

PROFESSIONAL PRODUCT REFERENCE GUIDE



**#1 MOST
RECOMMENDED**

professional supplement
brand by healthcare
professionals¹

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

**'This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.'**

pure
encapsulations®

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



Printed on Recycled Paper.

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Sustainable Goodness.

At Pure Encapsulations®, we are committed to doing business in a way that improves the wellness of others and the planet. We want to champion a sustainable future by following through on our initiatives with measurable action that creates positive results for the planet.

Learn more about our sustainability goals and current achievements on page 13.



GOODNESS ENCAPSULATED

At Pure Encapsulations, we know **it's what's inside that counts**. That's why we've spent more than 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. **Together, we'll get your patients everything they need and nothing they don't**—that's goodness encapsulated.

PURE DIFFERENCE

What makes us different is the promise of goodness that goes into each of our supplements. Our supplement formulations are developed in collaboration with our nutritional experts and made with only high-quality ingredients sourced from trusted suppliers. We then carefully manufacture and test them to ensure they are **FREE FROM** unnecessary additives and many common allergens.



Access over 400 uniquely formulated products made with **high-quality, pure ingredients** backed by verifiable science to complement your plan of care.

GOOD FROM START TO FINISH

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

Pure Encapsulations products are **FREE FROM:**



Wheat, Soy*,
Dairy*, Eggs



Tree Nuts,
Peanuts & Sesame



Gluten



Artificial Colors,
Flavors &
Sweeteners



Coatings
& Shellacs



GMOs^{††}



Unnecessary
Binders, Fillers
& Preservatives



Magnesium
Stearate



Trans Fat &
Hydrogenated Oils



GMP CERTIFIED
NSF/ANSI 455-2
Dietary Supplements



QUALITY PROMISE

We ensure the integrity of every product with the promise of premium-sourced ingredients, verifiable science and significant testing by accredited and cGMP-compliant 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 makes it into your patients' hands.

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

^{††}Visit PureEncapsulationsPro.com for more information on our GMO Policy.

*Except where labeled.



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

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ADVISORY BOARD⁺

Our strength lies in our partnerships with expert clinicians and industry leaders. We work closely with our medical advisors to help formulate new products, develop clinical protocols and advance ongoing education initiatives. Representing a wide variety of healthcare specialties, our medical advisors ensure our products and education are not only backed by science but are also practical and clinically relevant.



Leslie Bonci, R.D.,
MPH, LDN, CSSD⁺



Peter Bongiorno,
N.D., L.Ac.⁺



Amy Doyle, MS, CNS^Δ



Felice L. Gersh, M.D.⁺



James Greenblatt, M.D.⁺



Kelly Heim, Ph.D.^Δ



Daniel Kalish, D.C.⁺



Angela Mazza, D.O.⁺



Nathan Morris, M.D.⁺
Chief Medical Advisor



Chris Oswald D.C., CNS^Δ



Penny Kendall-Reed, N.D.⁺



Izabella Wentz,
Pharm.D., FASCP⁺



Samuel F. Yanuck, D.C.⁺

Learn more about the incredible individuals who make up our Advisory Board at
PureEncapsulationsPro.com/meet-our-experts

^ΔDr. Kelly Heim, Dr. Chris Oswald and Amy Doyle are employees of Pure Encapsulations..

⁺Our Medical Consultants are retained advisors for Pure Encapsulations.



PRACTITIONER RESOURCES, LIVE AND ON-DEMAND LEARNING

At Pure Encapsulations, we're not only committed to the development of high-quality supplements; we're also dedicated to providing resources at your fingertips to help guide and validate your plan of care.

Our practitioner resources are developed in collaboration with medical experts. We offer patient education materials and clinical protocols in addition to live and on-demand learning opportunities to support your practice and optimize your supplement recommendations.

COMMITMENT TO SCIENCE

Pure Encapsulations is a leader in nutrition science with a longstanding commitment to scientific innovation. For almost two decades, we have supported clinical research by directly funding clinical trials, donating product and placebo and offering technical expertise to investigators.

We are honored to participate in the advancement of nutrition science by partnering with world-renowned scientists from Weill Cornell Medicine, University College of London, Columbia University and many others.

Like our research partners, we are committed to bringing the most efficacious, safe and highly studied products to you and your patients. Our contributions have successfully led to novel innovations and improvements in product safety and efficacy.

Stay connected through our resources page for webinars and blogs at
PureEncapsulationsPro.com/resources

ONGOING INVESTIGATOR-INITIATED RESEARCH STUDIES

To date, Pure Encapsulations has been attributed in over 50 academic publications and continues to support ongoing clinical studies.**

Intervention(s)	Study Description	Institution
Alpha Lipoic Acid	Optimal Clinical Trials Platform for Progressive Multiple Sclerosis	University College London, London, England
N-Acetyl-Cysteine (NAC)	Assessment of N-Acetylcysteine as Therapy for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (NAC ME/CFS)	Weill Cornell Medicine, New York, New York
	NAC Mechanistic Study in Gulf War Veterans (NAC)	Nova Southeastern University, Fort Lauderdale, Florida
Pregnenolone	Randomized Controlled Pilot Trial of Pregnenolone in Autism	Stanford University, Stanford, California
Vitamin C	Hmong Microbiome And Gout, Obesity, Vitamin C (HMANGO-C) Study	University of Minnesota, Minneapolis, Minnesota

To learn more or request product for an academic research study, visit:
PureEncapsulationsPro.com/blog/research-publications

**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.

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™

GO WITH YOUR GUT

Support your patients' upper and lower GI function, from digestion to elimination.†



PureLean®

A PROACTIVE PATH TO GOOD HEALTH

Designed to support healthy weight management† by taking into consideration how body weight is influenced by multiple factors, including genetics, diet, neurochemistry and lifestyle.†



PureWoman™

TARGETING THE WHOLE WOMAN AT EVERY STAGE OF LIFE

Meet women's health needs across every every stage of life, including support for reproductive, metabolic, mood and cardiovascular health.†



PureResponse®

PROMOTE ACTIVE RESPONSE, CREATE IMMUNE BALANCE‡

Developed for the more than 25 million Americans seeking solutions to reset their immune balance and cellular response.†



PureSYNAPSE™

CONNECTING MINDS WITH SUPPLEMENTS

Provide individualized, integrative support for proper neurotransmitter function, as well as mood, sleep quality, stress, memory and healthy eating behavior.†

Explore our Pure Exclusives at PureEncapsulationsPro.com/pure-exclusives

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

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DRUG-NUTRIENT INTERACTION CHECKER*

LESS NOISE. MORE CLINICAL RELEVANCE.

Enter the name of an over-the-counter or prescription medication to instantly receive information on potential interactions or depletions between the medication and vitamins, minerals, herbs and other active ingredients in dietary supplements.

Our Drug-Nutrient Interaction Checker (DNI):

- Is easy to understand and kept up to date
- Provides insights on whether to avoid, monitor or consult with a healthcare practitioner
- Has scientifically supported, clinically relevant information
- Includes a patient-friendly description of each interaction
- Includes high-quality product suggestions based on verifiable science



Unlike other DNI checkers, we provide a unique experience by **reducing noise** and **delivering clinically relevant interactions** that can:



HAPPEN IN REAL LIFE.

Most interactions are hypothetical. Many are studied in vitro (in a test tube or cell culture) without validation in human studies. We take a rigorous, clinical evidence-focused approach to deliver those interactions that could happen in realistic clinical situations.



OCCUR AT TYPICAL DOSES.

All interactions are dose-dependent. Many indicated interactions are based on unrealistically high doses or would require intravenous administration of a dietary supplement to occur. Our tool excludes these irrelevant situations, delivering alerts that pertain to doses commonly used in dietary supplements.



AFFECT THE BODY IN A SIGNIFICANT WAY.

Many interactions have insignificant effects on the body that are not cause for concern. We alert you to meaningful interactions that may have an impact on drug efficacy, safety, risks and key clinical parameters.

Start supporting your patients with our Drug-Nutrient Interaction Checker today!

Scan the QR code or visit:

PureEncapsulationsPro.com/drug-nutrient-interactions



*The Drug-Nutrient Interaction Checker is for educational and general wellness information purposes only and is not intended to provide any diagnosis, cure, mitigation, prevention or recommendation for medical treatment of any disease. It is not a substitute for medical, diagnosis, treatment or other professional advice or the independent clinical judgment of a healthcare professional.

PURE PATIENT DIRECT

Our **virtual dispensary** gives you and your patients access to over 400 unique products available only through Pure Encapsulations. The best part — this is a **FREE service** for all Pure Encapsulations account holders.

Just a few minutes is all it takes to set up your online virtual dispensary. Once your account is active, **your patients can easily access and order products that you have recommended using your unique code.** Our virtual dispensary protects your relationship with your patients, **allowing you to monitor your patients' orders 24/7** and provide your patients with a discount, if desired.

Earn up to **50% PROFIT** on patient orders and enjoy exclusive **preferred wholesale pricing available only to our Pure Patient Direct customers.**



What are the benefits of having a virtual dispensary through Pure Patient Direct?



Earn up to 50% profit for patient orders, along with preferred pricing for our direct customers.



Reduce in-office inventory and give patients 24/7 ordering with delivery straight to their door.



Simplify sales— we handle orders, transactions, returns and shipping for you.



Gain visibility into your customers orders with **real-time reporting tools.**

Terms apply

Log in or register to set up your virtual dispensary today!

Scan the QR code or visit:

PurePatientDirect.com/PractitionerLogin



Pure Encapsulations

Colleague Referral Program

#1 MOST
RECOMMENDED

professional supplement
brand by healthcare
professionals¹



Refer your colleagues and receive a
\$150* credit when they place their first order.

To create an account, your colleagues should follow the steps below:

- 1 Visit **PureEncapsulationsPro.com** and click on **"Create Account."**
- 2 Enter **profile information** in the fields provided.
- 3 Under **"How did you hear about us?"** select **"Colleague"** from the drop-down menu.
- 4 In the **"Referral Details"** field, have your colleagues provide **your name** before they submit their account application.

*You will receive an email with a coupon code for \$150, one time use only credit is for direct orders placed by health professionals in the U.S. only.
Offer cannot be combined with other promotions or previous orders.

1. Among U.S. healthcare professionals surveyed who recommend specific professional supplement brands, Nutrition Business Journal® Practitioner Survey 2016, 2020, 2023.

LEGEND

Every ingredient we put into our products, even if it's just a trace amount, is listed on the label. If there's an ingredient sourced from a possible allergen, we call that out, too. When you see these icons, you can be confident that the product is manufactured and tested to be FREE FROM GMOs^{††}, dairy, gluten or soy allergens and is vegetarian or vegan.



CERTIFIED GLUTEN-FREE

Certified gluten-free from The Gluten-Free Certification Organization (GFCO). This internationally recognized, trusted symbol signifies that a product meets the highest standards in quality for gluten-free certification.



SOY-FREE

For products with the potential to contain soy, in addition to sourcing allergen-free ingredients and employing strict manufacturing controls, we test each batch down to 2 ppm to ensure the product is free from soy and soy derivatives.



GMO

All Pure Encapsulations ingredients, including those derived from corn, are GMO-free. We obtain statements from each of our suppliers certifying that the ingredients do not contain GMOs. For some nutrients, we conduct PCR testing to confirm the absence of genetically modified material.



DAIRY-FREE

For products with the potential to contain dairy, in addition to sourcing allergen-free ingredients and employing strict manufacturing controls, we test each batch down to 1 ppm to ensure the product is free from lactose, milk or milk derivatives, including milk protein.



VEGAN

Guaranteed to contain no animal, dairy or egg products or derivatives.



VEGETARIAN

Guaranteed to contain no animal products.

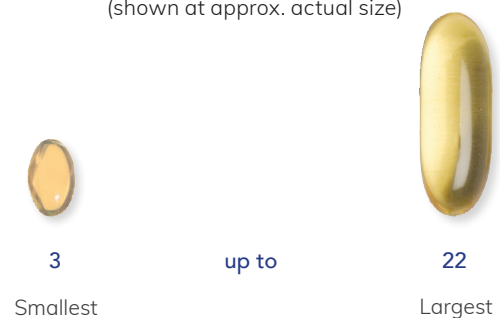
CAPSULE SIZE

(shown at approx. actual size)



SOFTGEL SIZE

(shown at approx. actual size)



Capsule information is located at the top of each supplement facts panel.
Always refer to the product label for complete supplement facts.



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

^{††}Visit PureEncapsulationsPro.com for more information on our GMO Policy.

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PURE GIVING

GLOBAL LINKS

We're proud to support Global Links and the great work they do. Every day, they support health improvement initiatives in resource-poor communities and promote environmental stewardship in the U.S. healthcare system. Global Links' collaborative efforts include redirecting viable surplus materials to provide a socially and environmentally responsible alternative instead of landfills, sharing expertise and technical knowledge, and educating partners, volunteers and the community on issues of global health and environmental stewardship.

Please visit GlobalLinks.org for more information or how to donate.

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 over 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.

Learn more about how to support SOS's mission and life-changing work at sos-usa.org

GLOBAL MEDICAL

We are proud supporters of Global Medical, 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 about Global Medical's mission, visit gmedical.org

TREES FOR THE FUTURE

Around the world, modern and industrialized farming practices are destroying the environment—and, at the same time, failing to provide reliable income and nourishment for the farmers we all depend on to survive. Trees for the Future (TREES), recognizes that unsustainable land use is the root cause of our most pressing challenges. TREES confronts these challenges by serving the people at the heart of our global food systems: farmers and their families. Their signature methodology, the Forest Garden Approach, helps farmers transform their land with thousands of fast-growing, ecologically appropriate trees and dozens of other crops, creating new possibilities for themselves and their communities.

Visit trees.org to see how you can help the planet and change lives.



Sustainable Goodness.



At Pure Encapsulations, our commitment began with a pure purpose, to improve the wellness of others. Today, this heartfelt commitment extends to the planet. We're striving for recyclable packaging by the end of 2025 and for 100% net zero greenhouse gas (GHG) emissions by 2050.

OUR SUSTAINABILITY GOALS BY 2025



Recyclable packaging



Reduction of GHG emissions up to 20%



Reduction of virgin plastic packaging use by 33%



100% Renewable electricity

HOW WE'RE GETTING THERE

- By removing our plastic neckband bottle packaging, **we reduce over 3.5* metric tons of plastic waste annually**
- Our iconic white bottles are recyclable and go directly into your **standard curbside recycling bins** where available
- We partner with **TerraCycle®**, an international leader in innovative sustainability solutions, to recycle our hard-to-recycle packaging
- We leverage **FSC-certified paper** in all marketing materials
- We have **removed single use plastics** in our offices

THE TERRACYCLE RECYCLING PROGRAM

Bottle by bottle, we're on the way to a more sustainable planet. Thanks to our recycling program with TerraCycle, our hard-to-recycle packaging items can now be recycled. Join our sustainable journey by registering and recycling with TerraCycle.



REGISTER TODAY AT [TERRACYCLE.COM/PURE](https://www.terra-cycle.com/pure)

LEARN MORE AT
PureEncapsulationsPro.com/sustainability

*Based on our 2023 annual projection

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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.[†]

Blood Sugar Support

Pure Encapsulations blood sugar support supplements are backed by verifiable science and formulated with high-quality ingredients to encourage healthy glucose and lipid metabolism. Key nutrients, antioxidants, botanicals and herbal extracts work to support healthy liver, pancreas and skeletal muscle, promote healthy insulin receptor function and offer antioxidant support with alpha lipoic acid.[†]

Product Name	Order Code	Pg. #
Alpha Lipoic Acid 100 mg.....	AL11	30
Alpha Lipoic Acid 200 mg.....	AL21	30
Alpha Lipoic Acid 400 mg.....	AL41	30
Alpha Lipoic Acid 600 mg.....	AL61	30
BenfoMax	BFM9	41
Berberine UltraSorb™	BUS6	42
ChromeMate® GTF 600.....	CRG61	55

Product Name	Order Code	Pg. #
Chromium (picolinate) 200 mcg.....	CRP21	55
Chromium (picolinate) 500 mcg.....	CRP51	56
Cinnamon WS.....	CI1	56
GlucoFunction [†]	GF1	88
Glucose Support Formula.....	GSF1	91
Metabolic Xtra	MX29	120

Bone & Musculoskeletal Health

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. Our magnesium supplements provide muscle relaxation support, while our glucosamine, chondroitin and MSM-based formulations support connective tissue health and provide key components found within cartilage.[†]

Product Name	Order Code	Pg. #
+CAL+® with Ipriflavone.....	CP3	24
A.I. Enzymes.....	AIE1	26
Black Currant Seed Oil.....	BL2	45
Borage Oil.....	BOG1	45
Boswellia AKBA	BWA1	46
Boswellia.....	BW31	46
Bromelain 2400 500 mg.....	BR51	47
Cal/Mag/D liquid	CML	49
Cal/Mag 2:1 (malate)	CMM1	49
Calcium (citrate).....	CC1	50
Calcium K/D.....	CKD1	50
Calcium Magnesium (citrate)	CM1	50
Calcium (MCHA).....	CH31	50
Calcium (MCHA) with Magnesium	CHM1	50
Calcium Magnesium (citrate/malate).....	CMC1	51
Calcium with Vitamin D ₃	CVD1	51
Collagen JS.....	CJS1	58
CurcumaSorb.....	MCU1	63
Curcumin 500 with Bioperine®	CUB51	65

Product Name	Order Code	Pg. #
Curcumin	CUR1	65
Disc-Flex	DIS1	74
Essential Aminos.....	EA21	82
Glucosamine + Chondroitin with MSM	GCMS3	88
Glucosamine/MSM with joint comfort herbs [†]	GM3	89
Glucosamine Chondroitin with Manganese.....	GCM3	89
Glucosamine Complex.....	GSC1	90
Glucosamine HCl + Chondroitin	GLC1	90
Glucosamine Sulfate 1,000 mg	GS13	90
Hyaluronic Acid.....	HYA1	97
Joint Complex (single dose) [†]	JC6	102
Ligament Restore [†]	LR2	104
MSM capsules	MSM3	124
MSM powder.....	MSMP	124
Muscle Cramp/Tension Formula [†]	MCT1	125
OsteoBalance [†]	OB35	134
Phyto-4.....	PH46	138
Phyto UltraComfort [†]	PUC1	139
Systemic Enzyme Complex.....	SYC1	181

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Cardiovascular Health

Pure Encapsulations offers a range of products designed to support cardiovascular and metabolic health. Specially formulated with the heart in mind, our formulations include support for healthy glucose and 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. #
Açai 600.....	ACA1	26	NSK-SD™ 100 mg.....	NS11	131
L-Arginine.....	LAR1	33	Pantethine.....	PA1	136
CholestPure [®]	CHO1	54	Policosanol 20 mg.....	PO21	140
CholestPure Plus [†]	CHP31	54	Pomegranate Plus.....	POM21	143
CoQ ₁₀ 30 mg.....	CQ31	59	PureHeart [®] K ₂ D.....	PHK26	158
CoQ ₁₀ 60 mg.....	CQ62	60	Pycnogenol [®] 100 mg.....	PY16	167
CoQ ₁₀ 120 mg.....	CQ11	60	Pynogenol [®] 50 mg.....	PY51	167
CoQ ₁₀ 250 mg.....	CQ26	60	Q-Gel [®] 100 (Hydrosoluble™ CoQ ₁₀).....	QG16	168
CoQ ₁₀ 500 mg.....	CQ56	60	Resveratrol.....	RE1	172
CoQ ₁₀ L-Carnitine fumarate.....	CQF1	61	Resveratrol EXTRA.....	REE1	172
Garlic Complex.....	GRC1	87	Resveratrol VESIsorb [®]	RSV9	173
Grape Pip 500 mg.....	GP51	93	SR-CoQ ₁₀ with PQQ.....	CQP6	179
Hawthorn extract.....	HA1	95	Taurine 500 mg.....	TA56	182
Homocysteine Factors.....	HO1	97	Taurine 1,000 mg.....	TA11	182
Niacinamide.....	NIA29	128	Ubiquinol-QH 50 mg.....	UQ56	186
Niacitol [®] 500 mg.....	NI51	128	Ubiquinol-QH 100 mg.....	UQ16	187
Niacitol [®] 650 mg.....	NI61	129	Ubiquinol-QH 200 mg.....	UQ26	187
Nitric Oxide Support.....	NOS16	129	Ubiquinol VESIsorb [®]	UQV6	187
Nitric Oxide Ultra (capsules).....	NXC1	129	Vascular Relax [†]	VR21	193

Cellular Health & Longevity

Pure Encapsulations cellular health and longevity supplements are scientifically formulated to support optimal cellular function. Discover a broad range of products to promote healthy mitochondrial function, protection from free radicals, support cellular and metabolic energy production and promote healthy aging.†

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
AntiOxidant Formula.....	AO21	32	NAC 900 mg.....	NA92	126
Astaxanthin.....	AST1	34	PureCell.....	PCE1	153
L-Carnosine.....	LCA1	53	R-Lipoic Acid (stabilized).....	RLA1	169
Green Tea extract (decaffeinated).....	GT1	93	RENUAL.....	RNL6	171
IP6.....	IP61	100	ResCu-SR™.....	RCSR6	172
Lycopene 20 mg.....	LY21	111	RevitalAge™ Nerve.....	RJN1	173
NAC 600 mg.....	NA63	125	RevitalAge™ Ultra.....	RJU9	174
NR Longevity™ NEW	NRL6	130	Teavigo [®]	TE1	182

Children's Formulas

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

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Junior Nutrients.....	JUN1	103	PurePals.....	PUPC9	165
LiquiNutrients.....	LQN32	107	PurePals (with iron).....	PUPI9	166
PureNutrients Gummy.....	PNG1	165			

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PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Cognitive Health

Pure Encapsulations® offers a wide selection of supplements designed to support cognitive function, neural health, vascular integrity and emotional well-being. Our high-quality supplements promote concentration, mental clarity, healthy phospholipid balance in cell membranes and memory associated with brain fog.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Acetyl-L-Carnitine 250 mg.....	ALC26	27	CurcumaSorb Mind.....	MCUM6	64
Acetyl-L-Carnitine 500 mg.....	ALC56	27	Ginkgo 50 160 mg.....	GB11	87
Bacopa monnieri.....	BA1	40	Memory Pro [†]	MEP21	117
Brain Reset™.....	BRT6	47	Phosphatidylcholine.....	PHC9	137
Choline (bitartrate).....	CLB1	55	PS 100.....	PS1	150
CogniMag.....	CGM21	57	PS Plus.....	PSP6	151
CogniPhos.....	CGP1	57	Vinpocetine 20 mg.....	VI1	194
Cognitive Aminos.....	CA21	58			

Energy & Fatigue

Pure Encapsulations offers supplements that are scientifically formulated to help support energy goals. These products provide nutrient cofactors for mitochondrial 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. #	Product Name	Order Code	Pg. #
Amino-NR.....	ANR41	31	Energize Plus™ Pure Pack.....	EPPB3	78
BCAA capsules.....	BCA2	41	Energy Xtra.....	EX21	79
BCAA powder.....	BCAP	41	Growth Hormone Support.....	GH9	93
CaffPhenol.....	CPL6	49	Mitochondria-ATP.....	MATP21	123
L-Carnitine.....	LC1	52	OptiFerin-C.....	OF26	134
L-Carnitine fumarate.....	LCF1	53	Ribose.....	RI2	175
Electrolyte/Energy formula.....	EEF3	76			

Fish Oils & Omegas

Pure Encapsulations fish oil and omega supplements are formulated to support cardiovascular health, immune health, joint function and comfort, healthy connective tissue, vision support and cytokine balance. Our wide range of premium supplements include chewables, once-per-day dosing and formulations made with solvent-free super-critical CO₂ based fish-oil extraction.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
DHA Ultimate.....	DHU1	69	EPA Ultimate.....	EPU1	81
EFA Essentials.....	EFA1	76	Krill-plex.....	KP1	104
EPA/DHA essentials.....	ED11	79	O.N.E.™ Omega.....	ONO6	133
EPA/DHA liquid (lemon flavor).....	EDL2	80	Pro-Resolve Omega.....	PROV6	147
EPA/DHA Vegetarian.....	EDV21	80	PureNutrients EPA/DHA Gummy.....	PNEGB3	164
EPA/DHA with lemon.....	EDC1	80			

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Gastrointestinal Health

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

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
A.C. Formula II.....	AC21	26	MicroDefense w/ Oregano.....	MI31	122
Betaine HCl Pepsin.....	BP2	44	MotilPro.....	MOP1	124
Caprylic Acid.....	CAP2	51	Pancreatic Enzyme Formula.....	PE1	135
DGL Plus®.....	DG1	69	Pancreatic VegEnzymes.....	PV1	136
Digestion GB.....	DGB1	71	Peptic-Care [†] (Zinc-L-Carnosine).....	PCZ6	136
Digestive Enzyme chewables.....	DGC1	71	Poly-Prebiotic.....	PPRC1	142
Digestive Enzymes Ultra.....	DEU1	72	Poly-Prebiotic powder.....	PPRP1	142
Digestive Enzymes Ultra with Betaine HCl.....	DEUB1	72	ProbiMood (Capsules).....	PBM6	148
Epi-Integrity powder.....	EIP1	81	Probiotic-5.....	PRB6	148
G.I. Fortify [†]	GIF4	85	Probiotic 123.....	PRO26	148
G.I. Fortify (capsules) [†]	GIFC1	85	Probiotic 50B.....	PR56	149
G.I. Integrity [†]	GII2	86	Probiotic G.I.	PGI6	149
Ginger extract.....	GI1	87	Probiotic IMM.....	PRI6	150
L-Glutamine 500 mg.....	LG59	91	PureBi•Ome™ G.I.....	BIOG6	152
L-Glutamine 850 mg.....	LG82	91	PureBi•Ome™ Intensive.....	BIOI3	152
L-Glutamine powder.....	LGP	91	PureGG 25B.....	PGG6	158
Gluten/Dairy Digest.....	GDD21	92	PureProbiotic™.....	PPA6	166
Grapefruit Seed extract.....	GR1	92	Saccharomyces boulardii.....	SB6	175
Heartburn Essentials [†]	HB1	95	SunButyrate™ -TG liquid.....	BTGL	180

Hormone Support

Pure Encapsulations hormone formulas are specifically designed to support healthy hormone function through DHEA and pregnenolone supplementation. Our DHEA supplements help with the regulation of fat and mineral metabolism, endocrine and reproductive function, and energy levels. 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. #
Calcium-D-Glucarate™.....	CG1	51	Iodine (potassium iodide).....	IO1	100
DHEA 5 mg.....	DH1	70	Iodine and Tyrosine.....	IT1	100
DHEA 10 mg.....	DH11	70	Pregnenolone 10 mg.....	PR11	145
DHEA 25 mg.....	DH21	70	Pregnenolone 30 mg.....	PR31	145
DIM Detox.....	DD6	73	Thyroid Support Complex [†]	TS21	184
DIMPRO® 100.....	DP1	73			

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Immune Support

Pure Encapsulations immune support supplements are designed to support immune function and antioxidant defenses. Formulated with a range of immune-supportive ingredients, they promote immune cell activation, maintain healthy mast cell function, promote microbial balance, support cytokine balance for tissue comfort and promote general physiological health.¹

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
A.I. Formula®.....	AI1	27	Perilla extract.....	PRL9	137
Acerola/Flavonoid.....	ACP31	27	PureDefense chewables.....	PDK21	153
Aller-Essentials.....	ALE21	29	PureDefense Collagen w/Bone Broth powder.....	PDC4	154
Arabinogalactan.....	ARA9	32	PureDefense w/NAC.....	PDN1	155
Balanced Immune.....	BIM6	40	PureDefense w/NAC Travel Pack.....	PDNB2	155
Cat's Claw.....	CCL1	53	Quercetin.....	QU1	168
Colostrum 40% IgG.....	COL41	59	Quercetin UltraSorb.....	QUS9	168
Coriolus extract.....	CRS6	61	Th1 Support.....	TH11	183
Daily Immune.....	DI21	67	Th2 Modulator.....	TH2A1	183
Ester-C® & flavonoids.....	ECF21	82	UltraZin Zinc.....	UZ9	192
Hist Reset.....	HRT1	96	Vitamin C chewables.....	VCC6	196
Innate Immune Support.....	IIS6	98	Vitamin C Gummy.....	VCG1	197
Liposomal Vitamin C.....	LVC1	106	Zinc (citrate).....	ZC1	204
Liposomal Vitamin C liquid.....	LCL	106	Zinc 15.....	Z11	204
L-Lysine.....	LL2	111	Zinc 30.....	Z31	204
M/R/S Mushroom Formula.....	MRS1	112	Zinc chewables.....	ZNC1	205
Melatonin 20 mg.....	ME21	116	Zinc Gummy.....	ZNG1	205
Olive Leaf extract.....	OL1	134	Zinc liquid 15 mg.....	Z15L	205

Liver & Detoxification

Pure Encapsulations liver & detoxification products provide nutrients that help support liver function and promote healthy elimination, cellular protection and detoxification. A number of antioxidants and herbal ingredients can also offer support for liver tissue health and facilitate the body's natural detoxification processes while supporting overall health. Key areas of detoxification support include: phase I and II metabolism, cellular defenses and elimination of environmental substances.¹

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Detox Pure Pack.....	DPPB3	68	L-Methionine.....	LM6	121
HM Complex.....	HMC1	96	NAC + Glycine powder.....	NGY1	126
Liposomal Glutathione liquid.....	LGL	105	Nrf2 Detox.....	NRF6	130
Liposomal Glutathione.....	LSG6	105	Reduced Glutathione.....	RG1	170
Lipotropic Detox.....	LD1	106	Silymarin.....	SL1	179
Liver-G.I. Detox ¹	LGD1	108	UltraDetox 10-Day Pure Pack.....	UDPPB1	190
LVR Formula.....	LV1	111	Uric Acid Formula.....	UAF1	193

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 optimal muscle functionality, to healthy testosterone balance.¹

