

Pharmacy | Pure Select 10 Product Guide

This guide summarizes the key features, benefits and dosage recommendations of all products included in the **Pure Select 10 Planogram**. For more information (including warnings, ingredient sources and storage recommendations), please refer to the Product Information Sheets found on the corresponding product pages available at **PureEncapsulationsPro.com**.[†]

Recommended Product	Product Functions & Benefits [†]	Dosage Recommendation
O.N.E.™ Multivitamin Order code: ONE3 ONE6 Once-daily nutrient essentials with sustained-release CoQ10.	<ul style="list-style-type: none"> Provides support for overall wellness with vitamins, minerals and antioxidants.[†] Promotes ocular and retinal health.[†] Provides vitamins A, B, C, D and E in highly bioavailable forms. Includes Metafolin®, the naturally-occurring, universally-metabolized form of folate. Convenient one-capsule-per-day dosing. Made with high-quality vegetarian ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule daily, with a meal.
Ascorbic Acid capsules Order code: A19 Vitamin C for antioxidant support. [†]	<ul style="list-style-type: none"> Antioxidant and free radical scavenger.[†] Supports the body's defense system.[†] Promotes the formation and maintenance of intercellular ground substance and collagen.[†] Helps maintain healthy mast cell function and lymphocyte formation.[†] Supports the synthesis of carnitine and steroids.[†] Available in capsule and powder forms. Made with high-quality ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule, 1-4 times daily, with meals.
B₁₂ liquid Order code: B12L Formulated with an active form of B₁₂ (methylcobalamin); supports red blood cell function, energy metabolism and neurological health. [†]	<ul style="list-style-type: none"> Supports red blood cell, cognitive and nerve functions.[†] Provides support for neurological function and nerve cell health.[†] Acts as an important cofactor for energy metabolism.[†] Formulated with methylcobalamin, an active form of vitamin B₁₂ Available in liquid and capsule form. Convenient, great-tasting liquid formula for easy dispensing. Made with high-quality vegetarian ingredients backed by verifiable science. 	As a dietary supplement, take 1 dropper, 1-3 times daily, with meals, or as directed by your health professional.
B-Complex Plus Order code: BCP6 With Metafolin® L-5-MTHF; broad-spectrum B vitamin support. [†]	<ul style="list-style-type: none"> Supports cellular energy production and nutrient metabolism.[†] Promotes healthy methylation.[†] Supports cardiovascular, neurological and psychological health.[†] Promotes cognitive function and positive mood.[†] A comprehensive blend of B vitamins in one, easy-to-take supplement. With Metafolin® L-5-MTHF, the predominant, naturally-occurring form of folate. Methylated vitamin B₁₂. Made with high-quality vegan ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

For more information on the above products, refer to the Product Information Sheet

[†]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Recommended Product	Product Functions & Benefits [‡]	Dosage Recommendation
Vitamin D₃ 125 mcg (5,000 IU) Order Code: VD56 Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health. [‡]	<ul style="list-style-type: none"> Supports musculoskeletal and immune health, including healthy bone composition.[‡] Promotes intestinal calcium and phosphorous absorption.[‡] Promotes cellular health, including support for breast and prostate tissue.[‡] Supports colon health by promoting healthy cellular function.[‡] Available in both capsule and liquid forms. Made with high-quality ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule daily, or as directed by a health professional. Consume with food.
Hair/Skin/Nails Ultra Order code: HSN6 Supports skin elasticity and hydration, healthy hair, and nail strength and thickness. [‡]	<ul style="list-style-type: none"> Promotes the appearance of healthy hair.[‡] Supports the elasticity and firmness of skin.[‡] Provides hydration and moisture retention within the dermal matrix.[‡] Promotes nail strength and thickness.[‡] With Metafolin® L-5-MTHF, the predominant, naturally-occurring form of folate in food. Contains BioCell Collagen®, a patented, hydrolyzed and denatured low molecular weight collagen. 	As a dietary supplement, take 2 capsules daily, with a meal.
Magnesium (glycinate) Order code: MG1 Highly bioavailable magnesium chelate for sensitive individuals.	<ul style="list-style-type: none"> Supports the metabolism of carbohydrates, amino acids and fats for energy production.[‡] Promotes healthy cardiovascular function.[‡] Provides support for cognitive and neuromuscular function.[‡] Helps with calcium metabolism and bone mineralization.[‡] Available in a variety of highly bioavailable, chelated forms including aspartate, citrate, citrate/malate and glycinate. Convenient capsule, powder and liquid delivery systems. Made with high-quality vegan ingredients backed by verifiable science. 	As a dietary supplement, take 1-4 capsules daily. Consume with food.
Melatonin 3 mg Order Code: ME36 Supports the body's natural sleep cycle. [‡]	<ul style="list-style-type: none"> Promotes regulation of the body's circadian rhythm, endocrine secretions and sleep patterns.[‡] Helps facilitate the onset of sleep, as well as sleep efficiency.[‡] Contains 99.5% pure melatonin. Made with high-quality vegan ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule daily, 1/2 to 1 hour before bedtime, or as directed by your health professional.
Probiotic G.I. Order Code: PG16 Probiotic blend to support healthy gut associated lymphoid tissue to promote healthy barrier integrity, cell health, and immune function in the G.I. tract. [‡]	<ul style="list-style-type: none"> Promotes healthy immune balance within the G.I. tract.[‡] Helps maintain the integrity of the intestinal mucosa.[‡] Shelf-stable probiotic blend. Provides 10 billion CFU per capsule. Made with high-quality vegan ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule, 1-2 times daily, with or between meals.
Zinc 30 Order Code: Z36 Offers broad physiological support, including immune function and emotional wellness. [‡]	<ul style="list-style-type: none"> Supports the body's natural defense system.[‡] Promotes collagen formation and healthy tissue development.[‡] Provides support for reproductive health.[‡] Supports enzymatic digestion and metabolism.[‡] Highly-absorbable zinc. Made with high-quality vegan ingredients backed by verifiable science. 	As a dietary supplement, take 1 capsule, 1-2 times daily, with a meal.