# It's What's Inside That Counts

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HIGH-QUALITY NUTRITIONAL SUPPLEMENTS YOU CAN TRUST A Guide for Nurse Practitioners and Physician Assistants



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

# WHY PURE ENCAPSULATIONS®

# Our comprehensive line of supplements is **FREE FROM**:



 Among brands surveyed, Nutrition Business Journal<sup>®</sup> 2016, 2020; Kaiser Associates 2014 tVisit PureEncapsulationsPro.com for more information on our GMO policy.
\*Except where labeled.

### **GOODNESS ENCAPSULATED**

At Pure Encapsulations<sup>®</sup>, we're dedicated to providing nutritional supplements you can trust. That's why our products are backed by verifiable science and formulated using high-quality, pure ingredients **FREE FROM** unnecessary additives and many common allergens.

**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**.<sup>1</sup> What makes us different is the promise of goodness that goes into every one of our supplements. We source high-quality ingredients from trusted suppliers, conduct research and clinical trials to promote efficacy and safety, and undergo laboratory testing to ensure product purity and potency.



### COMMITTED TO SCIENCE

Pure Encapsulations has a long-standing commitment to scientific innovation and the proof is in our products. We are making significant contributions in the advancement of nutritional science by supporting key research initiatives, partnering with leading, global academic research institutions and providing study products and technical expertise.

### WHAT YOU SEE IS WHAT YOU GET

We believe in **transparency** throughout our entire process, from our capsules to our labels. Every ingredient we put into our products is listed on the label. 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.



# GOOD FROM START TO FINISH

### QUALITY PROMISE

To ensure only pure goodness ends up in our bottles, our products must meet the **most stringent testing standards** to confirm their quality.

- 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.
- 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.
- Essential fatty acids and fish/krill oils are tested for dioxins, furans, PCBs and other agents.
- We utilize a comprehensive Allergen SOP (Standard Operating Procedure) that prevents ingredient cross-contamination by flagging allergen-containing ingredients.

We do all of this so you can feel confident knowing only the best of the best makes it into your hands.



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: mental health, weight management, immune support, gastrointestinal health and more. To help guide us on this journey, we work with an extensive and experienced Scientific Advisory Board who not only help us formulate products, but also create educational tools that help support your optimal health and wellness.<sup>‡</sup>

Learn more about our **Scientific Advisory Board** at **PureEncapsulationsPro.com/meet-our-experts** 

### **PURE VALUES**

At Pure Encapsulations, **we don't just focus on making something good, but doing good as well.** Our commitment to the health and wellness of others doesn't stop when we've put the cap on the bottle. 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, while we work toward creating a more sustainable future for our planet.





### PURE ENCAPSULATIONS WAS BUILT WITH THE PUREST OF HEARTS AND A PLAN TO IMPROVE THE WELLNESS OF OTHERS.

Our commitment now extends to the planet as part of our ongoing dedication to a more sustainable future,

as we continue to support incredible organizations leading the charge for a greener future.



LEARN MORE

### NEED HELP GETTING STARTED?

Check out some formulas we think you'll love!

### O.N.E.<sup>™</sup> Multivitamin

### With Metafolin<sup>®</sup> L-5-MTHF

### ONCE DAILY MULTIVITAMIN WITH ADDED SUPPORT FOR HEALTHY BRAIN, HEART AND NERVE FUNCTION<sup>‡</sup>

Today's diets can be lacking in vitamins, minerals and other nutrients due to the quality of our food and busy lifestyles. Combining a healthy diet with a comprehensive multivitamin like O.N.E.™ Multivitamin can help replenish nutrients daily for optimal health and longevity.‡

- Formulated with more than 25 vitamins, minerals and essential nutrients
- Provides vitamins A,B,C,D and E in highly bioavailable forms for optimal absorption
- Includes additional vitamins & minerals such as  ${\rm CoQ_{10}}$  to support healthy brain function, cellular health, heart function and eye health‡
- One-capsule-per-day dosing