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Beta-sitosterol.....	BS2	43	Saw Palmetto 320.....	SP32	176
Men's Nutrients.....	MENN3	118	Saw Palmetto Plus.....	SP2	177
Men's Pure Pack.....	MPPB3	118	SP Ultimate.....	SPU21	179
ProstaFlo.....	PRF1	150	Tribulus Formula.....	TBF9	185

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Mental Health & Stress Support

Pure Encapsulations offers a broad selection of high-quality, science-based mental health products to support emotional health, stress management, healthy blood flow to the brain, neurotransmitter synthesis, neuronal health and post-synaptic response.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
5-HTP 50 mg (5-Hydroxytryptophan).....	HYD51	24	NeuroMood Pure Pack.....	NMPPB3	126
5-HTP 100 mg (5-Hydroxytryptophan).....	HYD11	24	NeuroPure.....	NOP1	128
Adrenal.....	AR6	29	Panax Ginseng.....	PG1	135
ADR Formula®.....	AD1	29	Phyto-ADR.....	PHY1	138
Amino Replete.....	AMR2	31	Pure Tranquility liquid.....	PTL	151
Ashwagandha.....	ASH1	34	Relora®.....	RL1	171
Cortisol Calm.....	COR1	62	Rhodiola Rosea.....	RR1	175
Daily Calm NEW	DCM6	66	SAME (S-Adenosylmethionine).....	SAM6	176
Daily Stress Formula [†]	DSF1	67	Sereniten Plus.....	SRP4	178
DL-Phenylalanine.....	LP1	74	SeroPlus.....	SOP1	178
DopaPlus.....	DOP1	75	L-Theanine.....	LTH1	184
Emotional Wellness.....	EW1	77	L-Tryptophan.....	TRY11	185
GABA.....	GAB1	86	L-Tyrosine.....	LT59	186
Hemp CBD VESIsorb®.....	HEV3	95	Lithium (orotate) 1 mg.....	LI19	107
Inositol (powder).....	INP2	99	Rapid Calm NEW	RCM3	169
Lithium (orotate) 5 mg.....	LI1	108	Rapid Mental Energy NEW	RME3	170

Multivitamins

Pure Encapsulations offers a variety of high-quality multivitamin formulations to support targeted health needs and overall wellness. As always, our multivitamins are FREE FROM GMOs, magnesium stearate, unnecessary additives, artificial colors, flavors, sweeteners and many common allergens — including wheat, egg, peanuts and tree nuts.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Athletic Nutrients.....	ATN21	35	Nutrient 950® without copper, iron & iodine.....	MVI	132
Athletic Pure Pack.....	APP3B3	36	Nutrient 950® without copper & iron.....	MVM1	132
EyeProtect Basics [†]	EPB6	83	Nutrient 950® without iron.....	MVC3	132
EyeProtect Basics without zinc [†]	EPB26	83	Nutrient 950® with Vitamin K.....	MVCK1	132
Longevity Nutrients.....	LGN22	109	O.N.E.™ Multivitamin.....	ONE1	133
Mineral 650®.....	MF1	123	Polyphenol Nutrients.....	PHN3	141
Mineral 650® (without copper & iron).....	MM1	123	PureGenomics® Multivitamin.....	PGM26	156
Multi t/d.....	MTD21	124	PureGenomics® UltraMultivitamin.....	PGU9	157
Nutrient 950®.....	MVF3	131	PureResponse™ Multivitamin.....	PRSM6	166
Nutrient 950® A without copper & iron.....	MVMA	132	Ultra Pure Pack.....	UPPB3	188
Nutrient 950® with NAC.....	MVN2	132	UltraNutrient®.....	UVC3	192

Sleep Support

Pure Encapsulations offers high-quality supplements specially formulated for sleep, including melatonin to facilitate sleep, glycine to support sleep quality and magnesium and herbal ingredients to promote relaxation.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Best-Rest Formula.....	BRF1	42	Melatonin 3 mg.....	ME31	116
Best-Rest Gummy.....	BRG6	43	Melatonin liquid.....	MEL3	116
Glycine.....	GL1	92	Melatonin-SR.....	MESR6	117
Melatonin 0.5 mg.....	ME51	116			

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Vision Support

Pure Encapsulations offers supplements backed by verifiable science to promote healthy vision. These supplements include eye-protective nutrients to support light-filtering, visual comfort, tear production and macular support.¹

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Bilberry 160 mg.....	BB11	44	VisionPro EPA/DHA/GLA ¹	VPE1	194
Lutein/Zeaxanthin	LZ1	110	VisionPro Nutrients ¹	VPN9	195
Lutein 20 mg	LU1	110			

Vitamins & Minerals

Pure Encapsulations offers a broad selection of high-quality vitamin and mineral formulations to support a wide range of health needs and promote overall wellness. As always, our vitamins and minerals are FREE FROM GMOs, magnesium stearate, unnecessary additives, artificial colors, flavors, sweeteners and many common allergens — including wheat, egg, peanuts and tree nuts.¹

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Adenosyl/Hydroxy B ₁₂	AHB9	28	Manganese (aspartate/citrate).....	MN6	115
Adenosyl/Hydroxy B ₁₂ liquid.....	AHBL	28	Magnesium liquid.....	ML2	115
Ascorbic Acid capsules.....	A12	33	MethylAssist.....	MAS9	121
Ascorbic Acid powder	AAP	33	Methylcobalamin 1,000 mcg	MT1	122
Ascorbyl Palmitate.....	ASP1	33	P ₅ P 50 (activated B ₆).....	P51	135
B-Complex liquid	BCL1	37	Pantothenic Acid.....	PTA1	136
B-Complex Plus.....	BCP1	38	Potassium (aspartate).....	PO9	144
B ₆ Complex.....	B6C21	38	Potassium (citrate)	PC1	144
B ₁₂ 5000 liquid	B125L	39	Potassium Magnesium (aspartate).....	PM1	144
B ₁₂ Folate	B12	39	Potassium Magnesium (citrate).....	PMC1	144
B ₁₂ liquid	B12L	39	PureGenomics® B-Complex	PGB1	155
Beta Carotene	BE9	43	PureMelt B ₁₂ Folate.....	PMLB9	164
Biotin 8 mg.....	BI1	44	Selenium (citrate)	SEC1	177
Boron (glycinate)	BO6	45	Selenium (selenomethionine).....	SE1	177
Buffered Ascorbic Acid capsules.....	AB22	48	Strontium (citrate).....	STC1	180
Buffered Ascorbic Acid powder.....	ABP32	48	Synergy K.....	SKD1	181
Copper (citrate)	CUC6	59	Trace Minerals	TRM26	185
Copper (glycinate).....	CUG6	59	Ultra B-Complex w/PQQ.....	BPQ26	188
EmulsiSorb K ₂ /D ₃ liquid.....	EKDL	77	UltraMag Magnesium.....	UM1	191
Folate 400	FOL49	83	Vitamin A + Carotenoids.....	VA59	196
Folate 1,000	FOL19	83	Vitamin A 3,000 mcg (10,000 IU)	VAC1	196
Folate 5,000	FOL56	84	Vitamin D Gummy.....	VDG1	197
Folate 5,000 Plus.....	FLP56	84	Vitamin D ₃ 10 mcg (400 IU)	VD1	198
Folic Acid.....	FO6	84	Vitamin D ₃ 25 mcg (1,000 IU)	VD12	198
Iron-C	FC6	101	Vitamin D ₃ 125 mcg (5,000 IU)	VD52	198
Iron liquid.....	IRL	101	Vitamin D ₃ 250 mcg (10,000 IU).....	VD101	198
Magnesium (citrate).....	MC1	113	Vitamin D ₃ & K ₂	VDK41	199
Macular Support Formula ¹	MS21	113	Vitamin D ₃ (Vegan)	MD3V1	199
Magnesium (citrate/malate)	MCM1	114	Vitamin D ₃ (Vegan) liquid	VD3VL	199
Magnesium (glycinate).....	MG3	114	Vitamin D ₃ liquid.....	VDL	200
Magnesium (powder).....	MGP1	114	Vitamin D ₃ VESIsorb®.....	VDV6	200
Magnesium Glycinate liquid	MGL4	114	Vitamin E.....	DE1	200
Magnesium Gummy	MGG6	115			

PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Weight Management

Pure Encapsulations weight management supplements are designed to support healthy glucose metabolism and lipid utilization. Our specially formulated supplements are designed for use within a healthy lifestyle to encourage healthy eating, moderate cravings, support neurotransmitter function and promote satiety.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
7-KETO® DHEA 25 mg	KD21	25	PureLean® Fiber.....	PLFX3	159
7-KETO® DHEA 50 mg	KD51	25	PureLean® Nutrients	PLN21	160
7-KETO® DHEA 100 mg.....	DK11	25	PureLean® Protein.....	PLPV6	161
AdipoLean II	ADL9	28	PureLean® Pure Pack.....	PPP3B3	162
CarbCrave Complex.....	CCC9	52	PureLean® Satiety.....	PLS6	163
CLA 1,000 mg.....	CL11	56	XanthiTrim	XT6	204

Women's Formulas

Pure Encapsulations offers a wide selection of supplements designed to help women achieve their health and wellness goals at every stage of life. Our high-quality supplements support general women's wellness, menstrual health, pre and postnatal wellness, menopausal transition, urinary, breast and cervical health.[†]

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
Biotin Complex Hair & Skin.....	BCHS6	44	Inositol Complex.....	INC6	99
Black Cohosh 2.5	BLC1	45	Maca-3	MAC1	112
Chaste tree (Vitex)	CT1	53	MenoVive	MOV6	120
Cranberry NS®.....	CN1	62	PhytoBalance II.....	PHB1	139
Cranberry/d-Mannose.....	CRD1	63	PMS Essentials.....	PMS21	140
D-Mannose powder	DMP1	66	PreNatal Nutrients	PRN21	146
E.P.O. (evening primrose oil)	EPO2	75	Women's Nutrients	WN3	201
Hair/Skin/Nails Ultra.....	HSN6	94	Women's Pure Pack	WPPB3	202
Indole-3-Carbinol 400 mg	I341	98			

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Discover a more personalized approach to patient care

PureInsight™ is a healthcare practitioner support platform that delivers personalized diet, exercise, lifestyle and supplement recommendations using a new Multi-Symptom Questionnaire (MSQ), additional clinically validated assessment tools and DNA data (optional).

This streamlined platform easily collects patient data and provides valuable insights to patients seeking to achieve their health goals.

FEATURES AND BENEFITS



Our **Multi-Symptom Questionnaire (MSQ)** simplifies and streamlines patient data collection



Customizable displays provide actionable, evidence-based recommendations that prioritize a patient's most important health needs



Easily give your patients **direct access to supplement recommendations** available from Pure Encapsulations via our virtual dispensary

Learn more at
PureInsight.PureEncapsulationsPro.com



TAKE YOUR PRACTICE TO THE NEXT LEVEL WITH PUREINSIGHT

Unlock personalized health insights for your patients in as little as ten minutes and gain access to:



Comprehensive reports rooted in science



Actionable nutrition and lifestyle insights customized to each individual patient



Ongoing support through education



Optional genetic testing, polygenic scoring and clinically validated questionnaires (GAD-7, PHQ-9, PSS-4) can offer supplementary insights to support your plan of care



Nathan Morris, M.D.,[†] is the Chief Medical Advisor of Pure Encapsulations. He resides in Monument, Colorado, where he has a multidisciplinary functional medicine practice, Good Medicine, which focuses on making the complex simple.

Dr. Morris is certified by the Institute for Functional Medicine and has practiced root cause medicine for well over a decade. He is actively involved in the evolution of PureGenomics, which he envisioned and co-created with Kelly Heim, Ph.D.^{**} He also partners with MBN Systems, which supports implementing systems-based medical training, in medical schools and residencies. He also co-hosts the podcast “Good Medicine on the Go,” where he explores personalization, technology and practice implementation strategies.



PUREINSIGHT IS FREE AND EASY TO USE

Have your patient fill out the provided MSQ or upload results from a DNA test, such as from Ancestry®. The most basic kits are typically available for a one-time fee under \$100.

pureinsight™
POWERED BY PUREGENOMICS®

[†]Dr. Morris is a retained advisor for Pure Encapsulations.

^{**}Dr. Kelly Heim is an employee of Pure Encapsulations.

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+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.¹

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.

Bone & Musculoskeletal Health



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

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

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

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.

Mental Health & Stress Support



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.

Mental Health & Stress Support



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. 7-Keto® exhibits a functional profile that is distinct from other forms of DHEA. Researchers discovered that 7-Keto® supports various physiological processes without converting to testosterone or estrogen. This minimizes the potential for androgenic and estrogenic activity. Preclinical data suggest that 7-Keto® is several times more potent than DHEA in stimulating the thermogenic enzymes of the liver. This thermogenic effect may contribute to increased basal metabolism, supporting a healthy lean/adipose ratio. 7-Keto® supports healthy weight management[†] 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 capsule, 1-4 times daily, with meals.

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.

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

Weight Management



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

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.

Weight Management



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.

Weight Management



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



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.

Cardiovascular Health



Açaí 600	Quantity	Order Code
	180	ACA1

A.C. Formula II

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 Health



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 vegetarian-based enzymes precisely balanced for broad-spectrum support of digestive function, or to help maintain healthy joints and muscles. This formula contains enhanced levels of protease, amylase and lipase derived from the digestion of a nutrient source by *Aspergillus oryzae* and *Aspergillus niger*. Bromelain (from pineapple) and papain (from papaya) broaden the protease profile of this formula. The flavonoid rutin supports immune-mediator balance and antioxidant defenses. 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.

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.

Bone & Musculoskeletal Health



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 that maintain healthy leukotriene, thromboxane, kinin and fibrin production.[†]

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

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
	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 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	

Cognitive Health



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	

Cognitive Health



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



Adenosyl/Hydroxy B₁₂

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 B ₁₂	2,000 mcg
(as adenosylcobalamin and 50% hydroxycobalamin)	
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Vitamins & Minerals



Adenosyl/Hydroxy B ₁₂	Quantity	Order Code
	90	AHB9

Adenosyl/Hydroxy B₁₂ liquid

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 B ₁₂	1,000 mcg
(formulated as adenosylcobalamin and 50% hydroxycobalamin)	
Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate	

Vitamins & Minerals



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

AdipoLean II

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	300 mg
(Dolichos biflorus) extract (seed) and betel (Piper betle) extract (leaf)	
Oligonol [®] proprietary blend of lychee (<i>Litchi chinensis</i>)	17 mg
extract (fruit) and green tea (<i>Camellia sinensis</i>) 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.

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

Weight Management



AdipoLean II	Quantity	Order Code
	90	ADL9

ADR Formula®

COMPREHENSIVE ADRENAL SUPPORT FORMULA[†]

This formula combines whole adrenal and adrenal cortex with a blend of herbs and nutrients to support the function of the adrenal glands. Whole adrenal and adrenal cortex nutritionally support the proper functioning of the adrenal glands. Both *Eleutherococcus senticosus* and *Panax ginseng* have adaptogenic properties to help balance physiological functions in the body, including adrenal gland function. Licorice extract helps to maintain healthy cortisol metabolism, while calcium pantothenate promotes healthy adrenal gland activity. *Eleutherococcus senticosus* and *Panax ginseng* also support a healthy stress response and immune function.[†]

1 capsule daily, between meals.

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.

Mental Health & Stress Support



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)	

Mental Health & Stress Support



Adrenal	Quantity	Order Code
	60	AR6

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.

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



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, allowing 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.

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

Blood Sugar Support



NON
GMO

V

VEG

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

Blood Sugar Support



NON
GMO

V

VEG

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)

Blood Sugar Support



NON
GMO

V

VEG

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)

Blood Sugar Support



NON
GMO

V

VEG

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



Amino-NR

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

Amino-NR is an amino acid dietary supplement that supports athletic activity, immune function, and daily wellness. Dietary amino acids provide important support for athletic training by promoting muscle performance and recovery. From trained athletes to the elderly, dietary amino acids also play an important role in immune health, primarily attributed to support for healthy glutamine and glutathione levels. Alpha lipoic acid and adenosylcobalamin provide additional support for mitochondrial function and energy. Adenosylcobalamin is the form of vitamin B₁₂ active in mitochondria, promoting mitochondrial energy (ATP) production, 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, and stabilizes neuro-muscular junctions. 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
Vitamin B ₁₂ (as adenosylcobalamin)	1,000 mcg
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	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

Energy & Fatigue



Amino-NR

Quantity

Order
Code

180

ANR41

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.

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

Mental Health & Stress Support



Amino Replete

Quantity

Order
Code

8.5 oz
(240 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 and enhance the body's natural defense mechanisms against free radicals: the enzymes superoxide dismutase, catalase, and glutathione peroxidase.[‡]

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	

Cellular Health & Longevity



AntiOxidant Formula	Quantity	Order Code
	120	AO21

Arabinogalactan

PREBIOTIC FIBER FOR IMMUNE SUPPORT†

Arabinogalactan (AG) is a fermentable prebiotic fiber found in high concentrations in North American larch trees. It is also a constituent of Echinacea. AG has potential to support immune cells involved with the body's first line of defense. AG may also promote healthy production of cytokines, which mediate cell-to-cell communication between cells involved in the immune response. A randomized, 4-week clinical trial in healthy adults suggested that AG also potentiates the complement system, another mechanism of defense in the body. Preliminary data suggest that AG also enhances the growth of friendly intestinal bacteria, including Lactobacilli 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
	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



NON
GMO

V

VEG

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 metabolism of folate. 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	

Vitamins & Minerals



NON
GMO

V

VEG

Ascorbic Acid capsules	Quantity	Order Code
	250	A12
	90	A19

Ascorbic Acid powder

1 scoop daily, with a meal.

Serving size: 1 scoop (approximately 1.4 g)

Servings per container: approximately 162

Each scoop contains:

Vitamin C (as ascorbic acid)	1,400 mg
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Vitamins & Minerals



NON
GMO

V

VEG

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 an important antioxidant and free radical scavenger that plays well-established roles in immune function. These functions include maintaining healthy mast cell function and lymphocyte formation. Vitamin C is also essential for the formation and maintenance of collagen. It also aids in the absorption of iron and the formation of red blood cells.[†]

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)	

Vitamins & Minerals



NON
GMO

V

VEG

Ascorbyl Palmitate	Quantity	Order Code
	180	ASP1

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.

Each (size 00) vegetarian capsule contains:

KSM-66 Ashwagandha® 500 mg
(*Withania somnifera*) extract (root)

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

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

Not to be taken by pregnant or lactating women.

Mental Health & Stress Support



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 studies, it has demonstrated the ability to cross the blood-brain barrier and protect the retina, 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. Research suggests that astaxanthin may support athletic performance, as well as joint function and comfort after strenuous exercise. 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 *Haematococcus pluvialis* microalgae) 4 mg

Other ingredients: extra virgin olive oil, gelatin capsule (gelatin, glycerin, water)

Cellular Health & Longevity



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 superfruit polyphenols.[†]

2 capsules, twice daily, with meals.

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)	160 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	

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

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



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 79

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

BCAA capsules 2 vegetarian capsules »See page 41

- 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 59

- Natural, fermented, trans-isomer CoQ₁₀

L-Glutamine 1 vegetarian capsule »See page 91

- 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)	240 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 (Vitis vinifera) extract (whole fruit)	100 mg
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	30 mg
Green tea (Camellia sinensis) 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), ascorbic acid	

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

NON
GMO

Athletic Pure Pack	Quantity	Order Code
	30 packets	APP3B3

B-Complex liquid

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

This balanced combination of functionally interrelated B vitamins provides wide ranging benefits. As a complex, the B vitamin group is essential for the proper functioning of the nervous system and 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. They also support the integrity of the skin, hair and liver.†

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

Vitamins & Minerals

NON
GMO



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



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 support and cellular 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.

Vitamins & Minerals



B-Complex Plus	Quantity	Order Code
	120	BCP1
	60	BCP6

B₆ Complex

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT WITH ENHANCED VITAMIN B₆†

Vitamin B₆ plays an important role in nerve impulse transmissions and healthy functioning of the nervous system. It is offered in this formula as both pyridoxine and the activated form pyridoxal-5-phosphate. Vitamin B₁₂ is offered as a combination of adenosylcobalamin and hydroxycobalamin. Optimal levels of adenosylcobalamin support healthy synthesis of neuronal myelin. Hydroxycobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form of vitamin B₁₂ and the major form stored in the mitochondria of cellular tissues.†

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.

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, an 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.

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



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

B₁₂ liquid

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

Methylcobalamin, an 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. 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



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

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.



B ₁₂ Folate	Quantity	Order Code
	60	B12



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

Cognitive Health



Bacopa monnieri	Quantity	Order Code
	180	BA1



Balanced Immune

Formulated with Samuel F. Yanuck, D.C.†

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 act as intracellular sensors to oxidative and environmental stressors. Research suggests curcumin and vitamin D support healthy cellular responses by modulating this pathway. The formula also promotes multiple enzyme and gene transcription pathways implicated in 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.

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.

†Dr. Yanuck is a retained advisor for Pure Encapsulations.

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

Immune Support



Balanced Immune	Quantity	Order Code
	60	BIM6

BCAA capsules

SUPPORTS LEAN MUSCLE MASS AND EXERCISE RECOVERY[†]

- Provides branched-chain amino acids, 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 helps to maintain muscle function 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)



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 (approximately 1 rounded scoop)

Servings per container: approximately 68

One rounded scoop (approximately 3.3 g) contains:

Calories	10
Branched chain amino acids (free-form)	3,000 mg
Providing:	
I-Leucine	1,500 mg
I-Isoleucine	750 mg
I-Valine	750 mg



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

BenfoMax

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

- Maintains healthy advanced glycation end product (AGE) 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.



BenfoMax	Quantity	Order Code
	90	BFM9



Berberine UltraSorb™

ENHANCED ABSORPTION BERBERINE; SUPPORTS GLUCOSE METABOLISM AND CARDIOMETABOLIC HEALTH†

Berberine UltraSorb™ provides Berberis®, a berberine phytosome with enhanced bioavailability. Several randomized, placebo-controlled clinical studies indicate that berberine promotes healthy insulin receptor function and signaling, thereby supporting glucose metabolism. Berberine supports the activation of AMP kinase (AMPK), a central regulator of cellular energy homeostasis. This master metabolic switch is involved with maintaining healthy cardiovascular function, insulin signaling and glucose metabolism. Berberine also helps to maintain cholesterol levels already within the normal range. Clinical studies show that daily doses of 1,000-1,500 mg of standard berberine supports cardiometabolic parameters, including lipid and triglyceride metabolism and healthy blood flow. In a clinical study, berberine supplementation of 500 mg twice daily for three months provided clinically and statistically significant support for healthy lipid profiles compared to baseline. Berberine may also support endothelial function and colorectal health. A pharmacokinetic study in healthy adults reported that supplementation with 550 mg of Berberis® berberine phytosome was four times more bioavailable compared to standard berberine.‡

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

One (size 00) capsule contains:

Berberis® berberine - Indena Phytosome™ complex (Berberine and sunflower phospholipid complex) (standardized to contain 28% berberine) 550 mg

Other ingredients: Berberis® berberine - Indena Phytosome™ complex (Berberis aristata root extract, pea protein isolate, sunflower lecithin, grape seed extract, cellulose, silicon dioxide), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Berberis® berberine - Indena Phytosome™ complex are trademarks of Indena S.p.A., Italy

Not to be taken by pregnant or lactating women.

Blood Sugar Support



NON
GMO

V

VEG

Berberine UltraSorb™	Quantity	Order Code
	60	BUS6

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, passionflower, 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 Support



NON
GMO

V

VEG

Best-Rest Formula	Quantity	Order Code
	120	BRF1
	60	BRF6



Best-Rest Gummy

GREAT-TASTING TRIPLE-ACTION SUPPORT FOR RELAXATION, SLEEP ONSET AND RESTFUL SLEEP†

Best-Rest Gummy offers comprehensive triple-action support for relaxation, sleep onset and sustained restful sleep in a great-tasting gummy form. Lemon balm and theanine promote relaxation, helping calm the body to prepare for restful sleep. Lemon balm is rich in flavonoids and polyphenolic compounds, with a long history of traditional use for relaxation. Research indicates theanine increases alpha wave activity in the brain, associated with a relaxed mental state, shortly after administration. Melatonin's primary role is regulation of the body's circadian rhythm and sleep patterns. It is provided in the patented MicroActive® delivery system. An unpublished pharmacokinetic study of MicroActive® melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose, indicating support for sleep onset and prolonged sleep throughout the night. Vitamin B₆ is a key cofactor for serotonin and melatonin production. Optimal concentrations have been associated with positive mood and sleep.[†]

Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime.

Adults, take 2 gummies daily, 30-60 minutes before bedtime.

Two gummies contain:

Calories	10
Total Carbohydrate	3 g
Total Sugars	1 g
Includes 1 g Added Sugars	
Vitamin B ₆ (as pyridoxine HCl)	3 mg
Sodium	15 mg
Melatonin	1 mg
(as MicroActive® melatonin sustained-release complex)	
Lemon balm (<i>Melissa officinalis</i>) extract (leaf)	40 mg
L-Theanine	150 mg
Berry/fruit blend (organic)	5 mg
strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit, pomegranate fruit, cranberry fruit	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry and black tea flavor with other natural flavors, citric acid, hypromellose, sodium citrate, sodium alginate, microcrystalline cellulose, black carrot powder (color), coating (organic sunflower oil, organic carnauba wax), organic stevia leaf extract

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 for individuals taking corticosteroids.

Sleep Support



Best-Rest Gummy	Quantity	Order Code
	60	BRG6

Beta-sitosterol

PHYTOSTEROL COMPLEX FOR PROSTATE HEALTH AND URINARY FUNCTION†

Plant sterols are a family of compounds similar in structure to cholesterol that have positive effects on prostate health, as demonstrated by multiple clinical trials. 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.[†]

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

Beta Carotene (with mixed carotenoids)

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

Beta carotene is an important dietary antioxidant that scavenges free radicals, supports the body's defense system and maintains healthy visual acuity. Beta carotene is also the major dietary precursor of vitamin A. The body converts beta carotene to vitamin A as needed.[†]

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 <i>D. salina</i> , 100% natural)	

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

Vitamins & Minerals



Beta Carotene	Quantity	Order Code
	90	BE9

Betaine HCl Pepsin

PROMOTES HEALTHY DIGESTIVE 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

1 capsule, 3 times daily, with each meal.

Each (size 00) vegetarian capsule contains:

Betaine HCl	520 mg
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 Health



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 that 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

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

Each (size 2) vegetarian capsule contains:

Bilberry (<i>Vaccinium myrtillus</i>) extract (fruit)	160 mg
(standardized to contain 25% anthocyanosides)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Vision Support



Bilberry 160 mg	Quantity	Order Code
	120	BB11

Biotin 8 mg

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

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.

Vitamins & Minerals



Biotin 8 mg	Quantity	Order Code
	120	BI1
	60	BI6

Biotin Complex Hair & Skin

ENHANCED BIOTIN COMPLEX TO SUPPORT HEALTHY HAIR AND SKIN†

Biotin Complex Hair & Skin includes the clinically researched, Lustriva® an inositol-stabilized arginine silicate and magnesium biotin complex for healthy hair and skin support. This unique complex enhances biotin solubility by 40x, compared to standard D-biotin. In a clinical trial, improvements in skin texture, reduced depth of fine lines and fuller, thicker hair were found after 12 weeks, compared to baseline.¹

1 capsule daily, with a meal.

Each (size 2) vegetarian capsule contains:

Biotin (from magnesium biotin)	10,000 mcg
Lustriva® (inositol-stabilized arginine silicate, magnesium biotin)	160 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Lustriva®, including the Lustriva logo, is a registered trademark of Nutrition21, LLC. Lustriva® is patent protected.

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.

Women's Formulas



Biotin Complex Hair & Skin	Quantity	Order Code
	60	BCHS6

Black Cohosh 2.5

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)



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, including support for joint health, immune function and premenstrual comfort. Studies have shown that GLA promotes healthy prostaglandin E1 (PGE1) production. A six-month clinical trial performed at the University of Massachusetts Medical Center found that GLA was effective in supporting joint comfort. These results aligned with previous clinical trial data showing clinically and statistically significant support for joint health. A 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, mainly by supporting prostaglandin (PGE2) production and T-lymphocyte function. Preliminary evidence suggests GLA may also support healthy estrogen balance and 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)	



Black Currant Seed Oil	Quantity	Order Code
	100	BL1

Borage Oil

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

Studies have indicated that GLA promotes healthy prostaglandin E1 (PGE1) production, which helps support healthy joint function. Researchers at the University of Massachusetts Medical School, Worcester, reported that GLA helps support healthy cytokine activity, a mechanism that may be linked to both immune system support and joint health. A randomized, double-blind, placebo-controlled trial reported statistically significant support for joint health in subjects supplementing with GLA from borage seed oil. PGE1 has also been associated with supporting and soothing the skin when used topically or taken orally.[†]

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)	



Borage Oil	Quantity	Order Code
	180	BOG1
	60	BOG6

Boron (glycinate)

SUPPORT FOR NUTRIENT UTILIZATION[†]

Boron supports calcium, phosphorous and magnesium metabolism and reduces the loss of these minerals through the urine. Boron also plays a role in the synthesis of estrogen, vitamin D and other steroidal hormones and may support healthy hormonal balance. 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)	



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. 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 (*Boswellia serrata*) 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.

Bone & Musculoskeletal Health



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. A randomized double-blind study involving 102 individuals revealed that AKBA supports gastrointestinal health. AKBA may provide gastrointestinal support by maintaining healthy lipid signaling in the epithelial lining of the digestive tract.†

1 capsule daily, with a meal.

Each (size 0) vegetarian capsule contains:

5-LOXIN® Boswellia serrata extract Indian 100 mg

Frankincense (*Boswellia serrata*) extract (gum resin)
(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.

