three (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	1,000 mg
Acetyl-L-carnitine (free-form)	500 mg
5-Hydroxytryptophan	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Gastrointestinal



MotilPro	Quantity	Order Code
	180	MOP1

MSM capsules (methylsulfonylmethane)

PROVIDES SULFUR TO SUPPORT JOINT, IMMUNE AND
RESPIRATORY HEALTH[†]

Pure Encapsulations' MSM (methylsulfonylmethane or dimethylsulfone) is a source of organic sulfur found naturally in the human body. MSM, the major metabolite of DMSO (dimethyl sulfoxide), is 34% elemental sulfur, a compound which is crucial in maintaining healthy tissues. While sulfur supports many functions, it is well known for maintaining connective tissue health. Sulfur also supports tissue containing significant amounts of collagen and keratin, including hair, skin, and nails. Sulfur is essential in methionine, cysteine and serum protein metabolism. Preliminary evidence suggests that MSM may also provide potential support for healthy immune and respiratory function.[‡]

2 capsules, 1-4 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Methylsulfonylmethane (MSM)	1,700 mg
Other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bones, Joints & Muscles    

MSM capsules	Quantity	Order Code
	360	MSM3
	250	MSM2

MSM powder

UNSWEETENED, UNFLAVORED POWDER TO SUPPORT JOINT, IMMUNE, AND RESPIRATORY HEALTH†

1 scoop, 1-2 times daily, in a beverage, with meals.

Serving size: 3 g (1 scoop)

Servings per container: 75

Each scoop contains:

Methylsulfonylmethane	3 g
Other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bones, Joints & Muscles    

MSM powder	Quantity	Order Code
	8 oz (227 g)	MSMP

Multi t/d With Metafolin® L-5-MTHF

TWICE DAILY MULTIVITAMIN/MINERAL COMPLEX FOR DAILY WELLNESS†

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials. Enhanced with lutein and zeaxanthin, this formula couples fundamental support with convenience. Furthermore, Multi t/d provides chelated minerals and active vitamin cofactors found in Nutrient 950® and UltraNutrient® for optimal bioavailability and utilization.†

Indications:

- For improved compliance with convenient two-per-day dosing
- For sensitive individuals

Vitamin/Mineral Distinctions:

- Provides core vitamin and mineral support†

Special Features:

- MacularSynergy Complex†
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.†

1 capsule, 2 times daily, with meals.

One (size 0) vegetarian capsule contains:

Vitamin A (as beta carotene)	675 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Thiamin (as thiamin HCl) (B ₁)	25 mg
Riboflavin (as vitamin B ₂ and 28% as riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	50 mcg
Chromium (as chromium polynicotinate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

®FloraGLO is a registered trademark of Kemlin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Multivitamins, Vitamins & Minerals   

Multi t/d	Quantity	Order Code
	120	MTD21
	60	MTD26

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

Multivitamin EasySticks®

Single-Serving Stick Packs

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX IN A GREAT-TASTING, DIRECT-TO-MOUTH POWDER DELIVERY FORM WITH NO MIXING NEEDED

Indications:

- Adults and children ages 2 and up

Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in bioavailable forms
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B₁₂ as hydroxycobalamin

Special Features:

- Sprinkle directly in the mouth with no mixing needed
- Comprehensive profile of bioavailable vitamins, chelated minerals and antioxidants
- Supports healthy methylation with choline and activated B vitamins†
- Enhanced with blueberry and cherry; studies suggest that consumption of blueberries may help maintain brain health†

1 stick pack daily, sprinkled directly in the mouth, with a meal. Powder can require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

Serving size: 1 stick pack (approximately 6 g)

Servings per container: 30

Each stick pack contains:

Calories	10
Total carbohydrate	2.5 g
Total sugars	0.5 g
Sugar alcohols	2 g
Vitamin A (as retinyl acetate)	300 mcg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	10.1 mg
Thiamin (as thiamin HCl) (B ₁)	1.5 mg
Riboflavin (as vitamin B ₂ and 50% as riboflavin 5' phosphate (activated B ₂))	2 mg
Niacin (as niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl and 50% as pyridoxal 5' phosphate (activated B ₆))	2.8 mg
Folate (as Metafolin®, L-5-MTHF)	500 mcg DFE (300 mcg L-5-MTHF)
Vitamin B ₁₂ (as hydroxycobalamin)	5 mcg
Biotin	30 mcg
Pantothenic acid (as d-calcium pantothenate) (B ₅)	6 mg
Choline (as choline bitartrate)	10 mg
Calcium (as calcium citrate)	200 mg

Iodine (as potassium iodide)	75 mcg
Magnesium (as di-magnesium malate)	150 mg
Zinc (as zinc picolinate)	3 mg
Copper (as copper bis-glycinate)	200 mcg
Inositol	10 mg
Vitamin K ₂ (as menaquinone-7)	22.5 mcg
Blueberry (<i>Vaccinium angustifolium</i>) powder (fruit) (organic)	750 mg
Cherry (<i>Prunus</i> spp.) extract (fruit)	150 mg
Other ingredients: xylitol, glycine, malic acid, citric acid, hypoallergenic plant fiber (cellulose), stevia leaf extract	

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

Multivitamins, Vitamins & Minerals



Multivitamin EasySticks®	Quantity	Order Code
	30 stick packs	MVESB3

Muscle Cramp/Tension Formula†

HELPS LESSEN OCCASIONAL NIGHTTIME OR EXERCISE-RELATED LEG MUSCLE CRAMPS AND EASE MUSCLE TENSION†

The electrolytes magnesium, calcium and potassium are important for maintaining healthy muscle contractile function. In several trials, magnesium supported leg muscle comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness. The traditionally soothing botanicals lemon balm, passion flower and chamomile also help to relieve occasional muscle tension. Additionally, these herbal extracts moderate occasional stress and promote overall relaxation.†

2 capsules, 1-2 times daily, with or between meals.

Two (size 00) vegetarian capsules contain:

Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate and 33% as magnesium glycinate)	150 mg
Potassium (as potassium citrate)	50 mg
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts)	100 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf)	50 mg
Chamomile (<i>Matricaria recutita</i>) extract (flower)	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles



Muscle Cramp/Tension Formula†	Quantity	Order Code
	180	MCT1
	60	MCT6

NAC (N-Acetyl-L-Cysteine) 600 mg

SUPPORTS RESPIRATORY FUNCTION, GLUTATHIONE PRODUCTION AND DETOXIFICATION[†]

N-Acetyl-L-Cysteine (NAC) is a derivative of the dietary amino acid L-cysteine. NAC has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. NAC supports tissue levels of glutathione, a key component of the antioxidant defense system.[†]

1 capsule, 1-3 times daily, between meals.

Each (size 0) vegetarian capsule contains:

N-Acetyl-L-cysteine (free-form) 600 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Liver & Detoxification    

NAC 600 mg	Quantity	Order Code
	360	NA63
	180	NA61
	90	NA69

NAC (N-Acetyl-L-Cysteine) 900 mg

1 capsule, 1-2 times daily, between meals.

Each (size 00) vegetarian capsule contains:

N-Acetyl-L-cysteine (free-form) 900 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Liver & Detoxification    

NAC 900 mg	Quantity	Order Code
	240	NA92
	120	NA91

NAC + Glycine powder

N-ACETYL-L-CYSTEINE AND GLYCINE COMBINATION TO SUPPORT GLUTATHIONE PRODUCTION, IMMUNE DEFENSE, AND DETOXIFICATION[†]

Glutathione is one of the main endogenous antioxidants, acting in the body to recycle other antioxidants and protect the body from free radicals, as well as support detoxification. It is found in virtually every cell of the body and plays a critical role in cell function. Increased glutathione levels have been linked to supporting a reduction in oxidative stress and DNA damage. Cysteine and glycine are necessary precursors for glutathione (GSH) synthesis, and co-supplementation of these nutrients promotes intracellular

glutathione levels. The body requires amounts of cysteine and glycine that may not be met by dietary intake alone, particularly as we age. In a small study involving older individuals, two weeks of supplementation with N-acetylcysteine (NAC) and/or glycine indicated that the combination NAC + glycine raised red blood cell (RBC) glutathione levels more effectively than either amino acid alone. In one study, supplementation with the combination of NAC and glycine resulted in 32% higher RBC glycine, 46% higher RBC cysteine and a 53% increase in RBC GSH concentration. There was also a significant improvement in the ratio of reduced (active) GSH to oxidized glutathione (GSSG). Increased GSH was associated with improvement in antioxidant status as measured by F2-isoprostanes, as well as mitochondrial fatty acid oxidation. In another study comparing young and older subjects, elderly subjects had 55% lower RBC glycine, 24% lower RBC cysteine, and 46% lower RBC glutathione at baseline, as well as lower reduced (active) GSH to GSSG ratios. Supplementation with NAC and glycine in elderly subjects resulted in RBC levels of glycine, cysteine, and glutathione, as well as GSH:GSSG ratio, comparable to young unsupplemented subjects. NAC and glycine have been shown to maintain healthy cytokine release during times of metabolic stress. Research suggests that glycine may moderate TNF- α and promote IL-10 to support cytokine balance, and intake has been associated with cardiometabolic health. Studies indicate that supplementation with NAC supports mood and social functioning. It is believed that cysteine influences the reward-reinforcement pathway by modulating the glutamate system. NAC also promotes immune defense and supports respiratory health acting as a free radical scavenger to support epithelial cell health and healthy cilia activity in the respiratory tract. It has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. Due to its sulfur content, NAC is able to disrupt disulfide bonds within mucus, thinning and easing its expulsion. In a randomized, double-blind trial involving mostly older individuals, 600 mg of NAC twice daily showed significant support for respiratory and immune function.[†]

1 scoop daily, mixed with 8 oz water, between meals.

Each scoop (approximately 5.3 g) contains:

N-Acetyl-L-cysteine (free-form) 1,800 mg
Glycine (free-form) 1,800 mg
Other ingredients: natural peach, mango, orange and ginger flavors with other natural flavors, potassium citrate, tri-magnesium citrate, purified stevia leaf extracts

Liver & Detoxification    

NAC + Glycine powder	Quantity	Order Code
	5.6 oz (159 g)	NGY1

NeuroMood Pure Pack

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.*

Daily Packet

With Metafolin® L-5-MTHF

Indications:

- Support for healthy neurotransmitter function, positive mood and emotional wellness†

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 50 mcg (2,000 IU) vitamin D₃
- Easily tolerated magnesium glycinate for sensitive individuals

Special Features:

- Promotes positive mood and relaxation with omega-3-fatty acids, folate, vitamin B₆, zinc and magnesium†
- Maintains healthy immune function and emotional balance with omega-3-fatty acids and curcumin†
- Enhances neurotransmitter function with curcumin, activated B vitamins and chromium†
 - Curcumin promotes healthy levels of serotonin and dopamine, and offers support for neuronal health and function†
 - Activated B vitamins, including Metafolin® L-5-MTHF, pyridoxal 5' phosphate and methylcobalamin, are critical for proper biosynthesis of the monoamine neurotransmitters serotonin, epinephrine and dopamine†
 - Taurine helps facilitate cell communication and acts as an inhibitory amino acid to support relaxation and positive mood†
 - Chromium supports serotonin receptor sensitivity†
- Supports cognitive function and healthy eating behavior†
 - Omega-3 essential fatty acids promote healthy cholecystokinin (CCK) release to moderate appetite‡
 - Optimal levels of zinc help maintain healthy eating behaviors, possibly by supporting healthy neuropeptide Y (NPY) and ghrelin levels, key compounds for appetite regulation‡
 - Chromium supports memory and cognitive function as well as healthful patterns of carbohydrate and energy intake‡
- Convenient, once-daily packet

Each Packet Contains:

- O.N.E.™ Multivitamin** 1 vegetarian capsule »See page 132
- Blend of vitamins, minerals and sustained-release CoQ₁₀ to promote cellular and neurotransmitter function†
- EPA/DHA essentials** 1 softgel capsule »See page 77
- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support†
- NeuroPure** 1 vegetarian capsule »See page 127
- Comprehensive neurotransmitter support to promote emotional well-being†
- Magnesium (glycinate)** 1 vegetarian capsule »See page 112
- Highly bioavailable form of magnesium to support neurotransmitter synthesis and neuronal function†
- Taurine** 1 vegetarian capsule »See page 180
- Support for relaxation and healthy brain function†

1 packet daily (5 capsules), with a meal.

Five capsules contain:

Calories	10
Total Fat	1 g
Cholesterol	< 5 mg
Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	20 mg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 67% pyridoxal 5' phosphate (activated B ₆))	7.5 mg
Folate (as Metafolin®, L-5-MTHF)	1,083 mcg DFE (650 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium glycinate)	120 mg
Zinc (as zinc citrate and 17% zinc picolinate)	30 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
CoenzymeQ ₁₀ (as CoQ ₁₀ and as 18% from MicroActive® CoQ ₁₀ -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
DL-Phenylalanine (free-form)	350 mg
5-Hydroxytryptophan	50 mg

Meriva® turmeric phytosome (turmeric (<i>Curcuma longa</i>) extract (root) and phospholipid complex) (standardized to contain 18% curcuminoids)	125 mg
Quercetin	50 mg
Taurine (free-form)	1,000 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch	

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

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

FloraGLO® is a registered trademark of Kemin Industries, Inc.

TRAACS® is a registered trademark of Albion Laboratories, Inc

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is trademark of DSM.

Microactive® is a registered trademark of Bioactives, LLC

Contains fish (anchovies, sardines, mackerel)

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Multivitamins, Vitamins & Minerals



NeuroMood Pure Pack	Quantity	Order Code
	30 packets	NMPPB3

NeuroPure Soy-Free

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.*

OFFERS KEY NUTRIENTS TO SUPPORT OVERALL NEUROTRANSMITTER FUNCTION, NEURONAL HEALTH AND EMOTIONAL BALANCE‡

- Provides enhanced support for emotional balance and mood stability†
- Promotes the production of both serotonin and dopamine†
- Includes the serotonin and dopamine neurotransmitter precursors 5-HTP and DL-phenylalanine†
- Contains the cofactors vitamin B₆, Metafolin® L-5-MTHF and zinc to support neurotransmitter production†
- Supports phenylethylamine (PEA) activity, which plays important roles in emotional wellness†
- Supports healthy serotonin receptor and monoamine oxidase enzyme function with curcumin†
- Maintains healthy cytokine balance with curcumin and quercetin to support neurotransmitter synthesis and emotional balance†
- Supports optimal serum levels of zinc and folate to promote positive mood†

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg L-5-MTHF)
Zinc (as zinc picolinate)	10 mg
DL-Phenylalanine (free-form)	700 mg
5-Hydroxytryptophan	100 mg
Meriva® turmeric phytosome (turmeric (<i>Curcuma longa</i>) extract (root) and sunflower phospholipid complex (standardized to contain 18% curcuminoids)	250 mg
Quercetin	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A., Inc.

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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Memory & Mood



NeuroPure	Quantity	Order Code
	120	NOP1

*Dr. Greenblatt is a retained advisor to Pure Encapsulations.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Niacinamide

SUPPORTS GLUCOSE METABOLISM AND METABOLIC FUNCTION[†]

Niacinamide does not cause the vasodilation (“flush”) associated with niacin. Research indicates that niacinamide may support healthy glucose metabolism and protect pancreatic beta cell function. In a meta-analysis of 10 randomized controlled trials, niacinamide supplementation promoted healthy C-peptide levels, insulin metabolism and beta cell function. In another study, niacinamide helped maintain healthy C-peptide levels and glucose metabolism. Niacinamide also promotes joint mobility and comfort. In a 12-week randomized double-blind trial involving 72 subjects, niacinamide provided statistically significant support for joint flexibility. Alpha lipoic acid is included to offer synergistic support for healthy glucose balance and metabolic function.[†]

2 capsules, 1–3 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Niacin (as niacinamide)	1,000 mg
Alpha lipoic acid (thioctic acid)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Multivitamins, Vitamins & Minerals



Niacinamide	Quantity	Order Code
	90	NIA9

Niacitol® 500 mg (no-flush niacin)

WELL TOLERATED NIACIN FORM TO SUPPORT CARDIOVASCULAR HEALTH[†]

Niacitol® contains inositol nicotinate, a form of no-flush niacin (vitamin B₃) that has been used in Europe for over thirty years for healthy cardiovascular support. Niacitol® is a well-tolerated form of vitamin B₃ and is unlikely to cause the flushing or other side effects that are associated with niacin. Inositol nicotinate is composed of one molecule of inositol and six molecules of niacin.[†]

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Niacin (as inositol nicotinate)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



Niacitol® 500 mg	Quantity	Order Code
	120	NI51
	60	NI56

Niacitol® 650 mg (no-flush niacin)

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Niacin (as inositol nicotinate)	650 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



Niacitol® 650 mg	Quantity	Order Code
	180	NI61

Nitric Oxide Support

SUPPORTS NITRIC OXIDE PRODUCTION AND HEALTHY BLOOD FLOW[†]

- Contains arginine, a nitric oxide precursor, to support healthy circulation and delivery of oxygen to working muscle[†]
- Provides citrulline to delay the onset of muscle fatigue, maintain acid-base balance, promote aerobic energy production in muscle cells during exercise, and enhance arginine and nitric oxide production[†]
- Includes vitamin C to enhance nitric oxide activity and provide blood vessel endothelial antioxidant protection[†]

1 scoop daily, mixed with water, 20 minutes before exercise.

Serving size: 5.4 g (1 scoop)

Servings per container: 30

One scoop contains:

Vitamin C (as ascorbic acid)	200 mg
L-Arginine (from arginine alpha ketoglutarate (2:1))	2,050 mg
Citrulline (from citrulline malate)	715 mg
Other ingredients: xylitol, stevia leaf extract, luo han guo (<i>Momordica grosvenorii</i>) extract (fruit), natural lemon and lime flavors	

Energy & Fitness



Nitric Oxide Support	Quantity	Order Code
	5.7 oz (162 g)	NOS16

Nitric Oxide Ultra (capsules)

CITRULLINE AND RESEARCHED FRUIT EXTRACTS TO SUPPORT NITRIC OXIDE PRODUCTION AND HEALTHY BLOOD FLOW[†]

Nitric Oxide Ultra (capsules) offers a blend of CranLoad[®] and citrulline to support healthy blood flow by targeting nitric oxide production and flow-mediated dilation. The formula centers around CranLoad[®], a fruit blend developed as part of an extensive research program with the Institute of Nutrition and Functional Foods (INAF) and Université Laval in Quebec, Canada. CranLoad[®] delivers a unique cranberry and grape seed blend that has been the subject of several trials. Cranberries and grapes are particularly generous sources of proanthocyanidins and other polyphenols. In addition to being antioxidants, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. Research indicates that CranLoad[®] provides statistically significant support for healthy flow-mediated dilation (FMD), an effect similar to arginine administration. FMD reflects blood vessel dilation mediated by nitric oxide synthase (NOS), an enzyme that generates the endogenous vasodilator, nitric oxide. In one study, the peak increase in brachial artery diameter following CranLoad[®] supplementation was 2.8% at 60 minutes. A similar physiological effect has been demonstrated with arginine. Citrulline is included to support nitric oxide production in the blood vessel endothelium and other tissues. Research indicates that citrulline increases plasma arginine in a dose-dependent manner and to a greater degree than arginine supplementation.[†]

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

I-Citrulline (free-form)	1,000 mg
CranLoad [®] proprietary blend providing cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit) and grape (<i>Vitis vinifera</i>) extract (seed)	382 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

CranLoad[®] is a registered trademark used by Pure Encapsulations[®] under license.

Energy & Fitness



Nitric Oxide Ultra (capsules)	Quantity	Order Code
	120	NXC1

Nrf2 Detox

PureGenomics[®] product line

TARGETS NRF2 TO SUPPORT DETOXIFICATION AND ANTIOXIDANT DEFENSES[†]

Cruciferous vegetables of the brassica family have long been recognized for their ability to support detoxification thereby maintaining healthy cells and tissues. Cruciferous vegetables, like broccoli, cauliflower, Brussels sprouts and kale, are the richest sources of glucosinolates, which are considered to be the most bioactive constituents. Glucosinolates are converted in the body to isothiocyanates after they are ingested and hydrolyzed. The isothiocyanate sulforaphane is one of the most powerful activators of phase II enzyme function in the liver, supporting toxin elimination. Sulforaphane and resveratrol promote the activity of nuclear factor erythroid 2-related factor 2 (Nrf2), a transcription factor that supports robust, long-lasting expression of numerous genes responsible for detoxification and protection against oxidative stress. Among these genes are glutathione peroxidase, superoxide dismutase and various phase II enzymes, such as glutathione sulfotransferases. Nrf2 also supports expression of glutathione glutamylcysteinyl ligase, which is responsible for a critical step in the biosynthesis of glutathione, a vital component of cellular antioxidant and detoxification systems. Found in virtually every cell of the body, glutathione plays essential roles in protein synthesis, synthesis and repair of DNA, enzyme function, transport, and cell maturation. Optimal levels of glutathione have been associated with physical and mental health. The highest concentration of glutathione is found in the liver, where it offers antioxidant support, protects tissue and maintains detoxification. In a randomized clinical trial, supplementation with 250 and 1,000 mg of Setria[®] glutathione per day increased glutathione levels in the blood after one, three and six months. At six months, mean glutathione levels in the high-dose group increased 30-35% in erythrocytes, plasma and lymphocytes, and 260% in buccal cells (P<0.05). In the low-dose group, mean glutathione levels increased 17% and 29% in blood and erythrocytes, respectively (P<0.05). Both glutathione dose groups showed support for antioxidant defenses, indicated by decreases in the oxidized-to-reduced-glutathione ratio in whole blood after six months.[†]

1 capsule, 1-3 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain 1,000 mcg sulforaphane)	250 mg
Setria [®] glutathione (reduced form)	250 mg
resVida [®] resveratrol (as trans-resveratrol)	15 mg

Other ingredients: vegetarian capsule (cellulose, water)

Setria[®] is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

resVida[®] is a trademark of DSM.

Liver & Detoxification



Nrf2 Detox	Quantity	Order Code
	60	NRF6

NSK-SD® (Nattokinase) 100 mg

PROMOTES HEALTHY FIBRINOLYTIC ACTIVITY FOR HEALTHY BLOOD FLOW AND CARDIOVASCULAR FUNCTION; STANDARDIZED TO CONTAIN A MINIMUM OF 20,000 FU (FIBRINOLYTIC UNITS) PER GRAM.†

Nattokinase, a fibrinolytic enzyme isolated from Japanese natto, helps to maintain healthy activity of the body's natural clotting and fibrinolytic processes. In an animal study conducted by Biotechnology Research Laboratories and JCR Pharmaceuticals of Kobe, Japan, nattokinase promoted healthy blood flow. Furthermore, researchers from JCR Pharmaceuticals, Oklahoma State University and Miyazaki Medical College indicated that nattokinase supports healthy clotting function compared to placebo. In 1995, scientists at the Miyazaki Medical College and Kurashiki University in Japan demonstrated the potential for nattokinase to support blood vessel health in human subjects. This product is contraindicated for individuals with a history of bleeding tendency or with conditions associated with bleeding. Due to potential synergistic effects, concurrent use with anticoagulant and blood pressure medications should be closely supervised by a health professional.†

1 capsule, 2 times daily, 12 hours apart, with or between meals.

Each (size 2) vegetarian capsule contains:

NSK-SD® nattokinase (2,000 FU) (soy)	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

NSK-SD® is a registered trademark of Japan Bio Science Laboratories.

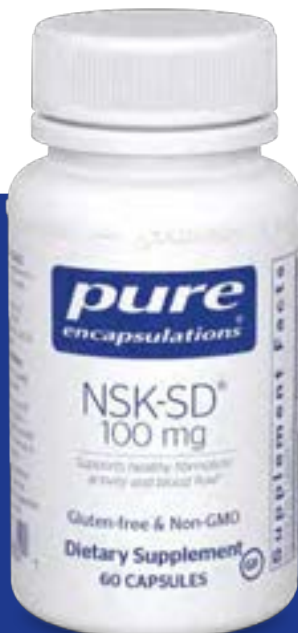
Contains soy

Not to be taken by pregnant or lactating women.

Cardiometabolic Health & Metabolism



NSK-SD® 100 mg	Quantity	Order Code
	120	NS11
	60	NS16



Nutrient 950®

All variations with Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL FORMULA FOR OPTIMAL HEALTH†

Indications for Nutrient 950® series:

- Men and women ages 18 and over

Vitamin/Mineral Distinctions:

- Activated vitamins and chelated minerals for optimal absorption
- 500 mg vitamin C for enhanced immune support†
- Formulas with and without iron, copper, iodine and vitamin K

Special Features:

- Mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection†

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	2,250 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Thiamin (as thiamin HCl) (B ₁)	50 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	34.75 mg
Niacin (as niacinamide and 42% inositol hexaniacinate)	86 mg
vitamin B ₆ (as pyridoxine HCl and 39% pyridoxal 5' phosphate (activated B ₆))	20.5 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	200 mg
Calcium (as calcium citrate)	150 mg
Iron (as iron glycinate)	5 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	100 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49.5 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	425 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Multivitamins, Vitamins & Minerals



Nutrient 950®	Quantity	Order Code
	360	MVF3
	180	MVF1
	90	MVF9

Nutrient 950® A without copper & iron

Contains 3,750 mcg (12,500 IU) of vitamin A as 60% (2,250 mcg/7,500 IU) beta carotene and 40% (1,500 mcg/5,000 IU) vitamin A acetate per 3 capsule serving.

Multivitamins, Vitamins & Minerals

Nutrient 950® A without copper & iron	Quantity	Order Code
	180	MVMA

Nutrient 950® with NAC

Four capsules contain 500 mg NAC (n-acetyl-L-cysteine). This formula does not contain boron, copper, iron or iodine.

Multivitamins, Vitamins & Minerals

Nutrient 950® with NAC	Quantity	Order Code
	240	MVN2

Nutrient 950® with Vitamin K

Three capsules contain 125 mcg vitamin K₁, 7.5 mcg vitamin K₂ as menaquinone-7, and 250 mcg vitamin K₂ as menaquinone-4. Also provides 12.5 mcg (500 IU) vitamin D₃. This formula does not contain iron.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals

Nutrient 950® with Vitamin K	Quantity	Order Code
	180	MVCK1

Nutrient 950® without copper & iron

Multivitamins, Vitamins & Minerals

Nutrient 950® without copper & iron	Quantity	Order Code
	180	MVM1
	90	MVM9

Nutrient 950® without copper, iron & iodine

Multivitamins, Vitamins & Minerals

Nutrient 950® without copper, iron & iodine	Quantity	Order Code
	180	MVI

Nutrient 950® without iron

Multivitamins, Vitamins & Minerals

Nutrient 950® without iron	Quantity	Order Code
	360	MVC3
	180	MVC1

O.N.E.™ Multivitamin

With Metafolin® L-5-MTHF

ONCE-DAILY NUTRIENT ESSENTIALS WITH SUSTAINED-RELEASE COQ₁₀

Indications:

- Men and women age 18 and over

Vitamin Distinctions:

- Provides vitamins A, B, C, D and E in highly bioavailable forms
- Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Convenient one-capsule-per-day dosing
- Antioxidant complex includes alpha lipoic acid and a blend of CoQ₁₀ and sustained-release water-soluble MicroActive® Q₁₀
- Choline and inositol for healthy cognitive function[†]
- Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D[†]
- Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin[†]

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg

Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
Coenzyme Q ₁₀ (as CoQ ₁₀ and as 18% from MicroActive® CoQ ₁₀ -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch

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®FloraGLO is a registered trademark of Kemin Industries, Inc.

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TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

MicroActive® is a registered trademark of BioActives, LLC.

Multivitamins, Vitamins & Minerals



O.N.E.™ Multivitamin	Quantity	Order Code
	120	ONE1
	60	ONE6
	30	ONE3



O.N.E.™ Omega

1,000 MG SUPERCRITICAL CO₂ EXTRACTED, TRIGLYCERIDE-FORM EPA AND DHA IN A CONVENIENT, ONCE-DAILY DOSE

O.N.E.™ Omega offers 1,000 mg of EPA/DHA in each softgel, twice the potency of other fish oils, providing powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health. Each softgel contains fish oil produced through a unique solvent-free, supercritical CO₂-based extraction method. This method utilizes a low-temperature, oxygen-free process to prevent oxidation reactions, resulting in a pure, concentrated fish oil.[†]

1 capsule daily, with a meal.

Each (size 22) softgel capsule contains:

Calories	10
Total fat	1 g
Fish oil concentrate	1,250 mg
(from anchovies, jack, herring, smelt, salmon, mackerel, squid)	
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural mixed tocopherols

Contains fish (anchovies, jack, herring, smelt, salmon, mackerel, squid)

Memory & Mood 

O.N.E.™ Omega	Quantity	Order Code
	60	ON06
	30	ON03

Olive Leaf extract

SUPPORTS THE IMMUNE SYSTEM AND PROMOTES A HEALTHY INTESTINAL ENVIRONMENT[†]

The Mediterranean olive tree, *Olea europaea*, defends itself against bacteria, fungi, parasites and insects through eutrophic compounds it produces. Its leaf extract is popular in herbal and folk remedies and has benefited individuals for 150 years. The active nutrient in the olive leaf is oleuropein, a phenolic glucoside (structurally classified as an iridoid). The olive leaf also contains the bioflavonoids rutin, luteolin, and hesperidin, which work synergistically with oleuropein to enhance its natural activity. Olive Leaf extract provides natural protection and a healthy environment for cells, without suppressing immune system function or harming beneficial microflora.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Olive (<i>Olea europaea</i>) extract (leaf)	500 mg
(standardized to contain 15% oleuropein)	

other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Immune Support    

Olive Leaf extract	Quantity	Order Code
	120	OL1
	60	OL6



[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

OptiFerin-C

SUPPORTS RED BLOOD CELL FUNCTION AND ENERGY PRODUCTION[†]

OptiFerin-C is an iron-based supplement formulated to support red blood cells in order to help effectively transport oxygen and ferritin in the body. Ferrochel[®] brand iron bis-glycinate was developed using unique patented chemistry, allowing it to be absorbed rapidly from the lumen of the intestines into mucosal cells and then released for transport throughout the body. The intestinal mucosal tissue tightly controls the release of Ferrochel[®], supporting the safety profile of this iron amino acid chelate. In a double-blind, randomized, placebo-controlled trial, iron supplementation supported healthy ferritin levels as well as enhanced energy and well-being in female subjects. Research emphasizes the importance of maintaining healthy serum ferritin for optimal performance in elite female athletes. This formula includes buffered vitamin C (as calcium ascorbate) to help enhance the absorption of iron.[†]

1 capsule, 1-3 times daily, with meals.

Each (size 2) vegetarian capsule contains:

Vitamin C (from calcium ascorbate)	100 mg
Calcium (from calcium ascorbate)	11 mg
Iron (as iron bis-glycinate)	28 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Ferrochel is a registered trademark of Albion Laboratories, Inc. Covered by U.S. Patent 7,838,042.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Multivitamins, Vitamins & Minerals



OptiFerin-C	Quantity	Order Code
	60	OF26

See also
Iron-C

»page 97

OsteoBalance[†]

COMPREHENSIVE, HIGH CALCIUM BONE SUPPORT FORMULA[†]

OsteoBalance provides 514 mg of calcium per serving from calcium citrate/malate and calcium malate, along with a comprehensive profile of important bone building nutrients. Calcium citrate/malate has excellent bioavailability and provided bone mass support for postmenopausal women with low dietary calcium intake in a two-year, double-blind placebo-controlled trial. One study indicated that concomitant supplementation of the trace minerals zinc, copper, and manganese with calcium citrate/malate helped to promote healthy bone metabolism in postmenopausal subjects. Magnesium supports healthy bone mineral density and boron plays an important role in reducing urinary calcium and magnesium excretion. Like boron, vitamin D₃ reduces urinary calcium loss but is also a key nutrient because it enhances calcium absorption.[†]

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10.7 mcg (428 IU)
Calcium (as DimaCal [®] di-calcium malate and 50% as calcium citrate/malate)	514 mg
Magnesium (as di-magnesium malate) (Albion [®])	64 mg
Zinc (as zinc picolinate)	12 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2.1 mg
Boron (as boron glycinate)	0.85 mg
Silica (from bamboo)	10.7 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal[®] and Albion[®] are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Bones, Joints & Muscles



OsteoBalance [†]	Quantity	Order Code
	351	OB35
	210	OB2



PureGI™

GO WITH YOUR GUT

PureGI™ is backed by the latest in prebiotic, probiotic, and postbiotic microbiome science to support your patients' upper and lower GI function, from digestion to elimination.‡

Developed in collaboration with integrative practitioner Daniel Kalish, D.C., PureGI™ was designed to support:

- GI Integrity†
- Microbial Balance†
- Digestion†
- Abdominal Comfort†

Learn more at
PureEncapsulations.com/pure-gi



Daniel Kalish, D.C.,[†] is the founder of the Kalish Institute, an online training program established in 2006 dedicated to building Functional Medicine practices. In 2017, Dr. Kalish joined the Practice Implementation faculty with the Institute for Functional Medicine and began a strategic partnership around My Practice Plan. Dr. Kalish has authored three books on this subject and is a notable speaker at integrative medicine conferences across the United States. Dr. Kalish helped co-develop the PureGI™ protocols.

[†]Dr. Kalish is a retained advisor to Pure Encapsulations. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

P₅P 50 (activated B₆)

ACTIVATED B₆; SUPPORTS ENERGY METABOLISM, CARDIOVASCULAR AND NEUROLOGICAL HEALTH[†]

Pyridoxal 5' phosphate (P₅P) is the active metabolite of pyridoxine and is the predominant form of plasma B₆. P₅P is required for proper absorption of B₁₂ and magnesium, and for the production of gastric HCl. It is an important coenzyme in the metabolism of carbohydrates, fats, and proteins, and the elongation of essential fatty acids. It is required for the production of antibodies and red blood cells. P₅P facilitates the release of glycogen (used in energy production) from the liver and muscles. In addition, P₅P helps maintain the balance of sodium and potassium, which regulates body fluids and promotes the healthy functioning of the nervous and musculoskeletal systems.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin B₆ (as pyridoxal 5' phosphate) (activated B₆) 50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



P ₅ P 50 (activated B ₆)	Quantity	Order Code
	180	P51
	60	P56

Panax Ginseng

SUPPORT FOR MILD STRESS; PROVIDES 12% GINSENOSESIDES TO PROVIDE SUPPORT FOR MILD STRESS[†]

Panax ginseng has long been utilized to assist the body in adapting to physical and emotional stress. During prolonged exercise, *Panax ginseng* promotes endurance and stamina to support energy production. *Panax ginseng* also encourages adrenal gland health in times of occasional stress by maintaining healthy levels of certain adrenal hormones, most notably, corticosterone. This versatile herb has shown potential support for testosterone and spermatozoa levels in animal studies, and has also shown support for male reproductive health in human studies. In addition, *Panax ginseng* promotes memory and learning, and nutritionally supports immune function and cardiovascular health.[†]

1 capsule, 2-3 times daily, between meals.

