

It's What's Inside That Counts



HIGH-QUALITY NUTRITIONAL SUPPLEMENTS YOU CAN TRUST

pure
encapsulations[®]

WHY PURE ENCAPSULATIONS®

We offer the most comprehensive
line of supplements

FREE FROM: **



Wheat, Soy*,
Dairy*, Eggs



Tree Nuts
& Peanuts



Gluten



Artificial Colors,
Flavors &
Sweeteners



Coatings
& Shellacs



GMOs†



Unnecessary
Binders, Fillers
& Preservatives



Magnesium
Stearate



Trans Fat &
Hydrogenated Oils

GOODNESS ENCAPSULATED

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

THE PURE DIFFERENCE

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

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

2. Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020

†Visit PureEncapsulationsPro.com for more information on our GMO policy.

*Except where labeled.

**As of 10/22/2019 among leading professional brands.

DRIVEN BY SCIENCE

Pure Encapsulations® is driven by science, and the proof is in our products. Every supplement is made using only premium ingredients sourced from trusted suppliers around the world and guided by our team of scientific and medical experts. So patients can feel as confident about what they put into their bodies as you are recommending it.

WHAT YOU SEE IS WHAT YOU GET

We know it's what's on the inside that counts, and it shows right on our labels. Every ingredient we put into our products, even if it's just a trace amount, is listed on the label. And if there's an ingredient sourced from a possible allergen—we call that out too. We also list minerals by their true elemental weight and standardizations of herbal extracts.



#1
MOST
RECOMMENDED
brand by healthcare
professionals¹

GOOD FROM START TO FINISH

QUALITY PROMISE

Our products don't go to market without meeting the most stringent criteria to ensure the highest quality. We ensure the integrity of every product with the promise of premium sourced ingredients, verifiable science, and significant testing by certified independent laboratories of our raw materials and final products, to verify their potency and purity. All of our raw materials are tested for identity, potency, microbial contaminants, heavy metals (including mercury, arsenic, cadmium and lead), 32 solvent residues, and allergens, depending on risk. Herbal ingredients are tested for 70 different pesticide compounds, and essential fatty acids and fish/krill oils are tested for dioxins, furans, PCBs, and other agents. We also have a comprehensive Allergen SOP (Standard Operating Procedure) that prevents ingredient cross-contamination by flagging allergen-containing ingredients. So you can feel confident knowing only the best of the best ever make it into your hands.



GMP Registered

Pure Encapsulations is NSF-GMP registered in the U.S., GMP certified in Canada and exceeds the standards of the United States Pharmacopeia (USP) for supplement manufacturing.





STRONG CONNECTIONS

Our strength lies in our partnerships with leaders in the most important nutritional health areas: genomics, mental health and emotional well-being, weight management, immunology, gastrointestinal health, and more. We partner with medical experts who not only help us formulate products, but also help to develop clinical protocols based on their success with our products, which they test and validate through clinical practice while advancing our ongoing education initiatives.

PURE VALUES

At Pure Encapsulations®, we don't just focus on making something good, but doing good as well. That's why we're proud to support non-profit organizations that are dedicated to supporting global wellness, improving the health of those most in need, and enriching lives around the world. Furthermore, we are committed to creating a more sustainable future for our planet.

EVIDENCE-BASED NUTRITION

Pure Encapsulations® is a leader in nutritional science with a long-standing commitment to scientific innovation. To date, we have more than 50 product-specific clinical studies published in leading peer-reviewed journals. Our investment in clinical research aims not only to promote product safety, efficacy, and innovation, but to elevate the status of nutrition science in general. These efforts have yielded key findings and resulted in a continuous output of publications in top scientific journals.



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	

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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.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

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

MicroActive® is a registered trademark of BioActives, LLC.

Multivitamins, Vitamins & Minerals



O.N.E.™ Multivitamin	Quantity	Order Code
	60	ONE6
	30	ONE3



O.N.E.™ Multivitamin Comparison

	Leading Brand	O.N.E.™ Multivitamin
Preservatives	Sodium benzoate, sorbic acid, BHT	None
Colors	Artificial red, yellow & blue aluminum lake	None
Sweeteners	Sucrose	None
Hydrogenated Oils	Yes (palm oil)	None
Animal Products	Yes (gelatin)	Vegetarian
Allergens	None	None
Excipients	Acacia gum, calcium stearate, crospovidone, hypromellose, polyethylene glycol, polyvinyl alcohol, talc, titanium dioxide	Potato starch
Vitamins	Generally 100% DV; does not contain activated vitamins	Range from 100-250%+ DV; includes activated B vitamins: Metafolin®, methylcobalamin, riboflavin 5' phosphate, pyridoxal 5' phosphate
Minerals	Carbonate, phosphate, chloride, oxide, sulfate & sodium forms	Chelated; amino acids/Krebs cycle intermediates

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Drug-Nutrient Depletions

Did you know that common drugs have the potential to deplete critical nutrients? Ask your pharmacist how products from Pure Encapsulations can support drug-nutrient depletion.