Bone & Musculoskeletal Health



Boswellia AKBA	Quantity	Order Code
	120	BWA1
	60	BWA6



Brain Reset™

Formulated with Samuel F. Yanuck, D.C.*

PROMOTES CONCENTRATION, MENTAL CLARITY AND
MEMORY ASSOCIATED WITH BRAIN FOG[†]

Brain Reset™ is designed to promote concentration and memory with multi-faceted support for healthy blood flow, immune mediator production, neuroprotection and cognitive function. *Ginkgo biloba* and butcher's broom help sustain the strength and elasticity of blood vessels and capillaries, and may also promote the flow of oxygen and blood to the brain. *Ginkgo biloba* is included in this formula as Virtiva® ginkgo-phosphatidylserine phytosome complex.[‡]

Phytosomes boost resistance to degradation in the digestive tract and promote efficient absorption across membranes for enhanced bioavailability. In a randomized, double-blind, placebo-controlled crossover study, phosphatidylserine-bound ginkgo extract enhanced secondary memory performance and significantly increased speed of memory task performance at 1, 2.5, 4 and 6 hours, compared to standard ginkgo extract or phosphatidylcholine-bound ginkgo extract. In another study, ginkgo extract promoted executive function in women. Preliminary research suggests that ginkgo may also support dopamine levels in the prefrontal cortex of the brain.[‡]

Bacopa extract has over 35 years of clinical research focusing on support for memory and peak cognitive performance. In a randomized, controlled trial involving healthy adults, 320 mg of bacopa extract promoted performance on cognitively demanding tests. In another study, it promoted multi-tasking performance at 1 and 2 hours after administration, and supported positive mood. In a third trial, 90 days of supplementation with Bacopa promoted working memory performance, including spatial working memory accuracy and visual information processing accuracy.[‡]

Riboflavin and feverfew have been studied for their ability to promote cranial comfort, with numerous randomized, double-blind, placebo-controlled trials exploring their supportive effects. Feverfew is thought to act in part by maintaining healthy cytokine, leukotriene and prostaglandin metabolism, as well as promoting healthy cranial vascular muscle function. Luteolin promotes neuronal health through antioxidant, immunomodulating, and mast cell stabilizing actions, helping to moderate the release of immune mediators. In a randomized, double-blind trial involving older men and women, daily supplementation with 3.2 grams of lion's mane powder (equivalent to 800 mg of lion's mane 30% polysaccharides extract) daily for 12 weeks promoted cognitive function, as assessed by the Mini-Mental State Examination questionnaire (MMSE). It may also offer support for relaxation and mood. In vitro and animal research suggest that lion's mane promotes neuronal health by supporting nerve growth factor (NGF) synthesis.[‡]

2 capsules daily, between meals.

Two (size 00) vegetarian capsules contain:

Riboflavin	20 mg
Lion's Mane mushroom (<i>Hericium erinaceus</i>) extract (fruiting body)	400 mg
Bacopa (<i>Bacopa monnieri</i>) extract (aerial parts) (standardized to contain 20% bacosides)	320 mg
Virtiva® ginkgo-phosphatidylserine phytosome (<i>Ginkgo biloba</i> extract (leaf) and sunflower phospholipid complex) (standardized to contain 5% ginkgoflavonglucosides and 12% phosphatidylserine)	120 mg
Butcher's broom (<i>Ruscus aculeatus</i>) extract (root)	150 mg
Feverfew (<i>Tanacetum parthenium</i>) extract (leaf)	150 mg
Luteolin	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Virtiva® is a registered trademark of Indena S.p.A., Italy.

*Dr. Yanuck is a retained advisor for Pure Encapsulations.

Not to be taken by pregnant or lactating women.

Cognitive Health



Brain Reset™	Quantity	Order Code
	60	BRT6

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, as a proteolytic enzyme bromelain aids in the healthy functioning of the digestive system. Taken between meals, bromelain maintains healthy kinin and fibrin production, supporting healthy musculoskeletal function. Research suggests that bromelain may promote muscle and joint comfort by providing support for healthy platelet 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.

Bone & Musculoskeletal Health



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 is an antioxidant and free radical scavenger with a wide range of functions. 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 also essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron, the formation of red blood cells and conversion of folic acid to active folinic acid. It also 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.

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	

Vitamins & Minerals



Buffered Ascorbic Acid capsules	Quantity	Order Code
	250	AB22
	90	AB29

Buffered Ascorbic Acid powder

1 rounded scoop (2.2 g) daily.

Serving size: 2.2 g (approximately 1 rounded scoop)
Servings per container: approximately 103

One rounded scoop (approximately 2.2 g) contains:

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

Vitamins & Minerals



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



CaffPhenol

WHOLE FRUIT COFFEE EXTRACT EXTRACT AND THEANINE TO PROVIDE BALANCED ENERGY AND COGNITIVE SUPPORT*

At low to moderate doses, caffeine has been shown to target the central nervous system (CNS) and act as cognitive support, promoting alertness, vigilance, attention and reaction time. Research indicates that it promotes the encoding of new information and delays fatigue. In a study of 88 young adults, the ingestion of 200 mg caffeine significantly enhanced problem-solving abilities, although it did not alter working memory or creativity. It is believed to exert its effects on the CNS via the adenosine receptors, promoting neurotransmitter release and dopamine concentration, motor unit firing rates, and comfort. In a study of 15 professional e-gamers, 3 mg/kg body weight caffeine promoted accuracy and decreased reaction time. Numerous studies on athletes suggest that caffeine promotes endurance and performance output likely through these same mechanisms. In an incremental exercise-cycling study conducted in recreationally active men, 4 mg/kg body weight caffeine improved time to exhaustion by 12% and significantly decreased perception of effort and subjective fatigue. L-theanine is a component of green tea that promotes normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect without drowsiness. It also has been shown to support positive mood and cognitive function, in part by promoting healthy neurotransmitter function and neuroprotection. In combination studies, L-theanine has been reported to moderate some of the effects of caffeine on the CNS, promoting vascular relaxation and local cognitive processing. Coffeeberry® is a concentrated whole coffee fruit extract from *Coffea arabica* containing naturally occurring caffeine and polyphenols. Preliminary research suggests coffee fruit polyphenols support healthy vascular endothelial function and BDNF.[†]

2 capsules daily, with or between meals.

Two (size 3) capsules contain:

CoffeeBerry® coffee (<i>Coffea arabica</i>) extract (whole fruit) (standardized to contain 100 mg caffeine)	143 mg
L-Theanine (Suntheanine®)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

CoffeeBerry® is a registered trademark of VDF FutureCeuticals, Inc. Pat. Fcpatent.com

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

Not to be taken by pregnant or lactating women. Not intended for children or those sensitive to caffeine. The recommended dose of this product contains 100 mg of caffeine, about as much as 1 cup of strong coffee. Monitor other sources of caffeine such as medications, foods or beverages while taking this product. Do not exceed the recommended serving. Do not use in combination with alcohol. If you have any health condition or are taking any medication, consult your health professional before use.



CaffPhenol	Quantity	Order Code
	60	CPL6

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.

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	

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

Bone & Musculoskeletal Health



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

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

Albion™ and DimaCal™ are trademarks of Albion Laboratories, Inc.

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

Bone & Musculoskeletal Health



Cal/Mag 2:1 (malate)	Quantity	Order Code
	180	CMM1
	90	CMM9

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

Bone & Musculoskeletal Health



Calcium (citrate)	Quantity	Order Code
	180	CC1

Calcium (MCHA)

SUPPORTS BONE MINERAL COMPOSITION[†]

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

1 capsule daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Calcium (from microcrystalline hydroxyapatite) (bovine) 250 mg

Other ingredients: vegetarian capsule (cellulose, water)

Bone & Musculoskeletal Health



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.

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

Bone & Musculoskeletal Health



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 may reduce 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 di-calcium malate (DimaCal™)) 400 mg

Vitamin K₂ (menaquinone-7) 30 mcg

Other ingredients: vegetarian capsule (cellulose, water)

Albion™, DimaCal™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

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

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.

Bone & Musculoskeletal Health



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

Bone & Musculoskeletal Health



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

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	

Bone & Musculoskeletal Health



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. Vitamin D is now derived from organic algae, produced in a multi-step process resulting in a vitamin D₃, cholecalciferol with the same molecular structure as lanolin and fish oil derived cholecalciferol.[‡]

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	

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

Bone & Musculoskeletal Health



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 glucaric acid, is a nutrient with the potential to support healthy detoxification and cellular function. In the gut and liver, phase II detoxification includes an enzymatic process called glucuronidation, in which toxic compounds are bound to glucuronic acids so that they can be eliminated in a safe form from the body via the bile and/or urine. 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 modulate beta-glucuronidase enzyme activity, helping the glucuronide conjugates stay intact, so that they can leave the body. D-glucarate may also help 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.

Hormone Support



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.

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 Health



Caprylic Acid	Quantity	Order Code
	240	CAP2
	120	CAP1

CarbCrave Complex

With Sensoril®

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

CarbCrave Complex is designed to help lessen appetite and curb excessive carbohydrate intake by supporting neurotransmitters involved in appetite and mood. 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 (<i>Magnolia officinalis</i>) extract (bark) and phellodendron (<i>Phellodendron amurense</i>) extract (bark)	
Sensoril® ashwagandha (<i>Withania somnifera</i>) extract (root and leaf)	75 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidoside)	75 mg
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

Weight Management



NON
GMO

V

VEG

CarbCrave Complex	Quantity	Order Code
	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 lipid peroxides and healthy cardiac enzymes including 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 & Fatigue



NON
GMO

V

VEG

L-Carnitine	Quantity	Order Code
	120	LC1
	60	LC6



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 naturally present in the body as a component of the Krebs cycle (Citric Acid Cycle), where it contributes to energy production. L-carnitine fumarate has been shown to moderate cardiac lactate levels in laboratory animals. This unique formula supports cellular energy in tissues with high metabolic demands, such as the heart and skeletal muscle.[‡]

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 I-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

Energy & Fatigue



NON
GMO

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VEG

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)

Cellular Health & Longevity



NON
GMO

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VEG

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. In a 52-week, randomized, double blind trial, cat's claw extract promoted joint comfort. Its mechanism of action is believed to involve modulation of key immune mediators, such as prostaglandins and cytokines, and antioxidant activity. 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.

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



NON
GMO

V

VEG

Cat's Claw	Quantity	Order Code
	180	CCL1
	90	CCL9

Chaste tree (Vitex)

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.

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



NON
GMO

V

VEG

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. 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. 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.

Two (size 00) vegetarian capsules contain:

Phytosterol complex (including betasitosterol, campesterol, stigmasterol, brassicasterol and sitostanol)	1,000 mg
Providing (typical): Total phytosterols	900 mg

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

Contains soy

Cardiovascular Health



NON
GMO

V

VEG

CholestePure [†]	Quantity	Order Code
	180	CHO1
	90	CHO9

CholestePure Plus[†]

Soy-Free

WITH ENHANCED ABSORPTION PHYTOSOME[™] TECHNOLOGY; SUPPORTS HEALTHY LIPID METABOLISM AND 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. CholestePure Plus provides a unique blend of phytosterols, berberine and clinically studied bergamot extract to promote healthy lipid metabolism and overall cardiometabolic health. 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 and lipid 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 is an alkaloid that mediates the activation of AMP kinase (AMPK), a central regulator of cellular energy homeostasis. This master metabolic switch is involved with maintaining healthy cardiovascular function, and helps maintain lipid levels already within the normal range. A human pharmacokinetic study demonstrated that Berberis[®] berberine phytosome is 4 times more bioavailable than a standard berberine formulation.[†]

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

Two (size 00) vegetarian capsules contain:

Phytosterols (from pine (<i>Pinus</i> spp.) phytosterol complex (PhytoPin [®]))	500 mg
Berberine Phytosome [™] (Berbevis [®]) (Berberis aristate extract (root) and sunflower phospholipid complex) (standardized to contain 28% berberine)	275 mg
Bergamot (Bergavit [®] 40) (<i>Citrus bergamia</i>) extract (fruit) (standardized to contain 39% flavonoids)	160 mg

Other ingredients: Phospholipid complex (pea protein isolate, sunflower lecithin, grape seed extract, cellulose, silicon dioxide), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

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

Berbevis[®] and Phytosome[™] are trademarks of Indena S.p.A., Italy.

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

Not to be taken by pregnant or lactating women.

Cardiovascular Health



NON
GMO

V

VEG

CholestePure Plus [†]	Quantity	Order Code
	120	CHP31

Choline (bitartrate)

KEY VITAMIN TO SUPPORT HEALTHY METHYLATION, CELL FUNCTION AND NEUROTRANSMISSION*

While long considered a non-essential vitamin, recent evidence confirms that the body cannot synthesize enough choline to meet daily needs. This has prompted the National Academy of Science to create a daily value for choline of 550 mg. Dietary intake of choline is often below this level. Choline is an important nutrient for methylation, cell membrane structure and neurotransmission, and lipid metabolism and transport. 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 and memory. Certain genetic variations in MTHFD1 and PEMT, enzymes that play critical roles in methylation and phosphatidylcholine synthesis, respectively, have been associated with increased dietary choline needs. Since the de novo synthesis of phosphatidylcholine requires the estrogen-inducible PEMT enzyme, women with low estrogen levels and/or certain SNPs in the PEMT gene have increased choline needs. Postmenopausal women with lower estrogen have higher dietary choline requirements because of reduced PEMT function. Choline requirements also increase during pregnancy. 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. A randomized, double blind, placebo-controlled trial suggests that higher intakes of choline also promote healthy hepatic fat metabolism.[†]

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

One (size 00) vegetarian capsule contains:

Choline (as choline bitartrate)	275 mg
Other ingredients: vegetarian capsule (cellulose, water), tri-magnesium citrate	

Cognitive Health    

Choline (bitartrate)	Quantity	Order Code
	100	CLB1



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 ChromeMate® combined with exercise was more effective than exercise alone in supporting healthy glucose metabolism. A similar study at Georgetown University also suggested that ChromeMate® may support healthy weight management† while preserving lean muscle mass in overweight women. The potential for ChromeMate® to promote Glucose Tolerance Factor (GTF) activity contributes to its ability to maintain healthy glucose metabolism and to support healthy 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.

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

Blood Sugar Support



ChromeMate® GTF 600	Quantity	Order Code
	180	CRG61

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)	

Blood Sugar Support



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)

Blood Sugar Support



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 (*Cinnamomum 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.

Blood Sugar Support



Cinnamon WS	Quantity	Order Code
	120	CL1

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.

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.

Weight Management



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 and strawberry extracts and spinach juice concentrate, 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 (*Vaccinium angustifolium*) extract (fruit),
Orléans strawberry (*Fragaria x ananassa*) extract (fruit),
and spinach (*Spinacia oleracea*) juice concentrate (leaf)

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

Magtein[®] is protected under a family of US patents, pending patents, and is protected worldwide. Magtein[®] is a trademark of Magceutics[®], Inc. and is distributed exclusively by AIDP, Inc.

Cognitive Health



NON
GMO

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VEG

CogniMag	Quantity	Order Code
	120	CGM21

CogniPhos

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.

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.

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

Cognitive Health



NON
GMO

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VEG

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 and neurotransmitter systems 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	



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).

Bone & Musculoskeletal Health



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)

Vitamins & Minerals



Copper (citrate)	Quantity	Order Code
	60	CUC6

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)

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 mitochondrial 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, 1-4 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Coenzyme Q₁₀ 30 mg

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

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

Cardiovascular Health



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.

Cardiovascular Health



NON
GMO

V

VEG

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.

Cardiovascular Health



NON
GMO

V

VEG

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

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.

Cardiovascular Health



NON
GMO

V

VEG

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.

Cardiovascular Health



NON
GMO

V

VEG

CoQ ₁₀ 500 mg	Quantity	Order Code
	60	CQ56



CoQ₁₀ L-Carnitine fumarate

SUPPORTS CARDIOVASCULAR, METABOLIC AND NEUROLOGICAL HEALTH[‡]

- Combined with L-carnitine fumarate to support mitochondrial energy production and heart muscle energy[‡]
- L-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:

L-Carnitine (free-form) (from L-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.

<div> <div>Cardiovascular Health</div> <div>  <div> <div>NON GMO</div> <div>VEG</div> </div> </div> </div>		
CoQ ₁₀ L-Carnitine fumarate	Quantity	Order Code
	120	CQF1

Coriolus extract

Formulated with Samuel F. Yanuck, D.C.[‡]

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.

Each (size 00) vegetarian capsule contains:

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

[‡]Dr. Yanuck is a retained advisor for Pure Encapsulations.

<div> <div>Immune Support</div> <div>  <div> <div>NON GMO</div> <div>V</div> <div>VEG</div> </div> </div> </div>		
Coriolus extract	Quantity	Order Code
	60	CRS6



[‡]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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. L-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

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
L-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.

Mental Health & Stress Support



Cortisol Calm	Quantity	Order Code
	120	COR1
	60	COR6

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

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



NON
GMO

V

VEG

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

CurcumaSorb

Soy-Free

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

Curcumin has been the subject of over 3,000 studies over the past 30 years and has an extensive history of use. The remarkable breadth of applications of curcumin stem from its multifocal mechanisms involving diverse intracellular signaling pathways and the regulation of hundreds of genes involved in cytokine balance, detoxification and cellular health. CurcumaSorb provides the patented curcumin-phosphatidylcholine complex Meriva® 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 elevations in plasma curcumin from 450 mg Meriva® were similar to values obtained from 4,000 mg of a standard curcumin extract. Meriva® delivers a highly bioavailable curcumin phytosome, providing support for musculoskeletal, digestive, liver, brain, cellular and cardiovascular health. The efficacy of a low dose was demonstrated in a 3-month clinical trial, in which 200 mg of curcuminoids from Meriva® per day maintained healthy C-reactive protein levels and 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
(<i>Curcuma longa</i> 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.

Bone & Musculoskeletal Health



NON
GMO

V

VEG

CurcumaSorb	Quantity	Order Code
	180	MCU1

CurcumaSorb Mind

Soy-Free

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 (turmeric (<i>Curcuma longa</i>) extract (root) sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	300 mg
Neurophenol® proprietary blend providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins and phenolic acids) from grape (<i>Vitis vinifera</i>) extract (fruit) and wild blueberry (<i>Vaccinium angustifolium</i>) extract (fruit)	300 mg
Monterey pine (<i>Pinus radiata</i>) extract (bark)	50 mg
Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 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.

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.

Cognitive Health



CurcumaSorb Mind	Quantity	Order Code
	60	MCUM6



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 (*Curcuma longa*) 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.

Bone & Musculoskeletal Health



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 (*Curcuma longa*) extract (root) 500 mg
(standardized to contain 95% curcuminoids)

Bioperine® black pepper (*Piper nigrum*) 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.

Bone & Musculoskeletal Health



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

D-Mannose powder

CONCENTRATED SUPPORT FOR PROPER
URINARY FUNCTION†

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



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

Daily Calm

NEW

HELPS RELIEVE OCCASIONAL STRESS†

Daily Calm combines L-theanine, saffron, GABA, and ashwagandha to relieve occasional stress and anxiety while supporting a positive, relaxed mood and emotional well-being. Suntheanine®, a trademarked L-theanine, supports a relaxed and alert mental state. A four-week randomized clinical trial using L-theanine found support for stress-related symptoms. Clinical research shows that saffron, a widely studied spice derived from the flower of *Crocus sativus*, supports emotional well-being and positive mood. Clinical studies also show that saffron supports sleep with continued use. Ashwagandha, an adaptogenic herb, helps the body adapt to stress by restoring balance. Studies show that ashwagandha supports a calm, relaxed mood, helping to relieve occasional anxiety and stress. Together, these ingredients support multiple aspects of emotional wellness, helping to relieve occasional stress and anxiety while supporting a positive emotional outlook and sleep quality with continued use.†

1 capsule, 2 times daily between meals.

One (size 00) capsule contains:

KSM-66 Ashwagandha®	300 mg
(<i>Withania somnifera</i>) extract (root)	
GABA (gamma-aminobutyric acid)	100 mg
L-Theanine (Suntheanine®)	100 mg
affron® saffron (<i>Crocus sativus</i>) extract (stigma)	15 mg
(standardized to contain 3.5% Lepticosalides®)	

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

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

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

affron® & Lepticosalides® are trademarks owned by Pharmactive Biotech Products S.L.U.

Not to be taken by pregnant or lactating women.

Mental Health & Stress Support



Daily Calm	Quantity	Order Code
	60	DCM6



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)	



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
KSM-66 Ashwagandha [®] (<i>Withania somnifera</i>) extract (root))	200 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

KSM-66 Ashwagandha[®] is a registered trademark of Ixoreal Biomed Inc.

Not to be taken by pregnant or lactating women.



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 192

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

EPA/DHA essentials 1 softgel capsule »See page 79

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

Liver-G.I. Detox[†] 2 vegetarian capsules »See page 108

- 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 182

- 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 hexaniacinate (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)	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)

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

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

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)

Liver & Detoxification



Detox Pure Pack	Quantity	Order Code
	30 packets	DPPB3

DGL Plus®

NUTRITIONAL SUPPORT FOR A HEALTHY STOMACH LINING†

This combination of deglycyrrhized 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.

Each (size 00) vegetarian capsule contains

Deglycyrrhized 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 Health



DGL Plus®	Quantity	Order Code
	180	DG1
	60	DG6

DHA Ultimate

SUPERCRITICAL CO₂ EXTRACTED DHA FISH OIL†

The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function. Research indicates 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 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)

Fish Oils & Omegas



DHA Ultimate	Quantity	Order Code
	120	DHU1
	60	DHU6



DHEA 5 mg

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 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.

Each (size 1) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C₁₉H₂₈O₂) (micronized) 5 mg
Other ingredients: hypoallergenic plant fiber, vegetarian capsule (cellulose, water), rice hulls, 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 Support



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

DHEA 10 mg

1 capsule daily, with a meal.

Each (size 1) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C₁₉H₂₈O₂) (micronized) 10 mg
Other ingredients: hypoallergenic plant fiber, vegetarian capsule (cellulose, water), rice hulls, 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 Support



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

DHEA 25 mg

1 capsule daily, with a meal.

Each (size 1) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C₁₉H₂₈O₂) (micronized) 25 mg
Other ingredients: hypoallergenic plant fiber, vegetarian capsule (cellulose, water), rice hulls, 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 Support



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

Digestion GB

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.

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 Health



Digestion GB	Quantity	Order Code
	180	DGB1
	90	DGB9

Digestive Enzyme chewables

CHEWABLE ENZYME BLEND TO SUPPORT PROTEIN, CARBOHYDRATE, FIBER AND DAIRY DIGESTION*

Digestive Enzymes chewable contains a blend of vegetarian digestive enzymes to promote digestion and GI comfort. Protease facilitates the normal breakdown of proteins and di- and tri-peptides. Lipase promotes lipid (fat) breakdown. Amylase stimulates polysaccharide breakdown of starch, while lactase supports the digestion of the dairy sugar lactose. Cellulase acts to break down cell wall components, promoting nutrient bioavailability of fiber-containing foods.[†]

Adults and children ages 4 and up, chew 1 tablet with each meal, 1-3 times daily.

One chewable tablet contains:

DigeZyme® Multienzyme complex	50 mg
Providing:	
Protease	300 PC
Lipase	10 LU
Alpha-amylase	1,200 DU
Lactase	200 ALU
Cellulase	55 CU

Other ingredients: xylitol, mannitol, maltodextrin, cellulose, ascorbyl palmitate, organic natural mixed berry flavor

DigeZyme® is a registered trademark of Sabinsa Corporation.

Gastrointestinal Health



Digestive Enzyme chewables	Quantity	Order Code
	100	DGC1



Digestive Enzymes Ultra

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.

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 Health



Digestive Enzymes Ultra	Quantity	Order Code
	180	DEU1
	90	DEU9

Digestive Enzymes Ultra with Betaine HCl

HIGH-STRENGTH MIXTURE OF BETAINES 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.

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 Health



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.

Hormone Support



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:

Diindolylmethane complex	100 mg
(complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica)	
(standardized to contain 25% diindolylmethane)	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.

Hormone Support



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, that comprise a healthy disc matrix. The age-related increase in advanced glycation end products may also contribute to a 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. 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 (Harpagophytum procumbens and Harpagophytum zeyheri) extract (root) (standardized to contain 5% harpagosides)	150 mg
Indian frankincense (Boswellia serrata) extract (gum resin) (standardized to contain 70% boswellic acids)	100 mg
Grape (Vitis vinifera) 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.

Bone & Musculoskeletal Health



Disc-Flex	Quantity	Order Code
	120	DIS1

DL-Phenylalanine

SUPPORTS EMOTIONAL WELL-BEING AND MUSCULOSKELETAL 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	

Mental Health & Stress Support



DL-Phenylalanine	Quantity	Order Code
	180	LP1
	90	LP9



DopaPlus

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.

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

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.

Mental Health & Stress Support



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)

Fish Oils & Omegas



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 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.

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 & Fatigue



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

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% salidoside)	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.

Mental Health & Stress Support



Emotional Wellness	Quantity	Order Code
	120	EW1
	60	EW6



EmulsiSorb K₂/D₃ liquid

ENHANCED ABSORPTION EMULSIFIED VITAMIN K₂ AND VITAMIN D₃ TO SUPPORT VASCULAR HEALTH†

EmulsiSorb K₂/D₃ liquid offers a combination of micellized vitamin K₂ and Vitamin D₃ produced in a unique emulsification process, minimizing bile dependency and enhancing bioavailability for optimal absorption. Vitamin K₂, menaquinone-7, promotes healthy vascular calcium balance and cardiovascular function. In a systematic review involving five 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. Research indicates that vitamin D potentiates the activity of MGP and that the combination of vitamins K and D provides synergistic support for blood vessel function. Vitamin D enhances immune cell activation and optimal serum levels have been positively associated with immune function. A meta-analysis of 25 trials indicates vitamin D supplementation supports respiratory health. Preliminary evidence suggests that optimal vitamin K₂ status may work synergistically to promote respiratory tissue health through MGP activation effects on elasticity and healthy blood flow.†

5 drops (0.16 ml) daily, with a meal.

Serving size: 5 drops (0.16 ml)

Servings per container: approximately 122

Five drops (0.16 ml) contain:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin K ₂ (as menaquinone-7)	90 mcg

Other ingredients: purified water, glycerin, cellulose, lemon oil, xanthan gum, extra virgin olive oil, citric acid, potassium sorbate, organic stevia leaf extract, rosemary leaf extract, natural mixed tocopherols

Warning: 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.

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.

Vitamins & Minerals



EmulsiSorb K ₂ /D ₃ liquid	Quantity	Order Code
	20 ml (0.7 fl oz)	EKDL

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 capsule »See page 125

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

EPA/DHA essentials 2 softgel capsules »See page 79

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

Vitamin D₃ 1 vegetarian capsule »See page 198

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

L-Carnitine 1 vegetarian capsule »See page 52

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

Magnesium (glycinate) 1 vegetarian capsule »See page 114

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

CoQ₁₀ 1 vegetarian capsule »See page 59

- 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 Kemira Industries, Inc.

Contains fish (anchovies, sardines, mackerel)

Energy & Fatigue



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.

Each (size 00) vegetarian capsule contains:

KSM-66 Ashwagandha® (Withania somnifera) extract (root)	200 mg
Asian ginseng (Panax ginseng) extract (root) (standardized to contain 5% ginsenosides)	200 mg
Eleuthero (Eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
Rhodiola (Rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

Not to be taken by pregnant or lactating women.



Energy Xtra	Quantity	Order Code
	120	EX21
	60	EX26

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)

Fish Oils & Omegas 

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[†]

Children ages 3-8, take 1/2 teaspoon daily, with a meal.
Adults and children ages 9 and up, take 1 teaspoon daily, with a meal.

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.

Fish Oils & Omegas



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 leaf extract, ascorbyl palmitate, natural tocopherols)	

Contains fish (from anchovies, mackerel, sardines)

Fish Oils & Omegas



EPA/DHA with lemon	Quantity	Order Code
	120	EDC1

EPA/DHA Vegetarian

ALGAE-DERIVED EPA AND DHA TO SUPPORT CARDIOVASCULAR HEALTH AND DAILY WELLNESS[†]

This formula contains vegetarian EPA and DHA derived from the marine algae, *Schizochytrium* sp., offered in a vegetarian capsule. Omega-3 essential fatty acids EPA and DHA are both important for various functions throughout the body. Research indicates that higher plasma levels of EPA and DHA are associated with cardiovascular health, platelet function, joint comfort and cognitive health. Typical vegetarian sources of omega-3 include leafy vegetables, soybeans and flaxseed, however, these foods provide α-linoleic acid (ALA) with an inefficient conversion to EPA and DHA at 10% or less. Our EPA/DHA Vegetarian provides pre-formed EPA and DHA that do not require conversion for utilization, offered in a liquid-filled vegetarian capsule.[†]

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

Two (size 00) vegetarian capsules contain:

Calories	10
Total fat	1 g
Algal oil concentrate	1,050 mg
Providing:	
DHA (docosahexaenoic acid)	300 mg
EPA (eicosapentaenoic acid)	150 mg

Other ingredients: sunflower seed oil, vegetarian capsule (pullulan), silicon dioxide, rosemary leaf extract, mixed tocopherols, ascorbyl palmitate

Fish Oils & Omegas



EPA/DHA Vegetarian	Quantity	Order Code
	120	EDV21



EPA Ultimate

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)

Fish Oils & Omegas



EPA Ultimate	Quantity	Order Code
	120	EPU1

Epi-Integrity powder

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

PROMOTES HEALTHY MODULATION OF MUCOSAL IMMUNE RESPONSES TO SUPPORT GI INTEGRITY IN A GREAT-TASTING POWDER[†]

Epi-Integrity 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® Perilla (<i>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.