Each (size 1) vegetarian capsule contains:

Asian ginseng (*Panax ginseng*) extract (root) 250 mg
(standardized to contain 12% total ginsenosides)
Other ingredients: vegetarian capsule (cellulose, water)

Energy & Fitness



Panax Ginseng	Quantity	Order Code
	120	PG1



Pancreatic Enzyme Formula

Acid-resistant capsules

ENZYME SUPPORT FOR DIGESTIVE FUNCTION†

This formula is designed to aid the body's natural digestive process. It provides a highly concentrated form of enzymes naturally secreted by the pancreas which are essential to the digestion of food and absorption of nutrients. The formula contains lipase, which digests fat; proteases, which digest protein; and amylases, which digest starch. This formula is offered in acid-resistant capsules to maximize delivery to the G.I. tract.†

1 capsule, 3 times daily, with each meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Pancreatin (from porcine) (lactose free)	500 mg
Providing:	
Lipase	17,500 USP units
Protease	110,000 USP units
Amylase	120,000 USP units

Other ingredients: vegetarian capsule (cellulose, gellan gum, water), hypoallergenic plant fiber (cellulose)

Gastrointestinal GF NON GMO

Pancreatic Enzyme Formula	Quantity	Order Code
	180	PE1
	60	PE6



Pancreatic VegEnzymes

VEGETARIAN ENZYME SUPPORT FOR DIGESTIVE FUNCTION†

This enzyme blend provides a broad acting formulation derived from the plant sources *Aspergillus oryzae* and *Aspergillus niger*. It is a vegetarian alternative to Pancreatic Enzyme Formula for carbohydrate, lipid and protein digestion. These enzymes have several unique properties that enhance their ability to promote the optimal breakdown of foods and nutrients, including broad substrate specificity. This means that these enzymes have the ability to recognize and help digest a large number of target molecules. Plant enzymes are also active in a wide pH range, from about 3.5-8.5, indicating that their actions begin in the stomach and continue in the small intestine, promoting complete digestion. Pure Encapsulations Pancreatic VegEnzymes is designed to be comparable in amylase, protease and lipase profile to Pancreatic Enzyme Formula/500 mg pancreatin.†

1 capsule, 3 times daily, with each meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Proprietary enzyme blend	200 mg
Providing:	
Protease 4.5	40,000 HUT
Lipase	5,000 FIP
Amylase	1,500 DU

Other ingredients: vegetarian capsule (cellulose, water), tapioca dextrin, ascorbyl palmitate

Gastrointestinal GF NON GMO V VEG

Pancreatic VegEnzymes	Quantity	Order Code
	180	PV1

Pantethine

SUPPORTS HEALTHY LIPID METABOLISM†

Pantethine is the active form of the B vitamin pantothenic acid and is a major component of coenzyme A, or CoA. In cells, CoA is essential for fatty acid transport and fatty acid metabolism. Several human studies demonstrate the ability of pantethine to maintain healthy utilization and metabolism of various lipids, promoting healthy cardiovascular function.†

2 capsules, 1-2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Pantesin® pantethine	500 mg
Other ingredients: silica, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd.

Multivitamins, Vitamins & Minerals GF NON GMO V VEG

Pantethine	Quantity	Order Code
	120	PA1
	60	PA6

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

Pantothenic Acid

D-ISOMER PANTOTHENIC ACID FOR CELLULAR ENERGY AND ADRENAL FUNCTION[†]

Pantothenic acid is a precursor of coenzyme A (CoA), an important cofactor and acyl group carrier in cells. One of the main functions for CoA is the formation of acetyl-CoA, vital for cellular respiration and the metabolism of carbohydrates and fatty acids through the Krebs cycle. Distribution studies indicate that tissues with the highest retention of pantothenic acid are the kidneys, pituitary gland, heart, muscle, liver and adrenal glands. Additionally, pantothenic acid is required for the synthesis of fatty acids and membrane phospholipids, the amino acids leucine, arginine and methionine, and isoprenoid derivatives, including steroid hormones, vitamin A and vitamin D.[†]

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Pantothenic acid (as calcium pantothenate) (B₅) 500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Pantothenic Acid	Quantity	Order Code
	120	PTA1

Peptic-Care[†] (Zinc-L-Carnosine)

PureGI™ product line

PROVIDES PATENTED SUPPORT FOR GASTRIC HEALTH AND COMFORT FOR STRENGTHENING THE STOMACH'S MUCOSAL DEFENSES, BUFFERING GASTRIC ACID, MAINTAINING GASTRIC INTEGRITY AND PROVIDING ANTIOXIDANT SUPPORT FOR OVERALL GASTRIC HEALTH AND COMFORT[†]

This patented, 1:1 chelate of zinc and l-carnosine provides a unique configuration that is important to this compound's activity. Zinc-carnosine has a slow disassociation rate and adheres to the stomach lining, allowing for prolonged protection. Once dissociated, zinc and carnosine provide synergistic antioxidant protection, support the stomach's mucosal defenses, buffer gastric acid and maintain healthy cytokine release. Studies have suggested that this combination has greater effects on the integrity of the gastric lining than either ingredient alone. One Japanese multi-center, double-blind study involving 299 subjects described a positive effect of zinc-carnosine on objective and subjective parameters of normal gastric health and repair functions, especially after 8 weeks. Seven additional clinical evaluations with more than 550 volunteers indicate similar results. In recent in vitro and in vivo studies, zinc-carnosine stimulated healthy gut repair by supporting healthy colon cell reproduction and maintaining healthy villous function. In a double-blind, randomized, crossover trial, zinc-carnosine maintained healthy gut permeability. Extensively studied and utilized in Japan, this zinc-carnosine combination has an excellent safety profile.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Zinc (from 75 mg zinc-l-carnosine complex)	16 mg
Carnosine (from 75 mg zinc-l-carnosine complex)	58 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Gastrointestinal



Peptic-Care [†] (Zinc-L-Carnosine)	Quantity	Order Code
	60	PCZ6

Perilla extract

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA⁺

SUPPORTS HEALTHY MODULATION OF TH2 CYTOKINES AND MUCOSAL HEALTH[†]

Perilla seed offers a concentrated source of polyphenols (including rosmarinic acid and luteolin), along with other beneficial compounds. This herb has traditionally been used to promote healthy respiratory and immune function. In animal models of Th2 dominance, perilla helped maintain healthy upper respiratory cytokine levels. Perilla extract helps support healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. It also helps maintain healthy modulation of mucosal immune responses to environmental factors and cytokine homeostasis of GI mucosal tissue.[†]

1 capsule, 1-2 times daily, between meals, or as directed by a health professional.

One (size 2) capsule contains:

Perilla (<i>Perilla frutescens</i> L.) extract (seed) (standardized to contain 3% polyphenols)	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Immune Support



Perilla extract	Quantity	Order Code
	90	PRL9

Phosphatidylcholine (sunflower) NEW

PureGenomics® product line

PHOSPHOLIPID-BOUND CHOLINE TO SUPPORT CELLULAR FUNCTION, COGNITIVE FUNCTION AND LIVER HEALTH†

Phosphatidylcholine (PC) is a naturally occurring, integral component of the cellular membrane, adding fluidity and strength to cells. It serves as a source of choline, an important nutrient for methylation, cell-to-cell communication, cognition and liver function. Choline and its metabolites are the major source of methyl groups in the diet. Methylation plays many roles, including neurotransmission, vitamin assimilation, DNA synthesis and gene regulation. Choline is required for the synthesis of phospholipids and acetylcholine, a neurotransmitter involved in attention, learning, memory, and neuromuscular function. Animal research suggests an adaptogenic effect when exposed to stress. Certain genetic variations in MTHFR and PEMT, enzymes that play critical roles in methylation and choline synthesis, respectively, have been associated with increased dietary choline needs. Research indicates that choline intake is important for pregnant women, particularly those with PEMT and MTHFR genetic variations. One clinical trial showed that women who consumed 480 mg of choline daily during pregnancy had offspring with faster processing speed than those who did not. PC also plays a significant role in the healthy transport and metabolism of lipids. A randomized, double blind, placebo-controlled trial suggested that choline-containing lecithin may help support healthy hepatic fat metabolism. Animal studies indicate that PC promotes healthy liver and pancreatic antioxidant activity.‡

2 capsules daily, with a meal.

Two (size 22) softgels contain:

Calories	15
Total fat	1.5 g
Total phosphatidylcholine	550 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water, carob), sunflower lecithin, medium-chain triglycerides	

Memory & Mood



Phosphatidylcholine (sunflower)	Quantity	Order Code
	90	PHC9

Phyto-4

CLINICALLY-RESEARCHED BOTANICALS TO SUPPORT CELLULAR AND MUSCULOSKELETAL HEALTH†

Perlucan® is a clinically studied extract of hops specifically developed to promote joint health. In a randomized, double-blind placebo-controlled trial of 36 subjects, the benefits of Perlucan® on joint comfort reached statistical significance within two hours of the first dose and were sustained over the 14-day period. Perlucan® is free of sleep-inducing and phytoestrogenic compounds typically associated with hops extracts. The alpha and iso-alpha acids in Perlucan® maintain healthy NF-kappa B-associated expression of COX-2 and cytokines such as IL-6 and TNFα in connective tissue. Curcumin complements Perlucan® through its extensively characterized effects on cytokine-mediated signal transduction, matrix metalloproteinase (MMP) expression and multiple components of the arachidonic acid cascade. Curcumin C3 Complex® is the subject of extensive ongoing clinical investigations at numerous hospitals and universities. Ginger promotes joint health through maintaining healthy cytokine signaling in cartilage and the synovium. 5-LOXIN® Boswellia serrata extract provides the highly bioactive triterpenoid AKBA, which supports connective tissue structural composition and comfort through supporting healthy immune responses, 5-lipoxygenase activity and synovial matrix metalloproteinase 3 (MMP-3) levels. In a 3-month double-blind, placebo-controlled study of 75 subjects, significant functional support and comfort scores were evident as early as day 7.‡

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Perlucan® hops (<i>Humulus lupulus</i>) extract (cone)	500 mg
Curcumin C3 Complex® turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	200 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	200 mg
5-LOXIN® Boswellia serrata extract Indian	100 mg
Frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	
Other ingredients: vegetarian capsule (cellulose, water), maltodextrin, silica, ascorbyl palmitate	

Perlucan® trademark is used with permission.

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

5-LOXIN® AKBA boswellia serrata extract. 5-LOXIN® is a registered trademark of PL Thomas & Co., Inc. International patents pending.

Not to be taken by pregnant or lactating women.

Immune Support



Phyto-4	Quantity	Order Code
	60	PH46

†Dr. Yanuck is a retained advisor to Pure Encapsulations.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Phyto-ADR

VEGETARIAN ADRENAL SUPPORT FORMULA†

This vegetarian formula provides wide range herbal and nutritional support for the adrenal glands. *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, are highly recognized adaptogens, promoting physiological balance and moderating occasional stress. In part, they help to moderate the production of adrenocorticotrophic hormone (ACTH) and ultimately corticosterone activity. Corticosterone promotes the conversion of amino acids into carbohydrates and glycogen by the liver and stimulates glycogen formation in the tissues, supporting optimal energy reserves. *Rhodiola rosea*, containing rosavins and salidroside, also acts to balance hypothalamic-pituitary-adrenal activity. *Rhodiola* can have a calming effect on the central nervous system and supports healthy thyroid, thymus, and adrenal gland function. In particular, *rhodiola* may moderate the effects of occasional physical and emotional stress. Recently, a double-blind, crossover study suggested that *rhodiola* may help to moderate mild fatigue under stressful conditions. *Astragalus* and *ashwagandha* promote immune function and complement the adaptogenic activity of this formula. Calcium pantothenate, a vitamin B₅ derivative, is essential for activating the adrenals. Collectively, these ingredients support the health and activity of the adrenal glands.†

1 capsule daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Pantothenic acid (as calcium pantothenate) (B ₅)	150 mg
Asian ginseng (<i>Panax ginseng</i>) extract (root) (standardized to contain 5% total ginsenosides)	150 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	150 mg
<i>Rhodiola</i> (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
<i>Astragalus</i> (<i>Astragalus membranaceus</i>) extract (root)	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Energy & Fitness    

Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

PhytoBalance II

PureWoman™ product line

COMPREHENSIVE SUPPORT FOR HOT FLASHES, HORMONES, AND MENOPAUSAL COMFORT†

This blend of standardized herbal extract provides multifaceted support for the body during the hormonal changes that occur during menopause. *PhytoBalance II* contains phytoestrogens, natural substances in plants that bind to estrogen receptor sites and exhibit weak estrogen-like activity. *Black cohosh* helps maintain healthy levels of luteinizing hormone, allowing for optimal comfort and physical well-being. Preliminary studies suggest that *sage* extract helps support menopausal comfort, including hot flashes and night sweating. *Vitex* helps maintain healthy prolactin secretion, and may also promote healthy dopamine levels. *Grape seed* extract is included to support cardiovascular and cognitive health. Research suggests the proanthocyanidins from *grape seed* promote menopausal comfort, as well as vascular integrity to support healthy blood flow.†

1 capsule daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

<i>Black cohosh</i> (<i>Cimicifuga racemosa</i>) extract (root) (standardized to contain 2.5% triterpene glycosides)	100 mg
<i>Sage</i> (<i>Salvia officinalis</i>) extract (leaf) (standardized to contain 4% rosmarinic acid)	140 mg
<i>Licorice</i> (<i>Glycyrrhiza glabra</i>) extract (root) (standardized to contain 20% glycyrrhizic acid)	80 mg
<i>Motherwort</i> (<i>Leonurus cardiaca</i>) extract (herb)	80 mg
<i>Chaste tree</i> (<i>Vitex agnus-castus</i>) extract (berry)	40 mg
<i>Grape</i> (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	120 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin, tri-calcium phosphate

Not to be taken by pregnant or lactating women. If you have any health condition, particularly a liver condition, or are taking any medication, consult your health professional before use. Your health professional may decide to monitor liver function while taking this product.

Women's Formulas



PhytoBalance II	Quantity	Order Code
	120	PHB1

Phyto UltraComfort[†]

PROMOTES MUSCULOSKELETAL COMFORT AND FUNCTION[†]

Willow bark has a long history of traditional use for musculoskeletal comfort. Several randomized human trials illustrate its actions due to salicin, a source of salicylic acid. Additionally, it helps to maintain healthy prostaglandin metabolism and blood flow. *Boswellia serrata* has also revealed the potential to provide statistically significant support for joint comfort. AKBA, or 3-acetyl-11-keto-beta-boswellic acid, may be particularly supportive in maintaining healthy 5-lipoxygenase enzyme activity and leukotriene metabolism to maintain tissue comfort. Curcumin maintains healthy cyclooxygenase-2 enzyme activity while supporting healthy prostaglandin, leukotriene and thromboxane metabolism. Devil's claw promotes both healthy cyclooxygenase-2 and 5-lipoxygenase enzyme activity. A review of 12 human studies indicates that devil's claw may promote musculoskeletal comfort and function. DL-Phenylalanine supports enkephalin activity.[†]

2 capsules, 1-3 times daily, with meals.

Two (size 00) vegetarian capsules contain:

White willow (<i>Salix alba</i>) extract (bark) (standardized to contain 15% salicin)	535 mg
Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 70% boswellic acids)	200 mg
5-LOXIN [®] - <i>Boswellia serrata</i> extract Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	25 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Devil's claw (<i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i>) extract (root) (standardized to contain 5% harpagosides)	300 mg
DL-phenylalanine (free-form)	120 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

5-LOXIN[®] is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Warning: This product contains salicylates. Do not take if allergic to aspirin. Do not combine with aspirin or other products containing salicylates. Not to be used by pregnant or lactating women. Not to be used by children (ages 18 and under). Do not take with anticoagulant or antiplatelet drugs. If you have any health condition, particularly stomach problems or ulcers, or are taking any other medications, consult your health professional before use.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Immune Support    

Phyto UltraComfort [†]	Quantity	Order Code
	120	PUC1
	60	PUC6

Policosanol 20 mg

SUPPORTS HEALTHY LIPID METABOLISM AND CARDIOVASCULAR HEALTH[†]

Policosanol is a mixture of long-chain aliphatic alcohols that naturally occur in sugar cane. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the safety and tolerability of policosanol. The promising results of randomized, double-blind, placebo-controlled trials, including comparative studies, suggest that policosanol supports cardiovascular health. Though the mechanism for cardiovascular support of this substance remains unclear, policosanol may act in part by providing antioxidant protection, promoting healthy platelet function, and supporting healthy lipid metabolism. At the highest dosage recommended by Pure Encapsulations, policosanol may support healthy lipid metabolism in some individuals.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Policosanol	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

LesstanoL[®] is a registered trademark of Garuda International, Inc

Cardiometabolic Health & Metabolism    

Policosanol 20 mg	Quantity	Order Code
	120	PO21
	60	PO26



[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Polyphenol Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL FORMULA WITH ADDED
POLYPHENOLS FOR ADVANCED CELLULAR PROTECTION†

Indications:

- Enhanced antioxidant support†
- Wide range support for cellular, macular, cognitive, skin, heart, nerve, and liver health†

Vitamin/Mineral Distinctions:

- With choline and inositol for comprehensive B-complex support†

Special Features:

- **Cell Health Polyphenols†**
Includes polyphenols from blueberry, grape seed, olive fruit, pomegranate, green tea and quercetin for optimal cell health. Alpha lipoic acid and n-acetyl-l-cysteine act as complementary cofactors for added antioxidant protection.†
- **MacularSynergy Complex†**
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.†

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Thiamin (as thiamin HCl) (B ₁)	25 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	150 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	75 mg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	50 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg

N-Acetyl-l-cysteine (free-form)	50 mg
Inositol	50 mg
Alpha lipoic acid (thioctic acid)	50 mg
MacularSynergy Complex†	
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Cell Health Polyphenols†	
Quercetin	25 mg
Blueberry (<i>Vaccinium angustifolium</i>) extract (fruit)	50 mg
Olive (<i>Olea europaea</i>) extract (fruit) (standardized to provide 1% hydroxytyrosol)	25 mg
Pomegranate (<i>Punica granatum</i>) extract (fruit) (standardized to contain 40% punicosides)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	25 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 65% total tea catechins, 23% epigallocatechin (EGCG))	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Polyphenol Nutrients	Quantity	Order Code
	360	PHN3
	180	PHN1

Poly-Prebiotic powder

PureGI™ product line

A UNIQUE POWDERED BLEND OF RESEARCHED PREBIOTIC FIBERS AND POLYPHENOLS TO SUPPORT GASTROINTESTINAL, CELLULAR, AND IMMUNE FUNCTION BY BOOSTING BIFIDOBACTERIA AND MICROBIOME DIVERSITY†

Prebiotics are nondigestible components of food that act to modulate and support the gut microbiota. Emerging evidence suggests that they may play an even more significant role than probiotics, performing beneficial metabolic, trophic, and protective functions within the gut, leading to overall cellular, immune and metabolic support. High-microbiome diversity has been linked to optimal health and resilience. PreticX™ XOS (xylooligosaccharide) and BioEcolians® α-GOS (alpha-glucooligosaccharide) both promote short-chain

fatty acid (SCFA) production in the colon and Bifidobacteria in the G.I. tract. In one study, 1.4 grams or 2.8 grams of PreticX™ XOS increased Bifidobacterium count 21% and 17% at four and eight weeks, respectively. In an in vitro study using clinical isolates from hospital patients, XOS was found to stimulate growth in all 35 Bifidobacterium strains tested. In another study, supplementation with 2 grams of α-GOS supported abdominal comfort by Day 7 and offered increased support throughout the 28-day period, including bowel motility and stool consistency. A significant increase in *B. longum*, *B. animalis* and lactobacilli was also reported. In addition, BioEcolians® supplementation increased secretion in the mucosa of the antimicrobial peptides β-defensins. These molecules moderate the adhesion of bacteria to the intestinal wall and support healthy cytokine balance in the intestine. The health benefits of polyphenols may be due to their effects on the microflora. These compounds are generally not absorbed, but pass through the G.I. tract, where they are biotransformed to enhance bioavailability and support healthy gut microbial composition. In an animal study involving mice, supplementation with cranberry polyphenols promoted healthy fat metabolism in the liver, insulin sensitivity, and cytokine balance. It was also shown to markedly increase *Akkermansia muciniphila*. Animal models indicate a role for *Akkermansia* on gut barrier function, including increased mucus layer thickness and production of occludin, an essential component of tight junctions. Polyphenols from blueberry and pomegranate support the growth of lactobacilli and bifidobacterium in the colon, as well as cytokine balance in the G.I. tract. In contrast to many common prebiotics, XOS, α-GOS and polyphenols report very low incidence of gas, bloating or other intestinal side effects.†

1 serving, 1-2 times daily, mixed with a beverage or into food.

Serving size: 1 scoop (approximately 4.6 g)
Servings per container: Approximately 30

One scoop contains:

Calories	10
Total carbohydrate	3 g
Total sugars	2 g
PreticX™ xylooligosaccharide (XOS)	1.4 g
BioEcolians® α-glucooligosaccharide (α-GOS)	1 g
Cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit) (standardized to contain 12 mg proanthocyanidins [PACs])	1.2 g
Blueberry (<i>Vaccinium angustifolium</i>) extract (fruit) (standardized to contain 4% polyphenols)	100 mg
Pomegranate (<i>Punica granatum</i>) juice powder (fruit)	500 mg
Other ingredients: citric acid, malic acid, stevia leaf extract	

Xylooligosaccharide. PreticX™ is covered by registered and pending patents. PreticX™ is a trademark of AIDP, Inc. PreticX™ is distributed exclusively by AIDP, Inc.

BioEcolians® is a registered trademark of Solabia.

Probiotics & Prebiotics



Poly-Prebiotic powder	Quantity	Order Code
	4.9 oz (138 g)	PPRP1

Pomegranate Plus

ANTIOXIDANT SUPPORT FOR VASCULAR AND CELLULAR HEALTH†

Pomegranate Plus offers the clinically researched Pomella® pomegranate extract, manufactured using patented technology to concentrate punicalagin and other polyphenols. These components, as well as their metabolites in the body, contribute to the antioxidant and cellular support properties of pomegranate. In vitro, Pomella® pomegranate was shown to rank highest in antioxidant activity across ORAC, TEAC, FRAP and DPPH assays compared to 26 other antioxidant products, including other pomegranate preparations, green tea, grape seed extract, resveratrol, and goji. Antioxidant efficacy was also demonstrated in a human pharmacokinetic study, in which 800 mg of Pomella® pomegranate increased ORAC (oxygen radical absorbance capacity) by 32% after 0.5 hours. Preliminary research also suggests that the gut-derived metabolites called urolithins may penetrate the blood-brain barrier, offering potential neuroprotective properties. These same metabolites may support healthy glucose metabolism in the vascular tissue. Through a variety of mechanisms, pomegranate supports vascular endothelial function, healthy blood flow, and cardiovascular health. PhytoCardio proprietary blend provides fruit extracts from cranberry and blueberry. Dietary intake of these fruits has been associated with healthy endothelial function and gene expression. The prized palm berry açai of Brazil, where it is known as “the fruit of life,” is a dynamic addition to this formulation. Açai berries are rich in anthocyanins, vitamins, minerals, amino acids, and essential fatty acids. In a university study, açai berry revealed important support for maintaining cell health.†

1 capsule, 1-2 times daily, with or between meals.

Each (size 0) vegetarian capsule contains:

Pomella® pomegranate (<i>Punica granatum</i>) extract (fruit) (standardized to contain 50% polyphenols and 30% punicalagin)	200 mg
Açai (<i>Euterpe oleracea</i>) berry extract (whole fruit)	100 mg
PhytoCardio proprietary blend providing wild blueberry (<i>Vaccinium angustifolium</i>) extract (fruit) and cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit)	120 mg
Other ingredients: vegetarian capsule (cellulose, water)	

POMELLA® is a trademark of Verdure Sciences, Inc. Patents: www.vs-corp.com/ip.html



Pomegranate Plus	Quantity	Order Code
	120	POM21

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

Potassium (aspartate)

ESSENTIAL MINERAL FOR VASCULAR FUNCTION AND OVERALL HEALTH[†]

Potassium activates many enzymatic reactions and is essential to a number of physiologic processes, including transmission of nerve impulses, muscle contraction, gastric secretions, renal function, tissue synthesis, and carbohydrate metabolism. Potassium is the major cation of intracellular fluid and is essential for maintenance of acid-alkaline balance, isotonicity, and electrodynamic characteristics of the cell. In addition, it works with sodium to maintain healthy water balance, heart rhythm, and nerve and muscle function. Research suggests that adequate potassium intake may support healthy blood flow and cardiovascular health.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Potassium (as potassium aspartate) 99 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Multivitamins, Vitamins & Minerals



Potassium (aspartate)	Quantity	Order Code
	90	PO9

Potassium (citrate)

ESSENTIAL MINERAL TO SUPPORT VASCULAR FUNCTION, BONE MINERALIZATION, ALKALINE BALANCE AND OVERALL HEALTH[†]

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Potassium (as potassium citrate) 200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Natural color variations may occur.

Multivitamins, Vitamins & Minerals



Potassium (citrate)	Quantity	Order Code
	180	PC1
	90	PC9

Potassium Magnesium (aspartate)

ESSENTIAL MINERAL FOR VASCULAR FUNCTION AND OVERALL HEALTH[†]

Potassium and magnesium are both essential for healthy nerve impulse function, muscle contraction, cardiovascular function, acid/alkaline balance, and carbohydrate and nutrient metabolism. Magnesium also plays an important role in facilitating potassium utilization, helping to provide optimal support.[†]

1 capsule, 1-4 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium aspartate) 70 mg
Potassium (as potassium aspartate) 99 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Multivitamins, Vitamins & Minerals



Potassium Magnesium (aspartate)	Quantity	Order Code
	180	PM1
	90	PM9

Potassium Magnesium (citrate)

ESSENTIAL MINERALS TO SUPPORT CARDIOVASCULAR HEALTH, MUSCLE FUNCTION, BONE MINERALIZATION AND ALKALINE BALANCE[†]

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Magnesium (as magnesium citrate) 70 mg
Potassium (as potassium citrate) 140 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Multivitamins, Vitamins & Minerals



Potassium Magnesium (citrate)	Quantity	Order Code
	180	PMC1

Pregnenolone 10 mg

HORMONE PRECURSOR TO SUPPORT MOOD AND MEMORY†

Pregnenolone, 3-beta-hydroxy-5-pregnen-20-one, is a natural steroid hormone produced in the body from cholesterol. It has been described as the “Grandmother of all Steroid Hormones,” since all steroid hormones, over 150 of them, are derived from pregnenolone. Pregnenolone has been linked with positive support of the immune system, mood and memory. In the body, it is converted to DHEA and/or progesterone. It is likely that the body will convert pregnenolone appropriately, according to its needs. Studies show that the body makes 60% less of this hormone at age 75 than it does at age 35.¹

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one) 10 mg
 Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low “good” cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone GF NON-GMO V VEG

Pregnenolone 10 mg	Quantity	Order Code
	180	PR11
	60	PR16

Pregnenolone 30 mg

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one) 30 mg
 Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low “good” cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone GF NON-GMO V VEG

Pregnenolone 30 mg	Quantity	Order Code
	180	PR31
	60	PR36



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PreNatal Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX FOR PREGNANCY AND LACTATION†

Indications:

- Women of child-bearing age, pregnant women, lactating women
- Best when combined with EPA/DHA

Now Enhanced With:

- 1 mg of folate from 40% folic acid and 60% Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Increased vitamin D based on revised RDA requirements for pregnancy
- Vitamin K to support healthy carboxylation of proteins for blood clotting and bone†
- 100 mg of choline to support fetal central nervous system development†

Vitamin Distinctions:

- 1 mg of folate from 40% folic acid and 60% L-5-MTHF for optimal neural and cellular development†
- 27 mg of iron and 150 mcg of iodine to meet enhanced requirements during pregnancy†
- 100 mg of choline to support hormone, neurotransmitter, DNA, protein and energy production†

Special Features:

- Specially formulated based on accepted scientific recommendations for nutrient requirements during pregnancy

2 Capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	2,400 mcg
Vitamin C (as ascorbic acid)	70 mg
Vitamin D (as cholecalciferol) (D ₃)	15 mcg (600 IU)
Vitamin E (as d-alpha tocopherol succinate)	12 mg
Vitamin K (as vitamin K ₁)	90 mcg
Thiamin (as thiamin HCl) (B ₁)	1.6 mg
Riboflavin (vitamin B ₂)	1.7 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl)	2.2 mg
Folate (as Metafolin®, L-5-MTHF, and 40% folic acid)	1,667 mcg DFE (600 mcg L-5-MTHF; 400 mcg folic acid)
Vitamin B ₁₂ (as methylcobalamin)	2.6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	6 mg
Choline (as choline bitartrate)	100 mg
Calcium (as DimaCal® di-calcium malate)	200 mg
Iron (as iron glycinate)	27 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	80 mg
Zinc (as zinc citrate)	15 mg

Selenium (as selenomethionine)	70 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	120 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	450 mcg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking any blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



PreNatal Nutrients	Quantity	Order Code
	120	PRN1
	60	PRN6



ProbiMood (Capsules)

Shelf-Stable

PROBIOTIC SUPPORT FOR MOOD AND EMOTIONAL WELL-BEING[†]

ProbiMood offers a clinically researched probiotic combination of strains developed using an innovative, patented microencapsulation process. This technology protects the probiotic strains from harsh conditions, including gastric acidity. ProbiMood offers unique support for emotional well-being and relaxation. Research suggests that *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175 support emotional health, in part by supporting healthy cytokine balance and intestinal integrity. In a randomized, double-blind, placebo-controlled trial, supplementation with the combination maintained healthy urinary cortisol levels, indicating the potential to lessen occasional stress. In a separate analysis, supplemented subjects reported positive mood, relaxation and enhanced cognitive function. In another randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 moderated the normal gastrointestinal stress response by 49%.[‡]

1 capsule daily, with or between meals.

Each capsule contains:

Probiotic blend	3 billion CFU
Providing:	
<i>Lactobacillus helveticus</i> Rosell-52 ME	
<i>Bifidobacterium longum</i> Rosell-175 ME	
<hr/>	
Other ingredients: maltodextrin, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Contains milk, soy

Probiotics & Prebiotics   

ProbiMood (Capsules)	Quantity	Order Code
	60	PBM6

Probiotic 123

Allergen-Free

POWDER FORMULA: PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA[†]

- For children ages 1 and up
- Dairy and soy-free blend of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* (formerly known as *Bifidobacterium infantis*)
- Supports the mucosal lining of the G.I. tract and healthy G.I. barrier function[†]
- Maintains healthy immune system function[†]
- Promotes intestinal comfort[†]

Ages 1 to 3: take 1/2 scoop daily. Ages 4 and up: take 1 scoop daily, or as directed by a health professional. Mix with applesauce or yogurt.

Serving size: 0.37 g (1 scoop)

Servings per container: 160

Each scoop (approximately 0.37 grams) contains:

Probiotic blend	2.25 billion CFU
Providing:	
<i>Bifidobacterium bifidum</i> (Bb-06)	
<i>Bifidobacterium lactis</i> (BI-04)	
<i>Lactobacillus acidophilus</i> (La-14)	

Other ingredients: hypoallergenic plant fiber (cellulose)

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics      

Probiotic 123	Quantity	Order Code
	2.1 oz (60 g)	PRO6



[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Probiotic 50B

Improved Formula

Allergen-Free

ACID-RESISTANT CAPSULES WITH PH TARGETED RELEASE; HIGH-POTENCY PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA[†]

Probiotic 50B offers seven researched probiotic strains that promote healthy intestinal ecology to support gastrointestinal and immune health. Clinical studies indicate that Lactobacilli and Bifidobacteria supplementation supports intestinal epithelial integrity and a healthy immune response. *Lactobacillus rhamnosus* GG is one of the most characterized and utilized probiotic strains, having been studied in numerous clinical trials on immune, GI, and overall health across all ages.[‡]

1 capsule daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Probiotic blend 50 billion CFU
 Providing:
Lactobacillus plantarum (Lp-115)
Lactobacillus acidophilus (La-14)
Lactobacillus rhamnosus GG
Lactobacillus gasseri (Lg-36)
Bifidobacterium lactis (BI-04)
Bifidobacterium longum (BI-05)
Bifidobacterium bifidum (Bb-06)

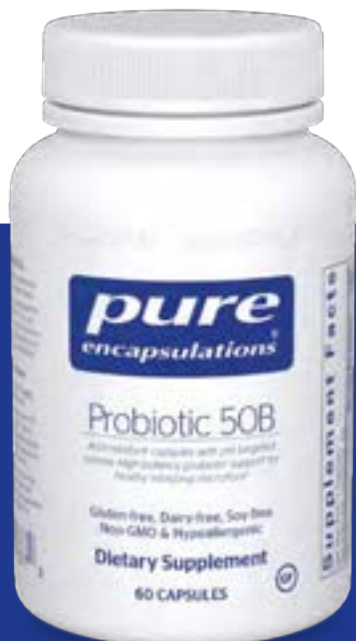
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, gellan gum, water)

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



Probiotic 50B	Quantity	Order Code
	60	PR56



Probiotic G.I.