#### 1 capsule daily, with a meal.

#### Each (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid)180 mgVitamin D (as cholecalciferol) (D3)50 mcg (2,000 IU)Vitamin E (as d-alpha tocopherol succinate)20 mgThiamin (as thiamin HCI) (B1)3 mgRiboflavin (as vitamin B2 and 43% riboflavin 5' phosphate3 mg(activated B2))20 mgNiacin (as niacinamide)20 mgVitamin B6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate4 mg(activated B6))667 mcg DFE (400 mcg L-5-MTHF)Vitamin B12 (as methylcobalamin)500 mcgBiotin300 mcgPantothenic acid (as calcium pantothenate) (B5)10 mgCholine (as choline bitartrate)25 mg	Vitamin A (as vitamin A acetate and 73% beta carotene	) 1,125 mcg
Vitamin E (as d-alpha tocopherol succinate)   20 mg     Thiamin (as thiamin HCl) (B1)   3 mg     Riboflavin (as vitamin B2 and 43% riboflavin 5' phosphate   3 mg     (activated B2))   3 mg     Niacin (as niacinamide)   20 mg     Vitamin B6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate   4 mg     (activated B6))   667 mcg DFE (400 mcg L-5-MTHF)     Vitamin B12 (as methylcobalamin)   500 mcg     Biotin   300 mcg     Pantothenic acid (as calcium pantothenate) (B5)   10 mg	Vitamin C (as ascorbic acid)	180 mg
Thiamin (as thiamin HCl) (B1)   3 mg     Riboflavin (as vitamin B2 and 43% riboflavin 5' phosphate   3 mg     (activated B2))   3 mg     Niacin (as niacinamide)   20 mg     Vitamin B6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate   4 mg     (activated B6))   667 mcg DFE (400 mcg L-5-MTHF)     Vitamin B12 (as methylcobalamin)   500 mcg     Biotin   300 mcg     Pantothenic acid (as calcium pantothenate) (B5)   10 mg	Vitamin D (as cholecalciferol) (D <sub>3</sub> ) 50	) mcg (2,000 IU)
Riboflavin (as vitamin B2 and 43% riboflavin 5' phosphate (activated B2))   3 mg     Niacin (as niacinamide)   20 mg     Vitamin B6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate 4 mg   4 mg     (activated B6))   667 mcg DFE (400 mcg L-5-MTHF)     Folate (as Metafolin®, L-5-MTHF)   667 mcg DFE (400 mcg L-5-MTHF)     Vitamin B12 (as methylcobalamin)   500 mcg     Biotin   300 mcg     Pantothenic acid (as calcium pantothenate) (B5)   10 mg	Vitamin E (as d-alpha tocopherol succinate)	20 mg
(activated B2))     Niacin (as niacinamide)   20 mg     Vitamin B6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate   4 mg     (activated B6))   667 mcg DFE (400 mcg L-5-MTHF)     Folate (as Metafolin®, L-5-MTHF)   667 mcg DFE (400 mcg L-5-MTHF)     Vitamin B12 (as methylcobalamin)   500 mcg     Biotin   300 mcg     Pantothenic acid (as calcium pantothenate) (B5)   10 mg	Thiamin (as thiamin HCl) (B1)	3 mg
Niacin (as niacinamide) 20 mg   Vitamin B <sub>6</sub> (as pyridoxine HCl and 38% pyridoxal 5' phosphate 4 mg   (activated B <sub>6</sub> )) 667 mcg DFE (400 mcg L-5-MTHF)   Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)   Vitamin B <sub>12</sub> (as methylcobalamin) 500 mcg   Biotin 300 mcg   Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ) 10 mg	Riboflavin (as vitamin $B_2$ and 43% riboflavin 5' phosphat	e 3 mg
Vitamin B6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate 4 mg (activated B6))     Folate (as Metafolin®, L-5-MTHF)   667 mcg DFE (400 mcg L-5-MTHF)     Vitamin B12 (as methylcobalamin)   500 mcg     Biotin   300 mcg     Pantothenic acid (as calcium pantothenate) (B5)   10 mg	(activated B <sub>2</sub> ))	
(activated B <sub>6</sub> ))     Folate (as Metafolin®, L-5-MTHF)     667 mcg DFE (400 mcg L-5-MTHF)     Vitamin B <sub>12</sub> (as methylcobalamin)     500 mcg     Biotin   300 mcg     Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )   10 mg	Niacin (as niacinamide)	20 mg
Folate (as Metafolin®, L-5-MTHF)667 mcg DFE (400 mcg L-5-MTHF)Vitamin B12 (as methylcobalamin)500 mcgBiotin300 mcgPantothenic acid (as calcium pantothenate) (B5)10 mg	Vitamin $B_6$ (as pyridoxine HCl and 38% pyridoxal 5' phos	sphate 4 mg
Vitamin B12 (as methylcobalamin)500 mcgBiotin300 mcgPantothenic acid (as calcium pantothenate) (B5)10 mg	(activated B <sub>6</sub> ))	
Biotin300 mcgPantothenic acid (as calcium pantothenate) (B5)10 mg	Folate (as Metafolin <sup>®</sup> , L-5-MTHF) 667 mcg DFE (400	mcg L-5-MTHF)
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ) 10 mg	Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
	Biotin	300 mcg
Choline (as choline bitartrate) 25 mg	Pantothenic acid (as calcium pantothenate) ( $B_5$ )	10 mg
	Choline (as choline bitartrate)	25 mg
lodine (as potassium iodide) 150 mcg	lodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate) 25 mg	Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine) 70 mcg	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 $^{\scriptscriptstyle (\! 8\!)}$	50 mg		
CoQ10-cyclodextrin complex			
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.