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

Gastrointestinal Health



Epi-Integrity powder	Quantity	Order Code
	6 oz (171 g)	EIP1



Essential Aminos

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
L-Tryptophan	20 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bone & Musculoskeletal Health



Essential Aminos	Quantity	Order Code
	180	EA21

Ester-C® & flavonoids

VITAMIN C ENHANCED WITH FLAVONOIDS FOR ANTIOXIDANT, IMMUNE AND VASCULAR SUPPORT†

Ester-C® & flavonoids offers a blend of Ester-C® and flavonoid compounds to provide vitamin C support for healthy immune and cellular function as well as blood vessel integrity. Ester-C®, consisting primarily of calcium ascorbate, is a natural, non-acidic water-soluble form of vitamin C that is distinguished by its unique biological activity. In a double-blind, placebo-controlled, crossover trial, Ester-C® supplementation resulted in significantly higher white blood cell vitamin C concentrations compared to standard ascorbic acid at 8 hours and remained elevated at 24 hours. The bioflavonoids quercetin and rutin are free radical scavengers that complement the roles of vitamin C. Quercetin helps maintain healthy mast cell function and moderate healthy leukotriene and prostaglandin metabolism. Preclinical data shows that rutin supports 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 Ester-C® calcium ascorbate blend)	619 mg
Calcium (from Ester-C® calcium ascorbate blend)	68 mg
Threonic acid (from Ester-C® calcium ascorbate blend)	7 mg
Quercetin	50 mg
Rutin	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Ester-C® is a registered trademark.

Immune Support



Ester-C® & flavonoids	Quantity	Order Code
	180	ECF21
	90	ECF29



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.



EyeProtect Basics [‡]	Quantity	Order Code
	60	EPB6

EyeProtect Basics without zinc[‡]

OFFERS THE SAME EYEPROTECT BASICS[‡] FORMULA, 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.



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.

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 1,667 mcg DFE (1,000 mcg L-5-MTHF)

(as Metafolin[®], L-5-MTHF)

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

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

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.

Each (size 3) vegetarian capsule contains:

Folate 8,333 mcg DFE (5,000 mcg L-5-MTHF)
(as Metafolin®, L-5-MTHF)

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

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

Warning: Use only under medical supervision. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

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 methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, combined with activated vitamin B₁₂ and B₆. Genetic variations affecting activation and metabolism of supplemental folic acid are common. Through bypassing several enzymatic activation steps catalyzed by DHFR (dihydrofolate reductase) and MTHFR (methylenetetrahydrofolate reductase), 5-MTHF is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations in these enzymes. 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. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. In addition, folate promotes the production of healthy DNA. 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. Methyltetrahydrofolate and methylcobalamin may also support psychological health, including positive mood.¹

1 capsule daily, with a meal.

Each (size 1) vegetarian capsule contains:

Vitamin B ₆ (as pyridoxal 5' phosphate (activated B ₆))	25 mg
Folate (as Metafolin®, L-5-MTHF)	8,333 mcg DFE (5,000 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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

Vitamins & Minerals



Folate 5,000 Plus	Quantity	Order Code
	60	FLP56

Folic Acid

SUPPORT FOR HEALTHY FETAL NEURAL DEVELOPMENT¹

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.¹

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 250% of the DV (1,000 mcg).¹

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

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)	

Vitamins & Minerals



Folic Acid	Quantity	Order Code
	60	FO6

G.I. Fortify[†] (capsules)

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. 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 Health



G.I. Fortify [†] (capsules)	Quantity	Order Code
	120	GIFC1



G.I. Fortify[†]

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 the integrity of 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 Health



G.I. Fortify [†]	Quantity	Order Code
	14.1 oz (400 g)	GIF4

G.I. Integrity[†]

ENHANCED SUPPORT FOR GASTROINTESTINAL INTEGRITY AND FUNCTION[†]

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. It is also an important metabolic fuel for the enterocytes and immune cells in the small intestine. N-acetyl-d-glucosamine is a component of glycosaminoglycans and glycoproteins found in the gut's mucosal surface. Gamma oryzanol has a history of use in gastrointestinal applications, with preclinical data supporting its potential to moderate gastric secretions and promote gut function. The polysaccharide-rich inner fillet of aloe vera maintains healthy prostaglandin metabolism, immune-mediator activity and antioxidant defenses. In a randomized, double-blind clinical trial, improvements in intestinal symptom scores were significant compared to placebo after 4 weeks of aloe vera supplementation.[†]

2 capsules, twice daily, with or between meals.

Two (size 00) vegetarian capsules contain:

I-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 Health



G.I. Integrity [†]	Quantity	Order Code
	240	GII2
	120	GII1

GABA

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.

Each (size 00) vegetarian capsule contains:

GABA (gamma-aminobutyric acid)	700 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Mental Health & Stress Support



GABA	Quantity	Order Code
	120	GAB1
	60	GAB6



Garlic Complex

UNIQUE COMBINATION OF GARLIC AND AGED FERMENTED BLACK GARLIC EXTRACT TO SUPPORT ANTIOXIDANT DEFENSES, 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 sulfur-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 (*Allium sativum*) extract (bulb) 600 mg
(standardized to contain 0.1% S-Allyl cysteine)

Garlic (*Allium sativum*) extract (bulb) 400 mg
(standardized to contain 2,000 mcg/g allicin yield)

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

ABG10+® is a trademark owned by Pharmactive Biotech Products, SL.

Product may contain sulfites, which are known to naturally occur during the fermentation of garlic. Do not use if you have a known sulfite allergy or sensitivity.

Cardiovascular Health



NON
GMO

V

VEG

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)

Gastrointestinal Health



NON
GMO

V

VEG

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)

Cognitive Health



NON
GMO

V

VEG

Ginkgo 50 160 mg

Quantity

Order
Code

120

GB11

GlucoFunction[‡]

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.

Blood Sugar Support



GlucoFunction [‡]	Quantity	Order Code
	180	GF1
	90	GF9

Glucosamine + Chondroitin with MSM

SUPPORTS CONNECTIVE TISSUE HEALTH AND PROVIDES KEY COMPONENTS FOUND WITHIN CARTILAGE[‡]

Sulfur-containing methylsulfonylmethane (MSM) is included in this glucosamine and chondroitin combination to provide an enhanced spectrum of nutrients. 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)

Bone & Musculoskeletal Health



Glucosamine + Chondroitin with MSM	Quantity	Order Code
	360	GCMS3
	240	GCMS2
	120	GCMS1
	60	GCMS6

Glucosamine/MSM with joint comfort herbs

PROVIDES HERBS TO SUPPORT JOINT INTEGRITY AND KEY COMPONENTS OF CARTILAGE MATRIX COMPOSITION[†]

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. 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)

Bone & Musculoskeletal Health



Glucosamine/MSM with joint comfort herbs	Quantity	Order Code
	360	GM3
	180	GM1

Glucosamine Chondroitin with Manganese

PROVIDES BUILDING BLOCKS OF CARTILAGE AND ANTIOXIDANT SUPPORT[†]

This convenient formula combines two of the most important cartilage building blocks, glucosamine and chondroitin, with manganese ascorbate. The combination of glucosamine and chondroitin may 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 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)

Bone & Musculoskeletal Health



Glucosamine + Chondroitin with Manganese	Quantity	Order Code
	360	GCM3
	120	GCM1



Glucosamine Complex

COMBINES THREE GLUCOSAMINE FORMS WITH MANGANESE†

This formula combines three forms of glucosamine: glucosamine HCl, glucosamine sulfate and n-acetyl-d-glucosamine. These naturally occurring substances add to the matrix composition of collagen and connective tissue that forms the ground substance of cartilage.†

1 capsule daily, with a meal. 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)

Bone & Musculoskeletal Health



Glucosamine Complex	Quantity	Order Code
	180	GSC1

Glucosamine Sulfate 1,000 mg

PROVIDES THE INTRINSIC STRUCTURAL COMPOUNDS IN CARTILAGE†

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. 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)

Bone & Musculoskeletal Health



Glucosamine Sulfate 1,000 mg	Quantity	Order Code
	360	GS13
	180	GS11
	60	GS16

Glucosamine HCl + Chondroitin

SHELLFISH-FREE GLUCOSAMINE AND CHONDROITIN COMBINATION†

Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin. Studies have indicated that glucosamine HCl has the ability to maintain healthy matrix metalloproteinase (MMP) enzyme activity. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. In addition, it maintains healthy enzyme activity in the cartilage matrix and may act synergistically when combined with glucosamine. These two compounds serve as key components of joint connective tissue composition.†

1 capsule, 3 times daily, with meals. 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	

Bone & Musculoskeletal Health



Glucosamine HCl + Chondroitin	Quantity	Order Code
	120	GLC1



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.

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.

Blood Sugar Support



Glucose Support Formula	Quantity	Order Code
	120	GSF1
	60	GSF6



L-Glutamine 500 mg

NUTRITIONALLY SUPPORTS THE MUCOSAL LINING AND THE HEALTHY FUNCTIONING OF THE GASTROINTESTINAL TRACT, AS WELL AS LEAN MUSCLE MASS*

L-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.

Each (size 1) vegetarian capsule contains:

L-Glutamine (free-form)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Gastrointestinal Health



L-Glutamine 500 mg	Quantity	Order Code
	90	LG59

L-Glutamine 850 mg

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

Each (size 00) vegetarian capsule contains:

L-Glutamine (free-form)	850 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Gastrointestinal Health



L-Glutamine 850 mg	Quantity	Order Code
	250	LG82
	90	LG89

L-Glutamine powder

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

**Serving size: approximately 3.1 g (1 heaping scoop)
Servings per container: approximately 73**

Each heaping scoop (approximately 3.1 g) contains:

L-Glutamine (free-form)	3 g
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Gastrointestinal Health



L-Glutamine powder	Quantity	Order Code
	8 oz (227 g)	LGP

Gluten/Dairy Digest

A UNIQUE MIX OF ENZYMES TO SUPPORT HEALTHY GLUTEN AND DAIRY DIGESTION[†]

Gluten/Dairy Digest contains a blend of digestive enzymes targeting gluten and dairy digestion. Gluten/Dairy Digest includes a blend of proteases specially formulated with the scientifically researched prolyl-endopeptidase enzyme targeting gluten breakdown. 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. In another randomized, placebo-controlled, crossover study, 18 gluten-sensitive subjects consumed a mixed meal containing 0.5 g gluten. Tolerase® G (83,300 PPI) significantly degraded gluten concentrations in both the stomach and duodenum. In the stomach, median gluten levels were reduced from 176.9 mcg (range of 73.5-357.8 mcg) to 25.4 mcg (16.4-43.7 mcg, p=0.001). In the duodenum, median gluten levels were reduced from 14.1 mcg (range of 8.3-124.7) to 7.4 mcg (3.8-12 mcg, p=0.015). 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. 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.[‡]

1 capsule daily, with food.

Each (size 1) vegetarian capsule contains:

Tolerase® G Prolyl Endopeptidase	83,300 PPI
BioCore® Dairy	105 mg
Protease (endo/exopeptidase)	630 BLGU
Lactase	1,000 ALU
Other ingredients: vegetarian capsule (cellulose, water)	

BioCore® is a trademark of National Enzyme Company.

Tolerase® G is a trademark of DSM.

Tolerase® G is not intended to replace a gluten-free diet.

Tolerase® G is not intended to treat or prevent Celiac disease.

Gastrointestinal Health



Gluten/Dairy Digest	Quantity	Order Code
	120	GDD21
	60	GDD26

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 Support



Glycine	Quantity	Order Code
	180	GL1

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 Health



Grapefruit Seed extract	Quantity	Order Code
	120	GR1
	60	GR6

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 (*Vitis vinifera*) extract (seed) 500 mg
(standardized to contain 92% polyphenols)

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

Cardiovascular Health



Grape Pip 500 mg	Quantity	Order Code
	120	GP51

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.

Cellular Health & Longevity



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, which are 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.

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 & Fatigue



Growth Hormone Support	Quantity	Order Code
	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 (Vitis vinifera) 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.

Women's Formulas



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 (*Crataegus* spp.) extract (flower and leaf) 500 mg
(standardized to contain 2% vitexins)

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

Cardiovascular Health



Hawthorn extract	Quantity	Order Code
	120	HA1

Heartburn Essentials†

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.

Each (size 00) vegetarian capsule contains:

Gamma oryzanol (from rice bran)	125 mg
Deglycyrrhized 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 Health



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 super critical 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.

1 softgel capsule contains:

VESIsorb® hemp (*Cannabis sativa*) oil extract (aerial parts) 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 [tocophersolan], 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.

Not to be taken by pregnant or lactating women. Do not consume if you have liver disease.

Mental Health & Stress Support



Hemp CBD VESIsorb®	Quantity	Order Code
	30	HEV3



Hist Reset

Co-Formulated by Dr. Samuel Yanuck D.C.⁺
and Dr. Nathan Morris M.D.⁺

MODERATES MAST CELL AND IMMUNE MEDIATOR ACTIVATION⁺

Histamine is a substance found in many foods such as meat, spinach, avocados, nuts, tomatoes and chocolate, or released as part of the local immune response by immune cells, primarily mast cells, upon exposure to an immune trigger. Some individuals have difficulty breaking down histamine. This formula is designed to modulate mast cell and immune-mediator activation, support healthy histamine metabolism and promote respiratory and tissue health. Quercetin, luteolin and rutin are flavonoids known to exhibit antioxidant and immune-modulating activity. In vitro studies involving mast cells suggest that these compounds help to stabilize mast cells and modulate the release of immune mediators, including histamine, leukotrienes and prostaglandins. The mechanism of action is believed to be in part due to modulating extracellular signal-regulated kinases, including PKC. Animal studies suggest that these flavonoids can moderate IgE antibody-mediated response in skin. Bromelain (from pineapple) acts as a protease, promoting healthy levels of kinins to support tissue comfort. Research suggests that bromelain also supports healthy T cell function and cytokine production. Riboflavin, niacinamide and molybdenum are included as cofactors for aldehyde dehydrogenase, a key enzyme in the breakdown of histamine. Preliminary research suggests that supplementation with vitamin C modulates bronchial responsiveness to histamine in sensitive subjects. Optimal vitamin C serum levels have been associated with lower blood histamine levels. NAC promotes immune and lung defense through mucolytic and antioxidant actions. It acts as a free radical scavenger by supporting glutathione production. Due to its sulfur content, NAC is able to disrupt disulfide bonds within mucus, thinning and easing its expulsion, along with the trapped particles, from the lungs[†]

2 capsules daily, between meals.

Two (size 0) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Riboflavin	5 mg
Niacin (as niacinamide)	20 mg
Molybdenum (as molybdenum glycinate TRAACS™)	100 mcg
N-Acetyl-L-cysteine	100 mg
Quercetin	300 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	200 mg
Luteolin	100 mg
Rutin	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

TRAACS™ is a trademark of Albion Laboratories, Inc.

[†]Dr. Yanuck & Dr. Morris are retained advisors for Pure Encapsulations.

Not to be taken by pregnant or lactating women.

Immune Support



Hist Reset	Quantity	Order Code
	120	HRT1

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 its 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 facilitate 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.

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 spp.</i>) 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.

Natural color variations can occur. Product can range from off-white to yellow.

Cardiovascular Health		
   		
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.

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 Fencem.

Bone & Musculoskeletal Health		
   		
Hyaluronic Acid	Quantity	Order Code
	180	HYA1
	60	HYA6



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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.

Women's Formulas



Indole-3-Carbinol 400 mg	Quantity	Order Code
	120	I341
	60	I346

Innate Immune Support

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

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.

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.

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

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.¹

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

Serving size: 4.2 g (1 scoop)

Servings per container: 60

One scoop (approximately 4.2 g) contains:

Inositol (as myo-inositol) 4 g

Mental Health & Stress Support



Inositol (powder)	Quantity	Order Code
	8.8 oz (252 g)	INP2



Inositol Complex

OFFERS 3.6:1 RATIO OF MYO-INOSITOL TO D-CHIRO INOSITOL TO SUPPORT EMOTIONAL WELLNESS, INSULIN RESPONSE AND OVARIAN FUNCTION*

Inositol is a component of the B-complex family. The predominant form of inositol in the body and central nervous system is myo-inositol. Myo-inositol plays an important role in cell membrane formation and serves as part of the phosphatidylinositol second messenger system, supporting serotonin, norepinephrine and cholinergic receptor function. Optimal levels of inositol have been associated with positive mood, emotional wellness and help lessen occasional nervous tension. D-chiro inositol is another isomer with distinct functions in the body from myo-inositol. Both forms act as second messengers to support insulin signaling, however, D-chiro inositol also helps promote the cellular response to insulin. D-chiro inositol also plays a role in maintaining healthy androgen metabolism. The combination of myo-inositol and D-chiro inositol helps to support healthy ovarian function and reproductive system function. Studies suggest that the ratio of myo-inositol and D-chiro inositol influences clinical effects. The ratio varies considerably across different tissues, ranging from 2:1 in the liver, 200:1 in the brain and heart, 100:1 in the follicular fluid and 40:1 in the blood. Studies have utilized ratios ranging from 0.4:1 to 104:1 of D-chiro inositol:myo-inositol. A 2019 comparison study suggests that a 3.6:1 ratio of myo-inositol:D-chiro inositol supports reproductive function when compared to an alternate (40:1) ratio. Twelve weeks of supplementation with 550 mg myo-inositol and 150 mg D-chiro inositol twice daily (3.6:1 ratio) was found to offer enhanced support for oocyte quality and healthy pregnancy. Two additional studies indicate that supplementation with a 3.6:1 myo-inositol:D-chiro inositol ratio for 6 months supported healthy menstrual regularity, luteinizing hormone/follicle-stimulating hormone (LH/FSH) ratios and post-prandial glucose homeostasis.¹

1 capsule, 2 times daily, with meals.

One (size 00) vegetarian capsule contains:

Myo-inositol	550 mg
D-chiro inositol	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Caronositol-Fertility™ is a trademark of BioSearch Life, S.A.

Caronositol-Fertility™ is patent protected and exclusively distributed by AIDP, Inc.

Women's Formulas



Inositol Complex	Quantity	Order Code
	60	INC6

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)	

Hormone Support



NON
GMO

V

VEG

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)	

Hormone Support



NON
GMO

V

VEG

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)	

Cellular Health & Longevity



NON
GMO

V

VEG

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.

Vitamins & Minerals



Iron-C	Quantity	Order Code
	60	FC6

Iron liquid

GREAT-TASTING LIQUID IRON FORMULA TO SUPPORT HEMOGLOBIN AND MYOGLOBIN FUNCTION*

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.[†]

Children ages 4-18, take 1 teaspoon daily, with a meal.

Adults, take 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 (<i>Vaccinium macrocarpon</i>) extract (fruit) and wild blueberry (<i>Vaccinium angustifolium</i>) 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.

Vitamins & Minerals



Iron liquid	Quantity	Order Code
	120 ml (4.1 fl oz)	IRL



Joint Complex (single dose)[†]

SUPPORTS JOINT FUNCTION AND COMFORT
IN CONVENIENT, ONCE-DAILY DOSING[†]

Joint Complex (single dose) contains UC-II® undenatured type-II collagen complex, hyaluronic acid and MSM to support joint health, flexibility and comfort. 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. Another study involving five women supplemented with 40 mg of UC-II® for 42 days, indicated statistically significant support for joint comfort and flexibility. MSM provides sulfur to enhance the structure and integrity of proteoglycans. A randomized, double-blind, placebo-controlled trial indicates that MSM promotes joint comfort and function. Research suggests that MSM may also support antioxidant capacity during exercise. Hyaluronic acid helps maintain tissue hydration to support joint lubrication. HyaMax® sodium hyaluronate provides a low molecular weight source of hyaluronic acid produced through fermentation. In a pharmacokinetic study, orally administered HyaMax® hyaluronic acid was incorporated into joints, connective tissue, and skin, with a particular affinity for cartilaginous joints. Lastly, 5-LOXIN® AKBA boswellia and enhanced absorption Meriva® turmeric extracts help maintain healthy 5-lipoxygenase and cyclooxygenase-2 enzyme activity and cytokine metabolism to offer additional joint comfort support.[†]

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.

Bone & Musculoskeletal Health



Joint Complex (single dose) [†]	Quantity	Order Code
	60	JC6
	30	JC3



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 di-calcium malate) (DimaCal™)	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 trademarks of Albion Laboratories, Inc.

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.

Children's Formulas



Junior Nutrients	Quantity	Order Code
	120	JUN1

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.

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)

Fish Oils & Omegas



Krill-plex	Quantity	Order Code
	120	KP1
	60	KP6

Ligament Restore[‡]

HELPS MAINTAIN HEALTHY TENDONS AND LIGAMENTS[‡]

Glucosamine is required for the synthesis of proteoglycans, the molecules responsible for providing tendons, ligaments and cartilage their resiliency and strength. It also helps protect cartilage from the effects of mechanical stress. Sulfate, another component of proteoglycans, works synergistically with glucosamine to enhance cartilage repair and regeneration. BioCell Collagen® provides hydrolyzed and denatured low molecular weight collagen. Additionally, it provides a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity. A double-blind, placebo-controlled study involving 16 individuals supplementing with BioCell Collagen® for eight weeks indicated statistically significant support for joint function and comfort. To further encourage collagen formation, this formula is enhanced with L-lysine and L-proline. These amino acids are hydroxylated to form hydroxyproline and hydroxylysine in a reaction involving vitamin C, forming the "glue" that holds collagen together. In the body, silica is found primarily in connective tissue and plays a role in collagen tissue formation. Devil's claw and curcumin are included to support joint flexibility, function and comfort, in part by maintaining healthy eicosanoid metabolism.[‡]

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.

Bone & Musculoskeletal Health



Ligament Restore [‡]	Quantity	Order Code
	240	LR2
	120	LR1

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.

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. The digestive process can compromise efforts to achieve beneficial glutathione levels from supplementation. This advanced liposomal form helps protect the glutathione bonds from degradation that can occur in digestion, utilizing 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-stability, spherical liposomes. These small-sized liposomes allow for increased diffusion across mucus membranes and absorption[†]

2 pumps by mouth, 2 times daily.

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:

Glutathione	100 mg
Phosphatidylcholine (from purified sunflower seed lecithin)	75 mg
Other ingredients: purified water, glycerin, ethanol, vitamin E (as tocopherols), natural citrus and mint oils	

KEEP REFRIGERATED.

Liver & Detoxification



Liposomal Glutathione liquid	Quantity	Order Code
	50 ml (1.7 fl oz)	LGL



Liposomal Vitamin C

ENHANCED-ABSORPTION LIPOSOMAL VITAMIN C TO SUPPORT CELLULAR FUNCTION, ANTIOXIDANT DEFENSES AND IMMUNE HEALTH[†]

Vitamin C is a water-soluble nutrient that cannot freely cross the lipid membranes in the gastrointestinal tract, which limits its absorption. Uptake of this nutrient requires carrier proteins, which escort vitamin C across the intestinal membranes to reach the bloodstream. These carriers have a low capacity and are easily saturated, especially at higher doses of vitamin C. This limits the amount of this nutrient that reaches organs and tissues, including the cells of the immune system. In contrast, liposomes can freely diffuse across membranes in the GI tract. Liposomal Vitamin C provides an enhanced-absorption form that does not require a carrier system. It contains PureWay-C[®], a clinically studied form of vitamin C that combines ascorbic acid with natural lipid metabolites and citrus bioflavonoids. This enhanced vitamin C is loaded into small-sized, spherical, highly-stable liposomes, which are verified by electron microscopy to ensure the presence of intact, authentic structures. Liposomes can be absorbed directly across mucus membranes in the gastrointestinal tract, supporting enhanced bioavailability.[†]

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

Two (size 00) vegetarian capsules contain:

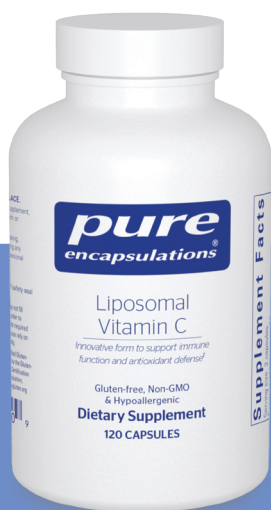
Vitamin C (as Liposomal Pureway-C [®] ascorbic acid)	500 mg
Other ingredients: liposomal matrix (sunflower phospholipids, rice bran wax fatty acids, citrus bioflavonoids), hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Liposomal Pureway-C[®] and the Liposomal Pureway-C[®] logo are trademarks of One Innovation Labs, L.L.C. in the U.S. and/or other countries.

Immune Support



Liposomal Vitamin C	Quantity	Order Code
	120	LVC1



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 diffusion across mucus membranes and absorption.[†]

1 teaspoon daily. Hold in mouth for 30 seconds before swallowing. Take on an empty stomach, at least 10 minutes before meals.

Serving size: 5 ml (approximately 1 teaspoon)

Servings per container: approximately 24

1 teaspoon contains:

Vitamin C (as sodium ascorbate)	1,000 mg
Sodium (as sodium ascorbate)	125 mg
Other ingredients: purified water, glycerin, ethanol, phospholipids (from purified sunflower seed lecithin), 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

I-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 formula, including 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

Children ages 4-13, take 1 teaspoon daily, with a meal.

Adults and children ages 14 and up, take 2 teaspoons daily, with a meal.

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)	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)	20 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, 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 Kemira Industries, Inc.

Children's Formulas



LiquiNutrients	Quantity	Order Code
	230 ml (7.8 fl oz)	LQN32

Lithium (orotate) 1 mg

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.

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.

Mental Health & Stress Support



Lithium (orotate) 1 mg	Quantity	Order Code
	90	LI19

Lithium (orotate) 5 mg

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). Lithium is an essential micronutrient with a long history of use for supporting healthy mood and behavior by promoting dopamine and serotonin neurotransmitter activity. 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.

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 professional 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.

Mental Health & Stress Support



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

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)	12 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	25 mg

MacularSynergy Extra†

FloraGLO® lutein	5 mg
Zeaxanthin	1 mg

CognitivePro Complex†

Cognizin® citicoline	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg

Cardio Polyphenol Complex†

Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg
Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

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

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.

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



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.

Vision Support



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.

Vision Support



Lutein/Zeaxanthin	Quantity	Order Code
	120	LZ1
	60	LZ6



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.

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†

Our 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:

Calories	5
Lycopene	20 mg
Other ingredients: rice bran oil, gelatin capsule (gelatin, glycerin, water), beeswax, soy lecithin	

Contains soy

Cellular Health & Longevity



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.

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

M/R/S Mushroom Formula

COMBINATION OF IMMUNOMODULATING MUSHROOMS TO SUPPORT IMMUNE FUNCTION[†]

There are over 20,000 different mushroom species, and 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.

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	

Women's Formulas



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 (Vaccinium myrtillus) extract (fruit) (standardized to contain 25% anthocyanosides)	80 mg
Grape (Vitis vinifera) 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.

Vitamins & Minerals



Macular Support Formula†	Quantity	Order Code
	120	MS21
	60	MS26

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	

Vitamins & Minerals			   
Magnesium (citrate)	Quantity	Order Code	
	180	MC1	
	90	MC9	



†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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

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

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 oz water.

Serving size: 1.8 g (1 scoop)

Servings per container: 60

Each scoop contains:

Magnesium (as magnesium citrate) 250 mg

Vitamins & Minerals



Magnesium (powder)	Quantity	Order Code
	3.8 oz (108 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.

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.

Vitamins & Minerals



Magnesium Glycinate liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	MGL4

Magnesium Gummy

SUPPORT CARDIOMETABOLIC, NEUROCOGNITIVE AND MUSCULOSKETEAL HEALTH*

Many U.S. adults fall short of the recommended dietary allowance (RDA; 400-420 mg for men and 310-320 mg for women). Nearly half (48%) of Americans fail to meet the estimated average requirement (EAR) for magnesium (255-350 mg), an amount that is estimated to meet the needs of 50% of healthy individuals. Magnesium plays essential roles in neuronal communication (neurotransmission), supporting the function of GABA and other key neurotransmitters with calming and relaxing effects. Accordingly, higher dietary magnesium intakes are associated with healthy responses to stress, positive mood, and emotional well-being. Magnesium also plays an important role in muscle relaxation. Each gummy provides 150 mg of magnesium citrate, a highly bioavailable form better absorbed than magnesium oxide.¹

Adults and children ages 9 and up, take 1 gummy daily.

One gummy contains:

Calories	15
Total carbohydrate	4 g
Dietary fiber	1 g
Total sugars	<0.5 g
Includes <0.5 g added sugars	
Magnesium (as magnesium citrate)	150 mg
Other ingredients: fructooligosaccharides, pectin, agar, tapioca starch, purified water, natural mixed berry and vanilla flavors, citric acid, black carrot concentrate (color), trisodium citrate, carnauba wax	

Vitamins & Minerals

NON GMO

V

VEG

Magnesium Gummy	Quantity	Order Code
	60	MGG6



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

Children ages 4-8, take 1/2 teaspoon daily, with a meal.

Adults and children ages 9 and up, take 1 teaspoon daily, with a meal.

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.

Vitamins & Minerals

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NON GMO

VEG

Magnesium liquid	Quantity	Order Code
	240 ml (8.1 fl oz)	ML2

Manganese (aspartate/citrate)

TRACE MINERAL FOR CONNECTIVE TISSUE AND BONE SUPPORT*

Manganese supports numerous enzymes necessary for the utilization of biotin, thiamine and ascorbic acid. It is a catalyst in the synthesis of fatty acids and cholesterol, and plays a part in protein, carbohydrate and fat production. It is also a necessary cofactor for the endogenous antioxidant superoxide dismutase. Manganese is necessary for normal skeletal development and maintenance of connective tissue and cellular integrity. In addition, it influences the synthesis of mucopolysaccharides, which comprise an important component of connective tissue¹

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)	

Vitamins & Minerals

g

NON GMO

V

VEG

Manganese (aspartate/citrate)	Quantity	Order Code
	60	MN6

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 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.



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.

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.



Melatonin liquid	Quantity	Order Code
	30 ml (1 fl oz)	MEL3

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.

Sleep Support



Melatonin-SR	Quantity	Order Code
	60	MESR6

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 proteosome 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.

Three (size 00) vegetarian capsules contain:

Acetyl-L-carnitine	750 mg
Sharp-PS [®] GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	50 mg
Ginkgo biloba 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
Bacopa (<i>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.