Drug Category	Examples	Potential Nutrient Depletions	Suggested Pure Encapsulations® Products
Acid-suppressing drugs	Proton pump inhibitors (Omeprazole), H ₂ Receptor Antagonists (Cimetidine, Ranitidine), Antacids	Calcium, Iron, Magnesium, Vitamin B ₁₂ , Zinc	B ₁₂ liquid, B-Complex Plus, O.N.E.™ Multivitamin or UltraNutrient® (contains calcium), Magnesium (glycinate)
Antibiotics	Augmentin, Bactrim, Gentamicin	B Vitamins, Magnesium	O.N.E.™ Multivitamin, Mineral 650® or Tri-Alkali, Magnesium (glycinate) Probiotic G.I.
Anticonvulsants	Mysoline, Phenytoin	Biotin, Calcium, Vitamin D	Calcium with Vitamin D ₃ , Calcium K/D, or Vitamin D ₃ 125 mcg (5,000 IU), Biotin 8 mg
Antidepressants (tricyclic)	Amitriptyline, Imipramine	Riboflavin (vitamin B ₂)	B-Complex Plus, O.N.E.™ Multivitamin
Antifungals	Amphotericin B, Fluconazole	Magnesium, Potassium	Magnesium (glycinate), Potassium Magnesium
Antihypertensives	Ace Inhibitors (Captopril, Quinapril, Ramipril)	Zinc	Zinc 30, O.N.E.™ Multivitamin
	Beta Blockers (Atenolol, Metoprolol, Propranolol)	CoQ ₁₀	CoQ ₁₀ 120 mg, Ubiquinol-QH 100 mg
	Diuretics (Aldactone, Lasix, Microzide, Zaroxolyn)	Magnesium, Potassium, Thiamin, Zinc	B-Complex Plus or O.N.E.™ Multivitamin, Magnesium (glycinate)
	Hydralazine	Vitamin B ₆	B-Complex Plus, O.N.E.™ Multivitamin
Antipsychotics	Chlorpromazine	Riboflavin (vitamin B ₂)	B-Complex Plus, O.N.E.™ Multivitamin
Cholesterol-lowering agents	Statins (Crestor, Lescol, Lipitor, Mevacor, Zocor)	CoQ ₁₀	Ubiquinol-QH
	Bile Acid Sequestrants (Colestipol, ProbucoI)	Calcium, Magnesium, Zinc	O.N.E.™ Multivitamin or UltraNutrient® (contains calcium), Magnesium (glycinate)
Corticosteroids	Glucocorticoids (Budesonide, Dexamethasone, Prednisone)	Calcium, Vitamin D	Calcium K/D, Vitamin D ₃ 125 mcg (5,000 IU)
Digoxin	Cardoxin, Digitek, Lanoxicaps, Lanoxin	Thiamin	B-Complex Plus, O.N.E.™ Multivitamin
Glucose-lowering agents	Metformin	Folate, Vitamin B ₁₂	Methylcobalamin 1,000 mcg, B ₁₂ liquid, B ₁₂ Folate, O.N.E.™ Multivitamin
	Sulfonylureas (Glipizide, Glyburide)	CoQ ₁₀	CoQ ₁₀ 120 mg, Ubiquinol-QH 100 mg
Hormone replacement therapy (estrogens)	Estrace, Premarin and Prempro	Vitamin B ₆ , Folate	Magnesium (glycinate), B-Complex Plus, O.N.E.™ Multivitamin
NSAIDS	Ibuprofen, Naproxen, Sulindac	Folate	B-Complex Plus, O.N.E.™ Multivitamin, Folate 400, B ₁₂ Folate
Oral contraceptives	Alesse, Demulen, Yasmin	Vitamin B ₆	B-Complex Plus, O.N.E.™ Multivitamin
Stimulant Laxatives	Bisacodyl (Dulcolax), Senna (Senokot)	Calcium, Potassium, Vitamin D	Calcium with Vitamin D, Potassium Magnesium



Ascorbic Acid capsules (Vitamin C)

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

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

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

Each (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid) 1,000 mg

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

Immune Support



Ascorbic Acid capsules	Quantity	Order Code
	90	A19



B₁₂ liquid

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

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

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

Serving size: 1 ml (0.03 fl oz) (one full dropper)

Servings per container: 30

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

Vitamin B₁₂ 1,000 mcg

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

Multivitamins, Vitamins & Minerals



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

B-Complex Plus

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT†

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

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

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

Each (size 1) vegetarian capsule contains:

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

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

Multivitamins, Vitamins & Minerals



B-Complex Plus	Quantity	Order Code
	60	B12L



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) (D ₃)	125 mcg (5,000 IU)
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.

