pure encapsulations®

— Your Trusted Source —

JANUARY 2013 | PATIENT PRODUCT LIST





Manufacturer of
Hypo-allergenic
Nutritional Supplements



The choice of more than 36,000 U.S. health professionals and a leading brand in Europe

NSF
GMP Registered

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PRODUCT CAPSULE SIZE KEY

= vegetarian capsule

v = vegetarian formula

vegetarian capsule size



softgel capsule size



Capsule information is located at the top of each supplement facts panel

EXAMPLE:

each vegetarian capsule contains v 3

vitamin D_3 ..... 1,000 iu

(hypo-allergenic plant fiber added to complete capsule volume requirement)

It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored. If pregnant or lactating, consult your physician before use.

1–5 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Vitamin D_3 1,000 iu NEW SIZE	250	VD12	$34.60
	120	VD11	19.40
	60	VD10	11.20

DISCONTINUED PRODUCT KEY

Order Code	Discontinued Product Name	Order Code	Suggested Replacement Product Name
AM1	Artemisia 180's	MI1	MicroDefense 180's
AM9	Artemisia 90's	MI9	MicroDefense 90's
FFU1	Feverfew UltraCare 180's	PT5	Petadolex® 50's
FFU9	Feverfew UltraCare 90's	PT5	Petadolex® 50's
GB21	Ginkgo 250 120's	GB11	Ginkgo 50 160 mg 120's
GB26	Ginkgo 250 60's	GB16	Ginkgo 50 160 mg 60's
SI41	Soy Isoflavones 40 180's	GNB6	GeniBalance 60's
SI49	Soy Isoflavones 40 90's	GNB6	GeniBalance 60's
PNC1	PediaNutrients 120's	JUN1	Junior Nutrients 120's
GSC6	Glucosamine Complex 60's	GSC1	Glucosamine Complex 180's
BF6	Bioflavonex 60's	BF1	Bioflavonex 120's
CHM9	Calcium (MCHA) w/ Magnesium 90's	CHM1	Calcium (MCHA) w/ Magnesium 180's
VD6	Vitamin D_3 400 iu 60's	VD1	Vitamin D_3 400 iu 120's
GP26	Grape Pip 200 mg 60's	GP51	Grape Pip 500 mg 120's

Commitment to Excellence

Quality Assurance

Pure Encapsulations is committed to producing the most complete line of science-based nutritional supplements. Available through health professionals, finished products are pure and hypo-allergenic to optimize the long-term health of the most sensitive patients.

An extensive Product Testing Program involves verification of label claims, potency and purity by 3rd-party laboratories.

Ingredients and finished product:

- Potency
- Identity
- Solvent residues *(32 compounds)*
- Microbial contaminants
- Heavy metals, including mercury, arsenic, cadmium and lead

Herbal ingredients and other potentially exposed categories:

- Pesticide residues *(70 compounds)*

Every reception of fish oil or krill oil ingredients:

- 17 dioxins and furans
- 12 dioxin-like PCBs
- 7 PCBs

Every reception of every fatty acid ingredient:

- Acid value
- Peroxide Value (PV)
- Anisidine Value (AV)
- TOTOX (2*PV)+AV

Raw materials (when applicable):

- Aflatoxins
- Allergens
- Melamine

Distributed worldwide, Pure Encapsulations products contain the highest quality ingredients in their most bioavailable forms and are formulated to provide strengths and dosing consistent with clinical experience and double-blind, placebo-controlled studies, the gold standard of research design. 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.

Professional Strength Products

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

Supplements for Sensitive People

- Our products do not contain wheat, gluten, nuts, egg, or hydrogenated oils.
- Comprehensive Allergen SOP in place to prevent cross-contamination.
- We do not add coatings, shellacs, binders, fillers, excipients, artificial flavors, artificial sweeteners or colors.
- We do not use magnesium stearate in any of our products.
- All two-piece capsules are hypo-allergenic and vegetarian.

Manufacturing

- We manufacture our own products in Sudbury, Massachusetts. We have an open plant policy for physicians.
- Each piece of equipment is dismantled and sterilized before each production run.
- All manufacturing takes place in temperature, humidity and dust controlled rooms.
- Our warehouse is climate controlled in order to maximize the stability of our raw materials and finished products.

Full Label Disclosure

- Our supplement labels list all ingredients, including the composition of the raw material.
- Standardizations of herbal extracts are provided to indicate primary active marker compounds.
- Minerals are listed by true elemental weight.



Commitment to Research:

Ongoing Trials Involving Pure Encapsulations Products

Product	Study Title	Institution
Alpha Lipoic Acid 600 mg	Alpha Lipoic Acid for chronic demyelinating polyneuropathy	School of Medicine, Department of Neurology, Oregon Health & Science University
Alpha Lipoic Acid 600 mg	Alpha Lipoic Acid for neuroprotection in secondary progressive MS	MS Center of Oregon, Oregon Health & Science University
Alpha Lipoic Acid 600 mg	Alpha Lipoic Acid as a treatment for acute optic neuritis	MS Center of Oregon, Oregon Health & Science University
Saw Palmetto 320 mg	Saw palmetto in men undergoing radiation therapy for prostate cancer	Michigan State University
Tri-EFA omega-3	Investigating the safety and efficacy of omega-3 fatty acids in the management of pediatric bipolar disorder	Pediatric Mood Disorder Clinic, Division of Childhood and Adolescent Psychiatry, Mayo Clinic
Acetyl-l-Carnitine and Alpha Lipoic Acid	The use of a mitochondrial enhancement treatment in bipolar disorder: a randomized, placebo-controlled trial of acetyl-l-carnitine and alpha lipoic acid in the treatment of bipolar disorder	Biological Psychiatry Laboratory, McLean Hospital
Coenzyme Q_{10}	CoQ_{10} in patients taking statins	National College of Natural Medicine
Saccharomyces boulardii	Effect of the Probiotic Saccharomyces boulardii on Lipid Levels and Other Cardiovascular Biomarkers	National College of Natural Medicine
Pregnenolone 25 mg	An open-label study of pregnenolone for the treatment of autism	Department of Psychiatry & Behavioral Sciences, Stanford University
Resveratrol	The effect of polyphenols on lipid oxidation in humans	Maastricht University
Resveratrol	Ovarian dynamic response and the inflammatory response to oral lipid challenge in relation to body composition in polycystic ovary syndrome	Indiana School of Medicine
Vitamin D 5,000 iu	Cholecalciferol in the treatment of chronic low back pain	University of Washington and PeaceHealth Southwest Medical Center
Probiotic-5	Acceptability and feasibility of probiotic and prebiotic products in alleviating symptoms of lactose maldigestion in African Americans	Florida State University
IP6 (inositol hexaphosphate)	Phytic acid for treating alzheimer's disease: a randomized trial	University of Florida





TO ORDER CALL 800-753-2277 Secure online ordering and information at www.PureEncapsulations.com

Commitment to Performance

Pure Encapsulations Ambassador Athletes













© Puremed

Clockwise from Top Left: Tom Pappas, decathlon gold medal winner at the 2003 World Championships. **Sean Young,** Pole Vaulter, Olympic hopeful, Portsmouth, Maine. **Jared Jodon,** Pole Vaulter, ACC Conference Champion, Outdoor 2011. **Patrick Follmann and Ferdinand Gerz,** in training for the Olympic Games 2012. Cadiz, Spain. February 2012. **Erwin Huss,** Triathlete, Iron Man Austria, July 2008. **Katie Uhlaender** at Mount Van Hoovenberg at the World Championship, Lake Placid, New York.

*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.

Commitment to Education:
Pure Encapsulations Medical Advisory Board



Mark Swanson, N.D., Senior Medical Advisor and Chief Medical Officer
Dr. Swanson, N.D. has over two decades of clinical expertise in nutrition-oriented medicine. Dr. Swanson has been a medical advisor for Pure Encapsulations for over 20 years and currently maintains his private practice in Sequim, WA.



Alan R. Gaby, M.D.
Dr. Gaby has over 20 years of clinical experience in nutritional medicine. A former professor at Bastyr University, Dr. Gaby is the author of several scientific papers and books, including his recently completed textbook Nutritional Medicine.



Barry W. Ritz, Ph.D.
Barry W. Ritz, Ph.D., is the V.P. of Scientific and Regulatory Affairs at Atrium Innovations, Inc. Dr. Ritz is a member of the American Society for Nutritional Sciences and chairs the Council for Responsible Nutrition's Medical Affairs Subcommittee.



Caroline J. Cederquist, M.D.
Dr. Cederquist is the founder and medical director of the Cederquist Medical Wellness Center in Naples, Florida. Dr. Cederquist is a Board Certified Bariatric Physician, Board Certified Family Practice Physician and Former Trustee, American Society of Bariatric Physicians.



Steven Morris, N.D., A.H.G.
Dr. Morris is a family physician and adjunct professor of ethnobotany at Bastyr University. He is currently vice president of the non-profit Northwest Health Foundation practices at Mukilteo Natural Health Clinic in Mukilteo, WA.



Kelly Heim, Ph.D.
Kelly Heim is a nutritional pharmacologist. He is a graduate of Dartmouth Medical School, where he studied molecular pharmacology, and functional genomics. His publications have highlighted evolving concepts in polyphenol biochemistry, nutritional endocrinology and nutrigenomics.



Juniper Devecis M.S., R.D., C.C.N.
Juniper Devecis has a master's degree in nutritional biochemistry. She completed her dietitian training at Beth Israel Deaconess Medical Center and for the past 10 years has taught nutrition courses and counseled patients throughout Boston.



Carl Hangee-Bauer, N.D., LAC
Carl Hangee-Bauer, N.D., LAC is founder of San Francisco Natural Medicine, where he has been in practice for over 23 years. Dr. Hangee-Bauer is a founding member and past president of the CNDA and AANP. He also served as chairperson on the California Bureau of Naturopathic Medicine Advisory Council for four years.



David W. Nelson, O.D., MBA
David W. Nelson, O.D., MBA, has over twenty years of experience in the field of primary care vision. He has been honored to serve as President of two professional optometric associations. From 2001-2002, and he served as President of the American Optometric Association (AOA).



Robert J. Tafuri, M.D. and Loretta Tafuri, Ph.D.
Robert J. Tafuri, M.D. and Loretta Tafuri, Ph.D. co-founded Bariatric Associates of New England, LLC, a preventative medicine and weight management practice located in Connecticut. Dr. Robert Tafuri is also a Clinical Instructor at Yale Medical School where he teaches preventive medicine and nutrition. Both have over 20 years of experience in clinical and integrative medicine.

Commitment to Social Responsibility



© Matt Dayka/Vitamin Angels LA11

SOS Children's Villages

SOS Children's Villages provides children who have lost their parents or who are no longer able to live with them a loving and stable home. Children are integrated into a family environment and are nurtured and supported by an SOS Mother and up to 15 other children who become their SOS brothers and sisters. Pure Encapsulations has been fundraising to build a new home in an SOS village in Peru. We are also the proud sponsor of a child, for whom we help raise money for food, clothing, school supplies, and medical care.

For more information, visit ***www.sos-childrensvillages.org***.

Vitamin Angels

Established in 1994, Vitamin Angels is a 501(c)3 non-profit dedicated to providing critical nutrients to at-risk infants and children in need. This unique organization addresses micronutrient malnutrition and resulting deficiency diseases through distribution of dietary supplements and educational materials in over 40 countries, including the U.S., annually. We donate funds and product annually to help Vitamin Angels achieve its goal of reducing child mortality and blindness associated with vitamin deficiencies.

For more information, visit ***www.vitaminangels.org***.

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Commitment to the Environment
The Pure Green Initiative



RECYCLING

- We recycle 100% of paper and cardboard waste.
- Catalogs and other marketing materials are printed on recycled paper.
- Our bottles are made from one of the most recyclable plastics in the United States.
- Our paper goods are sourced from recycled materials, including office supplies and disposable paper products.

ENVIRONMENTAL PRESERVATION

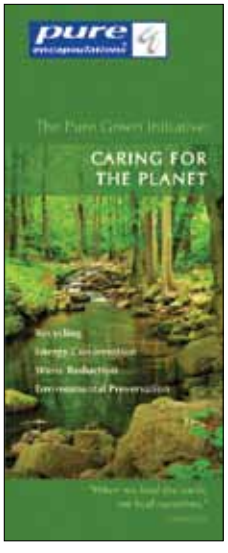
- Our main supplier of herbal extracts is a member of the United Nations Global Compact, an international program committed to respecting human rights, labor standards and protecting the environment.
- Our fish oil suppliers work together with local authorities to promote species and ecosystem sustainability and to minimize bycatch of other species.
- We sponsor activities of the Student Rainforest Fund (SRF), a non-profit, 501(c)(3) educational organization that supports expeditions to the world's rainforests for college students studying phytomedicine. Students learn about the rainforest's natural ecology and the need for fostering environmental stewardship.
- We use "Green Seal" approved all-purpose cleaners and hand soap. Green seal is an independent non-profit organization developed to identify products designed and manufactured in an environmentally responsible manner.

WASTE REDUCTION

- In the past several years, we have focused on decreasing overall paper use:
  - 8% decrease in paper use from 2000 to 2006
  - 7% decrease in paper use from 2007 to 2008
  - 27% decrease in paper use from 2008 to 2010
- We offer paperless website ordering and educational resources.

ENERGY CONSERVATION

- 41% of employees carpool or use hybrid vehicles.
- Our products are shipped UPS because they have the largest alternative fuel fleet in the transportation industry, strong recycling programs, and advanced technology to minimize fuel usage and CO_2 emissions.
- We encourage Ground Shipping to decrease the environmental impact from air shipping and jet fuel.
- We use energy efficient appliances and lighting throughout our facility.



The Pure Green Initiative
Available online

Pure Encapsulations' philosophy includes a strong commitment to the environment and an ongoing effort to reduce our carbon footprint.

Pure Encapsulations Mobile Website

The Simple Convenience Of Online Ordering and Staying Connected 24 Hours A Day Is Available In The Palm of Your Hand.

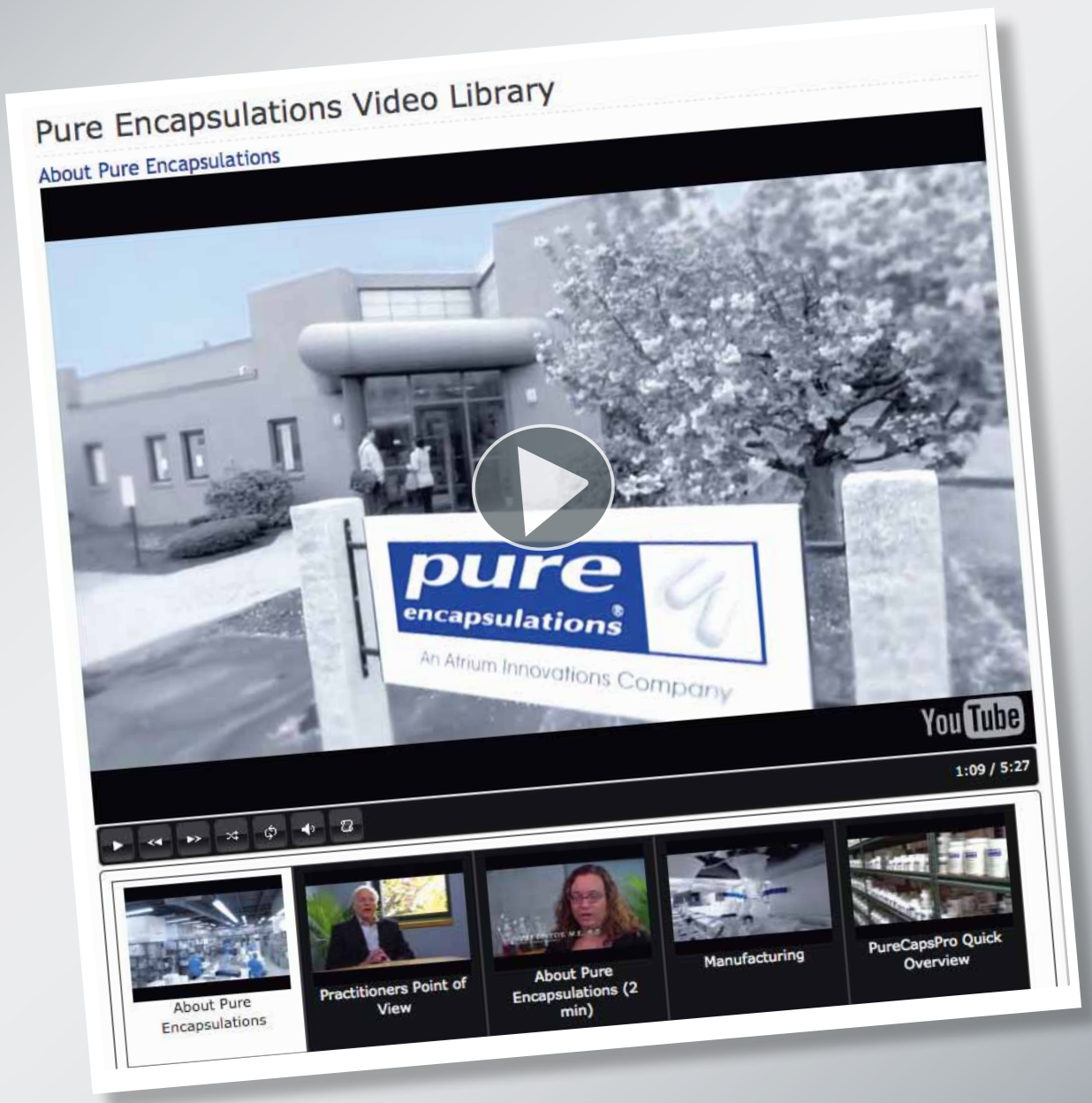


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Visit www.PureEncapsulations.com today

Visit our Video Library

Explore our manufacturing facility and see why Pure Encapsulations is ***Your Trusted Source*** for the highest quality nutritional supplements



Browse our Full Video Library at www.PureEncapsulations.com/video_library.asp

The Integrative Mental Health Series™

Formulated with James Greenblatt, MD

The Product Line

DopaPlus

*Supports dopamine production and maintains healthy re-uptake to enhance daily mental function and sharpness**

SeroPlus

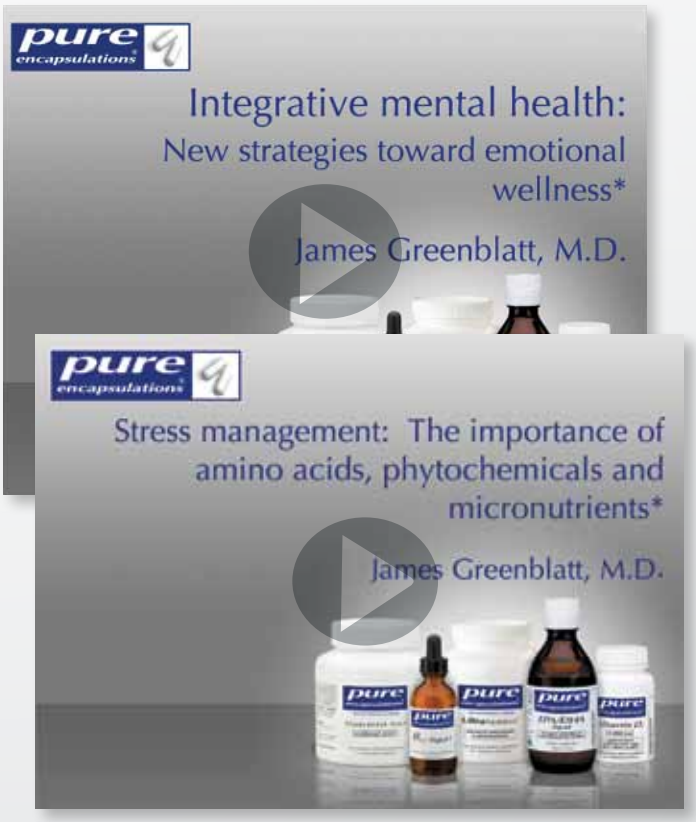
*Supports serotonin production to promote positive mood, moderate occasional stress, and maintain healthy eating behavior**

NeuroPure

*Offers key nutrients to support overall neurotransmitter function, neuronal health and emotional balance**



The Webinar Series





The 3rd installment in the Integrative Mental Health webinar series featuring Dr. Greenblatt will occur in late January. Check your email for date and time.

For access to past webinars, visit our webinar library at **www.PureEncapsulations.com/webinar.asp**

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NEW PRODUCTS

Detox Pure Pack *NEW*

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

Indications:
- ✓ Support for healthy detoxification*

Vitamin/Mineral Distinctions:
- ✓ 3 capsules of UltraNutrient® multivitamin/mineral complex

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; offers gentle detoxification support for short-term or daily use*

UltraNutrient®

three vegetarian capsules contain V 00

vitamin A (as beta carotene)	12,500 iu
vitamin D (as cholecalciferol) (D_3)	400 iu
vitamin E (as d-alpha tocopherol succinate)	200 iu
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (vitamin B_2)	25 mg
niacin (as niacinamide)	50 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin® L-5-MTHF)	400 mcg
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
ascorbyl palmitate (fat-soluble vitamin C)	50 mg
riboflavin 5′ phosphate (activated B_2)	12.5 mg
pyridoxal 5′ phosphate (activated B_6)	12.5 mg
inositol hexaniacinate (no-flush niacin)	45 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	722 mcg
CardioHealth Complex	
alpha lipoic acid (thioctic acid)	50 mg
coenzyme Q_{10} (ubiquinone)	25 mg
hawthorn (crataegus oxyacantha) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
ginger (zingiber officinale) extract (root) (standardized to contain 5% gingerols)	50 mg
LiverEnhance Blend	
milk thistle (silybum marianum) extract (seed) (standardized to contain 80% silymarin)	50 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Setria® glutathione (reduced form)	25 mg

other ingredients: vegetarian capsule (cellulose, water)

EPA/DHA essentials

each softgel capsule contains 20 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha-tocopherol)	10 iu
fish oil concentrate (from anchovies, sardines) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

Liver-G.I. Detox

two vegetarian capsules contain

alpha lipoic acid (thioctic acid)	100 mg
n-acetyl-l-cysteine (free-form)	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
milk thistle (silybum marianum) extract (seed) (standardized to contain 80% silymarin)	125 mg
broccoli (brassica oleracea italica) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
artichoke (cynara scolymus L.) extract (leaf) (standardized to contain 5% cynarins)	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 (chlorella pyrenoidosa) powder (cracked cell wall)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

NAC (N-Acetyl-L-Cysteine) 600 mg

each vegetarian capsule contains

n-acetyl-l-cysteine (free-form)	600 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: vegetarian capsule (cellulose, water)

Taurine 1,000 mg

each vegetarian capsule contains

taurine (free-form)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Detox Pure Pack	30	DPPB3	$61.80

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

As Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

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



G.I. Fortify (capsules) NEW

**Supports G.I. function, motility 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*

G.I. Fortify (capsules) is designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification.

three vegetarian capsules contain V 00

calories	5
total carbohydrate	1 g
dietary fiber	1 g
psyllium (plantago indica) powder (husk)	1,100 mg
flax (linum usitatissimum) powder (seed)	400 mg
l-glutamine (free-form)	500 mg
aloe vera (aloe barbadensis) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
chlorella (chlorella pyrenoidosa) powder (cracked cell wall)	100 mg

other ingredients: vegetarian capsule (cellulose, water)

3-6 capsules daily, in divided doses, with a meal and 8-12 oz. water.

	quantity	order code	sug. retail price
G.I. Fortify (capsules)	120	GIFC1	$24.90



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PureLean® Protein Blend Packets NEW

Convenient Single Serving Packets

PureLean® provides a unique blend of vegetarian proteins, vitamins, minerals, omega-3 fatty acids and superfruit antioxidants in a great-tasting, naturally flavored and sweetened formula.

PureLean® Protein Blend

Features include:

- 15 g vegetarian protein from a unique blend of vegetarian rice, pea and chia proteins
- 3 g fiber
- 200 mg omega-3 fatty acids from chia per serving
- Superfruit antioxidant blend of acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate
- Natural vanilla bean flavor
- Wide range of vitamins and minerals for comprehensive support*

Recommendations: Add 1 packet to 8 oz. of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.



each packet (34 g) contains: V

calories	130
calories from fat	10
total fat	1 g
saturated fat	< 0.5 g
sodium	220 mg
carbohydrate	13 g
dietary fiber	3 g
sugars	9 g
protein	15 g
vitamin A (as vitamin A palmitate)	1,500 iu
vitamin C (from calcium ascorbate)	30 mg
vitamin D (as cholecalciferol) (D_3)	400 iu
vitamin E (as d-alpha tocopherol acetate)	15 iu
vitamin K (as vitamin K_1)	40 mcg
thiamin (as thiamin mononitrate) (B_1)	0.75 mg
riboflavin (vitamin B_2)	0.85 mg
niacin (as niacinamide)	10 mg
vitamin B6 (as pyridoxine HCl)	1 mg
folic acid	200 mcg
vitamin B_{12} (as methylcobalamin)	3 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B_5)	5 mg
calcium (as calcium glycinate)	250 mg
iron (naturally occurring)	10 mg
phosphorus (naturally occurring)	100 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium glycinate)	100 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium niacinate)	60 mcg
potassium (naturally occurring)	30 mg
superfruit antioxidant blend (from acerola, camu camu, quercetin, açai and mangosteen and green coffee concentrate)	100 mg

other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane juice, natural flavors, apple pectin, chia seed meal

serving size: Vanilla Bean flavor: 34 g (1 packet)

servings per container: 10

****** WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.***

	quantity	order code	sug. retail price
PureLean® Protein Blend Packets	340 g	PLVP1	$45.50



Joint Complex (single dose) NEW

**One-a-day joint support formula*

- Promotes joint health, mobility and overall joint comfort*
- Supports cartilage health with undenatured type II collagen, hyaluronic acid and MSM*
- Promotes joint flexibility and comfort with UC-II® undenatured type-II collagen complex*
  - In a randomized, double-blind trial involving 52 subjects, 40 mg of UC-II® was more than twice as effective in promoting joint health as 1,500 mg of glucosamine and 1,200 mg of chondroitin as rated by WOMAC, VAS and the Lequesne functional index*
  - A human pilot study involving five women supplemented with 40 mg of UC-II® for 42 days indicates statistically significant support for joint comfort and flexibility*
- Supports tissue hydration and joint lubrication with low molecular weight hyaluronic acid*
  - In a pharmacokinetic study, orally administered HyaMax® hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints*
- Maintains healthy 5-lipoxygenase and cyclooxygenase-2 enzyme activity and cytokine metabolism to support joint comfort with 5-LOXIN® AKBA boswellia and enhanced absorption Meriva® turmeric extracts*

Joint Complex (single dose) supports joint function and comfort with cartilage building blocks and herbal extracts in convenient one-per-day dosing.

UC-II® is a trademark of InterHealth N.I. UC-II® brand of undenatured type II collagen (U. S. Patents 5,645,851, 5,637,321, 5,529,786, 5,750,144, 7,083,820, EPO Patent EP1435906B1, Canadian Patent CA2459981L, Japanese Patent JP 4,800,574B2 and world-wide patents pending).

OptiMSM® is a registered trademark of Cardinal Nutrition.

MERIVA® BIOAVAILABLE CURCUMIN is a trademark of Indena S.p.A.

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

HyaMax® is a U.S.A. registered trademark of Fenchem

each vegetarian capsule contains 00

UC-II® undenatured type-II collagen (standardized to contain 25% undenatured type-II collagen)	40 mg
hyaluronic acid (low molecular weight)	70 mg
MSM (methylsulfonylmethane)	400 mg
Meriva® turmeric phytosome (turmeric (curcuma longa) extract (root) and phospholipid complex) (standardized to contain 18% curcuminoids)	100 mg
5-LOXIN® - Boswellia serrata extract Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

Contains soy

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Joint Complex (single dose)	60	JC6	$83.60
	30	JC3	43.20

Joint Support liquid NEW

**Glucosamine, MSM and hyaluronic acid liquid*

- Convenient liquid formula
- Supports optimal cartilage matrix composition, connective tissue strength, and joint comfort*
- Promotes cartilage health with glycosaminoglycans and sulfur to maintain the natural repair processes of healthy connective tissue*
- Maintains water retention in tissues and joints to support joint lubrication with hyaluronic acid*

Joint Support liquid offers cartilage building blocks to promote cartilage matrix composition, connective tissue strength, and joint comfort.

OptiMSM® is a registered trademark of Cardinal Nutrition.

HyaMax® is a U.S.A. registered trademark of Fenchem.

each teaspoon (5 ml/0.18 fl oz) contains

carbohydrate	3 g
sugars	3 g
glucosamine sulfate 2KCl (from crab, shrimp)	250 mg
glucosamine HCl (from crab, shrimp)	250 mg
MSM (methylsulfonylmethane)	66 mg
hyaluronic acid	1.3 mg

other ingredients: purified water, apple juice concentrate, grape juice concentrate, fructose, potassium sorbate, purified stevia extract.

serving size: 5 ml (0.18 fl oz)

servings per container: 90

2-3 servings daily, mixed with 4-8 oz of water or juice, in divided doses, with meals.

	quantity	order code	sug. retail price
Joint Support liquid	450 ml	JSL	$43.50



*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.

EPA/DHA liquid *enhanced* NEW (orange flavor)

**Ultra-pure molecularly distilled fish oil*

- Great-tasting odorless fish oil
- High concentration triglyceride-form EPA and DHA
- Omega-3 essential fatty acids support healthy cellular membrane function, cardiovascular function, cytokine balance, cognitive and neuronal health, mood and emotional well-being, and healthy skin*

EPA/DHA liquid enhanced offers high concentration triglyceride-form omega-3 essential fatty acids in a great-tasting liquid form.

each teaspoon (5 ml/0.18 fl oz) contains

calories	40
calories from fat	40
total fat	4.5 g
saturated fat	0.5 g
polyunsaturated fat	3 g
monounsaturated fat	1 g
cholesterol	20 mg
vitamin E (as d-alpha tocopherol)	2 iu
fish oil concentrate (from anchovies, herring, mackerel)	4,580 mg
providing (typical):	
EPA (eicosapentaenoic acid)	1,375 mg
DHA (docosahexaenoic acid)	915 mg

other ingredients: natural orange flavor, natural mixed tocopherols

Contains fish
serving size: 5 ml (0.18 fl oz)
servings per container: 40

take 1 or more teaspoons daily, with or between meals.

	quantity	order code	sug. retail price
EPA/DHA liquid *enhanced*	200 ml	EDLE2	$66.10



Liposomal Glutathione NEW

**Enhanced absorption liposomal glutathione*

- Offers the key antioxidant glutathione in an enhanced absorption 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*

Liposomal glutathione offers powerful antioxidant and cellular function support in an enhanced absorption form.

BioGlute™ is a registered trademark of Essential Nutraceuticals, LLC.

each softgel capsule contains 16 sg

BioGlute™ proprietary blend of glutathione and essential phospholipids	375 mg
providing	
glutathione	250 mg
phospholipid complex	125 mg

other ingredients: extra virgin olive oil, beeswax, calcium carbonate, gelatin capsule (gelatin, glycerin, water, titanium dioxide)

Contains soy

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

	quantity	order code	sug. retail price
Liposomal Glutathione	60	LSG6	$76.80
	30	LSG3	43.80

Tribulus Formula NEW

**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*

Tribulus Formula offers a combination of tribulus, chrysin, hesperetin and D-aspartic acid to support healthy testosterone balance and aromatase enzyme activity.

three vegetarian capsules contains V 00

tribulus terrestris (standardized to contain 20% protodioscin)	250 mg
D-aspartic acid	1,000 mg
chrysin	100 mg
hesperetin	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women

3-6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Tribulus Formula	90	TBF9	$29.90



AMINO ACIDS

See also
Acetyl-l-Carnitine 500 mg and 250 mg page 95

Amino-NR

**Natural ratio amino acid complex; supports athletic training efficiency and promotes immune and overall health*

This formula is based on the ratios of amino acids found naturally in high biological value (BV) protein sources. l-Cysteine in this formula is derived exclusively by fermentation, therefore it is uniquely from natural and non-animal origins, providing a vegetarian amino acid blend. Amino acids provide important support for athletic training, as supplementation promotes recovery, protects DNA from oxidation, lessens occasional muscle soreness and fatigue, enhances muscle performance, and enhances the body's oxygen carrying capacity. From trained athletes to the elderly, amino acids also play an important role in immune health, primarily attributed to support for healthy glutamine and glutathione levels. Alpha lipoic acid and alpha ketoglutarate provide additional support for mitochondrial function and energy. Vitamin B_6 acts as a cofactor for healthy amino acid and energy metabolism.

Amino-NR is a complex of amino acids in naturally occurring ratios, providing support for athletic activity, immune function, and daily wellness.

three vegetarian capsules contain V 00

pyridoxal 5'phosphate (activated B_6)	5 mg
alpha ketoglutarate	100 mg
alpha lipoic acid	50 mg
l-histidine (free-form)	77 mg
l-isoleucine (free-form)	117 mg
l-leucine (free-form)	207 mg
l-lysine HCl monohydrate	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-cysteine HCl	32 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-taurine	23 mg
l-tyrosine (free-form)	36 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Amino-NR	180	ANR1	$31.70



l-Arginine

**Versatile nitric oxide precursor*

Arginine supports nitric oxide formation, important for healthy dilation of blood vessels, circulation, and blood flow. In trials, l-arginine had 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. Arginine is contra-indicated for individuals with the herpes virus.

l-Arginine is a safe, versatile amino acid precursor of nitric oxide associated with promoting cardiovascular health, immune support, sexual function, and memory.

each vegetarian capsule contains V 00

l-arginine HCl	700 mg

other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Arginine	180	LAR1	$33.50
	90	LAR9	19.00

See also
BCAA capsules/powder page 33

l-Carnitine

**Cardiovascular and endurance support*

l-Carnitine is an amino acid found abundantly in skeletal and heart muscle. It functions primarily to support fat utilization, and also acts as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. l-Carnitine also facilitates the removal of short and medium chain fatty acids from the mitochondria that accumulate during normal metabolic processes. A randomized double blind, placebo-controlled trial of l-carnitine involving 101 volunteers indicated that l-carnitine maintained healthy cardiac enzymes including lipid peroxides and lactate dehydrogenase. In combination with other cardiovascular support agents, l-carnitine supported ventricular function and superoxide dismutase enzyme activity in human volunteers. Long-term l-carnitine supplementation indicated positive support for cardiovascular health after a 3-year follow-up in adult subjects. A recent 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.

l-Carnitine-l-tartrate is a highly stabilized form of l-carnitine supporting cardiovascular health and recovery from exercise.

each vegetarian capsule contains V 0

l-carnitine (l-Carnitine-l-tartrate)	340 mg
ascorbyl palmitate (fat-soluble vitamin C)	12 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Carnitine	120	LC1	$68.10
	60	LC6	36.80

l-Carnitine fumarate

**Enhanced muscle and fat metabolism support*

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

l-Carnitine fumarate has the potential to promote fat metabolism, increase endurance, and support the healthy functioning of the heart and muscles.

each vegetarian capsule contains V 00

l-carnitine (free-form) (from l-carnitine fumarate)	340 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Carnitine fumarate	120	LCF1	$62.10
	60	LCF6	33.50

See also
l-Carnosine page 76
Cognitive Aminos pages 98
dl-Phenylalanine page 58

Essential Aminos

**Supports healthy muscle and tissue*

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. A number of studies have been conducted at the University of Texas, including a clinical study that suggested essential amino acid supplements may support muscle anabolism in the elderly. Another clinical study performed at the university's metabolism unit in the Department of Surgery indicated that supplementing with essential amino acids promotes healthy muscle protein synthesis after resistance exercise.

This formula provides a balanced ratio of essential amino acids for optimal support of protein synthesis and metabolism.

each vegetarian capsule contains V 00

l-histidine (free-form)	50 mg
l-isoleucine (free-form)	79 mg
l-leucine (free-form)	138 mg
l-lysine (HCl)	150 mg
l-methionine (free-form)	77 mg
l-phenylalanine (free-form)	58 mg
l-threonine (free-form)	68 mg
l-valine (free-form)	75 mg
ascorbyl palmitate (fat-soluble vitamin C)	9 mg

other ingredients: vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Essential Aminos	180	EA1	$35.50

See also
GABA page 59

l-Glutamine 1,000 mg

**Muscle mass and gastrointestinal tract support*

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, gastrointestinal tract support, and natural defense system function. 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.

l-Glutamine nutritionally supports the mucosal lining and the healthy functioning of the gastrointestinal tract, as well as lean muscle mass.

each vegetarian capsule contains V 00

l-glutamine (free-form)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Glutamine 1,000 mg	250	LG12	$54.50
	90	LG19	23.50

l-Glutamine 500 mg

each vegetarian capsule contains V 1

l-glutamine (free-form)	500 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Glutamine 500 mg	90	LG59	$16.20

l-Glutamine powder

each scoop contains V

l-glutamine (free-form)	3 g

2–3 teaspoons daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
l-Glutamine powder	227 g	LGP	$40.60



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

Glycine

**Amino acid support for healthy memory 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. Glycine may be contraindicated for individuals immediately recovering from stroke, taking the antipsychotic drug clozapine, or with liver and kidney disease.

Glycine may play an important role in promoting healthy detoxification by supporting liver and kidney function and for memory support.

each vegetarian capsule contains v 1

glycine (free-form) ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Glycine	180	GL1	$21.80
	90	GL9	12.40

Growth Hormone Support

**Supports healthy growth hormone levels*

The amino acids arginine and ornithine have been shown to synergistically support healthy growth hormone production. Growth hormone is naturally released by the pituitary gland in response to sleep and exercise in order to help replenish tissues. It supports muscle protein synthesis, moderates the breakdown of muscle tissue and promotes fat utilization for energy. Arginine supports healthy growth hormone synthesis and is also a precursor for protein synthesis. Ornithine alpha-ketoglutarate (OKG) has indicated the ability to support healthy nitrogen balance, important for healthy muscle function. OKG also promotes healthy polyamine, arginine and glutamine levels, important metabolites for muscle protein support. One study suggested the potential for arginine and ornithine in combination to support lean muscle mass when combined with physical training. A second study also suggests a possible role of arginine and ornithine in supporting lean muscle mass and strength training when combined with a high intensity exercise program.