Cognitive Health



Memory Pro [‡]	Quantity	Order Code
	180	MEP21
	90	MEP29

[‡]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 cellular 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))	17.4 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)	49 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 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 Formulas



Men's Nutrients	Quantity	Order Code
	360	MENN3
	180	MENN1

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 118

- Multivitamin/mineral complex for men over 40

EPA/DHA essentials 1 softgel capsule »See page 79

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

Vitamin D₃ 1 vegetarian capsule »See page 198

- Support for bone, prostate, cardiovascular, colon and immune health[†]

CoQ₁₀ 1 vegetarian capsule »See page 59

- Natural, fermented, trans-isomer CoQ₁₀

Saw Palmetto Plus 1 softgel capsule »See page 177

- Wide range support for prostate health[†]

Magnesium (citrate) 1 vegetarian capsule »See page 113

- 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 (as d-alpha tocopherol succinate and natural tocopherols)	40 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))	17.4 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)	49 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)	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, sunflower lecithin, beeswax, carob

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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 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 Formulas



Men's Pure Pack	Quantity	Order Code
	30 packets	MPPB3

MenoVive

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
KSM-66 Ashwagandha® (<i>Withania somnifera</i>) extract (root)	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.

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

HMRlignan™ is a trademark of Linnea Inc.

Lifenol® is a trademark of Naturex.

resVida® is a trademark of DSM.

[†]Dr. Gersh is a retained advisor for Pure Encapsulations.

Women's Formulas



MenoVive	Quantity	Order Code
	60	MOV6

Metabolic Xtra

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 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.

Blood Sugar Support



Metabolic Xtra	Quantity	Order Code
	90	MX29

I-Methionine

LIVER AND TISSUE SUPPORT†

I-Methionine is an essential amino acid that contains sulfur, which is an important component of cartilage building blocks such as proteoglycans and glycosaminoglycans. I-Methionine is incorporated into tissue proteins and enzymes and is a component of active peptides, including I-methionine enkephalin and various endorphins. One of the main roles of I-methionine is as a methyl donor, contributing to numerous physiological pathways in the body including formation of myelin components. In one such pathway, I-methionine converts to s-adenosylmethionine. Studies have indicated that I-methionine may promote healthy cellular metabolism, enzyme activity and glutathione concentration. I-Methionine, like choline and betaine, is also a lipotropic compound supporting lipid metabolism and healthy hepatic function. In combination with antioxidants, I-methionine may play a role in healthy pancreas function.†

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

Each (size 1) vegetarian capsule contains:

I-Methionine (free-form)	375 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Liver & Detoxification



I-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.

Each (size 3) vegetarian capsule contains:

Vitamin B6 (as pyridoxal 5' phosphate) (activated B6)	16 mg
Folate (as Metafolin®, L-5-MTHF)	1,667 mcg DFE (1,000 mcg L-5-MTHF)
Vitamin B12 (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.

Vitamins & Minerals



MethylAssist	Quantity	Order Code
	90	MAS9

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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)	

Vitamins & Minerals



Methylcobalamin 1,000 mcg	Quantity	Order Code
	180	MT1
	60	MT6

MicroDefense w/Oregano

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.

Each (size 00) vegetarian capsule contains:

Berberine sulfate	100 mg
Olive (<i>Olea europaea</i>) extract (leaf)	100 mg
(standardized to contain 15% oleuropein)	
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 Health



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



Mineral 650®	Quantity	Order Code
	180	MF1

Mineral 650® (without copper & iron)

Multivitamins



Mineral 650® (without copper & iron)	Quantity	Order Code
	180	MM1

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. 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. Nicotinamide riboside chloride (NR) is precursor of nicotinamide adenine dinucleotide (NAD+), a key driver of cellular energy production. Some evidence suggests that NAD+ declines with age in humans. NAD+ activates SIRT1, an epigenetic switch that regulates metabolism, mitochondrial biogenesis, cellular energy production and cellular longevity. Higher NAD+ levels are associated with healthy mitochondrial function. 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 adding a phosphate group during its formation. This formula provides antioxidant support with vitamins C and E, as well as resveratrol, alpha lipoic acid and N-acetyl-L-cysteine. Antioxidants 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) (B1)	10 mg
Riboflavin (vitamin B2)	7.5 mg
Magnesium (as magnesium citrate/malate)	50 mg
Nicotinamide riboside chloride (NR)	50 mg
Creatine monohydrate	375 mg
Acetyl-L-carnitine (free-form)	250 mg
Trans-resveratrol (from Japanese knotweed (Polygonum cuspidatum) extract (root))	30 mg
N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	50 mg
Coenzyme Q10	30 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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

Niagen® is the trademark of Chromadex, Inc. Patents: www.chromadex.com/patents

Energy & Fatigue



Mitochondria-ATP	Quantity	Order Code
	120	MATP41

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

MotilPro

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 Health



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.

Bone & Musculoskeletal Health



MSM capsules	Quantity	Order Code
	360	MSM3
	250	MSM2

MSM powder

UNSWEETENED, UNFLAVORED POWDER TO SUPPORT
JOINT, IMMUNE AND RESPIRATORY HEALTH[†]

1 rounded scoop, 1-2 times daily, in a beverage, with meals.

Serving size: 1 rounded scoop (approximately 3 g)

Servings per container: Approximately 75

Each scoop contains:

Methylsulfonylmethane	3 g
Other ingredients: silicon dioxide	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bone & Musculoskeletal Health



MSM powder	Quantity	Order Code
	8.1 oz (230 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.

Each (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	

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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.

Multivitamins



Multi t/d	Quantity	Order Code
	120	MTD21
	60	MTD26

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	

Bone & Musculoskeletal Health



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	

Cellular Health & Longevity



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

Cellular Health & Longevity



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

Consume within 120 days after opening

Liver & Detoxification



NAC + Glycine powder	Quantity	Order Code
	5.6 oz (159 g)	NGY1

NeuroMood Pure Pack

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 133

- Blend of vitamins, minerals and sustained-release CoQ₁₀ to promote cellular and neurotransmitter function[†]

EPA/DHA essentials 1 softgel capsule »See page 79

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

NeuroPure 1 vegetarian capsule »See page 128

- Comprehensive neurotransmitter support to promote emotional well-being[†]

Magnesium (glycinate) 1 vegetarian capsule »See page 114

- Highly bioavailable form of magnesium to support neurotransmitter synthesis and neuronal function[†]

Taurine 1 vegetarian capsule »See page 182

- 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	20 mg
(as d-alpha tocopherol succinate and mixed tocopherols)	
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
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
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) 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, 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.

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

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.

Mental Health & Stress Support



NeuroMood Pure Pack	Quantity	Order Code
	30 packets	NMPPB3

NeuroPure

Soy-Free

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.

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

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

Mental Health & Stress Support



NeuroPure	Quantity	Order Code
	120	NOP1

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. In a 12-week, randomized double-blind trial involving 72 subjects, niacinamide provided statistically significant support for joint flexibility.†

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

Two (size 00) vegetarian capsules contain:

Niacin (as niacinamide)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Cardiovascular Health



Niacinamide	Quantity	Order Code
	90	NIA29

Niacitol® 500 mg (no-flush niacin)

WELL TOLERATED NIACIN FORM TO SUPPORT
CARDIOVASCULAR HEALTH†

Niacitol® provides inositol nicotinate, a form of no-flush niacin (vitamin B₃) with a history of use in Europe 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.

Each (size 00) vegetarian capsule contains:

Niacin (as inositol nicotinate)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Cardiovascular Health



Niacitol® 500 mg	Quantity	Order Code
	120	NI51

Niacitol® 650 mg (no-flush niacin)

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

Each (size 00) vegetarian capsule contains:

Niacin (as inositol nicotinate) 650 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Cardiovascular Health



NON
GMO

V

VEG

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 (*Momordica grosvenorii*) extract (fruit), natural lemon and lime flavors

Cardiovascular Health



NON
GMO

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VEG

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:

L-Citrulline (free-form) 1,000 mg
CranLoad® proprietary blend 382 mg
providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and grape (*Vitis vinifera*) extract (seed)

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

CranLoad® is a trademark of Société des Produits Nestlé S.A. used under license by Pure Encapsulations, LLC.

Cardiovascular Health



NON
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VEG

Nitric Oxide Ultra (capsules)	Quantity	Order Code
	120	NXC1

NR Longevity™ **NEW**

WITH NIAGEN® NICOTINAMIDE RIBOSIDE; DECREASES THE EFFECTS OF CELLULAR AGING[†]

NR Longevity is specially designed to target biological processes that decline with age, such as the body's natural ability to make energy, build new mitochondria and protect cells from oxidative stress. Nicotinamide riboside (NR), resveratrol and sulforaphane promote healthy aging by replenishing NAD⁺, enhancing mitochondrial function and providing antioxidant support, respectively. Nicotinamide riboside (NR) is a form of vitamin B3 that acts as a precursor of nicotinamide adenine dinucleotide (NAD⁺), which plays a critical role in cellular energy production. NAD⁺ activates enzymes in the sirtuin family, considered to be master switches of metabolism and regulators of aging. Notably, NAD⁺ activates SIRT1, an epigenetic switch that regulates metabolism and supports mitochondrial biogenesis, cellular energy production and cellular longevity. Higher NAD⁺ levels are associated with healthy mitochondrial function. Conversely, cellular NAD⁺ levels decline with age, and can decrease by up to 50% over the adult lifespan. Supplementing with NR enhances NAD⁺ levels, supporting the function of NAD⁺ dependent enzymes that maintain cellular energy production and repair. NR has been clinically shown to increase NAD⁺ levels in as little as 2 weeks. Resveratrol and sulforaphane promote longevity in model organisms. Both compounds enhance cellular antioxidant defenses, helping to protect cells against oxidative stress that increases with age and contributes to age-related cellular decline. Resveratrol activates the AMPK/SIRT1/PGC-1α axis, a pathway that enhances mitochondrial function and supports normal cellular repair while sulforaphane activates Nrf2, a genomic switch that stimulates expression of genes involved in antioxidant defense, cellular protection and mitochondrial biogenesis. Nrf2 is a transcription factor that supports robust, long-lasting expression of numerous genes responsible for phase II detoxification and protection against oxidative stress. Among these genes are glutathione peroxidase, superoxide dismutase and various phase II enzymes, such as glutathione S-transferases. 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.[‡]

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

Two (size 00) capsules contain:

Nicotinamide riboside chloride (NR)	300 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardized to contain 800 mcg sulforaphane)	200 mg
Trans-resveratrol	150 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), organic rice extract blend (organic rice bran extract, organic rice hulls, organic gum arabic, organic sunflower oil)	

Niagen® is the trademark of Chromadex, Inc.

Patents: www.chromadex.com/patents

Cellular Health & Longevity



NON
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VEG

NR Longevity™

Quantity

Order
Code

60

NRL6

Nrf2 Detox

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 S-transferases. 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 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



NON
GMO

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VEG

Nrf2 Detox

Quantity

Order
Code

60

NRF6

NSK-SD® (Nattokinase) 100 mg

PROMOTES HEALTHY FIBRINOLYTIC ACTIVITY FOR HEALTHY BLOOD FLOW AND CARDIOVASCULAR FUNCTION†

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.

Cardiovascular Health



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	

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

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



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

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

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

Nutrient 950® with Vitamin K	Quantity	Order Code
	180	MVCK1

Nutrient 950® without copper & iron

Multivitamins

Nutrient 950® without copper & iron	Quantity	Order Code
	180	MVM1
	90	MVM9

Nutrient 950® without copper, iron & iodine

Multivitamins

Nutrient 950® without copper, iron & iodine	Quantity	Order Code
	180	MVI

Nutrient 950® without iron

Multivitamins

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
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

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

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.

MicroActive® is a registered trademark of BioActives, LLC.

Multivitamins



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)

Fish Oils & Omegas



O.N.E.™ Omega	Quantity	Order Code
	60	ONO6
	30	ONO3

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 the 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 (*Olea europaea*) extract (leaf) 500 mg
(standardized to contain 15% oleuropein)

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



Olive Leaf extract	Quantity	Order Code
	120	OL1
	60	OL6

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 rapid absorption 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 blend) 100 mg
Calcium (from calcium ascorbate blend) 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.



OptiFerin-C	Quantity	Order Code
	60	OF26

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 di-calcium malate (DimaCal™))	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.



OsteoBalance [†]	Quantity	Order Code
	351	OB35
	210	OB2

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 B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals



P ₅ P 50 (activated B ₆)	Quantity	Order Code
	180	P51
	60	P56

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.

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 Health



Pancreatic Enzyme Formula	Quantity	Order Code
	180	PE1
	60	PE6

Panax Ginseng

SUPPORT FOR MILD STRESS; PROVIDES 12% GINSENOSES 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 (<i>Panax ginseng</i>) extract (root)	250 mg
(standardized to contain 12% total ginsenosides)	
Other ingredients: vegetarian capsule (cellulose, water)	

Mental Health & Stress Support



Panax Ginseng	Quantity	Order Code
	120	PG1



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. 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.

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



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 (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.



Pantethine	Quantity	Order Code
	120	PA1
	60	PA6

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) (B ₅)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	



Pantothenic Acid	Quantity	Order Code
	120	PTA1

Peptic-Care[†] (Zinc-L-Carnosine)

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 Health



Peptic-Care [†] (Zinc-L-Carnosine)	Quantity	Order Code
	60	PCZ6

Perilla extract

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

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.

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)	

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

Immune Support



Perilla extract	Quantity	Order Code
	90	PRL9



Phosphatidylcholine (sunflower)

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	

Cognitive Health



Phosphatidylcholine (sunflower)	Quantity	Order Code
	90	PHC9

Phyto-4

CLINICALLY RESEARCHED BOTANICALS TO SUPPORT CELLULAR AND MUSCULOSKELETAL HEALTH[†]

Perluxan® 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 Perluxan® on joint comfort reached statistical significance within two hours of the first dose and were sustained over the 14-day period. Perluxan® is free of sleep-inducing and phytoestrogenic compounds typically associated with hops extracts. The alpha and iso-alpha acids in Perluxan® maintain healthy NF-kappa B-associated expression of COX-2 and cytokines such as IL-6 and TNFα in connective tissue. Curcumin complements Perluxan® 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:

Perluxan® 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	

Perluxan® 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.

Bone & Musculoskeletal Health



Phyto-4	Quantity	Order Code
	60	PH46

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.

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
KSM-66 Ashwagandha® (<i>Withania somnifera</i>) extract (root)	150 mg
Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Astragalus (<i>Astragalus membranaceus</i>) extract (root)	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

Not to be taken by pregnant or lactating women.

Mental Health & Stress Support



Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

PhytoBalance II

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.

Each (size 00) vegetarian capsule contains:

Black cohosh (<i>Cimicifuga racemosa</i>) extract (root) (standardized to contain 2.5% triterpene glycosides)	100 mg
Sage (<i>Salvia officinalis</i>) extract (leaf) (standardized to contain 4% rosmarinic acid)	140 mg
Licorice (<i>Glycyrrhiza glabra</i>) extract (root) (standardized to contain 20% glycyrrhizic acid)	80 mg
Motherwort (<i>Leonurus cardiaca</i>) extract (herb)	80 mg
Chaste tree (<i>Vitex agnus-castus</i>) extract (berry)	40 mg
Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	120 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin	

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



NON
GMO

V

VEG

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* also has 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

Bone & Musculoskeletal Health



NON
GMO

V

VEG

Phyto UltraComfort [‡]	Quantity	Order Code
	120	PUC1

PMS Essentials

SUPPORTS MENSTRUAL COMFORT AND MOOD, AND HELPS LESSEN FATIGUE AND CRAVINGS[†]

PMS Essentials 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 di-calcium malate)(DimaCal™)	100 mg
Magnesium (as di-magnesium malate)(Albion™)	100 mg
Chaste tree (Vitex agnus-castus) 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)	50 mg
(standardized to contain 3% total rosavins and 1% salidroside)	

Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide

Albion™ and DimaCal™ are trademarks of Albion Laboratories, Inc.

Relora® is a Lonza trademark, registered in USA.

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



PMS Essentials	Quantity	Order Code
	120	PMS21

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 efficacy, 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.

Cardiovascular Health



Policosanol 20 mg	Quantity	Order Code
	120	PO21



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

Multivitamins



Polyphenol Nutrients	Quantity	Order Code
	360	PHN3
	180	PHN1



Poly-Prebiotic

PREBIOTIC BLEND TO SUPPORT THE MICROBIOME AND GI HEALTH†

Prebiotics are nondigestible components of food that act to modulate and support the gut microbiota. Emerging evidence suggests that prebiotics may play an even more significant role than probiotics, serving metabolic, trophic and protective functions within the gut. PreticX™ XOS (xylo-oligosaccharides) enhances the growth of *Bifidobacteria*, an important intestinal bacterial genus that maintains healthy gastrointestinal function. Clinical research also shows that XOS enhances the production of butyrate, a short chain fatty acid (SCFA) that serves as a major energy source for colonocytes. In preclinical models, XOS supports intestinal barrier function, cytokine balance and colon cell health. In a randomized, double-blind, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PreticX™ XOS for 8 weeks. The *Bifidobacterium* count increased 21% from the baseline at 4 weeks and 17% from the baseline at 8 weeks in the highest dose group. In an *in vitro* study using clinical isolates from hospital patients, XOS was found to stimulate growth of all 35 *Bifidobacterium* strains in a dose-dependent manner. XOS also supported growth of 38%-62% of *Lactobacilli* strains tested. Evidence from a small clinical trial of 14 healthy women additionally suggests that XOS supports bowel regularity and emotional well-being. In contrast to FOS and other common prebiotics, studies on XOS report very low incidence of gas and bloating. This formula also provides cranberry, which favorably modulates intestinal microbiota in preclinical models, supporting the abundance of beneficial taxa such as *Bifidobacteria* and *Bacteroidaceae*.

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

Three (size 00) vegetarian capsules contain:

Total Carbohydrate	2 g
PreticX™ xylooligosaccharide	1.4 g
Cranberry (<i>Vaccinium macrocarpon</i>) extract (fruit) (standardized to contain 1% proanthocyanidins)	225 mg
Other ingredients: vegetarian capsule (cellulose, water)	

PreticX™ is a trademark of AIDP, Inc. PreticX™ is a patent protected xylooligosaccharide exclusively distributed by AIDP, Inc.

Gastrointestinal Health



Poly-Prebiotic	Quantity	Order Code
	120	PPRC1

Poly-Prebiotic powder

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.

Gastrointestinal Health



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

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

Cardiovascular Health



Pomegranate Plus	Quantity	Order Code
	120	POM21

Potassium (aspartate)

ESSENTIAL MINERAL FOR VASCULAR FUNCTION AND OVERALL HEALTH[†]

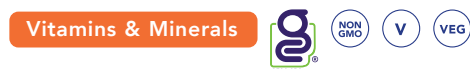
Potassium activates many enzymatic reactions and is essential to a number of physiologic processes, including transmission of nerve impulses, muscle contraction, gastric secretions, renal function, tissue synthesis and carbohydrate metabolism. Potassium is the major cation of intracellular fluid and 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.



Potassium (aspartate)	Quantity	Order Code
	90	PO9

Potassium (citrate)

ESSENTIAL MINERAL TO SUPPORT VASCULAR FUNCTION, BONE MINERALIZATION, ALKALINE BALANCE AND OVERALL HEALTH[†]

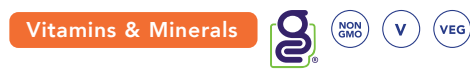
1 capsule, 1-2 times daily, with meals.

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.



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.



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.



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 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 Support



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 Support



NON
GMO

V

VEG

Pregnenolone 30 mg	Quantity	Order Code
	180	PR31
	60	PR36



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

Enhanced With:

- 1 mg of folate from 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 Metafolin® 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
- Now vegan; made with algal-sourced vitamin D

2 capsules daily, with a meal.

Two (size 00) capsules contain:

Vitamin A (as beta carotene)	2,400 mcg
Vitamin C (as ascorbic acid)	70 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 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)	1,667 mcg DFE (1,000 mcg L-5-MTHF)
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 di-calcium malate) (DimaCal™)	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

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

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

DimaCal™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

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 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



PreNatal Nutrients

Quantity

Order Code

120

PRN21

60

PRN26



Pro-Resolve Omega

SPECIALIZED PRO-RESOLVING MEDIATORS (SPMS) TO ENHANCE AND SUSTAIN IMMUNE RESOLUTION AND RESTORATION OF HOMEOSTASIS[†]

Pro-Resolve Omega offers a unique blend of marine oils concentrated in Specialized Pro-Resolving Mediators (SPMs). SPMs are a group of compounds derived from marine oils, and play a critical role in resolution of the inflammatory process, including cytokine production and immune cell recruitment and function. Not all inflammation is associated with disease states. The body's inflammation response to life's occasional, normal stressors is important for optimal health. The body produces SPMs from fish oil; however, this multi-step process is inefficient and can be compromised. In two studies involving healthy subjects, supplementation with 4-17 grams of fish oil daily did not produce significant increases in SPMs. Different families of resolvins are derived from EPA, DHA, DPA and AA, and each mediator exerts unique biological actions, such as regulating platelet activation (resolvin E1), regulating immune function (protectins), or promoting tissue health (maresins). Research has focused primarily on the E-series resolvins from 18-HEPE derived from EPA, and the protectins, maresins and D-series resolvins from 17-HDHA derived from DHA. The omega-3 fatty acid DPA (docosapentaenoic acid) is a precursor for T-series resolvins and has long been associated with vascular health. In a pool of 19 studies and over 45,000 individuals, DPA was the long-chain essential fatty acid most associated with cardiovascular health. Mechanistic examinations suggest that 15-lipoxygenase (15-LOX), an enzyme that converts DHA and EPA to SPMs, may be critical for SPM production. While levels of EPA and DHA were comparable in immune cells isolated from subjects supplemented with fish oil, cells from obese subjects had compromised levels of 15-LOX and SPM production. Another study indicated that metabolic factors may influence levels of SPM precursors in response to fish oil supplementation. In healthy volunteers, supplementation of fish oil with SPM increased immune cell efficacy and decreased expression of adhesion molecules and platelet activation.[†]

1 daily, with meals.

One softgel capsule contains:

Calories	10
Total Fat	1 g
Cholesterol	5 mg
Marine oil concentrate (from anchovy, sardine herring, mackerel, squid)	1,090 mg
Providing:	
Total omega-3 fatty acids	560 mg
EPA (eicosapentaenoic acid)	225 mg
DHA (docosahexaenoic acid)	200 mg
DPA (docosapentaenoic acid)	45 mg
Specialized pro-resolving mediators (SPMs) (including 18-hydroxyeicosapentaenoic acid (18-HEPE), 17-hydroxydocosahexaenoic acid (17-HDHA), and 14-hydroxydocosahexaenoic acid (14-HDHA))	300 mcg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, natural mixed tocopherols

Contains: fish (anchovy, sardine, herring, mackerel, squid).

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

Fish Oils & Omegas



NON
GMO

Pro-Resolve Omega	Quantity	Order Code
	60	PRVO6



ProbioMood (capsules)

Shelf-Stable

PROBIOTIC SUPPORT FOR MOOD AND EMOTIONAL WELL-BEING[†]

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

Contains milk, soy



ProbioMood (Capsules)	Quantity	Order Code
	60	PBM6

Probiotic-5

Allergen-Free

5-STRAIN BLEND; BROAD-SPECTRUM PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA[†]

This dairy-free 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* 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. 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:	
<i>Bifidobacterium lactis</i> (BI-04)	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	
<i>Bifidobacterium longum</i> (BI-05)	
<i>Bifidobacterium bifidum</i> (Bb-06)	
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

This formula requires refrigeration to maintain culture viability.



Probiotic-5	Quantity	Order Code
	60	PRB6

Probiotic 123

Shelf-Stable

SHELF-STABLE; POWDER PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA[†]

- For children ages 1 and up
- Dairy-free and soy-free blend of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* (formerly known as *Bifidobacterium infantis*), and *Lactobacillus rhamnosus* GG
- Now with the highly characterized and clinically researched *L. rhamnosus* GG strain identified for its resistance to gastric acidity, adhesion properties and ability to support healthy gut microflora[†]
- 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. Mix with applesauce or yogurt.

Serving size: 1 scoop (approximately 0.37 grams)

Servings per container: 162

Each scoop (approximately 0.37 grams) contains:

Probiotic blend	3 billion CFU
Providing:	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> GG	
<i>Bifidobacterium lactis</i> (BI-04)	
<i>Bifidobacterium bifidum</i> (Bb-06)	
Other ingredients: hypoallergenic plant fiber (cellulose)	

Probiotics may be contraindicated for immunocompromised individuals.

Refrigeration may prolong product viability. Natural color variations may occur.



Probiotic 123	Quantity	Order Code
	2.1 oz (60 g)	PRO26

Probiotic 50B

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.

Gastrointestinal Health



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 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. 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.

Gastrointestinal Health



Probiotic G.I.	Quantity	Order Code
	60	PGI6



Probiotic IMM

Shelf-Stable; Allergen-Free

SHELF-STABLE; SUPPORT FOR IMMUNE FUNCTION, EYE, NOSE, AND THROAT HEALTH[†]

Probiotics are integral to immune health, stimulating antibody production and cell-mediated immunity. Research indicates that probiotics may enhance B cell, T cell and NK cell function, phagocytic capacity and activity, and healthy cytokine production. A recent meta-analysis involving 9 randomized controlled trials has revealed that probiotics maintain healthy immune and nasal function. These strains provide support for a healthy immune response and immunoglobulin function. *B. longum* BB536 is a shelf stable 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 GI 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 *B. bifidum*, *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 may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your health professional before use.

Gastrointestinal Health



Probiotic IMM	Quantity	Order Code
	60	PRI6

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 (*Secale cereale*) 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.

Cognitive Health



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), Orléans strawberry (<i>Fragaria x ananassa</i>) extract (fruit), and spinach (<i>Spinacia oleracea</i>) juice concentrate (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.

Cognitive Health



PS Plus

Quantity

Order
Code

60 PSP26

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.

Mental Health & Stress Support



Pure Tranquility liquid

Quantity

Order
Code

116 ml
(3.92 fl oz)

PTL



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)	
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.

Warning: Probiotics may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your health professional before use

Gastrointestinal Health



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	30 billion CFU
Providing:	
<i>Saccharomyces boulardii</i>	
<i>Lactobacillus acidophilus</i> (NCIMB 30157)	
<i>Lactobacillus acidophilus</i> (NCIMB 30156)	
<i>Bifidobacterium lactis</i> (NCIMB 30172)	
<i>Bifidobacterium bifidum</i> (NCIMB 30153)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), silica	

This formula requires refrigeration to maintain culture viability.

Warning: Probiotics may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your health professional before use

Gastrointestinal Health



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
KSM-66 Ashwagandha® (Withania somnifera) extract (root)	180 mg
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	150 mg
Asian ginseng (Panax ginseng) extract (root) (standardized to contain 5% ginsenosides)	150 mg
Green tea (Camellia sinensis) extract (leaf) (decaffeinated) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg
Astragalus (Astragalus membranaceus) extract (root)	87 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

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

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

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 professional before use.

Cellular Health & Longevity



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 mango flavor with other natural flavors, ascorbyl palmitate, silica, lo han (<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

PureDefense Collagen w/Bone Broth powder

SAVORY BONE BROTH AND HYDROLYZED COLLAGEN POWDER WITH IMMUNE-SUPPORTIVE MUSHROOMS, AGED GARLIC, AND ENHANCED BIOAVAILABILITY CURCUMIN EXTRACTS[†]

PureDefense Collagen w/Bone Broth powder offers 15 grams of protein in the form of grass-fed beef bone broth and hydrolyzed collagen as a savory, comforting, warm delivery form to support immune function. It contains a blend of organic cruciferous vegetables, as well as tomato, carrot, and spinach for flavor and phytonutrients. Within the human body, collagen is an extracellular protein that accounts for 25-30% of the total protein content. These hydrolyzed proteins offer a source of amino acid building blocks and are particularly high in proline/hydroxyproline, arginine and glycine. Arginine and glycine are key for creatine synthesis, while proline and hydroxyproline are a key component of cartilage and collagen in the body. Numerous studies indicate that collagen peptides support skin and mucosal tissue integrity and elasticity, as well as joint comfort and function, in part by targeting cartilage synthesis and cytokine balance. EpiCor® is a fermentate of *Saccharomyces cerevisiae* containing various immune-supportive bioactive metabolites. Studies indicate EpiCor® promotes natural killer cell activation, as well as that of B cells and T cells, providing support for upper respiratory tract health and overall immune health. Research indicates that curcumin, reishi and turkey tail mushroom extracts have immunomodulatory effects. Reishi mushroom is included as a unique, highly purified, reishi mushroom-derived beta 1,3/1,6-D glucan extract. Turkey tail mushroom extract promotes white blood cell function, including lymphocyte, macrophage and natural killer cells and antibody production. Research suggests that curcumin moderates the cytokines IL-4, IL-8, and TNF- α that induce differentiation of helper T cells, as well as supports nasal respiratory function.[†]

This formula includes a unique turmeric extract that utilizes a water dispersible colloidal suspension of curcuminoids to enhance bioavailability. In an unpublished comparison study, this turmeric extract enhanced bioavailability 24-fold compared to standard curcumin extract, as measured by dose-normalized area under the curve, from 0-8 hours after intake. Aged fermented black garlic extract is concentrated in the sulfur-containing S-allyl-cysteine (SAC) and other bioactive compounds, including phenols and flavonoids. These compounds act as antioxidants in the body to protect tissues and support cellular function. Garlic has also demonstrated support for maintaining a healthy gut ecology and promoting healthy immune system function.[†]

Mix 1 serving into 8 oz. of hot water and stir to dissolve. Consume immediately.