Shelf-Stable; Allergen-Free

PROBIOTIC BLEND TO SUPPORT HEALTHY GUT ASSOCIATED LYMPHOID TISSUE TO PROMOTE HEALTHY BARRIER INTEGRITY, CELL HEALTH, AND IMMUNE FUNCTION IN THE G.I. TRACT.[†]

Probiotic G.I. provides 10 billion CFU per capsule of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus salivarius*, *Lactobacillus casei*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Streptococcus thermophilus*. Research indicates that these strains provide particular support for healthy immune balance within the G.I. tract. Beneficial microflora are crucial for proper gut associated lymphoid tissue (GALT) function and development. The GALT helps protect intestinal mucosa from allergens and toxins and is a major component of the body's immune system. It is estimated that more than 70% of the body's B lymphocytes are found in the GALT. Probiotics are believed to support healthy GALT composition, and in turn, support barrier function, G.I. epithelial cell health and T cell function within the G.I. tract. Some probiotic strains may also modulate local production of cytokines in the G.I. epithelium. *B. lactis* supports healthy T cell activity and cytokine production in the intestine, at least in part by regulating transcription of genes that encode for cytokines. *L. acidophilus* promotes healthy cytokine production in the colon. Research also suggests that metabolites produced from *Streptococcus thermophilus* may cross the intestinal barrier to support healthy cytokine production and immune function.[‡]

1 capsule, 1-2 times daily, with or between meals.

Each (size 0) vegetarian capsule contains:

Probiotic blend 10 billion CFU
 Providing:
Bifidobacterium lactis (BI-04)
Lactobacillus acidophilus (La-14)
Lactobacillus salivarius (Ls-33)
Lactobacillus casei (Lc-11)
Streptococcus thermophilus (St-21)
Bifidobacterium bifidum (Bb-06)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Refrigeration may prolong product viability.

Probiotics & Prebiotics



Probiotic G.I.	Quantity	Order Code
	60	PG16

Probiotic IMM

Shelf-Stable; Allergen-Free

PROBIOTIC BLEND TO SUPPORT IMMUNE FUNCTION AND MAINTAIN EYE, NOSE AND THROAT HEALTH, INCLUDING HEALTHY CYTOKINE PRODUCTION, IGE FUNCTION AND MAST CELL INTEGRITY.†

A meta-analysis involving 9 randomized controlled trials has revealed that probiotics maintain healthy immune and nasal function. Probiotic IMM provides 5 billion CFU per serving of the beneficial bacteria *Bifidobacterium longum* BB536, *Bifidobacterium lactis*, *Lactobacillus acidophilus*, *Lactobacillus casei* and *Lactobacillus plantarum*. These strains provide particular support for a healthy immune response and immunoglobulin function. *B. longum* BB536 is a shelf stable, top-selling probiotic in Japan, supported in the literature by over 25 human trials and 30 animal studies. Double-blind, placebo-controlled trials indicate that *B. longum* BB536 supplementation maintains G.I. bacteria balance, supporting immune function and maintaining eye, nose and throat health. In another randomized double-blind, placebo-controlled trial, *L. acidophilus* and *B. lactis* showed support for nasal function and maintained healthy eosinophil activity within the nasal lining. Research involving *L. casei* and *L. plantarum* also suggests that these strains maintain healthy cytokine production, IgE function and mast cell integrity.†

1 capsule, 1-2 times daily, with or between meals.

Each (size 3) vegetarian capsule contains:

Probiotic blend 5 billion CFU

Providing:

Bifidobacterium longum (BB536)

Bifidobacterium lactis (BI-04)

Lactobacillus acidophilus (La-14)

Lactobacillus plantarum (Lp-115)

Lactobacillus casei (Lc-11)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), tapioca starch, calcium phosphate

Refrigeration may prolong product viability.

Probiotics & Prebiotics GF NON-GMO V VEG

Probiotic IMM	Quantity	Order Code
	60	PRI6

See also

Saccharomyces boulardii »page 173

PureBi•Ome™ G.I. »page 152

PureBi•Ome™ Intensive »page 152

Probiotic-5

Allergen-Free

5 STRAIN BLEND; BROAD-SPECTRUM PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA†

This dairy and soy-free formula provides 10 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Bifidobacterium bifidum* and *Bifidobacterium lactis*. *L. acidophilus* and *B. longum* have been shown to promote healthy cytokine production in the colon and maintain healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract. Several trials have also revealed that mixed probiotic supplementation helps maintain intestinal flora, support healthy yeast balance, and promote G.I. comfort. A study involving elderly individuals indicated that a mixture of lactobacilli and bifidobacteria maintained healthy gut ecology. Studies also suggest that probiotics support immune health, enhancing B cell, T cell and NK cell function.†

1 capsule, 1-2 times daily, with or between meals.

Each (size 0) vegetarian capsule contains:

Probiotic blend 10 billion CFU

Providing:

Bifidobacterium lactis (BI-04)

Lactobacillus acidophilus (La-14)

Lactobacillus rhamnosus (Lr-32)

Bifidobacterium longum (BI-05)

Bifidobacterium bifidum (Bb-06)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics GF NON-GMO V VEG

Probiotic-5	Quantity	Order Code
	60	PRB6



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

ProSoothe II

PureWoman™ product line

SUPPORTS MENSTRUAL COMFORT AND MOOD, AND HELPS LESSEN FATIGUE AND CRAVINGS†

ProSoothe II provides a comprehensive nutrient and botanical approach to support mood, cravings, cramps and bloating associated with the menstrual cycle. Calcium plays a role in healthy smooth muscle function and menstrual comfort. Vitamin D has similar effects, attributed to its ability to promote healthy calcium levels, cyclic hormone function and neurotransmitter activity. Healthy intracellular magnesium levels have been associated with maintaining positive mood during the luteal phase. Magnesium also plays an important role in nervous system sensitivity, providing support for muscle comfort, breast comfort and emotional well-being associated with the menstrual cycle. Studies indicate the positive effect of vitamin B₆ on premenstrual mood as well as its crucial role in enhancing the effect of magnesium. Vitamin E research suggests that it helps lessen breast tenderness as well as nervous tension and fatigue associated with the menstrual cycle. Traditionally used and clinically studied, chaste tree provides significant beneficial support for the hypothalamus and pituitary via its balancing effects. Relora® may help diminish stress-related sugary snack cravings and support emotional wellness while rhodiola supports energy and mental function.†

2 capsules, 1-2 times daily, with meals. May be used daily or during the luteal phase only, as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	33 mg
Calcium (as DimaCal® di-calcium malate)	100 mg
Magnesium (as di-magnesium malate)(Albion®)	100 mg
Chaste tree (<i>Vitex agnus-castus</i>) extract (fruit)	200 mg
Relora®	270 mg

Patented proprietary blend of:

magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)

Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
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Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide

Albion® and DimaCal® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Not to be taken by pregnant or lactating women. If you are taking any psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.

Women's Formulas



ProSoothe II	Quantity	Order Code
	120	PMS21

ProstaFlo

SWEDISH FLOWER EXTRACT FOR URINARY AND PROSTATE HEALTH†

First developed in Sweden and used for over forty years in numerous countries, flower pollen extract contains a highly concentrated, 20:1 combination of water soluble to fat soluble flower pollen extracts (the allergenic outer husk is removed) from rye. The fat-soluble constituents of this extract promote healthy leukotriene and prostaglandin production in vitro. An animal study indicates that the water-soluble fraction plays a synergistic role in maintaining healthy urethra smooth muscle function. A multiple-center, double-blind study and a separate clinical evaluation of long-term consumption indicated that flower pollen extract supported healthy urinary function and prostate health in volunteers.†

1 capsule, 3 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Rye (<i>Secale cereale</i>) extract (flower pollen)	320 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Men's Formulas



ProstaFlo	Quantity	Order Code
	180	PRF1

PS 100 (phosphatidylserine)

SUPPORTS MENTAL ACUITY, MEMORY, AND HEALTHY PHOSPHOLIPID BALANCE IN CELL MEMBRANES†

Phosphatidylserine is a phospholipid found in all cells, but is most concentrated in brain cells. This familiarly-called "brain nutrient" supports cognitive function, emotional well-being and behavioral performance. It has also been shown to support healthy memory. In a double-blind, placebo-controlled, multicenter study of 425 individuals, daily supplementation of phosphatidylserine over six months resulted in statistically significant support of behavioral and cognitive parameters. In a placebo-controlled investigation of 149 subjects, the group receiving phosphatidylserine scored higher than placebo in performance tests related to memory tasks of daily life.†

1 capsule, 3 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Phosphatidylserine (from soy)	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Contains soy.

Memory & Mood



PS 100 (phosphatidylserine)	Quantity	Order Code
	120	PS1
	60	PS6

PS Plus

SOY-FREE PHOSPHATIDYLSERINE FORMULA TO SUPPORT MEMORY, MENTAL PROCESSING AND OVERALL COGNITIVE FUNCTION†

PS Plus provides Sharp-PS® GREEN, a soy-free, sunflower lecithin-derived phosphatidylserine. Phosphatidylserine (PS) is the most abundant phospholipid in the brain, where it supports neuron membrane fluidity, signal transduction and cell-to-cell communication for healthy neurocognitive function. PS provides support for normal age-associated memory decline in the elderly as well as support for overall learning, recall and processing capacity. These effects on cognitive performance were also observed in a study of young adults. The efficacy of Sharp-PS® supporting mental capabilities in elderly persons with mild, age-related memory loss was explored in an open label study. The results suggest support for memory recognition, memory recall, verbal recognition and verbal recall. PhytoMemory proprietary blend provides an antioxidant and phytochemical complex from blueberry, strawberry and spinach.†

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	150 mg
PhytoMemory proprietary blend providing wild blueberry (<i>Vaccinium angustifolium</i>) extract (fruit), Orlèans strawberry (<i>Fragaria x ananassa</i>) extract (fruit), and spinach (<i>Spinacia oleracea</i>) extract (leaf)	150 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin, silicon dioxide, tricalcium phosphate, ascorbyl palmitate

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Memory & Mood     

PS Plus	Quantity	Order Code
	60	PSP6

Pure Tranquility liquid

GABA, GLYCINE AND L-THEANINE COMBINED TO SUPPORT RELAXATION AND MODERATE OCCASIONAL STRESS IN A GREAT-TASTING LIQUID†

- Offers calming support with the main inhibitory neurotransmitters GABA and glycine†
- Enhances alpha wave production in the brain with GABA and l-theanine to promote relaxation and moderate occasional stress†
 - In an open trial, GABA promoted alpha waves and moderated beta waves within 1 hour of administration†
 - Several studies indicate l-theanine enhances alpha wave production in the occipital and parietal regions of the brain, an indicator of relaxation, without causing drowsiness†
- Maintains healthy IgA levels with GABA and l-theanine, suggesting support for immune health during occasional stress†

4 ml (4 full droppers), 1-2 times daily, between meals.

Serving size: 4 ml (0.13 fl oz)

Servings per container: 29

4 ml (0.13 fl oz) (4 full droppers) contain:

GABA (gamma-aminobutyric acid)	100 mg
Suntheanine® l-theanine	100 mg
Glycine (free-form)	50 mg

Other ingredients: purified water, natural vegetable glycerin, evaporated cane sugar, citric acid, natural apple flavor, potassium sorbate, purified stevia leaf extract

Suntheanine® is a registered trademark of Taiyo International, Inc.

Memory & Mood   

Pure Tranquility liquid	Quantity	Order Code
	116 ml (3.92 fl oz)	PTL



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

PureBi•Ome™ G.I.

Allergen-Free

4-STRAIN, CLINICALLY-RESEARCHED PROPRIETARY PROBIOTIC BLEND COMBINED WITH L-GLUTAMINE FOR G.I. COMFORT AND HEALTH†

PureBi•Ome™ G.I. offers four clinically-researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172), combined with l-glutamine to support microflora balance and gastrointestinal (G.I.) function. The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function, and GI comfort. l-Glutamine is a conditionally essential amino acid utilized by the body for tissue repair, gastrointestinal tract support, and natural defense system function in times of metabolic stress. In studies, glutamine supplementation supports intestinal integrity and barrier function.‡

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Probiotic blend	12.5 billion CFU
Providing:	
<i>Lactobacillus acidophilus</i> (NCIMB 30157)	
<i>Lactobacillus acidophilus</i> (NCIMB 30156)	
<i>Bifidobacterium lactis</i> (NCIMB 30172)	
<i>Bifidobacterium bifidum</i> (NCIMB 30153)	
<hr/>	
l-Glutamine	450 mg
Other ingredients: vegetarian capsule (cellulose, water), potato maltodextrin, hypoallergenic plant fiber (cellulose), silica	

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



PureBi•Ome™ G.I.	Quantity	Order Code
	60	BIOG6



PureBi•Ome™ Intensive

Allergen-Free

HIGH-POTENCY, 4-STRAIN, CLINICALLY-RESEARCHED PROPRIETARY PROBIOTIC BLEND COMBINED WITH SACCHAROMYCES BOULARDII TO SUPPORT INTESTINAL MICROBIAL BALANCE AND HELP LESSEN THE OCCURRENCE OF OCCASIONAL DIARRHEA†

PureBi•Ome™ Intensive offers 25 billion CFU per capsule of four clinically-researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172), combined with 5 billion CFU *Saccharomyces boulardii*. The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function, and GI comfort. *Saccharomyces boulardii* is included as additional support for healthy bowel function. In a double-blind, controlled trial involving 151 individuals, *S. boulardii* supplementation lessened the occurrence of occasional diarrhea and supported overall bowel health. Research suggests that *S. boulardii* may stimulate enzyme secretions to support normal digestive functions and neutralize toxins for a healthy G.I. tract.‡

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Probiotic blend	25 billion CFU
Providing:	
<i>Lactobacillus acidophilus</i> (NCIMB 30157)	
<i>Lactobacillus acidophilus</i> (NCIMB 30156)	
<i>Bifidobacterium lactis</i> (NCIMB 30172)	
<i>Bifidobacterium bifidum</i> (NCIMB 30153)	
<hr/>	
<i>Saccharomyces boulardii</i>	5 billion CFU
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), silica	

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



PureBi•Ome™ Intensive	Quantity	Order Code
	30	BIOI3

PureCell

Formulated with Steve Morris, N.D., A.H.G.*

ADVANCED ANTIOXIDANT AND ADAPTOGEN CELLULAR HEALTH FORMULA; MAINTAINS HEALTHY CELL FUNCTION AND PROTECTS HEALTHY TISSUE†

This formula offers advanced antioxidant and adaptogen support for maintaining cell health and protecting healthy tissue. Antioxidant vitamins and minerals promote healthy cell function and cell longevity, as indicated in numerous trials involving over 8,500 individuals. Adaptogens are important for physiological and cellular homeostasis and have positive effects on immune function and oxidative stress. This product was designed to:†

- Offer intracellular as well as extracellular antioxidant protection with alpha lipoic acid†
- Target superoxide anion, hydrogen peroxide and hydroxyl radicals with coenzyme Q₁₀, maintaining the integrity of cellular membranes†
- Replenish glutathione, scavenge free radicals, and promote liver function with n-acetyl-l-cysteine and selenium†
- Support healthy cyclooxygenase enzyme activity with curcumin†
- Support macrophage, natural killer cell and T-cell activity with astragalus†
- Promote healthy cell signaling and gene expression at the cellular level while encouraging overall energy and vitality with ashwagandha and Panax ginseng†

2 capsules, 1-2 times daily, with meals.

Two (size 0) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Selenium (as selenomethionine)	100 mcg
Coenzyme Q ₁₀	100 mg
N-Acetyl-l-cysteine (free-form)	100 mg
Alpha lipoic acid (thioctic acid)	75 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	180 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	150 mg
Asian ginseng (<i>Panax ginseng</i>) extract (root) (standardized to contain 5% ginsenosides)	150 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	87 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health care practitioner before use.

Immune Support   

PureCell	Quantity	Order Code
	120	PCE1

PureDefense chewables

CHEWABLE TABLETS FOR IMMUNE DEFENSE AND UPPER RESPIRATORY HEALTH†

PureDefense chewables provide a comprehensive blend of nutrients and herbal extracts designed to support immune function in a convenient, great-tasting, chewable tablet. EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune-enhancing bioactive metabolites designed to support both the innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and secretory IgA levels. In two randomized, double-blind, placebo-controlled trials, EpiCor® provided statistically significant support for upper respiratory tract health and overall immune health. Elderberry extract provides anthocyanins, flavonoids and other polyphenols that have been shown to support immune function. Studies have shown statistically significant immune support throughout the lifespan. Quercetin maintains healthy mast cell function by supporting healthy enzyme activity. Zinc and vitamin C help to promote immune defense by supporting immune cell proliferation, activation and function, as well as healthy antioxidant enzyme function.†

Ages 2-3, take 2 tablets daily, with a meal.

Ages 4 and up, take 2 tablets, 1-2 times daily, with a meal.

Two chewable tablets contain:

Vitamin C (from calcium ascorbate)	30 mg
Calcium (from calcium ascorbate)	3 mg
Zinc (as zinc citrate)	7.5 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i>)	125 mg
European elder (elderberry) (<i>Sambucus nigra</i>) extract (fruit)	100 mg
Quercetin dihydrate	30 mg
Other ingredients: xylitol, cellulose, natural cherry and vanilla flavors, magnesium silica, luo han guo (<i>Momordica grosvenorii</i>) extract (fruit)	

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

If you are pregnant or lactating, have any health condition or are taking any medications, particularly immunosuppressants, consult your health professional before use..

Immune Support  

PureDefense chewables	Quantity	Order Code
	120	PDK21

*Dr. Morris is a retained advisor to Pure Encapsulations.

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

PureDefense w/NAC

SUPPORTS IMMUNE FUNCTION AND UPPER RESPIRATORY HEALTH†

Natural killer cells are part of the body's innate, or first-line, immune response. They respond more quickly than the adaptive immune system comprised of B cells and T cells. Once activated, natural killer cell activity peaks in as quickly as several hours, providing rapid support and wide-range immune defense. EpiCor® is a fermentate of *Saccharomyces cerevisiae* containing various bioactive metabolites. These nutrient metabolites are produced in a specialized fermentation process and enhance immune cell production. In one cellular study, EpiCor® promoted natural killer cell activation, as well as that of B cells and T cells. In two randomized, double-blind, placebo-controlled trials, EpiCor® provided statistically significant support for upper respiratory tract health and overall immune health. A separate open label, in-house trial indicated a strong potential for EpiCor® supplementation to enhance secretory IgA levels after 30 days. These various actions demonstrate the ability of EpiCor® to address both innate and adaptive immune responses. NAC (n-acetyl-l-cysteine) promotes endogenous glutathione production for antioxidant protection and provides lung defense mechanisms for healthy respiratory function. In a randomized double-blind trial involving mostly older individuals, NAC showed support for respiratory health. Quercetin and elderberry provide flavonoids that offer additional support for immune and respiratory function while vitamin C, vitamin D and zinc play important roles in immune cell activation.†

2 capsules, twice daily, with meals.

Two (size 0) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Zinc (as zinc citrate)	7.5 mg
N-Acetyl-l-cysteine (free-form)	450 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i>)	250 mg
European elder (elderberry) (<i>Sambucus nigra</i>) extract (fruit)	200 mg
Quercetin	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

If you are pregnant or lactating, have any health condition or are taking any medications, particularly immunosuppressants, consult your health professional before use.

Immune Support   

PureDefense w/NAC	Quantity	Order Code
	120	PDN1

PureDefense w/NAC Travel Pack

- Offered in a convenient, 20-count blister pack designed for travel or short-term dosing

2 capsules, twice daily, with meals, or as directed by a health professional.

Immune Support  

PureDefense w/NAC	Quantity	Order Code
	20 (1 card)	PDNB2

PureGenomics® B-Complex

PureGenomics® product line

BROAD-SPECTRUM B VITAMIN SUPPORT FOR COMMON GENETIC VARIATIONS†

PureGenomics® B-Complex is designed to address the nutrient requirements of common genetic variations in the methylation pathway with a unique blend of B vitamins in highly researched and activated forms. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Vitamin B₁₂ is offered as a combination of hydroxycobalamin and adenosylcobalamin. Hydroxycobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism and healthy synthesis of neuronal myelin. Benfotiamine is a lipid-soluble, enhanced-retention thiamin derivative.†

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B ₁)	25 mg
Riboflavin (as vitamin B ₂ and 67% riboflavin 5' phosphate (activated B ₂))	15 mg
Niacin (as niacinamide)	50 mg
Vitamin B ₆ (as pyridoxine HCl and 20% pyridoxal 5' phosphate (activated B ₆))	50 mg
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg
Choline (as choline bitartrate)	40 mg
Inositol	25 mg
BenfoPure® benfotiamine	3 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Multivitamins, Vitamins & Minerals    

PureGenomics® B-Complex	Quantity	Order Code
	120	PGB1

See also

[B-complex Plus](#) »page 38
[B₁₂ Liquid](#) »page 39
[Ultra B-Complex w/PQQ](#) »page 187

PureGenomics® Multivitamin

With Metafolin® L-5-MTHF

PureGenomics® product line

MULTIVITAMIN/MINERAL FORMULA TARGETING COMMON GENETIC POLYMORPHISMS TO SUPPORT DAILY WELLNESS†

Indications:

- Men and women age 18 and over

Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Includes activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B₁₂ in unique blend of adenosylcobalamin and hydroxycobalamin
- Contains 25 mcg (1,000 IU) vitamin D to support healthy VDR activity†

Special Features:

- Convenient, one-capsule-per-day dosing
- Addresses the nutrient requirements of common genetic variations in the methylation pathway with B vitamins and choline†
- Enhanced choline levels for healthy cognitive function†
- Supports macular and retinal health with lutein and zeaxanthin†



1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and 27% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Vitamin K (as vitamin K ₁)	60 mcg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	56 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Vitamin K ₂ (as menaquinone-7)	20 mcg
BenfoPure® benfotiamine	3 mg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), trimagnesium citrate, ascorbyl palmitate	

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

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



PureGenomics® Multivitamin	Quantity	Order Code
	60	PGM26

PureGenomics® UltraMultivitamin

With Metafolin® L-5-MTHF

NEW

PureGenomics® product line

COMPREHENSIVE MULTIVITAMIN/MINERAL
FORMULA WITH ENHANCED SUPPORT FOR
COMMON GENETIC POLYMORPHISMS[†]

Indications:

- Men and women age 18 and over

Vitamin Distinctions:

- Contains enhanced levels of fat-soluble vitamins, including vitamin A, 4,000 IU vitamin D, vitamin E with mixed tocopherols, and both vitamin K₁ and K₂
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B₁₂ in a blend of adenosylcobalamin and hydroxycobalamin
- Includes 250 mg of vitamin C
- Enhanced-absorption, liposomal-like form of magnesium

Special Features:

- Offers pre-formed vitamin A for individuals with decreased conversion efficacy of carotenoids due to genetic variations in the enzyme BCMO1
- Supports healthy VDR activity with 4,000 IU vitamin D[‡]
- Includes 100 mg of choline to support healthy methylation and cognitive function, particularly for individuals with MTHFR or PEMT genetic variations[†]
- Supports healthy brain signaling and emotional balance with lithium and vitamin B₁₂ as adenosylcobalamin and hydroxycobalamin[†]
- Promotes cellular function with antioxidants vitamin C, ALA, and CoQ₁₀, as well as NAC to support endogenous glutathione production[†]
- Moderates healthy estrogen metabolism and cell cycle activity with DIM[†]
- Promotes macular health with a blend of lutein and zeaxanthin[†]
- Convenient three-capsule-per-day dosing

Three (size 00) vegetarian capsules contains:

Vitamin A (as vitamin A acetate)	1,500 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	100 mcg (4,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Vitamin K (as vitamin K ₁)	100 mcg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B ₂))	3.4 mg
Niacin (as niacinamide)	20 mg
Vitamin B6 (as pyridoxine HCl and 76% pyridoxal-5-phosphate (activated B ₆))	5 mg
Folate (as Metafolin®, L-5-MTHF) (800 mcg L-5-MTHF)	1,333 mcg DFE
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg

Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	100 mg
Calcium (as di-calcium malate) (DimaCal™)	60 mg
Iodine (as potassium iodide)	300 mcg
Magnesium (as Sucrosomial® magnesium)	150 mg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	70 mcg
Copper (as copper glycinate)	2 mg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS™)	75 mcg
Lithium (as lithium orotate)	500 mcg
Boron (as boron glycinate)	1 mg
BenfoPure® benfotiamine	3 mg
Mixed tocopherols	20 mg
Vitamin K ₂ (menaquinone-7)	20 mcg
Inositol	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Coenzyme Q ₁₀	50 mg
Alpha lipoic acid (thioctic acid)	90 mg
N-Acetyl-L-cysteine (free-form)	145 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), sucrosomial magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), trimagnesium citrate, ascorbyl palmitate

Sucrosomial® is a registered trademark of Alesco S.r.l.

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

DimaCal™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

Warning: Not to be taken by pregnant and lactating women. Consult your health care practitioner before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Vitamin K may be contraindicated with Coumadin (Warfarin). Do not exceed the dose recommended by your health professional.

Multivitamins, Vitamins & Minerals



PureGenomics®
UltraMultivitamin

Quantity

Order
Code

90

PGU9

PureGG 25B

Shelf-Stable; Allergen-Free

HIGHLY RESEARCHED *LACTOBACILLUS RHAMNOSUS* GG TO SUPPORT IMMUNE, G.I., AND OVERALL HEALTH ACROSS ALL AGES[†]

Lactobacillus rhamnosus GG is one of the most characterized and utilized probiotic strains, with numerous clinical trials across all ages. It is a human origin strain, identified for its resistance to gastric acidity, adhesion properties, and ability to support healthy gut microflora. Studies involving infants and children suggest that supplementation with *L. rhamnosus* GG supports healthy G.I. colonization, G.I. function, and immune function, particularly related to skin and respiratory health. In a study involving children ages 1-7 attending day care, *L. rhamnosus* GG offered statistically significant support for respiratory and immune health. Studies involving pregnant women suggest supplementation supports healthy gut microflora in the infant, and nutrient metabolism during pregnancy. In one study, infants whose mothers had received *L. rhamnosus* GG during pregnancy showed increased bifidobacterial diversity at Day 5 after birth. *L. rhamnosus* GG is well known for its effects on bowel function, particularly abdominal comfort, bowel motility and occasional diarrhea. It also promotes cytokine balance in the G.I. tract at the level of gene expression, and overall immunomodulatory support. In a double-blind, crossover study, *L. rhamnosus* GG supplementation moderated the neutrophil and monocyte immune response in dairy-challenged, milk-sensitive subjects, while promoting immune function in non-sensitive subjects. In another study, *L. rhamnosus* GG promoted healthy gene expression to support white blood cell (WBC) function. Elderly subjects supplemented for 28 days showed 95 differentially expressed genes related to cellular movement, cell-to-cell signaling, and cytokine response.[†]

1 capsule daily, with or between meals.

Each (size 00) vegetarian capsule contains:

<i>Lactobacillus rhamnosus</i> GG	25 billion CFU
Other ingredients: vegetarian capsule (cellulose, water)	

Probiotics & Prebiotics     

PureGG 25B	Quantity	Order Code
	60	PGG6

PureHeart® K₂D

OFFERS VITAMIN K₂ (MK-7) TO HELP MAINTAIN HEALTHY VASCULAR CALCIUM HOMEOSTASIS TO SUPPORT CARDIOVASCULAR FUNCTION[†]

Vitamin K₂ menaquinone-7 promotes healthy vascular calcium balance and cardiovascular function. In a systematic review involving 5 studies, higher intakes of vitamin K₂ were associated with cardiovascular health. Research indicates that it supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. Unlike vitamin K₁, which promotes bone health, menaquinone-7 targets vascular tissue to support healthy arterial blood flow and vascular elasticity. In an observational study involving 564 postmenopausal women, higher intake of vitamin K₂ was associated with calcium balance in the vascular tissue. Optimal serum levels of vitamin D are also important to maintain healthy calcium balance in vascular tissues, in part by supporting the activity of MGP. Studies indicate that the combination of vitamin K and D provides synergistic support. Vitamin K supplementation may be contraindicated for those taking Coumadin/warfarin anticoagulant medication.[†]

1 capsule, 1-2 times daily, with a meal.

Each (size 2) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin K ₂ (menaquinone-7)	240 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

This product contains Vitamin K, which interferes with the prescription drug Coumadin (Warfarin). If you are taking blood thinning medications, consult your health professional before use.

Cardiometabolic Health & Metabolism   

PureHeart® K ₂ D	Quantity	Order Code
	60	PHK26



[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



PureLean®

A PROACTIVE PATH TO GOOD HEALTH‡

Body weight is influenced by multiple factors including genetics, diet, neurotransmitter function, physical activity, and stress. When excess weight is introduced, particularly in the midsection, complex interactions occur among these elements that can affect multiple aspects of health. Elevated adrenal stress hormones are also associated with being overweight. These hormones interact with brain neurotransmitters, negatively impacting mood and appetite control, which can often derail efforts toward healthy weight management.

Developed in collaboration with Caroline J. Cederquist, M.D.†, a board-certified family medicine physician, IFM-certified functional medicine provider, and weight management specialist, The PureLean® Healthy Weight Management† Protocol was designed to support:

- Metabolic Rate†
- Appetite and Mood Centers of the Brain†
- Thermogenesis†
- Energy Expenditure†
- Healthy Glycemic Control†
- Carbohydrate and Lipid Metabolism†
- Satiety†



Caroline J. Cederquist, M.D.,† is the founder and medical director of the Cederquist Medical Wellness Center in Naples, Florida, a comprehensive weight management and preventive medicine clinic. Her scientific understanding of medical weight management through proper nutrition has allowed her to help patients all over the world. Dr. Cederquist helped co-develop the PureLean™ protocols.

Learn more at PureEncapsulations.com/purelean

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

‡Dr. Cederquist is a retained advisor to Pure Encapsulations.

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

PureLean® Fiber

PureLean® product line

POWDERED BLEND OF FIBER AND PREBIOTICS TO PROMOTE WEIGHT MANAGEMENT[†] BY SUPPORTING HEALTHY MICROFLORA BALANCE, GLYCEMIC RESPONSE, SATIETY AND REGULARITY[‡]

The gut microflora is now recognized as an important factor in overall health, with potential roles ranging from cellular and immune health to metabolic function and weight management. Studies indicate that obese individuals possess lower levels of Bacteroidetes microorganisms and higher levels of Firmicutes bacteria in the GI tract compared to lean individuals. In one study, germ-free mice inoculated with bacteria from obese mice showed increased Firmicutes bacteria and an increase in body fat over two weeks despite no change in dietary intake, compared to mice inoculated with bacteria from lean mice. In a double-blind, randomized, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PrecticX™ XOS for eight weeks. The Bifidobacterium count increased 21% from the baseline at four weeks and 17% from the baseline at eight weeks in the highest dose group. *B. fragilis* levels (a Bacteroidetes organism) were also found to increase. Similar results were found in another study involving healthy young women, which also showed PrecticX™ supplementation resulted in an increase in fecal triglyceride and cholesterol concentrations. In contrast to many common prebiotics, these studies reported no gas, bloating or other intestinal side effects. Each serving of PureLean® Fiber provides 0.7 grams PrecticX™ XOS and a minimum of 6 grams fiber, typically providing 3.5 grams soluble fiber from glucomannan, guar gum, apple pectin and prune fiber, and 3 grams insoluble fiber from flax seed and cellulose. Soluble fiber helps slow the rate of digestion, promoting satiety, digestive health, nutrient absorption and healthy glycemic control. It enhances satiety by absorbing water and adding bulk in the digestive tract. Research has revealed that the high molecular weight and viscosity of glucomannan is particularly supportive. Each serving of PureLean® Fiber contains 1 gram of glucomannan. Several randomized controlled trials indicate that glucomannan supports healthy weight management[†] and lipid metabolism, and supports healthy glycemic control.[‡]

1 serving, 1-3 times daily, mixed with a beverage. Adequate water intake is recommended.

Serving size: 2 scoops (approximately 14.4 g)

Servings per container: approximately 24

Two scoops (approximately 14.4 g) contain:

Calories	40
Total carbohydrate	8 g
Dietary fiber	6 g
Sugar alcohols	2 g
Protein	1 g
Magnesium (as magnesium citrate)	100 mg
Sodium (naturally occurring)	30 mg
PrecticX™ xylooligosaccharides	700 mg
Proprietary fiber blend	10 g
Providing:	
CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, 1,000 mg glucomannan, prune fruit powder, apple pectin	
Other ingredients: xylitol, luo han guo (<i>Momordica grosvenori</i>) extract (fruit)	

Sunfiber® is a registered trademark of Taiyo International, Inc. PrecticX™ is a trademark of AIDP, Inc. PrecticX™ is a patent protected Xylooligosaccharide exclusively distributed by AIDP, Inc.