Taken one hour before physical activity or bedtime, arginine and OKG may support healthy growth hormone production and may also promote healthy muscle protein synthesis, muscle recovery, and lean muscle mass when combined with physical training.

each vegetarian capsule contains v 00

l-arginine HCl ..... 500 mg
ornithine alpha-ketoglutarate ..... 250 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 16 mg
other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, on an empty stomach, with juice or water, before bedtime or 1 hour before a workout, or as directed by your physician.

	quantity	order code	sug. retail price
Growth Hormone Support	180	GH1	$47.90
	90	GH9	27.40

l-Lysine

**Helps maintain healthy arginine levels and immune function*

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.

l-Lysine maintains healthy arginine production and boosts the body's defenses.

each vegetarian capsule contains v 0

l-lysine HCl ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
l-Lysine	270	LL2	$25.80
	90	LL9	9.90

See also
Lysine-C Plus page 80

l-Methionine

**Liver and pancreas support*

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

l-Methionine provides nutritional support to the building blocks and proteins of the human body.

each vegetarian capsule contains v 1

l-methionine (free-form) ..... 375 mg
other ingredients: vegetarian capsule (cellulose, water)

2–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Methionine	60	LM6	$12.70

See also

5-HTP 100 mg page 58
5-HTP 50 mg page 58
IsoProtein Plus® page 137

NAC (N-Acetyl-l-Cysteine) 900 mg

**Powerful free radical scavenger*

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. By disrupting disulfide bonds, NAC thins mucus. NAC supports tissue levels of glutathione, a key component of the antioxidant defense system. It also has the ability to help chelate heavy metals.

NAC provides powerful nutritional support to cells as an antioxidant and specifically supports healthy lung functioning through its mucolytic capability.

each vegetarian capsule contains v 00

n-acetyl-l-cysteine (free-form) ..... 900 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules daily, between meals.

	quantity	order code	sug. retail price
NAC 900 mg	240	NA92	$68.50
	120	NA91	38.00

NAC (N-Acetyl-l-Cysteine) 600 mg

each vegetarian capsule contains v 0

n-acetyl-l-cysteine (free-form) ..... 600 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
NAC 600 mg	360	NA63	$78.80
	180	NA61	44.20
	90	NA69	26.00

See also
ProBasics page 136
PureLean® Protein Blend page 160-161
PureWeigh® pages 162

Reduced Glutathione

**Antioxidant for the liver*

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.

Reduced glutathione is important for cell health and liver function.

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

each vegetarian capsule contains v 1

l-glutathione (reduced) (free-form) ..... 100 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Reduced Glutathione	120	RG1	$39.60
	60	RG6	21.90

Taurine 1,000 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 by detoxifying harmful chemicals. Dietary taurine promotes the formation of taurocholate, a substance which increases cholesterol secretion in the bile and also supports fat metabolism in the liver.

Taurine offers a wide range of nutritional support to many organ systems throughout the body; as a supplement it is most notably known for its heart muscle support.

each vegetarian capsule contains v 00

taurine (free-form) ..... 1,000 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

1–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Taurine 1,000 mg	120	TA11	$24.20

Taurine 500 mg

each vegetarian capsule contains v 1

taurine (free-form) ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Taurine 500 mg	60	TA56	$9.00

See also
Pure Tranquility liquid page 60
l-Theanine page 61
l-Tryptophan page 61
l-Tyrosine page 61



*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.

ANTIOXIDANTS / CELL HEALTH

Açai 600

**Açai berry extract combined with a powerful fruit blend for antioxidant protection*

Açai 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 açai 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, açai is combined with blueberry, pomegranate, cranberry, and raspberry for additional antioxidant support.

Açai 600 provides the broad profile of açai nutrients combined with antioxidants from blueberry, pomegranate, cranberry and raspberry.

each vegetarian capsule contains V 00

açai (euterpe oleracea) berry extract (whole fruit) ..... 600 mg
blueberry (vaccinium angustifolium) extract (fruit) ..... 15 mg
pomegranate (punica granatum l.) extract (fruit) ..... 15 mg
(standardized to contain 5% ellagic acid)
cranberry (vaccinium macrocarpon) juice extract ..... 10 mg
red raspberry (rubus idaeus) extract (whole fruit) ..... 10 mg
(standardized to contain 40% ellagic acid)
other ingredients: cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Açai 600	180	ACA1	$43.00

AntiOxidant Formula

**Protection against free radicals*

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. Recent research points to the fact that a synergistic combination of antioxidants is more effective than the total effect of each antioxidant taken alone.

AntiOxidant Formula offers a synergistic, broad spectrum of antioxidants designed to protect against free radical damage in every cell of the body.

each vegetarian capsule contains 0

vitamin A (as beta carotene) ..... 10,000 iu
vitamin E (as d-alpha tocopherol succinate) ..... 100 iu
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 (silybum marianum) extract (seed) ..... 100 mg
(standardized to contain 80% silymarin)
mixed carotenoids ..... 300 mcg
(as alpha carotene, zeaxanthin, cryptoxanthin, and lutein)
ascorbyl palmitate (fat-soluble vitamin C) ..... 100 mg
other ingredients: vegetarian capsule (cellulose, water), gelatin

2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
AntiOxidant Formula	120	AO1	$46.60
	60	AO6	26.80

Astaxanthin

**Powerful antioxidant for the skin, macula, joints, immune system and cardiovascular function*

Derived from *Haematococcus pluvialis* microalgae cultivated under pristine conditions, esterfied astaxanthin is a stable, powerful, fat-soluble antioxidant from the carotenoid family. Astaxanthin protects the phospholipid membranes of cells from oxidative damage. In a recent U.S. study, it demonstrated the ability to cross the blood brain barrier and protect the retina in animals, suggesting its potential for supporting the brain and nervous system from free radical damage. Initial trials with astaxanthin suggest that it may boost the skin's natural antioxidant defenses against free radicals induced by sun exposure. In a human clinical evaluation, supplementation with astaxanthin for two weeks provided enhanced antioxidant protection for the skin. As one double blind placebo-controlled trial suggests, astaxanthin may also provide statistically significant joint comfort in human volunteers. The results of another clinical trial suggest that astaxanthin supported knee comfort and joint function after strenuous leg exercises. Subjects in a third study using astaxanthin reported enhanced wrist nerve comfort. Additional studies suggest astaxanthin's immune, cellular and cardiovascular support potential.

Astaxanthin provides superior antioxidant power, boosting the natural antioxidant defenses of the skin and supporting macular, immune, cellular, joint and heart health.

each softgel capsule contains 10 sg

astaxanthin (naturally derived from Haematococcus pluvialis microalgae) ..... 4 mg
vitamin E (d-alpha tocopherol) ..... 10 iu
other ingredients: high oleic safflower oil, gelatin capsule (gelatin, glycerin, water)

1–3 capsules daily, with meals.

	quantity	order code	sug. retail price
Astaxanthin	120	AST1	$62.40
	60	AST6	34.90

Bioflavonex

**Bioflavonoid antioxidant formula*

Bioflavonoids are water-soluble plant pigments with powerful antioxidant properties. Proanthocyanidins, polyphenols and catechins are some of the terms used in describing compounds of the bioflavonoid family. Grape seed extract contains polyphenols and proanthocyanidins, providing protective support for capillaries and blood vessels. Resveratrol, the polyphenol most commonly associated with the health benefits of red wine, provides additional antioxidant support for blood vessel integrity. Catechins found in green tea are a class of polyphenols that promote cardiovascular, immune and cellular function. The antioxidant activity of green tea catechins, specifically epigallocatechin gallate, also protects cells from lipid peroxidation and has been shown to enhance antioxidant enzymes in skin exposed to sunlight. In addition, green tea has the potential to preserve and promote vitamin E levels in the body. Silymarin is a well-known bioflavonoid complex derived from milk thistle that stabilizes hepatic cell membranes and scavenges free radicals and toxins in the liver. One of silymarin's mechanisms may involve promoting superoxide dismutase antioxidant enzyme activity.

Bioflavonex combines natural, concentrated bioflavonoid extracts for cardiovascular, liver, and cellular antioxidant protection. It may be taken alone, or provide complementary support to Nutrient 950® and UltraNutrient® multivitamins, as well as other antioxidants including vitamins C and E for an optimal range of antioxidant activity in the body.

each vegetarian capsule contains V 1

grape (vitis vinifera) extract (seed) ..... 50 mg
(standardized to contain 92% polyphenols)
green tea (camellia sinensis) extract (leaf) ..... 100 mg
(standardized to contain (min.) 65%total tea catechins and 23% epigallocatechin gallate (EGCG))
milk thistle (silybum marianum) extract (seed) ..... 100 mg
(standardized to contain 80% silymarin)
Japanese knotweed (polygonum cuspidatum) extract (root) ..... 100 mg
(standardized to contain 20% trans resveratrol)
ascorbyl palmitate (fat-soluble vitamin C) ..... 6 mg
other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Bioflavonex	120	BF1	$52.80

Grape Pip 500 mg

**Powerful antioxidant and vascular support*

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. This extract contains 92-95% polyphenols by weight.

Grape Pip provides unique antioxidant protection and supports vascular health.

each vegetarian capsule contains V 00

grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols) ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 8 mg
other ingredients: vegetarian capsule (cellulose, water)

1 capsule daily, between meals.

	quantity	order code	sug. retail price
Grape Pip 500 mg	120	GP51	$120.60

Grape Pip 100 mg

each vegetarian capsule contains V 3

grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols) ..... 100 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 3 mg
other ingredients: vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Grape Pip 100 mg	120	GP11	$62.70
	60	GP16	34.80



Green Tea extract (decaffeinated)

**Powerful antioxidant protection*

This decaffeinated green tea extract is a herbal extract containing catechins, a class of powerful antioxidant compounds known as polyphenols. It contains a minimum of 90% catechins, with epigallocatechin gallate, the most powerful catechin, making up a minimum of 70% of the content.

This concentrated extract contains a high epigallocatechin gallate (EGCG) content, providing important antioxidant support for all cells in the body.

each vegetarian capsule contains V 3

green tea (camellia sinensis) extract (leaf) (standardized to contain a minimum of 90% total tea catechins) ..... 100 mg
providing:
epigallocatechin gallate (EGCG) (min.) 70%
caffeine ..... not more than 0.42%
ascorbyl palmitate (fat-soluble vitamin C) ..... 3 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Green Tea extract	120	GT1	$38.60
	60	GT6	21.30

Teavigo™

**Highly purified green tea extract containing 94% EGCG*

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 provides optimal cellular function and 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.

Standardized to contain 94% epigallocatechin gallate (EGCG), Teavigo™ provides targeted and efficient antioxidant and cellular support and is pesticide and herbicide free.

TEAVIGO is a registered trademark of DSM Nutritional Products, Inc.

each vegetarian capsule contains V 1

green tea (camellia sinensis) extract (leaf) (standardized to contain 94% EGCG) ..... 150 mg
providing:
epigallocatechin gallate (EGCG) ..... 141 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Teavigo™	120	TE1	$84.40
	60	TE6	47.30

*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.

Melatonin 20 mg

**Promotes healthy angiogenesis balance, immune function and antioxidant activity*

Melatonin is primarily associated with supporting the body's natural sleep cycle, however recent 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, in part by maintaining healthy angiogenesis balance, 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.

Melatonin 20 mg provides high capacity cellular support for tissues including the colon, breast, prostate and lungs.

each vegetarian capsule contains V 3

melatonin ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.

1 capsule 1/2 to 1 hour before bedtime.

	quantity	order code	sug. retail price
Melatonin 20 mg	180	ME21	$70.80
	60	ME26	28.40

OptiBerry™

**Concentrated anthocyanin formula*

OptiBerry™ provides highly bioactive anthocyanins in a concentrated, standardized blend of blueberry, strawberry, cranberry, bilberry, elderberry, and raspberry seed extracts. Several investigations conducted at Ohio State University Medical Center indicate that Optiberry maintains healthy immune mediator activity in human keratinocytes, supports general cellular function, and promotes vascular integrity. At the Tufts University USDA Jean Mayer Human Nutrition Research Center on Aging, studies on berry extracts have suggested enhanced serum antioxidant capacity, protection against age-related neuronal and cognitive decline, and cardioprotective properties.

OptiBerry™ provides enhanced antioxidant protection with a bioactive ratio of powerful anthocyanins that help to support healthy cardiovascular, skin, cellular and cognitive function.

OptiBerry™ brand anthocyanin extract (patent pending). OptiBerry™ is a registered trademark of InterHealth, N.I.

each vegetarian capsule contains V 3

OptiBerry™ proprietary blend ..... 50 mg
(providing the anthocyanins malvidin,cyanidin, delphinidin, and petunidin inbiologically active ratios)
- wild blueberry (vaccinium angustifolium) extract (fruit)
- strawberry (fragaria chiloensis) powder (fruit)
- cranberry (vaccinium macrocarpon) powder (fruit)
- bilberry (vaccinium myrtillus) extract (fruit)
- European elder (elderberry) (sambucus nigra) extract (fruit)
- raspberry (rubus idaeus) powder (seed)

ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
OptiBerry™	120	OP51	$41.50

Pomegranate Plus

**The combined nutritional power of pomegranate, and other fruit extracts for diverse antioxidant protection*

Polyphenols and anthocyanins are just some of the components of pomegranate responsible for its antioxidant properties, contributing to its potential to protect healthy vascular endothelial cells. Ellagic acid also has a promising role in supporting liver, lung, esophagus, stomach, colon and prostate health. PhytoCardio proprietary blend provides powerful free radical scavenging fruit extracts from cranberry and blueberry. Extracts from cranberry and blueberry have also been shown to support healthy enzyme activity, microvascular endothelial function and gene expression. The prized palm berry açai of Brazil, where it is known as "the fruit of life", is a dynamic, nutrient dense addition to this formulation, offering anthocyanins, vitamins, minerals, amino acids, and essential fatty acids. In fact, the ratio of oleic, monounsaturated and polyunsaturated fatty acids in açai are comparable to that of olive oil. Naturally occurring alpha tocopherol and tocotrienols are also valuable components for lipid antioxidant protection. In a university study, açai berry also revealed important support for maintaining healthy cell cycle function.

Pomegranate Plus provides a diverse profile of highly bioactive phytochemical, phenolic, flavonoid and nutritional components for exceptional vascular and cellular support potential.

each vegetarian capsule contains V 00

pomegranate (punica granatum l.) extract (whole fruit) ..... 250 mg
(standardized to contain 70% ellagic acid)
açai palm (euterpe oleracea) extract (whole fruit) ..... 200 mg
PhytoCardio proprietary blend ..... 120 mg
providing wild bluberry (vaccinium angustifolium)
extract (fruit) and cranberry (vaccinium macrocarpon) extract (fruit)
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Pomegranate Plus	120	POM1	$49.20
	60	POM6	27.60



PureCell

**Advanced antioxidant and adaptogen cellular health formula; maintains healthy cell function and protects healthy tissue*

Formulated with Steve Morris, N.D., A.H.G

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, the body's natural inflammatory response, 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 Q_{10},* maintaining the integrity of cellular membranes*
- Replenish glutathione, scavenge free radicals, and promote liver function with *n-acetyl-l-cysteine* and *selenium**
- Maintain healthy angiogenesis balance and cellular differentiation with *vitamin D* and *green tea**
- Support healthy cyclooxygenase enzyme activity for a healthy inflammatory response 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**

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

four vegetarian capsules contain V 0

vitamin D (as cholecalciferol)(D_3)	800 iu
selenium (as selenomethionine)	200 mcg
coenzyme Q_{10}	200 mg
n-acetyl-l-cysteine (free-form)	200 mg
alpha lipoic acid (thioctic acid)	150 mg
ashwagandha (withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	360 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	300 mg
Asian ginseng (panax ginseng) extract (root) (standardized to contain 5% ginsenosides)	300 mg
green tea (camellia sinensis) extract (leaf) (decaffeinated) providing: total tea catechins (min.) 90% and epigallocatechin gallate (EGCG) 70%	200 mg
astragalus (astragalus membranaceus) extract (root)	175 mg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

2-4 capsules daily, with meals.

	quantity	order code	sug. retail price
PureCell	120	PCE1	$46.80

Pycnogenol® 100 mg

**Pine bark extract with antioxidant properties*

"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 potent hydroxyl and superoxide radical scavenger. Collectively, these actions promote the health of blood vessels.

Pycnogenol® promotes vascular health and provides powerful antioxidant support.

Pycnogenol is a registered trademark of Horphag Research Ltd. U.S. Patents 4,698,360, 5,720,956 and 6,372,266.

each vegetarian capsule contains V 3

French maritime pine (pinus pinaster) extract (bark)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	4 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Pycnogenol® 100 mg	60	PY16	$112.50
	30	PY13	60.80

Pycnogenol® 50 mg

each vegetarian capsule contains V 3

French maritime pine (pinus pinaster) extract (bark)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	2 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Pynogenol® 50 mg	120	PY51	$117.60
	60	PY56	60.60

Quercetin

**Maintains healthy histamine release and degranulation*

Quercetin has been shown to be one of the most bioactive flavonoids.

Quercetin maintains healthy histimine production by supporting healthy enzyme activity.

each vegetarian capsule contains V 0

quercetin	250 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Quercetin	120	QU1	$33.70
	60	QU6	19.30

See also

Beta Carotene page 147
Bilberry page 144
Liposomal Glutathione page 17 NEW
Lutein 20 mg page 145
Lycopene page 101

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

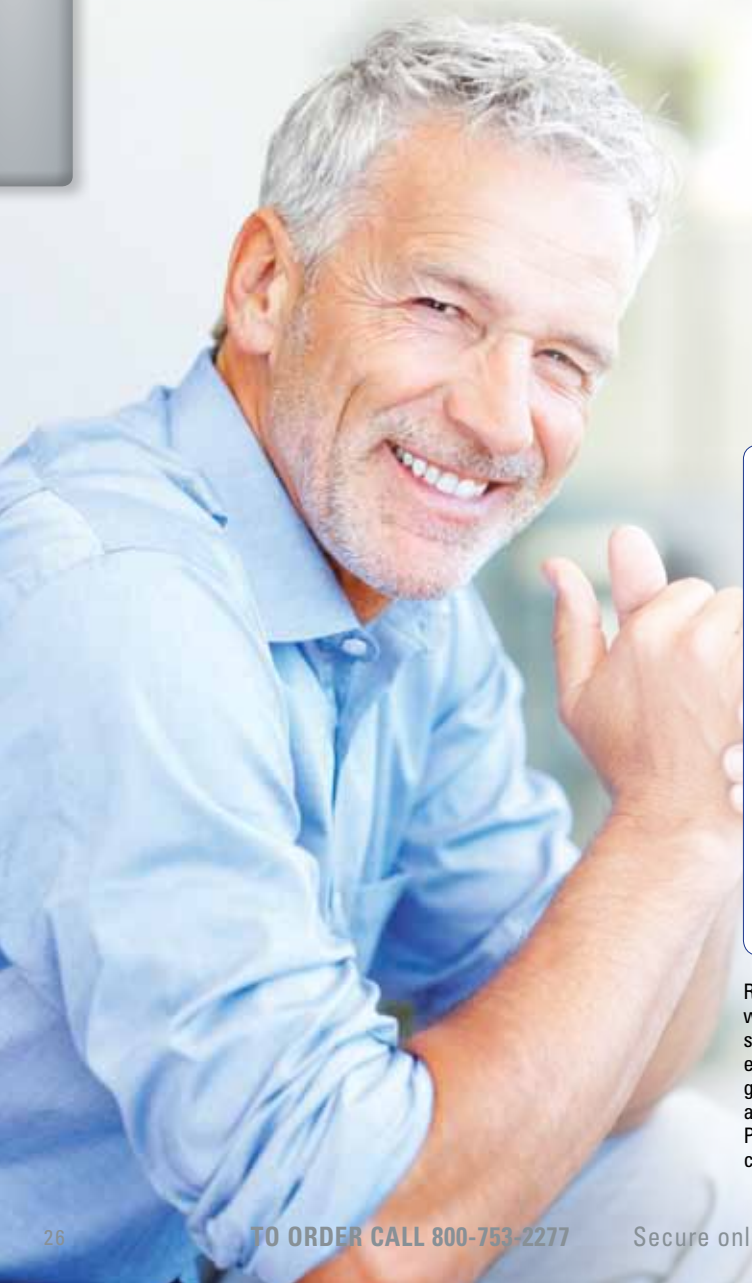
RevitalAge™

**Cardiovascular, metabolic and neurocognitive longevity support formula*

Over a decade of research has associated healthy mitochondrial function with longevity. At the University of California, Berkeley, preclinical research on aging conducted by an award-winning team of scientists, including Dr. Bruce Ames, has revealed a combination of acetyl-l-carnitine, alpha lipoic acid and biotin can promote longevity. Dietary polyphenols from fruits and vegetables provide cellular protection by maintaining youthful patterns of gene expression in the heart, blood vessels and brain.*

Patented Longevity Combination*

- Patented, scientifically researched combination of acetyl-l-carnitine (ALC), alpha lipoic acid (ALA) and biotin, used under license from Juvenon, Inc.
- Supports healthy gene expression and increases mitochondrial number for enhanced cellular energy production*
- In preclinical studies, this patented ratio of ALC and ALA has enabled elderly laboratory animals to function at a level characteristic of much younger animals*
- Clinical research indicates that the combination supports total plasma antioxidant capacity, cardiovascular health and psychological well-being*



PhytoLongevity: A Spectrum of Natural Polyphenols for Healthy Aging*

- Polyphenols are active constituents of cardio- and neuroprotective fruits and vegetables; this proprietary blend contains cranberry, wild blueberry, strawberry and spinach leaf extracts*
- Unique ratio of blueberry and cranberry maintain healthy activity of nuclear factor kappa-B (NFκB), a regulator of gene expression*
- Blueberry, strawberry and spinach polyphenols maintain healthy activity of prolyl endopeptidase (PEP), an enzyme that regulates neuro-transmission; healthy PEP activity supports memory and cognition*
- Cardiovascular and metabolic benefits of these specific extracts have been demonstrated by research conducted by Pure Encapsulations in collaboration with the Institute of Nutraceuticals and Functional Foods (INAF)*

RevitalAge™ blends alpha lipoic acid, acetyl-l-carnitine and biotin with natural polyphenols to support cardiovascular, metabolic and neurocognitive health and longevity.

†Under license from Juvenon® Inc.

three vegetarian capsules contain V 00

biotin†	2 mg
acetyl-l-carnitine HCl†	1,000 mg
alpha lipoic acid (thioctic acid)†	400 mg
PhytoLongevity proprietary blend	200 mg

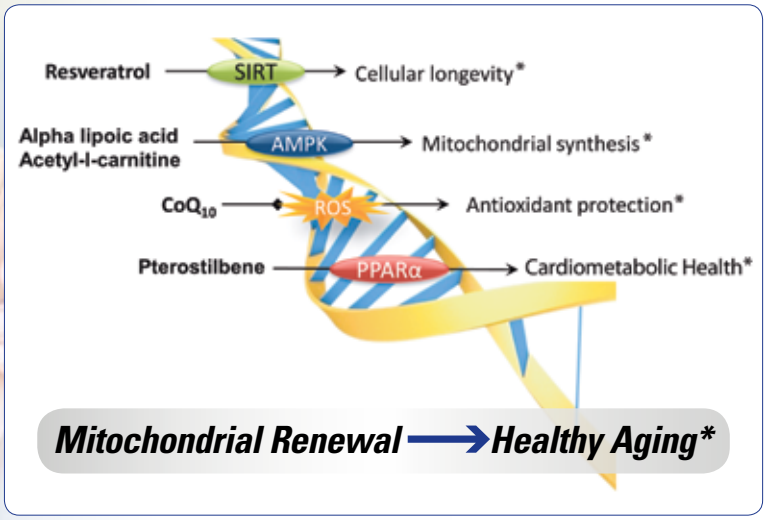
providing cranberry (Vaccinium macrocarpon) extract (fruit), wild blueberry (Vaccinium angustifolium) extract (fruit), Orléans strawberry (Fragaria vesca var Orléans) extract (fruit) and spinach (Spinacia oleracea) extract (leaf)

other ingredients: maltodextrin, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, with meals.

	quantity	order code	sug. retail price
RevitalAge™	90	RJ9	$45.40

RevitalAge™ Products Support Youthful Gene Expression*



Resveratrol supports longevity by enhancing an epigenetic enzyme, SIRT1. It also works in concert with alpha lipoic acid and acetyl-l-carnitine to cooperatively support the synthesis of new mitochondria by promoting healthy activity of another enzyme known as AMP kinase (AMPK), a cellular longevity signal that directs a genetic program of mitochondrial renewal. Sustained-release CoQ_{10} provides 24-hour antioxidant protection with complementary support for mitochondrial bioenergetics. Pterostilbene supports healthy activation of PPARα, a genomic receptor involved in and cardiometabolic health.*

RevitalAge™ Nerve NEW

**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., featuring the science of Dr. Bruce Ames
- Supports nerve conduction velocity, normal nerve signaling, and healthy nerve regeneration 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 CoQ_{10}; shown in clinical research to offer 300% greater peak plasma concentrations compared to standard CoQ_{10} for enhanced antioxidant and mitochondria support*

RevitalAge™ Nerve combines alpha lipoic acid and acetyl-l-carnitine with B vitamins, magnesium and CoQ_{10} to support peripheral neuronal function and comfort.

†Under license from Juvenon® Inc.

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

four vegetarian capsules contain V 00

vitamin B_{12} (as methylcobalamin)†	500 mcg
folate (as Metafolin®, L-5-MTHF)	500 mcg
magnesium (as di-magnesium malate)	200 mg
acetyl-l-carnitine HCl†	1,000 mg
alpha lipoic acid (thioctic acid)†	400 mg
coenzyme Q_{10} (from MicroActive® Q_{10}-cyclodextrin complex)	30 mg
pyridoxal 5' phosphate (activated B_6)	30 mg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: hypo-allergenic plant fiber (cellulose), potato starch, vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
RevitalAge™ Nerve	120	RJN1	$47.40



RevitalAge™ Ultra

**Enhanced antioxidant and mitochondrial support formula for longevity*

RevitalAge™ Ultra is a scientifically researched combination of acetyl-l-carnitine (ALC) and alpha lipoic acid (ALA) offered with antioxidant and mitochondrial support cofactors. It promotes healthy aging through maintaining youthful gene expression, mitochondrial function, cellular energy production and antioxidant protection. Specifically, alpha lipoic acid, acetyl-l-carnitine and resveratrol support mitochondria synthesis by promoting healthy activity of the key enzyme AMP kinase (AMPK). PhytoLongevity, a polyphenol blend, supports cardiometabolic health and cognitive performance. Sustained-release CoQ_{10} provides 24-hour mitochondrial support. Pure resVida™ resveratrol and pTeroPure™ pterostilbene target cellular pathways and genes involved in the aging process.*

Clinically Researched Longevity Combination

- Patented combination of acetyl-l-carnitine (ALC), alpha lipoic acid (ALA) and biotin, used under license with Juvenon, Inc., combined with PhytoLongevity polyphenol blend
- Promotes healthy aging by maintaining healthy gene expression, mitochondrial number, cellular energy production and antioxidant capacity*
- Cardiovascular and neurocognitive benefits demonstrated by numerous studies*

MicroActive® Sustained-Release CoQ_{10}

- Water-soluble
- 24-hour sustained release with low inter-subject variability
- Clinical research shows 300% greater peak plasma concentrations compared to standard CoQ_{10}*

ResVida®: Pure, Clinically Researched Resveratrol

- Pure trans-resveratrol with clinically proven bioavailability*
- Potent antioxidant that protects mitochondria from free radicals that contribute to cellular aging*
- Supports the expression of longevity genes in the cardiovascular system and brain associated with life span in preclinical studies*

pterostilbene: Pure, methylated resveratrol

- Pure, clinically researched pterostilbene, the methylated analog of resveratrol
- Promotes cardiometabolic health by supporting healthy PPAR-alpha receptor activity*
- Provides synergistic antioxidant support when combined with resveratrol*

RevitalAge™ Ultra delivers the longevity benefits of RevitalAge™ with sustained-release coenzyme Q_{10}, pure resveratrol and pterostilbene to offer enhanced cardiovascular, metabolic and neurocognitive support.

†Under license from Juvenon® Inc.

resVida® This product contains resVida®. resVida® is a registered trademark of DSM Nutritional Products, Inc.

three vegetarian capsules contain V 00

biotin†	2 mg
acetyl-l-carnitine HCl†	1,000 mg
alpha lipoic acid (thioctic acid)†	400 mg
resVida® resveratrol (as trans-resveratrol)	30 mg
CoQ_{10} (from MicroActive® Q_{10}-cyclodextrin complex)	30 mg
pterostilbene	5 mg
PhytoLongevity proprietary blend	200 mg

providing cranberry (Vaccinium macrocarpon) extract (fruit), wild blueberry (Vaccinium angustifolium) extract (fruit), Orléans strawberry (Fragaria vesca var Orléans) extract (fruit) and spinach (Spinacia oleracea) extract (leaf)

other ingredients: potato starch, maltodextrin, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, with meals.

	quantity	order code	sug. retail price
RevitalAge™ Ultra	90	RJU9	$57.20

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

ResCu-SR™ - With MicroActive® Technology

Synergistic combination of sustained-release 98% pure resveratrol and curcuminoids

A powerful and exclusive combination*

Resveratrol and curcumin support longevity, cardioprotection and neurological health. Recent studies have demonstrated antioxidant synergy and convergent mechanisms.* The combination of sustained-release MicroActive® Resveratrol and MicroActive® Curcumin is exclusive to Pure Encapsulations.

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 (Figure 1).* 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 (Figure 2). Superior plasma concentrations remained after a 9-hour period.*

each vegetarian capsule contains V 00

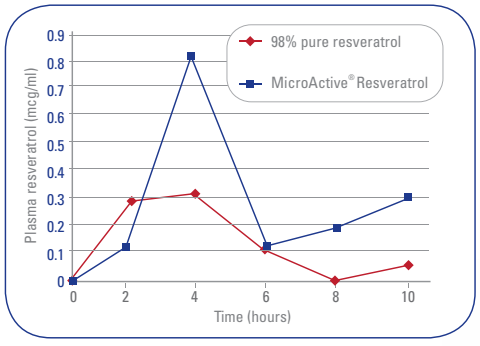
trans-resveratrol ..... 100 mg
(from MicroActive® resveratrol sustained-release complex)
curcuminoids..... 50 mg
(from MicroActive® curcumin sustained-release complex)
other ingredients: cellulose, silica, potato starch, carnauba wax, polysorbate 80, isopropyl myristate, sodium alginate, vegetarian capsule (cellulose, water)

1-2 capsules daily, with meals.

	quantity	order code	sug. retail price
ResCu-SR™	60	RCSR6	$59.80

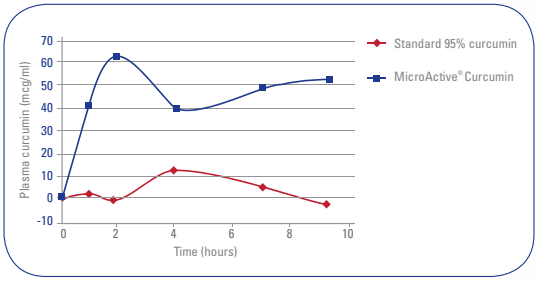
The ResCu-SR™ trademark is used by Pure Encapsulations under license.

Superior Bioavailability of MicroActive® Resveratrol Compared to 98% Resveratrol Control*



In a human study, subjects received a single dose of either MicroActive® Resveratrol or an equivalent dose of 500 mg pure (98%) resveratrol (control). Peak plasma concentrations, AUC and duration in plasma were superior to control, and sustained release was evident over the 24-hour period.*

Superior Bioavailability of MicroActive® Curcumin Compared to a Standard Curcumin Control*



In subjects who received MicroActive® Curcumin as a single dose equivalent to 250 mg curcumin, Tmax for MicroActive® Curcumin was 2 hours followed by sustained release for over 9 hours. Cmax for MicroActive® Curcumin was 30-fold greater than for curcumin (250 mg dose of total curcuminoids). AUC for MicroActive® Curcumin was 8.6-fold greater than curcumin.*

Resveratrol EXTRA

**Contains 100 mg trans resveratrol per capsule combined with grape seed extract and red wine polyphenols*

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.

This formula combines resveratrol with polyphenols from red wine and grape seed for healthy cellular and cardiovascular function.

each vegetarian capsule contains V 00

Japanese knotweed (polygonum cuspidatum) extract (root) ..... 200 mg
(standardized to contain 50% trans-resveratrol) ..... (100 mg)
red wine grape (vitis vinifera) concentrate (whole fruit) ..... 50 mg
(standardized to contain 25% total polyphenols)
grape (vitis vinifera) extract (seed) ..... 50 mg
(standardized to contain 92% polyphenols)
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Resveratrol EXTRA	120	REE1	$67.20
	60	REE6	37.30

Resveratrol

**Antioxidant and cardiovascular support*

Resveratrol is a compound often associated with the health benefits of red wine, because of its powerful 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.

Resveratrol is standardized to contain 20% trans resveratrol, providing enhanced cardiovascular and antioxidant support.

each vegetarian capsule contains V 3

Japanese knotweed (polygonum cuspidatum) extract (root)..... 200 mg
(standardized to contain 20% trans resveratrol)..... 40 mg
other ingredients: vegetarian capsule (cellulose, water)

1–5 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Resveratrol	120	RE1	$34.60
	60	RE6	20.00



Resveratrol VESIsorb®

Liquid-filled Caplique® Capsule

**Self-assembling nano-colloid system for enhanced resveratrol absorption*

- In a dissolution study, resveratrol with the VESIsorb® delivery system demonstrated 100% dissolution, the ability to dissolve readily in an aqueous environment for absorption, compared to less than 1% for powder*
- Research suggests resveratrol offers support for cellular function, cardiovascular and neurocognitive health, and antioxidant defenses*
  - In a recent 30-day randomized double-blind crossover trial, 150 mg resVida® resveratrol supported cardiometabolic health. Resveratrol supplementation promoted AMPK, SIRT1 and PGC-1α activity, indicating support for mitochondrial function, as well as healthy, blood flow, adipose tissue lipolysis and hepatic lipid content*
- Each capsule offers 50 mg of enhanced absorption resveratrol as the highly pure 99% trans-resveratrol resVida®

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

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

This product contains resVida®. resVida® is a registered trademark of DSM Nutritional Products, Inc.

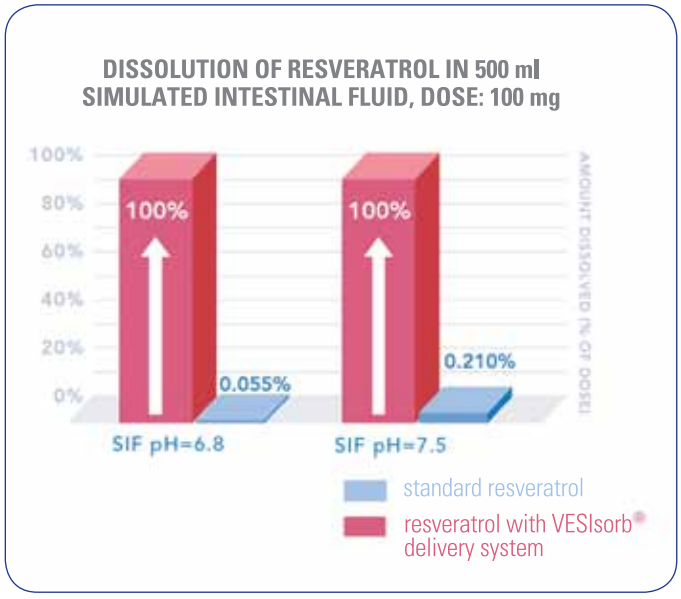
two Caplique® Capsules contain V 0

resVida® resveratrol (as trans-resveratrol) ..... 100 mg

other ingredients: medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, vegetarian Caplique® Capsule (cellulose, water)

1-2 Caplique® Capsules per day, with or between meals.

	quantity	order code	sug. retail price
Resveratrol VESIsorb®	90	RSV9	$52.50

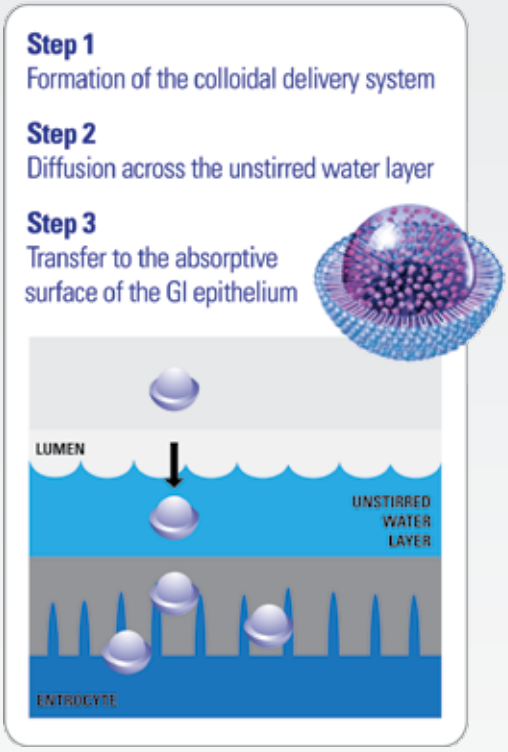


In a dissolution study, resveratrol with the VESIsorb® delivery system demonstrated 100% dissolution compared to powder at less than 1%.*

Enhanced Absorption Patented VESIsorb® Delivery System

- Developed by Vesifact, a Switzerland-based company dedicated to innovative technology and research
- Patented, lipid-based delivery system increases bioavailability of a bioactive that is fat soluble or that has poor water solubility*
- Self-assembling colloidal system forms evenly dispersed fluid droplets upon contact with water in the G.I. tract, each with a mean diameter of less than 100 nanometers and with the bioactive at its core
- Nanosized water-soluble droplets or micelles allow the bioactive to cross the water layer of the G.I. tract for absorption
- Provides extended release of the bioactive over time

The VESIsorb® technology is broken down into three steps:





VESIsorb® Brochure
Order Code: VSB

Available online and in print at no charge.