Serving size: 2 scoops (approximately 20 grams)
Servings per container: approximately 20

Two scoops (approximately 20 grams) contain:

Calories	70
Total Carbohydrate	1 g
Protein	15 g
Sodium	600 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i>)	250 mg
Turkey tail mushroom (<i>Coriolus versicolor</i>) extract (fruiting body) (certified organic) (standardized to contain 30% beta glucan)	100 mg
Mushroom beta glucan (from reishi (<i>Ganoderma lucidum</i>) extract (mycelia)) (standardized to contain 70% beta 1,3/1,6 glucan)	100 mg
Aged fermented black garlic (<i>Allium sativum</i>) extract (bulb) (standardized to contain 0.1% S-Allyl Cysteine)	100 mg
Turmeric complex (<i>Curcuma longa</i>) extract (rhizome) and quillaja extract (wood)) (standardized to contain 30% curcuminoids)	100 mg
Proprietary vegetable complex containing organic broccoli powder, organic broccoli sprout powder, organic tomato powder, organic carrot powder, organic spinach powder, organic kale powder	100 mg

Other ingredients: hydrolyzed collagen (from bovine), beef bone broth powder, natural roasted chicken flavor, sunflower lecithin, salt

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

Immune Support



PureDefense Collagen w/ Bone Broth powder	Quantity	Order Code
	14.1 oz (400 g)	PDC4



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.

Immune Support



PureDefense w/NAC	Quantity	Order Code
	20 (1 card)	PDNB2

PureGenomics® B-Complex

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.

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.

Vitamins & Minerals



PureGenomics® B-Complex	Quantity	Order Code
	120	PGB1

PureGenomics® Multivitamin

With Metafolin® L-5-MTHF

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



PureGenomics® Multivitamin	Quantity	Order Code
	60	PGM26



PureGenomics® UltraMultivitamin

With Metafolin® L-5-MTHF

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

3 capsules daily, with a meal.

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 B ₆ (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 microencapsulated 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), microencapsulated magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), trimagnesium citrate, ascorbyl palmitate

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DimaCal™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

®FloraGLO is a registered trademark of Kemira 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 professional 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



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)	

Gastrointestinal Health



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.

Cardiovascular Health



PureHeart® K ₂ D	Quantity	Order Code
	60	PHK26

PureLean® Fiber

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 PreticX™ 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 PreticX™ 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 PreticX™ 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
PreticX™ 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 (*Momordica grosvenori*) extract (fruit)

Sunfiber® is a registered trademark of Taiyo International, Inc.

PreticX™ is a trademark of AIDP, Inc. PreticX™ is a patent protected Xylooligosaccharide exclusively distributed by AIDP, Inc.

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

Weight Management



NON
GMO

V

VEG

PureLean® Fiber

Quantity

Order
Code

12.2 oz
(345.6 g)

PLFX3



PureLean® Nutrients

With Metafolin® L-5-MTHF

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)	49 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	

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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.

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

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.

Keep out of the reach of children.

Weight Management



PureLean® Nutrients	Quantity	Order Code
	180	PLN21

PureLean® Protein

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: approximately 31 g (1 scoop)

Servings per container: approximately 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 vitamin A 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 HCl) (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)	11 mg
Selenium (as selenomethionine)	35 mcg
Chromium (as chromium polynicotinate)	60 mcg
Sodium (naturally occurring)	375 mg
Superfruit antioxidant blend (from pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract)	100 mg
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, gellan gum, stevia leaf extract

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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.

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

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.

Weight Management



PureLean® Protein	Quantity	Order Code
	21.8 oz (620 g)	PLPV6

PureLean® Pure Pack

Daily Packet
With Metafolin® L-5-MTHF

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, and l-carnosine
- 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 79

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

Taurine 1 vegetarian capsule »See page 182

- Amino acid for metabolism and relaxation support[†]

Magnesium (glycinate) 1 vegetarian capsule »See page 114

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

Metabolic Xtra 1 vegetarian capsule »See page 120

- Supports healthy glucose metabolism[†]

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 chromium polynicotinate)	400 mcg
Potassium (as potassium citrate)	49 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
Berberine HCl	350 mg
Alpha lipoic acid (thioctic acid)	250 mg
resVida® resveratrol (as trans-resveratrol)	20 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, natural lemon flavor, rosemary leaf extract, natural tocopherols

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

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

ChroMate® is a Lonza trademark.

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

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

resVida® is a trademark of DSM.

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

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.

Weight Management



PureLean® Pure Pack	Quantity	Order Code
	30 packets	PPP3B3

PureLean® Satiety

SUPPORTS SATIETY AND EMOTIONAL WELL-BEING FOR HEALTHY WEIGHT MANAGEMENT^{†‡}

PureLean® Satiety is designed to support relaxation and moderate appetite to promote 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 2 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. Caloric decrease was statistically significant by the end of week 1, and subjects showed reduced preference for sweets. Body weight decreased by 3.5 pounds, particularly fat mass, while lean mass was unchanged. Another study involving supplementation of 1,000 mg DNF-10® for 10 weeks reported similar results, with body weight decreasing by 5.7 pounds and lean mass unchanged. This study reported significant reductions in total abdominal fat, subcutaneous abdominal fat and abdominal circumference. The herb ashwagandha has been used traditionally to strengthen the body's resistance to stress and fatigue, common triggers for undesirable eating behaviors. In one study, subjects supplemented with 125 mg of Sensoril® ashwagandha reported improved emotional wellbeing. Subjects also had decreased serum cortisol levels, which may be behind its supportive effects on glucose and fat metabolism. Another study involving supplementation with 300 mg ashwagandha for 8 weeks indicated support for perceived stress and reported significant improvement on food craving and eating questionnaire responses for planning, control and emotion. Ashwagandha also supports healthy sleep, which has been associated with maintaining healthy eating behaviors. Chromium is an active component of glucose tolerance factor (GTF) helping to support glucose utilization. In two studies, supplementation with 600 or 1,000 mcg chromium for 8 weeks reduced caloric intake and moderated mood fluctuations, appetite and cravings.[‡]

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

One (size 00) capsule contains:

Chromium (as chromium picolinate)	200 mcg
DNF-10® yeast hydrolysate (from <i>Saccharomyces cerevisiae</i>)	500 mg
Sensoril® ashwagandha (<i>Withania somnifera</i>) extract (root and leaf)	125 mg
Other ingredients: vegetarian capsule (cellulose, water)	

DNF-10® is the property of Fytetia.

Sensoril® is a registered trademark of Natreon, Inc. and is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478.

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

Not to be taken by pregnant or lactating women.

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

Weight Management



PureLean® Satiety	Quantity	Order Code
	60	PLS6



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. 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.

Vitamins & Minerals



PureMelt B ₁₂ Folate	Quantity	Order Code
	90	PMLB9



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.[†]

Children age 3, take 1 gummy soft chew daily, with a meal. Adults and children ages 4 and up, take 1 gummy soft chew, 1-2 times daily, with meals.

Each gummy contains:

Calories	5
Total fat	0.5 g
Fish oil concentrate (from anchovies, sardines, mackerel, herring, tuna)	
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, ascorbic acid, paprika extract (for color), purified stevia leaf extract, mixed tocopherols

Contains fish (from anchovies, sardines, mackerel, herring, tuna, tilapia, bass)

Fish Oils & Omegas



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
- Natural and lightly sweet raspberry-lemonade flavor with prebiotic fiber isomalto-oligosaccharides
- No artificial flavors or colors
- Vegetarian; gelatin-free

Children age 3, take 2 gummies daily, with a meal.

Adults and children 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.

Children's Formulas



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

Children age 3, take 1 chewable tablet daily, with a meal.

Adults and children 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.

Children's Formulas



PurePals	Quantity	Order Code
	90	PUPC9

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.

Children's Formulas



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:

Bifidobacterium breve (Bb-18)
Bifidobacterium lactis (Bb-04)
Lactobacillus acidophilus (La-14)
Lactobacillus rhamnosus (Lr-32)
Lactobacillus plantarum (Lp-115)
Bifidobacterium bifidum (Bb-06)

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

This formula requires refrigeration to maintain culture viability.

Gastrointestinal Health



PureProbiotic™	Quantity	Order Code
	60	PPA6

PureResponse® Multivitamin

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

MULTIVITAMIN/MINERAL COMPLEX DESIGNED TO SUPPORT IMMUNE BALANCE AND RESPONSIVENESS[†]

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, 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 (<i>Eleutherococcus senticosus</i>) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
Reishi (<i>Ganoderma lucidum</i>) 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 trademarks of Albion Laboratories, Inc.

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

*Dr. Yanuck is a retained advisor for Pure Encapsulations.

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.



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 (<i>Pinus pinaster</i>) 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.

Cardiovascular Health



Pycnogenol® 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 (<i>Pinus pinaster</i>) 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.

Cardiovascular Health



Pycnogenol® 100 mg	Quantity	Order Code
	60	PY16
	30	PY13

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

Cardiovascular Health



Q-Gel® 100 (Hydrosoluble™ CoQ ₁₀)	Quantity	Order Code
	60	QG16

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 Cardiovascular Health.[‡]

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

Two (size 0) vegetarian capsules contain:

Quercetin	500 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Immune Support



Quercetin	Quantity	Order Code
	120	QU1
	60	QU6

Quercetin UltraSorb

WITH BIOAVAILABLE QUERCETIN PHYTOSOME™ (QUERCEFIT®); ENHANCED-ABSORPTION CELLULAR, IMMUNE AND CARDIOVASCULAR SUPPORT[‡]

Quercetin UltraSorb contains the patented QuerceFit® quercetin-phospholipid complex for enhanced absorption and bioavailability. The proprietary phytosome technology combines quercetin from *Sophora japonica* flower extract and phospholipids from sunflower in a 1:1 ratio, promoting resistance to degradation in the digestive tract and efficient absorption across membranes. A randomized crossover human pharmacokinetic study compared QuerceFit® with regular quercetin and found the phytosome improved the bioavailability of quercetin by 20-fold.

Quercetin is a polyphenolic flavonoid known to exhibit cellular and immune-moderating activity. Research suggests that quercetin acts as a SIRT1 inducer to promote cellular regulation and autophagy, the natural process of degradation and recycling of cellular components to promote renewal. It also increases the body's antioxidant capacity, in part, by regulating levels of glutathione. In a pilot trial involving adults, supplementation for 30 days with 250 mg or 500 mg Quercetin Phytosome™ (QuerceFit®) supported antioxidant defenses and helped support respiratory function and nasal comfort. Preliminary research suggests that quercetin helps to stabilize mast cells and moderate the release of immune mediators.[‡]

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

One (size 0) vegetarian capsule contains:

Quercetin Phytosome™ (Quercefit®) (Quercetin and sunflower phospholipid complex) (standardized to contain 34% quercetin)	300 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Quercefit® and Phytosome™ are trademarks of Indena S.p.A., Italy.

Immune Support



Quercetin UltraSorb	Quantity	Order Code
	90	QUS9



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

Cellular Health & Longevity



NON
GMO

V

VEG

R-Lipoic Acid (stabilized)	Quantity	Order Code
	120	RLA1
	60	RLA6

Rapid Calm

NEW

RAPID-ACTING SUPPORT FOR OCCASIONAL ANXIETY (<1 HR)[†]

Rapid Calm delivers rapid-acting support for occasional anxiety in less than one hour. Zembrin®, a patented extract of *Sceletium tortuosum*, has been clinically studied and shown to help moderate general feelings of stress and occasional anxiety. In a clinical trial, a single dose of 25 mg Zembrin® reduced perceived levels of occasional anxiety and its physical symptoms, such as elevated heart rate, in healthy volunteers, within 1 hour. In another randomized clinical trial, a single 25 mg dose of Zembrin® moderated fear responsivity and activation of the brain's amygdala, assessed using pharmacofMRI. The amygdala is a part of the brain that reacts to threats and communicates with the rest of the related areas of the brain to regulate feelings of fear and nervousness in threatening situations. In vitro evidence indicates that Zembrin® might work by inhibiting serotonin reuptake, prolonging the effects of serotonin. Serotonin is a neurotransmitter involved in relaxation and mood. L-theanine complements Zembrin® by supporting a relaxed and alert mental state. Vitamin B₆ is a cofactor in the biosynthesis of serotonin. This formula is ideal for as-needed relief from occasional everyday stressors.[†]

1 capsule as needed, with or between meals.

One (size 0) capsule contains:

Vitamin B ₆ (as pyridoxine HCl)	10 mg
Zembrin® <i>Sceletium tortuosum</i> extract (aerial parts)	25 mg
L-Theanine (Suntheanine®)	200 mg

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

Zembrin® is a registered trademark of HG&H Pharmaceuticals (Pty) Limited.

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

Not to be taken by pregnant or lactating women

Mental Health & Stress Support

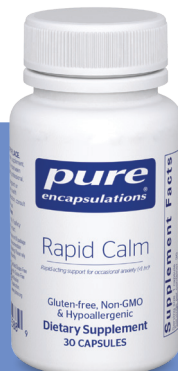


NON
GMO

V

VEG

Rapid Calm	Quantity	Order Code
	30	RCM3



Rapid Mental Energy

NEW

RAPID-ACTING WORKING MEMORY SUPPORT (IN AS LITTLE AS ONE HOUR)[†]

Rapid Mental Energy combines studied extracts, *Alpinia galanga* (enXtra) and American ginseng (Cereboost®), to support alertness and sharpen working memory. In a randomized, double-blind, placebo-controlled crossover study, enXtra significantly increased alertness scores from baseline values at 1 hour, 3 hours and 5 hours after a single 300 mg dose. Alertness scores were significantly greater in the enXtra group compared to placebo ($p=0.04$) at 3 hours post-dose. While enXtra supports alertness and attention network function (the ability to direct mental resources to a specific task), Cereboost® provides fast-acting support for acute visuospatial and verbal short-term (working) memory. In a study of 52 healthy middle-aged adults, Cereboost® (200 mg) improved working memory 3 hours after a single dose. In a randomized controlled clinical trial of 61 healthy young adults, daily use of Cereboost® (200 mg) improved working memory and attention. In a randomized, double-blind crossover trial of 32 healthy volunteers, a single dose of Cereboost® (200 mg) improved working memory (immediate word recall and visuo-spatial information retrieval) at 1 hour post-dose and was sustained over a 6 hour testing period. The ginsenosides in Cereboost® support cholinergic neurotransmission in the hippocampus and prefrontal cortex, key brain regions involved in learning and memory.[‡]

1 capsule as needed, with or between meals.

One (size 00) capsule contains:

enXtra greater galangal (<i>Alpinia galanga</i>) extract (rhizome)	300 mg
Cereboost® American ginseng (<i>Panax quinquefolius</i> L.) extract (root) (standardized to contain 10% ginsenosides)	200 mg
Ginkgo (<i>Ginkgo biloba</i>) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	80 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl cellulose	

Cereboost® is used under license from Givaudan Flavors Corporation.

enXtra is a licensed trademark of OmniActive Health Technologies Ltd.

Not to be taken by pregnant or lactating women.

Mental Health & Stress Support

NON
GMO

V

VEG

Rapid Mental Energy	Quantity	Order Code
	30	RME3

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

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

Liver & Detoxification

NON
GMO

V

VEG

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.

Mental Health & Stress Support



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, 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® capsules 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.

Cellular Health & Longevity



RENUAL®	Quantity	Order Code
	60	RNL6

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.

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.



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)	

Cardiovascular Health



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.

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	

Cardiovascular Health



Resveratrol EXTRA	Quantity	Order Code
	120	REE1
	60	REE6

Resveratrol VESIsorb®

Liquid-filled Vegetarian Caplique® Capsules

SELF-ASSEMBLING 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 Cardiovascular 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.

resVida® is a trademark of DSM.

VESIsorb® is a registered trademark of Source One Global Partners.

Cardiovascular Health



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 B6 (as pyridoxal 5' phosphate) (activated B6)	10 mg
Vitamin B12 (as methylcobalamin)†	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†	500 mg
Alpha lipoic acid (thioctic acid)†	200 mg
Coenzyme Q10 (from MicroActive® Q10-cyclodextrin complex)	15 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), potato starch, ascorbyl palmitate	

†Under license from Juvenon® Inc.

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

MicroActive® is a registered trademark of BioActives, LLC.

Cellular Health & Longevity



RevitalAge™ Nerve	Quantity	Order Code
	120	RJN1



RevitalAge™ Ultra

Now with NR

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 mechanisms involving 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). Nicotinamide riboside chloride (NR) is a precursor of nicotinamide adenine dinucleotide (NAD+), a key driver of cellular energy production. Some evidence suggests that NAD+ declines with age in humans. NAD+ activates SIRT1, an epigenetic switch that regulates metabolism, mitochondrial biogenesis, cellular energy production and cellular longevity. Higher NAD+ levels are associated with healthy mitochondrial function. Resveratrol supports SIRT1 activity and mitochondrial function. pTeroPure™ is pure, clinically researched pterostilbene, the methylated analog of resveratrol. It may provide additional antioxidant support when combined with resveratrol. CoQ₁₀ offers antioxidant protection from free radicals that contribute to cellular aging. Preclinical research on aging has revealed the patented combination of acetyl-L-carnitine (ALC), alpha lipoic acid (ALA) and biotin can promote cellular longevity.[‡]

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[‡]

3 capsules daily, with meals.

Three (size 00) vegetarian capsules contain:

Biotin ^Δ	2,000 mcg
Nicotinamide riboside chloride (NR)	50 mg
Acetyl-L-carnitine HCl ^Δ	1,000 mg
Alpha lipoic acid (thioctic acid) ^Δ	400 mg
Trans-resveratrol (from Japanese knotweed (<i>Polygonum cuspidatum</i>) extract (root)	30 mg
CoQ ₁₀	30 mg
Pterostilbene	5 mg
PhytoLongevity proprietary blend	200 mg
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)	

Other ingredients: vegetarian capsule (cellulose, water)

^ΔUnder license from Juvenon® Inc.

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

Niagen® is the trademark of Chromadex, Inc.

Patents: www.chromadex.com/patents

Cellular Health & Longevity



RevitalAge™ Ultra

Quantity

Order Code

90

RJU49



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 (*Rhodiola rosea*) extract (root) 100 mg
(standardized to contain 3% total rosavins and 1% salidroside)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Mental Health & Stress Support



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 heaping 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 & Fatigue



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:

Saccharomyces boulardii 10 billion CFU

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

This formula requires refrigeration to maintain culture viability.

Gastrointestinal Health



Saccharomyces boulardii	Quantity	Order Code
	60	SB6

SAMe (S-Adenosylmethionine)

Shelf-Stable; Acid-Resistant Capsules

ENHANCED-STABILITY SAMe 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.

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.

Mental Health & Stress Support



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 (*Serenoa repens*) extract (fruit) 320 mg
(standardized to contain 85% total fatty acids)

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 16) 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
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.

Each (size 3) vegetarian capsule contains:

Selenium (as selenium citrate)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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.

Each (size 3) vegetarian capsule contains:

Selenium (as selenomethionine)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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.

Each (size 0) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	2.5 mcg (100 IU)
Lactium® casein hydrolysate containing a bioactive decapeptide	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

[‡]Dr. Kendall-Reed is a retained advisor for Pure Encapsulations.

Mental Health & Stress Support



Sereniten Plus	Quantity	Order Code
	45	SRP4

SeroPlus

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.

[‡]Dr. Greenblatt is a retained advisor for Pure Encapsulations.

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.

Mental Health & Stress Support



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 (*Silybum marianum*) 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

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	

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 professional before use.

Men's Formulas



SP Ultimate	Quantity	Order Code
	180	SPU21
	90	SPU29

SR-CoQ₁₀ with PQQ

24-HOUR SUSTAINED-RELEASE MICROACTIVE[®] COQ₁₀ WITH BIOPQQ[®] TO SUPPORT MITOCHONDRIAL, COGNITIVE AND CARDIOVASCULAR HEALTH[‡]

SR-CoQ₁₀ with PQQ (pyrroloquinoline quinone) supports mitochondrial function, which plays an important role in cardiovascular, neuronal and cognitive health. PQQ is an antioxidant that promotes the formation of mitochondria and has shown neuroprotectant and cardioprotectant properties in preclinical studies. PQQ is naturally present in a variety of vegetables, as well as in the human body, including breast milk. In a double-blind, placebo-controlled clinical trial conducted in 71 middle-aged individuals, BioPQQ[®] supplementation over a 12-week period supported healthy cognitive performance, specifically high-end mental processing. MicroActive[®] CoQ₁₀ complements PQQ with cardiovascular, cognitive and antioxidant benefits, with a 24-hour sustained release profile.[‡]

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.

Cardiovascular Health



SR-CoQ ₁₀ with PQQ	Quantity	Order Code
	60	CQP6

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

Vitamins & Minerals



Strontium (citrate)	Quantity	Order Code
	180	STC1
	90	STC9

SunButyrate™ -TG liquid

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 Health



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.

Each (size 2) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
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.

Vitamins & Minerals



Synergy K	Quantity	Order Code
	120	SKD1
	60	SKD6

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 (Boswellia serrata) 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.

Bone & Musculoskeletal Health



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	

Cardiovascular Health



NON
GMO

V

VEG

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	

Cardiovascular Health



NON
GMO

V

VEG

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 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.

Cellular Health & Longevity



NON
GMO

V

VEG

Teavigo®	Quantity	Order Code
	120	TE1



Th1 Support

Formulated with Samuel F. Yanuck, D.C.*

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.

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% baicalins)	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)	

*Dr. Yanuck is a retained advisor for Pure Encapsulations.

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.



Th1 Support	Quantity	Order Code
	120	TH11

Th2 Modulator

Formulated with Samuel F. Yanuck, D.C.*

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.

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)	

*Dr. Yanuck is a retained advisor for Pure Encapsulations.



Th2 Modulator	Quantity	Order Code
	120	TH2A1

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.[†]

Children ages 8-18, take 1 capsule, 1-2 times daily, between meals. Adults, take 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.

Mental Health & Stress Support



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. Optimal vitamin A, vitamin D, zinc, and selenium help to maintain healthy thyroid cell metabolism and support triiodothyronine (T3) and thyroxine (T4) hormone function. Iodine and L-tyrosine are key components of these thyroid hormones. Forskolin in coleus extract has been shown to support thyroid hormone metabolism in preclinical models, potentially by promoting adenylate cyclase activity. Preliminary research suggests that ashwagandha and guggul also maintain healthy thyroid function and relaxation. Vitamin C, selenium, guggul, and curcumin help to neutralize free radicals that may 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
L-Tyrosine (free-form)	500 mg
KSM-66 Ashwagandha® (Withania somnifera) extract (root)	400 mg
Forskohlii (Coleus forskohlii) extract (root) (standardized to contain 10% forskolin)	100 mg
Guggul (Commiphora mukul) extract (gum resin) (standardized to contain 2.5% guggulsterones)	150 mg
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

Not to be taken by pregnant or lactating women.

Hormone Support



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.

Vitamins & Minerals



Trace Minerals	Quantity	Order Code
	60	TRM26

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)	250 mg
(standardized to contain 20% protodioscin)	
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

L-Tryptophan

ENHANCES SEROTONIN SYNTHESIS TO SUPPORT EMOTIONAL WELL-BEING AND RESTFUL SLEEP[†]

The essential amino acid L-tryptophan is a serotonin precursor. Research indicates that L-tryptophan supplementation may support emotional well-being and restful sleep. In a double-blind, placebo-controlled study, L-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. L-Tryptophan also supports healthy sleep quality, onset and duration. Additional research suggests that L-tryptophan may promote relaxation and help control occasional cravings. Vitamin B₆ provides enhanced support as an important cofactor involved in the metabolism of L-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™	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.

Mental Health & Stress Support



L-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
Other ingredients: vegetarian capsule (cellulose, water)	

Mental Health & Stress Support



L-Tyrosine	Quantity	Order Code
	90	LT59

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 Q ₁₀)	50 mg
Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sienna fruit juice (color), beeswax, sunflower lecithin	

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.

Cardiovascular Health



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, sienna fruit juice (color), beeswax, sunflower lecithin

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.

Cardiovascular Health



Ubiquinol-QH 100 mg	Quantity	Order Code
	60	UQ16

Ubiquinol-QH 200 mg

1 capsule daily, with a meal.

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, annatto suspension in sunflower oil, beeswax

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.

Cardiovascular Health



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, which 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.

Each (size 10) softgel capsule contains:

Vitamin E (as d-alpha tocopheryl acetate) 7 mg
Kaneka Ubiquinol™ (active antioxidant form of CoQ₁₀) 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.

Cardiovascular Health



Ubiquinol VESIsorb®	Quantity	Order Code
	60	UQV6



Ultra B-Complex w/PQQ

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).

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 192

- Multivitamin/mineral complex with enhanced support for cardiovascular and liver health†

EPA/DHA essentials 1 softgel capsule »See page 79

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

Vitamin D₃ 1 vegetarian capsule »See page 198

- Support for bone, breast, prostate, cardiovascular, colon and immune health†

CoQ₁₀ 1 vegetarian capsule »See page 59

- Natural, fermented, trans-isomer CoQ₁₀

Resveratrol EXTRA 1 vegetarian capsule »See page 172

- 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 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

Alpha lipoic acid (thioctic acid)	50 mg
Coenzyme Q ₁₀	85 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
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardized to contain 80% silymarin)	50 mg
Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Setria® glutathione (reduced form)	25 mg
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
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), hypoallergenic plant fiber (cellulose)

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

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**NON
GMO

Ultra Pure Pack	Quantity	Order Code
	30 packets	UPPB3



UltraDetox 10-Day Pure Pack

Daily Packet **With Metafolin® L-5-MTHF**

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 133
- Best-selling multivitamin/mineral complex
- Liver-G.I. Detox[†]** 2 vegetarian capsules »See page 108
- 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 182
- Cardiovascular and detoxification support[†]
- DIMPRO® 100** 1 vegetarian capsule »See page 73
- Highly bioavailable, clinically researched DIM to support cellular health and moderate the effects of environmental estrogens[†]
- HM Complex** 3 vegetarian capsules »See page 96
- 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

I-Glutamine (free-form)	225 mg
I-Methionine (free-form)	300 mg
Chlorella (<i>Chlorella</i> spp.) 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.

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TRAACS™ is a registered trademark 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.

Liver & Detoxification



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 microencapsulated matrix was compared to other forms of magnesium in human subjects. Twenty-four-hour blood and urinary magnesium measurements indicated superior absorption of microencapsulated magnesium compared to magnesium citrate, glycinate and oxide.

1 capsule daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Magnesium (as microencapsulated magnesium) 225 mg

Other ingredients: microencapsulated 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)

Vitamins & Minerals



UltraMag Magnesium	Quantity	Order Code
	120	UM1



UltraNutrient®

With Metafolin® L-5-MTHF

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 (Crataegus spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg

Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle (Silybum marianum) extract (seed) (standardized to contain 80% silymarin)	50 mg
Ginger (Zingiber officinale) 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.

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

Multivitamins



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 microencapsulated zinc)	30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), microencapsulated zinc (zinc oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water)	

Immune Support



UltraZin Zinc	Quantity	Order Code
	90	UZ9

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.

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.

Liver & Detoxification



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.

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Cardiovascular Health



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.

Cognitive Health



Vinpocetine 20 mg	Quantity	Order Code
	120	VI1



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 Support



VisionPro EPA/DHA/GLA [†]	Quantity	Order Code
	180	VPE1
	90	VPE9

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[†]

FloraGLO® 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.

Vision Support



VisionPro Nutrients[†]

Quantity

Order Code

90

VPN9



Vitamin A + Carotenoids

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 (from <i>Haematococcus pluvialis</i> algae extract)	500 mcg
Other ingredients: red beet root powder, vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

*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.

Vitamins & Minerals



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.

Vitamins & Minerals



Vitamin A 3,000 mcg (10,000 IU)	Quantity	Order Code
	120	VAC1

Vitamin C chewables

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.[†]

Children ages 4-8, take 1 chewable tablet daily, with a meal. Adults and children ages 9 and up, take 1 chewable tablet, 1-2 times daily, with a meal.

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, natural orange and strawberry flavors with other natural flavors, hydroxypropyl cellulose	

Immune Support



Vitamin C chewables	Quantity	Order Code
	60	VCC6

Vitamin C Gummy

ANTIOXIDANT, IMMUNE AND VASCULAR SUPPORT[†]

Great-tasting and natural sour orange-flavored gummy that is lightly sweetened with the prebiotic fiber isomalto-oligosaccharides, cane sugar, and stevia and enhanced with an organic berry/fruit blend. Vitamin C offers a wide range of support for the human body, including 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 increasing interferon levels, antibody responses, and secretion of thymic hormones.[†]

Children age 3, take 2 gummies daily, with a meal.
Adults and children ages 4 and up, take 2 gummies, 1-2 times daily, with meals.

Two gummies contain:

Calories	5
Total carbohydrate	3 g
Total sugars	<1 g
Includes <1g of added sugars	
Vitamin C (as ascorbic acid)	250 mg
Sodium	10 mg
Berry/Fruit blend	50 mg
cranberry fruit, strawberry fruit (organic), raspberry fruit (organic), blueberry fruit (organic), tart cherry fruit (organic), pomegranate fruit (organic)	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, orange essential oil, sodium citrate, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Immune Support



Vitamin C Gummy	Quantity	Order Code
	100	VCG1

Vitamin D Gummy

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

Great-tasting and natural raspberry-flavored gummy that is lightly sweetened with the prebiotic fiber isomalto-oligosaccharides, cane sugar, and stevia and enhanced with an organic berry/fruit blend. 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 promotes intestinal calcium 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, colon, and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity, and maintaining healthy cell metabolism. Vitamin D also supports cardiovascular function in some individuals.[†]

Children ages 3, take 1 gummy daily, with a meal.
Adults and children ages 4 and up, take 1 gummy, 1-2 times daily, with meals.

Each gummy contains:

Total carbohydrate	1 g
Total sugars	<0.5 g
Includes <0.5g of added sugars	
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)
Sodium	10 mg
Berry/Fruit blend	25 mg
cranberry fruit, strawberry fruit (organic), raspberry fruit (organic), blueberry fruit (organic), tart cherry fruit (organic), pomegranate fruit (organic)	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry flavor, citric acid, sodium citrate, black carrot color, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Vitamins & Minerals



Vitamin D Gummy	Quantity	Order Code
	100	VDG1



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)

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.

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.

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.

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.