Cardiometabolic Health & Metabolism



PureLean® Fiber	Quantity	Order Code
	12.2 oz (345.6 g)	PLFX3



[†]Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PureLean® Nutrients

With Metafolin® L-5-MTHF

PureLean® product line

MULTIVITAMIN/MINERAL FORMULA FOR HEALTHY WEIGHT MANAGEMENT^{†‡}

Indications

- Support for healthy glucose metabolism, lipid utilization, and weight management as part of a healthy lifestyle with a reduced-calorie diet and regular exercise[†]

Vitamin/Mineral Distinctions:

- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- **MacularSynergy Complex[†]**
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.[†]
- **Metabolic GlycoPlex[†]**
Supports healthy glucose uptake with alpha lipoic acid and cinnamon, and maintains healthy glycation activity with l-carnosine.[†]
- **Metabolic LipidPlex[†]**
Combines the hepatic fat metabolism properties of taurine and green tea with the metabolic oxidative stress-fighting capabilities of pterostilbene.[†]

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	1,500 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	75 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	75 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg

Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Inositol	62 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg

MacularSynergy Complex[†]

FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg

Metabolic GlycoPlex[†]

Alpha lipoic acid (thioctic acid)	150 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
l-Carnosine (beta-alanyl-L-histidine)	25 mg

Metabolic LipidPlex[†]

Taurine (free-form)	150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
Pterostilbene	20 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

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

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



PureLean® Nutrients	Quantity	Order Code
	180	PLN1

PureLean® Protein Improved Formula

PureLean® product line

VEGETARIAN PROTEIN, DNF-10® PEPTIDES, MULTIVITAMIN/MINERAL COMPLEX, OMEGA-3 FATTY ACIDS AND SUPERFRUIT ANTIOXIDANTS TO SUPPORT HEALTHY WEIGHT MANAGEMENT††

Special Features:

- Includes DNF-10® peptides to promote satiety and weight management††
- 15 grams vegetarian protein from a unique blend of vegetarian rice, pea, and chia proteins
- 4 g fiber
- 200 mg omega-3 fatty acids from chia
- 1 g MCT per serving
- Superfruit antioxidant blend of pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract
- Comprehensive multivitamin/mineral core including antioxidants, activated B vitamins, and chelated minerals
- Contains activated folate (as Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate)
- Creamy taste and texture

PureLean® Protein offers a blend of vegetarian proteins, antioxidants, fiber, and nutrients in a lightly sweetened formula. Diets higher in protein and fiber have been associated with healthy weight management and body composition, believed to be due, at least in part, to enhanced satiety and nutrient metabolism. Fiber also helps support digestive health, nutrient absorption and healthy glycemic control. Research suggests that a multivitamin/mineral can help moderate appetite to support healthy weight management. Clinical studies indicate that DNF-10® lowers ghrelin secretion between meals, and neuropeptide Y in the hypothalamus to promote satiety. In four double-blind, randomized, placebo-controlled studies involving healthy overweight subjects, DNF-10® promoted a significant decrease in caloric intake, weight circumference, abdominal fat, and body weight. In the most recent study, after two months of taking 500 mg DNF-10®, subjects had decreased their daily caloric intake by 600 calories, and 80% of the subjects thought less about eating during the day.††

Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Serving size: Vanilla Bean Flavor: 31 g (1 scoop)
Servings per container: 20

Each scoop contains:

Calories	110
Total fat	2.5 g
Saturated fat	1 g
Total carbohydrate	8 g
Dietary fiber	4 g
Total sugars	3 g
Includes 3 g Added Sugars	

Protein	15 g
Vitamin A (as acetate)	450 mcg
Vitamin C (as calcium ascorbate)	30 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as D-alpha tocopherol succinate)	10 mg
Vitamin K (as vitamin K ₁)	40 mcg
Thiamin (as thiamin mononitrate) (B ₁)	0.75 mg
Riboflavin (vitamin B ₂)	0.85 mg
Niacin (as niacinamide)	10 mg
Vitamin B ₆ (as pyridoxine HCl)	1 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg 5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	6 mcg
Biotin	150 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	5 mg
Calcium (naturally occurring and as calcium citrate)	220 mg
Iron (naturally occurring)	1 mg
Phosphorus (naturally occurring)	100 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (naturally occurring and as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Chromium (as chromium polynicotinate)	60 mcg
Sodium (naturally occurring)	300 mg
Superfruit antioxidant blend	100 mg
(from pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract)	
DNF-10® yeast hydrolysate (from <i>Saccharomyces cerevisiae</i>)	500 mg
Other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural vanilla and other natural flavors, C8Vantage™ medium chain triglyceride C8 powder, Sunfiber® hydrolyzed guar gum, apple pectin, chia seed protein, cellulose gum, stevia leaf extract	

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

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

C8Vantage™ is a trademark of NNB Nutrition.

DNF-10® is the property of Fytexia.

Consume within 90 days from opening.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Cardiometabolic Health & Metabolism



PureLean® Protein	Quantity	Order Code
	21.8 oz (620 g)	PLPV6

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

PureLean® Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

PureLean® product line

Indications:

- Support for healthy glucose metabolism, lipid utilization and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise[†]

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Easily tolerated magnesium glycinate for sensitive individuals

Special Features:

- Metabolic synergists for healthy glucose utilization, including alpha lipoic acid, cinnamon, l-carnosine and GlucoPhenol®, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)[†]
- Enhanced fat metabolism support with 1,000 mg taurine, green tea and pterostilbene[†]
- Lemon-flavored omega-3 fatty acids for reduced aftertaste and healthy PPAR receptor function, supporting glucose and lipid homeostasis via healthy gene expression[†]
- Convenient, once-daily packet

Each Packet Contains:

PureLean® Nutrients 3 vegetarian capsules »See page 160

- Multivitamin/mineral complex for healthy glucose and lipid metabolism[†]

EPA/DHA with lemon 1 softgel capsule »See page 78

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support[†]

Taurine 1 vegetarian capsule »See page 180

- Amino acid for metabolism and relaxation support[†]

Magnesium (glycinate) 1 vegetarian capsule »See page 112

- Highly bioavailable form of magnesium to support energy production and emotional well-being[†]

Alpha Lipoic Acid with GlucoPhenol® 1 vegetarian capsule »See page 31

- Supports cardiometabolic health and nutrient metabolism with alpha lipoic acid and researched fruit extracts[†]

Take 1 packet daily (7 capsules), with a meal.

Seven capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	1,500 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	75 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate and 62% magnesium glycinate)	195 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as ChromeMate® chromium polynicotinate)	200 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Alpha lipoic acid (thioctic acid)	350 mg
GlucoPhenol® proprietary blend providing 25 mg polyphenols from Orléans strawberry (Fragaria x ananassa) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit)	138 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
l-Carnosine (beta-alanyl-L-histidine)	25 mg
Taurine (free-form)	1,150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
Pterostilbene	20 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	900 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, rice maltodextrin, natural lemon flavor, rosemary leaf extract, natural tocopherols	

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

Glucosphenol® is a registered trademark used by Pure Encapsulations under license.

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Contains fish (anchovies, sardines, mackerel)

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



PureLean® Pure Pack	Quantity	Order Code
	30 packets	PPP2B3

PureLean® Whey

PureLean® product line

HIGHLY PURIFIED, COLD-PROCESSED, UNDENATURED WHEY PROTEIN FOR HEALTHY WEIGHT MANAGEMENT††

Features Include:

- 21 g protein per serving
- 4.75 g branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing
- Great-tasting, naturally flavored formula

Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Serving size: 26.4 g (1 scoop)
Servings per container: 18

Each scoop (approximately 26.4 g) contains:

Calories	90
Total carbohydrates	1 g
Total sugars	<1 g
Protein	21 g
Sodium (naturally occurring)	45 mg
Other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract	

Contains milk

Cardiometabolic Health & Metabolism



PureLean® Whey	Quantity	Order Code
	16.8 oz (475.2 g)	PLW4

PureMelt B₁₂ Folate

With Metafolin® L-5-MTHF

GREAT-TASTING, DISSOLVING B₁₂ FOLATE VITAMIN LOZENGE TO SUPPORT RED BLOOD CELL FUNCTION, ENERGY METABOLISM, AND NEUROLOGICAL HEALTH†

PureMelt B₁₂ Folate provides activated B vitamins in a unique lozenge designed to dissolve in the mouth without requiring water. Each lozenge provides 1,000 mcg of methylcobalamin (the active form of vitamin B₁₂) and 400 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate. Optimal levels of these B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. This great-tasting, fruit-flavored lozenge contains no sugar, magnesium stearate, or artificial colors or flavors.†

1 lozenge, 1-2 times daily, with or between meals, or as directed by a health professional. Allow tablet to dissolve in mouth and swallow.

Each vegetarian lozenge contains:

Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg
Other ingredients: xylitol, mannitol, natural berry, cherry, and vanilla flavor, carboxymethyl cellulose, cellulose, ascorbyl palmitate, malic acid	

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

Multivitamins, Vitamins & Minerals



PureMelt B ₁₂ Folate	Quantity	Order Code
	90	PMLB9



†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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PureNutrients EPA/DHA Gummy

CHEWABLE, FRUIT-FLAVORED, EMULSIFIED FISH OIL TO SUPPORT HEALTHY COGNITIVE FUNCTION AND DAILY WELLNESS†

- Chewable gummy
- Triglyceride-form fish oil emulsion for enhanced absorption
- Natural and lightly sweet lemon-lime flavor
- Sugar-free, with no artificial flavors or colors

PureNutrients EPA/DHA Gummy is a unique fish oil emulsion offering enhanced absorption omega-3 essential fatty acids in a convenient, (lemon-lime flavored) soft chew. The emulsification process surrounds the essential fatty acids in a water-soluble matrix, enhancing the bioavailability and absorption. Fish oil supports healthy cellular membrane function, cytokine balance, and blood flow to promote cognitive and neuronal health, emotional well-being, and cardiovascular function. Docosahexaenoic acid (DHA), an omega-3 long-chain polyunsaturated fatty acid, is a component of neuronal cellular membranes and supports healthy neurotransmission and brain function, as well as vision. A randomized, double-blind study suggested that 4-year-olds born to mothers who had taken fish oil had healthy cognitive function.‡

Adults and children ages 2+, take 1 gummy, 1-2 times daily, with meals.

Each gummy (1.4 g) contains:

Calories	5
Total fat	0.5 g

Fish oil concentrate (from anchovies, sardines, mackerel)

Providing (typical):

Total omega-3 fatty acids	335 mg
DHA (docosahexaenoic acid)	250 mg
EPA (eicosapentaenoic acid)	50 mg
Other omega-3 fatty acids	35 mg

Other ingredients: xylitol, purified water, erythritol, fish gelatin (tilapia, bass), trisodium citrate, natural lemon-lime flavor, arabic gum, malic acid, natural beta-carotene (for color), mixed tocopherols

Contains fish

Cardiometabolic Health & Metabolism



PureNutrients EPA/DHA Gummy	Quantity	Order Code
	36	PNEGB3

PureNutrients Gummy

COMPREHENSIVE MULTIVITAMIN/MINERAL COMPLEX ENHANCED WITH ORGANIC BERRIES AND FRUITS IN A CONVENIENT, GREAT-TASTING, FRUIT-FLAVORED GUMMY FOR CHILDREN AND ADULTS

- Adults and children over 2
- Comprehensive blend of 17 essential vitamins and minerals, including choline and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Chelated minerals for optimal absorption
- Chewable berry-shaped gummy
- Enhanced with beta carotene and organic berries and fruits
- Lower sugar – 75% less sugar than other leading gummy multivitamins (2 grams vs. 8 grams per serving)**
- Natural and lightly sweet raspberry-lemonade flavor with prebiotic fiber isomaltoligosaccharides
- No artificial flavors or colors
- Vegetarian; gelatin-free



†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

**As of 8/20/2019 Pure Encapsulations PureNutrient Gummy provided 2 g of sugar per serving which is up to 75% less sugar than other leading professional brands providing 6-8 g per serving.

**Ages 2 to 3, take 2 gummies daily, with a meal.
Ages 4 and up, take 4 gummies daily, with meals.**

Four gummies contain:

Calories	30
Total carbohydrate	7 g
Total sugars	2 g
Includes 2 g of added sugar (4 gummy dose)	
Vitamin A (as vitamin A palmitate and 60% beta carotene)	750 mcg
Vitamin C (as ascorbic acid)	80 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol acetate)	10 mg
Vitamin K (as Vitamin K ₁)	120 mcg
Thiamin (as thiamin mononitrate)	1.5 mg
Riboflavin	1.7 mg
Niacin (as niacinamide)	11 mg
Vitamin B ₆ (as pyridoxine HCl)	5 mg
Folate (as Metafolin [®] , L-5-MTHF)	400 mcg DFE (240 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	100 mcg
Biotin	100 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	5 mg
Choline (as choline bitartrate)	30 mg
Iodine (as potassium iodide)	112 mcg
Zinc (as zinc citrate)	9 mg
Chromium (as chromium picolinate)	50 mcg
Sodium (naturally occurring)	24 mg
Berry/Fruit blend (organic)	100 mg
strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit, pomegranate fruit, cranberry fruit, orange fruit, lemon fruit	

Other ingredients: isomalto-oligosaccharides, purified water, apple puree, cane sugar, pectin, natural raspberry and lemon flavors, citric acid, sodium citrate, natural black carrot color, organic stevia leaf extract, organic sunflower oil, carnauba wax, medium chain triglycerides, hydroxypropyl cellulose, glycerin

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

Multivitamins, Vitamins & Minerals  

PureNutrients Gummy	Quantity	Order Code
	100	PNG1

PurePals

Chewable Tablet

With Metafolin[®] L-5-MTHF

CHEWABLE DAILY MULTIVITAMIN/MINERAL FORMULA WITHOUT IRON

- For children ages 2 and up
- Highly bioavailable multivitamin/mineral formula without iron
- With choline and citrus bioflavonoids
- No added sugar or fructose
- Natural cherry flavor

**Ages 2 to 3, take 1 chewable tablet daily, with a meal.
Ages 4 and up, take 2 chewable tablets daily, with a meal.**

Two chewable tablets contain:

Calories	6
Total carbohydrate	2 g
Total sugars	0 g
Sugar alcohols	2 g
Vitamin A (as vitamin A palmitate and 71% beta carotene)	1,050 mcg
Vitamin C (as calcium ascorbate and 48% ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	20 mg
Thiamin (as thiamin mononitrate) (B ₁)	3 mg
Riboflavin (vitamin B ₂)	1.7 mg
Niacin (as niacinamide)	14 mg
Vitamin B ₆ (as pyridoxine HCl)	2 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	12 mg
Choline (as choline bitartrate)	16 mg
Calcium (as calcium citrate and calcium ascorbate)	100 mg
Iodine (from potassium iodide)	30 mcg
Magnesium (as magnesium aspartate)	40 mg
Zinc (as zinc amino acid chelate)	2 mg
Selenium (as selenium amino acid chelate)	40 mcg
Copper (as copper amino acid chelate)	180 mcg
Manganese (as manganese amino acid chelate)	2 mg
Chromium (as chromium picolinate)	40 mcg
Molybdenum (as molybdenum amino acid chelate)	5 mcg
Potassium (as potassium aspartate)	10 mg
Citrus bioflavonoids	10 mg
Boron (as boron citrate)	20 mcg
Vanadium (as vanadium amino acid chelate)	3 mcg

Other ingredients: xylitol, red beet root juice, ascorbyl palmitate, malic acid, cellulose, natural cherry flavor, lo han (*Momordica grosvenorii*) extract (fruit)

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

Multivitamins, Vitamins & Minerals   

PurePals	Quantity	Order Code
	90	PUPC9

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PurePals (with iron)

Chewable Tablet

- Offers the same PurePals formula with 10 mg iron (tris-glycinate) per serving.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Multivitamins, Vitamins & Minerals



PurePals (with iron)	Quantity	Order Code
	90	PUPI9

PureProbiotic™

Allergen-Free

MULTI-STRAIN PROBIOTIC FORMULA TO SUPPORT MICROFLORA BALANCE, G.I. HEALTH AND IMMUNE CELL FUNCTION[‡]

PureProbiotic™ (allergen-free) contains a blend of beneficial probiotic microorganisms derived from fermentation on a dairy-free, soy-free medium to ensure tolerability in individuals with food allergies or sensitivities. Each capsule provides 5 billion CFU per capsule of *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Bifidobacterium breve* to support immune and gastrointestinal health. Research indicates that these strains promote healthy microflora balance, G.I. integrity, bowel regularity and healthy immune cell function in children and adults.[‡]

1 capsule, 1-2 times daily, with or between meals. Powder may be removed from capsule and mixed into cold food or beverage.

Each (size 3) vegetarian capsule contains:

Probiotic blend	5 billion CFU
Providing:	
<i>Bifidobacterium breve</i> (Bb-03)	
<i>Bifidobacterium lactis</i> (Bb-04)	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	
<i>Lactobacillus plantarum</i> (Lp-115)	
<i>Bifidobacterium bifidum</i> (Bb-06)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



PureProbiotic™	Quantity	Order Code
	60	PPA6

PureResponse™ Multivitamin

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

MULTIVITAMIN/MINERAL COMPLEX DESIGNED TO SUPPORT IMMUNE BALANCE AND RESPONSIVENESS[‡]

Available exclusively from Pure Encapsulations®, PureResponse™ Multivitamin was designed to support key pivot points in immune function, including neutrophil and Natural Killer (NK) cell response, and cytokine production. This first-of-its kind, unique formulation supports healthy cell-mediated immunity with a comprehensive blend of nutrients and reishi mushroom extract. It also includes the adaptogen eleuthero to promote physiological balance and moderate occasional stress, including corticosterone activity, cytokine balance and nutrient metabolism. PureResponse™ Multivitamin features enhanced levels of fat-soluble vitamins, including pre-formed vitamin A, 125 mcg (5,000 IU) vitamin D₃, vitamin E with mixed tocopherols, and both vitamin K₁ and K₂. To accommodate the needs of patients with self-tissue response, PureResponse™ Multivitamin is free from iron, copper, iodine and manganese.[‡]

2 capsules daily, with a meal.

Two (size 00) capsules contain:

Vitamin A (as vitamin A acetate)	1,500 mcg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D (as cholecalciferol) (D ₃)	125 mcg (5,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	15 mg
Vitamin K (as vitamin K ₁)	135 mcg
Thiamin (as thiamin HCl) (B ₁)	5 mg
Riboflavin (as riboflavin and 60% riboflavin-5-phosphate (activated B ₂))	5 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 76% pyridoxal-5-phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	50 mg
Choline (as choline bitartrate)	20 mg
Magnesium (as di-magnesium malate) (Albion®)	100 mg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	150 mcg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS®)	150 mcg
Potassium (as potassium citrate)	15 mg
Vitamin K ₂ (menaquinone-7)	45 mcg
Mixed tocopherols	20 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg

Eleuthero (*Eleutherococcus senticosus*) extract (root) 125 mg
(standardized to contain 0.8% eleutherosides)

Reishi (*Ganoderma lucidum*) extract (fruiting body) 75 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

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

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Albion® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Immune Support   

PureResponse™ Multivitamin	Quantity	Order Code
	60	PRSM6

Pycnogenol® 50 mg

HIGHLY-RESEARCHED PINE BARK EXTRACT TO SUPPORT COGNITIVE FUNCTION AND CARDIOVASCULAR HEALTH†

“Pycnogenol” originally denoted all proanthocyanidin extracts, regardless of source. However, it now refers specifically to maritime pine bark. The mixture of proanthocyanidins in pine bark supports vascular endothelial integrity by stabilizing collagenous membranes. It also promotes vascular function by modulating nitric oxide levels. In addition to facilitating vitamin C regeneration and preserving vitamin E, Pycnogenol® is a hydroxyl and superoxide radical scavenger. Collectively, these actions promote the health of blood vessels.†

1 capsule, 1-3 times daily, between meals.

Each (size 3) vegetarian capsule contains:

French maritime pine (*Pinus pinaster*) extract (bark) 50 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Cardiometabolic Health & Metabolism    

Pynogenol® 50 mg	Quantity	Order Code
	120	PY51
	60	PY56

Pycnogenol® 100 mg

1 capsule, 1-2 times daily, between meals.

Each (size 3) vegetarian capsule contains:

French maritime pine (*Pinus pinaster*) extract (bark) 100 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Cardiometabolic Health & Metabolism    

Pycnogenol® 100 mg	Quantity	Order Code
	60	PY16
	30	PY13



+ Dr. Yanuck is a retained advisor to Pure Encapsulations

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

Q-Gel® 100 (Hydrosoluble™ CoQ₁₀)

ENHANCED SOLUBILITY COQ₁₀ WITH VITAMIN E; SUPPORTS CARDIOVASCULAR AND NEUROCOGNITIVE HEALTH[†]

CoQ₁₀ is a core component of cellular energy production and respiration, shuttling electrons down the electron transport chain to produce the key energy-rich molecule adenosine triphosphate (ATP). As such, it provides energy support to the cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle. It also acts as an antioxidant, providing cellular protection from free radicals.[†]

1 capsule, 1-2 times daily, with a meal.

Each (size 22) softgel capsule contains:

Vitamin E (as d-alpha tocopheryl acetate)	100 mg
Coenzyme Q ₁₀	100 mg

Other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract in sunflower oil (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides)

Q-Gel® and Bio Solv® are registered trademarks of Tishcon Corp.

Hydrosoluble™ is a trademark of Tishcon Corp. Manufactured under one or more of the following U.S. Patents: 6,056,971; 6,300,377; and 6,740,338.

Contains soy

Cardiometa**bol**ic Health & Metabolism



Q-Gel® 100 (Hydrosoluble™ CoQ ₁₀)	Quantity	Order Code
	60	QG16

See also
CoQ₁₀

»page 56

Quercetin

SUPPORTS CARDIOMETABOLIC, CELLULAR AND IMMUNE HEALTH[†]

Quercetin has been shown to be one of the most bioactive flavonoids. Research suggests a supportive role for cellular, immune and cardiometabolic health.[†]

2 capsules, 1-2 times daily, between meals.

Two (size 0) vegetarian capsules contain:

Quercetin	500 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Immune Support



Quercetin	Quantity	Order Code
	120	QU1
	60	QU6

R-Lipoic Acid (stabilized)

STABILIZED R-LIPOIC ACID FOR ANTIOXIDANT AND METABOLIC SUPPORT[†]

Sodium R-alpha-lipoic acid is a highly bioavailable and stabilized form of R-lipoic acid. Regular R-lipoic acid is heat sensitive and may polymerize extensively, decreasing its absorption significantly. In real-time stability tests, sodium R-lipoic acid remained stable for 12 months. The natural R isomer of alpha-lipoic acid may provide enhanced antioxidant activity, energy production, and general metabolic function. Studies suggest that R-lipoic acid offers support for glucose metabolism in skeletal muscle. A University of California Berkeley study indicates that R-lipoic acid may be protective against age-related oxidative stress in the liver. Furthermore, a study at Oregon State University established a potential role for R-lipoic acid in protecting the heart from age-related oxidative stress.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Sodium	14 mg
R-Lipoic acid	100 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), sodium carbonate, ascorbyl palmitate

Cardiometa**bol**ic Health & Metabolism



R-Lipoic Acid (stabilized)	Quantity	Order Code
	120	RLA1
	60	RLA6

See also

Alpha Lipoic Acid

»page 30

Reduced Glutathione

SUPPORTS ANTIOXIDANT DEFENSES AND DETOXIFICATION[†]

Glutathione is a key component of the antioxidant system which protects the body from free radicals at the cellular level. Reduced glutathione is involved in the synthesis and repair of DNA, and enhances the antioxidant activity of vitamin C, the transport of amino acids, and the detoxification of harmful compounds. In addition, an intracellular abundance of reduced glutathione, as compared to oxidized glutathione, helps ensure healthy cell function. It is especially important for liver function.[†]

1 capsule, 1-2 times daily, between meals.

Each (size 1) vegetarian capsule contains:

L-Glutathione (reduced) (free-form)	100 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Liver & Detoxification



Reduced Glutathione	Quantity	Order Code
	120	RG1
	60	RG6

Relora®

SUPPORTS OCCASIONAL STRESS AND PROMOTES SATIETY WHEN COMBINED WITH A HEALTHY DIET AND EXERCISE†

Relora® is a proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and helps mediate everyday stress-related emotions, eating behavior, and muscle tension. The magnolia and phellodendron fractions may bind to key central nervous system receptors, including those for GABA and the serotonin transporter, which encourages feelings of satiety and relaxation. A pilot clinical trial reported that Relora® was well tolerated and helped promote emotional well being. A follow-up trial reported similar results, as well as indicated that supplementing with Relora® may help diminish stress-related sugary snack cravings and promote healthful eating habits. An animal study further demonstrated the supplement's ability to support mood and relaxation. A recent pilot clinical trial performed in Cincinnati, Ohio, suggested that magnolia and phellodendron helped to maintain healthy cortisol and DHEA production and metabolism, which helped support healthy body-fat distribution.†

1 capsule, 2 times daily, with or between meals.

Each (size 2) vegetarian capsule contains:

Relora® 250 mg
 proprietary patented blend of:
 magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)

Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silicon dioxide

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Not to be taken by pregnant or lactating women. Do not take concurrently with antidepressants.

Cardiometabolic Health & Metabolism    

Relora®	Quantity	Order Code
	180	RL1
	60	RL6

RENUAL

MITOCHONDRIAL RENEWAL FEATURING MITOPURE™ UROLITHIN A TO POWER MUSCLE FUNCTION, INCREASE CELLULAR ENERGY AND PROMOTE HEALTHY AGING†

Urolithin A is the main metabolite of ellagitannin-rich foods, such as pomegranates, black raspberries, raspberries, strawberries, walnuts and almonds. These polyphenol components are not absorbed intact into the bloodstream, but are hydrolyzed to ellagic acid in the gut, which is then metabolized by the gut microflora to form urolithin A and B. Research indicates that the ability to synthesize urolithins declines with age and depends on the gut microflora, and there is a small percentage of the population that is unable to perform this conversion at all. Research indicates that urolithin A enhances autophagy, the natural process of cellular renewal in which the body degrades and recycles cellular components, as well as mitophagy, the clearance and recycling of older and dysfunctional mitochondria. Mitochondria are the "powerhouses of the cell" and their function is fundamental to healthy aging. Efficient rejuvenation of mitochondria supports energy production and the overall health of cells. A randomized, double-blind, placebo-controlled trial involving healthy sedentary elderly subjects indicated that supplementation with urolithin A promoted mitochondrial gene expression in the muscle and fatty acid oxidation efficacy, showing support for mitochondrial biogenesis and function. Four weeks of urolithin A supplementation resulted in improved mitochondrial function comparable to a 10-week aerobic exercise regimen, as measured by decreases in plasma acylcarnitine. In animal research, urolithin A enhanced mitophagy to promote mitochondrial biogenesis and function during aging. It also improved endurance and exercise capacity in both young and age-related models of muscle decline. Supporting autophagy reduces oxidative stress and promotes healthy cytokine balance within the cells to support healthy aging. Preliminary research suggests a broad spectrum of support, including energy production, neuronal health and neurogenesis, gut barrier function, and healthy joint collagen. Urolithin A also may offer support for glucose and fat metabolism. When mice were fed a high-fat diet for 12 weeks, supplementation with urolithin A promoted healthy insulin function and lipid metabolism, and decreased adipocyte size. These results are believed to be the result of increased expression of genes targeting fatty acid beta-oxidation, adipose tissue lipolysis and insulin receptor function (Sirt1), and oxidation defenses (SOD1 and SOD2). Sirt1 is also a target of resveratrol, thereby offering support for longevity, metabolic health, and mitochondrial function. CoQ₁₀ is a key nutrient used in the energy production pathway.†

2 capsules, 1-2 times daily, with or between meals.

Two (size 0) Caplique® capsule contain:

Mitopure™ Urolithin A	250 mg
Trans-Resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root))	150 mg
Coenzyme Q ₁₀	60 mg
Other ingredients: vegetable glycerin, vegetarian capsule (cellulose, water)	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation. Mitopure™ (proprietary Urolithin A) and the Mitopure™ logo are trademarks of Amazentis SA. Patent www.amazentis.com/patents Caplique® is a registered trademark used with permission.

Energy & Fitness   

RENUAL	Quantity	Order Code
	60	RNL6

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

ResCu-SR® With MicroActive® Technology

HIGHLY BIOAVAILABLE, SUSTAINED RELEASE RESVERATROL AND CURCUMIN; SUPPORTS CARDIOPROTECTION, NEUROLOGICAL HEALTH AND LONGEVITY†

A synergistic and exclusive combination

Resveratrol and curcumin support longevity, cardioprotection and neurological health. Recent studies have demonstrated antioxidant synergy and convergent mechanisms.†

Innovative sustained-release delivery technology

The MicroActive® technology is a patented delivery system that improves solubility, reduces particle size, improves absorption and provides sustained-release of polyphenols.

Backed by human pilot trials

In a human pilot study, peak plasma resveratrol and area under the curve (AUC) values were 250% greater with MicroActive® Resveratrol compared to an equivalent dose of 98% pure resveratrol. In a separate human trial, peak plasma curcumin levels were 4 to 60-fold greater with MicroActive® Curcumin compared to an equivalent dose of a standard 95% curcumin preparation. Superior plasma concentrations remained after a 9-hour period.

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Trans-resveratrol (from MicroActive® resveratrol sustained-release complex)	100 mg
Curcuminoids (from MicroActive® turmeric (<i>Curcuma longa</i>) extract (root) sustained-release complex)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), carnauba wax, potato starch, polyglycerol fatty acid esters, silica, medium chain triglycerides, sodium alginate

The ResCu-SR® trademark is used by Pure Encapsulations under license. MicroActive® is a registered trademark of BioActives, LLC.

Cardiometabolic Health & Metabolism



ResCu-SR®	Quantity	Order Code
	60	RCSR6

Resveratrol

SUPPORTS CARDIOVASCULAR, COGNITIVE AND CELLULAR HEALTH†

Resveratrol is a compound often associated with the health benefits of red wine, because of its antioxidant and cardioprotectant properties. It promotes cardiovascular health through its antioxidant action and its ability to promote healthy platelet function and maintain healthy arachidonic acid metabolism. Pure Encapsulations' Resveratrol is derived from one of the richest known sources, *Polygonum cuspidatum*, an herb utilized for centuries.†

1-5 capsules daily, with or between meals.

Each (size 2) vegetarian capsule contains:

Trans-resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root))	40 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Cardiometabolic Health & Metabolism



Resveratrol	Quantity	Order Code
	120	RE1
	60	RE6

Resveratrol EXTRA

COMBINES RESVERATROL WITH POLYPHENOLS FROM RED WINE AND GRAPE SEED FOR ENHANCED SUPPORT OF HEALTHY CELLULAR AND CARDIOVASCULAR FUNCTION†

Resveratrol promotes cardiovascular health, helping to maintain healthy platelet function and arachidonic acid metabolism. A recent Harvard study suggests that it may also promote overall health, metabolic function and longevity. Grape seed extract and red wine concentrate offer polyphenols, complementing the cellular and cardiovascular health benefits of this complex. One capsule of Resveratrol EXTRA contains the amount of resveratrol equivalent to an average of 66 bottles of red wine.†

1 capsule daily, with or between meals, or as directed by a health professional.

Each (size 0) vegetarian capsule contains:

Trans-resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root))	100 mg
Red wine grape (<i>Vitis vinifera</i>) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Cardiometabolic Health & Metabolism



Resveratrol EXTRA	Quantity	Order Code
	120	REE1
	60	REE6

Resveratrol VESIsorb®

Liquid-filled Vegetarian Caplique® Capsule

SLIGHTLY DIFFERENT THAN LABEL: SELF-ASSEMBLING NANO-COLLOID SYSTEM; ENHANCED ABSORPTION RESVERATROL FOR CARDIOVASCULAR, COGNITIVE AND CELLULAR HEALTH†

- In a dissolution study, resveratrol with the VESIsorb® delivery system demonstrated 100% dissolution, the ability to dissolve readily in an aqueous environment for absorption, compared to less than 1% for powder
- Research suggests resveratrol offers support for cellular function, cardiovascular and neurocognitive health, and antioxidant defenses†
- In a recent 30-day randomized double-blind crossover trial, 150 mg resVida® resveratrol supported cardiometabolic health. Resveratrol supplementation promoted AMPK, SIRT1 and PGC-1α activity, indicating support for mitochondrial function, as well as healthy blood flow, adipose tissue lipolysis, and hepatic lipid content†
- Each capsule offers 50 mg of enhanced-absorption resveratrol as the highly pure 99% trans-resveratrol resVida®

2 Caplique® Capsules daily, with or between meals.

Two (size 0) Caplique® Capsules contain:

resVida® resveratrol (as trans-resveratrol) 100 mg

Other ingredients: medium chain triglycerides, polysorbate 80, vegetarian Caplique® Capsule (cellulose, water), polyglycerol fatty acid esters, silica

Caplique® is a registered trademark used with permission.

A Pure Encapsulations® Caplique® capsule is a liquid-filled, two piece capsule sealed with a band. Contents may appear cloudy or thick and may settle or separate.

resVida® is a trademark of DSM.

VESIsorb® is a registered trademark of Source One Global Partners.

Cardiometabolic Health & Metabolism



Resveratrol VESIsorb®	Quantity	Order Code
	90	RSV9

RevitalAge™ Nerve

ADVANCED NERVE SUPPORT FORMULA†

- Patented, scientifically researched combination of acetyl-L-carnitine (ALC), alpha lipoic acid (ALA) and methylcobalamin, used under license from Juvenon®, Inc.
- Supports nerve conduction velocity, normal nerve signaling, and nerve structure in healthy individuals†
- Supports healthy nerve fiber function with a combination of methylcobalamin, pyridoxal 5' phosphate and Metafolin®, L-5-MTHF†
- Promotes nerve comfort, in part by supporting healthy receptor activity and mitochondria function†
- Includes MicroActive® sustained-release CoQ10; shown in clinical research to offer 300% greater peak plasma concentrations compared to standard CoQ10 for enhanced antioxidant and mitochondria support†

2 capsules, 2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	10 mg
Vitamin B ₁₂ (as methylcobalamin) ^Δ	250 mcg
Folate (as Metafolin®, L-5-MTHF)	417 mcg DFE (250 mcg L-5-MTHF)
Magnesium (as di-magnesium malate)	100 mg
Acetyl-L-carnitine HCl ^Δ	500 mg
Alpha lipoic acid (thioctic acid) ^Δ	200 mg
Coenzyme Q ₁₀ (from MicroActive® Q ₁₀ -cyclodextrin complex)	15 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), potato starch, ascorbyl palmitate

^ΔUnder license from Juvenon® Inc.

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

MicroActive® is a registered trademark of BioActives, LLC.

Cardiometabolic Health & Metabolism



RevitalAge™ Nerve	Quantity	Order Code
	120	RJN1

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

RevitalAge™ Ultra

ENHANCED ANTIOXIDANT AND MITOCHONDRIAL SUPPORT FORMULA FOR CELLULAR LONGEVITY[†]

RevitalAge™ Ultra is a scientifically researched combination of acetyl-L-carnitine (ALC) and alpha lipoic acid (ALA) offered with antioxidant and mitochondrial support cofactors. It promotes healthy aging through maintaining youthful gene expression, mitochondrial function, cellular energy production and antioxidant protection. Specifically, alpha lipoic acid, acetyl-L-carnitine and resveratrol support mitochondria synthesis by promoting healthy activity of the key enzyme AMP kinase (AMPK). PhytoLongevity, a polyphenol blend, supports cardiometabolic health and cognitive performance. Sustained-release CoQ₁₀ provides 24-hour mitochondrial support. Pure resVida® resveratrol and pTeroPure™ pterostilbene target cellular pathways and genes involved in the aging process.[†]

Clinically-Researched Longevity Combination[†]

- Patented combination of acetyl-L-carnitine (ALC), alpha lipoic acid (ALA) and biotin, used under license with Juvenon, Inc., combined with PhytoLongevity polyphenol blend
- Promotes healthy aging by maintaining healthy gene expression, mitochondrial number, cellular energy production and antioxidant capacity[†]
- Cardiovascular and neurocognitive benefits demonstrated by numerous studies[†]

MicroActive® Sustained-Release CoQ₁₀

- Water-soluble
- 24-hour sustained-release with low inter-subject variability
- Clinical research shows 300% greater peak plasma concentrations compared to standard CoQ₁₀

resVida®: Pure, Clinically-Researched Resveratrol

- Pure trans-resveratrol with clinically proven bioavailability
- Antioxidant that protects mitochondria from free radicals that contribute to cellular aging[†]
- Supports the expression of longevity genes in the cardiovascular system and brain associated with life span in preclinical studies[†]

pTeroPure™ Pterostilbene: Pure, methylated resveratrol

- Pure, clinically-researched pterostilbene, the methylated analog of resveratrol
- Promotes cardiometabolic health by supporting healthy PPAR-alpha receptor activity[†]
- May provide additional antioxidant support when combined with resveratrol[†]

RevitalAge™ Ultra delivers longevity benefits with sustained-release coenzyme Q₁₀, pure resveratrol and pterostilbene to offer enhanced cardiovascular, metabolic and neurocognitive support.[†]

3 capsules daily, with meals.