*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.

ATHLETIC SUPPORT

OVERVIEW

THE PROGRAM

Full range of products for targeted exercise performance and training support.*

Foundation–For Every Athlete

Athletic Pure Pack/Athletic Nutrients
WheyBasics
HMB Plus

Pre-Exercise Energy

ENDURANCE ACTIVITIES

CranLoad™ Sport
Electrolyte/Energy formula
l-Carnitine

STRENGTH/POWER ACTIVITIES

Creatine powder
Kre-Alkalyn®
Nitric Oxide Support
Ribose

Post-Exercise Recovery

MUSCLES

l-Glutamine
BCAA (Branched Chain Amino Acids)
Systemic Enzyme Complex
Muscle Cramp/Tension Formula

LIGAMENTS + JOINTS

Ligament Restore
Phyto-4

The Foundation - For Every Athlete

Athletic Pure Pack

With Metafolin® L-5-MTHF

Daily Packet

Indications:

✓ Supports energy, muscle recovery and immune function for healthy athletic activity*

Vitamin/Mineral Distinctions:

✓ 3 capsules of *Athletic Nutrients* combined with extra *vitamin C* to support nitric oxide activity and immune function*

✓ Trace minerals, including *manganese* and *copper*, for healthy connective tissue integrity*

✓ Featuring *Metafolin® L-5-MTHF*, the naturally occurring, universally metabolized form of folate for healthy red blood cell function*

Special Features:

✓ *Omega-3 fatty acids* to support healthy cytokine balance*

✓ 1,375 mg *Kre-Alkalyn®*, 145 mg CoQ_{10} and 50 mg *alpha lipoic acid* to support metabolic acid buffering, ATP synthesis and muscular adaptations to resistance and endurance training*

✓ *Grape seed* and *superfruit antioxidants* to neutralize the effects of free radicals generated during training, lessening occasional muscle soreness and fatigue*

✓ 1,000 mg *l-glutamine* for healthy muscle preservation and immune function*

See page 129 for ingredients and pricing

Athletic Nutrients

- Support for athletic training and physical performance*
- Promotes energy, stamina and helps lessen muscle fatigue*
- Potassium phosphate combined with calcium and magnesium for healthy muscle function*
- Copper, manganese, selenium and zinc for healthy tendons, ligaments and joints*
- Featuring Kre-Alkalyn® creatine and PowerGrape®

See page 122 for ingredients and pricing

WheyBasics

* WheyBasics provides 21 grams of highly purified, cold-processed undenatured whey protein per serving in a great-tasting, naturally flavored formula*

- Instantized for easy mixing

See page 137 for ingredients and pricing

See also
Amino-NR page 18



CranLoad™ Sport Brochure
Order Code: CLSB

Available online

HMB Plus

**Helps maintain lean body mass*

HMB (beta-hydroxy beta-methylbutyrate), a metabolite of the branched chain amino acid leucine, has been the subject of over 30 clinical studies. The benefits of HMB on lean body mass have been demonstrated in both young and aging cohorts with diverse backgrounds of physical conditioning. HMB provides powerful support for maintaining muscle mass when combined with an exercise program. By supporting the integrity of muscle fibers and protecting important contractile proteins, HMB helps maintain muscle strength. HMB also directly supports protein synthesis by maintaining healthy growth factor signaling and ribosome activity in muscle cells. Both HMB and alpha lipoic acid support intramuscular antioxidant status and maintain inflammatory balance. Alpha lipoic acid helps maintain muscle mass by supporting reduced glutathione pools and encourages metabolic homeostasis by promoting normal glucose uptake. Well-known for its role in bioenergetics and ATP repletion, creatine activates different pathways to support both aerobic and anaerobic exercise adaptations. Specifically, creatine supports healthy gene expression and growth factor activity to promote protein synthesis. Kre-Alkalyn® is a pH-balanced creatine that does not require a loading phase for maximum benefit.

HMB Plus supports healthy protein metabolism to support lean body mass and strength gains when combined with exercise training.

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

each vegetarian capsule contains V 00

calcium beta-hydroxy beta-methylbutyrate (HMB)	500 mg
Kre-Alkalyn® (pH balanced creatine)	166 mg
alpha lipoic acid (thioctic acid)	16 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
HMB Plus	180	HMB1	$66.40



10 out of 11 athletes who trained with CranLoad™ experienced enhanced recovery and would recommend CranLoad™ to other athletes.*

Pre-Exercise Energy

Endurance Activities

CranLoad™ Sport

Liquid-filled Caplique® Capsule

**Novel fruit blend with green tea caffeine and medium chain triglycerides for optimal athletic performance*

CranLoad™ Sport features various ingredients with the ability to provide support for high-intensity sports activity and recovery*

CranLoad™: A novel, proprietary cranberry and grape seed blend

- In a pilot trial involving elite athletes, CranLoad™ provided statistically significant support for healthy flow-mediated dilation (FMD) in healthy athletes at rest, an effect similar to arginine administration, as indicated in a separate study*
- In a double-blind, placebo-controlled, cross-over trial, CranLoad™ helped maintain healthy blood lactate levels in high-profile athletes, suggesting the potential for enhanced recovery*

Caffeine: Derived from green tea

- Provides support for energy and mental focus*
- Supports metabolic capacity and provides antioxidant protection for working muscles*

Medium Chain Triglycerides (MCT):

- Provides easily-absorbed lipid fuel substrates for working muscle*

CranLoad™ is a trademark used by Pure Encapsulations under license.

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

three Caplique® Capsules contain V 00

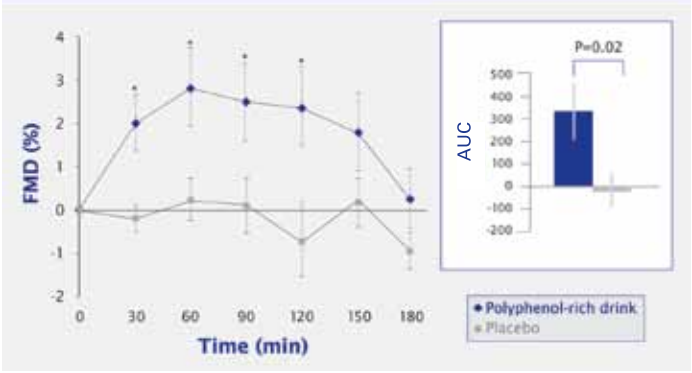
CranLoad™ proprietary blend	765 mg
providing cranberry (vaccinium macrocarpon) extract (fruit) and grape (Vitis vinifera) extract (seed)	
green tea (Camellia sinensis) extract (leaves)	250 mg
standardized to contain 20% caffeine	50 mg

other ingredients: rice maltodextrin, magnesium hydroxide, medium chain triglycerides, vegetarian Caplique® Capsule (cellulose, water)

3 Caplique® Capsules daily, 30–60 minutes before a workout.

	quantity	order code	sug. retail price
CranLoad™ Sport	90	CLS9	$62.50

Increased FMD with CranLoad™



Flow-mediated dilation (FMD) variation from baseline after intake of the polyphenol-rich drink and placebo; *P<0.05 versus baseline and placebo at specified time points. The insert presents the area under the curve (AUC) of the change in FMD over time above baseline (time 0) values. The Y axis is in % min.*

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

Electrolyte/Energy formula

- Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function, retains hydration, may lessen the perception of exertion*
- Provides glucose and maltodextrin, important pre-exercise sources of rapidly available energy; spares glycogen stores and delays fatigue*
- Contains the energizing cofactors malic acid and alpha ketoglutarate, both Krebs cycle intermediates*
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery*
- Promotes 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

each scoop contains V

calories	30
carbohydrate	7 g
sugars (glucose)	3.5 g
other (maltodextrin)	3.5 g
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)	50 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

serving size: 8.5 g (1 scoop)

servings per container: 40

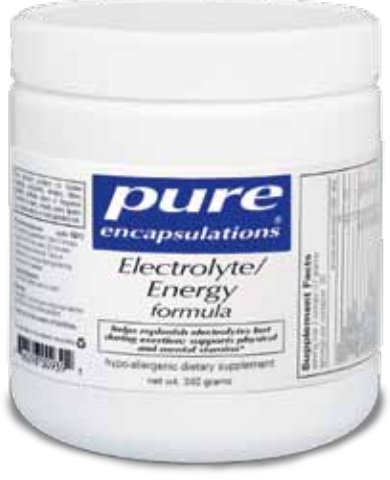
1 scoop mixed in 8–10 oz water, 20 minutes before intense exercise, or as directed by a health professional

	quantity	order code	sug. retail price
Electrolyte/Energy formula	340 g	EEF3	$20.90

l-Carnitine

- Improves the body's ability to utilize fat for energy by shuttling long-chain fatty acids directly into the mitochondria, providing a glycogen sparing effect and delaying time to fatigue*
- Enhances maximum oxygen consumption (VO_2-Max) and decreases lactate accumulation during exercise, as demonstrated during a 4-week training period with long-distance runners*

See page 18 for ingredients and pricing



Pre-Exercise Energy

Strength/Power Activities

Kre-Alkalyn®

**Patented, alkaline creatine; No loading phase required*

Kre-Alkalyn® is a patented, next-generation, alkaline creatine, also referred to as "The Metabolic Acid Buffer™."

Its key features include:

- Alkaline pH creatine, providing enhanced support for lactic acid and metabolic acid buffering*
- Enables a high concentration of cellular creatine to be absorbed
- Lower effective dose
- Requires no loading phase
- Does not cause water retention
- May be taken daily for sustained energy

Several case study reports involving professional male football players and endurance athletes indicate that it supports energy, endurance, stamina, muscle comfort and body composition. In a random, double blind clinical trial, Kre-Alkalyn® pH balanced creatine supported muscular performance in Olympic-level weight lifting athletes.

Kre-Alkalyn® is a newly developed, alkaline buffered creatine that helps to enhance energy and strength and lessen muscle soreness due to lactic acid.

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

three vegetarian capsules contain V 0

Kre-Alkalyn® (pH balanced creatine)	1,500 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules a half hour before a workout on training days. On non-training days, take 1–3 capsules in the morning.

	quantity	order code	sug. retail price
Kre-Alkalyn®	180	KRE1	$37.80

See also
Energy Xtra page 62

Nitric Oxide Support

- 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*

one scoop (5.4 g) contains V

vitamin C (as ascorbic acid)	200 mg
l-arginine (from arginine alpha ketoglutarate (2:1))	2,050 mg
citrulline (from citrulline malate)	715 mg
stevia	30 mg

other ingredients: xylitol, natural lemon-lime flavor, luo han guo (momordica grosvenorii) extract (fruit)

serving size: 5.4 g (1 scoop)

servings per container: 30

1 scoop daily, mixed with water, 20 minutes before exercise.

	quantity	order code	sug. retail price
Nitric Oxide Support	162 g	NOS16	$34.50

Post Exercise Recovery

For Muscles

Creatine powder

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

each scoop contains V

creatine monohydrate ..... 4 g

1–2 scoops daily, in divided doses, mixed with a beverage, or as directed by a health professional

	quantity	order code	sug. retail price
Creatine powder	500 g	CRM5	$47.60
	250 g	CRM2	29.30

RiboMag Plus NEW

**d-Ribose, magnesium and malic acid combination*

- Supports energy production with the pentose sugar d-ribose, the key compound used by the body to form the nucleotides AMP, ADP and ATP, the main forms of cellular energy*
- Promotes skeletal and cardiac muscle energy metabolism by supporting the rapid regeneration of ATP*
- Enhances cellular energy production with the Kreb's cycle intermediate malic acid*
- Offers complementary support with magnesium, a critical cofactor for numerous energy production processes, including the metabolism of carbohydrates, amino acids and fats, nutrient utilization and muscle function*

Offers a powerful blend of d-ribose, magnesium and malic acid for synergistic cellular energy production.

Protected by U.S. patents 6,159,942; 6,534,480; 6,218,366; 6,339,716; 6,703,370 and other U.S. and foreign patents issued and pending. ©2008 Bioenergy, Inc.

each scoop (2 teaspoons) contains V

calories 25
carbohydrate ..... 6 g
  sugars ..... 5 g
magnesium (as magnesium gluconate) ..... 35 mg
malic acid ..... 180 mg
d-ribose ..... 4.75 g

Warning: Insulin-dependent diabetics and pregnant or lactating women should consult their healthcare professional before use.

serving size: 6.1 g (2 teaspoons)
servings per container: 56

1-3 servings daily, with meals, mixed with a beverage.

	quantity	order code	sug. retail price
RiboMag Plus	340 g	RMG3	$85.90

Ribose

- Helps keep ATP levels at their peak, promoting rapid energy repletion for intense exercise; supports both skeletal and cardiac muscle energy metabolism*
- May increase power during short, intense bouts of exercise*

Use of D-Ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 4,605,644; 4,719, 201, and patents pending.

each scoop (1 teaspoon) contains V

d-ribose ..... 2.2 g

1–2 scoops daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Ribose	250 g	RI2	$87.30
	100 g	RI1	37.40

BCAA (Branched Chain Amino Acids) powder

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

one rounded scoop (3.3 g) contains V

branched chain amino acids (free-form) ..... 3,000 mg
  providing:
  l-leucine ..... 1,500 mg
  l-isoleucine ..... 750 mg
  l-valine ..... 750 mg

1/2–1 scoop daily, mixed with 10 oz. of water or juice.

servings per container: 68

	quantity	order code	sug. retail price
BCAA powder	227 g	BCAP	$43.80

BCAA capsules

each vegetarian capsule contains V 00

branched chain amino acids (free-form) ..... 600 mg
  providing:
  l-leucine ..... 300 mg
  l-isoleucine ..... 150 mg
  l-valine ..... 150 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
BCAA capsules	250	BCA2	$46.90
	90	BCA9	19.70



*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.

Systemic Enzyme Complex

- Moderates prostaglandin and arachidonic acid metabolism*
- Helps mediate temporary muscle soreness and joint discomfort associated with exercise*
- Provides boswellia, maintaining healthy 5-lipoxygenase enzyme activity for powerful tissue comfort support*
- Includes Serrazimes®, a serrapeptidase-comparable enzyme blend to help lessen minor pain and maintain a healthy inflammatory response*

Serrazimes® is a registered trademark of National Enzyme Company.

three vegetarian capsules contain 1

pure pancreatin (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 (2,400 GDU/g)	120 mg
papain (800 TU/mg)	120 mg
rutin	100 mg
trypsin (porcine) (1:150) (11,250 USP units)	75 mg
chymotrypsin (bovine) (2,550 USP units)	3 mg
Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 70% boswellic acids)	250 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Systemic Enzyme Complex	360	SYC3	$97.20
	180	SYC1	51.60
	90	SYC9	28.50

l-Glutamine

- The most abundant amino acid in the body, glutamine is especially useful for muscle repair after physical and metabolic stress*

See page 19 for ingredients and pricing

See also

Muscle Cramp/Tension Formula page 93

WheyBasics page 137



For Ligaments + Joints

Ligament Restore

- Provides glucosamine sulfate as a building block for tendons, ligaments, and joints*
- Contains BioCell Collagen®, a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity*
- Encourages collagen formation with l-lysine and l-proline, forming the "glue" that holds collagen together*
- Includes silica and vitamin C as cofactors for connective tissue matrix formation and repair*
- Maintains joint comfort with devil's claw and curcumin*
- Helps recovery from strains and sprains or overall wear and tear*
- Best taken daily to maintain connective tissue resiliency*

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

four vegetarian capsules contain 00

glucosamine sulfate (from crab, shrimp)	1,500 mg
hydrolyzed collagen complex (chicken sternal cartilage) providing (typical): hydrolyzed collagen 60%	400 mg
l-proline (free-form)	500 mg
l-lysine HCl	500 mg
ascorbic acid	200 mg
silica (from bamboo (bambusa spp.) extract (stem))	15 mg
devil's claw (harpagophytum procumbens) extract (root) (standardized to contain 5% harpagosides))	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with 8–10 oz water, with meals.

Refrigerate after opening.

	quantity	order code	sug. retail price
Ligament Restore	240	LR2	$88.10
	120	LR1	51.70

Phyto-4

*Phyto-4 is a powerful combination of clinically researched botanicals including Perluxan® hops, Curcumin C3 Complex®, ginger and 5–LOXIN® AKBA Boswellia that maintain normal inflammatory responses by targeting immune mediators, eicosanoids and proteases.**

See page 84 for ingredients and pricing

See also

Cat's Claw page 82



Athletic Performance Brochure
Order Code: APB

Available online

CARDIOVASCULAR SUPPORT

Lipid + Triglyceride Support

CholestePure Plus

Liquid-filled Caplique® Capsule

**Phytosterol esters and flavonoid-rich Bergamonte™ for healthy cholesterol, triglyceride, and glucose metabolism*

Phytosterol esters

- Backed by over 30 years of research
- Compete with cholesterol for absorption in the body
- Supported by approved FDA health claims:

Supplements containing at least 0.5 g per serving of phyto-sterols eaten with meals or snacks for a daily total intake of 2 g as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of CholestePure Plus supplies 0.5 g of phytosterols.

Scientific evidence establishes that phytosterols in the diet help to lower blood total and LDL cholesterol levels.

Bergamonte™

- Provides unique citrus flavonoids that maintain healthy hepatic cholesterol metabolism.*
- In two clinical trials, Bergamonte™ maintained healthy cholesterol, triglyceride and plasma glucose levels in the normal range.*

CholestePure Plus provides soluble phytosterol esters and clinically studied Bergamonte™ extract for powerful support for healthy lipid metabolism and overall cardiometabolic health

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

four Caplique® Capsules contain V 00

phytosterol complex	850 mg
providing:	
total phytosterols	500 mg
Bergamonte™ Citrus bergamia	500 mg
risso polyphenolic extract (fruit) (standardized to contain 25% flavonoids)	

Contains soy

other ingredients: glycerin, water, vegetarian Caplique® Capsule (cellulose, water)

2 Caplique® Capsules twice daily, in divided doses, with meals.

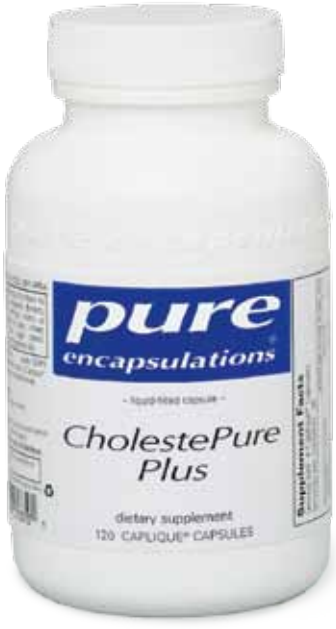
	quantity	order code	sug. retail price
CholestePure Plus	120	CHP1	$57.30



CholestePure Plus Brochure

Order Code: CHPB

Available online





*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.

CholestePure

**Supports cardiovascular and prostate health*

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, supporting healthy lipid metabolism. Traditional Western diets only provide about 200 mg phytosterols per day (based on beta-sitosterol content), an amount too low to exert this action. Recent health conscious trends involve the incorporation of phytosterol esters into margarines and salad dressings to help promote optimal daily intake. CholestePure is a broad spectrum balance of the most prized phytosterols, including beta-sitosterol, campesterol, stigmasterol, and brassicasterol. It is a convenient phytosterol source without the calories and fat from margarines, spreads, or salad dressings. Furthermore, beta-sitosterol promotes healthy prostate function. This was demonstrated in a 6-month randomized, placebo-controlled, double blind study involving 200 participants, and in a 6-month, multicentric, placebo-controlled double blind trial involving 177 subjects, both conducted in Germany.

Pure Encapsulations CholestePure is a high-purity phytosterol complex, supporting healthy lipid metabolism without the saturated fat, trans fatty acids or calories found in functional foods. Beta-sitosterol contained in this formula supports prostate health.

each vegetarian capsule contains V 00

phytosterol complex	500 mg
(including betasitosterol, campesterol, stigmasterol, brassicasterol and sitostanol) providing (typically):	
total phytosterols	450 mg
ascorbyl palmitate (fat-soluble vitamin C)	50 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
Contains soy

1–2 capsules with each meal, or as directed by your physician.

	quantity	order code	sug. retail price
CholestePure	180	CHO1	$34.60
	90	CHO9	19.00



Lipid Support Formula

**Phytosterol and polyphenol blend to support healthy lipid metabolism*

Over 30 randomized trials suggest that phytosterols provide statistically significant support for healthy lipid metabolism. Phytosterols maintain healthy lipid utilization in the intestines, enhance bile acid secretion, support liver receptor function and maintain healthy enzyme activity. Teaflavin® is a unique, patented green tea extract concentrated in theaflavins, generally found in small amounts in both black and green tea. Theaflavins are polyphenols with distinct health properties, including cardiovascular support. In a double blind, placebo-controlled, parallel-group trial involving 240 men and women, Teaflavin® green tea extract provided statistically significant support for healthy lipid metabolism. In a randomized, controlled, double blind, cross-over trial, olive fruit polyphenols, including hydroxytyrosol, promoted healthy lipid metabolism and provided powerful antioxidant protection. Recent trials suggest that grape seed and pomegranate support cardiovascular health and lipid metabolism, in part by maintaining vascular endothelial function, healthy blood flow and antioxidant defense. Studies reveal that pterostilbene, an antioxidant found in blueberries and the Pterocarpus marsupium tree, may promote healthy receptor activity to encourage healthy lipid, triglyceride and glucose metabolism. A recent animal study revealed that the citrus bioflavonoids hesperidin and naringin maintained healthy lipid metabolism during concurrent cholesterol feeding by supporting optimal plasma antioxidant activity.

Lipid Support Formula contains well-researched phytosterols and a powerful profile of specifically studied polyphenols to encourage healthy lipid metabolism through a number of mechanisms.

Teaflavin® is a licensed trademark of Nashai Biotech, LLC.

two vegetarian capsules contain V 0

phytosterols	400 mg
green tea (Camellia sinensis) extract (leaf) (standardized to contain 20% theaflavins)	200 mg
olive (Olea europaea l.) extract (fruit) providing:	75 mg
hydroxytyrosol 1%	0.75 mg
pomegranate (Punica granatum L.) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pterocarpus marsupium extract (tree) (standardized to contain 5% pterostilbene)	100 mg
hesperidin methyl chalcone	50 mg
naringin	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)
Contains soy

2 capsules taken 2 times daily, with meals.

	quantity	order code	sug. retail price
Lipid Support Formula	120	LSF1	$49.30

Guggul extract

**Promotes healthy lipid metabolism*

Guggul is an Ayurvedic extract sourced from the resin of the *Commiphora mukul* tree of India. Guggul contains guggulsterones, compounds that maintain healthy lipid metabolism. A 12-week open trial involving guggul supplementation in 205 subjects and a double blind, crossover trial with 125 volunteers receiving guggul suggested these effects. In another randomized, double blind study, guggul promoted healthy lipid ratios. In the same study, guggul provided lipid peroxide protection, revealing important antioxidant action for lipid support. Additional proposed mechanisms for the lipid metabolizing potential of guggul include supporting liver enzyme and cellular membrane function, promoting receptor function, enhancing bile acid excretion, and promoting thyroid function. In addition, guggulsterones may support platelet function and fibrinolytic activity, helping to maintain blood vessel health and cardiovascular support. Guggul also shows initial promise for supporting joint function and comfort.

Pure Encapsulations Guggul extract promotes healthy lipid metabolism, supports healthy platelet function, and may support joint health.

each vegetarian capsule contains V 00

guggul (commiphora mukul) extract (gum resin) (standardized to contain 2.5% guggulsterones) ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 25 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule with each meal, or as directed by a health professional.

	quantity	order code	sug. retail price
Guggul extract	270	GU2	$64.00
	90	GU9	36.60

See also
CholestePure Plus page 35

Pantethine/Policosanol

**Triglyceride and lipid metabolism support*

Pantethine is a variation of pantothenic acid that has demonstrated the potential to support lipid metabolism and to maintain healthy triglyceride levels. In a 16-week trial, pantethine supplementation supported healthy lipid balance in perimenopausal women. A 9-month study involving 16 subjects, a 3-month trial involving 12 male volunteers, and an 8-week, double blind investigation including 29 participants revealed the positive influence of pantethine on healthy triglyceride support. Policosanol is a well-tolerated mixture of long-chain aliphatic alcohols derived from sugar cane wax, promoting healthy lipid and triglyceride metabolism, platelet function, and antioxidant protection for cardiovascular health. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the safety and tolerability of policosanol.

The enhanced triglyceride support potential of pantethine is coupled with policosanol's lipid support properties to provide complementary support for promoting healthy cardiovascular function.

Pantesin® is a licensed trademark of Daiichi Fine Chemicals, Inc.

is a registered trademark of Garuda International, Inc.

each vegetarian capsule contains V 00

pantethine ..... 250 mg
policosanol (from sugar cane wax) ..... 10 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Pantethine/Policosanol	120	PP1	$96.60
	60	PP6	52.50

Pantethine

**Lipid metabolism support*

Pantethine is the active form of the B vitamin pantothenic acid and is a major component of coenzyme A, or CoA. In cells, CoA is essential for fatty acid transport and fatty acid metabolism. Several human studies demonstrate the ability of pantethine to maintain healthy utilization and metabolism of various lipids, promoting healthy cardiovascular function.

Pantethine supports healthy triglyceride and lipid metabolism.

Pantesin® is a licensed trademark of Daiichi Fine Chemicals, Inc.

each vegetarian capsule contains V 00

pantethine ..... 250 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Pantethine	120	PA1	$76.20
	60	PA6	41.60

Policosanol 20 mg

**Supports healthy lipid metabolism in some individuals*

Policosanol is a mixture of long-chain aliphatic alcohols that naturally occur in sugar cane. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the safety and tolerability of policosanol. The promising results of randomized, double blind, placebo-controlled trials, including comparative studies, suggest that policosanol supports cardiovascular health. Though the mechanism for cardiovascular support of this substance remains unclear, policosanol may act in part by providing antioxidant protection, promoting healthy platelet function, and supporting healthy lipid metabolism. At the highest dosage recommended by Pure Encapsulations, policosanol may support healthy triglyceride metabolism in some individuals.

Policosanol is a well-tolerated mixture of long-chain aliphatic alcohols derived from sugar cane wax, promoting healthy lipid metabolism, platelet function, and antioxidant protection for healthy cardiovascular function.

is a registered trademark of Garuda International, Inc.

each vegetarian capsule contains V 3

policosanol (from sugar cane wax) ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Policosanol 20 mg	120	PO21	$53.60
	60	PO26	30.50

Policosanol 10 mg

each vegetarian capsule contains V 3

policosanol (from sugar cane wax) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Policosanol 10 mg	120	PO11	$32.10
	60	PO16	18.30

*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.

Vascular Function

Cardio-C

**Maintains healthy C-reactive protein (CRP) balance and microvascular function*

PureWay-C® is a rapidly absorbed form of vitamin C with enhanced retention, prolonging biological activity and sustaining biochemical functions that are vitamin C-dependent. These include key cardiovascular and metabolic antioxidant and enzyme activities. PureWay-C® is manufactured using a completely novel, proprietary process that combines ascorbic acid with natural lipid metabolites from rice bran wax along with citrus bioflavonoids. The lipid metabolites are vital components of cell membranes and are pivotal in the regulation and control of normal cellular function. In PureWay-C®, the lipid metabolites act as an ascorbic acid carrier to increase intestinal absorption and vascular distribution of vitamin C. These enhanced cellular uptake kinetics allow ascorbic acid to enter cells more quickly and to be better retained in a safe and effective manner. PureWay-C® is directly associated with maintaining normal levels of C-reactive protein as well as providing lipid membrane antioxidant protection, as demonstrated in a human study. PhytoCardio proprietary blend provides powerful free radical scavenging fruit extracts from cranberry and blueberry for targeted lipid membrane antioxidant protection and arterial health. Extracts from cranberry and blueberry have also been shown to influence enzyme activity and gene expression and to maintain normal inflammation and microvascular endothelial function. Pomegranate extract standardized for punicosides offers the antioxidant and vascular benefits associated with pomegranate juice, including healthy lipid metabolism.

PureWay-C® is a trademark of Innovation Laboratories, Inc., and is used here under license. U.S. and International patents pending.

Cardio-C

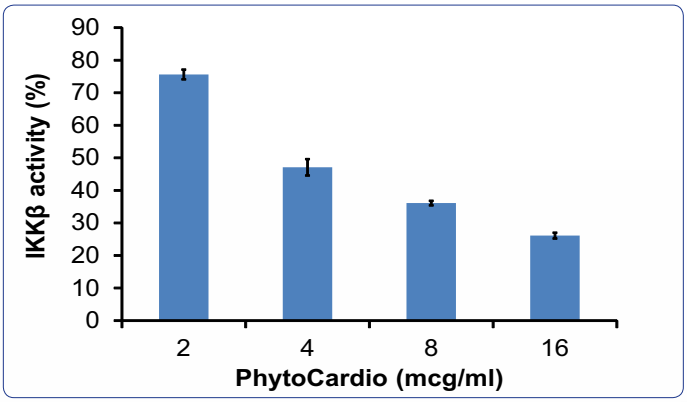
each vegetarian capsule contains V 0

vitamin C (as PureWay-C®)	270 mg
PhytoCardio proprietary blend	80 mg
providing wild blueberry (Vaccinium angustifolium) extract (fruit), cranberry (Vaccinium macrocarpon) extract (fruit)	
pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: maltodextrin, rice bran wax, citrus bioflavonoids, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-4 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Cardio-C	180	CARC1	$35.20



Nuclear factor kappa B (NFkB) is a major genomic regulator of vascular inflammation balance. In endothelial cells, NFkB induces the expression of genes encoding interleukins, cyclooxygenase-2 and collagen proteases. NFkB-mediated inflammatory gene expression is dependent upon activation by a kinase, IKK-beta. PhytoCardio is a proprietary phytochemical complex that maintains healthy activity of IKK-beta in vitro.*



Cardiokinase™ w/CoQ$_{10}$

**Advanced nattokinase and CoQ$_{10}$ complex for enhanced circulatory support*

Cardiokinase, like other nattokinases, is a fibrinolytic enzyme produced via fermentation of the Japanese food natto with ***Bacillus subtilis***. However, Cardiokinase™ is characterized by several distinctions:

- It is produced using a newly isolated strain of ***Bacillus subtilis***, strain "N", that has indicated the potential for higher activity compared to other strains
- It utilizes international units to measure nattokinase enzymatic activity
- It has the ability to support kinin production for healthy vascular dilation and a healthy inflammatory response*
- It may have over 10% greater lymphatic absorption and 20% greater effectiveness compared to other nattokinases*
- It has demonstrated quantitative support for healthy blood viscosity*

Cardiokinase™ w/CoQ$_{10}$ offers enhanced support for healthy cardiovascular and cerebrovascular circulation.

Kaneka QH™ is a trademark of Kaneka Corporation.

Cardiokinase™ is a trademark of Pure Prescriptions, Inc.

two vegetarian capsules contain 3

Cardiokinase™ (nattokinase strain N) (25 iu) (from non-GMO soy)	100 mg
coenzyme Q$_{10}$	60 mg
ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q$_{10}$)	40 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: cornstarch, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Take 1 capsule in the morning and 1 capsule in the evening, 1/2 hour before meals.

	quantity	order code	sug. retail price
Cardiokinase™ w/CoQ$_{10}$	60	CKQ6	$72.30

CV Forte

**Cardiovascular support formula*

This complementary combination of concentrated herbal extracts, minerals, and amino acids nutritionally supports cardiovascular health. The ingredients possess a broad range of effects, including support for cardiac circulation and output, oxygen utilization, and healthy platelet function.

CV Forte provides nutritional support for cardiovascular function.

each vegetarian capsule contains V 00

magnesium (as magnesium citrate)	50 mg
taurine	100 mg
hawthorn (crataegus oxyacantha) extract (flower and leaf) (standardized to contain 2% vitexins)	200 mg
ginger (zingiber officinale) extract (root) (standardized to contain 5% gingerols)	100 mg
motherwort (leonurus cardiaca) extract (herb)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	19 mg

other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals, or as directed by a health professional.

	quantity	order code	sug. retail price
CV Forte	120	CV1	$33.70

GarliActive

**High-allicin, odor-controlled, buffered garlic; specialized alkalizing matrix substitutes enteric coating*

GarliActive high-allicin garlic is grown and gently dehydrated in a patent pending proprietary process to preserve key compounds while eliminating characteristic garlic odor. GarliActive contains a natural alkalizing matrix consisting of calcium, magnesium and potassium to protect alliinase from degrading in the acidity of the stomach. Alliinase is the key enzyme required to convert alliin to allicin, the compound associated with the health benefits of garlic. With this specialized alkaline base, enteric coating is not needed and allicin yield is optimized. Preliminary information suggests that when placed in an acid environment, the ingredients of GarliActive effectively buffer pH. The acid repression is rapid, ultimately achieving a pH of 6.5-7.0 and delivering allicin to the stomach and small intestine without stomach upset or irritation. A recent study revealed that the bioavailability of this preparation was comparable to fresh garlic and was well tolerated.

GarliActive high-allicin, odor-controlled garlic optimizes allicin yield without the use of enteric coating or undesirable excipients, providing optimal support for immune and cardiovascular health.

Alkemy™ is a trademark of Alkemy Partners LLC.

Garlieze™ is a registered trademark of Scientific Food Solutions LLC.

each vegetarian capsule contains V 00

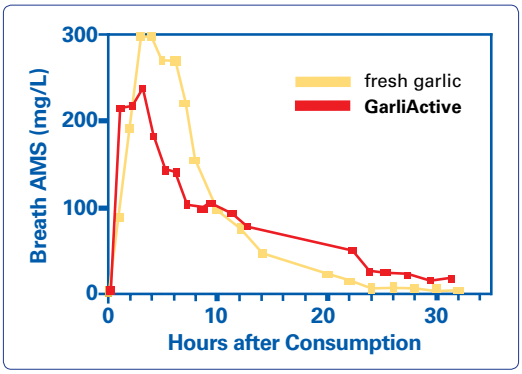
garlic (allium sativum L.) extract (bulb)	600 mg
(standardized to contain a minimum of 9,000 mcg/g allicin)	5 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: calcium carbonate, magnesium hydroxide, potassium hydroxide, gum acacia, guar gum, vegetarian capsule (cellulose, water)

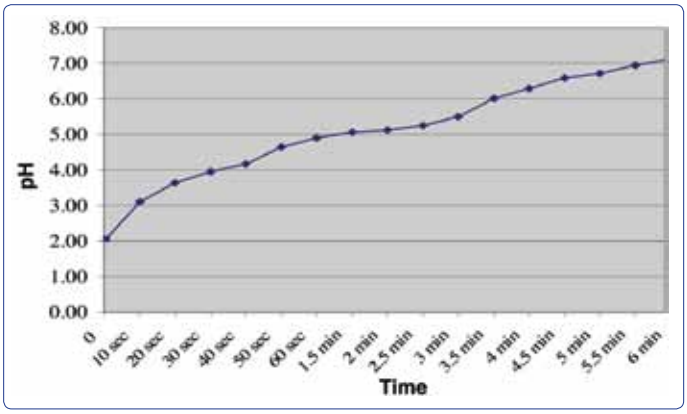
1 capsule daily, with a meal or between meals, with 8-12 oz water.

	quantity	order code	sug. retail price
GarliActive	120	GAA1	$31.20
	60	GAA6	18.40

GarliActive Bioavailability is Comparable to Fresh Garlic



GarliActive Buffering Effectiveness for Alliinase Protection



*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.

Hawthorn extract (Crataegus oxyacantha)

**Cardiovascular system support*

Hawthorn extract provides nutritional support for healthy cardiovascular function. This herbal formula improves coronary flow, preserves and protects heart tissue, and increases the strength of myocardial contractions.

Hawthorn offers a natural way to enhance and strengthen cardiovascular health.

each vegetarian capsule contains V 00

hawthorn (crataegus oxyacantha) extract (leaf) ..... 500 mg
(standardized to contain 2% vitexins)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Hawthorn extract	120	HA1	$27.10
	60	HA6	14.70

Homocysteine Factors

Now with Metafolin® L-5-MTHF

**Helps maintain normal homocysteine levels and cardiovascular health*

Clinical studies show that folate, vitamin B_{12}, and vitamin B_6 are vital in the metabolism of homocysteine. Vitamin B_{12} and folate (L-5-MTHF) are required by the enzyme that converts homocysteine back to methionine. Vitamin B_6 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 B_6, vitamin B_{12}, folate and betaine, a highly bioavailable combination of nutrients integral to supporting healthy homocysteine levels and cardiovascular health.

As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B_6 and vitamin B_{12} may reduce the risk of vascular disease.†

†FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

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

two vegetarian capsules contain V 0

folate (as Metafolin®, L-5-MTHF) ..... 800 mcg
vitamin B_{12} (as methylcobalamin) ..... 400 mcg
pyridoxal 5' phosphate (activated B_6) ..... 75 mg
trimethylglycine (anhydrous betaine) ..... 1,000 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

This formula requires refrigeration after opening.