<sup>®</sup>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.



### O.N.E.<sup>™</sup> Multivitamin Comparison

	LEADING BRAND	O.N.E. <sup>™</sup> MULTIVITAMIN	
Preservatives	Sodium benzoate, sorbic acid, BHT	None	
Colors	Artificial red, yellow & None 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	ene glycol, polyvinyl	
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	

### To learn more about O.N.E.<sup>™</sup> Multivitamin visit PureEncapsulationsPro.com/One-Multi

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

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician with any health problems.

### Ascorbic Acid capsules (Vitamin C)

#### SUPPORT FOR IMMUNE & VASCULAR HEALTH<sup>‡</sup>

Vitamin C's biggest role is as a dietary antioxidant and is essential for healthy collagen. It helps support the immune system by promoting white blood cell function, helps with the absorption of iron, the formation of red blood cells and maintains healthy mast cell function.<sup>‡</sup>

- Helps enhance immune and vascular system health<sup>‡</sup>
- Provides antioxidant support<sup>‡</sup>
- Contains 1,000mg of vitamin C per capsule

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

#### Each (size 00) vegetarian capsule contains:

Vitamin C (as ascorbic acid)

1.000 ma

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

Immune Support

Ascorbic Acid capsules	Quantity

90





### **B**<sub>12</sub> liquid

### SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>‡</sup>

Our  $B_{12}$ , in a great-tasting convenient liquid formula, offers the active form of this vitamin that supports neurological function and nerve cell health. What's more, this  $B_{12}$  also promotes overall emotional well-being and helps support immune system health.<sup>‡</sup>

- Supports nerve health & cognitive function<sup>‡</sup>
- Promotes overall emotional well-being<sup>‡</sup>
- · Convenient, great-tasting, liquid formula
- Contributes to maintaining a healthy immune system<sup>‡</sup>

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 B<sub>12</sub>

1,000 mcg

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

potassium sorbate, stevia leaf extract



### **B-Complex Plus**

With Metafolin<sup>®</sup> L-5-MTHF

### BROAD-SPECTRUM B VITAMIN SUPPORT FOR MULTIPLE LEVELS OF HEALTH $^{\ddagger}$

B vitamins play important roles in the body helping out with energy metabolism, brain health, nerve health and more. The balanced combination of B vitamins—and we're talking B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, biotin and folate—play a role in converting carbs into energy and helping our bodies metabolize fats and protein.<sup>‡</sup>

- Assists cellular, cardiovascular and neurological health<sup>‡</sup>
- Supports healthy cognitive function as well as memory, mood, cellular energy production and emotional well-being<sup>‡</sup>
- Supports nervous system function<sup>‡</sup>
- Maintains integrity of tissues<sup>‡</sup>

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

#### Each (size 1) vegetarian capsule contains:

Thiamin (as thiamin HCl) (B1)	100 mg		
Riboflavin (as vitamin B2 and 60%	12.7 mg		
riboflavin 5' phosphate (activated B <sub>2</sub> ))			
Niacin (as niacinamide and 8% inositol hexaniacinate	108 mg		
(no-flush niacin))			
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40%	16.7 mg		
pyridoxal 5' phosphate (activated B6))			
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mc	cg L-5-MTHF)		
Vitamin B <sub>12</sub> (as methylcobalamin)	400 mcg		
Biotin	400 mcg		
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ) 100 m			
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate			