Three (size 00) vegetarian capsules contain:

Biotin ^A	2 mg
Acetyl-L-carnitine HCl ^A	1,000 mg
Alpha lipoic acid (thioctic acid) ^A	400 mg
resVida® resveratrol (as trans-resveratrol)	30 mg
CoQ ₁₀ sustained-release (from MicroActive® Q ₁₀ -cyclodextrin complex)	30 mg
pTeroPure™ pterostilbene	5 mg
PhytoLongevity proprietary blend providing cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit), wild blueberry (<i>Vaccinium angustifolium</i>) extract (fruit), Orléans strawberry (<i>Fragaria x ananassa</i>) extract (fruit) and spinach (<i>Spinacia oleracea</i>) extract (leaf)	200 mg

Other ingredients: vegetarian capsule (cellulose, water), potato starch, maltodextrin

^AUnder license from Juvenon® Inc.

resVida® is a trademark of DSM

pTeroPure™ is a trademark of ChromaDex, Inc.

MicroActive® is a registered trademark of BioActives, LLC.

Cardiometabolic Health & Metabolism



RevitalAge™ Ultra	Quantity	Order Code
	90	RJU9

Rhodiola Rosea

BROAD-SPECTRUM ADAPTOGEN SUPPORT FOR OCCASIONAL MENTAL AND PHYSICAL STRESS[†]

Rhodiola rosea, a Siberian plant also known as Golden root, has been used traditionally for hundreds of years to help lessen mental and physical stress and to promote endurance. Animal studies indicate that the extract also appears to maintain healthy adrenal catecholamine activity during stress and provide cardioprotection by moderating stress-induced catecholamine release in the myocardium. Furthermore, Rhodiola rosea has demonstrated the potential to support healthy glucose metabolism. Rhodiola may be contraindicated for individuals taking adrenergic-blocking and antiarrhythmic medications.[†]

1 capsule, 1-2 times daily, between meals.

Each (size 3) vegetarian capsule contains:

Rhodiola (<i>Rhodiola rosea</i>) extract (root)	100 mg
(standardized to contain 3% total rosavins and 1% salidroside)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Memory & Mood



Rhodiola Rosea	Quantity	Order Code
	180	RR1
	90	RR9

Ribose

SUPPORTS ENERGY REPLETION[†]

- Helps keep ATP levels at their peak, promoting energy repletion for intense exercise; supports both skeletal and cardiac muscle energy metabolism[†]
- May increase power during short, intense bouts of exercise[†]

1 heaping scoop, 1-2 times daily, with or between meals.

Serving size: 1 scoop (approximately 2.2 g)

Each heaping scoop (approximately 2.2 g) contains:

D-Ribose	2.2 g
Use of D-Ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 6,159,942 and 6,534,480.	

Energy & Fitness



Ribose	Quantity	Order Code
	8.8 oz (250 g)	RI2

Saccharomyces boulardii (active probiotic culture) Allergen-Free

PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA AND G.I. FUNCTION[†]

Saccharomyces boulardii is a probiotic yeast which nutritionally supports the health of the gastrointestinal tract. This yeast supports a balance of healthy gut flora.[†]

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

<i>Saccharomyces boulardii</i>	10 billion CFU
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



Saccharomyces boulardii	Quantity	Order Code
	60	SB6

See also
PureBi•Ome™ Intensive

»page 152

SAMe (S-Adenosylmethionine)

Shelf-Stable; Acid-Resistant Capsules

ENHANCED STABILITY SAM_e TO SUPPORT METHYLATION, POSITIVE MOOD, GLUTATHIONE PRODUCTION AND JOINT COMFORT[†]

SAMe (S-adenosylmethionine) is a metabolite present in all living cells. It functions as a donor of methyl groups in over 100 different reactions and contributes to the synthesis, activation and/or metabolism of hormones, neurotransmitters, nucleic acids, phospholipids and proteins. Methyl groups act as a signal throughout the body, regulating genetic expression and cellular function. SAMe also functions as a precursor molecule for glutathione and promotes polyamine synthesis to promote healthy cellular function. Clinical trials indicate that SAMe administration enhances glutathione production in hepatic tissue and red blood cells. SAMe also targets cognitive function and positive mood, as indicated in over 40 clinical studies. In a meta-analysis involving 25 controlled trials and 791 individuals, SAMe offered statistically significant support for positive mood believed to be due to its support for neurotransmitter monoamine synthesis and function, including dopamine and serotonin. It also promotes healthy protein turnover and maintains healthy phospholipid methylation to support phosphatidylcholine production and cellular membrane integrity and fluidity. Studies suggest it may enhance joint comfort and flexibility as well. In a meta-analysis involving 11 studies, SAMe offered statistically significant support for joint function. It is believed to enhance joint comfort and function by supporting proteoglycan synthesis, as well as helping to stabilize and protect the proteoglycans.[†]

1 capsule, 1-2 times daily, between meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

SAMe (S-adenosylmethionine)	200 mg
(from S-adenosyl-L-methionine disulfate tosylate)	

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), calcium oxide, ascorbyl palmitate, calcium chloride

If you are pregnant or lactating, have any health condition or are taking any medication, particularly if you have bipolar disorder or are taking antidepressant medication, consult your health professional before use.

Memory & Mood



SAMe (S-Adenosylmethionine)	Quantity	Order Code
	60	SAM6

Saw Palmetto 320

FUNDAMENTAL, TIME-TESTED SUPPORT FOR URINARY FUNCTION AND PROSTATE HEALTH[†]

Saw palmetto has been utilized for decades to support healthy prostate and urinary function. In countries like New Zealand, France, Germany, and Austria, this herb has been the gold standard for prostate support for many years. Its primary mode of action involves supporting healthy testosterone metabolism, in part by maintaining healthy 5-alpha-reductase enzyme activity and receptor binding. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, results suggest that saw palmetto provides important urologic support by promoting healthy urinary function. In a three-year German study, saw palmetto extract promoted healthy urinary function in volunteers.[†]

1 capsule, 1-2 times daily, between meals.

Each (size 6) softgel capsule contains:

Saw palmetto (<i>Serenoa repens</i>) extract (fruit) (standardized to contain 85% total fatty acids)	320 mg
<hr/>	
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Not to be taken by pregnant or lactating women.

Men's Formulas



Saw Palmetto 320	Quantity	Order Code
	240	SP32
	120	SP31



Saw Palmetto Plus

BROAD SUPPORT FOR URINARY FUNCTION AND PROSTATE HEALTH[†]

Saw palmetto has been used safely for decades to support proper prostate and urinary function. Its primary mode of action involves maintaining healthy testosterone metabolism. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, saw palmetto promoted healthy urinary flow. *Pygeum africanum* may maintain healthy prostaglandin and prolactin metabolism in the prostate. Pumpkin seed oil provides essential fatty acids and zinc, important for prostate health. Nettle root, also known as stinging nettles or *Urtica dioica*, has indicated the ability to support healthy enzyme activity and maintain healthy hormone metabolism in prostate cells. In a multicenter study examining the effect of nettle root extract in over 5,000 individuals, the extract supported prostate health in the majority of subjects.[†]

2 capsules, 1-2 times daily, between meals.

Two (size 14) softgel capsules contain:

Calories	20
Total fat	2 g
Vitamin E (as d-alpha tocopherol)	13 mg
Saw palmetto (<i>Serenoa repens</i>) extract (fruit) (standardized to contain 85% total fatty acids)	320 mg
Pumpkin (<i>Cucurbita pepo</i>) oil (seed) (fresh pressed)	640 mg
Pygeum (<i>Pygeum africanum</i>) extract (bark)	40 mg
Nettle (<i>Urtica dioica</i>) extract (root)	400 mg
<hr/>	
Other ingredients: gelatin capsule (gelatin, glycerin, purified water, carob), beeswax, sunflower lecithin	

Not to be taken by pregnant or lactating women.

Men's Formulas



Saw Palmetto Plus	Quantity	Order Code
	250	SP2
	120	SP1
	60	SP6

Selenium (citrate)

HIGHLY BIOAVAILABLE FORM; SUPPORTS ANTIOXIDANT DEFENSES, IMMUNE FUNCTION AND CELLULAR HEALTH[†]

Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain prostaglandins, which promote healthy blood flow. Selenium may also help support healthy growth and fertility, as indicated in a research study using a combination of selenomethionine and vitamin E. Selenium also provides support for the immune system.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Selenium (as selenium citrate)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals    

Selenium (citrate)	Quantity	Order Code
	180	SEC1
	60	SEC6

Selenium (selenomethionine)

SUPPORTS ANTIOXIDANT DEFENSES, IMMUNE FUNCTION AND CELLULAR HEALTH[†]

Selenomethionine serves as a storage form of selenium. It is incorporated into proteins and released as the proteins are catabolized.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Selenium (as selenomethionine)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals    

Selenium (selenomethionine)	Quantity	Order Code
	180	SE1
	60	SE6

Sereniten Plus

Formulated with Penny Kendall-Reed, N.D.[†]

MODERATES THE EFFECTS OF OCCASIONAL STRESS AND SUPPORTS RESTFUL SLEEP[†]

Lactium[®] is a unique, clinically researched bioactive casein hydrolysate containing a bioactive decapeptide (a polypeptide 10-chain amino acid alpha-1 sequence) developed to target stress-related symptoms. In one 30-day study, subjects supplemented with 150 mg Lactium[®] daily reported statistically significant support for multiple stress-related effects, including digestion, mood, relaxation, sleep, and cardiovascular and cognitive function. In studies where individuals or animals were exposed to mild stressors, supplementation helped moderate healthy heart rate and blood flow, as well as plasma cortisol. Cortisol is released by the adrenal glands during acute and chronic stress. In another study, Lactium[®] promoted the onset of sleep and healthy sleep quality. Healthy sleep quality has been associated with cognitive function and working memory. Sleep also has been tied to metabolic health, including mitochondrial function, visceral fat deposition, alterations in gut barrier function, and changes in gut microbiota. Several studies have shown L-theanine to enhance alpha wave production in the occipital and parietal regions of the brain, helping calm the sympathetic nervous system for a relaxing effect without drowsiness. L-Theanine also helps maintain healthy IgA levels, suggesting support for immune health during occasional stress. Preclinical research suggests that vitamin D plays a role in promoting healthy immune and cardiometabolic biomarkers, and may support normal cortisol production within abdominal adipocytes at the cellular level. Vitamin D may be particularly important for individuals with certain genetic variations.[†]

1 capsule daily, between meals, or as directed by a health professional.

Each (size 0) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	2.5 mcg (100 IU)
Lactium [®] casein hydrolysate containing a bioactive decapeptide (milk)	175 mg
L-Theanine	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), silica	

Lactium[®] is a registered trademark used under license.

Suntheanine[®] is a registered trademark of Taiyo International Inc.

Contains milk

Memory & Mood  

Sereniten Plus	Quantity	Order Code
	45	SRP4

[†]Dr. Kendall-Reed is a retained advisor to Pure Encapsulations.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SeroPlus

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.†

SUPPORTS SEROTONIN PRODUCTION TO PROMOTE POSITIVE MOOD, MODERATE OCCASIONAL STRESS AND MAINTAIN HEALTHY EATING BEHAVIOR†

- Promotes serotonin synthesis to support relaxation, moderate occasional stress, and maintain healthy eating behavior†
- Provides the serotonin precursor 5-HTP
- Provides inositol, which supports healthy sensitization of serotonin receptors†
- Supports healthy serotonin activity and maintains healthy reuptake with taurine†
- Enhances 5-HTP availability with niacinamide and zinc†
- Includes the cofactors magnesium, vitamin C, vitamin B₆ and Metafolin® L-5-MTHF to support serotonin production and positive mood†

2 capsules, 1-2 times daily, between meals or with low protein foods.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	100 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (L-5-MTHF 500 mcg)
Magnesium (as di-magnesium malate)	100 mg
Zinc (as zinc picolinate)	10 mg
5-Hydroxytryptophan	100 mg
Inositol (as myo-inositol)	500 mg
Taurine (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Memory & Mood



SeroPlus	Quantity	Order Code
	120	SOP1

Silymarin

STANDARDIZED MILK THISTLE EXTRACT TO SUPPORT HEALTHY LIVER FUNCTIONING†

Silymarin is a milk thistle extract that nutritionally supports liver function. This highly active botanical protects the liver from free radical damage, supports glutathione concentrations and promotes superoxide dismutase activity. Milk thistle extract also stimulates protein synthesis in hepatic cells.†

1 capsule, 1-4 times daily, between meals.

Each (size 2) vegetarian capsule contains:

Milk thistle (<i>Silybum marianum</i>) extract (seed)	250 mg
(standardized to contain 80% silymarin)	
Other ingredients: vegetarian capsule (cellulose, water)	

Liver & Detoxification



Silymarin	Quantity	Order Code
	120	SL1
	60	SL6

See also
Liver-G.I. Detox†

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Sleep Solution (single dose liquid)

CONVENIENT, SINGLE-SERVING LIQUID FORMULA TO PROVIDE SUPPORT FOR OCCASIONAL SLEEPLESSNESS†

Sleep Solution (single dose liquid) contains a unique blend of magnesium, glycine, theanine and melatonin in a convenient, single-serving liquid delivery system to offer broad-spectrum support for occasional sleeplessness. The formula targets both emotional and muscle relaxation, as well as sleep onset and quality to encourage restful sleep throughout the night. In addition, glycine and magnesium are included to support muscle relaxation and a healthy sleep cycle. In a small study involving sleep deprived volunteers, 3 g of the inhibitory neurotransmitter glycine enhanced subjective sleep quality, sleep onset time and daytime alertness. Melatonin also facilitates the onset of sleep and sleep efficiency. L-Theanine promotes relaxation and to moderates occasional stress. Research indicates that L-theanine enhances alpha wave production in the brain, an indication of relaxation. Xylitol is included in the formula for its sweetening and dental health properties, including support for salivary pH and mineral concentrations to promote microflora balance and tooth mineralization.†

1 bottle 30-60 minutes before bedtime.

Serving size: 58 ml / 1.96 fl oz (1 bottle)

Servings per container: 6

Each (58 ml/1.96 fl oz) bottle contains:

Calories	20
Total carbohydrate	2 g
Sugar alcohols	2 g
Magnesium (as magnesium citrate)	145 mg
Glycine (free-form)	3 g
Suntheanine® L-theanine	100 mg
Melatonin	2 mg
Other ingredients: purified water, xylitol, citric acid, natural raspberry, lemonade and other natural flavors, potassium sorbate, purified stevia leaf extract	

Suntheanine® is a registered trademark of Taiyo International, Inc.

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep



Sleep Solution
(single dose liquid)

Quantity

Order
Code

6 bottles
58 ml
(1.96 fl oz)

SLB6

See also

Best-Rest Formula
Melatonin

»page 41
»page 114

SP Ultimate

COMPREHENSIVE PROSTATE FORMULA; PROVIDES ENHANCED SUPPORT FOR PROSTATE FUNCTION AND PROSTATE CELLULAR HEALTH†

Saw palmetto, pygeum and beta sitosterol offer support for healthy urinary function, in part by maintaining healthy hormone metabolism and enzyme activities. A meta-analysis involving 18 randomized controlled trials and almost 3,000 men indicated that saw palmetto provided positive support for urinary health. In a related meta-analysis, pygeum demonstrated similar support. A randomized, double-blind, placebo-controlled, multicenter study with 200 male subjects revealed that beta-sitosterol also provides promising urinary function support. These actions are combined with the extensive prostate cell support potential of antioxidants, vitamins, minerals and herbs included in this formula. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health. Healthy plasma concentrations of selenium and zinc have also been associated with maintaining healthy prostate cell metabolism. Vitamin D, curcumin and green tea play key roles in prostate cell health, including support for healthy matrix metalloproteinase (MMP) activity, cell receptor function and cell signaling. Pomegranate and silymarin provide enhanced antioxidant support and promote healthy prostate cell cycle function.†

3 capsules daily, with a meal.

Three (size 00) vegetarian capsules contain:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Zinc (as zinc citrate)	15 mg
Selenium (from selenium yeast)	70 mcg
Saw palmetto (<i>Serenoa repens</i>) extract (fruit) (standardized to contain 45% total fatty acids)	640 mg
Lycopene	10 mg
Pygeum (<i>Pygeum africanum</i>) extract (bark)	100 mg
Beta-sitosterol (from soy phytosterol complex)	60 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	100 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	100 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

Contains soy

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health care practitioner before use.

Men's Formulas



SP Ultimate

Quantity

Order
Code

180 SPU21

90 SPU29

See also

Saw Palmetto Plus

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†Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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

SR-CoQ₁₀ with PQQ

24-HOUR SUSTAINED-RELEASE MICROACTIVE® COQ₁₀ WITH BIOPQQ® TO SUPPORT MITOCHONDRIAL, COGNITIVE AND CARDIOVASCULAR HEALTH†

2 capsules daily, in the morning, with a meal.

Two (size 0) vegetarian capsules contain:

Coenzyme Q ₁₀ (from MicroActive® CoQ ₁₀ cyclodextrin complex)	100 mg
BioPQQ® pyrroloquinoline quinone disodium salt	20 mg
Other ingredients: potato starch, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

BioPQQ® is a registered trademark of MGC (Japan)

MicroActive® is a registered trademark of BioActives, LLC.

Cardiometabolic Health & Metabolism



SR-CoQ ₁₀ with PQQ	Quantity	Order Code
	60	CQP6

See also
CoQ₁₀

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Strontium (citrate)

STRONTIUM PROMOTES HEALTHY OSTEOBLAST ACTIVITY WHILE MAINTAINING HEALTHY OSTEOCLAST ACTIVITY TO SUPPORT HEALTHY BONES†

The trace mineral strontium supports healthy osteoblast differentiation, osteoblast collagen formation and balanced osteoclast activity, maintaining bone tensile strength. In two separate clinical trials involving a total of more than 2,000 women, strontium supplementation supported healthy vertebrae integrity and composition. In a preliminary analysis of a three-year placebo-controlled, double-blind study of 5,091 postmenopausal women, strontium supplementation promoted healthy hip bones. Since strontium is absorbed using calcium transport mechanisms, strontium supplements should not be taken at the same time as calcium supplements or calcium containing foods. While supplementing with strontium, adequate calcium intake should be maintained.†

1 capsule, 1-3 times daily, with or between meals, away from calcium containing foods or supplements.

Each (size 00) vegetarian capsule contains:

Strontium (as strontium citrate)	227 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Strontium (citrate)	Quantity	Order Code
	180	STC1
	90	STC9

See also
Calcium
OsteoBalance†

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»page 134

SunButyrate™ -TG liquid

PureGI™ product line

UNIQUE, BUTYRATE-RICH TRIGLYCERIDE OIL THAT PROMOTES INTESTINAL HEALTH, GUT BARRIER INTEGRITY, CYTOKINE BALANCE IN THE G.I. TRACT, BOWEL MOTILITY, AND ABDOMINAL COMFORT†

Butyrate is one of the three most abundant short-chain fatty acids (SCFAs) produced by anaerobic bacterial fermentation of polysaccharides/fiber in the colon, where it serves as an energy source for epithelial cells. Butyrate plays a major role in intestinal physiology, supporting both physical and biochemical protective barrier function, bowel motility, nutrient absorption, and immune activity of intestinal cells. It also promotes the proliferation, differentiation and renewal process of the colonocytes.

Research suggests that SCFAs produced by intestinal bacteria activate key players in the regulation of energy metabolism in the gut as well as regulate healthy gene expression for mucin production, supporting tight-junction assembly, healthy mucous production, and a healthy intestinal barrier. In a four-week study comparing a standard low-fiber Western diet to a high-fiber diet with high levels of resistant starch from potato and wheat bran concentrated in the hemicellulose fiber arabinoxylan, levels of butyrate, acetate and other SCFAs significantly increased, as did epithelial mucin 2 (MUC2) and the tight junction protein occludin. SCFAs also help protect epithelial cells by modulating oxidative stress and immune mediators, including prostaglandins; cytokines such as TNF- α , IL-6, IL-10; and the transcription factor NF- κ B. Clinical trials indicate that butyrate supplementation supports intestinal function and promotes healthy cytokine balance in the G.I. tract. In a 30-day trial involving 50 subjects, 1 g butyrate promoted healthy G.I. motility and abdominal comfort, and reduced bloating in 68% of subjects. Preliminary research suggests SCFAs could also offer support for blood vessel and blood-brain barrier integrity, as well as relaxation and satiety. Animal studies suggest that SCFA supplementation may moderate corticosterone response and promote the secretion of peptide YY, to inhibit gastric emptying and intestinal transit time. As butyrate is typically produced in the colon, oral butyrate salts have poor palatability and are easily degraded by stomach acid, preventing delivery to the colon.

Novel triglyceride-form SunButyrate™ offers a light and pleasant-tasting, unique triglyceride-form sunflower-based oil designed to protect butyrate from degradation in the stomach and upper G.I. tract. G.I. models and in vitro tests reveal 6-8% breakdown in the stomach compared to 70% breakdown in other forms, while maintaining >90% breakdown in the intestine.†

1 teaspoon, 1-3 times daily, with meals.

Serving size: 1 teaspoon (5ml / 0.17 fl oz)

Servings per container: 56

Each teaspoon contains:

Calories	40
Total Fat	5 g
Saturated Fat	1 g
SunButyrate™ butyrate-triglyceride	4.5 g
Providing 875 mg butyric acid	

Other ingredients: natural blueberry and vanilla flavors, mixed tocopherols, rosemary leaf extract

SunButyrate™ is a trademark used under license.

Gastrointestinal



SunButyrate™ -TG liquid	Quantity	Order Code
	280 ml (9.5 fl oz)	BTGL

Synergy K

A UNIQUE BLEND OF VITAMINS K₁, K₂ AND D FOR HEALTHY CALCIUM UTILIZATION TO MAINTAIN HEALTHY BONES AND BLOOD VESSELS[†]

Provides a blend of vitamin K₁, vitamin K₂ (MK-4), vitamin K₂ (MK-7), and vitamin D to support healthy calcium utilization. Recent studies indicate that vitamin D potentiates the activity of MGP and that the combination of vitamin K and D provides synergistic support for blood vessel function and bone health.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 2) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin K (as vitamin K ₁)	500 mcg
Vitamin K ₂ (menaquinone-4)	1,000 mcg
Vitamin K ₂ (menaquinone-7)	45 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. This product is contraindicated with Coumadin (Warfarin). If you are taking a blood thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Synergy K	Quantity	Order Code
	120	SKD1
	60	SKD6

See also

Calcium K/D
OsteoBalance[†]

»page 47
»page 134

Systemic Enzyme Complex

Acid-Resistant Capsules

SUPPORT FOR MUSCLE, JOINT, AND TISSUE HEALTH[†]

- Moderates prostaglandin and arachidonic acid metabolism[†]
- Helps support joint comfort after exercise[†]
- Provides boswellia, maintaining healthy 5-lipoxygenase enzyme activity for tissue comfort support[†]
- Includes Serrazimes®, a serrapeptidase-comparable enzyme blend

3 capsules, 1-2 times daily, between meals.

Three (size 2) vegetarian capsules contain:

Pancreatin (from porcine) (lactose-free) (50,000 USP units protease)	176 mg
Protease 6.0 (60,000 HUT)	120 mg
Serrazimes® (protease blend) (10,000 U)	17 mg
Bromelain (from pineapple stem) (2,400 GDU/g)	120 mg
Papain (from papaya fruit) (800 TU/mg)	120 mg
Rutin	100 mg
Trypsin (from porcine) (1:150) (11,250 USP units)	75 mg
Chymotrypsin (from bovine) (2,550 USP units)	3 mg
Indian frankincense (<i>Boswellia serrata</i>) extract (gum resin) (standardized to contain 70% boswellic acids)	250 mg

Other ingredients: vegetarian capsule (cellulose, gellan gum, water), ascorbyl palmitate

Serrazimes® is a registered trademark of National Enzyme Company.

Not to be taken by pregnant or lactating women.

Energy & Fitness



Systemic Enzyme Complex	Quantity	Order Code
	180	SYC1



Taurine 500 mg

CARDIOVASCULAR AND DETOXIFICATION SUPPORT[†]

Taurine is the most abundant free amino acid in the brain, heart, and nervous system, and it plays a role in the healthy functioning of the brain, heart, gallbladder, eyes, and vascular system. It facilitates the passage of sodium, potassium, and, possibly, calcium and magnesium ions into and out of cells, and electrically stabilizes cell membranes. It maintains healthy cAMP activity, which activates important enzymes in the heart muscle, and contributes to the muscle's contractibility. Taurine is an important component of bile acids which aid in the absorption of fat-soluble vitamins. It aids the body's chemistry to support the normal detoxification process. Dietary taurine promotes the formation of taurocholate, a substance which increases cholesterol secretion in the bile and also supports fat metabolism in the liver.[†]

1 capsule, 1-4 times daily, between meals.

Each (size 1) vegetarian capsule contains:

Taurine (free-form)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



Taurine 500 mg	Quantity	Order Code
	60	TA56

Taurine 1,000 mg

1 capsule, 1-4 times daily, between meals.

Each (size 00) vegetarian capsule contains:

Taurine (free-form)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



Taurine 1,000 mg	Quantity	Order Code
	120	TA11

Teavigo®

STANDARDIZED GREEN TEA EXTRACT CONTAINING 94% EGCG; ANTIOXIDANT AND CELLULAR SUPPORT[†]

Teavigo® is a natural, caffeine-free green tea extract providing a highly purified and refined source of epigallocatechin gallate (EGCG). Over the years, numerous studies have reported that this polyphenolic compound supports optimal cellular function and provides antioxidant protection. Multiple recent studies have suggested that EGCG supports prostate, colon, lung, and bladder health. Additionally, a clinical study reported that EGCG promoted healthy cervical tissue. An in-vitro study conducted at the Mayo Clinic in Minnesota reported that EGCG helped promote blood cell health. Research has indicated that EGCG may promote cellular health through a number of pathways, including moderating hydroxyl radical formation as well as gene expression. Furthermore, EGCG may promote healthy lipid metabolism. Investigators in one study reported that the gallate moiety on the EGCG played a particularly important role in supporting healthy apolipoprotein metabolism.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 1) vegetarian capsule contains:

Green tea (<i>Camellia sinensis</i>) extract (leaf)	150 mg
(standardized to contain 94% EGCG)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Teavigo® is a trademark of DSM.

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Immune Support



Teavigo®	Quantity	Order Code
	120	TE1

See also

Calcium K/D

Green Tea extract (decaffeinated)

»page 47

»page 91



Th1 Support

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

PROMOTES HEALTHY TH1-PREDOMINANT CELLULAR IMMUNE RESPONSE[‡]

- Supports healthy activation of Th1 cells to promote innate immunity and cell-mediated immune defenses[‡]
- Th1 response is affected by stress, aging and cytokine changes resulting from metabolic, hormonal, physiological and environmental factors
- Helps maintain healthy immune biomarkers related to cell tissue health and comfort[‡]
- Helps balance cytokine production in order to promote Th1 differentiation[‡]

Th1 Support is designed to support healthy activation of Th1 cells to promote innate immunity and cell-mediated immune defenses. Support for Th1 may be indicated for enhancement of natural defenses. According to preclinical data, the formula ingredients support maturation of T cells into Th1 cells and production of IL-12 and IFN-γ, important Th1-promoting cytokines. Studies suggest that berberine positively influences immune biomarkers related to cell and tissue health. Sulforaphane from broccoli promotes various aspects of immunological homeostasis that maintain the health of mucosal cells.[‡]

2 capsules, 1-2 times daily, with or between meals, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

Zinc (as zinc picolinate)	10 mg
Berberine HCl	500 mg
Chinese skullcap (<i>Scutellaria baicalensis</i>) extract (root) (standardized to contain 30% flavonoids as baicalins, baicaleins & wogonins)	300 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain 400 mcg sulforaphane)	100 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	120 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Immune Support    

Th1 Support	Quantity	Order Code
	120	TH11

Th2 Modulator

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

HELPS MODULATE THE TH2 IMMUNE RESPONSE AND MAINTAINS TH1/TH2 BALANCE AT THE CELLULAR LEVEL[‡]

- Helps modulate Th2 cytokines, and eosinophil and mast cell activity[‡]
- Th2 response is affected by stress, aging and cytokine changes resulting from metabolic, hormonal, physiological and environmental factors
- Offers support for healthy self-tissue response[‡]
- Helps maintain healthy modulation of mucosal immune responses to environmental factors[‡]

Th2 Modulator is designed to modulate the Th2 immune response, to support healthy Th1/Th2 balance, self-tissue response and mucosal health. This product helps support healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. It also helps maintain healthy modulation of mucosal immune responses to environmental factors. Th2 modulation may be indicated when addressing immune balance in the sinus, respiratory, urinary, and intestinal tracts. Perilla maintains healthy upper respiratory cytokine levels in animal models of Th2 dominance. It also supports cytokine homeostasis of GI mucosal tissue. Perilla seed offers a more concentrated source of polyphenols, rosmarinic acid, luteolin and other beneficial compounds compared to leaf. N-acetyl-L-cysteine (NAC) offers mucolytic properties and promotes tissue levels of glutathione.[‡]

2 capsules, 1-2 times daily, between meals, or as directed by a health professional.

Two (size 00) vegetarian capsules contain:

N-Acetyl-L-cysteine	300 mg
Quercetin	250 mg
Perilla (<i>Perilla frutescens</i>) extract (seed) (standardized to contain 3% polyphenols)	150 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	160 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Immune Support    

Th2 Modulator	Quantity	Order Code
	120	TH2A1

See also

Balanced Immune
Innate Immune Support

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»page 96

*Dr. Yanuck is a retained advisor to Pure Encapsulations.

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

I-Theanine

PROMOTES RELAXATION AND HELPS TO MODERATE OCCASIONAL STRESS[†]

Green tea has been recognized for centuries as having relaxant properties. I-Theanine, a unique amino acid derived from tea, provides the characteristic taste of green tea. I-Theanine has also been discovered as the biologically active constituent of green tea responsible for promoting relaxation. In a preliminary non-clinical study, an I-theanine solution enhanced alpha wave production in the occipital and parietal regions of the brains of volunteers. These observed patterns are considered to be an index of relaxation. Furthermore, it did so rapidly and without causing drowsiness. In two additional studies, alpha waves were also shown to be detectable soon after I-theanine administration. Theanine is also useful for supporting healthy cellular function. Preliminary research suggests that I-theanine may be helpful for premenstrual support including healthy mood. Furthermore, theanine has been reported to moderate the effects of caffeine on the central nervous system. I-Theanine's safety is supported in studies and by its long history of safe consumption in tea. Pure Encapsulations' I-Theanine is Suntheanine[®], the brand which has been used in scientific studies.[†]

2 capsules, 1-3 times daily, between meals.

Two (size 2) vegetarian capsules contain:

I-Theanine	400 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

Memory & Mood



I-Theanine	Quantity	Order Code
	120	LTH1
	60	LTH6



Thyroid Support Complex[†]

COMPREHENSIVE FORMULA CONTAINING VITAMINS, MINERALS AND HERBAL EXTRACTS TO SUPPORT HEALTHY THYROID CELL METABOLISM AND THYROID HORMONE FUNCTION[†]

This comprehensive thyroid support formula contains vitamins, minerals and herbal extracts to nourish and support thyroid gland function. Healthy vitamin A, vitamin D, zinc and selenium status have been associated with maintaining healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) hormone function. Iodine and I-tyrosine are key components in the synthesis of thyroid hormones. Coleus extract contains forskolin, which has been shown to promote adenylate cyclase activity, supporting thyroid hormone metabolism. Research indicates that ashwagandha and guggul are also key factors for helping to sustain healthy thyroid function. Vitamins A and C, along with selenium, guggul and curcumin, help moderate free radicals that affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.[†]

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as vitamin A acetate)	750 mcg
Vitamin C (as ascorbic acid)	150 mg
Vitamin D (as cholecalciferol) (D ₃)	5 mcg (200 IU)
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	200 mcg
I-Tyrosine (free-form)	500 mg
Ashwagandha (<i>Withania somnifera</i>) extract (root) (standardized to contain 2.5% withanolides)	400 mg
Forskohlii (<i>Coleus forskohlii</i>) extract (root) (standardized to contain 10% forskolin)	100 mg
Guggul (<i>Commiphora mukul</i>) extract (gum resin) (standardized to contain 2.5% guggulsterones)	150 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken by pregnant or lactating women.

Energy & Fitness



Thyroid Support Complex [†]	Quantity	Order Code
	120	TS21
	60	TS26

Trace Minerals

CHELATED-MINERAL FORMULA; ESSENTIAL TRACE MINERAL BLEND TO SUPPORT METABOLISM, CELLULAR FUNCTION, AND DAILY WELLNESS†

Trace Minerals contains essential minerals to support nutrient metabolism and cellular function throughout the body. These minerals are important enzyme cofactors for numerous processes, including cellular energy production and the synthesis of hormones, neurotransmitters and DNA. This formula provides trace minerals in a balanced combination, without macrominerals, to promote optimal bioavailability.†

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Iodine (as potassium iodide)	100 mcg
Zinc (as zinc picolinate)	15 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium picolinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	100 mcg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	250 mcg
Silica (from bamboo)	10 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

TRAACS® is a registered trademark of Albion laboratories, Inc.