Vitamins & Minerals



Vitamin D ₃ 250 mcg (10,000 IU)	Quantity	Order Code
	120	VD101
	60	VD106

Vitamin D₃ & K₂

SUPPORTS BONE AND VASCULAR HEALTH[†]

Vitamin K₂ (menaquinone-7) is a fat-soluble nutrient with an important role in maintaining arterial calcium balance and vascular elasticity. In a systematic review involving five studies, higher intakes of vitamin K₂ were associated with cardiovascular health. In an observational study involving 564 postmenopausal women, higher intake of vitamin K₂ was associated with calcium balance in the vascular tissue. One of the primary functions of vitamin K₂ is to support the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. Accordingly, several studies indicate that Vitamin K₂ also supports proper utilization of calcium in bone. Clinical research indicates that obtaining adequate amounts helps to maintain bone health. Vitamin K₂ and vitamin D₃ both participate in the regulation of osteocalcin, a biomarker of bone formation.[†]

1 capsule daily, with a meal

One (size 3) capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	100 mcg (4,000 IU)
Vitamin K ₂ (menaquinone-7)	100 mcg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Warning: 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. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Vitamins & Minerals



Vitamin D ₃ & K ₂	Quantity	Order Code
	120	VDK41



Vitamin D₃ (Vegan)

VEGAN VITAMIN D₃ FROM ORGANIC ALGAE TO SUPPORT MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH[†]

Pure Encapsulations vitamin D₃ (vegan) is derived from organic algae. 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 lanolin and fish oil derived cholecalciferol. Research indicates that optimal vitamin D serum levels offer support for bone, breast, prostate, cardiovascular, colon and immune health[†]

1-2 capsules daily, with food

One (size 3) capsule contains:

Vitamin D (as cholecalciferol) (D ₃)	50 mcg (2,000 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.

Vitamins & Minerals



Vitamin D ₃ (vegan)	Quantity	Order Code
	120	VD3V1

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.

Serving size: 0.1 ml (five drops)

Servings per container: 100

Five drops (0.1 ml) contain:

Vitamin D (as cholecalciferol from lichen) (D ₃)	25 mcg (1,000 IU)
Other ingredients: medium-chain triglycerides, natural alpha tocopherol	

Made with Vitashine D₃.

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.

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.[†]

Children ages 3-8, take 1-2 drops daily.
Adults and children ages 9 and up, take 1-4 drops daily.
Consume with food.

Serving size: 1 drop (approximately 0.03 ml)
Servings per container: approximately 750

One drop contains:

Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Other ingredients: medium chain triglycerides	

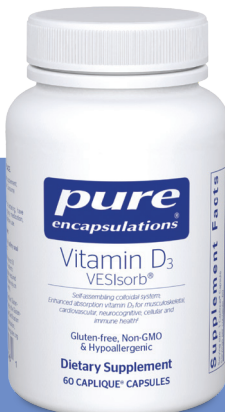
CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. This product is not intended for infants. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU) per day. This product provides 25 mcg (1,000 IU) per drop.

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.

Vitamins & Minerals



Vitamin D ₃ liquid	Quantity	Order Code
	22.5 ml (0.75 fl oz)	VDL



Vitamin D₃ VESIsorb®

Liquid-filled Caplique® Capsules

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) (D ₃)	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 SourceOne Global Partners.

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.

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, purified water), sunflower oil	

Vitamins & Minerals



Vitamin E (with mixed tocopherols)	Quantity	Order Code
	180	DE1
	90	DE9

Women's Nutrients

With Metafolin® L-5-MTHF

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)	49 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
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Alpha lipoic acid	37.5 mg
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Cranberry (<i>Vaccinium macrocarpon</i>) concentrate (fruit)	50 mg
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MacularSynergy Complex[†]

FloraGLO® lutein	3 mg
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Zeaxanthin	500 mcg
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BreastHealth Plus[†]

HMRLignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg
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Green tea (<i>Camellia sinensis</i>) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg
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Turmeric (<i>Curcuma longa</i>) extract (root) (standardized to contain 95% curcuminoids)	50 mg
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Calcium-D-glucarate	25 mg
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Cardio Polyphenol Complex[†]

Red wine (<i>Vitis vinifera</i>) concentrate (whole grape) (standardized to contain 25% total polyphenols)	50 mg
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Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	50 mg
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Pomegranate (<i>Punica granatum</i>) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
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StressCalm Blend[†]

Rhodiola (<i>Rhodiola rosea</i>) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
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Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
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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 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.

Women's Formulas



Women's Nutrients	Quantity	Order Code
	360	WN3
	180	WN1

Women's Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

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 201

- Multivitamin/mineral complex for women over 40

EPA/DHA essentials 1 softgel capsule »See page 79

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

Vitamin D₃ 1 vegetarian capsule »See page 198

- Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health[†]

CoQ₁₀ 1 vegetarian capsule »See page 59

- Natural, fermented, trans-isomer CoQ₁₀

Calcium (citrate) 2 vegetarian capsules »See page 50

- 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))	17.4 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)	49 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.

HMRLignan™ 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 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.

Women's Formulas

NON
GMO

Women's Pure Pack	Quantity	Order Code
	30 packets	WPPB3



XanthiTrim

Liquid-filled Caplique® Capsules

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.

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

Contains soy

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.

Weight Management



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.

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

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS†

Our sugar-free chewable offers 10 mg zinc per tablet in a lightly sweetened, natural orange flavor. 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.†

Children ages 4-13, take 1 chewable tablet daily, with a meal.
Adults and children ages 14 and up, take 1 chewable tablet, 1-3 times daily, with a meal.

Each chewable tablet contains:

Zinc (as zinc citrate) 10 mg

Other ingredients: xylitol, mannitol, hydroxypropyl cellulose, ascorbyl palmitate, citric acid, natural orange flavor with other natural flavors

Immune Support



NON
GMO

V

VEG

Zinc chewables	Quantity	Order Code
	100	ZNC1

Zinc Gummy

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS†

Great-tasting and natural blueberry-flavored gummy that is lightly sweetened with the prebiotic fiber isomalto-oligosaccharides, cane sugar and stevia and enhanced with an organic berry/fruit blend. Zinc plays an important role in immune function, including supporting the body's natural defense system, collagen formation and healthy tissue development. It is a cofactor for over 300 enzymes and many biological processes, including DNA and protein synthesis, regulation of gene expression, neurotransmitter synthesis and nutrient utilization.†

Children ages 4-13, take 1 gummy daily, with a meal.
Adults and children ages 14 and up, take 1 gummy, 1-2 times daily, with meals.

Each gummy contains:

Total carbohydrate 1 g
 Total sugars <0.5 g
 Includes <0.5 g of added sugars

Zinc (as zinc citrate)	12 mg
Sodium	10 mg
Berry/Fruit blend	25 mg
cranberry fruit, strawberry fruit (organic), raspberry fruit (organic), blueberry fruit (organic), tart cherry fruit (organic), pomegranate fruit (organic)	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, citric acid, natural blueberry flavor with other natural flavors, sodium citrate, grape juice color, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Immune Support

NON
GMO

V

VEG

Zinc Gummy	Quantity	Order Code
	100	ZNG1

Zinc liquid 15 mg

Children age 4 and up, take 2 ml (2 full droppers) daily, with a meal.
Adults, take 4 ml (4 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



NON
GMO

VEG

Zinc liquid 15 mg	Quantity	Order Code
	120 ml (4 fl oz)	Z15L



PRODUCT INDEX


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

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5-HTP 100 mg (5-Hydroxytryptophan).....	HYD11	24	Black Currant Seed Oil.....	BL2	45
7-KETO® DHEA 25 mg.....	KD21	25	Borage Oil.....	BOG1	45
7-KETO® DHEA 50 mg.....	KD51	25	Boron (glycinate).....	BO6	45
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Acetyl-L-Carnitine 500 mg.....	ALC56	27	Cal/Mag/D liquid.....	CML	49
Adenosyl/Hydroxy B ₁₂	AHB9	28	Cal/Mag 2:1 (malate).....	CMM1	49
Adenosyl/Hydroxy B ₁₂ liquid.....	AHBL	28	Calcium (citrate).....	CC1	50
AdipoLean II.....	ADL9	28	Calcium (MCHA).....	CH31	50
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INGREDIENTS LISTING

Açaí berry

Açaí 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

L-Alanine

Amino-NR
Amino Replete

Aloe vera extract

Daily Immune
DGL Plus
G.I. Fortify[†]
G.I. Fortify[†] (capsules)
G.I. Integrity[†]

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

Alpinia Galanga

Rapid Mental Energy

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
Epi-Integrity powder

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 Calm
Daily Stress Formula[†]
Energy Xtra
MenoVive
Phyto-ADR
PureCell
PureLean® Satiety
Thyroid Support Complex[†]

d-Aspartic acid

Tribulus Formula

Astaxanthin

Astaxanthin
Vitamin A + Carotenoids

Astragalus membranaceus

Daily Immune
Epi-Integrity powder
Phyto-ADR
PureCell

Bacopa monnieri

Bacopa monnieri
Daily Stress Formula[†]
Memory Pro[†]

Bamboo (source of silica)

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

Berberine UltraSorb

CholestePure Plus[†]
Metabolic Xtra

Berberine sulfate

A.C. Formula II

Bergamot

CholestePure Plus[†]

Beta carotene/mixed carotenoids

AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Beta Carotene
Detox Pure Pack
Energize Plus™ Pure Pack
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.
PureBiOme™ G.I.
PureBiOme™ Intensive
PureProbiotic

Bifidobacterium breve

PureProbiotic

Bifidobacterium lactis

Probiotic 123
Probiotic-5
Probiotic 50B
Probiotic G.I.
Probiotic IMM
PureBiOme™ G.I.
PureBiOme™ Intensive
PureProbiotic

Bifidobacterium longum

ProbiMood
Probiotic-5
Probiotic 50B
Probiotic IMM

Bilberry (*Vaccinium myrtillus*)

Bilberry

Macular Support Formula[†]

Biotin

Athletic Nutrients
Athletic Pure Pack
Biotin 8 mg
Biotin Complex Hair & Skin
Hair/Skin/Nails Gummy
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
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*)

Açaí 600
CogniMag
CurcumaSorb Mind
Iron liquid
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

INGREDIENTS LISTING (CONT.)

Boron	Men's Nutrients	Cherry extract	Women's Pure Pack
+Cal+® with Ipriflavone	Men's Pure Pack	Uric Acid Formula	Chromium (picolinate)
Detox Pure Pack	Mineral 650	Chia seed	CarbCrave Complex
LiquiNutrients	Muscle Cramp/Tension Formula [†]	PureLean® Protein	Chromium (picolinate)
Longevity Nutrients	Nutrient 950	Chlorella	GlutenAssure Multivitamin
Men's Nutrients	Polyphenol Nutrients	Detox Pure Pack	PureLean® Satiety
Men's Pure Pack	PreNatal Nutrients	G.I. Fortify [†] (capsules)	PurePals
Mineral 650	PurePals	HM Complex	PurePals (with iron)
NeuroMood Pure Pack	PurePals (with iron)	Liver-G.I. Detox [†]	Trace Minerals
Nutrient 950	PureLean® Nutrients	UltraDetox 10-Day Pure Pack	Chrysin
O.N.E.™ Multivitamin	PureLean® Pure Pack	Choline	Tribulus Formula
OsteoBalance [†]	Women's Nutrients	Athletic Nutrients	Chymotrypsin
Polyphenol Nutrients	Women's Pure Pack	Athletic Pure Pack	Systemic Enzyme Complex
PureGenomics® Multivitamin	Calcium (citrate/malate)	GlutenAssure Multivitamin	Cinnamon (Cinnamomum cassia)
PureGenomics® UltraMultivitamin	Calcium (citrate/malate)	Junior Nutrients	Cinnamon WS
PurePals	Calcium with Vitamin D ₃	Lipotropic Detox	GlucoFunction [†]
PurePals with Iron	Calcium Magnesium (citrate/malate)	Longevity Nutrients	PureLean® Nutrients
PureLean® Nutrients	+Cal+® with Ipriflavone	Men's Nutrients	PureLean® Pure Pack
PureLean® Pure Pack	Detox Pure Pack	Men's Pure Pack	Citicoline
Trace Minerals	OsteoBalance [†]	NeuroMood Pure Pack	CogniPhos
UltraDetox 10-Day Pure Pack	UltraNutrient	O.N.E.™ Multivitamin	Longevity Nutrients
UltraNutrient	Ultra Pure Pack	Polyphenol Nutrients	Citruline
Ultra Pure Pack	Calcium (malate)	PureGenomics® B-Complex	Nitric Oxide Support
VisionPro Nutrients [†]	Calcium K/D	PureGenomics® Multivitamin	Nitric Oxide Ultra
Women's Nutrients	Cal/Mag (malate) 2:1	PureGenomics® UltraMultivitamin	Citrus bioflavonoids
Women's Pure Pack	GlutenAssure Multivitamin	PurePals	Daily Immune
Boswellia	Junior Nutrients	PurePals (with iron)	PurePals
Boswellia AKBA	PMS Essentials	PureLean® Nutrients	PurePals (with iron)
Boswellia	OsteoBalance [†]	PureLean® Pure Pack	Cod liver oil
Disc-Flex	PureGenomics® UltraMultivitamin	PureNutrients Gummy	Vitamin A
GlutenAssure Multivitamin	Calcium (glycinate)	PureResponse™ Multivitamin	Coenzyme Q₁₀
Joint Complex [†] (single dose)	PureLean® Protein	Women's Nutrients	Athletic Nutrients
Phyto UltraComfort [†]	Calcium (MCHA)	Women's Pure Pack	Athletic Pure Pack
Phyto-4	Calcium (MCHA)	Chondroitin sulfate (bovine)	CoQ ₁₀
Systemic Enzyme Complex	Calcium (MCHA) with Magnesium	Glucosamine+Chondroitin	CoQ ₁₀ L-Carnitine fumarate
Broccoli	Calcium (undecylenate)	with Manganese capsules	Detox Pure Pack
Detox Pure Pack	A.C. Formula II	Glucosamine+Chondroitin	Energize Plus™ Pure Pack
DIM Detox	Calcium-D-glucarate	with MSM	Hair/Skin/Nails Ultra
Liver-G.I. Detox [†]	Calcium-D-Glucarate	Glucosamine HCl + Chondroitin	Longevity Nutrients
Nrf2 Detox	DIM Detox	Chromium	Men's Pure Pack
NR Longevity™	Women's Nutrients	Purely Complete	Mitochondria-ATP
UltraDetox 10-Day Pure Pack	Women's Pure Pack	Chromium (polynicotinate)	NeuroMood Pure Pack
Bromelain	Caprylic Acid	Athletic Nutrients	O.N.E.™ Multivitamin
A.C. Formula II	A.C. Formula II	Athletic Pure Pack	PureCell
A.I. Enzymes	Caprylic Acid	ChromeMate® GTF	PureGenomics® UltraMultivitamin
A.I. Formula	I-Carnitine	Detox Pure Pack	PureLean® Pure Pack
Bromelain 2400	I-Carnitine	Energize Plus™ Pure Pack	Q-Gel® 100
Hist Reset	I-Carnitine fumarate	GlucoFunction [†]	RENUAL®
Systemic Enzyme Complex	CoQ ₁₀ L-Carnitine fumarate	Glucose Support Formula [†]	RevitalAge™ Ultra
Uric Acid Formula	Energize Plus™ Pure Pack	Junior Nutrients	RevitalAge™ Nerve
Butcher's Broom	I-Carnosine	LiquiNutrients	SR-CoQ ₁₀ with PQQ
Brain Reset™	Athletic Nutrients	Longevity Nutrients	Ubiquinol-QH
Butyrate	Athletic Pure Pack	Men's Nutrients	UltraDetox 10-Day Pure Pack
SunButyrate™-TG liquid	I-Carnosine	Men's Pure Pack	UltraNutrient
Caffeine	Disc-Flex	Metabolic Xtra	Ultra Pure Pack
Caffphenol	PureLean® Nutrients	Mineral 650	Women's Pure Pack
Calcium (ascorbate)	PureLean® Pure Pack	Multi t/d	Coffee fruit
Buffered Ascorbic Acid capsules/ powder	Cat's Claw	NeuroMood Pure Pack	Caffphenol
Ester-C® & flavonoids	Cat's Claw	Nutrient 950	Coleus forskohlii
OptiFerin-C	CBD	O.N.E.™ Multivitamin	Thyroid Support Complex [†]
PureDefense w/NAC	Hemp CBD VESIsorb®	Polyphenol Nutrients	Collagen
PurePals	Cellulase	PreNatal Nutrients	Collagen JS
PurePals (with iron)	Digestive Enzymes Chewable	PureGenomics® Multivitamin	Disc-Flex
PureLean® Protein	Digestive Enzymes Ultra	PureGenomics® UltraMultivitamin	Hair/Skin/Nails Ultra
Calcium (citrate)	Digestive Enzymes Ultra w/Betaine HCl	PureLean® Nutrients	Joint Complex [†] (single dose)
Athletic Nutrients	Heartburn Essentials	PureLean® Pure Pack	Ligament Restore [†]
Athletic Pure Pack	Cellulose	PureLean® Protein	PureDefense Collagen w/ Bone Broth powder
Calcium (citrate)	PureLean® Fiber	Super CitriMax Plus	Colostrum (bovine)
Calcium Magnesium (citrate)	Chamomile	UltraDetox 10-Day Pure Pack	Colostrum 40% IgG
Cal/Mag/D liquid	Best-Rest Formula	UltraNutrient	Conjugated linoleic acid
Electrolyte/Energy formula	Daily Stress Formula [†]	Ultra Pure Pack	CLA (Conjugated Linoleic Acid)
LiquiNutrients	Muscle Cramp/Tension Formula [†]	VisionPro Nutrients [†]	Copper
		Women's Nutrients	+Cal+® with Ipriflavone

INGREDIENTS LISTING (CONT.)

Athletic Nutrients	VisionPro EPA/DHA/GLA ¹	Folate 1,000	Glucomanan
Athletic Pure Pack	Women's Pure Pack	Folate 5,000	PureLean® Fiber
Copper (citrate)	DHEA (dehydroepiandrosterone)	Folate 5,000 Plus	Glucose
Copper (glycinate)	DHEA	GlutenAssure Multivitamin	Electrolyte/Energy formula
Detox Pure Pack	Diindolylmethane	Hair/Skin/Nails Ultra	Glucosamine HCl (shellfish-free)
EyeProtect Basics ¹	DIM Detox	Homocysteine Factors ¹	Glucosamine HCl
GlutenAssure Multivitamin	DIMPRO® 100	Junior Nutrients	Glucosamine HCl + Chondroitin
Hair/Skin/Nails Ultra	Liposomal DIM liquid	Lipotropic Detox	Glucosamine HCl
Mineral 650	PureGenomics® UltraMultivitamin	Longevity Nutrients	Disc-Flex
Nutrient 950	UltraDetox 10-Day Pure Pack	Men's Nutrients	Glucosamine+Chondroitin
OsteoBalance ¹	DNF-10	Men's Pure Pack	with Manganese capsules
Polyphenol Nutrients	PureLean® Protein	MethylAssist	Glucosamine+Chondroitin with MSM
PreNatal Nutrients	PureLean® Satiety	Multi t/d	Glucosamine Complex capsules
PureGenomics® UltraMultivitamin	DPA (docosa pentasenoic acid)	NeuroMood Pure Pack	Glucosamine sulfate
PureLean® Nutrients	Pro-Resolve Omega	Nutrient 950	Glucosamine Complex capsules
PureLean® Pure Pack	Dolichos biflorus	NeuroPure	Glucosamine Sulfate
Purely Complete	AdipoLean II	O.N.E.™ Multivitamin	Glucosamine/MSM w/ joint comfort
PurePals	Dong quai (Angelica sinensis)	PreNatal Nutrients	herbs
PurePals (with iron)	PhytoBalance II	Polyphenol Nutrients	Ligament Restore ¹
Trace Minerals	Elderberry	PureGenomics® B-Complex	I-Glutamine
UltraNutrient	Daily Immune	PureGenomics® Multivitamin	Amino-NR
Ultra Pure Pack	PureDefense w/NAC	PureGenomics® UltraMultivitamin	Amino Replete
VisionPro Nutrients ¹	Eleuthero (Eleutherococcus	Purely Complete	Athletic Pure Pack
Cranberry	senticosus)	PureMelt B12 Folate	Detox Pure Pack
Açaí 600	ADR Formula	PureNutrients Gummy	Epi-Integrity powder
Alpha Lipoic Acid with GlucoPhenol	Daily Immune	PurePals	G.I. Fortify ¹
Cranberry/d-Mannose	Daily Stress Formula ¹	PurePals (with iron)	G.I. Fortify ¹ (capsules)
Cranberry NS	Energy Xtra	PureLean® Nutrients	G.I. Integrity ¹
Iron liquid	Glucose Support Formula ¹	PureLean® Pure Pack	I-Glutamine capsules/powder
Nitric Oxide Ultra	Phyto-ADR	PureLean® Protein	Liver-G.I. Detox ¹
Poly-Prebiotic	PureResponse™ Multivitamin	RevitalAge™ Nerve	PureBiOme™ G.I.
Poly-Prebiotic powder	EPA (eicosapentaenoic acid)	PureResponse™ Multivitamin	UltraDetox 10-Day Pure Pack
Pomegranate Plus	Athletic Pure Pack	SeroPlus	Glutathione
PureLean® Pure Pack	Detox Pure Pack	Ultra B-Complex w/PQQ	Detox Pure Pack
RevitalAge™ Ultra	DHA Ultimate	UltraDetox 10-Day Pure Pack	Liposomal Glutathione
Vascular Relax BP ¹	EFA Essentials	UltraNutrient	Macular Support Formula ¹
Women's Nutrients	Energize Plus™ Pure Pack	Ultra Pure Pack	Nrf2 Detox
Women's Pure Pack	EPA/DHA-CoQ10 liquid	VisionPro Nutrients ¹	Reduced Glutathione
Zinc liquid	EPA/DHA essentials	Women's Nutrients	UltraNutrient
Creatine	EPA/DHA with lemon	Women's Pure Pack	Ultra Pure Pack
Athletic Nutrients	EPA/DHA liquid	Fucoanthin	Glycine
Athletic Pure Pack	EPA/DHA Vegetarian	XanthiTrim	Amino-NR
Mitochondria-ATP	EPA Ultimate	GABA	Amino Replete
Deglycyrrhized licorice (DGL)	Krill-plex	Best-Rest Formula	Detox Pure Pack
DGL Plus	Men's Pure Pack	Daily Calm	DIM Detox
Epi-Integrity powder	NeuroMood Pure Pack	Emotional Wellness	Glycine
G.I. Fortify ¹	O.N.E. Omega	GABA	Liver-G.I. Detox ¹
Heartburn Essentials	Pro-Resolve Omega	Pure Tranquility liquid	NAC + Glycine Powder
Devil's Claw	PureLean® Pure Pack	Gamma oryzanol	Pure Tranquility liquid
Disc-Flex	PureNutrients EPA/DHA Gummy	Heartburn Essentials	UltraDetox 10-Day Pure Pack
Ligament Restore ¹	Ultra Pure Pack	G.I. Integrity ¹	GOS
Phyto UltraComfort ¹	VisionPro EPA/DHA/GLA ¹	Garlic	Poly-Prebiotic powder
Uric Acid Formula	Women's Pure Pack	Garlic Complex	Grape extract (Vitis vinifera)
DHA (docosahexaenoic acid)	Evening primrose oil	PureDefense Collagen w/ Bone Broth powder	Athletic Nutrients
Athletic Pure Pack	E.P.O.	Ginger (Zingiber officinale)	Athletic Pure Pack
Detox Pure Pack	Feverfew	A.I. Formula	CurcumaSorb Mind
DHA Ultimate	Brain Reset™	Detox Pure Pack	Grape pip (seed) extract
EFA Essentials	Flax seed	Ginger extract	(Vitis vinifera)
Energize Plus™ Pure Pack	G.I. Fortify ¹	Glucosamine/MSM w/ joint comfort	Disc-Flex
EPA/DHA-CoQ10 liquid	G.I. Fortify ¹ (capsules)	herbs	DopaPlus
EPA/DHA essentials	Flower pollen extract	MotilPro	Grape Pip
EPA/DHA with lemon	ProstaFlo	Phyto-4	Hair/Skin/Nails Ultra
EPA/DHA liquid	Folate	UltraNutrient	Longevity Nutrients
EPA/DHA Vegetarian	Athletic Nutrients	Ultra Pure Pack	Macular Support Formula ¹
EPA Ultimate	Athletic Pure Pack	Ginkgo biloba	MenoVive
Krill-plex	B-Complex Plus	Brain Reset™	Men's Nutrients
Men's Pure Pack	Be Complex	Ginkgo 50 160 mg	Men's Pure Pack
NeuroMood Pure Pack	B12 Folate	Memory Pro ¹	Mitochondria-ATP
O.N.E.™ Omega	Detox Pure Pack	Rapid Mental Energy	Nitric Oxide Ultra
Pro-Resolve Omega	DopaPlus	Glucoamylase	Polyphenol Nutrients
PureLean® Pure Pack	Energize Plus™ Pure Pack	Digestive Enzymes Ultra	Resveratrol EXTRA
PureNutrients EPA/DHA Gummy	Folic Acid	Digestive Enzymes Ultra w/Betaine HCl	Uric Acid Formula
Ultra Pure Pack	Folate 400		Ultra Pure Pack

INGREDIENTS LISTING (CONT.)

Vascular Relax BP [†]	Indole-3-Carbinol	Iron (naturally occurring)	Digestive Enzymes Ultra
Women's Nutrients	Indole-3-Carbinol	PureLean® Protein	Digestive Enzymes Ultra w/Betaine HCl
Women's Pure Pack	Inositol	Iron (pyrophosphate)	Digestion GB
Grapefruit Seed extract	Athletic Nutrients	Iron liquid	Heartburn Essentials
A.C. Formula II	Athletic Pure Pack	Purely Complete	Pancreatic Enzyme Formula
Grapefruit Seed extract	GlutenAssure Multivitamin	I-Isoleucine	Pancreatic VegEnzymes
Green tea	Inositol Complex	Amino-NR	Lithium
Athletic Nutrients	Junior Nutrients	Amino Replete	Lithium (orotate)
Athletic Pure Pack	Lipotropic Detox	BCAA capsules/powder	PureGenomics® UltraMultivitamin
CurcumaSorb Mind	Longevity Nutrients	Essential Aminos	Lutein
DopaPlus	Men's Nutrients	Keratin	AntiOxidant Formula
Green Tea extract	Men's Pure Pack	Hair/Skin/Nails Gummy	Athletic Nutrients
Men's Nutrients	NeuroMood Pure Pack	7-Keto® (7-oxo-dehydroepiandrosterone-3β-acetate)	Athletic Pure Pack
Men's Pure Pack	O.N.E.™ Multivitamin	7-KETO DHEA	Beta Carotene
Polyphenol Nutrients	Polyphenol Nutrients	Konjac root	Energize Plus™ Pure Pack
PureCell	PureGenomics® Multivitamin	PureLean® Fiber	GlutenAssure Multivitamin
PureLean® Nutrients	PureGenomics® UltraMultivitamin	Krill oil	Junior Nutrients
PureLean® Pure Pack	PureLean® Nutrients	Krill-plex	LiquiNutrients
SP Ultimate	PureLean® Pure Pack	Lactase	Longevity Nutrients
Teavigo	SeroPlus	Digestive Enzymes Chewable	Lutein 20 mg
Women's Nutrients	Women's Nutrients	Digestive Enzymes Ultra	Lutein/Zeaxanthin
Women's Pure Pack	Women's Pure Pack	Digestive Enzymes Ultra w/Betaine HCl	Macular Support Formula [†]
XanthiTrim	Inositol hexaphosphate	Gluten/Dairy Digest	Men's Nutrients
Guar gum	IP6	Lactobacillus acidophilus	Men's Pure Pack
Purely Complete	Invertase	Probiotic-5	Multi t/d
PureLean® Fiber	Digestive Enzymes Ultra	Probiotic 50B	NeuroMood Pure Pack
Guggul	Digestive Enzymes Ultra w/Betaine HCl	Probiotic 123	Nutrient 950
Thyroid Support Complex [†]	Iodine	Probiotic G.I.	O.N.E.™ Multivitamin
Gymnema sylvestre	Athletic Nutrients	Probiotic IMM	Polyphenol Nutrients
GlucoFunction [†]	Athletic Pure Pack	PureBiOme™ G.I.	PreNatal Nutrients
Glucose Support Formula [†]	Energize Plus™ Pure Pack	PureBiOme™ Intensive	PureGenomics® Multivitamin
Hawthorn (Crataegus oxyacantha)	GlutenAssure Multivitamin	PureProbiotic	PureGenomics® UltraMultivitamin
Detox Pure Pack	Iodine (potassium iodide)	Lactobacillus casei	PureLean® Nutrients
Hawthorn extract	Iodine and Tyrosine	Probiotic G.I.	PureLean® Pure Pack
UltraNutrient	Junior Nutrients	Probiotic IMM	PureResponse™ Multivitamin
Ultra Pure Pack	LiquiNutrients	Lactobacillus gasseri	UltraDetox 10-Day Pure Pack
Vascular Relax BP [†]	Longevity Nutrients	Probiotic 50B	UltraNutrient
I-Histidine	Men's Nutrients	Lactobacillus helveticus	Ultra Pure Pack
Amino-NR	Men's Pure Pack	ProbioMood	VisionPro Nutrients [†]
Amino Replete	Mineral 650	Lactobacillus plantarum	Women's Nutrients
Essential Aminos	Multi t/d	Probiotic 50B	Women's Pure Pack
Hemicellulase	NeuroMood Pure Pack	Probiotic IMM	Vitamin A + Carotenoids
Digestive Enzymes Ultra	Nutrient 950	PureProbiotic	Luteolin
Digestive Enzymes Ultra w/Betaine HCl	O.N.E.™ Multivitamin	Lactobacillus rhamnosus	Brain Reset™
Hemp	Polyphenol Nutrients	Probiotic-5	Hist Reset
Hemp CBD VESIsorb®	PreNatal Nutrients	Probiotic 50B	LVR Formula
Hesperitin	PureGenomics® B-Complex	PureProbiotic	Ultra B-Complex w/PQQ
Tribulus Formula	PureGenomics® Multivitamin	PureGG 25B	Lycopene
Hesperidin (hesperidin methyl chalcone)	PureGenomics® UltraMultivitamin	Lactobacillus salivarius	Athletic Nutrients
Aller-Essentials	PureLean® Nutrients	Probiotic G.I.	Athletic Pure Pack
HMRlignan™	PureLean® Pure Pack	Lemon balm	Junior Nutrients
DIM Detox	PureLean® Protein	Best-Rest Formula	Longevity Nutrients
MenoVive	Purely Complete	Best-Rest Gummy	Lycopene
Women's Nutrients	PureNutrients Gummy	Daily Immune	Macular Support Formula [†]
Women's Pure Pack	PurePals	Daily Stress Formula [†]	Men's Nutrients
Hops	PurePals (with iron)	Memory Pro [†]	Men's Pure Pack
Best-Rest Formula	Trace Minerals	Muscle Cramp/Tension Formula [†]	Multi t/d
MenoVive	Thyroid Support Complex [†]	Women's Nutrients	NeuroMood Pure Pack
Phyto-4	VisionPro Nutrients [†]	Women's Pure Pack	Nutrient 950
Hyaluronic acid	Women's Nutrients	I-Leucine	O.N.E.™ Multivitamin
Hyaluronic Acid	Women's Pure Pack	Amino-NR	Polyphenol Nutrients
Joint Complex [†] (single dose)	lpriflavone	Amino Replete	PreNatal Nutrients
5-Hydroxytryptophan	+CAL+® with Ipriflavone	BCAA capsules/powder	PureLean® Nutrients
5-HTP	Iron (aspartate)	Essential Aminos	PureLean® Pure Pack
CarbCrave Complex	Iron-C	Licorice	SP Ultimate
Inositol Complex	Iron (glycinate)	ADR Formula	UltraDetox 10-Day Pure Pack
Emotional Wellness	Iron-C	PhytoBalance II	UltraNutrient
MotilPro	Mineral 650	Lion's Mare Mushroom	Ultra Pure Pack
NeuroMood Pure Pack	Nutrient 950	Brain Reset™	Vascular Relax BP [†]
NeuroPure	OptiFerin-C	Lipase	VisionPro Nutrients [†]
SeroPlus	PreNatal Nutrients	A.I. Enzymes	Women's Nutrients
	PurePals (with iron)	Digestive Enzymes Chewable	Women's Pure Pack

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

INGREDIENTS LISTING (CONT.)