Multivitamins, Vitamins & Minerals



Vitamin D ₃ 125 mcg (5,000 IU)	Quantity	Order Code
	60	VD56



Ask your pharmacist about Pure Encapsulations today or visit PureEncapsulationsPro.com for more information. 13

Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF

SUPPORTS SKIN ELASTICITY AND HYDRATION,
HEALTHY HAIR, AND NAIL STRENGTH AND THICKNESS†

Vitamin C, zinc, copper, manganese and silica are integral collagen and keratin cofactors, promoting skin elasticity. Optimal levels of these nutrients, as well as folate, have been associated with healthy hair, skin and nails. Vitamin C supports skin resiliency and helps counter the effects of oxidative stress along with sustained-release CoQ₁₀ complex. Niacinamide and zinc promote immune function in the skin. The proanthocyanidins in grape seed extract help to stabilize collagen and elastin by moderating the proteolytic enzymes collagenase and elastase. Clinical studies indicate that biotin may help reinforce the keratin structure of the nails, promoting strength and thickness. PABA supports the appearance of healthy hair through its effects on melanin metabolism. BioCell Collagen® is a patented, hydrolyzed and denatured low molecular weight collagen, providing a naturally occurring matrix of hyaluronic acid (HA), chondroitin sulfate and amino acids including lysine, proline and hydroxyproline. These structural components support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have revealed that BioCell Collagen® helped moderate the appearance of wrinkles and blemishes in the skin.†

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Niacin (as niacinamide)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Biotin	6,000 mcg
Zinc (as zinc citrate)	30 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Silica (from bamboo)	30 mg
PABA (para-aminobenzoic acid)	150 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg

Grape (<i>Vitis vinifera</i>) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ ₁₀ (as CoQ ₁₀ and as 33% from MicroActive® CoQ ₁₀ -cyclodextrin complex)	60 mg
Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate	

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

MicroActive® is a registered trademark of BioActives, LLC.

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

Multivitamins, Vitamins & Minerals



Hair/Skin/Nails Ultra	Quantity	Order Code
	60	HSN6





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

Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE
FOR SENSITIVE INDIVIDUALS

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.[†]

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate) 120 mg

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

Multivitamins, Vitamins & Minerals



Magnesium (glycinate)	Quantity	Order Code
	180	MG1



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.

Sleep



Melatonin 3 mg	Quantity	Order Code
	60	ME36



Probiotic G.I.

Shelf-Stable; Allergen-Free

PROBIOTIC BLEND TO SUPPORT HEALTHY GUT ASSOCIATED LYMPHOID TISSUE TO PROMOTE HEALTHY BARRIER INTEGRITY, CELL HEALTH, AND IMMUNE FUNCTION IN THE G.I. TRACT.†

Probiotic G.I. provides 10 billion CFU per capsule of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus salivarius*, *Lactobacillus casei*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Streptococcus thermophilus*. Research indicates that these strains provide particular support for healthy immune balance within the G.I. tract. Beneficial microflora are crucial for proper gut associated lymphoid tissue (GALT) function and development. The GALT helps protect intestinal mucosa from allergens and toxins and is a major component of the body's immune system. It is estimated that more than 70% of the body's B lymphocytes are found in the GALT. Probiotics are believed to support healthy GALT composition, and in turn, support barrier function, G.I. epithelial cell health and T cell function within the G.I. tract. Some probiotic strains may also modulate local production of cytokines in the G.I. epithelium. *B. lactis* supports healthy T cell activity and cytokine production in the intestine, at least in part by regulating transcription of genes that encode for cytokines. *L. acidophilus* promotes healthy cytokine production in the colon. Research also suggests that metabolites produced from *Streptococcus thermophilus* may cross the intestinal barrier to support healthy cytokine production and immune function.†

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

Each (size 0) vegetarian capsule contains:

Probiotic blend

10 billion CFU

Providing:

Bifidobacterium lactis (BI-04)

Lactobacillus acidophilus (La-14)

Lactobacillus salivarius (Ls-33)

Lactobacillus casei (Lc-11)

Streptococcus thermophilus (St-21)

Bifidobacterium bifidum (Bb-06)

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

Refrigeration may prolong product viability.

Probiotics & Prebiotics



Probiotic G.I.

Quantity

Order Code

60

PGI6



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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

60

Z36





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**MORE HCPs
CHOOSE PURE
ENCAPSULATIONS**
than any other
supplement brand³



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on the latest Pure Encapsulations portfolio of products



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3. Determined as most recommended by health care professionals among brands surveyed, Nutrition Business Journal® 2016, 2020

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

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