Multivitamins, Vitamins & Minerals



Trace Minerals	Quantity	Order Code
	60	TRM26



Tri-Alkali

SUPPORTS HEALTHY ACID-ALKALINE BALANCE IN THE BODY FOR HEALTHY BONE AND KIDNEY METABOLISM†

Acid-alkaline balance is important for maintaining a wide range of physiological functions. Diets high in animal and grain proteins contribute to the body's acid load. As recent research highlights, an alkaline environment may be especially important for healthy bones as well as healthy calcium, oxalate and uric acid metabolism. In one randomized, double-blind trial with postmenopausal women, an increase in alkali status via potassium citrate supported healthy bone composition of the neck, vertebrae and hip. Supplementation provided sustained systemic alkalization. Potassium citrate and calcium citrate supported enhanced alkali status better than either compound alone, as demonstrated in a crossover study involving postmenopausal women. This had an impact on bone resorption markers and enhanced absorbed calcium, supporting bone health. Other trials have found a positive effect of alkaline support on bone histology, bone cell function and bone mineralization. In another trial, co-administration of potassium citrate and calcium citrate maintained healthy oxalate and uric acid metabolism in postmenopausal women.†

1 scoop twice daily, with meals, or as directed by a health professional.

Serving size: 3.9 g (1 scoop)

Servings per container: 90

Each scoop (approximately 3.9 g) contains:

Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Calcium (as calcium citrate)	250 mg
Magnesium (as magnesium citrate)	150 mg
Potassium (as potassium citrate)	400 mg
Glycine (free-form)	200 mg

Other ingredients: stevia leaf extract

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Multivitamins, Vitamins & Minerals



Tri-Alkali	Quantity	Order Code
	12.4 oz (351 g)	TRI3

Tribulus Formula

HELPS MAINTAIN THE BODY'S NORMAL TESTOSTERONE LEVELS[†]

- Contains D-aspartic acid and European-sourced *Tribulus terrestris* to support testosterone balance[†]
- Maintains healthy aromatase enzyme activity with the flavonoids chrysin and hesperetin[†]

3 capsules, 1-2 times daily, between meals.

Three (size 00) vegetarian capsules contain:

Tribulus (<i>Tribulus terrestris</i>) extract (fruit) (standardized to contain 20% protodioscin)	250 mg
D-Aspartic acid	1,000 mg
Chrysin	100 mg
Hesperetin	50 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Not to be taken by pregnant or lactating women.

Men's Formulas



Tribulus Formula	Quantity	Order Code
	90	TBF9

I-Tryptophan

ENHANCES SEROTONIN SYNTHESIS TO SUPPORT EMOTIONAL WELL-BEING AND RESTFUL SLEEP[†]

The essential amino acid I-tryptophan is a serotonin precursor. Research indicates that I-tryptophan supplementation may support emotional well-being and restful sleep. In a double-blind, placebo-controlled study, I-tryptophan supported healthy emotional processing and promoted positive outlook in women. In a separate study, it supported healthy mood and lessened occasional irritability during the menstrual cycle. I-Tryptophan also supports healthy sleep quality, onset and duration. Additional research suggests that tryptophan may promote relaxation and help control occasional cravings. Vitamin B₆ provides enhanced support as an important cofactor involved in the metabolism of I-tryptophan.[†]

2 capsules, 1-3 times daily, between meals.

Two (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
TryptoPure® I-Tryptophan	1,000 mg

Other ingredients: vegetarian capsule (cellulose, water)

AJIPURE® and TRYPTOPURE™ are registered trademarks of Ajinomoto AminoScience LLC.

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Memory & Mood



I-Tryptophan	Quantity	Order Code
	180	TRY11
	90	TRY19

I-Tyrosine

SUPPORTS DOPAMINE SYNTHESIS FOR EMOTIONAL WELLNESS AND COGNITIVE FUNCTION[†]

In the body, L-phenylalanine is converted to L-tyrosine. The amino acid L-tyrosine is a precursor of catecholamine neurotransmitters, including L-dopa, dopamine, epinephrine, and norepinephrine. These neurotransmitters are responsible for supporting emotional well-being and mental function. L-Tyrosine plays a role in promoting healthy neurotransmitter function in response to environmental and emotional stress. Research has indicated its potential to further support cognitive function and memory under stressful conditions. In one study, L-tyrosine helped support mood and sleep in subjects with low dopamine levels. L-Tyrosine is also a key component in the synthesis of thyroid hormones.[†]

1 capsule, 1-4 times daily, between meals.

Each (size 00) vegetarian capsule contains:

L-Tyrosine (free-form)	500 mg
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Other ingredients: vegetarian capsule (cellulose, water)

Memory & Mood



I-Tyrosine	Quantity	Order Code
	90	LT59





PureSYNAPSE™

CONNECTING MINDS WITH SUPPLEMENTS

Mental and emotional health can depend on the availability of nutrient building blocks and cofactors, such as amino acids, essential fatty acids, vitamins and minerals for the biosynthesis of neurotransmitters. PureSYNAPSE™ was developed to incorporate these nutrients for neurotransmitter function and integrative mental health support.†

The PureSYNAPSE™ product line was developed in collaboration with James Greenblatt, MD,† nationally renowned integrative psychiatrist, to provide individualized integrative support for:

- Mood†
- Sleep Quality†
- Stress†
- Memory†
- Healthy Eating Behavior†
- Mental Alertness & Concentration†
- Healthy Thinking and Behavioral Habits†



James Greenblatt, M.D.,† integrates both medical and complementary therapies to support mental health and well-being. In addition to serving as the chief medical officer and vice president of medical services at Walden Behavioral Care in Waltham, Mass., Dr. Greenblatt is a clinical faculty member at Tufts University School of Medicine. Dr. Greenblatt also helped co-develop the PureSYNAPSE™ protocols.

Learn more at PureEncapsulations.com/puresynapse

†Dr. Greenblatt is a retained advisor to Pure Encapsulations. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

‡These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Ubiquinol-QH 50 mg

ACTIVE ANTIOXIDANT FORM OF COQ₁₀; SUPPORT FOR ENERGY METABOLISM AND CARDIOVASCULAR HEALTH[†]

Ubiquinol is the active antioxidant form of CoQ₁₀. It has an additional two hydrogen atoms and comprises the majority of the ubiquinone/ubiquinol pool in the plasma of healthy subjects. Ubiquinol may be especially important for older individuals, individuals who may be experiencing greater levels of oxidative or physical stress, or for individuals who appear not to respond to regular CoQ₁₀ supplementation (possibly due to poor conversion of CoQ₁₀ to ubiquinol in the body). Research suggests that it may be more readily absorbed than ubiquinone. In a comparison study involving healthy subjects, supplementation with 200 mg ubiquinol for 4 weeks increased plasma total CoQ₁₀ from 0.9 to 4.3 µg/mL (P < 0.001) compared to 0.9 to 2.5 µg/mL with ubiquinone. It was also noted that ubiquinol supported a healthy ratio of CoQ₁₀ to lipids. Research indicates ubiquinol supports antioxidant status, healthy ejection fraction and mitral valve function while supporting overall physical activity and quality of life. The safety and bioavailability of ubiquinol were evaluated after single oral dose and 4-week multiple dose studies. Significant gastrointestinal absorption was observed and no clinically significant adverse effects were noted.[†]

1 capsule, 1-2 times daily, with meals.

Each (size 10) softgel capsule contains:

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q₁₀) 50 mg

Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto extract in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

Cardiometa**bol**ic Health & Metabolism



Ubiquinol-QH 50 mg	Quantity	Order Code
	60	UQ56

Ubiquinol-QH 100 mg

1 capsule, 1-2 times daily, with meals.

Each (size 14) softgel capsule contains:

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q₁₀) 100 mg

Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

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The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

Cardiometa**bol**ic Health & Metabolism



Ubiquinol-QH 100 mg	Quantity	Order Code
	60	UQ16

See also
CoQ₁₀

»page 56

Ubiquinol-QH 200 mg

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 16) softgel capsule contains:

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q₁₀) 200 mg

Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

Cardiometa**bol**ic Health & Metabolism



Ubiquinol-QH 200 mg	Quantity	Order Code
	60	UQ26

Ubiquinol VESIsorb®

ACTIVE ANTIOXIDANT FORM OF COQ₁₀; SELF-ASSEMBLING COLLOIDAL SYSTEM FOR ENHANCED UBIQUINOL ABSORPTION TO SUPPORT ENERGY METABOLISM AND CARDIOVASCULAR HEALTH†

- Patented, lipid-based delivery system increases bioavailability and provides extended release of bioactives over time
- A crossover, pharmacokinetic pilot study (single oral dose) in humans compared an oil-based CoQ₁₀ preparation to CoQ₁₀ in the VESIsorb® delivery system and demonstrated a 308% increase in peak blood levels (Cmax) and a 622% increase in area under the curve (AUC(0-10 hr)), a measure of 10-hour bioavailability
- In the same study, AUC(0-10 hr) values were 285% and 499% greater with VESIsorb® CoQ₁₀ compared to two other solubilized, bio-enhanced preparations

1 softgel capsule daily, with a meal, or as directed by a health professional.

Each (size 10) softgel capsule contains:

Vitamin E (as d-alpha tocopheryl acetate)	7 mg
Kaneka Ubiquinol™ (active antioxidant form of CoQ ₁₀)	100 mg
Other ingredients: gelatin (capsule), medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin and caramel color	

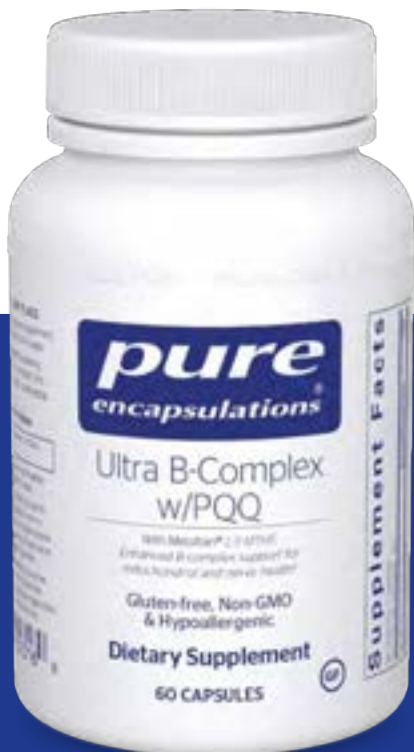
VESIsorb® is a registered trademark of Source One Global Partners.

Q+, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Cardiometabolic Health & Metabolism



Ubiquinol VESIsorb®	Quantity	Order Code
	60	UQV6



Ultra B-Complex w/PQQ

Improved Formula

Now with adenosylcobalamin

ENHANCED B-COMPLEX SUPPORT FOR MITOCHONDRIAL AND NERVE HEALTH†

Ultra B-Complex w/PQQ combines B-complex vitamins with PQQ for unique support of mitochondrial bioenergetics and function. The B-complex vitamins are essential to basal mitochondrial function as metabolic coenzymes and methyl donors. Thiamin and niacin support healthy neuron cell longevity, neuronal membrane function and impulse conduction. L-5-MTHF, methylcobalamin and vitamin B₆ support neuronal health as methylation cofactors in myelin and neurotransmitter biosynthesis. Adenosylcobalamin is the form of vitamin B₁₂ active in mitochondria, boosting mitochondrial energy (ATP) production, at least in part by supporting MCM enzyme activity, which declines with age. Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, maintains neuro-muscular junctions, and supports healthy myelination of the peripheral nervous system innervating muscle. PQQ provides novel B vitamin-like activity with advanced antioxidant properties that protect and enhance mitochondrial, neuronal, and cellular function, at least in part by activation of Nrf2 and up-regulation of antioxidant genes, and cytokine balance. Studies indicate significant support for cognitive function, including increased cerebral blood flow and oxygen metabolism. Preliminary research suggests it promotes mitochondrial biogenesis by targeting SIRT1 and PGC-1α. Alpha lipoic acid provides additional support for mitochondrial energy utilization and combined with luteolin, offers enhanced nervous system antioxidant activity. Research suggests luteolin also helps maintain healthy macrophage activity and gene expression of the nervous system.†

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Thiamin (as thiamin HCl)	125 mg
Riboflavin (vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B ₆ (as pyridoxine HCl and 7% pyridoxal 5' phosphate (activated B ₆))	96.7 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	1,000 mcg
Biotin	400 mcg
Panthenic acid (as calcium pantothenate) (B ₅)	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Luteolin	20 mg
BioPQQ® pyrroloquinoline quinone disodium salt	10 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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

BioPQQ® is a registered trademark of MGC (Japan).

Multivitamins, Vitamins & Minerals



Ultra B-Complex w/PQQ	Quantity	Order Code
	60	BPQ26

Ultra Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

Indications:

- Support for optimal wellness, energy and healthy aging[†]

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 35 mcg (1,400 IU) vitamin D₃

Special Features:

- Promotes cardiovascular health with omega-3 fatty acids, CoQ₁₀, hawthorn and ginger extracts, and polyphenols from red wine concentrate and grape seed extract[†]
- Combines 100 mg resveratrol and curcumin with alpha lipoic acid, glutathione and nutrient cofactors to promote healthy cellular function[†]
- Supports healthy liver function with milk thistle, glutathione and curcumin[†]
- Convenient, once-daily packet

Each Packet Contains:

UltraNutrient® 3 vegetarian capsules »See page 190

- Multivitamin/mineral complex with enhanced support for cardiovascular and liver health[†]

EPA/DHA essentials 1 softgel capsule »See page 77

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support[†]

Vitamin D₃ 1 vegetarian capsule »See page 196

- Support for bone, breast, prostate, cardiovascular, colon and immune health[†]

CoQ₁₀ 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ₁₀

Resveratrol EXTRA 1 vegetarian capsule »See page 170

- Contains 100 mg trans-resveratrol per capsule combined with grape seed extract and red wine polyphenols[†]

1 packet daily (7 capsules), with a meal.

Seven capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	3,750 mcg
Vitamin C (as ascorbyl palmitate)	25 mg
Vitamin D (as cholecalciferol) (D ₃)	35 mg (1,400 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	134 mg
Thiamin (as thiamin HCl) (B ₁)	50 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinate (no-flush niacin))	86 mg

Vitamin B₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B₆)) 20.9 mg

Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)

Vitamin B₁₂ (as methylcobalamin) 500 mcg

Biotin 400 mcg

Pantothenic acid (as calcium pantothenate) (B₅) 200 mg

Calcium (as calcium citrate/malate) 150 mg

Magnesium (as magnesium aspartate) 100 mg

Zinc (as zinc picolinate) 12.5 mg

Selenium (as selenomethionine) 100 mcg

Copper (as copper glycinate) 1 mg

Manganese (as manganese aspartate) 2.5 mg

Chromium (as chromium polynicotinate) 250 mcg

Molybdenum (as molybdenum aspartate) 50 mcg

Potassium (as potassium aspartate) 50 mg

Boron (as boron glycinate) 1 mg

Vanadium (as vanadium aspartate) 100 mcg

Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin) 722 mcg

Alpha lipoic acid (thioctic acid) 50 mg

Coenzyme Q₁₀ 85 mg

Hawthorn (*Crataegus spp.*) extract (flower and leaf) (standardized to contain 2% vitexins) 50 mg

Ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols) 50 mg

Milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin) 50 mg

Turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids) 100 mg

Setria® glutathione (reduced form) 25 mg

Trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root)) 100 mg

Red wine grape (*Vitis vinifera*) concentrate (whole fruit) (standardized to contain 25% total polyphenols) 50 mg

Grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols) 50 mg

Fish oil concentrate (from anchovies, sardines, mackerel) 1,000 mg

Providing:

EPA (eicosapentaenoic acid) 300 mg

DHA (docosahexaenoic acid) 200 mg

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose)

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

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Multivitamins, Vitamins & Minerals



Ultra Pure Pack	Quantity	Order Code
	30 packets	UPPB3

UltraDetox 10-Day Pure Pack

With Metafolin® L-5-MTHF

Daily Packet

COMPREHENSIVE PACKET PROVIDING CORE NUTRIENTS, BROCCOLI, TAURINE, NAC, DIM, MODIFIED CITRUS PECTIN AND CHLORELLA†

Each Packet Contains:

- O.N.E.™ Multivitamin** 1 vegetarian capsule »See page 132
- Best-selling multivitamin/mineral complex
- Liver-G.I. Detox** 2 vegetarian capsules »See page 105
- Promotes both liver and gastrointestinal detoxification†
- NAC (N-Acetyl-L-Cysteine)** 1 vegetarian capsule »See page 125
- Supports antioxidant defenses targeting tissue health and liver function†
- Taurine** 1 vegetarian capsule »See page 180
- Cardiovascular and detoxification support†
- DIMPRO® 100** 1 vegetarian capsule »See page 70
- Highly bioavailable, clinically researched DIM to support cellular health and moderate the effects of environmental estrogens†
- HM Complex** 3 vegetarian capsules »See page 94
- With PectaSol-C® modified citrus pectin and nutrients to promote the body's natural, healthy detoxification process for common, mild environmental heavy metal exposure†

Indications:

- Enhanced support for healthy detoxification†

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Promotes phase II detoxification in the liver with vitamins, broccoli, curcumin and amino acids†
- Maintains liver and tissue health with glutathione, NAC, alpha lipoic acid, silymarin and other antioxidant nutrients†
- Supports healthy hepatic fat metabolism and bile flow with artichoke and taurine†
- Supports G.I. cell health and detoxification with l-glutamine and chlorella†
- Promotes normal detoxification process for common, mild environmental heavy metal exposure†
- Moderates the effects of environmental estrogens with broccoli and its key metabolite DIM, NAC, and alpha lipoic acid†

Take 1 packet daily (9 capsules), with a meal.

Nine capsules contain:

Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg

Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg 5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	35 mg
Selenium (as selenomethionine)	170 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Sodium (from modified citrus pectin)	50 mg
Potassium (from modified citrus pectin)	70 mg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
FloraGLO® lutein	3 mg
Lycopene	500 mcg
Zeaxanthin	500 mcg
Coenzyme Q ₁₀ (as CoQ ₁₀ and as 18% from MicroActive® Q ₁₀ -cyclodextrin complex)	50 mg
Alpha lipoic acid (thioctic acid)	250 mg
N-Acetyl-L-cysteine (free-form)	1,000 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	125 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain a minimum of 1,400 mcg sulforaphane)	350 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
Artichoke (<i>Cynara scolymus</i> L.) extract (leaf) (standardized to contain 5% cynarins)	125 mg
Taurine (free-form)	1,225 mg
Glycine (free-form)	225 mg
L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	300 mg
Chlorella (<i>Chlorella spp.</i>) powder (cracked cell wall)	500 mg
PectaSol-C® modified citrus pectin	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch	

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MicroActive® is a registered trademark of BioActives, LLC.
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PectaSol-C® is a registered trademark of EcoNugenics®, Inc.
BioResponse DIM® and DIMPRO® are trademarks of BioResponse, LLC, Boulder, CO.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Multivitamins, Vitamins & Minerals



UltraDetox 10-Day Pure Pack	Quantity	Order Code
	10 packets	UDPPB1

UltraMag Magnesium

INNOVATIVE MICROENCAPSULATION TECHNOLOGY;
ENHANCED ABSORPTION MAGNESIUM FOR
CARDIOMETABOLIC, NEUROCOGNITIVE AND
MUSCULOSKELETAL HEALTH[†]

- Phospholipid bilayer microencapsulation technology protects mineral in gastrointestinal lumen, increases dissolvability, and easily crosses membranes
- Clinically studied
- Promotes muscle relaxation, as well as bone and cardiovascular health[†]

UltraMag Magnesium utilizes an innovative microencapsulation technology to enhance the absorption of magnesium. This technology creates a phospholipid bilayer around the mineral that is similar to a liposome, increasing solubility in the gastrointestinal fluids and facilitating absorption across membranes. In a comparative crossover study, magnesium in the Sucrosomial[®] matrix was compared to other forms of magnesium in human subjects. Twenty-four-hour blood and urinary magnesium measurements indicated superior absorption of Sucrosomial[®] magnesium compared to magnesium citrate, glycinate, and oxide.

1 capsule daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Magnesium (as Sucrosomial[®] magnesium) 225 mg

Other ingredients: sucrosomial magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Sucrosomial[®] is a registered trademark of Alesco S.r.l.

Multivitamins, Vitamins & Minerals



UltraMag Magnesium	Quantity	Order Code
	120	UM1

See also
Magnesium

»page 111

UltraNutrient[®]

With Metafolin[®] L-5-MTHF

BEST-SELLING MULTIVITAMIN/MINERAL COMPLEX WITH
ENHANCED SUPPORT FOR CARDIOVASCULAR AND
LIVER HEALTH[†]

Indications:

- Enhanced support for cardiovascular and liver health[†]

Vitamin/Mineral Distinctions:

- 3,750 mcg (12,500 IU) natural beta carotene with mixed carotenoids for advanced antioxidant protection[†]
- ChromeMate[®] chromium polynicotinate to promote optimal glucose utilization[†]
- Without iron

Special Features:

- **CardioHealth Complex[†]**
Supports healthy platelet function and blood flow with hawthorn and ginger. Includes coenzyme Q₁₀ and alpha lipoic acid to support healthy heart muscle function and metabolic function.[†]
- **LiverEnhance Blend[†]**
Promotes healthy detoxification and liver cell function with silymarin, curcumin and reduced glutathione.[†]

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	3,750 mcg
Vitamin C (as ascorbyl palmitate) (fat-soluble vitamin C)	21 mg
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Thiamin (as thiamin HCl) (B ₁)	50 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (vitamin B ₂))	34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinate)	86 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	20.9 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	200 mg
Calcium (as calcium citrate/malate)	150 mg
Magnesium (as magnesium aspartate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg

Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	250 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Alpha lipoic acid (thioctic acid)	50 mg
Hawthorn (<i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	50 mg
Ginger (<i>Zingiber officinale</i>) extract (root) (standardized to contain 5% gingerols)	50 mg
Coenzyme Q ₁₀	25 mg
Setria® glutathione (reduced) (free-form)	25 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
Other ingredients: vegetarian capsule (cellulose, water)	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

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

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Multivitamins, Vitamins & Minerals   

UltraNutrient®	Quantity	Order Code
	360	UVC3
	180	UVC1
	90	UVC9

UltraZin Zinc

INNOVATIVE MICROENCAPSULATION TECHNOLOGY; ENHANCED ABSORPTION ZINC FOR BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS†

- Phospholipid bilayer microencapsulation technology protects mineral in gastrointestinal lumen, increases dissolvability, and easily crosses membranes
- Promotes immune defenses, enhancing healthy immune cell proliferation, activation and function†

UltraZin Zinc utilizes an innovative microencapsulation technology to enhance the absorption and bioavailability of zinc. This technology creates a phospholipid bilayer around the mineral similar to a liposome, increasing solubility and absorbability.

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Zinc (as Sucrosomial® zinc)	30 mg
Other ingredients: sucrosomial zinc (zinc oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water)	

Sucrosomial® is a registered trademark of Alesco S.r.l.

Immune Support    

UltraZin Zinc	Quantity	Order Code
	90	UZ9

See also
Zinc

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

Uric Acid Formula

SUPPORTS HEALTHY URIC ACID METABOLISM BY PROMOTING HEALTHY LIVER ENZYME ACTIVITY, IMMUNE ACTIVITY AND ALKALIZATION[†]

Uric Acid Formula provides vitamins and herbal extracts to support healthy uric acid metabolism. Uric acid is a natural end product of purines, an integral part of the nucleic acids in DNA and RNA. In a population-based study involving almost 1,400 men from the Health Professionals Follow-up Study, vitamin C intake was associated with healthy serum uric acid metabolism. In another double-blind, placebo-controlled trial, vitamin C supplementation supported healthy glomerular filtration and maintained healthy serum uric acid excretion. The bioflavonoid quercetin has been associated with similar effects by maintaining proper xanthine oxidase and xanthine dehydrogenase activity, key liver enzymes involved in uric acid production. Potassium citrate is included to support systemic alkalization. Urinary alkalization promotes healthy uric acid metabolism. Devil's claw and the proteolytic enzyme bromelain support immune mediator activity. Cherries have been used traditionally for decades to enhance healthy uric acid metabolism. Research indicates that regular cherry consumption maintains healthy plasma urate. Additionally, anthocyanins in cherries and grape seed act as free radical scavengers. This product is not intended to replace any dietary protocols recommended by a health professional.[†]

1 capsule, 2 times daily, between meals, or as directed by a health professional.

One (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid)	125 mg
Potassium (as potassium citrate)	100 mg
Devil's claw (<i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i>) extract (root)(standardized to contain a minimum of 5% harpagosides)	100 mg
Cherry (<i>Prunus spp.</i>) extract (fruit)	162 mg
Quercetin	100 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), maltodextrin, ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles



Uric Acid Formula	Quantity	Order Code
	120	UAF1

Vascular Relax[†]

SUPPORTS HEALTHY VASCULAR RELAXATION AND CIRCULATORY FUNCTION[†]

Magnesium supports healthy cellular electrolyte function and vascular smooth muscle cells. The importance of magnesium intake was demonstrated in the 10 year follow-up of the Women's Health Study, where higher intakes of dietary magnesium were associated with maintaining healthy vascular relaxation. Both hawthorn and olive leaf have a long history of traditional use for maintaining cardiovascular health and have supported vascular function in studies. Patent pending MegaNatural[®]-BP supports healthy blood vessel relaxation in volunteers, as demonstrated in a study conducted at the University of California, Davis. MegaNatural[®]-BP grape seed is unique in that the extraction process maximizes the concentration of monomeric and oligomeric procyanidins and minimizes the concentration of polymeric procyanidins. Pomegranate, standardized to contain 40% punicosides, offers the antioxidant and vascular benefits associated with pomegranate juice. CranLoad[®] delivers a unique cranberry and grape seed blend developed as part of an extensive research program with the Institute of Nutrition and Functional Foods (INAF) and Université Laval in Quebec, Canada. In addition to possessing antioxidant activity, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. In a pilot trial involving elite athletes, CranLoad[®] provided statistically significant support for healthy flow-mediated dilation (FMD) at rest, an effect similar to arginine administration.[†]

2 capsules, 2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Magnesium (as magnesium citrate)	100 mg
Hawthorn (<i>Crataegus spp.</i>) extract (flower and leaf) (standardized to contain 2% vitexins)	250 mg
Olive (<i>Olea europea</i>) extract (leaf) (standardized to contain 15% oleuropein)	50 mg
MegaNatural [®] -BP grape (<i>Vitis vinifera</i>) extract (seed)	75 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Lycopene	7.5 mg
CranLoad [®] proprietary blend providing cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit) and grape (<i>Vitis vinifera</i>) extract (seed)	65 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

MegaNatural[®]-BP and its logo are trademarks of Constellation Wines U.S., Inc.

CranLoad[®] is a registered trademark used by Pure Encapsulations[®] under license.

Cardiometabolic Health & Metabolism



Vascular Relax [†]	Quantity	Order Code
	120	VR21

Vinpocetine 20 mg

SUPPORTS COGNITIVE FUNCTION AND CEREBROVASCULAR HEALTH[†]

Vinpocetine is an alkaloid synthesized from vincamine, a natural compound extracted from the leaves of periwinkle (*Vinca minor* L) which was first developed in Europe over 20 years ago. Vinpocetine is absorbed in the small intestine and then processed in the liver. Once in systemic circulation, vinpocetine is absorbed by tissues in the body and crosses the blood brain barrier. Studies have reported that vinpocetine may provide neuroprotection via its antioxidant properties. In a double-blind, placebo-controlled clinical trial, 84 elderly subjects were given vinpocetine or a placebo over a period of 90 days. Results indicated that those supplementing with vinpocetine experienced support for cognitive function. An additional placebo-controlled, randomized, double-blind, multicenter trial of 203 individuals also suggested that vinpocetine significantly supported cognition. Vinpocetine has the potential to support healthy memory, as indicated by a randomized, double-blind, crossover study.[†]

1 capsule, 1-3 times daily, with a meal.

Each (size 3) vegetarian capsule contains:

Vinpocetine	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Memory & Mood



Vinpocetine 20 mg	Quantity	Order Code
	120	VI1
	60	VI6



VisionPro EPA/DHA/GLA[†]

ULTRA-PURE TRIGLYCERIDE-FORM FISH OIL AND BORAGE OIL TO SUPPORT VISUAL COMFORT AND NATURAL TEAR PRODUCTION[†]

VisionPro EPA/DHA/GLA supports natural tear production, healthy tear film composition and retention of eye moisture. A cross-sectional study of 32,470 women demonstrated a significant association between omega-3 fatty acid intake and ocular surface hydration. Several randomized controlled clinical trials have indicated that fish oils provide significant support for healthy tear function and associated visual comfort scores. Specifically, EPA and DHA support the coating of fluid that covers the eyes. These omega-3 fatty acids are incorporated into the lipid layer of the eye to maintain its fluidity and viscosity. By supporting the functional properties of the lipid layer, EPA and DHA promote retention of water in the underlying aqueous layer. EPA and DHA also promote healthy prostaglandin and cytokine balance to help protect the secretory function of the lacrimal glands. In addition, VisionPro EPA/DHA/GLA provides 75 mg GLA per serving from cold-pressed borage oil. Several studies have demonstrated that GLA-rich oils provide unique support for mucin production, prostaglandin balance and healthy tear film characteristics.[†]

3 softgel capsules daily, with a meal.

Three (size 20) softgel capsules contain:

Calories	30
Total fat	3 g
Fish oil concentrate (from anchovies, sardines)	2,871 mg
Providing:	
EPA (eicosapentaenoic acid)	855 mg
DHA (docosahexaenoic acid)	645 mg
Other omega-3 fatty acids	195 mg
Borage (<i>Borago officinalis</i>) oil (seed)	450 mg
Providing:	
GLA (gamma-linolenic acid)	75 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (rosemary leaf extract, ascorbyl palmitate, natural tocopherols)	

Contains fish (anchovies, sardines)

Vision



VisionPro EPA/DHA/GLA [†]	Quantity	Order Code
	180	VPE1
	90	VPE9

See also

EPA/DHA essentials
O.N.E.™ Omega

»page 77
»page 133

VisionPro Nutrients[†]

With Metafolin[®] L-5-MTHF

COMPREHENSIVE MULTIVITAMIN/MINERAL COMPLEX FOR MAINTAINING HEALTHY VISION[†]

Can be combined with VisionPro EPA/DHA/GLA[†] to support natural tear production and tear film integrity in normally functioning eyes.[†]

Indications:

- Men and women ages 18 and over

Vitamin Distinctions:

- Clinically-researched levels of vitamin C, vitamin E, zinc and copper in highly bioavailable forms to support healthy vision and eye integrity[†]
- Contains 750 mcg (2,500 IU) of vitamin A per serving to support night vision and healthy tear production[†]
- Provides Metafolin[®] L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Convenient three capsule per-day dosing
- Helps maintain macular and retinal health with 10 mg lutein, 2 mg zeaxanthin and 1 mg lycopene per serving[†]
- Supports visual function and healthy photoreceptor activity with taurine, alpha lipoic acid and resveratrol[†]

3 capsules daily, with a meal.

Three (size 00) vegetarian capsules contain:

Vitamin A (as vitamin A acetate)	750 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	268 mg
Thiamin (as thiamin HCl) (B ₁)	5 mg
Riboflavin (as vitamin B ₂ and 40% riboflavin 5' phosphate (activated B ₂))	4.2 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	8.3 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	200 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	75 mcg
Copper (as copper glycinate)	2 mg
Manganese (as manganese citrate)	2.5 mg
Chromium (as chromium polynicotinate)	120 mcg
Molybdenum (as TRAACS [®] molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg

EyeProtect Complex[†]

Alpha lipoic acid	50 mg
Taurine	50 mg
resVida [®] resveratrol (as trans-resveratrol)	25 mg

MacularSynergy Complex[†]

FloaGLO [®] lutein	10 mg
Zeaxanthin	2 mg
Lycopene	1 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbal palmitate

resVida[®] is a trademark of DSM.

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

®FloraGLO is a registered trademark of Kemin Industries, Inc

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM.

TRAACS[®] is a registered trademark of Albion Laboratories, Inc.

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

Multivitamins, Vitamins & Minerals



VisionPro Nutrients [†]	Quantity	Order Code
	90	VPN9



Vitamin A + Carotenoids

PureGenomics® product line

VITAMIN A WITH LUTEIN, ZEAXANTHIN, AND ASTAXANTHIN TO SUPPORT CELLULAR, OCULAR AND IMMUNE FUNCTION, WITH CAROTENOIDS FOR RETINAL AND MACULAR HEALTH.†

While many individuals are able to convert provitamin A carotenoids, like beta carotene, into active vitamin A, recent research has revealed that genetic variations can limit the ease of this conversion for some. Genetic variations in the enzyme BCMO1 (β-Carotene 15,15'-monooxygenase 1) can decrease the conversion efficacy of carotenoids into retinal by up to 69%. Known as single nucleotide polymorphisms (SNPs), these common variations can be bypassed with dietary retinol (vitamin A). Since variations in the BCMO1 gene have also been associated with macular pigment density, this formula includes a blend of lutein, zeaxanthin and astaxanthin to promote macular health. Lutein and zeaxanthin are the two carotenoids found in macular pigment; as such, they act to support the integrity and density of the pigment, as well as optical lens health. Astaxanthin offers support for antioxidant defenses to protect retinal health.†

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Vitamin A (as vitamin A acetate)	1,500 mcg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
AstaReal® Astaxanthin	500 mcg

(from *Haematococcus pluvialis* algae extract)

Other ingredients: red beet root powder, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

AstaReal® is a registered trademark of Fuji Chemical Industries Co., Ltd.

Vitamin A at levels above 3,000 mcg (10,000 IU) can lead to serious adverse side effects, including birth defects.

Immune Support



Vitamin A + Carotenoids	Quantity	Order Code
	90	VA59

Vitamin A 3,000 mcg (10,000 IU)

VITAMIN A FROM COD LIVER OIL AND PALMITATE TO SUPPORT CELLULAR HEALTH, IMMUNE FUNCTION, AND HEALTHY VISION†

1 capsule daily, with a meal.

Each (size 3) softgel capsule contains:

Vitamin A (from Norwegian cod liver oil and vitamin A palmitate)	3,000 mcg
--	-----------

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural tocopherols and rosemary leaf antioxidant blend

Contains fish (cod)

Not to be taken by pregnant or lactating women. Vitamin A at levels above 3,000 mcg (10,000 IU) can lead to serious adverse side effects, including birth defects. This product is not recommended for women who may become pregnant.