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Homocysteine Factors	180	HO1	$46.60
	60	HO6	18.90

K/D liquid

**Maintains healthy arterial calcium metabolism*

The association between vitamin K_2, or menaquinone, and cardiovascular health continues to grow. Two recent studies involving almost 17,000 postmenopausal women suggest that increased vitamin K_2 intake, particularly of the longer chained menaquinones like menaquinone-7 (MK-7), promotes healthy vascular calcium balance and cardiovascular function. Vitamin K_1 did not have a similar effect. MK-7 is found naturally in the fermented soy product natto and has unique properties compared to other forms of vitamin K. In contrast to vitamin K_1 which concentrates in bone, MK-7 concentrates in vascular tissue. It also has a much longer half-life, allowing for sustained activity. MK-7 supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. As a result, it supports healthy arterial blood flow and vascular elasticity. 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 vitamins K and D provides synergistic support. Vitamin K supplementation may be contraindicated for those taking Coumadin/warfarin anticoagulant medication.

K/D liquid provides powerful support for arterial health and cardiovascular function.

MenaQ7 is a trademark of NattoPharma, Norway.

one ml (0.03 fl oz) provides V

vitamin D (as cholecalciferol)(D_3) ..... 1,000 iu
vitamin K (as vitamin K_2 (menaquinone-7)) ..... 50 mcg
Contains soy
other ingredients: sunflower oil, natural vanilla flavor, mixed tocopherols

1 ml daily, with a meal.

	quantity	order code	sug. retail price
K/D liquid	30 ml (1 fl oz)	CKDL3	$41.50

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.

NSK-SD™ is a highly purified fibrinolytic enzyme that has demonstrated encouraging potential for supporting endogenous fibrinolytic activity and promoting healthy blood flow, circulation, and blood vessel function. Pure Encapsulations NSK-SD™ is standardized to contain a minimum of 20,000 FU (fibrinolytic units) per gram.

NSK-SD™ is a registered trademark of Japan Bio Science Laboratories.

each vegetarian capsule contains V 2

nattokinase (2000 FU) (soy) ..... 100 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule 2 times daily, 12 hours apart, with or between meals.

	quantity	order code	sug. retail price
NSK-SD™ 100 mg	120	NS11	$110.70
	60	NS16	58.80

NSK-SD™ (Nattokinase) 50 mg

each vegetarian capsule contains v 3

nattokinase (1000 FU) (soy) ..... 50 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules 2 times daily, 12 hours apart, with or between meals.

	quantity	order code	sug. retail price
NSK-SD™ 50 mg	120	NS1	$63.20
	60	NS6	34.10

See also
CoQ_{10} pages 46–49
ESSENTIAL FATTY ACIDS pages 67–73
Ginger extract page 83
Grape Pip page 23
Pycnogenol page 25
Resveratrol EXTRA page 28
Resveratrol page 28
RiboCarnitine-Q_{10} page 41
Taurine page 21

RiboCarnitine-Q_{10}

**Synergistic support for muscle function and overall cardiovascular health*

Exercise Support: Propionyl-l-carnitine, acetyl-l-carnitine and l-carnitine fumarate

- Patented synergistic combination for facilitating the adaptation of skeletal muscle in individuals undergoing strenuous exercise*
- Patented synergistic combination for lessening muscle fatigue in individuals, regardless of degree of physical activity*
- Fuels the Krebs cycle at the acetyl CoA level (acetyl-l-carnitine) and the succinyl-CoA level (propionyl-l-carnitine)*
- Provides direct support for the transport and oxidation of fatty acids into the mitochondria (l-carnitine fumarate), providing an important source of muscular energy*

Cardiovascular Support: Propionyl-l-carnitine and CoQ_{10}

- Patented synergistic combination for vascular and lipid support properties*
- Provides specific vascular support by promoting healthy peripheral circulation in addition to fatty acid oxidation and ATP synthesis*
- Provides a greater affinity for cardiac and skeletal muscles with propionyl-l-carnitine while enhancing mitochondrial function, energy production, and vascular health with the metabolic activities of CoQ_{10}*

Enhanced Support: d-Ribose

- Backed by over 150 studies indicating the potential to increase adenosine triphosphate (ATP) levels, providing energy for healthy skeletal muscle*
- Provides support for healthy diastolic cardiac function*

GlycoCarn® is a registered trademark of Sigma-Tau HealthScience and is manufactured under U.S. Patent 6,703,042 and European Patent 1,202,956. The combination of GlycoCarn® GPLC and CoQ_{10} is patented by Sigma-Tau Industries under U.S. Patent 6,814,972. The combination of GlycoCarn® GPLC, l-carnitine and acetyl-l-carnitine is patented under U.S. Patent 6,245, 378.

Use of d-ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 4,605,644; 4,719, 201.

three vegetarian capsules contain v 00

d-ribose ..... 1,000 mg
l-carnitine (free-form) (from l-carnitine fumarate) ..... 250 mg
GlycoCarn® GPLC (glycine propionyl-l-carnitine HCl) ..... 150 mg
acetyl-l-carnitine (from acetyl-l-carnitine HCl) ..... 125 mg
coenzyme Q_{10} ..... 50 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 60 mg
other ingredients: hypo-allergenic plant fiber (cellulose), silica, vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
RiboCarnitine-Q_{10}	180	RCQ1	$70.10

Vascular Relax BP

**Supports healthy vascular relaxation and circulatory function for heart health*

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 Nutraceuticals and Functional Foods (INAF) and Laval University in Quebec, Canada. In addition to being powerful antioxidants, 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.*

Vascular Relax BP is a powerful combination for vascular smooth muscle relaxation, endothelial function, and overall circulatory health.

MegaNatural®-BP and its logo are trademarks of Constellation Wines U.S., Inc.

four vegetarian capsules contain v 0

magnesium (as magnesium citrate) ..... 200 mg
hawthorn (crataegus oxyacantha) extract (flower and leaf) ..... 500 mg
(standardized to contain 2% vitexins)
olive leaf (olea europea l.) extract ..... 100 mg
(standardized to contain min 15% oleuropein)
MegaNatural®-BP grape (vitis vinifera) extract (seed) ..... 150 mg
pomegranate (punica granatum) extract (whole fruit) ..... 50 mg
(standardized to contain 40% punicosides)
lycopene ..... 15 mg
CranLoad™ proprietary blend ..... 130 mg
providing cranberry (vaccinium macrocarpon)
extract (fruit) and grape (Vitis vinifera) extract (seed)
ascorbyl palmitate (fat-soluble vitamin C) ..... 40 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Vascular Relax BP	120	VR21	$55.80



*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.

CHILDREN

Key Features of Our Children's Line Include:

- ✓ Physician-Formulated
- ✓ Select Products for Ages 1 and up
- ✓ Naturally Flavored; No Added Sugar or Fructose
- ✓ Free of Artificial Preservatives, Sweeteners and Colors
- ✓ 3rd Party Tested for Purity and Potency



Meet Dr. Morris†

Pure Encapsulations has teamed with Steven Morris, ND and member of the American Herbalist Guild (AHG), to enhance our line of children's products. Dr. Morris offers more than 20 years of practice experience devoted to children's optimum health. He graduated from Bastyr University in 1986 where he was one of the last students to be taught by Dr. Bastyr himself. He has also served as adjunct professor of Ethnobotany at Bastyr and went on to become Master Herbalist through the American Herbalists Guild. Dr. Morris currently practices at Mukilteo Natural Health Clinic in Washington state.

PureDefense chewables *IMPROVED FLAVOR*

Chewable Tablet

- For children ages 2 and up
- First-line immune defense for children*
- Features EpiCor® ***Saccharomyces cerevisiae*** fermentate, elderberry, and Ester-C®, a non-acidic enhanced retention vitamin C
- Supports natural killer cells, secretory IgA, and B cell and T cell function*
- Naturally flavored and sweetened

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

Ester-C® Ester-C® and the Ester-C® logo are registered trademarks of The Ester C Company. This product may be covered by one or more of the following U.S. patents: 4,822,816; 5,070,085; 6,878,744 and corresponding foreign patents. Other U.S. and foreign patents pending.

two chewable tablets contain V

vitamin C (from Ester-C® calcium ascorbate blend)	100 mg
calcium (from Ester-C® calcium ascorbate blend)	11 mg
EpiCor® dried yeast fermentate complex (from Saccharomyces cerevisiae)	125 mg
European elder (elderberry) (sambucus nigra) extract (fruit)	100 mg

other ingredients: xylitol, Ester-C® calcium ascorbate blend, cellulose, silica, magnesium silicate, natural cherry flavor, luo han guo (momordica grosvenorii) extract (fruit)

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

	quantity	order code	sug. retail price
PureDefense chewables	120	PDK1	$32.70



PurePals

IMPROVED CHEWABLE TABLET

- 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
- Does not contain gluten, nuts, dairy, wheat, egg or soy



two chewable tablets contain V

calories	6
total carbohydrate	2 g
sugars	0 g
xylitol	2 g
vitamin A (29% as vitamin palmitate and 71% beta carotene)	3,500 iu
vitamin C (as ascorbic acid, calcium ascorbate, and magnesium ascorbate)	250 mg
vitamin D (as cholecalciferol)(D_3)	400 iu
vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	30 iu
thiamin (as thiamin HCl)(B_1)	3 mg
riboflavin (vitamin B_2)	1.7 mg
niacin (as niacinamide)	14 mg
vitamin B_6 (as pyridoxine HCl)	2 mg
folic acid	400 mcg
vitamin B_{12} (as methylcobalamin)	6 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate)(B_5)	12 mg
calcium (as calcium citrate and as calcium ascorbate)	100 mg
iodine (from kelp)	15 mcg
magnesium (as magnesium aspartate and magnesium ascorbate)	40 mg
zinc (as zinc aspartate)	2 mg
selenium (as selenium amino acid chelate)	40 mcg
copper (as copper amino acid chelate)	0.2 mg
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 krebs cycle chelate)	3 mcg
choline bitartrate	40 mg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: xylitol, natural cherry flavor, vegetable oil esters, malic acid, red beet juice, silica, lo han (momordica grosvenori) extract (fruit)

Ages 2 to 3, take 1 tablet daily, with a meal.
Ages 4 and up, take 2 tablets daily, with meals.

	quantity	order code	sug. retail price
PurePals (natural cherry flavor)	90	PUBC9	$23.30

PurePals (with iron)

With 10mg 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 the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

V

	quantity	order code	sug. retail price
PurePals (with iron) (natural cherry flavor)	90	PUBI9	$24.50

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 3 mg lutein and 500 mcg zeaxanthin*

✓ Choline and inositol for healthy cognitive function*

four vegetarian capsules contain V 2

vitamin A (as vitamin A acetate and 75% beta carotene)	5,000 iu
vitamin C (as ascorbic acid)	275 mg
vitamin D (as cholecalciferol) (D_3)	800 iu
vitamin E (as d-alpha tocopherol succinate)	70 iu
vitamin K (as vitamin K_1)	90 mcg
thiamin (as thiamin HCl) (B_1)	3 mg
riboflavin (vitamin B_2)	1.7 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl)	2.5 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	200 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 mg
calcium (as DimaCal® di-calcium malate)	85 mg
iodine (as potassium iodide)	150 mcg
magnesium (as di-magnesium malate)	85 mg
zinc (as zinc citrate)	15 mg
selenium (as selenomethionine)	70 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	120 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
riboflavin 5′ phosphate (activated B_2)	1.7 mg
pyridoxal 5′ phosphate (activated B_6)	2.5 mg
choline bitartrate	50 mg
inositol	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg
mixed carotenoids	493 mcg
MacularSynergy Complex	
lutein	3 mg
zeaxanthin	500 mcg

other ingredients: vegetarian capsule (cellulose, water)

Consult a physician for children under the age of 4.
Ages 4 to 13, take 2 capules daily, with a meal.
Ages 14 and up, take 4 capsules daily, with meals.

	quantity	order code	sug. retail price
Junior Nutrients	120	JUN1	$20.00

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

DimaCal® is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

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

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

†Dr. Morris has been retained as a consultant in advising Pure Encasulations on the developement of some of its children's formulas. He is compensated for this service.

*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.

DHA Enhance

- For children ages 4 and up
- Natural lemon flavor
- Ultra-pure molecularly distilled fish oil
- Capsules may be chewed or swallowed
- Provides a 2:1 ratio of DHA to EPA for healthy cognitive function*

each softgel capsule contains 10 sg

calories	5
calories from fat	5
total fat	0.5 g
fish oil concentrate (from anchovies, herring, sardines, cod, salmon, tuna)	600 mg
providing (typical):	
DHA (docosahexaenoic acid)	100 mg
EPA (eicosapentaenoic acid)	50 mg

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

Ages 4 and up, take 1–4 capsules daily, in divided doses, with or between meals. Capsules may be chewed or swallowed. Chewed capsules can be swallowed or expelled.

	quantity	order code	sug. retail price
DHA Enhance	180	DHE1	$40.10
	90	DHE9	23.00

DHA liquid

**Vegetarian DHA liquid for children and adults*

life's DHA™ is a trademark of Martek Biosciences Corporation.

one ml (0.03 fl oz) provides V

calories	10
calories from fat	10
total fat	1 g
DHA (docosahexaenoic acid)	280 mg

other ingredients: natural fruit and vanilla flavors, mixed tocopherols, sunflower lecithin, proprietary antioxidant blend

serving size: 1 ml (0.03 fl oz)

servings per container: 30

1/2–1 dropper daily, with a meal.

	quantity	order code	sug. retail price
DHA liquid	30 ml (1 fl oz)	DHAL	$49.40

See also
EPA/DHA liquid page 70
Gluten/Dairy Digest page 66

PureSpectrum Brochure

A Targeted Guide for Children's Health:
- Optimal Daily Wellness*
- Immune and G.I. Function*
- Healthy Digestion*
- Relaxation and Cognitive Health*

Order code: PSB

Available online and in print at no charge.



Omega minigels NEW Ideal for Children

**Great-tasting, triglyceride-form DHA/EPA mini softgels*

- Unique triglyceride-form DHA/EPA oil concentrate sourced from calamari
- Highly sustainable source of omega-3 essential fatty acids
  - Eco-friendly fishing methods allow for virtually zero by-catch, and no impact on the ocean floor or coral reefs
- Offers omega-3 essential fatty acids EPA and DHA to support healthy cellular membrane function, cognitive and neuronal health, mood and emotional well-being, and healthy skin*

Omega minigels offer ultra-pure calamari oil concentrate providing triglyceride-form DHA and EPA omega-3 essential fatty acids in a convenient, chewable, flavored capsule.

CALAMARINE® FRIEND OF THE SEA

three softgel capsules contain 3 sg

vitamin E (as mixed tocopherols)	3 iu
calamari oil concentrate	435 mg
providing:	
EPA (eicosapentaenoic acid)	30 mg
DHA (docosahexaenoic acid)	150 mg

other ingredients: natural fruit flavor, natural mixed tocopherols, gelatin capsule (gelatin, glycerin, purified water)

Ages 4 and up, take 3-6 capsules daily, with a meal. Capsules may be chewed or swallowed. Chewed capsules can be swallowed or expelled.

	quantity	order code	sug. retail price
Omega minigels	180	OM1	$24.90

Cognitive & Calming

- Ages 4 and up
- For daily use
- Provides phosphatidylcholine essential for cell signaling, cellular nutrient transport, neural function and memory; also has the potential to moderate occasional stress*
- Contains lemon balm, used traditionally for its relaxing effects*
- Includes l-theanine and tyrosine to help promote relaxation, emotional well-being and mental function*
- *Ginkgo biloba* enhances the flow of oxygen and blood to the brain and supports transmission of nerve impulses*

each vegetarian capsule contains V 2

lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	40 mg
soy lecithin (standardized to contain 20% phosphatidylcholine)	60 mg
l-theanine	20 mg
l-tyrosine (free-form)	50 mg
ginkgo (ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	20 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	10 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: vegetarian capsule (cellulose, water)

Ages 4 to 11, take 1 capsule daily, with or between meals.

Ages 12 and up, take 2 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Cognitive & Calming	120	CAC1	$22.90
	60	CAC6	12.80

LiquiNutrients
(natural mango/orange flavor)

**Liquid multivitamin/mineral complex enhanced with fruit and vegetables*

Indications:

✓ For adults and children over 4 years

Vitamin/Mineral Distinctions:

✓ Activated vitamins and chelated minerals for optimal absorption

Special Features:

✓ Enhanced with natural beta carotene, lutein, cranberry, tomato and carrot for powerful antioxidant protection*

✓ Naturally flavored and sweetened

two tsp (10 ml/0.35 fl oz) provides V

calories	15
total carbohydrate	4 g
ascorbic acid	100 mg
calcium (lactate gluconate)	40 mg
vitamin D_3	800 iu
vitamin E (d-alpha tocopheryl acetate)	30 iu
thiamine HCl (B_1)	7.5 mg
riboflavin 5′ phosphate (B_2)	4 mg
niacinamide (B_3)	25 mg
inositol hexaniacinate	25 mg
pyridoxine HCl (B_6)	5 mg
folic acid	400 mcg
vitamin B_{12} (formulated with methylcobalamin)	30 mcg
biotin	400 mcg
pantothenic acid (calcium pantothenate) (B_5)	25 mg
iodine (potassium iodide)	75 mcg
magnesium (gluconate)	20 mg
zinc (gluconate)	15 mg
manganese (aspartate)	1 mg
chromium (picolinate)	200 mcg
molybdenum (aspartate)	75 mcg
boron (glycinate)	700 mcg
beta carotene	1,000 iu
lutein	3 mg
carrot juice concentrate	25 mg
tomato juice concentrate	50 mg
cranberry juice concentrate	50 mg
stevia	100 mg

other ingredients: purified water, natural vegetable glycerin, licorice root extract, natural mango and orange flavors, malic acid, xanthan gum, potassium sorbate, purified stevia extract, maltodextrin, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

This formula requires refrigeration after opening. Shake well.

Adults: 2 teaspoons daily, with meals.
Children ages 4 and up: 1/2-1 teaspoon daily, with meals.

	quantity	order code	sug. retail price
LiquiNutrients (natural mango/orange flavor)	230 ml (8 fl oz)	LQN2	$44.80

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

Immune Support Liquid

**Great-tasting immune support complex in liquid form for adults and children*

Elderberry and lemon balm extracts offer immune enhancing anthocyanins, flavonoids and polyphenols while polysaccharides from arabinogalactan and aloe provide complementary support for immune cell function and healthy immune mediator activity. Hesperidin plays the important role of maintaining healthy histamine release while zinc and beta-carotene serve as the nutritional foundation for supporting healthy immune system function.

Immune Support Liquid provides broad-spectrum immune support for adults and children and is free of artificial flavors and sweeteners.

one teaspoon (5 ml/0.18 fl oz) contains V

vitamin A (as beta carotene)	2,500 iu
zinc (as zinc gluconate)	3 mg
hesperidin methyl chalcone	30 mg
European elder (elderberry) (sambucus nigra) extract (fruit)	150 mg
arabinogalactan	75 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	50 mg
aloe vera (aloe barbadensis) extract (inner fillet) (standardized to contain 10% polysaccharides)	10 mg
stevia	37 mg

other ingredients: purified water, natural glycerin, natural grape flavor, citric acid, xanthan gum, potassium sorbate

Ages 4 to 8, 1/2 tsp daily, with a meal. Can be mixed with juice.
Ages 8 to 18, 1 tsp daily, with a meal.
Ages 18 and up, 1–2 tsp daily, in divided doses, with meals.

Refrigerate after opening.

	quantity	order code	sug. retail price
Immune Support Liquid	120 ml (4 fl oz)	ISL	$32.70

Probiotic 123

DAIRY AND SOY-FREE

- For children ages 1 and up
- For daily use
- Dairy and soy-free blend of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* (formerly known as *Bifidobacterium infantis*)
- Providing 2.25 billion CFU per serving
- Supports the mucosal lining of the G.I. tract and healthy G.I. barrier function*
- Maintains healthy immune system function*
- Supports healthy yeast balance*
- Promotes intestinal comfort and moderates occasional diarrhea*

each scoop (0.5 grams) contains V

probiotic blend providing:	2.25 billion CFU
Lactobacillus acidophilus (La-14)	
Bifidobacterium bifidum (Bb-06)	
Bifidobacterium lactis (Bl-04)	

other ingredients: rice starch

Ages 1 to 3, take 1/2 scoop daily.
Ages 4 and up, take 1 scoop daily, or as directed by a health professional.
Mix with applesauce or yogurt.

This formula requires refrigeration to maintain culture viability.

	quantity	order code	sug. retail price
Probiotic 123	80 g	PRO8	$14.40

*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.

CoQ_{10}

Our CoQ_{10} Quality Commitment

Natural vs. Synthetic

Natural trans-isomer CoQ_{10} is produced by microbial fermentation. The trans-isomer is the form naturally produced in the human body and provides optimal bioactivity.

Synthetic CoQ_{10} is produced when the compound solanesol is extracted from tobacco leaf. The synthetic processing of this compound produces both cis and trans isomers. The cis isomer is an undesirable molecule as it does not occur naturally and is considered an impurity.

All of our CoQ_{10} powders, liquids, and softgels contain 100% natural, fermented Japanese material and are third party tested.

CoQ_{10} 500 mg

Natural, fermented Japanese trans-isomer CoQ_{10}

each vegetarian capsule contains V 00

coenzyme Q_{10} ..... 500 mg
other ingredients: vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
CoQ_{10} 500 mg	60	CQ56	$172.80

CoQ_{10} 250 mg

each vegetarian capsule contains V 0

coenzyme Q_{10} ..... 250 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
CoQ_{10} 250 mg	60	CQ26	$110.30



CoQ_{10} 120 mg

each vegetarian capsule contains V 0

coenzyme Q_{10} ..... 120 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
CoQ_{10} 120 mg	120	CQ11	$96.60
	60	CQ16	55.20
	30	CQ13	32.60

CoQ_{10} 60 mg

each vegetarian capsule contains V 3

coenzyme Q_{10} ..... 60 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
CoQ_{10} 60 mg	250	CQ62	$106.60
	120	CQ61	58.80
	60	CQ66	33.60

CoQ_{10} 30 mg

each vegetarian capsule contains V 3

coenzyme Q_{10} ..... 30 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
CoQ_{10} 30 mg	120	CQ31	$33.10

CoQ_{10} l-Carnitine fumarate

Natural, fermented Japanese trans-isomer CoQ_{10}

- 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*

The combination of l-Carnitine and CoQ_{10} is produced under a non-exclusive license from SIGMA-TAU/BIOSINT, U.S. patent number 4,599,232.

each vegetarian capsule contains V 00

l-carnitine (free-form) ..... 340 mg
(from l-carnitine fumarate)
coenzyme Q_{10} ..... 60 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
CoQ_{10} l-Carnitine fumarate	120	CQF1	$82.60

Q-Gel® 100 (Hydrosoluble™ CoQ_{10})

Solubilized natural, fermented Japanese trans-isomer CoQ_{10}, with vitamin E to enhance solubility

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.

each softgel capsule contains 22 sg

vitamin E (as d-alpha tocopheryl acetate) ..... 150 iu
coenzyme Q_{10} ..... 100 mg
Contains soy
other ingredients: gelatin, glycerin, sorbitol, purified water, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Q-Gel® 100 (Hydrosoluble™ CoQ_{10})	60	QG16	$104.60

Q-Gel® 60 (Hydrosoluble™ CoQ_{10})

each softgel capsule contains 16 sg

vitamin E (as d-alpha tocopheryl acetate) ..... 150 iu
coenzyme Q_{10} ..... 60 mg
Contains soy
other ingredients: gelatin, glycerin, sorbitol, purified water, titanium dioxide, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, soy lecithin, triacetin, medium chain triglycerides)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Q-Gel® 60 (Hydrosoluble™ CoQ_{10})	60	QG66	$68.10

SR-CoQ_{10} with PQQ

Providing 24 hour sustained release MicroActive® CoQ_{10} with BioPQQ™

**Supports mitochondrial, cognitive and cardiovascular health*

BioPQQ™ is a trademark of MGC (Japan)

two vegetarian capsules contain V 0

coenzyme Q_{10} (from MicroActive® Q_{10}-cyclodextrin complex) ..... 100 mg
BioPQQ™ pyrroloquinoline quinone disodium salt ..... 20 mg
other ingredients: potato starch, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, in the morning, with a meal.

	quantity	order code	sug. retail price
SR-CoQ_{10} with PQQ	60	CQP6	$64.00



What is PQQ?

- PQQ (pyrroloquinoline quinone) is a novel cofactor with antioxidant and B vitamin-like activity*
- PQQ is a unique neuroprotectant and cardioprotectant*
- PQQ is naturally present in vegetables and in the human body, including breast milk*
- BioPQQ™ is manufactured in Japan using a patented natural fermentation process*

What are the benefits of PQQ?

- PQQ promotes cardiovascular health by supporting heart muscle function, cellular oxygen utilization and protecting cell membranes from oxidative stress*
- PQQ maintains neural health by supporting nerve growth factor (NGF), neuronal receptor activity and molecular signals that promote mitochondrial function*
- Recent studies show that PQQ supports mental processing*

What are the features of SR-CoQ_{10}?

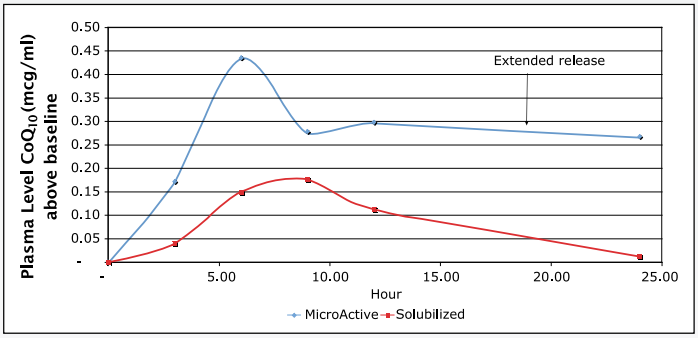
- A water-soluble, nanosized CoQ_{10} generated using a patented process
- Clinically studied to show superior absorption compared to solubilized and crystalline CoQ_{10}, with low inter-subject variance
- 24-hour sustained release prolongs plasma CoQ_{10} levels and allows for convenient once-daily dosing
- Provides cardiovascular, cognitive and antioxidant support to complement the activity of PQQ*

SR-CoQ_{10} with PQQ: A powerful combination for cardiac, neural and cognitive health

PQQ and CoQ_{10} promote antioxidant and mitochondrial health through different mechanisms, providing multifunctional support for cardiovascular health and neuroprotection. 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.*

Pure Encapsulations: A PQQ Pioneer

PQQ was first discovered in 1979. Since its discovery, scientists have discovered the many facets of cardioprotection and neuroprotection afforded by PQQ. In 1987, Japanese-based Mitsubishi initiated production of PQQ in limited quantities for research purposes. The launch of BioPQQ™ is a milestone after decades of research and effort to commercialize PQQ.



SR-CoQ_{10} absorption in human volunteers. Comparison of the mean plasma CoQ_{10} concentrations after a single oral dose of either SR-CoQ_{10} or solubilized softgel CoQ_{10}.

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

Ubiquinol-QH 200 mg

Ubiquinol is the active antioxidant form of CoQ_{10}. 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 individuals who appear not to respond to regular CoQ_{10} supplementation (possibly due to poor conversion of CoQ_{10} to ubiquinol in the body). In a preliminary case report involving an open clinical evaluation using ubiquinol, a U.S. cardiologist reports that plasma CoQ_{10} levels doubled for one 52 year-old woman after supplementation with 300 mg ubiquinol in divided doses for one month. It was also noted that ubiquinol supported a healthy ratio of CoQ_{10} to lipids. In a separate case, a 65 year-old male not responding to CoQ_{10} supplementation experienced a 4-fold increase in plasma CoQ_{10} after CoQ_{10} with the same dose of ubiquinol. In addition, ubiquinol supported 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 reported.

Kaneka QH™ is a trademark of Kaneka Corporation.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

each softgel capsule contains 16 sg

ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10}) .....200 mg
Contains soy
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, annatto extract.

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

	quantity	order code	sug. retail price
Ubiquinol-QH 200 mg	60	UQ26	$124.00

Ubiquinol-QH 100 mg

each softgel capsule contains 14 sg

ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10}) .....100 mg
Contains soy
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, annatto extract.

1–2 capsules daily with meals.

	quantity	order code	sug. retail price
Ubiquinol-QH 100 mg	60	UQ16	$69.50

Ubiquinol-QH 50 mg

each softgel capsule contains 10 sg

ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10}) .....50 mg
Contains soy
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, annatto extract.

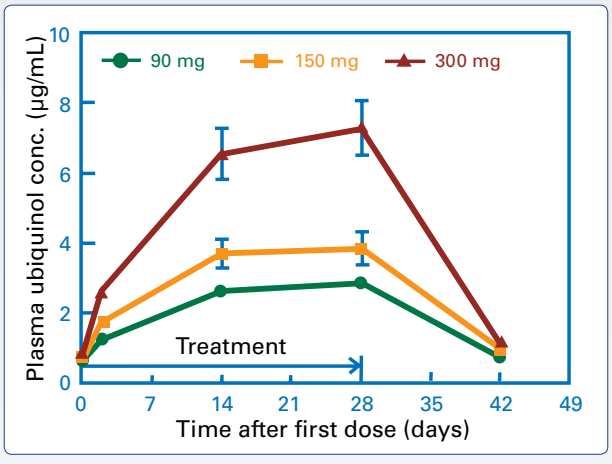
1–2 capsules daily with meals.

	quantity	order code	sug. retail price
Ubiquinol-QH 50 mg	60	UQ56	$44.40

The Facts About KanekaQH™ (Ubiquinol)

- Developed after 10 years of research by Kaneka Corporation, leading manufacturer of CoQ_{10}
- Considered the strongest lipid soluble antioxidant biosynthesized by the body
- Contains two additional hydrogen atoms compared to ubiquinone (the oxidized form of CoQ_{10}), making it the reduced and active antioxidant form of CoQ_{10}
- Young healthy individuals efficiently convert ubiquinone to ubiquinol in the body, but middle-aged individuals (over 40 to 45) or those experiencing increased oxidative stress do not efficiently convert ubiquinone to ubiquinol
- In healthy volunteers, one 4-week trial indicated an 11-fold increase in serum levels over baseline
- Reports from a U.S. Cardiologist indicate a 2-fold increase in serum levels for a 52 year old woman and a 4-fold increase in serum levels for a 65 year old male

4-Week Multiple Dose Kaneka QH™ Study



Morning trough concentrations of ubiquinol in plasma during 4-week multiple oral administration of ubiquinol and 2 weeks after completion of the treatment in healthy volunteers. Each point represents the mean +/-SEM of 20 subjects (90 mg and 150 mg) or 19 subjects (300 mg).

See also
Cardiokinase™ w/CoQ_{10} page 39
EPA/DHA-CoQ_{10} page 67
EPA/DHA-CoQ_{10} liquid page 70
RiboCarnitine-Q_{10} page 41

CoQ_{10} Brochure

CoQ_{10}: The Metabolic Antioxidant

Order Code: COQB

Provides detailed information on our CoQ_{10} products and suggestions for use.

Available online or in print at no charge.



Enhanced Absorption Patented VESIsorb® Delivery System

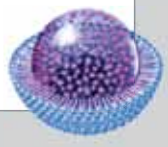
- Developed by Vesifact, a Switzerland-based company dedicated to innovative technology and research
- Patented, lipid-based delivery system increases bioavailability of a bioactive that is fat soluble or that has poor water solubility*
- Self-assembling colloidal system forms evenly dispersed fluid droplets upon contact with water in the G.I. tract, each with a mean diameter of less than 100 nanometers and with the bioactive at its core
- Nanosized water-soluble droplets or micelles allow the bioactive to cross the water layer of the G.I. tract for absorption
- Provides extended release of the bioactive over time

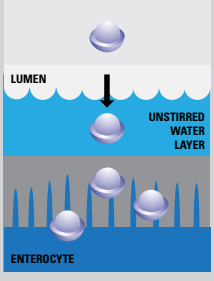
The VESIsorb® technology is broken down into three steps:

Step 1
Formation of the colloidal delivery system

Step 2
Diffusion across the unstirred water layer

Step 3
Transfer to the absorptive surface of the GI epithelium





Ubiquinol VESIsorb®

Liquid-filled Caplique® Capsule

**Self-assembling nano-colloid system for enhanced ubiquinol absorption*

- A human pilot study compared a typical ubiquinol preparation to ubiquinol in the VESIsorb® delivery system and demonstrated a 696% increase in peak blood levels and a 485% increase in relative bioavailability*
- A cross-over, pharmacokinetic pilot study (single oral dose) in humans compared an oil-based CoQ_{10} preparation to CoQ_{10} in the VESIsorb® delivery system and demonstrated a 308% increase in peak blood levels (C_{max}) and a 622% increase in area under the curve ($AUC_{(0\text{-}10\ hr)}$), a measure of 10-hour bioavailability*
- In the same study, $AUC_{(0\text{-}10\ hr)}$ values were 285% and 499% greater with VESIsorb® CoQ_{10} compared to two other solubilized, bio-enhanced preparations*
- Ubiquinol is the active antioxidant form of CoQ_{10}, the preferred form for individuals over 40 or those experiencing increased oxidative stress*

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

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

Kaneka QH™ is a trademark of Kaneka Corporation.

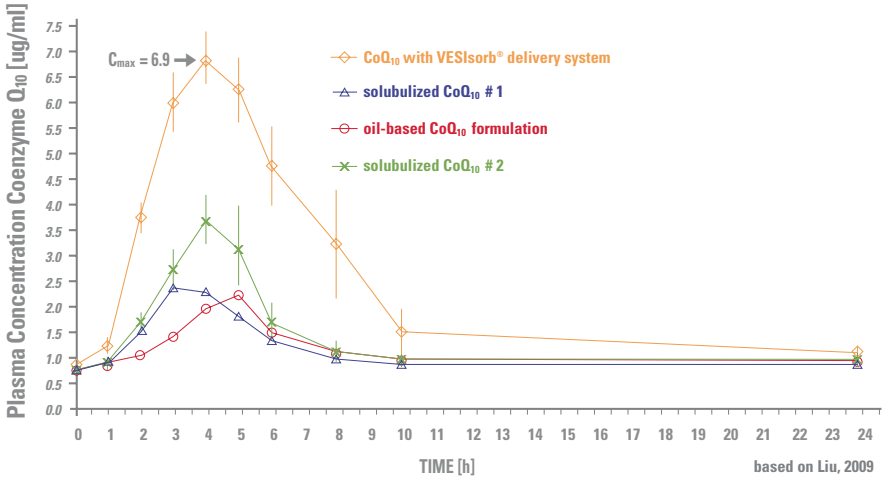
each Caplique® Capsule contains 0

ubiquinol® (Kaneka QH™ active antioxidant form of CoQ_{10}) ..... 100 mg
vitamin E (as d-alpha tocopheryl acetate) ..... 10 iu
other ingredients: medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, gelatin Caplique® Capsule (gelatin, glycerin, water, titanium dioxide)

1-2 Caplique® Capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Ubiquinol VESIsorb®	60	UQV6	$85.30

PHARMACOKINETIC PROFILE



Differences in Bioavailability of Different Ubiquinone Formulations

CoQ_{10} with the VESIsorb® delivery system demonstrated a 308% increase in peak plasma levels (C_{max} = 6.9) compared to an oil-based preparation (C_{max} = 2.2). C_{max} of VESIsorb® CoQ_{10} also exceeded values for two solubilized formulations (C_{max} = 2.4 and 3.7).

*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.

DETOX FORMULAS

Calcium-d-Glucarate™

**Supports detoxification, healthy cells, and lipid metabolism*

Researchers at the 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 powerful nutrient with the potential to support healthy detoxification and cellular function. In the liver, toxic compounds are bound to glucuronic acids so that they can be eliminated in a safe form from the body in a cleansing process known as glucuronidation. Beta-glucuronidase is a naturally-occurring enzyme found in various organs and cells, which can cleave apart these neutral compounds. d-Glucarate has been shown to help target beta-glucuronidase enzyme activity, supporting the process by which healthy cells eliminate waste and foreign elements. It also helps to maintain healthy cell structure and function. Other studies suggest the promising role of d-glucarate in supporting healthy lipid metabolism.

Pure Encapsulations patented Calcium-d-Glucarate™ nutritionally supports the body's natural ability to detoxify endogenous and environmental compounds and to promote cellular health for tissues including the liver, prostate, lung, breast and colon.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC and protected by U.S. Patent 4,845,123.

each vegetarian capsule contains V 0

calcium-d-glucarate ..... 500 mg

other ingredients: vegetarian capsule (cellulose, water)

1–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Calcium-d-Glucarate™	120	CG1	$100.90
	60	CG6	55.30

DIM Detox

**Powerful support for detoxification 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.

DIM Detox promotes healthy cell cycle function and hormone metabolism to support liver detoxification and cellular health.

HMRlignan™ is a trademark of Linnea Inc.

BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder. CO. U.S. Patent 6,086,915.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, LLC and protected by U.S. Patent 4,845,123.

two vegetarian capsules contain V 00

BioResponse DIM® diindolylmethane complex ..... 100 mg
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)
(standardized to contain 25% diindolylmethane)
calcium-d-glucarate ..... 100 mg
broccoli (Brassica oleracea italica) sprout concentrate (whole plant) ..... 100 mg
(standardized to contain a minimum of 400 mcg sulforaphane)
HMRlignan™ 7-hydroxymatairesinol ..... 10 mg
alpha lipoic acid (thioctic acid) ..... 200 mg
n-acetyl-l-cysteine (free-form) ..... 200 mg
milk thistle (silybum marianum) extract (seed) ..... 150 mg
(standardized to contain 80% silymarin)
l-methionine (free-form) ..... 200 mg
glycine (free-form) ..... 100 mg
taurine (free-form) ..... 100 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
Contains soy (phosphatidylcholine)

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
DIM Detox	60	DD6	$37.90

CLEANSE PROGRAM

Features a 4-week protocol and maintenance program with dietary recommendations and nutritional supplement guidelines.