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Multivitamins, Vitamins & Minerals 🛛 😭 📖 🗸

**B-Complex Plus** 

Quantity

60

(VEG



### Vitamin D<sub>3</sub> 125 mcg (5,000 IU)

### SUPPORT FOR BONE, BREAST, PROSTATE, CARDIOVASCULAR, COLON AND IMMUNE HEALTH<sup>‡</sup>

Vitamin D can be found in fortified foods and supplements. It plays an important role in supporting colon health by promoting healthy cellular function. What's more, Vitamin D helps with immune cell activation.<sup>4</sup>

- Supports healthy bone composition<sup>‡</sup>
- Promotes cellular support for breast and prostate tissue<sup>‡</sup>
- Supports colon health by promoting healthy cellular function<sup>‡</sup>
- Promotes cardiovascular and immune health<sup>‡</sup>

#### 1 capsule daily, with a meal.

#### Each (size 3) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D<sub>3</sub>)

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.



Vitamin D3 125 mcg (5,000 IU)

Quantity

### Hair/Skin/Nails Ultra

With Metafolin<sup>®</sup> L-5-MTHF

#### SUPPORTS SKIN ELASTICITY AND HYDRATION, HEALTHY HAIR AND NAIL STRENGTH AND THICKNESS<sup>‡</sup>

Certain nutrients have been associated with healthy hair, skin and nails. Our formula contains biotin, vitamin C, zinc, copper and a highly bioavailable folate. We also included nutrients you may not get from diet alone—such as coenzymeQ<sub>10</sub> (hair & skin), grape seed extract (skin), silica (skin and nails) and PABA (hair).<sup>‡</sup>

Our hair, skin and nails vitamin supports skin elasticity and hydration, healthy hair, nail strength and nail thickness. This formula also promotes skin hydration by helping with moisture retention.<sup>‡</sup>

- Supports healthy skin elasticity & hydration<sup>‡</sup>
- May help moderate the appearance of wrinkles and blemishes<sup>‡</sup>
- Helps support nail strength & thickness‡
- Promotes healthy hair<sup>‡</sup>

#### 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 m	cg 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 comp	blex 500 mg
(chicken sternal cartilage)	
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Grape (Vitis vinifera) extract (seed)	140 mg
(standardized to contain 92% polypheno	ls)
$CoQ_{10}$ (as $CoQ_{10}$ and as 33% from	60 mg
MicroActive® CoQ10-cyclodextrin complex	:)
Other ingredients: vegetarian capsule (cellu	lose, water), potato starch,
ascorbyl palmitate	

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

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

MicroActive® is a registered trademark of BioActives, LLC.