Immune Support



Vitamin A 3,000 mcg (10,000 IU)	Quantity	Order Code
	120	VAC1

Vitamin C chewables

NEW

CONVENIENT VITAMIN C CHEWABLE TABLET FOR HEALTHY IMMUNE FUNCTION AND ANTIOXIDANT SUPPORT†

Vitamin C offers a wide range of support for the human body, acting as one of the most potent dietary antioxidants and providing nutritional support to all physiological functions. Vitamin C may provide protection from reactive oxygen species released as part of a normal immune response. It maintains healthy mast cell function and supports lymphocyte formation. It also supports the body's defense system by enhancing white blood cell function and activity, and promoting interferon levels, antibody responses, and secretion of thymic hormones.†

1 tablet, 1-2 times daily

Each chewable tablet contains:

Calories	5
Total Carbohydrate	2 g
Sugar Alcohol	2 g
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, ascorbyl palmitate)	525 mg
Calcium (as calcium ascorbate)	35 mg
Sodium (as sodium ascorbate)	20 mg

Other ingredients: mannitol, xylitol, sunflower lecithin, natural orange and strawberry flavors with other natural flavors, hydroxypropyl cellulose

Immune Support



Vitamin C chewables	Quantity	Order Code
	60	VCC6

Vitamin D₃ 10 mcg (400 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Research indicates that it also promotes cellular health, including support for breast and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity, and maintaining healthy cell metabolism. A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested. Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Vitamin D also supports cardiovascular function in some individuals.

1-5 capsules daily. Consume with food.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 10 mcg (400 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 10 mcg (400 IU)	Quantity	Order Code
	120	VD1

Vitamin D₃ 25 mcg (1,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

1-5 capsules daily. Consume with food.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 25 mcg (1,000 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 25 mcg (1,000 IU)	Quantity	Order Code
	250	VD12
	120	VD11
	60	VD16

Vitamin D₃ 125 mcg (5,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 125 mcg (5,000 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 125 mcg (5,000 IU)	Quantity	Order Code
	250	VD52
	120	VD51
	60	VD56

Vitamin D₃ 250 mcg (10,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

1 capsule daily for up to five days per week, with a meal, or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D₃) 250 mcg (10,000 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

For short-term or intermittent use only. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 250 mcg (10,000 IU)	Quantity	Order Code
	120	VD101
	60	VD106

Vitamin D₃ (Vegan) liquid

LICHEN-DERIVED, VEGAN VITAMIN D₃ TO SUPPORT MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR, AND IMMUNE HEALTH[†]

Pure Encapsulations' Vitamin D₃ (Vegan) liquid is derived from naturally occurring, sustainably harvested lichen. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D₃ cholecalciferol with the same molecular structure and conformation as cholecalciferol derived from lanolin or fish. It is the only plant-derived source of vitamin D₃ that has been accepted by the UK Vegan Society.

5 drops (0.1 ml) daily, with a meal, or as directed by a health professional.

Serving size: 0.1 ml (five drops)

Servings per container: 100

Five drops (0.1 ml) contain:

Vitamin D (as cholecalciferol from lichen) (D₃) 25 mcg (1,000 IU)

Other ingredients: medium chain triglycerides, natural alpha tocopherol

Made with Vitashine

CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per serving.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ (Vegan) liquid	Quantity	Order Code
	10 ml (0.3 fl oz)	VD3VL

Vitamin D₃ liquid

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR, AND IMMUNE HEALTH IN AN EASY-TO-USE LIQUID FORM[†]

- Offered with child-proof cap for improved safety
- Drop-dispensing delivery system; allows for more reliable dosing and ease of use
- Free of preservatives, as well as artificial colors, flavors and sugars

Pure Encapsulations Vitamin D₃ liquid provides 25 mcg (1,000 IU) per drop. For individuals with greater short-term needs, this product allows for achieving 625-1,250 mcg (25,000-50,000 IU) vitamin D₃ per week without having to take multiple capsules. For the elderly, Vitamin D₃ liquid is an easy-to-use form. Vitamin D₃ is offered in a base of medium-chain triglycerides to support absorption.[†]

1-7 drops daily, with a meal, or as directed by your health professional.

Serving size: 1 drop (approximately 0.03 ml)

Servings per container: approximately 750

One drop contains:

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

Other ingredients: medium chain triglycerides

CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. This product is not intended for infants. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU) per day. This product provides 25 mcg (1,000 IU) per drop.

It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ liquid	Quantity	Order Code
	22.5 ml (0.75 fl oz)	VDL

Vitamin D₃ VESIsorb[®]

Liquid-filled Caplique[®] Capsule

SELF-ASSEMBLING COLLOIDAL SYSTEM FOR ENHANCED VITAMIN D₃ ABSORPTION; PROMOTES MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

VESIsorb[®] delivery system offers enhanced-absorption of lipid soluble bioactives by promoting their dissolution in an aqueous environment

1-2 Caplique[®] Capsules daily. Consume with food.

Each (size 0) Caplique[®] Capsule contains:

Vitamin D (as cholecalciferol) (D₃) 50 mcg (2,000 IU)

Other ingredients: medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, vegetarian Caplique[®] Capsule (cellulose, water), silica

Caplique[®] is a registered trademark used with permission.

VESIsorb[®] is a registered trademark of Source One Global Partners.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ VESIsorb [®]	Quantity	Order Code
	60	VDV6

Vitamin E (with mixed tocopherols)

SUPPORTS ANTIOXIDANT PROTECTION AND OPTIMAL CELLULAR FUNCTION[†]

Vitamin E is a powerful chain-breaking antioxidant and free radical scavenger, helping to protect the integrity of the body's cellular membranes. Vitamin E plays a beneficial role in the cellular respiration of muscles, especially cardiac and skeletal muscles. It also supports healthy blood vessel function. In addition, vitamin E plays a role in nucleic acid and protein metabolism, mitochondrial function, and hormone production.[†]

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 10) softgel capsule contains:

Vitamin E (as natural d-alpha tocopherol)	260 mg
Other tocopherols	67 mg
Other ingredients: rapeseed oil, gelatin capsule (gelatin, glycerin, water), sunflower oil	

Multivitamins, Vitamins & Minerals



Vitamin E (with mixed tocopherols)	Quantity	Order Code
	180	DE1
	90	DE9



WheyBasics

HIGHLY PURIFIED, COLD-PRESSED, UNDENATURED WHEY PROTEIN PROVIDING 21 GRAMS OF PROTEIN PER SERVING

WheyBasics provides 21 grams of highly purified, cold-processed, undenatured whey protein per serving in a great-tasting, naturally flavored formula. Whey protein naturally contains high levels of branched chain amino acids, as well as immunoglobulins and lactoferrin to support nutritional health and immune system function.[†]

Features include:

- 21 g protein per serving
- 4.75 g branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing

Nutritional considerations include:

- Supports immune function with protein, lactoferrin and immunoglobulins[†]
- Supports sports nutrition with protein and branched chain amino acids for healthy muscle function and muscle recovery[†]
- Encourages overall daily wellness with high quality protein nutrition[†]

Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Serving size: 26.4 g (1 scoop)

Servings per container: 18

Each scoop (approximately 26.4 g) contains:

Calories	90
Total carbohydrate	1 g
Total sugars	<1 g
Protein	21 g
Sodium	45 mg

Other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract

Contains milk

Energy & Fitness



WheyBasics	Quantity	Order Code
	16.8 oz (475.2 g)	WBV4

Women's Nutrients

With Metafolin® L-5-MTHF

PureWoman™ product line

MULTIVITAMIN/MINERAL COMPLEX FOR WOMEN OVER 40

Indications:

- Women over 40

Vitamin/Mineral Distinctions:

- 200 mg calcium as calcium citrate (highest of all our multivitamins), vitamin D₃ and vitamin K₁ for healthy bones[†]
- 1,000 mcg biotin for healthy hair, skin and nails[†]

Special Features:

BreastHealth Plus[†]

- Supports breast cell health with HMRLignan™, calcium-D-glucarate, green tea and Curcumin C3 Complex®. HMRLignan™ also provides support for hot flashes.[†]

Cardio Polyphenol Complex[†]

- Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.[†]

MacularSynergy Complex[†]

- Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.[†]

Urinary Health Support[†]

- Combines the time-tested support of cranberry with vitamin C to maintain healthy urinary tract ecology.[†]

StressCalm Blend[†]

- Helps moderate occasional stress with the adaptogenic properties of Rhodiola rosea and the calming properties of lemon balm.[†]

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D ₃)	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	1 mg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	200 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Manganese (as manganese citrate)	1 mg

Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	50 mg
MacularSynergy Complex[†]	
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
BreastHealth Plus[†]	
HMRLignan™ (containing 7-hydroxymatairesinol (from Norway spruce knot wood))	5 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Calcium-D-glucarate	25 mg
Cardio Polyphenol Complex[†]	
Red wine (<i>Vitis vinifera</i>) concentrate (whole grape) (standardized to contain 25% total polyphenols)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
StressCalm Blend[†]	
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

HMRLignan™ is a trademark of Linnea Inc.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Women's Formulas   

Women's Nutrients	Quantity	Order Code
	360	WN3
	180	WN1

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Women's Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

PureWoman™ product line

Indications:

- Supports bone, cardiovascular, macular, breast and emotional health[†]
- For women over 40

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 500 mg calcium and 37.5 mcg (1,500 IU) vitamin D₃ to support healthy bone[†]

Special Features:

- Maintains healthy cardiovascular function with omega-3 fatty acids, CoQ₁₀, and polyphenols from açai, cranberry, pomegranate, red wine concentrate and grape seed extract[†]
- Supports breast cell health with HMRLignan™, calcium-d-glucarate, green tea and curcumin[†]
- Helps moderate occasional stress with the adaptogenic properties of rhodiola and lemon balm[†]
- Enhances the integrity of the macula and retina with lutein, zeaxanthin and nutrient cofactors[†]
- Convenient, once-daily packet

Each Packet Contains:

Women's Nutrients 3 vegetarian capsules »See page 199

- Multivitamin/mineral complex for women over 40

EPA/DHA essentials 1 softgel capsule »See page 77

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support[†]

Vitamin D₃ 1 vegetarian capsule »See page 196

- Supports musculoskeletal, cardiovascular, neurocognitive, cellular, and immune health[†]

CoQ₁₀ 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ₁₀

Calcium (citrate) 2 vegetarian capsules »See page 47

- Highly absorbable calcium; supports cardiovascular, bone and colon health[†]

Açai 600 1 vegetarian capsule »See page 26

- Açai berry extract combined with a fruit blend to support healthy cellular function[†]

Take 1 packet daily (9 capsules), with a meal.

Nine capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D ₃)	37.5 mg (1,500 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	1,000 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	500 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Coenzyme Q ₁₀	60 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Red wine grape (<i>Vitis vinifera</i>) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
Cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	60 mg
Assai palm (Açai) (<i>Euterpe oleracea</i>) extract (whole fruit)	600 mg
Blueberry (<i>Vaccinium angustifolium</i>) extract (fruit)	15 mg

HMRlignin™ (7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Calcium-D-glucarate	25 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

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ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

HMRlignin™ is a trademark of Linnea Inc.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Curcumin C3 Complex is a registered trademark and patented product of Sabinsa Corporation.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Kaneka Q10® is a trademark of Kaneka Corporation.

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Contains fish (anchovies, sardines, mackerel)

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Women's Formulas



Women's Pure Pack	Quantity	Order Code
	30 packets	WPPB3



*Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

XanthiTrim

Liquid-filled Caplique® Capsule

PureLean® product line

SUPPORTS HEALTHY FAT METABOLISM AND METABOLIC RATE FOR HEALTHY WEIGHT MANAGEMENT^{††}

XanthiTrim supports healthy weight management[†] when combined with a healthy diet and exercise. XanthiTrim contains 300 mg of Xanthigen® per serving, a synergistic combination of fucoxanthin from brown seaweed and pomegranate seed oil. In a 16-week, randomized study, Xanthigen® supported healthy weight management[†] and fat metabolism in volunteers. This was attributed in part to its ability to encourage resting energy expenditure and thermogenesis, the body's natural ability to dissipate caloric energy as heat from the mitochondria of adipose tissue. This results in oxidation and utilization of fats rather than fat storage. In this study, Xanthigen® also maintained healthy liver fat metabolism and function, and healthy lipid metabolism. Subjects were on a moderately calorie-restricted diet. GreenSelect® Phytosome is a proprietary, caffeine-free extract from green tea, that is 1 part GreenSelect® green tea to 2 parts phosphatidylcholine. This allows for greater absorption of epigallocatechin gallate, or EGCG, one of the primary components known to support healthy metabolism. Green tea has demonstrated the ability to promote resting energy expenditure and thermogenesis in a number of clinical studies. A 90-day study involving GreenSelect® Phytosome revealed its ability to support healthy weight management[†] and body composition in subjects following a calorie-restricted diet.[†]

1 Caplique® Capsule, 2 times daily, with meals and 8 oz water.

Each (size 0) Caplique® Capsule contains:

Xanthigen® proprietary blend	300 mg
Providing:	
Wakame seaweed (<i>Undaria pinnatifida</i>) and pomegranate seed oil (providing 1,275 mcg fucoxanthin)	
GreenSelect® phytosome	150 mg
Providing:	
Green tea (<i>Camellia sinensis</i>) extract (leaf) and soy lecithin phospholipids (standardized to contain 13% epigallocatechin gallate (EGCG))	
Other ingredients: vegetarian Caplique® Capsule (cellulose, water), medium chain triglycerides	

Xanthigen® is a registered trademark licensed exclusively to PoliNat. International patents pending.

GreenSelect® Phytosome is a registered trademark of Indena.

Caplique® is a registered trademark used with permission.

Contains soy

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Cardiometabolic Health & Metabolism



XanthiTrim	Quantity	Order Code
	60	XT6

Zinc (citrate)

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS[†]

Zinc plays an important role in supporting the body's natural defense system, as well as nutrient utilization. It is a constituent of over two dozen enzymes involved in digestion and metabolism, including carbonic anhydrase, which is vital to tissue respiration. Zinc is essential for the healthy storage and metabolism of carbohydrates, as well as the absorption and function of B vitamins. Zinc plays a fundamental role in collagen formation and healthy tissue development. This mineral contributes to healthy prostatic function, and is essential for normal fetal and reproductive development.[†]

1 capsule daily, with a meal or as directed by a health professional.

Each (size 3) vegetarian capsule contains:

Zinc (as zinc citrate)	30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



Zinc (citrate)	Quantity	Order Code
	180	ZC1
	60	ZC6

Zinc 15

1 capsule, 1-2 times daily, with a meal.

Each (size 3) vegetarian capsule contains:

Zinc (as zinc picolinate)	15 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Immune Support



Zinc 15	Quantity	Order Code
	180	Z11
	60	Z16

Zinc 30

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Zinc (as zinc picolinate) 30 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



Zinc 30	Quantity	Order Code
	180	Z31
	60	Z36

Zinc chewables NEW

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS[†]

Zinc plays an important role in immune function, including support for the body's natural defense system. It is a cofactor in over 300 enzymes and many biological processes, including DNA and protein synthesis, regulation of gene expression, neurotransmitter synthesis, and nutrient utilization.[†]

1 tablet, 1-3 times daily

Each chewable tablet contains:

Zinc (as zinc citrate) 10 mg

Other ingredients: xylitol, mannitol, natural orange flavor with other natural flavors, hydroxypropyl cellulose, ascorbyl palmitate, citric acid

Immune Support



Zinc chewables	Quantity	Order Code
	100	ZNC1

Zinc liquid 15 mg

Adults, take 4 ml (4 full droppers) daily, with a meal. Children ages 4 and up, take 2 ml (2 full droppers) daily, with a meal.

Serving size: 4 ml (0.14 fl oz) (4 full droppers)

Servings per container: 30

Four ml (0.14 fl oz) (4 full droppers) contain:

Zinc (as zinc gluconate) 15 mg

Other ingredients: purified water, apple juice concentrate, cranberry juice concentrate, purified stevia leaf extract, potassium sorbate, citric acid

Immune Support



Zinc liquid 15 mg	Quantity	Order Code
	120 ml (4 fl oz)	Z15L

See also

UltraZin Zinc

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INGREDIENTS LISTING

Açai berry

Açai 600
Pomegranate Plus
Women's Pure Pack

Acerola (*Malpighia glabra*)

Acerola/Flavonoid

Acetyl-L-carnitine

Acetyl-L-Carnitine
Cognitive Aminos
Memory Pro
Mitochondria-ATP
MotilPro
RevitalAge™ Nerve
RevitalAge™ Ultra

Adrenal (whole adrenal and adrenal cortex)

Adrenal
ADR Formula

I-Alanine

Amino-NR
Amino Replete

Aloe vera extract

Daily Immune
DGL Plus
G.I. Fortify
G.I. Fortify (capsules)
G.I. Integrity
Immune Support Liquid

Alpha-galactosidase

Digestive Enzymes Ultra
Digestive Enzymes Ultra w/Betaine HCl

Alpha ketoglutarate

Athletic Nutrients
Athletic Pure Pack
Electrolyte/Energy formula (powder)

Alpha lipoic acid (thioctic acid)

Alpha Lipoic Acid
Alpha Lipoic Acid with GlucoPhenol
Amino-NR
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
DIM Detox
Disc-Flex
GlucoFunction
Glucose Support Formula
HM Complex
Liver-G.I. Detox'
Longevity Nutrients
LVR Formula
Men's Nutrients
Men's Pure Pack
Metabolic Xtra
Mitochondria-ATP
NeuroMood Pure Pack
Niacinamide
Polyphenol Nutrients
PureCell
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
O.N.E.™ Multivitamin
RevitalAge™ Nerve
RevitalAge™ Ultra
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Amylase

A.I. Enzymes
Digestion GB
Digestive Enzymes Ultra
Digestive Enzymes Ultra w/Betaine HCl
Heartburn Essentials
Pancreatic Enzyme Formula
Pancreatic VegEnzymes

Apple pectin

PureLean® Protein
PureLean® Fiber

Apple polyphenols

Aller-Essentials

Arabinogalactan

Arabinogalactan
Daily Immune
EpilIntegrity powder
Immune Support Liquid

Arginine alpha ketoglutarate

Nitric Oxide Support

Arginine HCl

Amino-NR
Amino Replete
L-Arginine
Growth Hormone Support

Artichoke (*Cynara scolymus*)

Detox Pure Pack
Heartburn Essentials
Lipotropic Detox
Liver-G.I. Detox'
LVR Formula
UltraDetox 10-Day Pure Pack

Ashwagandha

Ashwagandha
CarbCrave Complex
Cortisol Calm
Daily Stress Formula
Energy Xtra
MenoVive
Phyto-ADR
PureCell
Thyroid Support Complex

d-Aspartic acid

Tribulus Formula

Astaxanthin

Astaxanthin
Vitamin A + Carotenoids

Astragalus membranaceus

Daily Immune
EpilIntegrity powder
Phyto-ADR
PureCell

Bacopa monnieri

Bacopa monnieri
Daily Stress Formula
Memory Pro

Bamboo (source of silica)

Cal/Mag w/Cofactors powder
Hair/Skin/Nails Ultra
Ligament Restore
OsteoBalance
Trace Minerals

BCAA (branched-chain amino acids)

BCAA capsules/powder

Benfotiamine

BenfoMax
MethylAssist
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin

Berberine HCl

CholestePure Plus II
Metabolic Xtra

Berberine sulfate

A.C. Formula II

Bergamot

CholestePure Plus II

Beta carotene/mixed carotenoids

AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack

Beta Carotene
Detox Pure Pack
Energize Plus™ Pure Pack
Immune Support Liquid
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Macular Support Formula
Men's Nutrients
Men's Pure Pack
Multi t/d
NeuroMood Pure Pack
Nutrient 950
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureNutrients Gummy
O.N.E.™ Multivitamin
UltraNutrient
Ultra Pure Pack
Women's Nutrients
Women's Pure Pack

Beta-glucanase

Digestive Enzymes Ultra
Digestive Enzymes Ultra w/Betaine HCl

Beta-hydroxybutyrate

KetoBrain Energy

Beta-sitosterol

Beta-sitosterol
CholestePure
SP Ultimate

Betaine HCl

Betaine HCl Pepsin
Digestive Enzymes Ultra w/Betaine HCl

Bifidobacterium bifidum

Probiotic 123
Probiotic-5
Probiotic-50B
Probiotic G.I.
PureBi'Ome™ G.I.
PureBi'Ome™ Intensive
PureProbiotic

Bifidobacterium breve

PureProbiotic

Bifidobacterium lactis

Probiotic 123
Probiotic-5
Probiotic 50B
Probiotic G.I.
Probiotic IMM
PureBi'Ome™ G.I.
PureBi'Ome™ Intensive
PureProbiotic

Bifidobacterium longum

ProbioMood
Probiotic-5
Probiotic 50B
Probiotic IMM

Bilberry (*Vaccinium myrtillus*)

Bilberry
Macular Support Formula

Biotin

Athletic Nutrients
Athletic Pure Pack
Biotin 8 mg
B-Complex Plus
B₆ Complex
Detox Pure Pack
Energize Plus™ Pure Pack
GlucoFunction
GlutenAssure Multivitamin
Hair/Skin/Nails Ultra
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients

Men's Pure Pack
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PurePals
PurePals (with iron)
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PureResponse™ Multivitamin
PureResponse™ UltraMultivitamin
RevitalAge™
RevitalAge™ Ultra
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Bitter melon

GlucoFunction

Black cohosh (*Cimicifuga racemosa*)

Black Cohosh 2.5
PhytoBalance II

Black currant seed oil

Black Currant Seed Oil

Black pepper

Curcumin 500 with BioPerine®

Blueberry (*Vaccinium angustifolium*)

Açai 600
CogniMag
CurcumaSorb Mind
Iron liquid
Multivitamin EasySticks®
Polyphenol Nutrients
Poly-Prebiotic powder
Pomegranate Plus
PS Plus
RevitalAge™ Ultra
Women's Pure Pack

Borage oil

Borage Oil
EFA Essentials
VisionPro EPA/DHA/GLA

Boron

Athletic Nutrients
Athletic Pure Pack
Boron
+Cal+™ with Ipriflavone
Cal/Mag w/Cofactors powder
Detox Pure Pack
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
OsteoBalance
Polyphenol Nutrients
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PurePals
PurePals with Iron
PureLean® Nutrients
PureLean® Pure Pack
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients

INGREDIENTS LISTING (cont.)

Women's Nutrients Women's Pure Pack	Calcium (MCHA) Calcium (MCHA) Calcium (MCHA) with Magnesium	Chondroitin sulfate (bovine) Glucosamine+Chondroitin with Manganese capsules Glucosamine+Chondroitin with MSM Glucosamine HCl + Chondroitin	PureCell PureGenomics® UltraMultivitamin PureLean® Pure Pack Q-Gel® 100 RENUAL RevitalAge™ Ultra RevitalAge™ Nerve SR-CoQ10 with PQQ Ubiquinol-QH UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack Women's Pure Pack
Boswellia Boswellia AKBA Boswellia Disc-Flex GlutenAssure Multivitamin Joint Complex (single dose) Joint Mediator Phyto UltraComfort† Phyto-4 Systemic Enzyme Complex	Calcium (undecylenate) A.C. Formula II	Chromium (polynicotinate) Athletic Nutrients Athletic Pure Pack ChromeMate® GTF Detox Pure Pack Energize Plus™ Pure Pack GlucoFunction Glucose Support Formula Junior Nutrients LiquiNutrients Longevity Nutrients Men's Nutrients Men's Pure Pack Metabolic Xtra Mineral 650 Multi t/d NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics™ Multivitamin PureGenomics™ UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureLean® Protein Super CitriMax Plus UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients Women's Nutrients Women's Pure Pack	Coleus forskohlii Thyroid Support Complex
Broccoli Detox Pure Pack DIM Detox Liver-G.I. Detox† Nrf2 Detox UltraDetox 10-Day Pure Pack	Caprylic Acid A.C. Formula II Caprylic Acid	Chromium (picolinate) CarbCrave Complex Chromium (picolinate) GlutenAssure Multivitamin PurePals PurePals (with iron) Trace Minerals	Collagen Collagen JS Disc-Flex Hair/Skin/Nails Ultra Joint Complex (single dose) Ligament Restore
Bromelain A.C. Formula II A.I. Enzymes A.I. Formula Bromelain 2400 Joint Optimizer Systemic Enzyme Complex Uric Acid Formula	I-Carnitine I-Carnitine I-Carnitine fumarate CoQ10 I-Carnitine fumarate Energize Plus™ Pure Pack	Chrysin Tribulus Formula	Colostrum (bovine) Colostrum 40% IgG
Butyrate SunButyrate™-TG liquid	I-Carnosine Athletic Nutrients Athletic Pure Pack I-Carnosine Disc-Flex PureLean® Nutrients PureLean® Pure Pack	Chymotrypsin Systemic Enzyme Complex	Conjugated linoleic acid CLA (Conjugated Linoleic Acid)
Calcium (ascorbate) Buffered Ascorbic Acid capsules/ powder Essential-C® & flavonoids OptiFerin-C PureDefense w/NAC PurePals PurePals (with iron) PureLean® Protein	Cat's Claw Cat's Claw	Chyrosin Tribulus Formula	Copper +Ca+® with Ipriflavone Athletic Nutrients Athletic Pure Pack Copper (citrate) Copper (glycinate) Detox Pure Pack EyeProtect Basics GlutenAssure Multivitamin Hair/Skin/Nails Ultra Mineral 650 Nutrient 950 OsteoBalance Polyphenol Nutrients PreNatal Nutrients PureGenomics™ UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PurePals PurePals (with iron) Trace Minerals UltraNutrient VisionPro Nutrients
Calcium (citrate) Athletic Nutrients Athletic Pure Pack Calcium (citrate) Calcium Magnesium (citrate) Cal/Mag w/Cofactors powder Cal/Mag/D liquid Electrolyte/Energy formula LiquiNutrients Men's Nutrients Men's Pure Pack Mineral 650 Multivitamin EasySticks® Muscle Cramp/Tension Formula Nutrient 950 Polyphenol Nutrients PreNatal Nutrients PurePals PurePals (with iron) PureLean® Nutrients PureLean® Pure Pack Tri-Alkali Women's Nutrients Women's Pure Pack	CBD Hemp CBD VESIsorb®	Cinnamon (Cinnamomum cassia) Cinnamon WS GlucoFunction PureLean® Nutrients PureLean® Pure Pack	Cranberry Açai 600 Alpha Lipoic Acid with GlucoPhenol Cranberry/d-Mannose Cranberry NS Iron liquid Nitric Oxide Ultra Poly-Prebiotic powder Pomegranate Plus PureLean® Pure Pack RevitalAge™ Ultra Vascular Relax BP Women's Nutrients Women's Pure Pack Zinc liquid
Calcium (citrate/malate) Calcium (citrate/malate) Calcium with Vitamin D3 Calcium Magnesium (citrate/malate) +Ca+® with Ipriflavone Detox Pure Pack OsteoBalance UltraNutrient Ultra Pure Pack	Cellulase Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl Heartburn Essentials	Citricoline CogniPhos Longevity Nutrients	Creatine Athletic Nutrients Athletic Pure Pack Creatine powder Mitochondria-ATP
Calcium (malate) Calcium K/D Cal/Mag (malate) 2:1 GlutenAssure Multivitamin Junior Nutrients ProSoothe II OsteoBalance PureGenomics® UltraMultivitamin	Cellulose PureLean® Fiber	Citruline Nitric Oxide Support Nitric Oxide Ultra	Deglycyrrhizinated licorice (DGL) DGL Plus EpilIntegrity powder G.I. Fortify Heartburn Essentials
Calcium (glycinate) PureLean® Protein	Chamomile Best-Rest Formula Daily Stress Formula Muscle Cramp/Tension Formula	Citrus bioflavonoids Daily Immune PurePals PurePals (with iron)	Devil's Claw Disc-Flex Ligament Restore Phyto UltraComfort† Uric Acid Formula
	Cherry extract Multivitamin EasySticks® Uric Acid Formula	Cod liver oil Vitamin A	
	Chia seed PureLean® Protein	Coenzyme Q10 Athletic Nutrients Athletic Pure Pack CoQ10 CoQ10 I-Carnitine fumarate Detox Pure Pack Energize Plus™ Pure Pack Hair/Skin/Nails Ultra Longevity Nutrients Men's Pure Pack NeuroMood Pure Pack O.N.E.™ Multivitamin Polyphenol Nutrients PureGenomics™ B-Complex PureGenomics™ Multivitamin PureGenomics™ UltraMultivitamin PurePals PurePals (with iron) PureLean® Nutrients PureLean® Pure Pack PureNutrients Gummy PureResponse™ Multivitamin Women's Nutrients Women's Pure Pack	
	Chlorella Detox Pure Pack G.I. Fortify (capsules) HM Complex Liver-G.I. Detox† UltraDetox 10-Day Pure Pack		
	Choline Athletic Nutrients Athletic Pure Pack GlutenAssure Multivitamin Junior Nutrients Lipotropic Detox Longevity Nutrients Men's Nutrients Men's Pure Pack Multivitamin EasySticks® NeuroMood Pure Pack O.N.E.™ Multivitamin Polyphenol Nutrients PureGenomics™ B-Complex PureGenomics™ Multivitamin PureGenomics™ UltraMultivitamin PurePals PurePals (with iron) PureLean® Nutrients PureLean® Pure Pack PureNutrients Gummy PureResponse™ Multivitamin Women's Nutrients Women's Pure Pack		

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

INGREDIENTS LISTING (cont.)

DHA (docosahexaenoic acid)

Athletic Pure Pack
 Detox Pure Pack
 DHA Ultimate
 EFA Essentials
 Energize Plus™ Pure Pack
 EPA/DHA-CoQ10 liquid
 EPA/DHA essentials
 EPA/DHA with lemon
 EPA/DHA liquid
 EPA Ultimate
 Krill-plex
 Men's Pure Pack
 NeuroMood Pure Pack
 O.N.E.™ Omega
 PureLean® Pure Pack
 PureNutrients EPA/DHA Gummy
 Ultra Pure Pack
 VisionPro EPA/DHA/GLA
 Women's Pure Pack

DHEA (dehydroepiandrosterone)

DHEA

Diindolylmethane

DIM Detox
 DIMPRO® 100
 PureGenomics® UltraMultivitamin
 UltraDetox 10-Day Pure Pack

DNF-10

PureLean® Protein

Dolichos biflorus

AdipoLean II

Dong quai (Angelica sinensis)

PhytoBalance II

Elderberry

Daily Immune
 Immune Support Liquid
 PureDefense w/NAC

Eleuthero (Eleutherococcus senticosus)

ADR Formula
 Daily Immune
 Daily Stress Formula
 Energy Xtra
 Glucose Support Formula
 Phyto-ADR
 PureResponse™ Multivitamin

EPA (eicosapentaenoic acid)

Athletic Pure Pack
 Detox Pure Pack
 DHA Ultimate
 EFA Essentials
 Energize Plus™ Pure Pack
 EPA/DHA-CoQ10 liquid
 EPA/DHA essentials
 EPA/DHA with lemon
 EPA/DHA liquid
 EPA Ultimate
 Krill-plex
 Men's Pure Pack
 NeuroMood Pure Pack
 O.N.E. Omega
 PureLean® Pure Pack
 PureNutrients EPA/DHA Gummy
 Ultra Pure Pack
 VisionPro EPA/DHA/GLA
 Women's Pure Pack

Evening primrose oil

E.P.O.