Products include:

- G.I. Fortify
- Liver-G.I. Detox
- Probiotic-5
- HM Chelate
- Nutra-Flax

Available online



HM Chelate

**Contains ingredients with natural chelating and detoxification properties for common, mild environmental exposure to heavy metals*

The unique characteristic of modified citrus pectin versus other pectins is that it has a low molecular weight. This allows it to pass through the intestinal barrier and work systemically where it binds to low levels of heavy metals present from common, mild environmental exposure and facilitates their excretion. A recent study indicates that modified citrus pectin promotes healthy urinary excretion of common, mild environmental exposures of mercury, arsenic, cadmium, lead and tin without altering excretion of other minerals, including calcium, magnesium, iron, copper and selenium. Cilantro and chlorella have a long history of traditional use in supporting the body's natural processes for maintaining healthy metal levels. Research indicates that these greens provide the potential to regulate common heavy metal exposure and distribution in tissues. As part of a cysteine-rich metal-binding protein, zinc exhibits similar properties. Studies suggest that selenium binds to mercury, potentially reducing the biological availability of mercury, while n-acetyl-l-cysteine (NAC) promotes urinary excretion of methylmercury. In addition, NAC provides important support for the liver by enhancing glutathione concentration. l-Methionine also promotes glutathione production and encourages phase II detoxification pathways in the liver. Alpha lipoic acid promotes the biliary excretion of inorganic mercury and may help regulate heavy metal induced oxidative stress.

HM Chelate promotes the body's natural, healthy detoxification reaction to common, mild environmental heavy metal exposure while supporting antioxidant and immune defenses.

three vegetarian capsules contain V 00

zinc (as zinc citrate)	10 mg
selenium (as selenomethionine)	100 mcg
sodium (from modified citrus pectin)	50 mg
potassium (from modified citrus pectin)	70 mg
modified citrus pectin	1,000 mg
chlorella (chlorella pyrenoidosa) powder (cracked cell wall)	300 mg
cilantro (coriandrum sativum L.) extract (leaf)	250 mg
n-acetyl-l-cysteine (free-form)	300 mg
l-methionine (free-form)	200 mg
alpha lipoic acid (thioctic acid)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
HM Chelate	180	HM1	$71.70
	90	HM9	37.90

IP6

**Cellular and natural defense system support*

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.

Pure Encapsulations IP6 is a purified brown rice extract, providing highly-charged antioxidant and cellular function support shown to nutritionally promote prostate, breast, colon and liver cell health.

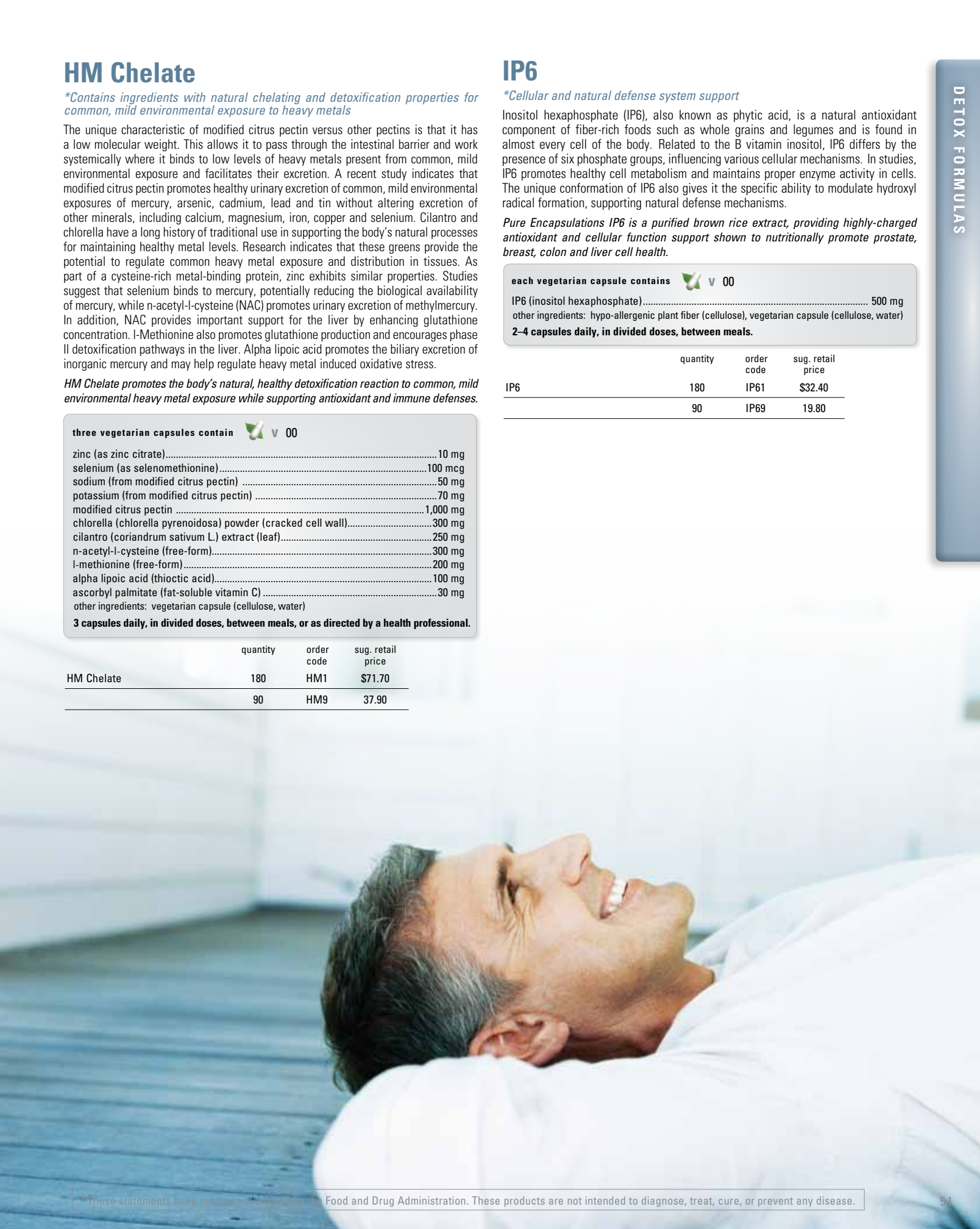
each vegetarian capsule contains V 00

IP6 (inositol hexaphosphate)	500 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
IP6	180	IP61	$32.40
	90	IP69	19.80



*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.

PureClear

•Vanilla Bean flavor (V)
•Chocolate flavor (C)

PureClear provides hypo-allergenic rice protein enhanced with free-form amino acids, vitamins and minerals to support daily wellness and liver function in a great-tasting naturally flavored and sweetened formula.*

Features include:

- 15 grams hypo-allergenic protein from rice protein concentrate
- 1 gram l-glutamine per serving
- Enhanced with free-form l-valine, l-methionine, l-lysine, l-threonine, l-isoleucine, l-tryptophan and glycine for highest biological value
- Wide range of vitamins and minerals for comprehensive support

Nutritional considerations include:

- Encourages daily wellness with complete protein and multivitamin support*
- Supports phase I detoxification with B vitamins and branched chain amino acids*
- Promotes phase II detoxification with taurine, choline, l-glutamine, glycine, protein, vitamins and minerals*
- Provides antioxidant support to protect liver and cellular health with vitamin A, vitamin C, vitamin E, selenium, zinc, copper and manganese*

Recommendations: Ages 4 and up, add 1 serving to 8 oz. water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.

each scoop contains	V	C
calories	130	140
calories from fat	10	15
fat	1 g	1.5 g
saturated fat	<0.5 g	
sodium	25 mg	
carbohydrate	15 g	
dietary fiber	3 g	
sugars	4 g	5 g
protein	15 g	
vitamin A (as vitamin A palmitate)	1500 iu	
vitamin C (as calcium ascorbate)	30 mg	
vitamin D (as cholecalciferol)(D_3)	800 iu	
vitamin E (as d-alpha tocopherol acetate)	15 iu	
vitamin K (as vitamin K_1)	40 mcg	
thiamin (as thiamin mononitrate)(B_1)	2 mg	
riboflavin (vitamin B_2)	2 mg	
niacin (as niacinamide)	10 mg	
vitamin B_6 (as pyridoxine HCl)	3.5 mg	
folic acid	200 mcg	
vitamin B_{12} (as methycobalamin)	6 mcg	
biotin	150 mcg	
pantothenic acid (as calcium pantothenate) (B_5)	5 mg	

PureClear

calcium (as calcium citrate)	200 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium glycinate)	200 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
copper (as copper amino acid chelate)	1 mg
manganese (as manganese glycinate)	1 mg
chromium (as chromium niacinate)	60 mcg
molybdenum (as molybdenum amino acid chelate)	38 mcg
inositol	100 mg
choline bitartrate	100 mg
taurine (free-form)	150 mg
l-glutamine (free-form)	1,000 mg
glycine (free-form)	2,000 mg
l-valine (free-form)	300 mg
l-methionine (free-form)	175 mg
l-lysine HCl	525 mg
l-threonine (free-form)	170 mg
l-isoleucine (free-form)	180 mg
l-tryptophan (free-form)	60 mg

other ingredients: rice protein concentrate, tapioca maltodextrin, natural flavors, xanthan gum, purified stevia extract; chocolate also contains cocoa powder

serving size: 41 g (1 scoop)

servings per container: 15

***WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

PureClear	quantity	order code	sug. retail price
Vanilla Bean flavor	615 g	PCPV6	$46.40
Chocolate flavor	615 g	PCPC6	46.40

Can be combined with **Liver-G.I. Detox** page 53



Lipotropic Detox

With Metafolin® L-5-MTHF

**Supports healthy fat metabolism in the liver for overall hepatic function and detoxification*

The lipotropic agents choline, betaine, methionine, vitamin B_6, vitamin B_{12} 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. These nutritional factors are also highly recognized for their ability to maintain healthy homocysteine metabolism. 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.

Lipotropic Detox promotes the breakdown of fats in the liver, allowing for healthy bile flow and toxin metabolism, and supports methylation reactions for broad cellular and biological support.

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

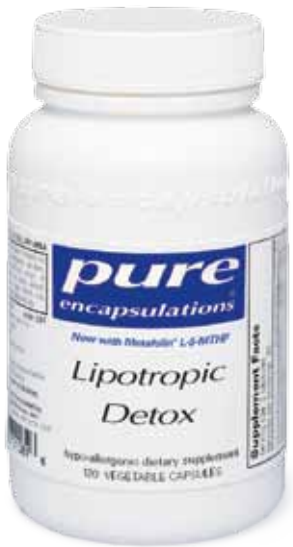
two vegetarian capsules contain V 00

vitamin B_6 (as pyridoxine HCl)	5 mg
folate (as Metafolin®, L-5-MTHF)	100 mcg
vitamin B_{12} (as methycobalamin)	50 mcg
choline bitartrate	300 mg
inositol	150 mg
l-methionine (free-form)	150 mg
taurine (free-form)	100 mg
trimethylglycine (anhydrous betaine)	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	75 mg
milk thistle (silybum marianum) extract (fruit) (standardized to contain 80% silymarin)	75 mg
artichoke (cynara scolymus L.) extract (leaf) (standardized to contain 5% cynarins)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules with each meal.

	quantity	order code	sug. retail price
Lipotropic Detox	120	LD1	$20.20



Liver-G.I. Detox

**Powerful support for both 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 and also play a role in binding heavy metals. 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 to neutralize toxins. 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, reducing toxin exposure in the gut. It also supports 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.

Liver-G.I. Detox supports hepatic and gastrointestinal detoxification by providing nutrients and botanical extracts that enhance toxin elimination, digestion, intestinal motility, gut integrity and cell function.

two vegetarian capsules contain V 00

alpha lipoic acid (thioctic acid)	100 mg
n-acetyl-l-cysteine (free-form)	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
milk thistle (silybum marianum) extract (seed) (standardized to contain 80% silymarin)	125 mg
broccoli (brassica oleracea italica) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
artichoke (cynara scolymus l.) extract (leaf) (standardized to contain a minimum of 5% cynarins)	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 (chlorella pyrenoidosa) powder (cracked cell wall)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
Liver-G.I. Detox	120	LGD1	$44.40
	60	LGD6	25.50

See also

Detox Pure Pack page 12 NEW
G.I. Fortify (capsules) page 13 NEW
G.I. Fortify page 87
LIVER HEALTH page 94

*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.

DHEA / PREGNENOLONE

DHEA 25 mg (micronized)

**Micronized adrenal hormone*

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 that DHEA converts to depends on an individual's biochemistry, age, and sex. DHEA levels peak around age 25 and then decline steadily. DHEA supplementation has been associated with increased emotional well-being and immune function.

Pure Encapsulations DHEA is micronized to increase absorption. It is made with 99% pure, pharmaceutical grade DHEA.

each vegetarian capsule contains V 3

DHEA (dehydroepiandrosterone, $C_{19}H_{28}O_2$) (micronized) ..... 25 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 3 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. See full warning.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
DHEA 25 mg	180	DH21	$32.80
	60	DH26	13.80

DHEA 10 mg (micronized)

each vegetarian capsule contains V 3

DHEA (dehydroepiandrosterone, $C_{19}H_{28}O_2$) (micronized) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. See full warning.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
DHEA 10 mg	180	DH11	$25.30
	60	DH16	10.30

DHEA 5 mg (micronized)

each vegetarian capsule contains V 3

DHEA (dehydroepiandrosterone, $C_{19}H_{28}O_2$) (micronized)..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. See full warning.

1–2 capsules daily, in divided doses, with meals, or as directed by your physician.

	quantity	order code	sug. retail price
DHEA 5 mg	180	DH1	$24.00
	60	DH6	9.50

7-KETO™ DHEA 100 mg

**Unique DHEA metabolite*

7-KETO™ DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin in Madison. Of over 150 DHEA compounds tested, 7-KETO™ proved to be the most promising form. Researchers discovered that 7-KETO™ does not convert to testosterone or estrogen, minimizing androgenic activity, and supports various physiological processes. It is several times more potent than DHEA in stimulating the thermogenic enzymes of the liver, promotes basal metabolism, and helps to increase the lean/adipose ratio. These actions safely support a leaner BMI (Body Mass Index) and healthy weight control. In a double blind study involving 30 overweight adults, 7-KETO™ supported healthy body composition and BMI when combined with exercise. Other patented applications include enhancing healthy immune function and supporting memory and cognitive processes in animal studies. 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.

7-KETO™ DHEA is a versatile, patented DHEA metabolite providing metabolic, immune and memory support without converting to the sex hormones testosterone or estrogen.

each vegetarian capsule contains V 3

DHEA-Acetate-7-one ..... 100 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
7-KETO™ DHEA 100 mg	120	KD11	$113.70
	60	KD16	63.70

7-KETO™ DHEA 50 mg

each vegetarian capsule contains V 3

DHEA-Acetate-7-one ..... 50 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
7-KETO™ DHEA 50 mg	120	KD51	$65.00
	60	KD56	36.00

7-KETO™ DHEA 25 mg

each vegetarian capsule contains V 3

DHEA-Acetate-7-one ..... 25 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1–8 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
7-KETO™ DHEA 25 mg	120	KD21	$37.30
	60	KD26	21.00

Pregnenolone 30 mg

**Natural precursor to over 150 steroid hormones*

Pregnenolone, 3-alpha-hydroxy-5-beta-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 takes one or two metabolic pathways, converting 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.

Pregnenolone, a natural precursor to over 150 steroid hormones, helps support the immune system, mood and memory.

each vegetarian capsule contains V 3

pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one) ..... 30 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. See full warning.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Pregnenolone 30 mg	180	PR31	$31.70
	60	PR36	13.40

Pregnenolone 10 mg

each vegetarian capsule contains V 3

pregnenolone (3-alpha-hydroxy-5-beta-pregnen-20-one) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. See full warning.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Pregnenolone 10 mg	180	PR11	$23.20
	60	PR16	9.60



*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.

EMOTIONAL HEALTH / STRESS

The Integrative Mental Health Series™



Dr. James Greenblatt has dedicated his professional career to Integrative Psychiatry. Dually board certified in child and adult psychiatry, Dr. Greenblatt has worked with thousands of patients, employing both medical and complementary therapies. In addition to being the Founder and Medical Director of Comprehensive Psychiatric Resources, Inc., in Waltham, MA, Dr. Greenblatt is a clinical faculty member at Tufts Medical School, Department of Psychiatry.

Introducing the Product Line

Each product in the series provides research and clinically-based neurotransmitter precursors to help balance dopamine and/or serotonin neurotransmitter function in the brain for emotional wellness. Products in this series also feature bioactives including grape seed, curcumin, and quercetin to support neurotransmitter stability by targeting enzymes in the brain. Also critical to each formulation in this series is the inclusion of a vitamin B6, zinc, and Metafolin® L-5-MTHF cofactor complex. These nutrients are often depleted in individuals due to medications, inadequate diets, and toxic environmental exposures, compromising the ability to properly synthesize neurotransmitters. When replete, these cofactors enhance neurotransmitter function and play a complementary role in supporting emotional wellness. Unlike folic acid, L-5-MTHF is able to cross the blood brain barrier.*

Dr. Greenblatt has been retained as a consultant in advising Pure Encapsulations on the development of The Integrative Mental Health Series™. He is compensated for this service.

DopaPlus NEW

**Comprehensive dopamine support*

- Promotes the production of dopamine to support daily cognitive function and mental tasks*
- Provides the dopamine precursors L-tyrosine and L-DOPA from *Mucuna puriens**
  - In a randomized, controlled, double-blind, crossover trial, *Mucuna puriens* supplementation promoted peak L-DOPA plasma concentrations*
- Includes the synergistic cofactors vitamin B_6, Metafolin® L-5-MTHF, and zinc to support dopamine production*
- Enhances the stability of dopamine and maintains healthy dopamine reuptake with rhodiola and green tea polyphenols*
- Encourages cognitive function and mental sharpness by supporting healthy theta brain wave activity 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*

DopaPlus supports dopamine production and maintains healthy reuptake to enhance daily mental function and sharpness.

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

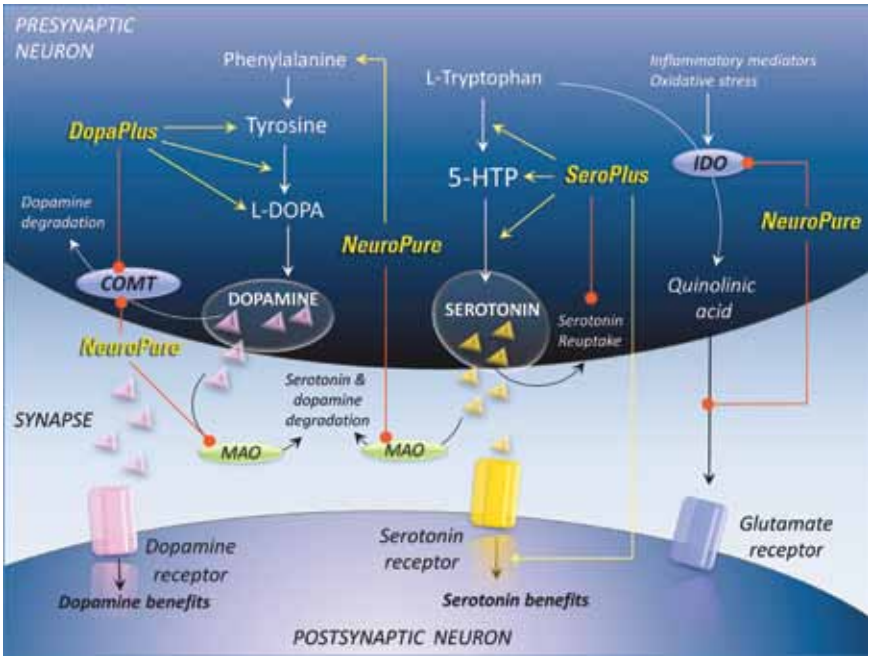
three vegetarian capsules contain V 00

folate (as Metafolin®, L-5-MTHF)	500 mcg
zinc (as zinc picolinate)	10 mg
l-tyrosine (free-form)	1,000 mg
velvet bean (mucuna pruriens) extract (seed) (standardized to contain 15% L-DOPA)	200 mg
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	100 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	100 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 90% total tea catechins and 70% EGCG)	100 mg
pyridoxal 5′ phosphate (activated B_6)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

3-6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
DopaPlus	180	DOP1	$41.90



DopaPlus supports dopamine synthesis while moderating reuptake and degradation via MAO and COMT. SeroPlus supports serotonin synthesis, moderates reuptake and supports postsynaptic receptor function. NeuroPure delivers generalized support for emotional wellness through targeting serotonin and dopamine synthesis, IDO and glutamate receptor activation, and healthy neurotransmitter reuptake and degradation.



Integrative Mental Health Brochure

Order Code: IMHB

Available online

Each product is designed to be used individually, along with the co-support of magnesium and essential fatty acids. These products are not intended to replace SSRI, MAOI or other psychiatric medications and should only be used under the supervision of a healthcare practitioner.

SeroPlus NEW

**Comprehensive serotonin support*

- Promotes serotonin synthesis to support relaxation, moderate occasional stress, and maintain healthy eating behavior*
- Provides the serotonin precursor 5-HTP
- Enhances healthy sensitization of serotonin receptors and nervous system function with inositol*
- Supports healthy serotonin activity and maintains healthy reuptake with taurine*
- Enhances 5-HTP availability with niacinamide and zinc*
- Includes the synergistic cofactors magnesium, vitamin C, vitamin B_6, Metafolin® L-5-MTHF to support serotonin production and positive mood*

SeroPlus supports serotonin production to promote positive mood, moderate occasional stress, and maintain healthy eating behavior.

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

two vegetarian capsules contain V 00

vitamin C (as ascorbic acid)	100 mg
niacin (as niacinamide)	20 mg
folate (as Metafolin®, 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
pyridoxal 5′ phosphate (activated B_6)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

2-4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
SeroPlus	120	SOP1	$38.90

NeuroPure NEW

**Comprehensive neurotransmitter support*

- 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 synergistic cofactors vitamin B_6, Metafolin® L-5-MTHF and zinc to support neurotransmitter production*
- Enhances phenylethylamine (PEA) activity to boost mood and alertness*
- 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*

NeuroPure offers key nutrients to support overall neurotransmitter function, neuronal health and emotional balance.

MERIVA® BIOAVAILABLE CURCUMIN is a trademark of Indena S.p.A.

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

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

two vegetarian capsules contain V 00

folate (as Metafolin®, L-5-MTHF)	500 mcg
zinc (as zinc picolinate)	10 mg
dl-phenylalanine (free-form)	700 mg
5-hydroxytryptophan	100 mg
Meriva® turmeric phytosome	250 mg
(turmeric (curcuma longa) extract (root) and phospholipid complex (standardized to contain 18% curcuminoids)	
quercetin	100 mg
pyridoxal 5′ phosphate (activated B_6)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

Contains soy

2-4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
NeuroPure	120	NOP1	$46.90



*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.

5-HTP 100 mg (5-Hydroxytryptophan)

**Enhances brain serotonin*

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.

Supplementation with 5-HTP encourages brain serotonin levels that can lead to positive effects on emotional well-being, appetite control, and sleep/wake cycles.

each vegetarian capsule contains V 3

5-hydroxytryptophan ..... 100 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

1–3 capsules daily, in divided doses, before meals.

	quantity	order code	sug. retail price
5-HTP 100 mg	180	HYD11	$116.80
	60	HYD16	45.50

5-HTP 50 mg (5-Hydroxytryptophan)

each vegetarian capsule contains V 3

5-hydroxytryptophan ..... 50 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

1–6 capsules daily, in divided doses, before meals.

	quantity	order code	sug. retail price
5-HTP 50 mg	180	HYD51	$81.10
	60	HYD56	32.40



Cortisol Calm

**Maintains healthy cortisol levels under stressful conditions*

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 and C-reactive protein levels. 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 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.

This formula is designed to maintain healthy cortisol levels and to support relaxation, restful sleep, and positive mood during times of stress.

Sensoril® is protected under U.S. Patent 6,713,092 and is a trademark of Natreon, Inc.

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

two vegetarian capsules contain V 0

vitamin D (as cholecalciferol)(D_3) ..... 800 iu
Sensoril® ashwagandha (withania somnifera) extract (root and leaf) ..... 500 mg
rhodiola (rhodiola rosea) extract (root) ..... 250 mg
(standardized to contain 3% total rosavins and min. 1% salidrosides)
magnolia (magnolia officinalis) extract (bark) ..... 200 mg
(standardized to contain 2% honokiol)
l-theanine ..... 100 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: vegetarian capsule (cellulose, water)

Do not take if pregnant or lactating.

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

	quantity	order code	sug. retail price
Cortisol Calm	120	COR1	$63.30
	60	COR6	36.60

dl-Phenylalanine

**Supports mental acuity and emotional well-being*

dl-Phenylalanine is a combination of the well-tolerated essential amino acids, d-phenylalanine and l-phenylalanine. Together, these compounds promote mental functioning, support a positive outlook, and relax the musculoskeletal system. l-Phenylalanine is a precursor to tyrosine, which converts to the neurotransmitters norepinephrine, epinephrine, dopamine and tyramine. 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.

By maintaining healthy tyrosine and endorphin levels, dl-phenylalanine nutritionally supports mental acuity and emotional well-being, while relaxing stressed muscles and joints.

each vegetarian capsule contains V 00

dl-phenylalanine (free-form) ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

4–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
dl-Phenylalanine	180	LP1	$42.90
	90	LP9	24.00

Daily Stress Formula

**Powerful stress defense formula; an herbal and amino acid blend for mental relaxation combined with B-complex, magnesium and vitamin C for counteracting the metabolic effects of occasional stress*

In addition to promoting memory and cognitive function, *Bacopa monnieri* maintains healthy enzyme activity in the brain, supporting the ability to deal with stress. In one three-month trial conducted by Australian scientists, bacopa supported learning, minimized stress, and promoted memory. Recently, a double blind crossover trial suggested that rhodiola may help to moderate fatigue under stressful conditions and to support short-term memory and concentration. 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 B_5 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.

Daily Stress Formula is an all-encompassing formula with consideration for the mental and physical factors associated with occasional stress.

three vegetarian capsules contain V 00

vitamin C (as ascorbic acid)	250 mg
thiamin (as thiamin HCl)(B_1)	20 mg
riboflavin (vitamin B_2)	10 mg
niacin (as niacinamide)	35 mg
vitamin B_6 (as pyridoxine HCl)	10 mg
vitamin B_{12} (as methylcobalamin)	200 mcg
pantothenic acid (as calcium pantothenate) (B_5)	200 mg
magnesium (as magnesium citrate)	50 mg
pyridoxal 5'phosphate (activated B_6)	10 mg
riboflavin 5'phosphate (activated B_2)	10 mg
l-tyrosine (free-form)	250 mg
eleuthero (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E & B)	200 mg
bacopa (bacopa monnieri) extract (leaf) (standardized to contain 20% bacosides)	200 mg
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	200 mg
chamomile (matricaria recutita) extract (flower)	100 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	100 mg
ashwagandha (withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

3 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Daily Stress Formula	180	DSF1	$49.30
	90	DSF9	27.40

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 promote cognitive function and memory under stressful conditions. A healthy level of the inhibitory neurotransmitter GABA is also associated with promoting 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 passion flower, while *Rhodiola rosea* supports cognitive and mental function under stressful conditions. Vitamin B_6 is a cofactor that plays an important role in supporting positive emotional health.

Emotional Wellness combines amino acids, herbs, and vitamin cofactors to promote healthy emotional well-being and cognitive function while moderating occasional stress.

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

each vegetarian capsule contains V 00

pyridoxal 5'phosphate (activated B_6)	10 mg
5-hydroxytryptophan	100 mg
l-tyrosine (free-form)	100 mg
GABA (gamma-aminobutyric acid)	200 mg
l-theanine	100 mg
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	100 mg
passion flower (Passiflora incarnata L.) extract (aerial parts) (standardized to contain 3.5% vitexin)	85 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Emotional Wellness	120	EW1	$113.30
	60	EW6	64.70

GABA

**Supports positive mood and relaxation*

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.

GABA promotes positive mood, supports relaxation and moderates occasional stress.

each vegetarian capsule contains V 00

GABA (gamma-aminobutyric acid)	700 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
GABA	120	GAB1	$25.60
	60	GAB6	14.70

*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.

Hypericum 0.3 600 mg

**Promotes emotional well-being*

This standardized extract of St. John's wort contains hypericin, a natural compound which nutritionally supports emotional health. Many researchers believe that hypericum maintains healthy mood and emotional health by promoting serotonin and monoamine metabolism as well as GABA receptor function.

St. John's wort is a well-tolerated, natural way to promote feelings of emotional well-being.

each vegetarian capsule contains V 0

St. John's wort (hypericum perforatum) extract (aerial parts)..... 600 mg
(standardized to contain 0.3% hypericin)
ascorbyl palmitate (fat-soluble vitamin C) ..... 6 mg
other ingredients: vegetarian capsule (cellulose, water)

Do not use concurrently with SSRI medications or MAO inhibitors. Until more is known, persons taking Indinavir or other antiretroviral drugs for HIV infection should avoid using St. John's wort.

2 capsules daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Hypericum 0.3 600 mg	250	HY62	$60.50
	120	HY61	33.10
	60	HY66	18.90

Pure Tranquility liquid

**GABA, glycine and l-theanine in a convenient 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*
  - In a preliminary study, l-theanine enhanced 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*

GABA, glycine and l-theanine combined to support relaxation and moderate occasional stress in a great-tasting liquid.

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

4 ml (0.13 fl oz) (2 full droppers) contains V

GABA (gamma-aminobutyric acid) ..... 100 mg
Suntheanine® l-theanine ..... 100 mg
glycine (free-form) ..... 50 mg

other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, citric acid, natural apple flavor, potassium sorbate, purified stevia extract.

serving size: 4 ml (0.13) fl oz

servings per container: 29

1–2 servings daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Pure Tranquility liquid	116 ml (3.92 fl oz)	PTL	$35.60





Rhodiola Rosea

**Moderates occasional physical and emotional 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 and cellular function. Rhodiola may be contraindicated for individuals taking adrenergic-blocking and antiarrhythmic medications.

Pure Encapsulations Rhodiola Rosea is standardized to contain 3% total rosavins and a minimum of 1% salidrosides, providing broad-spectrum adaptogen support for occasional mental and physical stress, cardiovascular function, and cellular health.

each vegetarian capsule contains V 3

rhodiola (rhodiola rosea) extract (root) ..... 100 mg
(standardized to contain 3% total rosavins and min. 1% salidrosides)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Rhodiola Rosea	180	RR1	$28.40
	90	RR9	16.00

I-Theanine

**Promotes relaxation; 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 attitude. 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.

Pure Encapsulations offers Suntheanine® I-Theanine, a unique amino acid, providing helpful relaxation support without causing drowsiness and easing occasional nervous tension and irritability.

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

each vegetarian capsule contains V 2

I-theanine ..... 200 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
I-Theanine	120	LTH1	$77.90
	60	LTH6	42.60

l-Tryptophan

**Enhances serotonin synthesis for 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 tryptophan may promote relaxation and help control occasional cravings. Niacinamide and vitamin B_6 provide enhanced support as important cofactors involved in the metabolism of l-tryptophan.

l-Tryptophan promotes serotonin synthesis to support emotional health and restful sleep.

TryptoPure™ AJIPURE® and TRYPTOPURE® are registered trademarks of Ajinomoto AminoScience LLC.

each vegetarian capsule contains V 00

niacin (as niacinamide) ..... 5 mg
Tryptopure™ l-tryptophan ..... 500 mg
pyridoxal 5'phosphate (activated B_6) ..... 5 mg
other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors.

2-6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Tryptophan	180	TRY1	$87.80
	90	TRY9	49.60

l-Tyrosine

**Neurotransmitter precursor for mood and memory*

In the body, phenylalanine is converted to tyrosine. The amino acid 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 promote cognitive function and memory under stressful conditions. In one study, l-tyrosine enhanced mood and sleep in subjects with low dopamine levels. Tyrosine is also a key component in the synthesis of thyroid hormones.

l-Tyrosine supports production of catecholamine neurotransmitters, enhancing mood and cognitive function especially under situations involving stress or when dopamine, epinephrine or norepinephrine levels require additional support.

each vegetarian capsule contains V 00

l-tyrosine (free-form) ..... 600 mg
other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Tyrosine	90	LT9	$21.80

*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.

ENERGY

Anti-Fatigue Complex

**Wide range support for relieving occasional fatigue*

This formula is designed to relieve occasional mental and physical fatigue by supporting healthy cognition, promoting muscle energy, boosting immune defense and neutralizing free radicals. The role of acetyl-l-carnitine in neurotransmitter function accounts for its ability to relieve mental fatigue, promote memory, support mental clarity and promote emotional well-being. In an exploratory open label, randomized study, acetyl-l-carnitine supplementation demonstrated statistically significant beneficial support for mental fatigue. Its capacity to encourage ATP production also makes it a crucial component for energizing muscle. Malic acid further promotes energy production by enhancing ATP synthesis, which is essential for proper muscle function. Magnesium also plays a key role in cellular energy metabolism. Ashwagandha is highly revered for promoting energy, vitality and immune defense according to traditional use. In animal models of fatigue, it helps stimulate antioxidant defenses. N-acetyl-cysteine (NAC), alpha lipoic acid and selenium also help diminish the impact of oxidative stress in fatigue, in part by supporting glutathione production. Furthermore, they play an important role in mitochondrial function and protection. Nutrients like zinc and vitamin D are additional cofactors that may support individuals experiencing occasional fatigue.

Anti-Fatigue Complex is a unique blend of cofactors for mental clarity, energy metabolism, immune support and antioxidant defense to relieve occasional mental and physical fatigue.

four vegetarian capsules contain V 00

vitamin D (as cholecalciferol) (D_3)	400 iu
magnesium (as magnesium citrate)	100 mg
zinc (as zinc picolinate)	25 mg
selenium (as selenomethionine)	100 mcg
acetyl-l-carnitine HCl	1,000 mg
malic acid	800 mg
alpha lipoic acid (thioctic acid)	100 mg
n-acetyl-l-cysteine (free-form)	200 mg
ashwagandha (withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	80 mg

other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Anti-Fatigue Complex	240	AFC2	$56.70
	120	AFC1	31.70

Ashwagandha

**Helps to counteract the effects of occasional stress, may support cardiovascular, immune, cognitive and joint function*

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.

Ashwagandha's adaptogenic properties provide multi-functional support for promoting general mental and physical wellness, including support for occasional stress, joints, memory, immune function, and healthy lipid and glucose metabolism.

Ashwagandha

each vegetarian capsule contains V 00

ashwagandha (Withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	500 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

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

	quantity	order code	sug. retail price
Ashwagandha	120	ASH1	$33.30
	60	ASH6	18.40

Eleuthero 0.8% E & B

**Provides 0.8% eleutheroside E and B*

Like *Panax ginseng, Eleutherococcus senticosus,* or eleuthero, is used as an adaptogen in times of stress. By supporting healthy adrenal hormone function, namely corticosterone, the herb helps the body respond to mental and physical stress. Eleuthero may support physical working capacity, as suggested in clinical studies. In addition, eleuthero supports the immune system.

Eleuthero, traditionally viewed as a harmonizing herb, may help the body adjust in times of mental, physical, and metabolic stress. Pure Encapsulations Eleuthero 0.8% E & B is standardized to contain 0.8% eleutheroside E and B.

each vegetarian capsule contains V 2

eleuthero (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E & B)	250 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Eleuthero 0.8% E & B	120	SG1	$32.00
	60	SG6	17.90

Energy Xtra

**Energy-promoting adaptogen formula; promotes physical and mental stamina*

Adaptogens have long been associated with increasing energy, enhancing stamina, and reducing 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 stress, primarily by supporting the hypothalamic-pituitary-adrenal (HPA) axis. Cordyceps is used for strengthening the immune system and promoting vitality and longevity. Ashwagandha is recognized for encouraging resistance to environmental stress and supporting immune function and cognitive function. Rhodiola and eleuthero are traditionally associated with rejuvenating effects and the ability to promote endurance.

Energy Xtra offers a blend of key adaptogenic herbs for enhancing mental and physical work capacity and stamina.

each vegetarian capsule contains V 00

ashwagandha (withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	200 mg
cordyceps (cordyceps sinensis) powder (mycelia)(certified organic)	200 mg
eleuthero (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E&B)	125 mg
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	100 mg

other ingredients: organic brown rice, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant and lactating women.

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

	quantity	order code	sug. retail price
Energy Xtra	120	EX1	$35.20
	60	EX6	19.70

Maca-3

**Supports healthy libido for men and women*

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.

Maca-3 combines various maca extracts to provide the synergy of constituents prized for promoting male and female libido and healthy reproductive system function.

MacaPure® is a registered trademark of Naturex. U.S. Patents 6,552,206; 6,428,824; 6,267,995; 6,878,731.

each vegetarian capsule contains v 00

maca (Lepidium meyenii) extract (tuber) (standardized to contain 0.6% macamides and macaenes)	225 mg
maca (Lepidium meyenii) extract (tuber) (standardized to contain 0.2% glucosinolates)	225 mg
maca (Lepidium meyenii) extract (tuber)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Maca-3	120	MAC1	$58.30
	60	MAC6	31.90

Mitochondria-ATP

**Supports healthy muscle function, energy and aging*

CoQ_{10} is a component of the mitochondria and plays a key role in the synthesis of ATP. Ubiquinol is the activated form of CoQ_{10} and may be especially important for individuals over 40 or for those experiencing greater levels of oxidative or physical stress. B vitamins are important cofactors needed to fuel the Krebs cycle, while optimum serum levels of magnesium are associated with healthy mitochondrial metabolism and nutrient transport. Acetyl-l-carnitine provides carnitine to transport long chain fatty acids into the mitochondria for energy as well as an acetyl group for the synthesis of the Kreb's cycle precursor acetyl-CoA. Kre-Alkalyn® is a pH balanced, buffered creatine that helps to enhance ATP production and lessen muscle soreness due to lactic acid. This formula provides powerful antioxidant support from vitamins C and E, grape seed extract, resveratrol, alpha lipoic acid and n-acetyl-l-cysteine. These nutrients neutralize the free radicals generated during energy production in the mitochondria. In a double blind, placebo-controlled crossover study, the combination of creatine, CoQ_{10}, and alpha lipoic acid supported energy production and antioxidant status within the mitochondria.