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

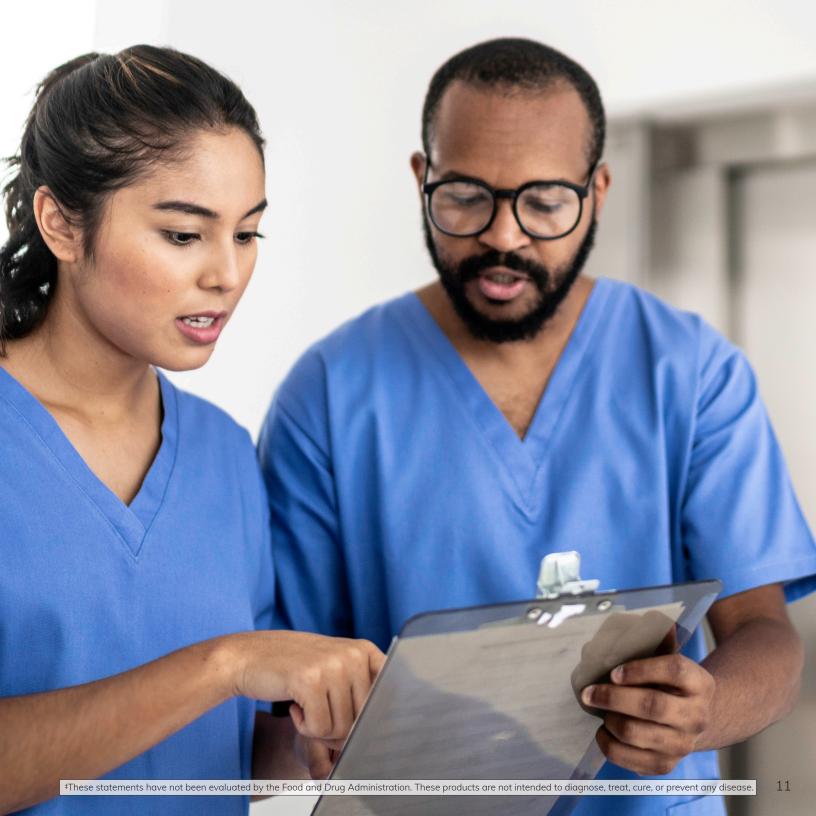
#### Multivitamins, Vitamins & Minerals



Hair/Skin/Nails Ultra

Quantity 60





### Magnesium (glycinate)

## SUPPORTS HEART HEALTH, MUSCLE CONTRACTIONS AND METABOLISM<sup>‡</sup>

This highly absorbable form of magnesium chelate glycinate is less likely to cause loose stools in sensitive individuals than other forms of magnesium. This vital mineral also helps the body use certain vitamins, including vitamin  $B_6$ , vitamin C and vitamin E. It's involved in a number of reactions in the body, such as the contraction and relaxation of muscles and cardiac function.<sup>‡</sup>

- Essential in the break down of carbohydrates, amino acids, fats and other essential nutrients<sup>‡</sup>
- Helps to support cardiac health<sup>‡</sup>
- Provides cellular energy and bone support<sup>‡</sup>
- Plays a role in muscle contractions<sup>‡</sup>
- Found to support mood<sup>‡</sup>

#### 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 🛛 🛐 📖





### Melatonin 3 mg

### DESIGNED TO HELP THE BODY'S NATURAL SLEEP CYCLE<sup>‡</sup>

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.<sup>‡</sup>

- Promotes the body's natural sleep cycle<sup>‡</sup>
- Helps augment the natural functioning of the pineal gland which secretes melatonin, that plays a role in the body's internal clock<sup>‡</sup>
- Designed to assist in the duration of sleep<sup>‡</sup>

#### 1 capsule daily, 1/2 to 1 hour before bedtime.

#### Each (size 3) vegetarian capsule contains:

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IVIC	acor	

VEG)

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

### **Probiotic G.I.**

Shelf-Stable; Allergen-Free

### PROBIOTIC BLEND TO SUPPORT DIGESTIVE FUNCTION, CELL HEALTH AND IMMUNE FUNCTION IN THE G.I. TRACT<sup>‡</sup>

Probiotic supplements are a good way to add good bacteria to your body to keep your microbiome healthy. This probiotic blend supports healthy barrier function, cell health and immune function in the G.I. tract.<sup>‡</sup>

- Promotes G.I. health‡
- Helps maintain healthy cellular activity in the G.I. tract<sup>‡</sup>
- Supports healthy barrier function, cell health and immune function in the G.I. tract<sup>‡</sup>
- Provides 10 billion colony forming units (CFU) per capsule of the beneficial bacterial strains Lactobacillus acidophilus, Lactobacillus salivarius, Lactobacillus casei, Bifidobacterium bifidum. Bifidobacterium lactis and Streptococcus thermophilus

#### 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), ve	egetarian

capsule (cellulose, water)

#### Refrigeration may prolong product viability.



Probiotic G.I.

Quantity



### Zinc 30

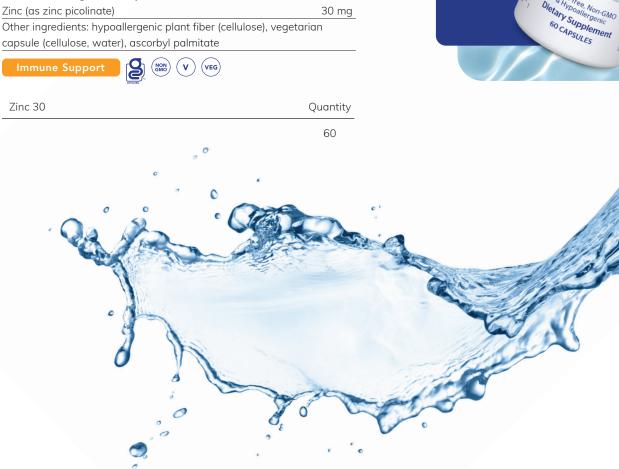
## HIGHLY ABSORBABLE ZINC FOR IMMUNE HEALTH SUPPORT<sup> $\ddagger$ </sup>