Flax seed

G.I. Fortify
 G.I. Fortify (capsules)

Flower pollen extract

ProstaFlo

Folate

Athletic Nutrients
 Athletic Pure Pack
 B-Complex Plus

B₆ Complex

B₁₂ Folate
 Detox Pure Pack
 DopaPlus
 Energize Plus™ Pure Pack
 Folic Acid
 Folate 400
 Folate 1,000
 Folate 5,000
 Folate 5,000 Plus
 GlutenAssure Multivitamin
 Hair/Skin/Nails Ultra
 Homocysteine Factors
 Junior Nutrients
 Lipotropic Detox
 Longevity Nutrients
 Men's Nutrients
 Men's Pure Pack
 MethylAssist
 Multi t/d
 Multivitamin EasySticks®
 NeuroMood Pure Pack
 Nutrient 950
 NeuroPure
 O.N.E.™ Multivitamin
 PreNatal Nutrients
 Polyphenol Nutrients
 PureGenomics™ B-Complex
 PureGenomics™ Multivitamin
 PureGenomics® UltraMultivitamin
 PureMelt B₁₂ Folate
 PureNutrients Gummy
 PurePals
 PurePals (with iron)
 PureLean® Nutrients
 PureLean® Pure Pack
 PureLean® Protein
 RevitalAge™ Nerve
 PureResponse™ Multivitamin
 SeroPlus
 Ultra B-Complex w/PQQ
 UltraDetox 10-Day Pure Pack
 UltraNutrient
 Ultra Pure Pack
 VisionPro Nutrients
 Women's Nutrients
 Women's Pure Pack

Fucoxanthin

XanthiTrim

GABA

Best-Rest Formula
 Emotional Wellness
 GABA
 Pure Tranquility liquid

Gamma oryzanol

Heartburn Essentials
 G.I. Integrity

Garcinia cambogia

Super CitriMax Plus

Garlic

Garlic Complex

Ginger (Zingiber officinale)

A.I. Formula
 Detox Pure Pack
 Ginger extract
 Glucosamine/MSM w/ joint comfort
 herbs
 MotilPro
 Phyto-4
 UltraNutrient
 Ultra Pure Pack

Ginkgo biloba

Ginkgo 50 160 mg
 Memory Pro

Glucoamylase

Digestive Enzymes Ultra
 Digestive Enzymes Ultra w/Betaine HCl

Glucomanan

PureLean® Fiber

Glucose

Electrolyte/Energy formula

Glucosamine HCl (shellfish-free)

Glucosamine HCl
 Glucosamine HCl + Chondroitin

Glucosamine HCl

Disc-Flex
 Glucosamine+Chondroitin
 with Manganese capsules
 Glucosamine+Chondroitin with MSM
 Glucosamine Complex capsules

Glucosamine sulfate

Glucosamine Complex capsules
 Glucosamine Sulfate
 Glucosamine/MSM w/ joint comfort
 herbs
 Joint Mediator
 Ligament Restore

I-Glutamine

Amino-NR
 Amino Replete
 Athletic Pure Pack
 Detox Pure Pack
 EpiIntegrity powder
 PureGenomics™ B-Complex
 G.I. Fortify (capsules)
 G.I. Integrity
 I-Glutamine capsules/powder
 Joint Mediator
 Liver-G.I. Detox[†]
 PureBfOme™ G.I.
 UltraDetox 10-Day Pure Pack

Glutathione

Detox Pure Pack
 Liposomal Glutathione
 Macular Support Formula
 Nrf2 Detox
 Reduced Glutathione
 UltraNutrient
 Ultra Pure Pack

Glycine

Amino-NR
 Amino Replete
 Detox Pure Pack
 DIM Detox
 Glycine
 Liver-G.I. Detox[†]
 NAC + Glycine Powder
 Pure Tranquility liquid
 Sleep Solution (single dose liquid)
 Tri-Alkali
 UltraDetox 10-Day Pure Pack

GOS

Poly-Prebiotic powder

Grape extract (Vitis vinifera)

Athletic Nutrients
 Athletic Pure Pack
 CurcumaSorb Mind

Grape pip (seed) extract (Vitis vinifera)

Disc-Flex
 DopaPlus
 Grape Pip
 Hair/Skin/Nails Ultra
 Longevity Nutrients
 Macular Support Formula
 MenoVive
 Men's Nutrients
 Men's Pure Pack
 Mitochondria-ATP
 Nitric Oxide Ultra
 Polyphenol Nutrients
 Resveratrol EXTRA
 Uric Acid Formula
 Ultra Pure Pack
 Vascular Relax BP
 Women's Nutrients
 Women's Pure Pack

Grapefruit Seed extract

A.C. Formula II
 Grapefruit Seed extract

Green tea

Athletic Nutrients
 Athletic Pure Pack
 CurcumaSorb Mind
 DopaPlus
 Green Tea extract
 Men's Nutrients
 Men's Pure Pack
 Polyphenol Nutrients
 PureCell
 PureLean® Nutrients
 PureLean® Pure Pack
 SP Ultimate
 Teavigo
 Women's Nutrients
 Women's Pure Pack
 XanthiTrim

Guar gum

PureLean® Fiber

Guggul

Thyroid Support Complex

Gymnema sylvestris

GlucoFunction
 Glucose Support Formula
 Super CitriMax Plus

Hawthorn (Crataegus oxyacantha)

Detox Pure Pack
 Hawthorn extract
 UltraNutrient
 Ultra Pure Pack
 Vascular Relax BP

I-Histidine

Amino-NR
 Amino Replete
 Essential Aminos

Hemicellulase

Digestive Enzymes Ultra
 Digestive Enzymes Ultra w/Betaine HCl

Hemp

Hemp CBD VESIsorb®

Hespertin

Tribulus Formula

Hesperidin (hesperidin methyl chalcone)

Aller-Essentials
 Immune Support Liquid

HMRlignan™

DIM Detox
 MenoVive
 Women's Nutrients
 Women's Pure Pack

Hops

Best-Rest Formula
 MenoVive
 Phyto-4

Hyaluronic acid

Hyaluronic Acid
 Joint Complex (single dose)

5-Hydroxytryptophan

5-HTP
 CarbCrave Complex
 Emotional Wellness
 MotilPro
 NeuroMood Pure Pack
 NeuroPure
 SeroPlus

Indole-3-Carbinol

Indole-3-Carbinol

Inositol

Athletic Nutrients
 Athletic Pure Pack

INGREDIENTS LISTING (cont.)

GlutenAssure Multivitamin Inositol powder Junior Nutrients Lipotropic Detox Longevity Nutrients Men's Nutrients Men's Pure Pack Multivitamin EasySticks® NeuroMood Pure Pack O.N.E.™ Multivitamin Polyphenol Nutrients PureGenomics™ Multivitamin PureGenomics™ UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack SeroPlus Women's Nutrients Women's Pure Pack	7-Keto® (7-oxo-dehydroepiandrosterone-3β-acetate) 7-KETO DHEA	Junior Nutrients LiquiNutrients Longevity Nutrients Lutein 20 mg Lutein/Zeaxanthin Macular Support Formula Men's Nutrients Men's Pure Pack Multi t/d NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics™ Multivitamin PureGenomics™ UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureResponse™ Multivitamin UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients Women's Nutrients Women's Pure Pack Vitamin A + Carotenoids	Magnesium (citrate) Athletic Nutrients Calcium (MCHA) with Magnesium Calcium Magnesium (citrate) Cal/Mag w/Cofactors powder Cal/Mag/D liquid Daily Stress Formula Electrolyte/Energy formula GlucoFunction LiquiNutrients Magnesium Powder Men's Nutrients Men's Pure Pack Mineral 650 Muscle Cramp/Tension Formula Nutrient 950 Polyphenol Nutrients Potassium Magnesium (citrate) PreNatal Nutrients PureLean® Fiber PureLean® Nutrients PureLean® Pure Pack Sleep Solution (single dose liquid) Tri-Alkali Vascular Relax BP Women's Nutrients Women's Pure Pack
Inositol hexaphosphate IP ₆	Konjac root PureLean® Fiber	Lactase Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl Gluten/Dairy Digest	Magnesium (citrate/malate) Calcium Magnesium (citrate/malate) Magnesium (citrate/malate) Mitochondria-ATP
Invertase Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl	Krill oil Krill-plex	Lactobacillus acidophilus Lactobacillus Acidophilus Probiotic-5 Probiotic 50B Probiotic 123 Probiotic G.I. Probiotic IMM PureBiOme™ G.I. PureBiOme™ Intensive PureProbiotic	Magnesium (glycinate) Magnesium (glycinate) Magnesium (glycinate) liquid Muscle Cramp/Tension Formula PureLean® Protein PureLean® Pure Pack
Iodine Athletic Nutrients Athletic Pure Pack Energize Plus™ Pure Pack GlutenAssure Multivitamin Iodine (potassium iodide) Iodine and Tyrosine Junior Nutrients LiquiNutrients Longevity Nutrients Men's Nutrients Men's Pure Pack Mineral 650 Multi t/d Multivitamin EasySticks® NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics™ B-Complex PureGenomics™ Multivitamin PureGenomics™ UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureLean® Protein PureNutrients Gummy PurePals PurePals (with iron) Trace Minerals Thyroid Support Complex VisionPro Nutrients Women's Nutrients Women's Pure Pack	Lactobacillus casei Probiotic G.I. Probiotic IMM	Lactobacillus gasseri Probiotic 50B	Magnesium (malate) Cal/Mag (malate) 2:1 GlutenAssure Multivitamin Junior Nutrients Multivitamin EasySticks™ OsteoBalance ProSoothe II PureResponse™ Multivitamin RevitalAge™ Nerve SeroPlus
	Lactobacillus helveticus ProbioMood	Lactobacillus plantarum Probiotic 50B Probiotic IMM PureProbiotic	Magnesium (as Sucrosomial® magnesium) PureGenomics™ UltraMultivitamin UltraMag Magnesium
	Lactobacillus rhamnosus Probiotic-5 Probiotic 50B PureProbiotic PureGG 25B	Lactobacillus salivarius Probiotic G.I.	Magnesium-l-Threonate CogniMag
	Lemon balm Best-Rest Formula Daily Immune Daily Stress Formula Immune Support Liquid Memory Pro Muscle Cramp/Tension Formula Women's Nutrients Women's Pure Pack	L-Leucine Amino-NR Amino Replete BCAA capsules/powder Essential Aminos	Magnolia officinalis CarbCrave Complex Cortisol Calm ProSoothe II Relora
Ipriflavone +CAL+™ with Ipriflavone	Licorice ADR Formula PhytoBalance II	Lipase A.I. Enzymes Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl Digestion GB Heartburn Essentials Pancreatic Enzyme Formula Pancreatic VegEnzymes	Maitake mushroom Daily Immune Glucose Support Formula M/R/S Mushroom Formula
Iron (aspartate) Iron-C	Lithium Lithium (orotate) PureGenomics™ UltraMultivitamin	Lutein AntiOxidant Formula Athletic Nutrients Athletic Pure Pack Beta Carotene Energize Plus™ Pure Pack GlutenAssure Multivitamin	Maltodextrin Electrolyte/Energy formula
Iron (glycinate) Iron-C Mineral 650 Nutrient 950 OptiFerin-C PreNatal Nutrients PurePals (with iron)			Manganese +Cal+™ with Ipriflavone Athletic Nutrients Athletic Pure Pack Detox Pure Pack Energize Plus™ Pure Pack Glucosamine Complex capsules Glucosamine+Chondroitin with Manganese capsules GlutenAssure Multivitamin Hair/Skin/Nails Ultra Junior Nutrients LiquiNutrients Longevity Nutrients Manganese (aspartate/citrate)
Iron (naturally occurring) PureLean® Protein			
Iron (pyrophosphate) Iron liquid			
I-Isoleucine Amino-NR Amino Replete BCAA capsules/powder Essential Aminos			

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

INGREDIENTS LISTING (cont.)

Men's Nutrients	PurePals	Niacinamide	Phellodendron amurense
Men's Pure Pack	PurePals (with iron)	NeuroMood Pure Pack	CarbCrave Complex
Mineral 650	PureResponse [®] Multivitamin	Nutrient 950	CarbSoothe II
NeuroMood Pure Pack	Trace Minerals	O.N.E. [™] Multivitamin	Relora
Nutrient 950	UltraDetox 10-Day Pure Pack	Polyphenol Nutrients	
O.N.E. [™] Multivitamin	UltraNutrient	PreNatal Nutrients	DL-Phenylalanine
OsteoBalance	Ultra Pure Pack	PureGenomics [®] B-Complex	Amino Replete
Polyphenol Nutrients	VisionPro Nutrients	PureGenomics [®] Multivitamin	CarbCrave Complex
PreNatal Nutrients		PureGenomics [®] UltraMultivitamin	Cognitive Aminos
PureGenomics [®] Multivitamin	Motherwort (Leonurus cardiaca)	PureNutrients Gummy	DL-Phenylalanine
PureGenomics [®] UltraMultivitamin	PhytoBalance II	PureLean [®] Nutrients	NeuroMood Pure Pack
PureLean [®] Nutrients		PureLean [®] Pure Pack	NeuroPure
PureLean [®] Pure Pack	Mucuna puriens	PureLean [®] Protein	Phyto UltraComfort [†]
PurePals	DopaPlus	PurePals	
PurePals (with iron)		PurePals (with iron)	I-Phenylalanine
Trace Minerals	Myo-inositol	PureResponse [®] Multivitamin	Amino-NR
UltraDetox 10-Day Pure Pack	Inositol powder	SeroPlus	Essential Aminos
UltraNutrient		Ultra B-Complex w/PQQ	Phosphatidylcholine
Ultra Pure Pack	N-Acetyl-d-Glucosamine	UltraDetox 10-Day Pure Pack	
VisionPro Nutrients	G.I. Integrity	UltraNutrient	Phosphatidylserine
Women's Nutrients	Glucosamine Complex capsules	Ultra Pure Pack	Memory Pro
Women's Pure Pack		VisionPro Nutrients	PS 100 (phosphatidylserine)
	N-Acetyl-L-Cysteine (NAC)	Women's Nutrients	PS Plus
d-Mannose	AntiOxidant Formula	Women's Pure Pack	
Cranberry/d-Mannose	Athletic Nutrients		Phytase
d-Mannose	Athletic Pure Pack		Digestive Enzymes Ultra
	Detox Pure Pack		Digestive Enzymes Ultra w/Betaine HCl
Marshmallow root (Althaea officinalis)	DIM Detox	No-flush niacin (inositol hexaniacinate/inositol nicotinate)	
DGL Plus	HM Complex	B-Complex Plus	
G.I. Fortify	Lithium (orotate)	Be Complex	
Heartburn Essentials	Liver-G.I. Detox [†]	Detox Pure Pack	
	LVR Formula	Niacitol	
Melatonin	Macular Support Formula	Nutrient 950	
Best-Rest Formula	Mitochondria-ATP	Ultra B-Complex w/PQQ	
Melatonin	NAC	UltraNutrient	
Melatonin liquid	NAC + Glycine Powder	Ultra Pure Pack	
Melatonin-SR	Nutrient 950 with NAC		
Sleep Solution (single dose liquid)	Polyphenol Nutrients		
	PureCell	Oligonol[®]	
I-Methionine	PureDefense w/NAC	AdipoLean II	
Amino-NR	PureGenomics [®] UltraMultivitamin		
Amino Replete	UltraDetox 10-Day Pure Pack	Olive leaf (Olea europaea)	
Detox Pure Pack		Olive Leaf extract	
DIM Detox		Vascular Relax BP	
Essential Aminos	Naringin		
I-Methionine	Acerola/Flavonoid	Olive fruit (Olea europaea)	
HM Complex		Polyphenol Nutrients	
Liver-G.I. Detox [†]	Nattokinase		
Lipotropic Detox	NSK-SD	Ornithine	
UltraDetox 10-Day Pure Pack		Growth Hormone Support	
	Nettle root		
Methylsulfonylmethane (MSM)	Men's Pure Pack	Ox bile	
Glucosamine+Chondroitin with MSM	Saw Palmetto Plus	Digestion GB	
Glucosamine/MSM w/ joint comfort herbs			
Joint Complex (single dose)	Niacin	PABA	
MSM capsules/powder	Athletic Nutrients	Hair/Skin/Nails Ultra	
	Athletic Pure Pack		
Milk thistle (Silybum marianum)	Energize Plus [™] Pure Pack	Panax ginseng	
AntiOxidant Formula	GlutenAssure Multivitamin	ADR Formula	
Detox Pure Pack	Longevity Nutrients	Glucose Support Formula	
Digestion GB	Men's Nutrients	Panax Ginseng	
DIM Detox	Men's Pure Pack	Phyto-ADR	
Lipotropic Detox	Multi t/d	PureCell	
Liver-G.I. Detox [†]	Polyphenol Nutrients		
LVR Formula	PureLean [®] Nutrients	Pancreatin	
Silymarin	PureLean [®] Pure Pack	Pancreatic Enzyme Formula	
SP Ultimate	PurePals	Systemic Enzyme Complex	
UltraDetox 10-Day Pure Pack	PurePals (with iron)		
UltraNutrient	Women's Nutrients	Pantethine	
Ultra Pure Pack	Women's Pure Pack	Pantethine	
Modified citrus pectin	Niacinamide	Papain	
HM Complex	Athletic Nutrients	A.I. Enzymes	
UltraDetox 10-Day Pure Pack	Athletic Pure Pack	Systemic Enzyme Complex	
	B-Complex liquid	Passion flower	
Molybdenum	B-Complex Plus	Best-Rest Formula	
Detox Pure Pack	Be Complex	Emotional Wellness	
Junior Nutrients	Daily Stress Formula	Muscle Cramp/Tension Formula	
Longevity Nutrients	Detox Pure Pack		
Mineral 650	Energize Plus [™] Pure Pack	Pea Protein	
NeuroMood Pure Pack	GlutenAssure Multivitamin	PureLean [®] Protein	
Nutrient 950	Hair/Skin/Nails Ultra		
O.N.E. [™] Multivitamin	Junior Nutrients	Perilla	
Polyphenol Nutrients	LiquiNutrients	EpilIntegrity powder	
PreNatal Nutrients	Longevity Nutrients	Perilla extract	
PureGenomics [®] Multivitamin	Men's Nutrients	TH2 Modulator	
PureGenomics [®] UltraMultivitamin	Men's Pure Pack		
	Mitochondria-ATP	Pepsin	
	Multi t/d	Betaine HCl Pepsin	
	Multivitamin EasySticks [®]		

INGREDIENTS LISTING (cont.)

Potassium

PureLean® Protein

Potassium phosphate

Athletic Nutrients
Athletic Pure Pack
Electrolyte/Energy formula

Prebiotics

PureLean® Fiber
Poly-Prebiotic powder
Arabinogalactan

Pregnenolone

Pregnenolone

I-Proline

Amino-NR
Ligament Restore

Protease

A.I. Enzymes
Digestion GB
Digestive Enzymes Ultra
Digestive Enzymes Ultra w/Betaine HCl
GlutenAssure Multivitamin
Gluten/Dairy Digest
Pancreatic Enzyme Formula
Pancreatic VegEnzymes
Systemic Enzyme Complex

Prune powder

PureLean® Fiber

Psyllium (Plantago ovata)

G.I. Fortify
G.I. Fortify (capsules)

Pterostilbene

PureLean® Nutrients
PureLean® Pure Pack
RevitalAge™ Ultra

Pumpkin (Cucurbita pepo) seed oil

Men's Pure Pack
Saw Palmetto Plus

Pygeum africanum

Men's Nutrients
Men's Pure Pack
Saw Palmetto Plus
SP Ultimate

Pyroloquinoline quinone disodium salt

SR-CoQ₁₀ with PQQ
Ultra B-Complex w/PQQ

Quercetin

Acerola/Flavonoid
A.I. Formula
Aller-Essentials
Daily Immune
Essential-C & flavonoids
NeuroMood Pure Pack
NeuroPure
Polyphenol Nutrients
PureDefense w/NAC
Quercetin
Uric Acid Formula

R-lipoic acid

R-Lipoic acid (stabilized)

Raspberry (Rubus idaeus)

Açai 600
Women's Pure Pack

Red wine concentrate

Men's Nutrients
Men's Pure Pack
Resveratrol EXTRA
Ultra Pure Pack
Women's Nutrients
Women's Pure Pack

Reishi mushroom

M/R/S Mushroom Formula
PureResponse™ Multivitamin

Relora

CarbCrave Complex
ProSoothe II
Relora

Resveratrol

Memory Pro
MenoVive
Metabolic Xtra
Mitochondria-ATP
Nrf2 Detox
RENUAL
RevitalAge™ Ultra
ResCu-SR®
Resveratrol
Resveratrol EXTRA
Resveratrol VESIsorb
Ultra Pure Pack
VisionPro Nutrients

Rhodiola Rosea

CarbCrave Complex
Cortisol Calm
Daily Stress Formula
DopaPlus
Emotional Wellness
Energy Xtra
MenoVive
Phyto-ADR
ProSoothe II
Rhodiola Rosea
Women's Nutrients
Women's Pure Pack

d-Ribose

Ribose

Rice protein concentrate

PureLean® Protein

Rutin

A.I. Enzymes
Essential-C & flavonoids
Systemic Enzyme Complex

Saccharomyces boulardii

PureBiOme™ Intensive
Saccharomyces boulardii

Saccharomyces cerevisiae dried fermentate

Aller-Essentials
PureDefense w/NAC

SAME

SAME

Saw palmetto (Serenoa repens)

Men's Nutrients
Men's Pure Pack
Saw Palmetto 320
Saw Palmetto Plus
SP Ultimate

Selenium (amino acid chelate)

PurePals
PurePals (with iron)

Selenium (citrate)

Selenium (citrate)

Selenium (selenomethionine)

AntiFatigue Complex
AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
HM Complex
Junior Nutrients
Longevity Nutrients
Multi t/d
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients

PureCell

PureGenomics® Multivitamin
PureGenomics™ UltraMultivitamin
PureLean® Nutrients
PureLean® Protein
PureLean® Pure Pack
PureResponse™ Multivitamin
Selenium (selenomethionine)
Thyroid Support Complex
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Selenium (yeast-based)

Men's Nutrients
Men's Pure Pack
Longevity Nutrients
SP Ultimate

I-Serine

Amino-NR
Amino Replete

Serrapeptidase

Systemic Enzyme Complex

Shiitake mushroom

M/R/S Mushroom Formula

Silica

Cal/Mag w/Cofactors powder
Hair/Skin/Nails Ultra
Ligament Restore
OsteoBalance
Trace Minerals

Slippery elm (Ulmus fulva)

DGL Plus
G.I. Fortify
Heartburn Essentials

Sodium chloride

Electrolyte/Energy formula

Spinach

CogniMag
PS Plus
RevitalAge™ Ultra

Strawberry

Alpha Lipoic Acid with GlucoPhenol
B-Complex liquid
CogniMag
PS Plus
PureLean® Pure Pack
RevitalAge™ Ultra

Strontium (citrate)

Strontium (citrate)

Streptococcus thermophilus

Probiotic G.I.

Superfruit blend

Athletic Nutrients
Athletic Pure Pack
Amino-NR
Cognitive Aminos
Detox Pure Pack
Digestion GB
DIM Detox
Lipotropic Detox
Liver-G.I. Detox¹
NeuroMood Pure Pack
PureLean® Nutrients
PureLean® Protein
PureLean® Pure Pack
SeroPlus
Taurine
UltraDetox 10-Day Pure Pack
VisionPro Nutrients

I-Theanine

Best-Rest Formula
Cortisol Calm

Emotional Wellness

I-Theanine
Pure Tranquility liquid
Sleep Solution (single dose liquid)

I-Threonine

Amino-NR
Amino Replete
Essential Aminos

Tinospora cordifolia extract

Aller-Essentials

Tolerase® prolyl endopeptidase

GlutenAssure Multivitamin

Tribulus terrestris

Tribulus Formula

Trimethylglycine (anhydrous betaine)

Lipotropic Detox
Homocysteine Factors

Triphala

G.I. Fortify

Trypsin

Systemic Enzyme Complex

Turkey Tails Mushroom

Coriolus extract

Turmeric (Curcuma longa)

A.I. Formula
CurcumaSorb
CurcumaSorb Mind
Curcumin
Curcumin 500 with BioPerine®
Detox Pure Pack
Digestion GB
Glucosamine/MSM w/ joint comfort herbs
Heartburn Essentials
Joint Complex (single dose)
Joint Mediator
Ligament Restore
Lipotropic Detox
Liver-G.I. Detox¹
Longevity Nutrients
LVR Formula
Memory Pro
NeuroMood Pure Pack
NeuroPure
Phyto UltraComfort¹
Phyto-4
PureCell
ResCu-SR®
SP Ultimate
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
Women's Nutrients
Women's Pure Pack

I-Tyrosine

Amino-NR
Amino Replete
Cognitive Aminos
Daily Stress Formula
DopaPlus
Electrolyte/Energy formula (powder)
Emotional Wellness
Iodine and Tyrosine
Thyroid Support Complex
I-Tyrosine

I-Tryptophan

Amino Replete
Cognitive Aminos
Essential Aminos
I-Tryptophan

Ubiquinol

Mitochondria-ATP
Ubiquinol-QH
Ubiquinol VESIsorb

INGREDIENTS LISTING (cont.)

Urolithin A

RENUAL

I-Valine

Amino-NR
Amino Replete
BCAA capsules/powder
Essential Aminos
Best-Rest Formula

Valerian

Best-Rest Formula

Vanadium (amino acid chelate)

PurePals
PurePals (with iron)

Vanadium (aspartate)

Detox Pure Pack
Mineral 650
Nutrient 950
Polyphenol Nutrients
UltraNutrient
Ultra Pure Pack

Vanadium (BGOV)

Athletic Nutrients
Athletic Pure Pack
GlucoFunction
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
PureLean® Nutrients
PureLean® Pure Pack
Trace Minerals
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vinpocetine

Memory Pro
Vinpocetine

Vitamin A

GlutenAssure Multivitamin
Junior Nutrients
Longevity Nutrients
Multivitamin EasySticks®
NeuroMood Pure Pack
O.N.E.™ Multivitamin
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Protein
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
VisionPro Nutrients
Vitamin A 3,000 mcg
Vitamin A + Carotenoids

Vitamin B1 (thiamin)

Athletic Nutrients
Athletic Pure Pack
B-Complex liquid
B-Complex Plus
B₆ Complex
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin

PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PurePals
PurePals (with iron)
PureReponse™ Multivitamin
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin B2 (riboflavin)

AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
B-Complex Plus
B₆ Complex
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Junior Nutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Protein
PureLean® Pure Pack
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin B2 (riboflavin 5' phosphate) (activated B2)

Athletic Nutrients
Athletic Pure Pack
B-Complex liquid
B-Complex Plus
B₆ Complex
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureResponse™ Multivitamin
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack

VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin B5 (pantothenic acid) (calcium pantothenate)

ADR Formula
Athletic Nutrients
Athletic Pure Pack
B-Complex liquid
B-Complex Plus
B₆ Complex
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Pantothenic Acid
Phyto-ADR
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin B6 (pyridoxal 5' phosphate) (activated B6)

Amino-NR
Amino Replete
Athletic Nutrients
Athletic Pure Pack
Best-Rest Formula
B-Complex Plus
B₆ Complex
CarbCrave Complex
Daily Stress Formula
Detox Pure Pack
DopaPlus
Emotional Wellness
Energize Plus™ Pure Pack
Folate 5,000 Plus
GlutenAssure Multivitamin
Homocysteine Factors
Junior Nutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
MethylAssist
MotilPro
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
NeuroPure
Nutrient 950
O.N.E.™ Multivitamin
P₅P 50
Polyphenol Nutrients
ProSoothe II
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureResponse™ Multivitamin
RevitalAge™ Nerve

SeroPlus
L-Tryptophan
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin B6 (pyridoxine)

Athletic Nutrients
Athletic Pure Pack
B-Complex liquid
B-Complex Plus
B₆ Complex
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Junior Nutrients
Lipotropic Detox
LiquiNutrients
Longevity Nutrients
Magnesium liquid
Men's Nutrients
Men's Pure Pack
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin B12 Adenosylcobalamin

Adenosyl/Hydroxy B₁₂
Adenosyl/Hydroxy B₁₂ liquid
Amino-NR
GlutenAssure Multivitamin
Longevity Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureResponse™ Multivitamin
Ultra B-Complex w/PQQ

Vitamin B12 Hydroxycobalamin

Adenosyl/Hydroxy B₁₂
Adenosyl/Hydroxy B₁₂ liquid
Multivitamin EasySticks®
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureResponse™ Multivitamin

Vitamin B12 (methylcobalamin)

Athletic Nutrients
Athletic Pure Pack
NeuroPure
B-Complex liquid
B-Complex Plus
B₆ Complex
B₁₂ Folate
B₁₂ 5,000 liquid
B₁₂ liquid
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
Folate 5,000 Plus
GlutenAssure Multivitamin
Homocysteine Factors

INGREDIENTS LISTING (cont.)

Junior Nutrients
Lipotropic Detox
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
MethylAssist
Methylcobalamin
Multi t/d
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics™ Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureMelt B12 Folate
PureNutrients Gummy
PurePals
PurePals (with iron)
RevitalAge Nerve
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin C (ascorbyl palmitate)

AntiOxidant Formula
Ascorbyl Palmitate
Detox Pure Pack
Macular Support Formula
UltraNutrient
Ultra Pure Pack
Vitamin C Chewables

Vitamin C (ascorbic acid)

Acerola/Flavonoid
Aller-Essentials
Ascorbic Acid capsules/powder
Athletic Nutrients
Athletic Pure Pack
Daily Immune
Daily Stress Formula
Energize Plus™ Pure Pack
Electrolyte/Energy formula
EyeProtect Basics
GlucoFunction
GlutenAssure Multivitamin
Hair/Skin/Nails Ultra
Iron-C
Junior Nutrients
Ligament Restore
Liposomal Vitamin C liquid
LiquiNutrients
Longevity Nutrients
Macular Support Formula
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nitric Oxide Support
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureDefense w/NAC
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
SeroPlus
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
Uric Acid Formula
VisionPro Nutrients
Vitamin C Chewables
Women's Nutrients
Women's Pure Pack

Vitamin C (mineral ascorbates)

Buffered Ascorbic Acid capsules/
powder
Essential C® & flavonoids
OptiFerin-C
PureLean® Protein
PurePals
PurePals (with iron)
Vitamin C Chewables

Vitamin D3

Athletic Nutrients
Athletic Pure Pack
+Cal+™ with Ipriflavone
Calcium K/D
Calcium with Vitamin D3
Cal/Mag w/Cofactors powder
Cal/Mag/D liquid
Cortisol Calm
Daily Immune
Detox Pure Pack
Disc-Flex
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Joint Mediator
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
OsteoBalance
Polyphenol Nutrients
PreNatal Nutrients
ProSoothe II
PureCell
PureDefense w/NAC
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureHeart™ K2D
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
SP Ultimate
Synergy K
Thyroid Support Complex
Tri-Alkali
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Vitamin D3
Vitamin D3 liquid
Vitamin D3 (Vegan) liquid
Vitamin D3 VESIsorb
Women's Nutrients
Women's Pure Pack

Vitamin E (mixed tocopherols)

Longevity Nutrients
PureGenomics™ UltraMultivitamin
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Vitamin E

Vitamin E

AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
Energize Plus™ Pure Pack
EyeProtect Basics
GlutenAssure Multivitamin
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP

Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
ProSoothe II
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Q-Gel™ 100
SP Ultimate
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin K1

+Cal+™ with Ipriflavone
Athletic Nutrients
Athletic Pure Pack
Calcium K/D
GlutenAssure Multivitamin
Junior Nutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Nutrient 950 with Vitamin K
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureNutrients Gummy
PureResponse™ Multivitamin
Synergy K
Women's Nutrients
Women's Pure Pack

Vitamin K2

Calcium K/D
Disc-Flex
GlutenAssure Multivitamin
Longevity Nutrients
Multivitamin EasySticks®
Nutrient 950 with Vitamin K
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureHeart™ K2D
PureResponse™ Multivitamin
Synergy K

Vitex (chaste tree)

Chaste tree (Vitex)
PhytoBalance II
ProSoothe II

Whey protein isolate

PureLean® Whey
WheyBasics

Willow bark extract

Phyto UltraComfort†

Xylooligosaccharides

PureLean® Fiber
Poly-Prebiotic powder

Zeaxanthin

Athletic Nutrients
Athletic Pure Pack
Beta Carotene
Energize Plus™ Pure Pack
Lutein/Zeaxanthin
Longevity Nutrients
Junior Nutrients
Macular Support Formula
Men's Nutrients
Men's Pure Pack
Multi t/d

NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureResponse™ Multivitamin
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack
Vitamin A + Carotenoids

Zinc (amino acid chelate)

PurePals
PurePals (with iron)

Zinc (citrate)

Athletic Nutrients
Athletic Pure Pack
Daily Immune
EyeProtect Basics
GlucoFunction
Hair/Skin/Nails Ultra
HM Complex
Junior Nutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
NeuroMood Pure Pack
O.N.E.™ Multivitamin
PreNatal Nutrients
PureDefense w/NAC
PureGenomics™ Multivitamin
PureGenomics™ UltraMultivitamin
PureLean® Nutrients
PureNutrients Gummy
PureLean® Pure Pack
PureResponse™ Multivitamin
SP Ultimate
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack
Zinc (citrate)

Zinc (gluconate)

Immune Support Liquid
LiquiNutrients
Zinc liquid 15 mg

Zinc (glycinate)

PureLean® Protein

Zinc-l-carnosine

Peptic-Care ZC

Zinc (picolinate)

AntiOxidant Formula
+Cal+™ with Ipriflavone
Detox Pure Pack
DopaPlus
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Mineral 650
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
NeuroPure
Nutrient 950
OsteoBalance
Polyphenol Nutrients
SeroPlus
Trace Minerals
UltraNutrient
Ultra Pure Pack
Zinc 15
Zinc 30

Zinc (as Sacrosomial® zinc)

UltraZin Zinc

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

DELIVERY FORM: Liquid/Powder/Chewable Formulas

Pure Encapsulations offers a wide variety of products in liquid, powder or chewable forms:

PRODUCT NAME	DELIVERY FORM	ORDER CODE	PG.#
Adenosyl/Hydroxy B ₁₂ liquid	liquid	AHBL	28
Amino Replete	powder	AMR2	32
Ascorbic Acid powder	powder	AAP	33
B-Complex liquid	liquid	BCL1	37
B ₁₂ 5,000 liquid	liquid	B125L	39
B ₁₂ liquid	liquid	B12L	39
BCAA powder	powder	BCAP	41
Buffered Ascorbic Acid powder	powder	ABP32	45
Cal/Mag w/Cofactors powder	powder	CMF3	46
Cal/Mag/D liquid	liquid	CML	46
Creatine powder 250 g / 500 g	powder	CRM2 / CRM5	58
CurcumaSorb Mind EasySticks [®]	powdered stick pack	CMESB3	60
D-Mannose powder 50 g / 100 g	powder	DMP5 / DMP1	64
Electrolyte/Energy formula	powder	EEF3	73
Electrolyte/Energy formula (stick packs)	powdered stick pack	EEF2B3	74
EPA/DHA liquid (lemon flavor)	liquid	EDL2	77
EpiIntegrity powder	powder	EIP1	78
G.I. Fortify [†]	powder	GIF4	82
L-Glutamine powder	powder	LGP	88
Immune Support liquid [†]	liquid	ISL	95
Inositol (powder)	powder	INP2	96
Iron liquid	liquid	IRL	97
KetoBrain Energy	powder	KBE3	100
Liposomal Glutathione liquid	liquid	LGL	102
Liposomal Vitamin C liquid	liquid	LCL	103
LiquiNutrients	liquid	LQN32	104
Magnesium (powder)	powder	MGP1	112
Magnesium Glycinate liquid	liquid	MGL4	113
Magnesium liquid	liquid	ML2	113
Melatonin liquid	liquid	MEL3	115
MSM powder	powder	MSMP	123
Multivitamin EasySticks [®]	powdered stick pack	MVESB3	124
NAC + Glycine powder	powder	NGY1	125
Nitric Oxide Support	powder	NOS16	128
Poly-Prebiotic powder	powder	PPRP1	142
Probiotic 123	powder	PRO6	147
Pure Tranquility liquid	liquid	PTL	151
PureLean [®] Fiber	powder	PLFX3	159
PureLean [®] Protein	powder	PLPV6	161
PureLean [®] Whey	powder	PLW4	163
PureMelt B ₁₂ Folate	dissolvable lozenge	PMLB9	163
PureNutrients EPA/DHA Gummy	chewable gummy	PNEGB3	164
PureNutrients Gummy	chewable gummy	PNG1	164
PurePals	chewable tablet	PUPC9	165
PurePals (with iron)	chewable tablet	PUPI9	166
Ribose 250 g	powder	RI2	173
Sleep Solution (single dose liquid)	liquid	SLB6	177
SunButyrate™ -TG liquid	liquid	BTGL	178
Tri-Alkali	powder	TRI3	183
Vitamin C chewables	chewable tablet	VCC6	195
Vitamin D ₃ (Vegan) liquid	liquid	VD3VL	197
Vitamin D ₃ liquid	liquid	VDL	197
WheyBasics	powder	WBV4	198
Zinc chewables	chewable tablet	ZNC1	203
Zinc liquid 15 mg	liquid	Z15L	203

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1. Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020.

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