Mitochondria-ATP provides nutrients and antioxidants to support mitochondria function and ATP production.

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

Kaneka QH™ is a trademark of Kaneka Corporation.

Mitochondria-ATP

four vegetarian capsules contain 00

vitamin C (as ascorbic acid)	200 mg
vitamin E (as d-alpha tocopherol succinate)	50 iu
thiamin (as thiamin HCl) (B_1)	20 mg
riboflavin (vitamin B_2)	15 mg
niacin (as niacinamide)	35 mg
magnesium (as magnesium citrate/malate)	100 mg
Kre-Alkalyn® (pH balanced creatine)†	750 mg
acetyl-l-carnitine (free-form)	500 mg
Japanese knotweed (polygonum cuspidatum) extract (root) (standardized to contain 20% trans resveratrol)	250 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	100 mg
n-acetyl-l-cysteine (free-form)	100 mg
alpha lipoic acid (thioctic acid)	100 mg
ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10})††	50 mg

other ingredients: gelatin beadlet, cornstarch, mixed tocopherols, vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Mitochondria-ATP	120	MATP1	$59.60

Panax Ginseng

**Premium formula, provides 15% ginsenosides*

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 by sparing carbohydrates and allowing skeletal muscle to oxidize free fatty acids for energy production. *Panax ginseng* also encourages adrenal gland health in times of stress by maintaining healthy levels of certain adrenal hormones, most notably, corticosterone. This versatile herb supports male reproductive health by supporting testosterone and spermatozoa levels. In addition, *Panax ginseng* promotes memory and learning, and nutritionally supports immune function and cardiovascular health.

Panax ginseng helps the body adapt to its environment by enhancing endurance and adrenal gland health. Pure Encapsulations Panax Ginseng provides 15% ginsenosides, the highest standardization available.

each vegetarian capsule contains v 1

Asian ginseng (panax ginseng) extract (root) (standardized to contain 15% total ginsenosides)	250 mg

other ingredients: vegetarian capsule (cellulose, water)

2–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Panax Ginseng	120	PG1	$43.20
	60	PG6	24.10

See also

Electrolyte/Energy Formula page 32
Ribose page 33
RiboMag Plus page 33 NEW

*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.

ENZYMES

A.I. Enzymes

**Balanced plant enzyme formula*

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

A.I. Enzymes provides purified, high potency support for healthy muscles and joints and optimal digestion.

each vegetarian capsule contains V 00

bromelain (2,400 GDU/gram)	120 mg
papain (800 TU/mg)	120 mg
amylase (10,000 DU)	100 mg
protease (30,000 HUT)	50 mg
lipase (2,500 FIP)	50 mg
rutin	60 mg

other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, with or between meals, or as directed by your health professional.

	quantity	order code	sug. retail price
A.I. Enzymes	120	AIE1	$49.90
	60	AIE6	28.00

Betaine HCl Pepsin

Sourced from Germany

**Promotes a healthy digestive tract*

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 B_{12} 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.

Betaine HCl Pepsin provides optimal nutritional support for a well-functioning digestive system.

each vegetarian capsule contains 0

betaine HCl	520 mg
pure pepsin (1:15,000 potency, lactose free) (porcine)	21 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule with each meal.

	quantity	order code	sug. retail price
Betaine HCl Pepsin	250	BP2	$35.00

Bromelain 2400 500 mg

**Enhances digestion and maintains healthy musculoskeletal tissue*

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

Bromelain 2400 nutritionally supports the body's innate ability to digest food and to maintain musculoskeletal comfort at the cellular level.

each vegetarian capsule contains V 00

bromelain (2,400 GDU/gram)	500 mg
ascorbyl palmitate (fat-soluble vitamin C)	6 mg

other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with or between meals, as indicated.

	quantity	order code	sug. retail price
Bromelain 2400 500 mg	180	BR51	$69.50
	60	BR56	27.90



Bromelain 2400 250 mg

each vegetarian capsule contains v 0

bromelain (2,400 GDU/gram) ..... 250 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 3 mg
other ingredients: vegetarian capsule (cellulose, water)

4–8 capsules daily, in divided doses, with or between meals, as indicated.

	quantity	order code	sug. retail price
Bromelain 2400 250 mg	180	BR21	$45.50
	60	BR26	18.30

Digestion GB

**Digestive enzyme formula with extra support for gall bladder function and fat digestion*

Digestion GB contains 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.

Digestion GB contains a unique mix of enzymes, bile salts, taurine and herbals to promote healthy gall bladder function and lipid utilization in addition to general digestive function.

n•zimes™ is a trademark of National Enzyme Company.

two vegetarian capsules contain 0

n•zimes™ (proprietary blend) ..... 160 mg
providing:
lipase ..... 6,000 FIP
protease ..... 16,000 HUT
amylase ..... 600 DU
ox bile extract (bovine) ..... 225 mg
taurine (free-form) ..... 250 mg
milk thistle (silybum marianum) extract (seed) ..... 150 mg
(standardized to contain 80% silymarin)
turmeric (curcuma longa) extract (root) ..... 100 mg
(standardized to contain 95% curcuminoids)
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules with each meal.

	quantity	order code	sug. retail price
Digestion GB	180	DGB1	$44.60
	90	DGB9	24.30

Digestive Enzymes *Ultra*

**Our most comprehensive blend of vegetarian digestive enzymes; support for protein, carbohydrate, fat, fiber and dairy digestion*

Digestive Enzymes *Ultra* contains an all-encompassing 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.

Digestive Enzymes Ultra contains a high-strength mixture of vegetarian enzymes supporting enhanced protein, carbohydrate, fat, fiber and dairy digestion and promoting optimal nutrient bioavailability and absorption.

n•zimes™ is a trademark of National Enzyme Company.

two vegetarian capsules contain v 3

n•zimes™ (proprietary blend) ..... 391 mg
providing:
protease 800 ..... 60,000 HUT
protease 6.0 ..... 20,000 HUT
protease 3.0 ..... 20 SAPU
lipase ..... 3,000 FIP
amylase ..... 24,000 DU
glucoamylase ..... 30 AGU
lactase ..... 1,600 ALU
invertase ..... 900 SU
cellulase ..... 800 CU
hemicellulase ..... 200 HCU
beta-glucanase ..... 20 BGU
phytase ..... 10 FTU
alpha-galactosidase ..... 120 GalU
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-2 capsules with each meal.

	quantity	order code	sug. retail price
Digestive Enzymes *Ultra*	180	DEU1	$46.00
	90	DEU9	25.00

Pancreatic Enzyme Formula

**Natural digestive support*

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.

Pancreatic Enzyme Formula provides a natural way to nutritionally support proper digestive function.

each vegetarian capsule contains 0

pure pancreatin (porcine) (lactose free) ..... 500 mg
provides:
lipase ..... 17,500 USP units
protease ..... 110,000 USP units
amylase ..... 120,000 USP units
other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules with each meal.

	quantity	order code	sug. retail price
Pancreatic Enzyme Formula	180	PE1	$68.70
	60	PE6	26.40

*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.

Pancreatic VegEnzymes

**Vegetarian pancreatic enzyme alternative*

This enzyme blend provides a broad acting formulation derived from the plant sources *Aspergillus oryzae* and *Aspergillus niger*. It is a vegetarian alternative to Pancreatic Enzyme Formula for carbohydrate, lipid and protein digestion. These enzymes have several unique properties that enhance their ability to promote the optimal breakdown of foods and nutrients, including broad substrate specificity. This means that these enzymes have the ability to recognize and help digest a large number of target molecules. Plant enzymes are also active in a wide pH range, from about 3.5-8.5, indicating that their actions begin in the stomach and continue in the small intestine, promoting complete digestion. Pure Encapsulations Pancreatic VegEnzymes is comparable in amylase, protease and lipase profile to Pancreatic Enzyme Formula.

Each 200 mg capsule of Pancreatic VegEnzymes provides the equivalent of one 500 mg capsule of Pure Encapsulations Pancreatic Enzyme Formula.

n•zimes™ is a trademark of National Enzyme Company.

each vegetarian capsule contains v 3

n•zimes™ (proprietary blend)	200 mg
providing:	
amylase	1,500 DU
lipase	5,000 FIP
protease 4.5	40,000 HUT
ascorbyl palmitate (fat-soluble vitamin C)	2 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules with each meal.

	quantity	order code	sug. retail price
Pancreatic VegEnymes	180	PV1	$44.30

Gluten/Dairy Digest

**Enzyme blend for healthy gluten and dairy digestion*

Gluten/Dairy Digest contains a blend of digestive enzymes targeting gluten and dairy digestion. It provides a blend of proteases specially formulated with dipeptidyl peptidase IV (DPP-IV) activity to help break down gluten peptide fragments in normal digestive systems. Studies suggest that it may also promote a healthy cytokine balance to support G.I. comfort and function. Additionally, this formula provides a unique mixture of protease enzymes and lactase to assist digestion of multiple constituents of milk and dairy products. Protease enzymes targeting casein and beta-lactoglobulin proteins support dairy protein digestion. Casein is the predominant protein in milk and cheese. Beta-lactoglobulin occurs primarily in the whey fraction of milk. It is an acid-stable protein and therefore may not be broken down by pepsin and pancreatin. Lactase breaks down the milk sugar lactose, helping to relieve occasional bloating or gas that some people can experience from dairy consumption. If you are on a controlled diet and/or under the care of a health care professional for dairy and/or gluten digestion, continue to follow those recommendations. This product is not intended to substitute for the recommendations of a health professional.

Gluten/Dairy Digest contains a unique mix of enzymes to support normal gluten, casein, beta-lactoglobulin and lactose digestion.

BioCore® is a trademark of National Enzyme Company.

each vegetarian capsule contains v 2

BioCore® DPP-IV	100 mg
protease (endo/exopeptidase)	30,000 HUT
protease (exopeptidase)	500 DPP-IV
protease (endo/exopeptidase)	8.5 AP
BioCore® Dairy	105 mg
protease (endo/exopeptidase)	630 BLGU
lactase	1,000 ALU

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Children ages 4 and up: 1/2–1 capsule as needed, with a meal.

Ages 18 and up: 1–2 capsules as needed, with a meal.

	quantity	order code	sug. retail price
Gluten/Dairy Digest	60	GDD6	$25.00

Heartburn Essentials

**Helps decrease occurrences of occasional heartburn and indigestion*

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 promoting the integrity of the mucosal lining. Artichoke helps to stimulate the digestive process and has been shown to relieve occurrences of occasional heartburn while turmeric may offer relief from occasional gas and indigestion. Plant enzymes further promote digestive function for overall comfort and relief of occasional gas, bloating and heartburn.

Heartburn Essentials maintains healthy gastric secretion, enhances digestion and soothes the digestive tract, offering potential relief for occasional heartburn and indigestion.

n•zimes™ is a trademark of National Enzyme Company.

each vegetarian capsule contains v 00

gamma oryzanol (from rice bran)	125 mg
deglycyrrhizinated licorice (glycyrrhiza glabra) extract (root)	100 mg
marshmallow (Althaea officinalis) extract (root)	100 mg
slippery elm (Ulmus fulva) extract (bark)	100 mg
artichoke (Cynara scolymus L.) extract (leaf) (standardized to contain 5% cynarins)	75 mg
turmeric (Curcuma longa) extract (bark) (standardized to contain 95% curcuminoids)	50 mg
n•zimes™ (proprietary blend)	61 mg
providing:	
amylase	6,000 DU
lipase	81 FIP
cellulase	22 CU
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

1 capsule at the start of each meal, or as directed by a health professional.

	quantity	order code	sug. retail price
Heartburn Essentials	180	HB1	$45.60
	90	HB9	24.30

See also

NSK-SD™ (Nattokinase) pages 40-41

SerratioZymes-AR page 84

Systemic Enzyme Complex page 34

ESSENTIAL FATTY ACIDS

Health Benefits of Fish Oil Omega-3 Essential Fatty Acids (EPA/DHA)

Cardiovascular health*
Joint comfort*
Cognitive health (adults)*
Cognitive function (children)*
Respiratory health*
Immune health*
Gastrointestinal comfort*
Skin health*

Our fish oils are tested for:

Environmental Contaminants

- 17 dioxins and furans (ppt)
- 7 PCBs (ppt)
- 12 dioxin-like PCBs (ppt)
- Total heavy metals (ppb)
- Mercury (ppb)
- Lead (ppb)
- Arsenic (ppb)
- Cadmium (ppb)

Oxidation and Rancidity

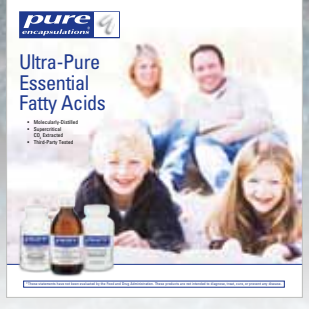
- Peroxides
- Anisidines
- TOTOX value
- Acid value

Microbial Contaminants

- Total aerobic bacteria
- E. coli
- Salmonella
- Coliforms
- Staphylococcus
- Yeast and mold



We follow the guidelines established by the:
- Council for Responsible Nutrition (CRN)
- European Pharmacopeia (EP)
- U.S. Pharmacopeia (USP)



Fish Oil Brochure
Order Code: FOB

Available online

EPA/DHA essentials

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

each softgel capsule contains 20 sg

calories	10
calories from fat	10
total fat	1 g
fish oil concentrate (from anchovies, sardines)	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
vitamin E (d-alpha-tocopherol)	10 iu

other ingredients: gelatin capsule (gelatin, glycerin, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
EPA/DHA essentials	180	ED11	$45.50
	90	ED19	26.50

EPA/DHA with lemon

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

each softgel capsule contains 16 sg

calories	10
calories from fat	10
total fat	1 g
fish oil concentrate (anchovies, herring, sardines)	900 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

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

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
EPA/DHA with lemon	120	EDC1	$41.10
	60	EDC6	23.20

EPA/DHA-CoQ_{10}

**Ultra-pure molecularly distilled fish oil concentrate combined with 50 mg CoQ_{10} for enhanced heart health*

each softgel capsule contains 20 sg

calories	10
calories from fat	10
total fat	1 g
fish oil concentrate (anchovies, sardines)	900 mg
providing:	
EPA (eicosapentaenoic acid)	270 mg
DHA (docosahexaenoic acid)	180 mg
coenzyme Q_{10}	50 mg
vitamin E (d-alpha-tocopherol)	10 iu

other ingredients: annatto extract, beeswax, gelatin capsule (gelatin, glycerin, water)

1 or more capsules daily, with meals.

	quantity	order code	sug. retail price
EPA/DHA-CoQ_{10}	120	EDQ1	$91.90

*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.

Eco-Friendly Supercritical CO_2 Extracted Fish Oil Concentrates

- ✓ Next-generation fish oils produced using advanced "green technology"
- ✓ Smaller capsule sizes
- ✓ Solvent-free, supercritical CO_2 based extraction
- ✓ 75% less carbon emissions than other methods of fatty acid extraction and purification
- ✓ High EPA and DHA concentrates for advanced support
- ✓ Low temperature, oxygen-free processing prevents oxidation reactions
- ✓ Stringent purity guidelines established by the CRN and WHO are followed

EPA

The omega-3 essential fatty acid EPA is primarily associated with healthy inflammatory balance and 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.*

DHA

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

EPA Ultimate

**Eco-friendly supercritical CO_2 extracted, high EPA fish oil concentrate*

two softgel capsules contain 11 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (mixed tocopherols)	2 iu
fish oil concentrate (anchovies, sardines)	1,350 mg
providing:	
EPA (eicosapentaenoic acid)	798 mg
DHA (docosahexaenoic acid)	266 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
EPA Ultimate	120	EPU1	$59.50
	60	EPU6	34.10

DHA Ultimate NEW SIZE

**Eco-friendly supercritical CO_2 extracted, high DHA fish oil concentrate*

two softgel capsules contain 11 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (mixed tocopherols)	2 iu
fish oil concentrate (anchovies, sardines)	1,200 mg
providing:	
DHA (docosahexaenoic acid)	725 mg
EPA (eicosapentaenoic acid)	200 mg

other ingredients: fish (tilapia) gelatin capsule (gelatin, glycerin, water), natural-source mixed tocopherols, rosemary extract (leaf)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
DHA Ultimate NEW SIZE	120	DHU1	$73.30
	60	DHU6	40.80

DHA liquid

**Vegetarian DHA liquid for children and adults*

Life's DHA™ is a trademark of Martek Biosciences Corporation.

one ml (0.03 fl oz) provides V

calories	10
calories from fat	10
total fat	1 g
DHA (docosahexaenoic acid)	280 mg

other ingredients: natural fruit and vanilla flavors, mixed tocopherols, sunflower lecithin, proprietary antioxidant blend

serving size: 1 ml (0.03 fl oz)

servings per container: 30

1/2–1 dropper per day, with a meal.

	quantity	order code	sug. retail price
DHA liquid	30 ml (1 fl oz)	DHAL	$49.40

DHA Enhance

• Natural lemon flavor

Ultra-pure, molecularly distilled fish oil providing 2:1 ratio of DHA to EPA in child-friendly softgels that may be chewed or swallowed

See page 44 for ingredients and pricing



EPA/DHA Vegetarian

Liquid-filled Caplique® Capsule

**Algae-derived EPA and DHA*

This formula provides the first vegetarian derived EPA and DHA in a vegetarian, liquid-filled Caplique® Capsule. Both omega-3 essential fatty acids are sourced from algae. Essential fatty acids promote healthy inflammatory balance and arachidonic acid metabolism. Decades of research indicate higher plasma levels of EPA and DHA are associated with cardiovascular health, platelet function, joint comfort, memory and skin health.*

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

two Caplique® Capsules contain V 00

calories	10
calories from fat	10
total fat	1 g
EPA (eicosapentaenoic acid)	155 mg
DHA (docosahexaenoic acid)	310 mg

other ingredients: algal oil, high oleic sunflower oil, sunflower lecithin, rosemary extract, natural mixed tocopherols, ascorbyl palmitate, silica, vegetarian Caplique® Capsule (cellulose, water)

1–2 Caplique® Capsules daily, with meals

	quantity	order code	sug. retail price
EPA/DHA Vegetarian	120	EDV1	$80.10
	60	EDV6	$44.50



Krill-plex *IMPROVED* Fish Gelatin Softgels

**Unique source of omega-3 fatty acids, phospholipids and antioxidants; for menstrual comfort, heart health, joint support, cognitive function 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, triglyceride 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 defenses against the sun and environment.

Krill oil naturally contains a highly bioavailable essential fatty acid-phospholipid complex and antioxidants, providing optimal support for menstrual comfort, cardiovascular function and cognitive, joint and skin health.

The krill oil in Krill-plex is NKO®, which is a registered trademark of Neptune Technologies & Bioresources, Inc.

two softgel capsules contain 12 sg

calories	10
calories from fat	10
total fat	1 g
krill oil (shellfish)	1,000 mg
providing:	
omega-3 fatty acids	300 mg
EPA	150 mg
DHA	90 mg
phospholipids	400 mg
astaxanthin	1.5 mg

Contains fish (tilapia), shellfish

other ingredients: lemon oil, fish gelatin capsule (gelatin, glycerin, water)

2 softgels daily with breakfast for one month and one softgel thereafter or as directed by a health care professional.

	quantity	order code	sug. retail price
Krill-plex	120	KP1	$110.10
	60	KP6	61.10

*Essential fatty acids, such as gamma linolenic acid (GLA) and omega-3 fatty acids, support a wide range of physiological functions. GLA supports the body's production of prostaglandin E1 (PGE1). Omega-3 fatty acids increase the formation of prostaglandin E3 (PGE3). These fatty acids are considered essential because they cannot be manufactured by the body, but must come from dietary sources or supplementation. Unfortunately, modern processing techniques remove many of these essential oils from foods.

*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.

EPA/DHA liquid (lemon flavor)

Suitable for Children

**Ultra-pure molecularly distilled, lemon-flavored fish oil liquid*

each teaspoon (5 ml/0.18 fl oz) provides

calories	40
calories from fat	40
total fat	4.5 g
saturated fat	1 g
polyunsaturated fat	2 g
monounsaturated fat	1 g
cholesterol	15 mg
fish oil concentrate (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 extract, ascorbyl palmitate, natural tocopherols)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

Ages 4 to 11, take 1/2 teaspoon daily, with or between meals.
Ages 12 and up, take 1 or more teaspoons daily, with or between meals.

	quantity	order code	sug. retail price
EPA/DHA liquid (lemon flavor)	200 ml (7 fl oz)	EDL2	$35.90

EPA/DHA-CoQ_{10} liquid (orange flavor)

**Ultra-pure molecularly distilled, orange-flavored fish oil liquid combined with 100 mg CoQ_{10} for enhanced cardiovascular support*

each teaspoon (5 ml/0.18 fl oz) provides

calories	40
calories from fat	40
total fat	4.5 g
saturated fat	1 g
cholesterol	25 mg
fish oil concentrate (anchovies, sardines)	4,295 mg
providing (typical):	
EPA (eicosapentaenoic acid)	611–859 mg
DHA (docosahexaenoic acid)	429–644 mg
coenzyme Q_{10}	100 mg

other ingredients: natural orange and citrus flavors, proprietary antioxidant blend (natural vitamin E, rosemary extract and ascorbyl palmitate)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated. Contents may precipitate; shake well.

1–3 teaspoons daily, with meals.

	quantity	order code	sug. retail price
EPA/DHA-CoQ_{10} liquid (orange flavor)	200 ml (7 fl oz)	EDO2	$82.40

See also

DHA liquid page 44/68
EPA/DHA liquid *enhanced* page 16 NEW
EPA/DHA Vegetarian page 67
Omega minigels page 44 NEW
VisionPro EPA/DHA/GLA page 146

Cod Liver Oil (lemon flavor)

**Ultra-pure, molecularly distilled genuine Norwegian cod liver oil with naturally occurring vitamin A & D*

Pure Encapsulations Norwegian, cold-processed cod liver oil is a natural source of vitamin A, vitamin D and essential omega-3 fatty acids. It has been molecularly distilled and tested for heavy metals, pesticides, PCBs, dioxins and furans, and other contaminants. Cod liver oil has a long history of traditional use for supporting immune health, primarily attributed to vitamins A and D. The essential fatty acids EPA and DHA maintain a healthy inflammatory response as well as healthy cyclooxygenase and lipoxygenase enzyme activity, providing support for joint comfort and mobility. In addition, they encourage cardiovascular health by promoting healthy blood flow and healthy triglyceride metabolism. Furthermore, recent research has revealed an association between cod liver oil supplementation and positive mood.

Cod Liver Oil (lemon flavor) provides essential omega-3 fatty acids along with natural vitamin A and D for immune, joint, cardiovascular and emotional health.

each teaspoon (5 ml/0.18 fl oz) provides

calories	40
calories from fat	40
total fat	4.5 g
saturated fat	0.5 g
polyunsaturated fat	1.5 g
monounsaturated fat	2.5 g
cholesterol	15 mg
fish liver oil concentrate (cod)	4,615 mg
providing (typical):	
vitamin A (naturally occurring)	1750 iu
vitamin D (naturally occurring)	180 iu
EPA (eicosapentaenoic acid)	320–510 mg
DHA (docosahexaenoic acid)	460–640 mg

other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

1 or more teaspoons daily, with or between meals.

	quantity	order code	sug. retail price
Cod Liver Oil (lemon flavor)	200 ml (7 fl oz)	CLO2	$30.60

Tri-EFA

**Ultra-pure molecularly distilled fish oil concentrate combined with flax and borage seed oils for joint and skin health*

each softgel capsule contains 2 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha tocopherol)	5 iu
flax seed oil	400 mg
borage seed oil	400 mg
fish oil (anchovies, sardines) (50% omega-3)	400 mg
these oils typically provide:	
alpha linolenic acid (ALA)	180 mg
EPA	120 mg
DHA	80 mg
gamma linolenic acid (GLA)	80 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

2–8 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Tri-EFA	240	TR2	$54.00
	120	TR1	31.80

Black Currant Seed Oil

**Contains 14% GLA*

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

Black Currant seed oil supports joint health, immune function and premenstrual comfort.

each softgel capsule contains 14 sg

calories	5
calories from fat	5
total fat	0.5 g
black currant (ribes nigrum) oil (seed)	500 mg
providing:	
18:3 gamma linolenic (GLA)	70 mg
vitamin E (as d-alpha-tocopherol)	10 iu

other ingredients: gelatin capsule (gelatin, glycerin, water)

2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Black Currant Seed Oil	250	BL2	$69.00
	100	BL1	31.20

Borage Oil

**Contains 20% GLA*

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

Borage Oil is cold-pressed and provides wide-ranging support for immune and joint health.

each softgel capsule contains 20 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as mixed tocopherols)	2 iu
borage (borago officinalis) oil (seed) (cold-pressed)	1,000 mg
gamma-linolenic acid (GLA) 20%	(200 mg)

other ingredients: gelatin capsule (gelatin, glycerin, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Borage Oil	180	BOG1	$62.00
	60	BOG6	22.70

E.P.O. (evening primrose oil)

**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 EPO may help support the look and feel of healthy skin. A clinical trial reported that EPO supported healthy skin through a modulation of IFN-gamma. Another study revealed that EPO promoted skin health and led to a more favorable shift in eicosanoid metabolism. Other studies suggest that EPO 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, EPO may potentially be supportive of premenstrual comfort.

E.P.O. (evening primrose oil) is cold-pressed and provides versatile support for healthy skin, cardiovascular function and premenstrual comfort.

each softgel capsule contains 10 sg

calories	5
calories from fat	5
total fat	0.5 g
evening primrose (oenothera biennis) oil (seed) (cold-pressed)	500 mg
gamma-linolenic acid (GLA) 9%	(45 mg)

other ingredients: gelatin capsule (gelatin, glycerin, water)

1–4 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
E.P.O. (evening primrose oil)	250	EPO2	$47.30
	100	EPO1	21.30

Flax/Borage Oil

**Contains 50% omega-3 and 20% GLA*

Flax seed oil provides 50% omega-3 fatty acids and borage oil provides 20% GLA. Flax seed oil contains alpha linolenic acid, ALA, an omega-3 fatty acid that can be converted into eicosapentaenoic acid, or EPA, in the body. Because the combination of flax seed and borage oil has the potential to simultaneously support PGE3 and PGE1, it may provide enhanced support compared to either oil alone. Borage oil has been shown to support healthy joint function while flax seed oil has the potential to support healthy lipid metabolism and joint function.

Flax/Borage oil provides both omega-3 and omega-6 fatty acids for supporting healthy lipid metabolism as well as healthy joint function.

each softgel capsule contains 12 sg

calories	5
calories from fat	5
total fat	0.5 g
vitamin E (as d-alpha-tocopherol succinate)	10 iu
flax (linum usitatissimum) oil (seed)**	500 mg
borage (borago officinalis) oil (seed)**	100 mg

**(These oils are fresh pressed; absolutely no chemicals are used in the extraction process.)

provides:	
omega-3 fatty acids (alpha linolenic acid (ALA))	225-250 mg
gamma linolenic acid (GLA)	18-22 mg

other ingredients: gelatin capsule (gelatin, glycerin, water, carob)

6–8 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Flax/Borage Oil	250	FB2	$38.20
	120	FB1	20.70

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Flax Seed Oil (organic)

**Concentrated source of omega-3 fatty acids*

Pure Encapsulations Flax Seed Oil is certified organic and cold pressed, a process that helps preserve the oil's health-promoting constituents. Alpha-linolenic acid, or ALA, is the main omega-3 fatty acid in flax seed oil and can be converted into eicosapentaenoic acid, or EPA, in the body, supporting healthy prostaglandin activity and cardiovascular function. High in omega-3 fatty acids, flax seed oil is also a source of other health-promoting fatty acids. Together, omega-3 and omega-6 fatty acids are supportive for immune system function, cell membrane integrity, joint function and lipid metabolism. Furthermore, this flax seed oil is specially processed to contain higher levels of naturally occurring lignans, the phytoestrogen compound multiple studies have indicated may help support breast, intestinal and cardiovascular health.

Flax seed oil, containing omega-3 fatty acids and constituents including lignans, provides support for a number of physiological functions, including cardiovascular health.

each softgel capsule contains 2 sg

calories	10
calories from fat	10
total fat	1 g
flax (linum usitatissimum) oil (seed) (organic, cold-pressed)	1,000 mg
providing:	
omega-3 fatty acids (alpha-linolenic acid)	470 mg

other ingredients: gelatin capsule (gelatin, glycerin, water, caramel color)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Flax Seed Oil (organic)	250	FSO2	$40.10
	120	FSO1	21.80

Neuromins™ 200 mg

Vegetarian Softgels

vegetarian-sourced DHA (docoshexaenoic acid)

**DHA for healthy neural and visual development*

Docosahexaenoic acid (DHA), an omega-3 long chain polyunsaturated fatty acid, is the building block of brain tissue. It is the primary structural fatty acid in the gray matter of the brain and retina of the eye. DHA is an essential nutrient for eye development and for mental and visual function. Humans obtain DHA from their diets, initially through the placenta and from breast milk. DHA is commonly added to infant formula in Japan and Europe. Clinical trials of supplementation with Neuromins™ in healthy vegetarians have shown an increase in serum DHA and EPA levels.

life'sDHA™ is a trademark of Martek Biosciences Corporation.

each softgel capsule contains 10 sg V

calories	5
calories from fat	5
total fat	0.5 g
DHA (docosahexaenoic acid)	200 mg

other ingredients: algal oil, modified corn starch, glycerin, high oleic sunflower oil, water, carrageenan, sorbitol, ascorbyl palmitate and tocopherols (antioxidants), natural flavor, sunflower lecithin, beta-carotene and caramel (coloring)

This high potency formula is recommended for pregnant and lactating women.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Neuromins™ 200 mg	120	DHAV21	$111.90
	60	DHAV26	59.30

EFA Essentials

**Triglyceride-form fish oil and borage oil blend for 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 inflammatory balance, mucin production and healthy tear film characteristics.

EFA Essentials combines an ultra-pure, molecularly distilled triglyceride fish oil with cold-pressed borage oil to maintain inflammatory balance in joints, skin and eyes.

four softgel capsules contain 20 sg

calories	40
calories from fat	40
total fat	4 g
fish oil concentrate (anchovies, sardines)	3,828 mg
providing:	
EPA (eicosapentaenoic acid)	1,140 mg
DHA (docosahexaenoic acid)	860 mg
other omega-3 fatty acids	260 mg
borage oil (seed) (cold-pressed)	600 mg
providing:	
gamma-linolenic acid (GLA)	100 mg

other ingredients: natural lemon flavor, proprietary natural antioxidant blend, gelatin capsule (gelatin, glycerin, water)

2–4 capsules daily.

	quantity	order code	sug. retail price
EFA Essentials	120	EFA1	$52.60

UltraKrill+D

Liquid-filled Caplique® Capsule

**Nitrogen-preserved, odorless krill oil blend with vitamin D_3*

UltraKrill+D provides a powerful, activated omega-3 blend with the following key distinctions:

- EPA/DHA bound to phospholipids
- EPA/DHA bound to triglycerides
- 588 mg phospholipids per serving
- 2.1 mg astaxanthin per serving for enhanced omega-3 stability
- Vitamin D_3 for enhanced inflammation balance support*
- Odorless, nitrogen-preserved Caplique® Capsules

EPA and DHA bound to phospholipids, as found naturally in krill, allows for increased bioavailability of EPA and DHA. Phospholipids provide enhanced transport of fatty acids into cells. This efficiency means less EPA and DHA are required per serving to provide omega-3 health benefits. UltraKrill+D provides 588 mg phospholipids, 210 mg EPA and 126 mg DHA per serving.

UltraKrill+D krill oil blend is obtained from a sustainable and eco-friendly supply chain aimed to maintain the conservation of marine living resources by sourcing its Krill biomass only from CCAMLR Member monitored vessels and facilities.

CCAMLR is the Commission for the Conservation of Antarctic Marine Living Resources and the only internationally-recognized body, whose member states monitor Antarctic-krill harvesting to ensure a healthy eco-system in that region.

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

two Caplique® Capsules contain	00
calories	15
calories from fat	15
total fat	1.5 g
vitamin D_3	1,000 iu
Krill oil blend (shellfish/fish oil blend)	1,400 mg
providing:	
omega-3 fatty acids	420 mg
EPA	210 mg
DHA	126 mg
phospholipids	588 mg
astaxanthin	2.1 mg

Contains fish (tilapia, anchovies, sardines), shellfish
other ingredients: fish Caplique® Capsule

2 Caplique® Capsules daily, with a meal.

	quantity	order code	sug. retail price
UltraKrill+D	120	UKD1	$107.00
	60	UKD6	60.40

See also
EPA/DHA-Glucosamine page 90
Krill-plex page 69



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GLUCOSE METABOLISM

Alpha Lipoic Acid 600 mg

**Water and lipid soluble antioxidant; supports glucose metabolism and nerve health*

Alpha lipoic acid is an exceptionally versatile nutrient; being both water and fat soluble, it is able to function in almost any part of the body. It is manufactured in the body, but often times not in the amounts necessary to perform its many functions. Alpha lipoic acid is a potent antioxidant which neutralizes harmful free radicals and enhances the activity of vitamins C and E. A key component of the metabolic process, alpha lipoic acid produces energy in muscles and directs calories into energy production. In addition, this powerful nutrient 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 four-month, 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.

Alpha Lipoic Acid is a multifunctional, versatile nutrient which plays a key role in the antioxidant network and the metabolic process.

each vegetarian capsule contains V 00

alpha lipoic acid (thioctic acid)..... 600 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 30 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Alpha Lipoic Acid 600 mg	120	AL61	$81.30
	60	AL66	48.20

Alpha Lipoic Acid 400 mg

each vegetarian capsule contains V 0

alpha lipoic acid (thioctic acid)..... 400 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 16 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Alpha Lipoic Acid 400 mg	120	AL41	$69.50
	60	AL46	39.90

Alpha Lipoic Acid 200 mg

each vegetarian capsule contains V 0

alpha lipoic acid (thioctic acid)..... 200 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 16 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Alpha Lipoic Acid 200 mg	120	AL21	$52.90
	60	AL26	28.90

Alpha Lipoic Acid 100 mg

each vegetarian capsule contains V 0

alpha lipoic acid (thioctic acid)..... 100 mg
ascorbyl palmitate (fat-soluble vitamin C)..... 8 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–8 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Alpha Lipoic Acid 100 mg	120	AL11	$35.30
	60	AL16	19.80

R-Lipoic Acid (stabilized)

**Stabilized sodium salt of R-lipoic acid*

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. In a recent *in vitro* study at the Buck Institute for Aging in California, R-lipoic acid moderated oxidative stress in neurons. Additional 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.

This provides a highly stable and bioavailable form of R-lipoic acid, with the potential for enhanced antioxidant protection and metabolic support.

each vegetarian capsule contains V 2

sodium..... 14 mg
R-lipoic acid ..... 100 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), sodium carbonate, vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
R-Lipoic Acid (stabilized)	120	RLA1	$73.00
	60	RLA6	39.50

Alpha Lipoic Acid w/GlucoPhenol™

**Science-based approach to cardiometabolic health*

- Delivers 200 mg alpha lipoic acid per serving for metabolic support and cardioprotection*
- Provides 25 mg polyphenols per serving from GlucoPhenol™, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutraceuticals and Functional Foods (INAF)*
- Supports healthy glucose and fat metabolism by targeting cellular receptors and cellular mediators*
- Supports overall cardiometabolic health by maintaining inflammatory balance and vascular health*

each vegetarian capsule contains V 0

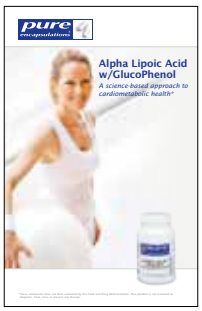
alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol™ proprietary blend	138 mg
providing:	
25 mg of polyphenols from Orléans strawberry (Fragaria vesca var Orléans) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit)	
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: rice maltodextrin, magnesium hydroxide, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Alpha Lipoic Acid w/GlucoPhenol™	120	AGP1	$66.80
	60	AGP6	$37.10

GlucoPhenol™ is a trademark used by Pure Encapsulations under license.