Zinc has many roles in the body, starting with its important role in our body's defense system. It also plays a role in the absorption and actions of essential B vitamins and helps to form collagen and develop healthy tissue.<sup>‡</sup>

- Supports immune system function<sup>‡</sup>
- Promotes reproductive health & normal fetal development<sup>‡</sup>
- Enhances digestion and metabolism of important vitamins, minerals, carbohydrates & other essential nutrients<sup>‡</sup>

#### 1 capsule daily, with a meal.

#### Each (size 3) vegetarian capsule contains:



### **Drug-Nutrient Depletions**

Did you know that common medications have the potential to deplete critical nutrients in your body? See how products from Pure Encapsulations can support these drug-nutrient depletions.<sup>‡</sup>

DRUG CATEGORY	EXAMPLES	POTENTIAL NUTRIENT DEPLETIONS	SUGGESTED PURE ENCAPSULATIONS® PRODUCTS
Acid-suppressing drugs	Proton pump inhibitors (Omeprazole), H2 Receptor Antagonists (Cimetidine, Ranitidine), Antacids	Calcium, Iron, Magnesium, Vitamin B <sub>12</sub> , Zinc	B <sub>12</sub> liquid, B-Complex Plus, O.N.E. <sup>™</sup> 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 D₃, Calcium K/D, or Vitamin D₃ 125 mcg (5,000 IU), Biotin 8 mg
Antidepressants (tricyclic)	Amitriptyline, Imipramine	Riboflavin (vitamin B₂)	B-Complex Plus, O.N.E.™ Multivitamin
Antifungals	Amphotericin B, Fluconazole	Magnesium, Potassium	Magnesium (glycinate), Potassium Magnesium
	Ace Inhibitors (Captopril, Quinapril, Ramipril)	Zinc	Zinc 30, O.N.E. <sup>™</sup> Multivitamin
Antihypertensives	Beta Blockers (Atenolol, Metoprolol, Propranolol)	CoQ <sub>10</sub>	CoQ10 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 <sub>6</sub>	B-Complex Plus, O.N.E.™ Multivitamin

DRUG CATEGORY	EXAMPLES	POTENTIAL NUTRIENT DEPLETIONS	SUGGESTED PURE ENCAPSULATIONS® PRODUCTS
Antipsychotics	Chlorpromazine	Riboflavin (vitamin B2)	B-Complex Plus, O.N.E.™ Multivitamin
	Statins (Crestor, Lescol, Lipitor, Mevacor, Zocor)	CoQ <sub>10</sub>	Ubiquinol-QH
Cholesterol-lowering agents	Bile Acid Sequestrants (Colestipol, Probucol)	Calcium, Magnesium, Zinc	O.N.E. <sup>™</sup> Multivitamin or UltraNutrient® (contains calcium), Magnesium (glycinate)
Corticosteroids	Glucocorticoids (Budesonide, Dexamethasone, Prednisone)	Calcium, Vitamin D	Calcium K/D, Vitamin D₃ 125 mcg (5,000 IU)
Digoxin	Cardoxin, Digitek, Lanoxicaps, Lanoxin	Thiamin	B-Complex Plus, O.N.E.™ Multivitamin
Glucose-lowering	Metformin	Folate, Vitamin B <sub>12</sub>	Methylcobalamin 1,000 mcg, B12 liquid, B12 Folate, O.N.E.™ Multivitamin
agents	Sulfonylureas (Glipizide, Glyburide)	CoQ <sub>10</sub>	CoQ <sub>10</sub> 120 mg, Ubiquinol-QH 100 mg
Hormone replacement therapy (estrogens)	Estrace, Premarin and Prempro	Vitamin B <sub>6</sub> , Folate	Magnesium (glycinate), B-Complex Plus, O.N.E.™ Multivitamin
NSAIDS	Ibuprofen, Naproxen, Sulindac	Folate	B-Complex Plus, O.N.E.™ Multivitamin, Folate 400, B12 Folate
Oral contraceptives	Alesse, Demulen, Yasmin	Vitamin B <sub>6</sub>	B-Complex Plus, O.N.E.™ Multivitamin
Stimulant laxatives	Bisacodyl (Dulcolax), Senna (Senokot)	Calcium, Potassium, Vitamin D	Calcium with Vitamin D <sub>3</sub> , Potassium Magnesium

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.



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

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