I-Lysine

Amino-NR
Amino Replete
Essential Aminos
Ligament Restore[†]
I-Lysine

Maca

Maca-3
Men's Nutrients
Men's Pure Pack
MenoVive

Magnesium (ascorbate)

Buffered Ascorbic Acid capsules/powder
PurePals
PurePals (with iron)

Magnesium (aspartate)

+Cal+[®] with Ipriflavone
Detox Pure Pack
Potassium Magnesium (aspartate)
PurePals
PurePals (with iron)
UltraNutrient
Ultra Pure Pack

Magnesium (citrate)

Athletic Nutrients
Calcium (MCHA) with Magnesium
Calcium Magnesium (citrate)
Cal/Mag/D liquid
Daily Stress Formula[†]
Electrolyte/Energy formula
GlucFunction[†]
LiquiNutrients
Magnesium Gummy
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
Purely Complete
Vascular Relax BP[†]
Women's Nutrients
Women's Pure Pack

Magnesium (citrate/malate)

Calcium Magnesium (citrate/malate)
Magnesium (citrate/malate)
Mitochondria-ATP

Magnesium (glycinate)

Magnesium (glycinate)
Magnesium (glycinate) liquid
Muscle Cramp/Tension Formula[†]
PureLean[®] Protein
PureLean[®] Pure Pack

Magnesium (malate)

Cal/Mag (malate) 2:1
GlutenAssure Multivitamin
Junior Nutrients
OsteoBalance[†]
PMS Essentials
PureResponse[™] Multivitamin
RevitalAge[™] Nerve
SeroPlus

Magnesium (as Sucrosomial[®] magnesium)

PureGenomics[®] UltraMultivitamin
UltraMag Magnesium

Magnesium-I-Threonate

CogniMag

Magnolia officinalis

CarbCrave Complex
Cortisol Calm
PMS Essentials
Relora

Maitake mushroom

Daily Immune
Glucose Support Formula[†]
M/R/S Mushroom Formula

Maltodextrin

Electrolyte/Energy formula

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)
Men's Nutrients
Men's Pure Pack
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.[™] Multivitamin
OsteoBalance[†]
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics[®] Multivitamin
PureGenomics[®] UltraMultivitamin
PureLean[®] Nutrients
PureLean[®] Pure Pack
Purely Complete
PurePals
PurePals (with iron)
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients[†]
Women's Nutrients
Women's Pure Pack

d-Mannose

Cranberry/d-Mannose
d-Mannose

Marshmallow root

(Althaea officinalis)

DGL Plus
G.I. Fortify[†]
Heartburn Essentials

Melatonin

Best-Rest Formula
Best-Rest Gummy
Melatonin
Melatonin liquid
Melatonin-SR

I-Methionine

Amino-NR
Amino Replete
Detox Pure Pack
DIM Detox
Essential Aminos
I-Methionine
HM Complex

Liver-G.I. Detox[†]

Lipotropic Detox
UltraDetox 10-Day Pure Pack

Methylsulfonylmethane (MSM)

Glucosamine+Chondroitin with MSM
Glucosamine/MSM
w/ joint comfort herbs
Joint Complex[†] (single dose)
MSM capsules/powder

Milk protein

Purely Complete

Milk thistle (Silybum marianum)

AntiOxidant Formula
Detox Pure Pack
Digestion GB
DIM Detox
Lipotropic Detox
Liver-G.I. Detox[†]
LVR Formula
Silymarin
SP Ultimate
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack

Modified citrus pectin

HM Complex
UltraDetox 10-Day Pure Pack

Molybdenum

Detox Pure Pack
Hist Reset
Junior Nutrients
Longevity Nutrients
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.[™] Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics[®] Multivitamin
PureGenomics[®] UltraMultivitamin
Purely Complete
PurePals
PurePals (with iron)
PureResponse[™] Multivitamin
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients[†]
Motherwort (Leonurus cardiaca)
PhytoBalance II

Mucuna puriens

DopaPlus

Myo-inositol

Inositol powder

N-Acetyl-d-Glucosamine

G.I. Integrity[†]
Glucosamine Complex capsules

N-Acetyl-L-Cysteine (NAC)

AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
DIM Detox
HM Complex
Lithium (orotate)
Liver-G.I. Detox[†]
LVR Formula
Macular Support Formula[†]
Mitochondria-ATP
NAC
NAC + Glycine Powder
Nutrient 950 with NAC

Polyphenol Nutrients
PureCell
PureDefense w/NAC
PureGenomics[®] UltraMultivitamin
UltraDetox 10-Day Pure Pack

Naringin

Acerola/Flavonoid

Nattokinase

NSK-SD

Nettle root

Men's Pure Pack
Saw Palmetto Plus

Niacin

Athletic Nutrients
Athletic Pure Pack
Energize Plus[™] Pure Pack
GlutenAssure Multivitamin
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Multi t/d
Polyphenol Nutrients
PureLean[®] Nutrients
PureLean[®] Pure Pack
PurePals
PurePals (with iron)
Women's Nutrients
Women's Pure Pack

Niacinamide

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
Hair/Skin/Nails Ultra
Hist Reset
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Niacinamide
NeuroMood Pure Pack
Nutrient 950
O.N.E.[™] Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics[®] B-Complex
PureGenomics[®] Multivitamin
PureGenomics[®] UltraMultivitamin
PureNutrients Gummy
PureLean[®] Nutrients
PureLean[®] Pure Pack
PureLean[®] Protein
Purely Complete
PurePals
PurePals (with iron)
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

INGREDIENTS LISTING (CONT.)

No-flush niacin (inositol hexaniacinate/inositol nicotinate)

B-Complex Plus
Be Complex
Detox Pure Pack
Niacitol
Nutrient 950
Ultra B-Complex w/PQQ
UltraNutrient
Ultra Pure Pack

Nicotinamide Riboside

Mitochondria-ATP
NR Longevity™
RevitalAge™ Ultra

Oligonol®

AdipoLean II

Olive leaf (*Olea europaea*)

Olive Leaf extract
Vascular Relax BP[†]

Olive fruit (*Olea europaea*)

Polyphenol Nutrients

Ornithine

Growth Hormone Support[†]

Ox bile

Digestion GB

PABA

Hair/Skin/Nails Ultra

Panax ginseng

ADR Formula
Glucose Support Formula[†]
Panax Ginseng
Phyto-ADR
PureCell

Panax quinquefolius

Rapid Mental Energy

Pancreatin

Pancreatic Enzyme Formula
Systemic Enzyme Complex

Pantethine

Pantethine

Papain

A.I. Enzymes
Systemic Enzyme Complex

Passion flower

Best-Rest Formula
Emotional Wellness
Muscle Cramp/Tension Formula

Pea Protein

PureLean® Protein

Perilla

Epi-Integrity powder
Perilla extract
TH2 Modulator

Pepsin

Betaine HCl Pepsin

Phellodendron amurense

CarbCrave Complex
PMS Essentials
Relora

DL-Phenylalanine

Amino Replete
CarbCrave Complex
Cognitive Aminos
DL-Phenylalanine
NeuroMood Pure Pack
NeuroPure
Phyto UltraComfort[†]

L-Phenylalanine

Amino-NR
Essential Aminos
Phosphatidylcholine

Phosphatidylserine

Brain Reset™

Memory Pro[†]

PS 100 (phosphatidylserine)

PS Plus

Phytase

Digestive Enzymes Ultra
Digestive Enzymes Ultra w/Betaine HCl

Phytosterol Complex

Beta-sitosterol
CholestePure[†]
CholestePure Plus[†]
SP Ultimate

Pine bark extract

Pycnogenol (pine bark extract)
CurcumaSorb Mind

Piper betle

AdipoLean II

Policosanol

Policosanol

Pomegranate

Açaí 600
Ester-C® & flavonoids
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Polyphenol Nutrients
Pomegranate Plus
SP Ultimate
Vascular Relax BP[†]
Women's Nutrients
Women's Pure Pack

Pomegranate seed oil

XanthiTrim

Potassium (ascorbate)

Buffered Ascorbic Acid capsules/
powder

Potassium (aspartate)

Detox Pure Pack
Mineral 650
Nutrient 950
Polyphenol Nutrients
Potassium (aspartate)
Potassium Magnesium (aspartate)
PurePals
PurePals (with iron)
UltraNutrient
Ultra Pure Pack

Potassium (citrate)

Muscle Cramp/Tension Formula[†]
Men's Nutrients
Men's Pure Pack
Potassium (citrate)
Potassium Magnesium (citrate)
PureLean® Nutrients
PureLean® Pure Pack
PureNutrients Gummy
PureResponse™ Multivitamin
Uric Acid Formula
Women's Nutrients
Women's Pure Pack

Potassium

PureLean® Protein
Purely Complete

Potassium phosphate

Athletic Nutrients
Athletic Pure Pack
Electrolyte/Energy formula
Purely Complete

Prebiotics

PureLean® Fiber
Poly-Prebiotic powder
Arabinogalactan

Pregnenolone

Pregnenolone

L-Proline

Amino-NR
Ligament Restore[†]

Protease

A.I. Enzymes
Digestion GB
Digestive Enzymes Chewable
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 (*Curcubita pepo*) seed oil

Hist Reset
Men's Pure Pack
Saw Palmetto Plus

Pygeum africanum

Men's Nutrients
Men's Pure Pack
Saw Palmetto Plus
SP Ultimate

Pyrraloquinoline quinone disodium salt

SR-CoQ₁₀ with PQQ
Ultra B-Complex w/PQQ

Quercetin

Acerola/Flavonoid
A.I. Formula
Aller-Essentials
Daily Immune
Ester-C® & flavonoids
Hist Reset
NeuroMood Pure Pack
NeuroPure
Polyphenol Nutrients
PureDefense w/NAC
Quercetin
Quercetin UltraSorb
Uric Acid Formula

R-lipoic acid

R-Lipoic acid (stabilized)

Raspberry (*Rubus idaeus*)

Açaí 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
PureDefense Collagen w/ Bone Broth powder
PureResponse™ Multivitamin

Relora

CarbCrave Complex
PMS Essentials
Relora

Resveratrol

Memory Pro[†]
MenoVive
Metabolic Xtra

Mitochondria-ATP

NR Longevity™

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
PMS Essentials
Rhodiola Rosea
Women's Nutrients
Women's Pure Pack

d-Ribose

Ribose

Rice protein concentrate

PureLean® Protein

Rutin

A.I. Enzymes
Ester-C® & flavonoids
Systemic Enzyme Complex

Saccharomyces boulardii

PureBiOme™ Intensive
Saccharomyces boulardii

Saccharomyces cerevisiae

dried fermentate

Aller-Essentials
PureDefense w/NAC

Saffron

Daily Calm

SAME

SAME

Saw palmetto (*Serenoa repens*)

Men's Nutrients
Men's Pure Pack
Saw Palmetto 320
Saw Palmetto Plus
SP Ultimate

Sceletium tortuosum

Rapid Calm

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

INGREDIENTS LISTING (CONT.)

PreNatal Nutrients	Taurine	Iodine and Tyrosine	Detox Pure Pack
PureCell	UltraDetox 10-Day Pure Pack	Thyroid Support Complex [†]	Energize Plus™ Pure Pack
PureGenomics® Multivitamin	VisionPro Nutrients [†]	I-Tyrosine	GlutenAssure Multivitamin
PureGenomics® UltraMultivitamin	I-Theanine	I-Tryptophan	Junior Nutrients
PureLean® Nutrients	Best-Rest Formula	Amino Replete	LiquiNutrients
PureLean® Protein	Best-Rest Gummy	Cognitive Aminos	Longevity Nutrients
PureLean® Pure Pack	Caffphenol	Essential Aminos	Men's Nutrients
PureResponse™ Multivitamin	Cortisol Calm	I-Tryptophan Ubiquinol	Men's Pure Pack
Selenium (selenomethionine)	Daily Calm	Mitochondria-ATP	Mitochondria-ATP
Thyroid Support Complex [†]	Emotional Wellness	Ubiquinol-QH	Multi t/d
Trace Minerals	Rapid Calm	Ubiquinol VESIsorb	NeuroMood Pure Pack
UltraDetox 10-Day Pure Pack	I-Theanine	Urolithin A	Nutrient 950
UltraNutrient	Pure Tranquility liquid	RENUAL®	O.N.E.™ Multivitamin
Ultra Pure Pack	I-Threonine	I-Valine	Polyphenol Nutrients
VisionPro Nutrients [†]	Amino-NR	Amino-NR	PreNatal Nutrients
Women's Nutrients	Amino Replete	Amino Replete	PureGenomics® B-Complex
Women's Pure Pack	Essential Aminos	BCAA capsules/powder	PureGenomics® Multivitamin
Selenium (yeast-based)	Tinospora cordifolia extract	Essential Aminos	PureGenomics® UltraMultivitamin
Men's Nutrients	Aller-Essentials	Best-Rest Formula	PureLean® Nutrients
Men's Pure Pack	Tolerance® prolyl endopeptidase	Valerian	PureLean® Pure Pack
Longevity Nutrients	GlutenAssure Multivitamin	Best-Rest Formula	PureLean® Protein
SP Ultimate	Tribulus terrestris	Vanadium (amino acid chelate)	Purely Complete
I-Serine	Tribulus Formula	PurePals	PureNutrients Gummy
Amino-NR	Trimethylglycine (anhydrous betaine)	PurePals (with iron)	PurePals
Amino Replete	Lipotropic Detox	Vanadium (aspartate)	PurePals (with iron)
Serrapeptidase	Homocysteine Factors [†]	Detox Pure Pack	PureResponse™ Multivitamin
Systemic Enzyme Complex	Triphala	Mineral 650	Ultra B-Complex w/PQQ
Shiitake mushroom	G.I. Fortify [†]	Nutrient 950	UltraDetox 10-Day Pure Pack
M/R/S Mushroom Formula	Trypsin	Polyphenol Nutrients	UltraNutrient
Silica	Systemic Enzyme Complex	UltraNutrient	Ultra Pure Pack
Hair/Skin/Nails Ultra	Turkey Tails Mushroom	Ultra Pure Pack	VisionPro Nutrients [†]
Ligament Restore [†]	Coriolus extract	Vanadium (BGOV)	Women's Nutrients
OsteoBalance [†]	PureDefense Collagen w/ Bone Broth powder	Athletic Nutrients	Women's Pure Pack
Trace Minerals	Turmeric (Curcuma longa)	Athletic Pure Pack	Vitamin B2 (riboflavin)
Slippery elm (Ulmus fulva)	A.I. Formula	GlucoFunction [†]	AntiOxidant Formula
DGL Plus	CurcumaSorb	Longevity Nutrients	Athletic Nutrients
G.I. Fortify [†]	CurcumaSorb Mind	Men's Nutrients	Athletic Pure Pack
Heartburn Essentials	Curcumin	Men's Pure Pack	B-Complex Plus
Sodium chloride	Curcumin 500 with BioPerine®	PureLean® Nutrients	Ba Complex
Electrolyte/Energy formula	Detox Pure Pack	PureLean® Pure Pack	Brain Reset™
Spinach	Digestion GB	Trace Minerals	Daily Stress Formula [†]
CogniMag	Glucosamine/MSM w/ joint comfort	VisionPro Nutrients [†]	Detox Pure Pack
PS Plus	herbs	Women's Nutrients	Energize Plus™ Pure Pack
RevitalAge™ Ultra	Heartburn Essentials	Women's Pure Pack	GlutenAssure Multivitamin
SPM (specialized pro-resolving mediators)	Joint Complex [†] (single dose)	Vinpocetine	Hist Reset
Pro-Resolve Omega	Ligament Restore [†]	Memory Pro [†]	Junior Nutrients
Strawberry	Lipotropic Detox	Vinpocetine	Longevity Nutrients
Alpha Lipoic Acid with GlucoPhenol	Liver-G.I. Detox [†]	Vitamin A	Men's Nutrients
B-Complex liquid	Longevity Nutrients	GlutenAssure Multivitamin	Men's Pure Pack
CogniMag	LVR Formula	Junior Nutrients	Mitochondria-ATP
PS Plus	Memory Pro [†]	Longevity Nutrients	Multi t/d
PureLean® Pure Pack	NeuroMood Pure Pack	NeuroMood Pure Pack	NeuroMood Pure Pack
RevitalAge™ Ultra	NeuroPure	O.N.E.™ Multivitamin	Nutrient 950
Strontium (citrate)	Phyto UltraComfort [†]	PureGenomics® Multivitamin	O.N.E.™ Multivitamin
Strontium (citrate)	Phyto-4	PureGenomics® UltraMultivitamin	Polyphenol Nutrients
Streptococcus thermophilus	PureCell	PureLean® Protein	PreNatal Nutrients
Probiotic G.I.	PureDefense Collagen w/ Bone Broth powder	Purely Complete	PureGenomics® B-Complex
Superfruit blend	ResCu-SR®	PureNutrients Gummy	PureGenomics® Multivitamin
Athletic Nutrients	SP Ultimate	PurePals	PureGenomics® UltraMultivitamin
Athletic Pure Pack	Thyroid Support Complex [†]	PurePals (with iron)	PureLean® Nutrients
Amino-NR	UltraDetox 10-Day Pure Pack	PureResponse™ Multivitamin	PureLean® Protein
Cognitive Aminos	UltraNutrient	Thyroid Support Complex [†]	PureLean® Pure Pack
Detox Pure Pack	Ultra Pure Pack	UltraDetox 10-Day Pure Pack	Purely Complete
Digestion GB	Women's Nutrients	VisionPro Nutrients [†]	PureNutrients Gummy
DIM Detox	Women's Pure Pack	Vitamin A 3,000 mcg	PurePals
Lipotropic Detox	I-Tyrosine	Vitamin A + Carotenoids	PurePals (with iron)
Liver-G.I. Detox [†]	Amino-NR	Vitamin B1 (thiamin)	PureResponse™ Multivitamin
NeuroMood Pure Pack	Amino Replete	Athletic Nutrients	Ultra B-Complex w/PQQ
PureLean® Nutrients	Cognitive Aminos	Athletic Pure Pack	UltraDetox 10-Day Pure Pack
PureLean® Protein	Daily Stress Formula [†]	B-Complex liquid	UltraNutrient
PureLean® Pure Pack	DopaPlus	B-Complex Plus	Ultra Pure Pack
SeroPlus	Electrolyte/Energy formula (powder)	Ba Complex	VisionPro Nutrients [†]
	Emotional Wellness	Daily Stress Formula [†]	Women's Nutrients

INGREDIENTS LISTING (CONT.)

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
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
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
NeuroMood Pure Pack
NeuroPure
Nutrient 950
O.N.E.™ Multivitamin
P5P 50
Polyphenol Nutrients
PMS Essentials
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureResponse™ Multivitamin
RevitalAge™ Nerve
SeroPlus
I-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
Best-Rest Gummy
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
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

Purely Complete

PureNutrients Gummy

PurePals

PurePals (with iron)

PureResponse™ Multivitamin

Rapid Calm

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

Purely Complete

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
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureResponse™ Multivitamin

Vitamin B12 (methylcobalamin)

Athletic Nutrients
Athletic Pure Pack
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[†]
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
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
Vitamin C Gummy
Women's Nutrients
Women's 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 Gummy
Hair/Skin/Nails Ultra
Hist Reset
Iron-C
Junior Nutrients
Ligament Restore[†]
Liposomal Vitamin C
Liposomal Vitamin C liquid
LiquiNutrients
Longevity Nutrients
Macular Support Formula[†]
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
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
Vitamin C Gummy
Women's Nutrients
Women's Pure Pack

INGREDIENTS LISTING (CONT.)

Vitamin C (mineral ascorbates)

Buffered Ascorbic Acid capsules/
powder
Essential C® & flavonoids
OptiFerin-C
PureLean® Protein
Purely Complete
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/D liquid
Cortisol Calm
Daily Immune
Detox Pure Pack
Disc-Flex
EmulsiSorb K2/D3 liquid
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Multi t/d
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
OsteoBalance[†]
Polyphenol Nutrients
PreNatal Nutrients
PMS Essentials
PureCell
PureDefense w/NAC
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureHeart® K2D
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
Purely Complete
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
SP Ultimate
Synergy K
Thyroid Support Complex[†]
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients[†]
Vitamin D Gummy
Vitamin D3
Vitamin D3 & K2
Vitamin D3 liquid
Vitamin D3 (Vegan)
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
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PMS Essentials
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
Purely Complete
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
Purely Complete
PureNutrients Gummy
PureResponse™ Multivitamin
Synergy K
Women's Nutrients
Women's Pure Pack

Vitamin K2

Calcium K/D
Disc-Flex
EmulsiSorb K2/D3 liquid
GlutenAssure Multivitamin
Longevity Nutrients
Nutrient 950 with Vitamin K
PureGenomics® Multivitamin
PureGenomics® UltraMultivitamin
PureHeart® K2D
PureResponse™ Multivitamin
Synergy K
Vitamin D3 & K2

Vitex (chaste tree)

Chaste tree (Vitex)
PhytoBalance II
PMS Essentials

Whey protein isolate

PureLean® Whey
WheyBasics

Willow bark extract

Phyto UltraComfort[†]

Xylooligosaccharides

PureLean® Fiber
Poly-Prebiotic
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 Gummy
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 Gummy

Zinc (gluconate)

LiquiNutrients
Purely Complete
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
NeuroMood Pure Pack
NeuroPure
Nutrient 950
OsteoBalance[†]
Polyphenol Nutrients
SeroPlus
Trace Minerals
UltraNutrient
Ultra Pure Pack
Zinc 15
Zinc 30

Zinc (as Sucrosomial® zinc)

UltraZin Zinc

DELIVERY FORM: Liquid/Powder/Chewable/Gummy 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	31
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
Best-Rest Gummy	gummy	BRG6	43
Buffered Ascorbic Acid powder	powder	ABP32	48
Cal/Mag/D liquid	liquid	CML	49
D-Mannose powder 50 g / 100 g	powder	DMP5 / DMP1	66
Digestive Enzyme chewables	chewable tablet	DGC1	71
Electrolyte/Energy formula	powder	EEF3	76
EmulsiSorb K ₂ /D ₃ liquid	liquid	EKDL	73
EPA/DHA liquid (lemon flavor)	liquid	EDL2	77
Epi-Integrity powder	powder	EIP1	81
G.I. Fortify [†]	powder	GIF4	85
L-Glutamine powder	powder	LGP	91
Inositol (powder)	powder	INP2	99
Iron liquid	liquid	IRL	101
Liposomal Glutathione liquid	liquid	LGL	105
Liposomal Vitamin C liquid	liquid	LCL	106
LiquiNutrients	liquid	LQN32	107
Magnesium (powder)	powder	MGP1	112
Magnesium Glycinate liquid	liquid	MGL4	114
Magnesium Gummy	gummy	MGG6	115
Magnesium liquid	liquid	ML2	115
Melatonin liquid	liquid	MEL3	116
MSM powder	powder	MSMP	124
NAC + Glycine powder	powder	NGY1	126
Nitric Oxide Support	powder	NOS16	129
Poly-Prebiotic powder	powder	PPRP1	142
Probiotic 123	powder	PRO26	148
Pure Tranquility liquid	liquid	PTL	151
PureDefense chewables	chewable tablet	PDK21	153
PureDefense Collagen w/ Bone Broth	powder	PDC4	154
PureLean [®] Fiber	powder	PLFX3	159
PureLean [®] Protein	powder	PLPV6	161

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DELIVERY FORM: Liquid/Powder/Chewable/Gummy Formulas (cont.)


Pure Encapsulations offers a wide variety of products in liquid, powder or chewable forms:

PRODUCT NAME	DELIVERY FORM	ORDER CODE	PG.#
PureMelt B ₁₂ Folate	dissolvable lozenge	PMLB9	164
PureNutrients EPA/DHA Gummy	gummy	PNEGB3	164
PureNutrients Gummy	gummy	PNG1	165
PurePals	chewable tablet	PUPC9	165
PurePals (with iron)	chewable tablet	PUPI9	166
Ribose	powder	RI2	175
SunButyrate™ -TG liquid	liquid	BTGL	180
Vitamin C chewables	chewable tablet	VCC6	196
Vitamin C Gummy	gummy	VCG1	197
Vitamin D Gummy	gummy	VDG1	197
Vitamin D ₃ (Vegan) liquid	liquid	VD3VL	199
Vitamin D ₃ liquid	liquid	VDL	200
Zinc chewables	chewable tablet	ZNC1	205
Zinc Gummy	gummy	ZNG1	205
Zinc liquid 15 mg	liquid	Z15L	205



EASY ORDERING

HOW TO ORDER

 Enjoy secure online ordering at PureEncapsulationsPro.com

 Contact customer service

Orders Are Accepted

Monday - Friday: 8:30 a.m. - 6:00 p.m. (ET)

Toll-free: **800-753-2277** • Fax: **888-783-2277**

Email: customerservice@PureEncapsulations.com

HOW TO REGISTER FOR AN ACCOUNT

- 1 Visit PureEncapsulationsPro.com and click “Register” at the top of the homepage.
- 2 Enter your information in the fields provided and click “Apply for Account”.
- 3 You will receive an email immediately after registering to complete your account activation.

Only healthcare practitioners may order directly from Pure Encapsulations. The most important link between our professional-strength supplements and consumers is the presence and guidance of a qualified health practitioner.

SHIPPING AND PAYMENT INFORMATION

Same-Day Shipping

Orders received by 3:00 p.m. (ET) are shipped that day, via UPS 2-day service.

Shipping Charges/Delivery

Shipping is FREE for orders over \$300 (U.S. phone orders only). To enjoy free shipping on online orders over \$100 delivered within the continental U.S., enter code **WEBFREESHIP** at checkout.** Phone orders under \$300 please add \$10 for shipping. Please note that UPS does not deliver to P.O. boxes.

Volume Discounts

Shipments over \$2,000 — 10%

Shipments over \$1,000 — 7%

Shipments over \$500 — 5%

Shipments over \$300 — FREE shipping

For Hawaii, Puerto Rico and Alaska there is a \$12 flat rate shipping fee and free shipping is at \$500.

Payment Terms

Orders are shipped pre-paid by Discover®, MasterCard®, VISA® or American Express®.



SALES TAX INFORMATION

Pure Encapsulations is required to collect and remit sales tax for orders shipped to the following states:

AL, AZ, AR, CA, CO, GA, HI, ID, IL, IN, IA, KS, KY, LA, ME, MA, MI, MN, MS, MO, NE, NV, NM, NC, ND, OH, OK, RI, SC, SD, TN, UT, VA, WA, WI.

If you are tax exempt, please contact Customer Service at 800-753-2277 to discuss the documentation needed to make your account tax-exempt. If your order is placed before these documents are sent in, we unfortunately will not be able to refund you the applicable sales tax.

OUR GUARANTEE/RETURN POLICY

All Pure Encapsulations products are guaranteed for quality, purity and potency through their expiration date. Returns must be made within 30 days of receipt and require preauthorization. Any claims of shortage or damage must be made within 7 days of receiving package. Authorized returns must be received by our warehouse within 14 days of authorization. They will be credited upon receipt and are subject to a 15% processing fee plus the cost of shipping. Please refer to our website for more information.

**Valid in USA for online orders only. Cannot be combined with other promotions. Free standard shipping will apply to entire order and become available at checkout.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Pure Encapsulations®
490 Boston Post Road
Sudbury, MA 01776

**#1 MOST
RECOMMENDED**

professional supplement
brand by healthcare
professionals¹

Access over 400 uniquely formulated
products made with **high-quality,
pure ingredients** backed by verifiable
science to complement your plan of care.



Visit PureEncapsulationsPro.com



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