Alpha Lipoic Acid w/GlucoPhenol™ Brochure

Order Code: AGPB

Available online

The Research: GlucoPhenol™

GlucoPhenol™ was developed as part of a comprehensive research collaboration between Pure Encapsulations and the Institute of Nutraceuticals and Functional Foods (INAF) based at Université Laval, Quebec, Canada. It delivers 25 mg of polyphenols per capsule from a unique blend of cranberry and Orléans strawberry standardized extracts. Recent research has demonstrated that Orléans strawberry extract maintains inflammatory balance in metabolically active liver cells (Figure 1) and promotes glucose uptake by muscle cells in vitro (Figure 2).*

GlucoPhenol™ strawberry extract supports inflammatory balance*

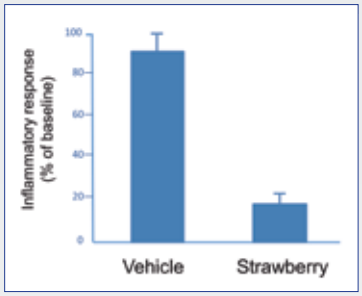


Figure 1: Orléans strawberry extract maintains healthy inflammatory balance in hepatocytes.*

GlucoPhenol™ strawberry extract supports healthy glucose uptake*

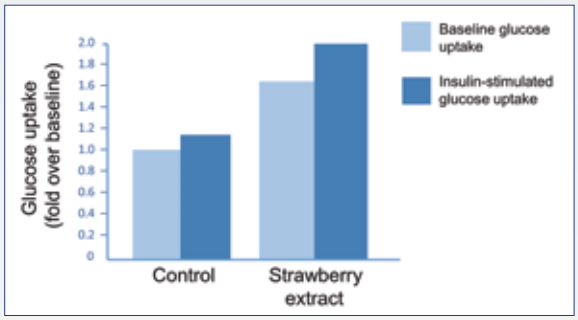
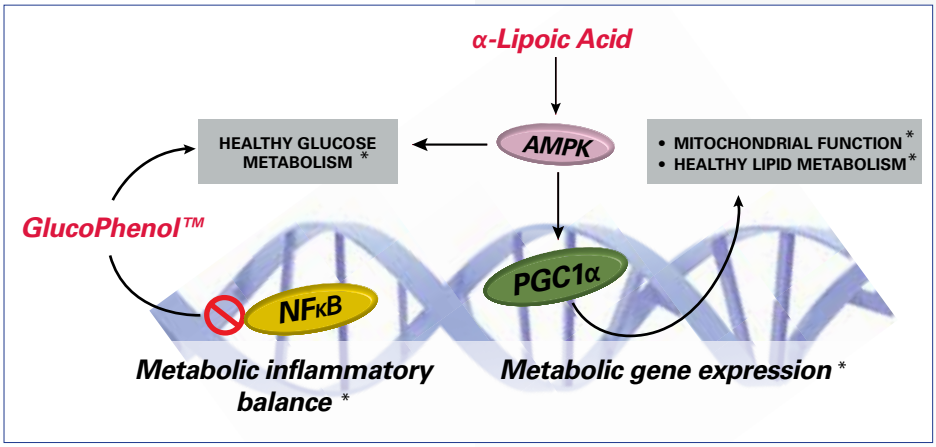


Figure 2: Orléans strawberry extract directly supports glucose disposal into skeletal muscle cells after a 2 hour treatment.*

In fat and muscle cells, alpha lipoic acid targets the enzyme AMP kinase (AMPK), which activates a cellular receptor known as PGC-1α. PGC-1α helps support healthy metabolism of both carbohydrates and fats. GlucoPhenol™ also promotes healthy activity of the genomic regulator NF kappa B (NFκB) to help maintain metabolic inflammatory balance.*



Cardiometabolic mechanisms of alpha lipoic acid and GlucoPhenol™.*

*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.

l-Carnosine

**Antioxidant dipeptide for cell protection*

l-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 with free-radical scavenging activity and is believed to promote cell health and cell longevity. *In vitro*, l-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. l-Carnosine plays a role in maintaining DNA integrity. l-Carnosine may also support superoxide dismutase activity. In addition, l-carnosine may help to maintain healthy peptide metabolism in the brain and its membrane-stabilizing properties support healthy lactate dehydrogenase activity of cardiovascular cells. The concentration of l-carnosine in muscle may prove to be an important factor in high-intensity exercise performance based on a recent human study.

l-Carnosine provides unique protective mechanisms in the body to maintain healthy protein and cellular function in various tissues. Supplementation may support optimal levels of l-carnosine which can naturally decline with age.

each vegetarian capsule contains V 00

l-carnosine (beta-alanyl-L-histidine) ..... 500 mg
other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
l-Carnosine	120	LCA1	$108.60
	60	LCA6	59.40

Cinnamon WS

**Patented water-soluble extract for healthy glucose metabolism*

Cinnamon WS contains a patented, 100% water-soluble cinnamon (*Cinnamomi cassia*) extract standardized for polyphenol polymers. Studies performed at the Beltsville USDA Human Nutrition Research Center suggest that these polymers 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 and triglyceride metabolism. Additional studies indicate that cinnamon extract promotes glucose utilization in skeletal muscle cells. Water-soluble polymers may also support healthy blood flow.

CinSulin® is a registered trademark of Tang-An Medical, Ltd. Manufactured under U.S. Patent 6,200,569.

each vegetarian capsule contains V 3

cinnamon (cinnamomum cassia) extract (dried bark) (10-15:1) ..... 125 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Cinnamon WS	120	CI1	$38.60
	60	CI6	21.90

GlucoFunction

**Comprehensive 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 an organic complex of glycine and vanadium specially designed for enhanced absorption and tolerability. 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 is a powerful antioxidant that also maintains healthy red blood cell sorbitol levels. Alpha lipoic acid supports healthy glucose metabolism by promoting healthy mitochondrial function.

This formula combines key nutrients, antioxidants and herbal extracts to promote broad spectrum support for healthy glucose metabolism.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

CinSulin® is a registered trademark of Tang-An Medical, Ltd. Manufactured under U.S. Patent 6,200,569.

three vegetarian capsules contain V 00

vitamin C (as ascorbic acid) ..... 200 mg
biotin ..... 6 mg
magnesium (as magnesium citrate) ..... 150 mg
zinc (as zinc citrate) ..... 15 mg
chromium (as chromium polynicotinate) ..... 400 mcg
vanadium (as bis-glycinato oxo vanadium (BGOV)) ..... 1.5 mg
alpha lipoic acid (thioctic acid) ..... 300 mg
cinnamon (cinnamomum cassia) extract (dried bark) (10-15:1) ..... 250 mg
gymnema (gymnema sylvestre) extract (leaf) ..... 150 mg
bitter melon (momordica charantia) extract (fruit) ..... 225 mg
other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

3 capsules daily, in divided doses, before meals.

	quantity	order code	sug. retail price
GlucoFunction	180	GF1	$68.50
	90	GF9	39.00



Glucose Support Formula

**Supports healthy pancreas function and glucose metabolism*

This formula provides a helpful combination of essential nutrients for blood sugar 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 powerful antioxidant activity and supports healthy glucose metabolism. As adaptogens, *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, promote healthy glucose balance. Recent 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.

Pure Encapsulations Glucose Support Formula contains highly recognized ingredients that provide specific support for optimal pancreas function and healthy glucose metabolism.

each vegetarian capsule contains V 00

chromium (as chromium polynicotinate)	200 mcg
gymnema (gymnema sylvestre) extract (leaf)	75 mg
Asian ginseng (panax ginseng) extract (root) (standardized to contain 5% ginsenosides)	100 mg
eleuthero (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E&B)	100 mg
alpha lipoic acid (thioctic acid)	100 mg
maitake mushroom (grifola frondosa) extract (whole plant body)	200 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Glucose Support Formula	120	GSF1	$57.20
	60	GSF6	33.20

Gymnema Sylvestre

**Supports pancreas function and healthy glucose metabolism*

Gymnema sylvestre has been used traditionally in India for over 2,000 years. Among the active constituents of *Gymnema sylvestre* are the gymnemic acids. Several mechanisms may account for the ability of this extract to nutritionally support the pancreas and, when used as part of the diet, to maintain healthy glucose metabolism. Preliminary research involving human volunteers in two separate trials suggests that *Gymnema sylvestre* promotes healthy pancreatic cell function. Studies also reveal the ability of *Gymnema sylvestre* to support enzyme activity for glucose utilization and to promote healthy glucose uptake into the intestines. Furthermore, this extract has the potential to support healthy lipid and triglyceride metabolism.

Pure Encapsulations concentrated Gymnema Sylvestre provides enhanced support for healthy pancreas function and glucose metabolism.

each vegetarian capsule contains V 1

gymnema (gymnema sylvestre) extract (leaf)	250 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Gymnema Sylvestre	180	GY1	$28.90
	90	GY9	16.50

See also
ChromeMate® page 104
Chromium (picolinate) page 105

Metabolic Xtra

**Supports healthy insulin function and glucose homeostasis*

- Enhances the expression and function of insulin receptors with the natural plant alkaloid berberine*
  - In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for glucose, lipid and triglyceride metabolism*
- Promotes healthy AMPK and SIRT1 protein levels to support cellular metabolism and glucose homeostasis with resveratrol*
  - In a recent randomized, double-blind, placebo-controlled 4-week study, resveratrol supported healthy insulin signaling and antioxidant defenses*
- Modulates cell signaling for healthy insulin function with patent-pending Zychrome™ chromium dinicocysteinate†*
  - Clinically studied to be twice as effective as chromium picolinate for maintaining healthy insulin function*
  - In a randomized, placebo-controlled trial, Zychrome™ supported healthy glucose metabolism and offered statistically significant support for antioxidant defenses and inflammatory balance, as measured by TNFα*
- Supports healthy receptor function and glucose metabolism with alpha lipoic acid*

Provides a powerful combination of nutrients to support healthy insulin receptor function and signaling, and glucose metabolism.

ZYCHROME™ †Zychrome™ brand chromium dinicocysteinate. Zychrome™ is a trademark of InterHealth N.I.

resVida® This product contains resVida®. resVida® is a registered trademark of DSM Nutritional Products, Inc.

each vegetarian capsule contains V 00

berberine HCl	350 mg
alpha lipoic acid (thioctic acid)	100 mg
resVida® resveratrol (as trans-resveratrol)	20 mg
chromium (as chromium dinicocysteinate)†	135 mcg
ascorbyl palmitate (fat-soluble vitamin C)	50 mg

other ingredients: vegetarian capsule (cellulose, water)

1-3 capsules daily, with meals.

	quantity	order code	sug. retail price
Metabolic Xtra	90	MX9	$34.20



*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.

IMMUNE SUPPORT

Aller-Essentials

**Maintains healthy immune response, nasal function and histamine production, especially in response to environmental factors*

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. Beta-1,3/1,6-glucan, a natural polysaccharide extracted from the cell wall of *Saccharomyces cerevisiae*, has demonstrated the potential to support overall immunity and to maintain healthy cytokine balance. 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 and maintaining healthy histamine production. Nettle leaf offers a history of clinical and traditional use for maintaining healthy immune function in response to environmental triggers.

two vegetarian capsules contain V 0

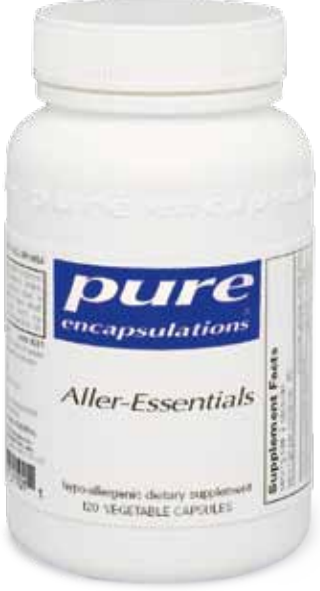
vitamin C (as ascorbic acid)	250 mg
Indian tinospora (tinospora cordifolia) extract (aerial parts)	450 mg
quercetin	125 mg
hesperidin methyl chalcone	100 mg
nettle (urtica dioica) extract (leaf) (standardized to contain 1% silica)	100 mg
apple (malus pumila) extract (whole fruit) (standardized to contain 75% polyphenols)	65 mg
beta-glucan† (standardized to contain 60% beta 1,3/1,6 glucan)	45 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: hypo-allergenic plant fiber (cellulose), maltodextrin, vegetarian capsule (cellulose, water)

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

† BETA Regular 3-6

	quantity	order code	sug. retail price
Aller-Essentials	120	ALE1	$38.00
	60	ALE6	21.80



Arabinogalactan

**Immune support fiber*

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

Arabinogalactan is an immunomodulatory fiber that activates specific immune system cells and maintains healthy microflora levels, an additional factor in supporting optimal immune function.

each vegetarian capsule contains V 00

arabinogalactan	500 mg
ascorbyl palmitate (fat-soluble vitamin C)	50 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Arabinogalactan	180	ARA1	$58.00
	90	ARA9	32.00

Colostrum 40% IgG

**Optimal immune support potential*

Colostrum is a highly-concentrated source of powerful immune and growth factors produced from mammary glands shortly after giving birth. Pure Encapsulations Colostrum is derived from BSE-, hormone-, pesticide- and antibiotic-free herds, providing a pure, rich source. Colostrum contains immunoglobins G (IgG), A (IgA), E (IgE), D (IgD), and M (IgM). Each has a specific role in natural defense. IgG is naturally found in the highest concentration and helps to neutralize toxins. 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).

Pure Encapsulations Colostrum, derived from USDA and FDA certified dairy farms in the U.S. and is collected after the first 24 hours. It is defatted and standardized to contain 40% IgG. Colostrum is a nutrient-dense combination of immune system components and growth factors for supporting optimal natural defense, intestinal function, and athletic potential.

each vegetarian capsule contains 00

colostrum (from bovine) (standardized to contain 40% IgG)	450 mg

Contains milk, soy

other ingredients: soy lecithin, vegetarian capsule (cellulose, water)

5–7 capsules daily, in divided doses, on an empty stomach or at least 30 minutes before a meal, with 8–12 oz water.

	quantity	order code	sug. retail price
Colostrum 40% IgG	180	COL41	$53.90
	90	COL49	30.60

Daily Immune

**Our most comprehensive immune defense formula, featuring wide-range vitamin, mineral and herbal support*

Vitamin C, citrus bioflavonoids and zinc serve as a powerful foundation for overall health by supporting immune system function. Vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages. As a result, vitamin D supports healthy immune cell activation. Elderberry and lemon balm extracts offer immune enhancing anthocyanins, flavonoids and polyphenols. Polysaccharides from arabinogalactan, aloe and maitake provide complementary support for immune cell function and healthy immune mediator activity. Hesperidin plays the important role of maintaining healthy histamine release. In order to maintain a healthy immune system during periods of occasional physical or mental stress, astragalus and eleuthero have been added for their adaptogenic potential.

Daily Immune is an extensive blend of vitamin, mineral, polyphenol, polysaccharide and adaptogenic cofactors for healthy immune system function.

two vegetarian capsules contain V 00

vitamin C (as ascorbic acid)	200 mg
vitamin D (as cholecalciferol) (D_3)	400 iu
zinc (as zinc citrate)	10 mg
citrus bioflavonoids	100 mg
hesperidin methyl chalcone	100 mg
European elder (elderberry) (sambucus nigra) extract (fruit)	150 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	200 mg
arabinogalactan (larix spp.) extract	200 mg
aloe vera (aloe barbadensis) extract (inner fillet) (200:1) (standardized to contain 10% polysaccharides)	50 mg
maitake mushroom (grifola frondosa) extract (whole plant body)	150 mg
astragalus (astragalus membranaceus) extract (root)	75 mg
eleutherococcus (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E&B)	75 mg

other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
Daily Immune	120	DI1	$42.40
	60	DI6	23.90

ImmuHerbs

**Herbal immune support combination*

Highly purified herbal extracts are combined in this formula to promote the body's natural defenses through various mechanisms. Arabinogalactan, derived from larch trees, is also the active polysaccharide found in echinacea. Immune system cells responsible for the body's first line of defense are supported by arabinogalactan. As a fermentable fiber, arabinogalactan also promotes healthy levels of lactobacillus and bifidobacteria in the colon. Elderberry is a rich source of flavonoids, specifically anthocyanins, and contains quercetin, providing important antioxidant and immune support. Also rich in flavonoids, olive leaf extract contains rutin, luteolin, and hesperidin. These compounds act with olive leaf's main constituent, the glucoside oleuropein, to maintain a healthy intestinal environment and beneficial microflora. Maitake mushroom contains the unique polysaccharide beta-d-glucan and supports macrophage activity. Odor-controlled garlic is standardized to contain 2,000 mcg/g allicin yield, offering the prized garlic constituent associated with a healthy defense system.

Pure Encapsulations ImmuHerbs offers a concentrated blend of immune-specific herbs providing flavonoids, unique polysaccharides and glucosides, and sulfur compounds for wide-range defense system support.

three vegetarian capsules contain V 00

arabinogalactan	500 mg
European elder (elderberry) (sambucus nigra) extract (fruit)	500 mg
olive (olea europaea) extract (leaf) (standardized to contain 15% oleuropein)	500 mg
maitake mushroom (grifola frondosa) extract (whole plant body)	250 mg
garlic (allium sativum) powder (bulb) (standardized to contain 2,000 mcg/g allicin yield)	250 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
ImmuHerbs	120	IH1	$51.00
	60	IH6	29.00

Elderberry extract

**Stimulates immune system health*

This elderberry extract is a uniquely concentrated, 100% pure extract providing enhanced levels of anthocyanins, the specialized group of flavonoids responsible for elderberry's immune system support. One of the most prized elderberry flavonoids is the compound quercetin. Studies have shown that the antioxidant properties of anthocyanins found in elderberry extract maintain healthy immune function and promote the strength and integrity of vascular walls.

Pure Encapsulations offers an anthocyanin-rich elderberry extract, providing powerful support for optimal functioning of the immune system and vascular health.

each vegetarian capsule contains V 00

European elder (elderberry) (sambucus nigra) extract (fruit)	500 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Elderberry extract	120	EB1	$51.40
	60	EB6	27.10



*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.

Immune Support Liquid

**Great-tasting immune support complex in liquid form for adults and children*

Elderberry and lemon balm extracts offer immune enhancing anthocyanins, flavonoids and polyphenols while polysaccharides from arabinogalactan and aloe provide complementary support for immune cell function and healthy immune mediator activity. Hesperidin plays the important role of maintaining healthy histamine release while zinc and beta-carotene serve as the nutritional foundation for supporting healthy immune system function.

Immune Support Liquid provides broad-spectrum immune support for adults and children and is free of artificial flavors and sweeteners.

one teaspoon (5 ml/0.18 fl oz) contains V

vitamin A (as beta carotene)	2,500 iu
zinc (as zinc gluconate)	3 mg
hesperidin methyl chalcone	30 mg
European elder (elderberry) (sambucus nigra) extract (fruit)	150 mg
arabinogalactan	75 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	50 mg
aloe vera (aloe barbadensis) extract (inner fillet) (standardized to contain 10% polysaccharides)	10 mg
stevia	37 mg

other ingredients: purified water, natural glycerin, natural grape flavor, citric acid, xanthan gum, potassium sorbate

Ages 4 to 8, 1/2 tsp daily, with a meal. Can be mixed with juice.
Ages 8 to 18, 1 tsp daily, with a meal.
Ages 18 and up, 1–2 tsp daily, in divided doses, with meals.

Refrigerate after opening.

	quantity	order code	sug. retail price
Immune Support Liquid	120 ml (4 fl oz)	ISL	$32.70

Lysine-C Plus

With Metafolin® L-5-MTHF

**Multifunctional support for healthy oral immune function*

L-lysine is an essential amino acid that is transported across membranes via a cationic amino acid transporter system. This allows it to compete with l-arginine for absorption and cellular uptake. *In vitro* evidence suggests that vitamin E synergizes with l-lysine by supporting healthy protein kinase C activity. Lemon balm extract provides complementary support for natural defenses with immune support from its phenolic compounds. Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF) is the naturally occurring, metabolically active form of folate, an essential B vitamin that helps maintain healthy immune cell populations. Vitamin C and citrus bioflavonoids provide broad-range support for healthy immune responses.

Lysine-C Plus maintains healthy arginine metabolism and supports oral and overall immune function.

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

four vegetarian capsules contain V 00

vitamin C (as ascorbic acid)	1,000 mg
vitamin E (as d-alpha tocopherol succinate)	200 iu
folate (as Metafolin®, L-5-MTHF)	200 mcg
l-lysine HCl	1,000 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	200 mg
citrus bioflavonoids	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	80 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Lysine-C Plus	120	LLP1	$20.80

M/R/S Mushroom Formula

**Powerful combination of immunomodulating mushrooms*

There are over 20,000 different mushroom species, at least 50 of which have been determined to have health-promoting effects. The common attribute consistent among these species appears to be the polysaccharides, constituents shown to achieve high potency immune system support. Polysaccharides from maitake, reishi, and shiitake are believed to be among the most nutritionally supportive for enhancing healthy immune function. Wide-ranging health properties of mushroom supplementation include liver, cardiovascular, glucose metabolism, and cellular health support.

Pure Encapsulations M/R/S mushroom formula provides a dynamic combination of maitake, reishi, and shiitake for promoting optimal immune system health and exceptional broad-spectrum physiological support.

each vegetarian capsule contains V 00

maitake mushroom (grifola frondosa) extract (whole plant body)	200 mg
reishi mushroom (ganoderma lucidum) extract (whole plant body)	200 mg
shiitake mushroom (lentinus edodes) extract (whole plant body)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	8 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
M/R/S Mushroom Formula	120	MRS1	$54.80
	60	MRS6	30.80

Myco-AHCC®

**AHCC® and cordyceps for immune and cellular support*

AHCC®, or active hexose correlated compound, supports natural defenses and may also maintain healthy cellular signaling and cell function. AHCC® is an enzyme-fermented extract of mycelia from Basidiomycetes mushroom species. The main constituents are the low molecular weight, highly absorbable, partially acetylated α- and β-glucan oligosaccharides and glycoproteins. The oligosaccharides in mushrooms are believed to directly support several types of immune cells and to protect healthy tissue. Human studies have indicated statistically significant enhancement of natural killer (NK) cell activity with AHCC® supplementation, thereby supporting the earliest stages of the innate, nonspecific immune response. Several preclinical investigations and a human case study have indicated that AHCC® supplementation maintains healthy T lymphocyte function. Mechanistic studies have shown that AHCC® supports the production of interleukins and interferon-gamma, a cytokine that promotes T-lymphocyte activity as part of the adaptive, specific immune response. Additional studies indicate that AHCC® may also promote the function of dendritic cells, macrophages and neutrophils. Therefore, AHCC® supports multiple events in both innate and adaptive immunity. Cordyceps sinensis, a mushroom that supports healthy T-lymphocyte activity, provides complementary support for the body's natural defenses.

Myco-AHCC® provides powerful support for healthy immune and cellular function.

AHCC® is a registered trademark of Amino Up Chemical Company, Ltd. of Sapporo, Japan.

each vegetarian capsule contains V 00

AHCC® (Active Hexose Correlated Compound)	500 mg
proprietary blend (shiitake and shiitake subspecies (lentinula edodes) hybridized extract (mycelia), candelilla wax, starch, microcrystalline cellulose, cyclodextrin)	
cordyceps (cordyceps sinensis) powder (mycelia) (certified organic)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: organic brown rice, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-6 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Myco-AHCC®	60	AHC6	$81.50
	30	AHC3	50.40

Olive Leaf extract

**Supports the immune system and promotes a healthy intestinal environment*

The Mediterranean olive tree, *Olea europaea*, defends itself against bacteria, fungi, parasites and insects through eutrophic compounds it produces. Its leaf extract is popular in herbal and folk remedies and has benefited individuals for 150 years. The active nutrient in the olive leaf is oleuropein, a phenolic glucoside (structurally classified as an iridoid). The olive leaf also contains the bioflavonoids rutin, luteolin, and hesperidin, which work synergistically with oleuropein to enhance its natural activity.

Olive leaf extract provides natural protection and a healthy environment for cells, without suppressing immune system function or harming beneficial microflora.

each vegetarian capsule contains V 0

olive (olea europaea l.) extract (leaf) ..... 500 mg
(standardized to contain min. 15% oleuropein)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Olive Leaf extract	120	OL1	$61.60
	60	OL6	33.80

Petadolex®

**Supports healthy cranial blood vessel function, may maintain healthy histamine release*

Butterbur is a perennial shrub with a 2,000-year history of traditional use. In the last twenty-five years, it has been trusted extensively throughout Europe by neurologists and other health professionals. Petadolex® is a patented form of butterbur extracted from the root and standardized to contain a minimum of 15% petasin and isopetasin. In several trials, Petadolex supported cranial blood vessel comfort. In two clinical studies, butterbur also maintained healthy nasal histamine release and leukotriene activity. Petadolex is standardized to contain at least 7.5 mg petasins per 50 mg and is processed to remove pyrrolizidine alkaloids.

Petadolex® provides high capacity support for healthy cranial blood vessel function. Butterbur may also promote immune function by maintaining healthy histamine and cytokine release.

Petadolex® is a trademark of Weber & Weber. Manufactured for Pure Encapsulations, Inc. by Weber & Weber. Product of Germany.

each softgel capsule contains 5 sg

petasins (from purple butterbur (petasites hybridus) extract (root))..... 7.5 mg
other ingredients: riboflavin, glycerol, gelatin capsule (gelatin, glycerin, water), sorbitol

2–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Petadolex®	50	PT5	$63.00

PureDefense w/NAC

**Enhances first-line immune defense and upper respiratory support*

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 supported respiratory health through the winter months. 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.

PureDefense w/NAC supports overall immune defense and provides enhanced support for upper respiratory health.

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

four vegetarian capsules contain V 0

vitamin C (as ascorbic acid) ..... 500 mg
vitamin D (as cholecalciferol) (D_3) ..... 2,000 iu
zinc (as zinc citrate) ..... 15 mg
n-acetyl-l-cysteine (free-form) ..... 900 mg
EpiCor® dried yeast fermentate complex (from Saccharomyces cerevisiae) ..... 500 mg
European elder (elderberry) (sambucus nigra) extract (fruit) ..... 400 mg
quercetin ..... 50 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 40 mg
other ingredients: vegetarian capsule (cellulose, water)

2 capsules, twice daily, with meals.

	quantity	order code	sug. retail price
PureDefense w/NAC	120	PDN1	$52.90

See also
GarliActive page 39
Probiotic IMM page 134

*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.

INFLAMMATION BALANCE

A.I. Formula®

**Maintains a healthy immune response at the cellular level*

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

A.I. Formula maintains a healthy immune response at the cellular level, providing potential support for musculoskeletal and intestinal comfort.

each vegetarian capsule contains V 00

quercetin ..... 175 mg
turmeric (Curcuma longa) extract (root) ..... 150 mg
(standardized to contain 95% curcuminoids)
bromelain (2,400 GDU/gram) ..... 200 mg
ginger (Zingiber officinale) extract (root) ..... 100 mg
(standardized to contain 5% gingerols)
ascorbyl palmitate (fat-soluble vitamin C) ..... 14 mg
other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
A.I. Formula®	360	AI3	$113.00
	120	AI1	48.20
	60	AI6	26.90

Boswellia

**Herbal support for joint discomfort*

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

Boswellia extract, standardized to contain 70% boswellic acids, promotes healthy joint, connective tissue and colon function primarily by maintaining healthy leukotriene metabolism.

each vegetarian capsule contains V 00

boswellic acids ..... 300 mg
(from Indian frankincense (boswellia serrata) extract (resin))
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Boswellia	120	BW31	$27.40
	60	BW36	15.20

See also

A.I. Enzymes page 64
Bromelain pages 64-65
Curcumin page 94
Curcumin 500 with Bioperine® page 94
NSK-SD™ (Nattokinase) pages 40-41
Systemic Enzyme Complex page 34

Boswellia AKBA

**Powerful support for immune, joint, gastrointestinal and cell health*

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

Boswellia AKBA supports the structural integrity, motility and comfort of joint cartilage and promotes gastrointestinal health and cell health, primarily by maintaining healthy 5-lipoxygenase activity.

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

each vegetarian capsule contains V 0

5-LOXIN® Boswellia serrata extract Indian
frankincense (boswellia serrata) extract (gum resin) ..... 100 mg
(standardized to contain 30%
3-acetyl-11-keto-beta-boswellic acid (AKBA)) ..... 30 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Boswellia AKBA	120	BWA1	$39.20
	60	BWA6	21.70

Cat's Claw

**Support for joint, cardiovascular, immune and gastrointestinal function*

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

Cat's claw extract is derived from the inner vine bark and is standardized to contain 3% alkaloids, providing potential joint, cardiovascular, immune and gastrointestinal function support.

each vegetarian capsule contains V 0

cat's claw (uncaria tomentosa) extract (inner vine bark) ..... 450 mg
(standardized to contain 3% oxindole alkaloids)
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Cat's Claw	180	CCL1	$57.00
	90	CCL9	32.80

CurcumaSorb (formerly Meriva®)

**Meriva® highly bioavailable curcumin phytosome*

CurcumaSorb provides the patented Meriva® curcumin-phosphatidylcholine complex for enhanced absorption and bioavailability. The proprietary phytosome technology combines curcumin and phosphatidylcholine at a 1:2 ratio promoting resistance to degradation in the digestive tract and efficient absorption across membranes. This produces significantly higher peak plasma concentrations and larger area under concentration-time curves (AUC). In a single-dose pharmacokinetic animal study, plasma curcumin levels were 20-fold greater with Meriva® than standard curcumin. A preliminary human pharmacokinetic study demonstrated that elevations in plasma curcumin from 450 mg Meriva® were similar to values obtained from 4,000 mg of a standard curcumin extract. The efficacy of a low dose was demonstrated in a 3-month clinical trial, in which 200 mg curcuminoids from Meriva® per day maintained healthy C-reactive protein levels and provided significant benefit in joint comfort, mobility and quality of life.

CurcumaSorb delivers highly bioavailable curcumin, providing maximal support for healthy inflammatory balance, as well as musculoskeletal, digestive, liver, brain, cellular and cardiovascular health.

MERIVA® BIOAVAILABLE CURCUMIN is a trademark of Indena S.p.A.

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

each vegetarian capsule contains V 00

Meriva® turmeric phytosome ..... 250 mg
(Curcuma longa extract (root) and phospholipid complex)
(standardized to contain 18% curcuminoids)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
Contains soy

2–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
CurcumaSorb	180	MCU1	$41.10



Ginger extract (Zingiber officinale)

**Gastrointestinal tract support*

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.

Ginger extract nutritionally supports the cardiovascular and digestive systems.

each vegetarian capsule contains V 00

ginger (zingiber officinale) extract (root) ..... 500 mg
(standardized to contain 5% gingerols)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Ginger extract	120	GI1	$46.80
	60	GI6	27.80

Pain Relieve

**Support for reducing minor pain and maintaining a healthy inflammatory response*

Willow bark has a long history of traditional use for reducing minor pain. Several randomized human trials illustrate its ability to do so primarily through the actions of salicin, a source of salicylic acid. Additionally, it helps to maintain healthy prostaglandin metabolism and blood flow. *Boswellia serrata* has also revealed the potential to provide statistically significant support for reducing mild pain. 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. Its ability to maintain a healthy inflammatory response has also been attributed to regulation of nitric oxide release. 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 reduce mild pain to promote musculoskeletal comfort and function. dl-Phenylalanine supports enkephalin activity, which impacts pain receptive neurons.

This formula is designed to reduce minor pain and maintain a healthy inflammatory response by supporting healthy enzyme and immune mediator activities.

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

two vegetarian capsules contain V 00

white willow (salix alba) extract (bark) ..... 535 mg
(standardized to contain 15% salicin)
5-LOXIN® - Boswellia serrata extract Indian frankincense
(boswellia serrata) extract (gum resin) ..... 200 mg
(standardized to contain 70% boswellic acids)
Indian frankincense (boswellia serrata) extract (gum resin)† ..... 25 mg
(standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))
turmeric (curcuma longa) extract (root) ..... 100 mg
(standardized to contain 95% curcuminoids)
devil's claw (harpagophytum procumbens) extract (root) ..... 300 mg
(standardized to contain a minimum of 5% harpagosides)
dl-phenylalanine (free-form) ..... 120 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: vegetarian capsule (cellulose, water)

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. Individuals with stomach problems or ulcers should consult their physician before using this product.

2 capsules 1–3 times daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Pain Relieve	120	PAR1	$41.30
	60	PAR6	24.00

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

Phyto-4

**Supports normal inflammatory balance*

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.

Phyto-4 is a powerful combination of clinically researched botanicals that maintain normal inflammatory responses by targeting immune mediators, eicosanoids and proteases.

The Perluxan® trademark is used with permission.

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

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

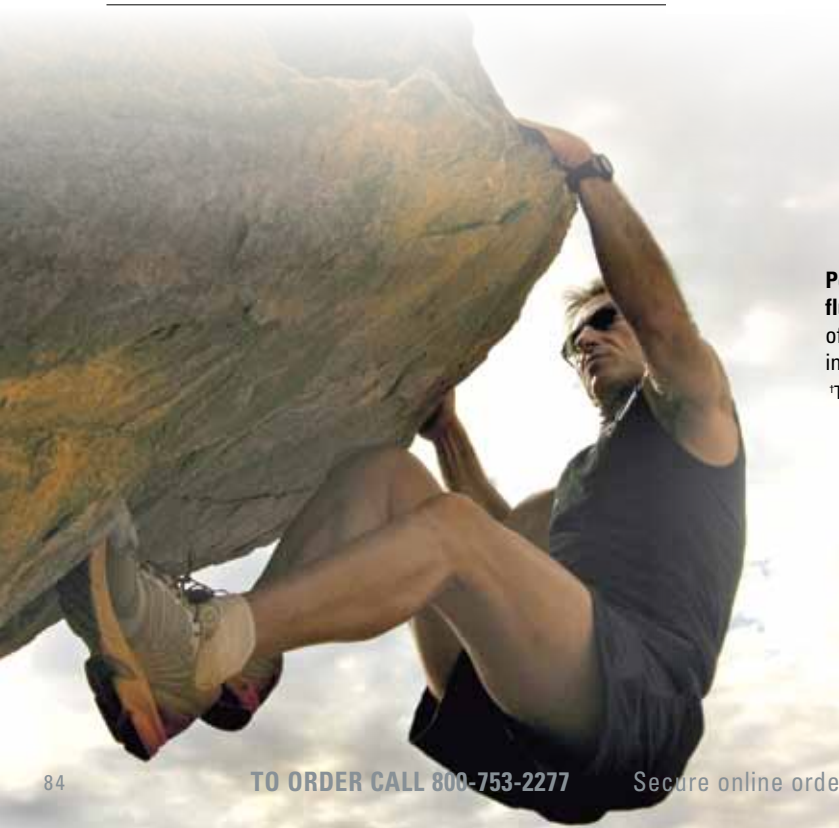
two vegetarian capsules contain V 00

Perluxan® hops extract (humulus lupulus L.) (cone)	500 mg
Curcumin C3 Complex® turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	200 mg
ginger (zingiber officinale) extract (root) (standardized to contain 5% gingerols)	200 mg
5-LOXIN® Boswellia serrata extract Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: maltodextrin, silica, vegetarian capsule (cellulose, water)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
Phyto-4	60	PH46	$31.90



SerratioZymes-AR

ACID-RESISTANT CAPSULES

**Comprehensive systemic enzyme support for inflammatory balance and tissue health*

- Maintains healthy immune mediator activity to promote musculoskeletal comfort*
- Moderates bradykinin formation to support healthy fluid balance and tissue comfort*
- Helps maintain healthy fibrinolytic processes to support tissue health*
- Offered in acid-resistant capsules with pH targeted release*

Promotes tissue health and comfort by supporting healthy inflammatory processes, fluid balance and fibrinolytic activity.

three vegetarian capsules contain 0

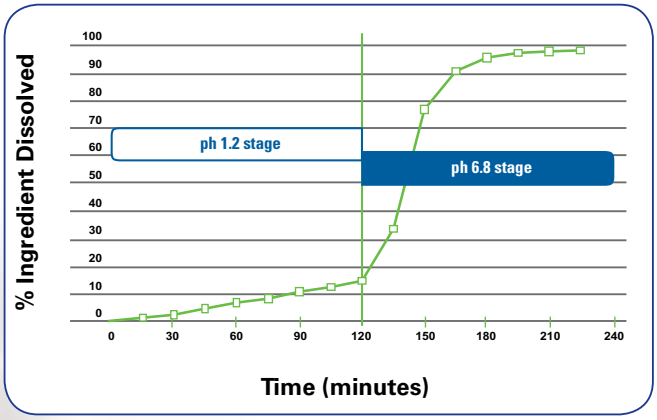
serratiopeptidase (60,000 U)	500 mg
pancreatin (porcine) (50,000 USP units protease)	176 mg
protease 6.0 (60,000 HUT)	120 mg
bromelain (2,400 GDU/g)	120 mg
papain (800 TU/mg)	120 mg
trypsin (porcine) (1:150) (11,250 USP units)	75 mg
chymotrypsin (bovine) (2,550 USP units)	3 mg
rutin	100 mg

other ingredients: gellan gum, vegetarian capsule (cellulose, water)

3-6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
SerratioZymes-AR	180	SZ1	$61.60

Acid-Resistant Capsule Disintegration in Simulated Gastric and Simulated Intestinal Fluids



Percentage of ingredient released in simulated gastric fluids and intestinal fluids. After two hours in pH 1.2 simulated gastric fluids, less than 20% of capsule contents were released. After 45 minutes in pH 6.8 simulated intestinal fluids, more than 80% of capsule contents had dissolved.†

†This test was performed under a specific protocol which is available upon request.

INTESTINAL HEALTH

Microbial Defense

A.C. Formula® II IMPROVED

**Promotes healthy yeast and funG.I. levels*

This synergistic 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 are highly concentrated fungal and microbial balancing extracts. Research suggests that they promote a healthy G.I. environment when exposed to a wide range of bacterial biotypes.

A.C. Formula® II nutritionally supports the intestinal tract by promoting healthy yeast and funG.I. levels.

two vegetarian capsules contain v 00

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 (2400 GDU/g)	250 mg
undecylenic acid	125 mg
grapefruit (citrus x paradisi) extract (seed)	100 mg
berberine sulfate	50 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, just before meals, with 6–8 oz. water.

	quantity	order code	sug. retail price
A.C. Formula® II	120	AC21	$31.20
	60	AC26	17.20



Caprylic Acid

**Gradual release, buffered caprylic acid, providing optimal support for healthy candida balance*

Caprylic acid, also known as octanoic acid, is a naturally occurring fatty acid. Calcium and magnesium caprylates act as buffers and may also help slow the dispersion and release of caprylic acid to support its activity throughout the gastrointestinal tract. Caprylic acid promotes a favorable environment for beneficial microflora. Due to its fat solubility, it is believed to penetrate intestinal mucosal cells to exert its effects.

Pure Encapsulations Caprylic Acid provides gradual release calcium and magnesium caprylates for maintaining healthy candida balance.

each vegetarian capsule contains v 00

calcium (as calcium caprylate)	30 mg
magnesium (as magnesium caprylate)	18 mg
caprylic acid (as calcium and magnesium caprylate)	400 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules 30 minutes before each meal, or as directed by a health professional.

	quantity	order code	sug. retail price
Caprylic Acid	240	CAP2	$33.30
	120	CAP1	18.60

Grapefruit Seed extract

**Promotes the balance of intestinal microorganisms and maintains a healthy gastrointestinal tract*

Grapefruit seed extract is a highly concentrated fungal and microbial balancing extract. Grapefruit seed extract exerts these effects within the gastrointestinal (GI) tract, 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 using human skin fibroblast cells indicated that grapefruit seed extract promoted healthy gram-positive and gram-negative balance. Other studies support these findings, citing that grapefruit seed extract promotes a healthy environment when exposed to a wide range of bacterial biotypes.

Pure Encapsulations Grapefruit Seed extract provides 40% flavonoids, supporting healthy microbial and fungal balance in the gastrointestinal tract.

each vegetarian capsule contains v 2

grapefruit (citrus x paradisi) extract (seed) (standardized to contain 40% flavonoids)	250 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

Consult your physician if you are taking any medications.

1-4 capsules daily, in divided doses, with meals, with 6-8 oz of water.

	quantity	order code	sug. retail price
Grapefruit Seed extract	120	GR1	$26.90
	60	GR6	15.30

*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.

MicroDefense

**Supports gastrointestinal health by maintaining microbial balance*

Artemisia, which contains artemisinin, has been used traditionally for thousands of years to promote healthy microbial balance within the body. Black walnut hull extract maintains healthy funG.I. levels and genitourinary function, and studies indicate that this extract provides broad-spectrum support for healthy microorganism balance. Olive leaf extract contains the active constituent oleuropein, a phenolic glucoside that helps maintain healthy G.I. and respiratory tract microorganism balance and may help boost immune function. Clove has been used traditionally to promote healthy fungal and microbial balance while grapefruit seed extract has been reported to help support healthy G.I. function and comfort, as well as promote healthy gram-positive and gram-negative balance.

Pure Encapsulations MicroDefense is a powerful combination of phytonutrients to support immune, genitourinary and gastrointestinal tract health.

each vegetarian capsule contains V 00

black walnut (juglans nigra) extract (hull)	75 mg
olive (olea europaea) extract (leaf) (standardized to contain 15% oleuropein)	100 mg
sweet wormwood (artemisia annua) extract (aerial parts) (standardized to contain 5% artemisinin)	200 mg
clove (syzygium aromaticum) powder (bud)	75 mg
grapefruit (citrus x paradisi) extract (seed) (standardized to contain 40% flavonoids)	85 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Consult your physician if you are taking any medications.

1 capsule daily, just before a meal, with 6-8 oz water, for 2-3 months, or as directed by a health professional. Avoid taking with antioxidants or iron, as these substances may interfere with the product's effectiveness.

	quantity	order code	sug. retail price
MicroDefense	180	MI1	$46.70
	90	MI9	24.80



G.I. Integrity

DGL Plus®

**Herbal support for the gastrointestinal tract*

This synergistic combination of deglycyrrhizinated licorice (DGL) and herbal extracts provides nutritional support to the gastrointestinal tract. DGL Plus® supports the body's natural defense mechanisms by stimulating the mass, quality, and production of mucous, a major component of the stomach's protective lining. Licorice in its deglycyrrhizinated form is side-effect free.

DGL Plus® offers a safe and natural way to nutritionally support a healthy gastrointestinal tract.

each vegetarian capsule contains V 00

deglycyrrhizinated licorice (glycyrrhiza glabra) extract (root)	300 mg
aloe vera (aloe barbadensis) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
slippery elm (ulmus fulva) extract (bark)	100 mg
marshmallow (althaea officinalis) extract (root)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
DGL Plus®	180	DG1	$53.90
	60	DG6	18.70

G.I. Integrity

**Enhanced support for gastrointestinal integrity and function*

I-Glutamine, the most abundant amino acid in the body, promotes healthy everyday tissue repair. In the gut, it maintains intestinal integrity by supporting the protective mucosal lining and maintaining healthy villous function. This helps to ensure proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. It is also the principal metabolic fuel for the enterocytes and immune cells in the small intestines. N-acetyl-d-glucosamine is incorporated into glycosaminoglycans and glycoproteins that comprise the gut's mucosal surface, maintaining healthy intestinal tissue. Gamma oryzanol provides beneficial support for gastric health and comfort. Aloe maintains healthy prostaglandin metabolism and immune mediator activity and promotes defense against reactive oxygen metabolites. In one randomized, double blind trial, volunteers reported positive intestinal support with aloe compared to placebo.

G.I. Integrity provides four key compounds with the potential to support gut integrity, promote a healthy mucosal lining, stimulate immune defense and help neutralize free radicals for healthy G.I. comfort and function.

four vegetarian capsules contain 00

l-glutamine (free-form)	2,000 mg
n-acetyl-d-glucosamine (from crab, shrimp)	1,000 mg
gamma oryzanol (rice bran)	300 mg
aloe vera (Aloe barbadensis) extract (inner fillet) (200:1) (standardized to contain 10% polysaccharides)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
G.I. Integrity	240	GII2	$58.20
	120	GII1	32.20

Peptic-Care ZC

**Zinc-carnosine complex for 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, strengthen 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 villus function. In a double blind, randomized, cross-over trial, zinc-carnosine maintained healthy gut permeability. Extensively studied and utilized in Japan, this zinc-carnosine combination has an excellent safety profile.

Peptic-Care ZC provides patented support for strengthening the stomach's mucosal defenses, buffering gastric acid, maintaining gastric integrity and providing antioxidant support for overall gastric health and comfort.

U.S. Patent 4,981,846.

each vegetarian capsule contains V 3

zinc (from zinc-l-carnosine)	16 mg
carnosine (from zinc-l-carnosine)	58 mg
zinc-l-carnosine complex	75 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

Not to be taken by pregnant or lactating women.

	quantity	order code	sug. retail price
Peptic-Care ZC	60	PCZ6	$46.90

See also

Boswellia AKBA page 82
Boswellia page 82
ENZYMES pages 64–66
Ginger extract page 83
Heartburn Essentials page 66
Liver-G.I. Detox page 53
Probiotic G.I. page 134

G.I. Motility

G.I. Fortify

**Supports the function, microflora balance, integrity, tone, comfort, cellular health and detoxification of the gastrointestinal tract*

This product is a blend of high-impact fiber, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Psyllium, *Plantago indica* or blond psyllium, is a valued source of soluble fiber and is fermented in the intestines, producing short chain fatty acids (SCFAs) that are extremely important for healthy colon cell function and microflora balance. Nutra- Flax provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract. It also maintains gut integrity and enhances the protective mucosal lining to ensure proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. DGL Plus® provides a synergistic 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 belerica*, and *Emblica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification, occasional constipation, and overall colon health.

This product is designed to promote larger and softer stools and healthy bowel movement frequency; support short chain fatty acid (SCFA) production, providing an energy source for the colon and maintaining healthy colon cell function; provide prebiotic support, promoting beneficial microflora such as lactobacillus and bifidobacteria; maintain healthy gut integrity; minimize the time of exposure of the gastrointestinal tract to toxins; and soothe the gastrointestinal tract by enhancing the gastric mucosa.

each scoop contains V

calories	25
total carbohydrate	5 g
dietary fiber	4 g
sugars	<1 g
protein	1 g
psyllium (plantago ovata) powder (husk)	4 g
flax (linum usitatissimum) powder (seed)	2.25 g
l-glutamine (free-form)	1 g
deglycyrrhizinated licorice (glycyrrhiza glabra) extract (root)	600 mg
marshmallow (althaea officinalis) extract (root)	400 mg
aloe vera (aloe barbadensis) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
slippery elm (ulmus fulva) extract (bark)	200 mg
triphala (a proprietary blend of chebula myrobalan (terminalia chebula), belleric myrobalan (terminalia bellerica), and amla (emblica officinalis) extracts (fruit))	90 mg
stevia	40 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

serving size: 8.9 g (1 heaping scoop)
servings per container: 45

Not to be taken by pregnant or lactating women.

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.

	quantity	order code	sug. retail price
G.I. Fortify	400 g	GIF4	$36.20

See also

G.I. fortify (capsules) page 13 NEW

*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.

MotilPro

**Promotes G.I. 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 $5HT_4$ receptors. Ginger modulates serotonin signaling by additional $5HT_4$ stimulation and by binding type 3 ($5HT_3$) 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.

MotilPro is an advanced gut signaling support formula, supporting serotonergic and cholinergic function for healthy gut motility.

three vegetarian capsules contain V 00

pyridoxal-5-phosphate (activated B_6)	10 mg
ginger (zingiber officinale) extract (root) (standardized to contain 5% gingerols)	1,000 mg
acetyl-l-carnitine	500 mg
5-hydroxytryptophan	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
MotilPro	180	MOP1	$44.00

MotilCalm

**Provides calming support for the G.I. tract, protects G.I. mucosa and maintains normal inflammatory balance*

Clinical studies indicate that supplemental melatonin calms the intestinal tract, provides mucosal protection, maintains normal inflammatory balance and promotes immune function in the G.I. tract. Melatonin also supports the normal regenerative capacity of the epithelia. Ginger promotes gastric emptying and upper G.I. comfort and may relieve occasional nausea. Ginger also supports mucosal glutathione levels and maintains healthy mucosal cytokine and eicosanoid production. Clinical evidence has indicated the value of *Boswellia serrata* in maintaining slower contractile patterns of intestinal smooth muscle. AKBA, a major triterpenoid in boswellia, promotes mucosal integrity and healthy leukotriene balance in the ileum and colon. Curcumin supports healthy TNFα production and gene expression through nuclear factor kappa B activity. Quercetin supports intestinal barrier function and complements melatonin in maintaining normal neuromuscular activity in the ileum and colon by maintaining presynaptic acetylcholine retention at neuromuscular junctions of the G.I. tract.

MotilCalm is an advanced gut signaling support formula, maintaining healthy G.I. contractile function, mucosal protection, normal inflammatory balance and immune function.

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

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

three vegetarian capsules contain V 00

Curcumin C3 Complex® turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	1,000 mg
ginger (zingiber officinale) extract (root) (standardized to contain 5% gingerols)	500 mg
5-LOXIN® Boswellia serrata extract Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	100 mg
quercetin	100 mg
melatonin	6 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in the evening, 1/2 to 1 hour before bedtime.

WARNING: Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.

	quantity	order code	sug. retail price
MotilCalm	180	MOC1	$60.90



Nutra-Flax (high lignan fiber)

**Source of fiber and omega-3 fatty acids*

Nutra-Flax is a source of flax seed powder and an optimal, natural source of omega-3 fatty acids and lignans. Nutra-Flax naturally provides the body with a high level of fiber, one of the most essential components of a healthy diet. Fiber normalizes bowel movements by increasing stool weight and decreasing stool transit time. It also supports healthy digestion by increasing pancreatic enzyme secretions and improves all aspects of colon function by maintaining a healthy level of intestinal microflora.

each vegetarian capsule contains V 00

flax (linum usitatissimum) powder (seed)	750 mg

other ingredients: vegetarian capsule (cellulose, water)

3–8 capsules daily, in divided doses, with or between meals, with 8–12 oz. of water.

	quantity	order code	sug. retail price
Nutra-Flax	380	NFC3	$30.00
	250	NFC2	20.50

See also
PureLean® Fiber page 160

MotilPro and MotilCalm
Order Code: MOTILB

Detailed information on neural support for the "Gut Brain"*

Available in print and online at no charge.



Chondroitin Sulfate (bovine)

**Supports healthy cartilage and joints*

Chondroitin sulfate is one of the most vital of the compounds in connective tissue which are responsible for building and supporting the ground substance of cartilage.

As a nutritional supplement, this naturally occurring compound provides support for strong, healthy cartilage and joints.

each vegetarian capsule contains 0

chondroitin sulfate	400 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3–12 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Chondroitin Sulfate (bovine)	180	CSB1	$72.20

Collagen JS

**Multi-molecule collagen complex for supporting 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.

Collagen JS provides patented BioCell Collagen®, offering a unique profile of compounds for optimal joint motility and comfort as well as healthy skin.

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

two vegetarian capsules contain 00

hydrolyzed collagen complex (chicken sternal cartilage)	1,000 mg
providing:	
hydrolyzed collagen 60%	600 mg
ascorbyl palmitate (fat-soluble vitamin C)	50 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, with 8–10 oz water, with meals.

	quantity	order code	sug. retail price
Collagen JS	120	CJS1	$55.40
	60	CJS6	30.10



*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.

Disc-Flex

**Advanced intervertebral disc support formula, promoting healthy composition, strength, flexibility and comfort*

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 and chondroitin support spinal disc integrity and have 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 ability to maintain healthy advanced glycation end product activity, healthy immune mediator activity, a healthy inflammatory response and healthy calcium metabolism. Advanced glycation end products reduce the ability of the intervertebral disc to produce proteoglycans, which comprise healthy disc matrix. The age-related increase in advanced glycation end products also contributes to stiffening of the spine. l-Carnosine, alpha lipoic acid and grape seed extract help to maintain healthy advanced glycation end product metabolism and provide antioxidant protection. Cartilage end plate calcification also affects disc function and longevity. Vitamin K_2 as menaquinone-7 maintains a healthy balance of calcium uptake into extra-skeletal tissues. Vitamin D is a synergist with vitamin K_2 to help maintain healthy cartilage end plate calcium metabolism. Devil's claw supports day-to-day spinal comfort and flexibility while boswellia offers key support for musculoskeletal comfort.

Disc-Flex is a powerful, wide reaching complex taking aim at the role of proteoglycans, age-related advanced glycation end product activity, tissue calcium metabolism, immune response and the natural inflammatory processes on spinal disc health.

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

two vegetarian capsules contain 00

vitamin D (as cholecalciferol) (D_3)	400 iu
vitamin K (as vitamin K_2 menaquinone-7)	10 mcg
hydrolyzed collagen complex† (from chicken sternal cartilage)	500 mg
providing:	
hydrolyzed collagen 60%	300 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) 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
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

Contains soy, shellfish
other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Disc-Flex	120	DIS1	$56.20
	60	DIS6	30.70

EPA/DHA-Glucosamine

**Ultra-pure molecularly distilled fish oil concentrate combined with glucosamine, boswellia and curcumin for comprehensive joint health*

four softgel capsules contain 20 sg

fish oil concentrate (anchovies, sardines)	1,500 mg
providing:	
EPA (eicosapentaenoic acid)	450 mg
DHA (docosahexaenoic acid)	300 mg
glucosamine sulfate 2KCl (from crab, shrimp) (sodium free)	1,500 mg
Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 70% boswellic acids)	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg

Contains soy
other ingredients: silica dioxide, soy lecithin, carob (to darken capsules), gelatin capsule (gelatin, glycerin, water)

4 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
EPA/DHA-Glucosamine	240	EDG2	$69.30
	120	EDG1	39.70

Glucosamine HCl + Chondroitin

**Shellfish-free glucosamine and chondroitin combination*

This formula provides convenient and simple dual-strength support for healthy joint motility and function. Glucosamine HCl is manufactured in a proprietary process to produce a shellfish-free glucosamine supplement. Its production involves corn fermentation, which produces chitosan as a byproduct. The chitosan is extracted and processed to achieve glucosamine HCl. There is no allergenicity, as no corn DNA is present in the fermentation product. Studies have indicated that glucosamine HCl has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. In other studies, formulations containing glucosamine HCl and chondroitin sulfate have suggested positive effects on joint mobility and comfort. Chondroitin sulfate promotes the synthesis of proteoglycans, the ground substance of cartilage. In addition, it maintains healthy enzyme activity in the cartilage matrix, supporting cartilage integrity, and may provide synergistic support when combined with glucosamine.

Shellfish-free glucosamine HCl and chondroitin sulfate are combined to provide a basic joint support formula.

each vegetarian capsule contains 00

glucosamine HCl (shellfish-free)	400 mg
chondroitin sulfate (from bovine)	300 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, with meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Glucosamine HCl + Chondroitin	360	GLC3	$139.50
	120	GLC1	55.00

Glucosamine + Chondroitin with Manganese

**Enhanced cartilage synthesis and antioxidant support*

This convenient formula combines two of the most important cartilage building blocks, glucosamine and chondroitin, with manganese ascorbate for enhanced connective tissue support. Glucosamine promotes the synthesis of glycosaminoglycans, such as chondroitin sulfate. The primary structural compound of articular cartilage, chondroitin sulfate also helps to block the activity of degradative enzymes. Together, glucosamine and chondroitin may provide synergistic 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. Ascorbate is a vital nutrient for proper collagen formation and also serves as an antioxidant. In a recent study, the combination of glucosamine HCl, chondroitin sulfate and manganese ascorbate demonstrated the ability to promote joint function.

Pure Encapsulations Glucosamine/Chondroitin with Manganese is a powerful, complementary formula supporting optimal joint mobility and integrity.

each vegetarian capsule contains 00

manganese (as manganese ascorbate)	2 mg
glucosamine HCl (from crab, shrimp)	500 mg
chondroitin sulfate (from bovine)	400 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: vegetarian capsule (cellulose, water)

Initial dose: 3 capsules daily, in divided doses, with meals, for 2–3 weeks
Maintenance dose: 2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Glucosamine + Chondroitin with Manganese	360	GCM3	$132.20
	240	GCM2	96.00
	120	GCM1	53.30
	60	GCM6	29.90

Glucosamine + Chondroitin with MSM

**Healthy cartilage strength and resilience*

Sulfur-containing methylsulfonylmethane (MSM) is included in this glucosamine and chondroitin combination to provide an enhanced spectrum of nutrients for optimal cartilage matrix composition, connective tissue strength, and joint comfort. Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin sulfate. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. In addition, chondroitin sulfate may maintain healthy enzyme activity. An important role of sulfur from MSM is to enhance the structure and integrity of proteoglycans.

Pure Encapsulations Glucosamine and Chondroitin with MSM offers highly purified constituents for healthy cartilage formation and joint movement ease.

OptMSM® is a registered trademark of Cardinal Nutrition.

each vegetarian capsule contains 00

glucosamine HCl (from crab, shrimp)	300 mg
chondroitin sulfate (from bovine)	300 mg
MSM (methylsulfonylmethane)	300 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Glucosamine + Chondroitin with MSM	360	GCMS3	$120.70
	240	GCMS2	86.40
	120	GCMS1	49.10
	60	GCMS6	27.10

Glucosamine Complex capsules

**Cartilage support with manganese*

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

Glucosamine Complex contains naturally occurring compounds the body needs to build and strengthen cartilage.

each vegetarian capsule contains 00

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
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Glucosamine Complex	180	GSC1	$67.90

Glucosamine HCl

**Shellfish-free glucosamine hydrochloride*

This unique glucosamine HCl is manufactured in a proprietary process to produce a shellfish-free glucosamine supplement. Its production involves corn fermentation, which produces chitosan as a byproduct. The chitosan is extracted and processed to achieve glucosamine HCl. There is no allergenicity, as no corn DNA is present in the fermentation product. Studies have indicated that glucosamine HCl has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. In other studies, formulations containing glucosamine HCl have suggested positive effects on joint mobility and comfort.

Pure Encapsulations Glucosamine HCl is a shellfish-free glucosamine source for healthy joint function.

each vegetarian capsule contains V 00

glucosamine (shellfish-free)	650 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Glucosamine HCl	180	GHC1	$68.80
	60	GHC6	24.30

Glucosamine Sulfate 1,000 mg

**Supports joint function*

Glucosamine sulfate nutritionally supports healthy joints and the body's ability to generate and regenerate connective tissue. Glucosamine is a naturally occurring compound present in joint cartilage that is necessary for the synthesis of proteoglycans, the protein molecules responsible for giving cartilage its strength and resilience. Sulfate, another component of proteoglycans, works synergistically with glucosamine in cartilage metabolism.

Glucosamine Sulfate enhances and utilizes the intrinsic compounds in cartilage in order to nutritionally provide for healthy cartilage and proper joint functioning.

each vegetarian capsule contains 00

glucosamine sulfate (from crab, shrimp)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	16 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Glucosamine Sulfate 1,000 mg	360	GS13	$135.70
	180	GS11	75.40
	60	GS16	27.90

*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.

Glucosamine Sulfate 650 mg

each vegetarian capsule contains 0

glucosamine sulfate (from crab, shrimp) ..... 650 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 8 mg
other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Glucosamine Sulfate 650 mg	360	GS63	$92.90
	180	GS61	54.80
	60	GS66	19.00

Glucosamine/MSM with joint comfort herbs

**Support for healthy joint function and tissues*

Glucosamine sulfate and MSM provide intrinsic compounds essential for healthy cartilage formation, including glycosaminoglycans and elemental sulfur, respectively. MSM has also been attributed with enhancing healthy immune cell activity, thereby supporting tissues surrounding the joints. These important cartilage matrix constituents are complemented with additional factors for supporting a healthy immune response. In studies, ginger promotes healthy prostaglandin and leukotriene biosynthesis. Curcumin helps maintain healthy neutrophil function and scavenges free radicals such as nitric oxide.

Pure Encapsulations Glucosamine/MSM with joint comfort herbs offers comprehensive joint function support, building healthy cartilage while maintaining healthy joint tissue.

OptiMSM® is a registered trademark of Cardinal Nutrition.

two vegetarian capsules contain 00

glucosamine sulfate (from crab, shrimp) ..... 500 mg
MSM (methylsulfonylmethane) ..... 500 mg
ginger (zingiber officinale) extract (root) ..... 250 mg
(standardized to contain 5% gingerols)
turmeric (curcuma longa) extract (root) ..... 250 mg
(standardized to contain 95% curcuminoids)
ascorbyl palmitate (fat-soluble vitamin C) ..... 16 mg
other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Glucosamine/MSM with joint comfort herbs	360	GM3	$122.80
	180	GM1	75.20
	60	GM6	30.50



Hyaluronic Acid

**Supports synovial fluid, cartilage and skin*

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, 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, moderating the appearance of fine lines and age spots. 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.

Pure Encapsulations low molecular weight HyaMax® sodium hyaluronate provides hyaluronic acid to support skin hydration for a healthy youthful appearance, and joint lubrication and comfort.

HyaMax® is a U.S.A. registered trademark of Fenchem.

each vegetarian capsule contains V 3

hyaluronic acid (low molecular weight) ..... 70 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules per day, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Hyaluronic Acid	180	HYA1	$86.50
	60	HYA6	32.90

Hyaluronic Acid liquid

**Great-tasting and convenient liquid form*

- Contains 10 mg of low molecular weight hyaluronic acid (HA) per serving to support synovial fluid, cartilage and skin health*
  - In a pharmacokinetic study, orally administered HyaMax™ hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints*
- Supports water retention in tissues and joints to maintain proper cell-to-cell communication, joint lubrication, nutrient delivery and toxin elimination*
- Promotes healthy turnover and renewal of keratinocytes, moderating the appearance of fine lines and age spots*
- Modulates prostaglandin production to support joint comfort*

Low molecular weight hyaluronic acid in a convenient liquid to support skin hydration and joint function.

HyaMax® is a U.S.A. registered trademark of Fenchem.

2 ml (0.06 fl oz) (2 full droppers) contains V

hyaluronic acid (low molecular weight) ..... 10 mg
other ingredients: purified water, apple juice concentrate, citric acid, natural apple flavor, potassium sorbate, purified stevia extract

serving size: 2 ml (0.06 fl oz)
servings per container: 29
1-2 servings daily, with or between meals.

	quantity	order code	sug. retail price
Hyaluronic Acid liquid	58 ml (1.96 fl oz)	HAL	$26.00

Joint Optimizer
(Inflammation balance Formula)

**Supports a healthy balance of the activation and suppression of immune mediator activity, part of the body's natural inflammatory response*

Formulated with Dr. Sam Yanuck, D.C.

Joint Optimizer is uniquely formulated to maintain the body's natural mechanisms for upregulation and downregulation of immune mediators. Cytokines and prostaglandins are chemical messengers that influence cellular activities in a variety of tissues. Maintaining healthy cytokine and prostaglandin function helps to lessen occasional pain and to sustain healthy joint mobility and comfort. In a 4-week trial organized by Dr. Yanuck, three fourths of volunteers that were supplemented with Joint Optimizer experienced positive support, including the ability to resume physical activity. Dr. Yanuck credits this with the potential of the formula to help lessen the activity of immune mediators without suppressing them completely, which would create an undesirable reaction by the immune system on musculoskeletal tissues.

Joint Optimizer (Inflammation balance Formula) is designed to maintain a healthy inflammatory response for healthy joint function and comfort.

The body's natural inflammatory response is influenced by many factors, only some of which may be affected by the ingredients in this formula.

three vegetarian capsules contain 0

vitamin D (as cholecalciferol) (D_3)	600 iu
glucosamine sulfate (from crab, shrimp)	750 mg
proprietary blend	910 mg
providing: Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 70% boswellic acids), turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids), l-glutamine (free-form), bromelain (2,400 GDU/gram), cetyl myristoleate complex (bovine)	
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules in the morning and 3 capsules in the evening, with meals, with 8–10 ounces water.

	quantity	order code	sug. retail price
Joint Optimizer	180	JO11	$36.30

See also
Ligament Restore page 34

MSM capsules (methylsulfonylmethane)

**Supports 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. Recent, preliminary evidence suggests that MSM provides potential support for healthy immune and respiratory function.

Pure Encapsulations patented MSM promotes healthy joint function and offers additional support through its sulfur content.

OptiMSM® is a registered trademark of Cardinal Nutrition.

each vegetarian capsule contains V 00

methylsulfonylmethane	850 mg

other ingredients: vegetarian capsule (cellulose, water)

2–8 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
MSM capsules	400	MSM4	$56.60
	250	MSM2	39.80

MSM powder

each scoop contains V

methylsulfonylmethane	3 g

other ingredients: vegetarian capsule (cellulose, water)

1–2 scoops daily, with meals.

	quantity	order code	sug. retail price
MSM powder	227 g	MSMP	$29.00

Muscle Cramp/Tension Formula

**May help relieve occasional nighttime leg muscle cramps, minor muscle cramps associated with athletic activity, and overall 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.

Muscle Cramp/Tension Formula offers important electrolytes and soothing herbs to help lessen occasional nighttime or exercise-related leg muscle cramps and ease muscle tension while promoting overall relaxation.

two vegetarian capsules contain V 00

calcium (as calcium citrate)	50 mg
magnesium (as magnesium citrate and 33% as magnesium glycinate)	150 mg
potassium (as potassium citrate)	50 mg
passion flower (passiflora incarnata l.) extract (aerial parts)	100 mg
lemon balm (melissa officinalis) extract (leaf)	50 mg
chamomile (matricaria recutita) extract (flower)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Muscle Cramp/Tension Formula	180	MCT1	$30.60
	60	MCT6	12.40

See also
Joint Complex (single dose) page 15 NEW
Joint Support liquid page 15 NEW
SerratioZymes-AR page 84
Systemic Enzyme Complex page 34

*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.

LIVER HEALTH

Curcumin 500 with Bioperine®

**Supports the body's natural inflammatory response and promotes healthy liver, colon, musculoskeletal and cell function*

Curcumin has a long history of use for maintaining a healthy inflammatory response, via its effects on 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 powerful 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.

Curcumin 500 with Bioperine® provides powerful support for maintaining a healthy inflammatory response.

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

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

each vegetarian capsule contains V 00

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) ..... 5 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Curcumin 500 with Bioperine®	120	CUB51	$58.90
	60	CUB56	33.70

Curcumin

**Regulates the natural inflammatory response and supports healthy liver, colon, musculoskeletal and cell function*

Curcumin has a long history of use for maintaining a healthy inflammatory response, via its effects on 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, musuloskeletal 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 powerful support for cellular health in separate trials.

Curcumin, standardized to contain 95% curcuminoids, provides broad support for maintaining a healthy inflammatory response.

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

each vegetarian capsule contains V 0

turmeric (curcuma longa) extract ..... 250 mg
(standardized to contain 95% curcuminoids)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules 3 times daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Curcumin	120	CUR1	$40.50
	60	CUR6	22.80

LVR Formula IMPROVED

**Antioxidant support for liver cell health; rejuvenates liver function*

LVR Formula helps rejuvenate liver function with antioxidants designed to offer multifaceted liver cell protection. The flavonoid components in silymarin, curcumin and artichoke have powerful free radical scavenging activities, helping to protect and promote liver cell health. Studies indicate that silymarin supports metabolism and detoxification through the liver, hepatocyte protein synthesis and DNA integrity within the liver cells. Curcumin offers additional cellular protection and inflammatory balance support. Luteolin is a key component found in artichoke. Research suggests that it promotes healthy matrix metalloproteinase activity to support hepatic cell regeneration and liver tissue health. N-Acetyl-l-cysteine (NAC) is a precursor of the endogenous antioxidant glutathione. In the body, NAC restores glutathione levels in the liver and helps protect the liver from toxic metabolites produced during normal detoxification processes. It also supports a healthy inflammatory balance in the liver. Experimental models suggest that the antioxidant properties of alpha lipoic acid provide further liver cell protection.

LVR Formula offers a blend of herbs and nutrients with powerful antioxidant properties designed to protect and promote liver cell health and tissue function.

each vegetarian capsule contains V 00

milk thistle (silybum marianum) extract (seed) ..... 150 mg
(standardized to contain 80% silymarin)
artichoke (cynara scolymus) extract (leaf) ..... 100 mg
(standardized to contain 5% cynarins)
turmeric (curcuma longa) extract (root) ..... 150 mg
(standardized to contain 95% curcuminoids)
n-acetyl-cysteine ..... 100 mg
alpha lipoic acid (thioctic acid) ..... 100 mg
luteolin ..... 5 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 12 mg
other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
LVR Formula	120	LV1	$54.00
	60	LV6	30.40

Silymarin

**Milk thistle extract for liver support*

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.

Silymarin is a highly concentrated milk thistle extract which supports healthy liver functioning through a number of mechanisms.

each vegetarian capsule contains V 2

milk thistle (Silybum marianum) extract (seed) ..... 250 mg
(standardized to contain 80% silymarin)
other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Silymarin	120	SL1	$31.50
	60	SL6	18.10

See also

CurcumaSorb page 83
Lipotropic Detox page 53
Liver-G.I. Detox page 53
NAC page 21
Reduced Glutathione page 21
UltraNutrient® page 115

MEMORY / COGNITIVE SUPPORT

Acetyl-l-Carnitine 500 mg

**Promotes memory and attention*

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. The acetyl group from acetyl-l-carnitine is also responsible for production of acetylcholine, an important neurotransmitter for optimal mental functioning. The efficacy of long-term acetyl-l-carnitine supplementation was evaluated in a double blind, placebo-controlled, randomized trial involving 130 elderly individuals for a one-year period. In this trial, acetyl-l-carnitine supported healthy cognitive function, memory and attention. In another randomized double blind study, three-month acetyl-l-carnitine supplementation provided statistically significant support for mental function, including memory and attention, compared to placebo. 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.

Acetyl-l-carnitine enhances cellular energy and neurotransmitter metabolism, supporting memory, emotional health, and cognitive function.

each vegetarian capsule contains V 00

acetyl-l-carnitine HCl ..... 500 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 8 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Acetyl-l-Carnitine 500 mg	60	ALC56	$58.40

Acetyl-l-Carnitine 250 mg

each vegetarian capsule contains V 1

acetyl-l-carnitine HCl ..... 250 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 4 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Acetyl-l-Carnitine 250 mg	60	ALC26	$32.40

PureSharp Brochure

A Guide to Optimum Cognitive Performance*

- Advances in phospholipid science*
- New mechanisms for neurotransmitter function*
- Specialized, fast-acting support for mental alertness*

Order Code: PSHB

Available online and in print at no charge.



Alpha-GPC

**Choline source for memory and cognitive health*

l-Alpha-glycerophosphatidylcholine (GPC-choline, alpha-GPC) is a water-soluble phospholipid metabolite naturally occurring in the body. Alpha-GPC passes through the blood brain barrier providing a source of choline for acetylcholine and phosphatidylcholine biosynthesis. An open multi-center clinical trial involving 2044 subjects indicated that alpha-GPC supports cognitive health and has excellent tolerability. Multiple studies suggest that alpha-GPC plays a role in enhancing mental function, neurological function, and memory. In a multi-center, randomized controlled study, 126 subjects supplemented with alpha-GPC demonstrated improved neuropsychological parameters in behavioral scales and tests.

Alpha-GPC is an important neurotransmitter and phospholipid precursor providing support for age-related decline in cognitive function, memory, and cerebrovascular health.

each vegetarian capsule contains V 00

stabilized alpha-GPC (L-alpha-glycerophosphatidylcholine) ..... 400 mg
(providing 50% L-alpha-glycerophosphatidylcholine) ..... 200 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
Contains soy
other ingredients: calcium phosphate, silicon dioxide, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Alpha-GPC	120	AG1	$88.50
	60	AG6	48.30

Bacopa monnieri

**Supports memory, enhances mental performance and moderates occasional stress*

Ayurvedic medicine has utilized *Bacopa monnieri* traditionally for centuries to support the nervous system, enhance cognitive capacity, and sharpen 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 promote 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.

Bacopa monnieri is a prized Ayurvedic herb supporting mental acuity, memory, relaxation and cognitive function under stress.

each vegetarian capsule contains V 0

bacopa (bacopa monnieri) extract (leaf) ..... 200 mg
(standardized to contain 20% bacosides)
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Bacopa monnieri	180	BA1	$36.30

*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.

Cereboost™ 6-hour

**Supports acute mental performance*

The unique ginsenosides in American ginseng (***Panax quinquefolius L.***) are known to support cholinergic neurotransmission in the hippocampus and prefrontal cortex, key brain regions involved in learning and memory. This formula combines a clinically studied extract of American ginseng, Cereboost™, with the neural adaptogen, ***Rhodiola rosea***, for fast-acting support of cognitive performance. In a randomized, double-blind crossover trial of 32 healthy volunteers given a single dose of Cereboost™, indices of cognitive performance reached clinical and statistical significance within 1 hour and were sustained over a 3-6-hour testing period. These acute benefits were evident in diverse assessments of executive aspects of cognition, including immediate word recall and visuo-spatial information storage and retrieval. ***Rhodiola rosea***, an extensively researched adaptogen, complements Cereboost™ by supporting non-cholinergic neural pathways relevant to cognitive performance, including adrenergic and dopaminergic neurotransmission. Rhodiola also helps moderate fatigue under stressful conditions.

Cereboost™ 6-hour provides support for alertness and acute visual, spatial and verbal short-term memory.

cereboost is a trademark of Naturex Inc.

each vegetarian capsule contains V 1

Cereboost™ American ginseng (panax quinquefolius L.) extract (root) ..... 200 mg
(standardized to contain 10% ginsenosides)
rhodiola (rhodiola rosea) extract (root) ..... 100 mg
(standardized to contain 3% total rosavins and min. 1% salidrosides)
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: potato starch, silica, vegetarian capsule (cellulose, water)

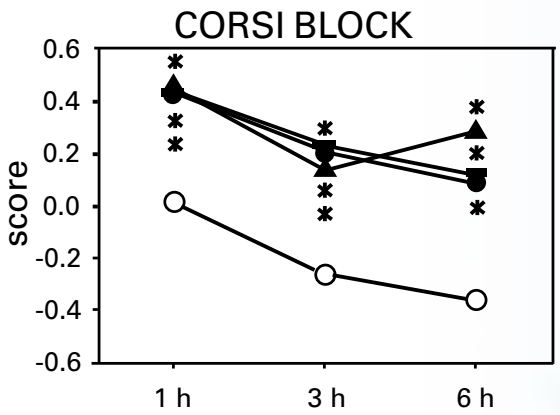
1 capsule daily, as needed, between meals.

	quantity	order code	sug. retail price
Cereboost™ 6-hour	60	CER6	$37.90



Clinically Researched:

The Corsi Block test is a classic method used to examine visuospatial short term memory performance. In a double-blind, placebo-controlled, cross-over trial involving 32 young adults, researchers found that after supplementing with a single dose of 100, 200 or 400 mg of Cereboost™, short term memory was improved at all time points over a 6-hour period.



Mean change-from-baseline scores following placebo and 100, 200 and 400 mg of a standardized Cereboost™ extract. Significant differences from placebo at each time point are indicated (*p<0.05).

CogniMag

**Magnesium-l-threonate and research-based PhytoMemory polyphenol blend to support cognitive function*

- Magnesium-l-threonate is the form of magnesium that most readily crosses the blood brain barrier*
- Optimal brain magnesium levels support cognitive function, learning ability and working memory*
- Preliminary research suggests magnesium-l-threonate may:*
  - Support learning ability, short and long-term memory and brain function*
  - Promote synaptic plasticity and density in the regions of the hippocampus correlated with learning and memory*
- PhytoMemory polyphenol blend maintains healthy prolyl endopeptidase (PEP) activity to protect brain neuropeptides involved in learning and memory*
- Blueberry, strawberry and spinach extracts protect the central nervous system from oxidative stress and support healthy dopamine activity, GABA release, receptor function and neuronal signal transduction*

Magtein® Think clearly™

Magnesium-l-Threonate, Patent Pending is a trademark of Magceutics, Inc. Magtein™ is distributed exclusively by AIDP, Inc.

two vegetarian capsules contain V 0

Magtein™ magnesium-l-threonate	1,000 mg
magnesium (as magnesium-l-threonate)	72 mg
PhytoMemory proprietary blend	50 mg
providing wild blueberry (Vaccinium angustifolium) extract (fruit), Orléans strawberry (Fragaria vesca var Orléans) extract (fruit), and spinach (Spinacia oleracea) extract (leaf)	
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
CogniMag	120	CGM1	$57.00



Phase I: Evaluation of Magnesium Forms

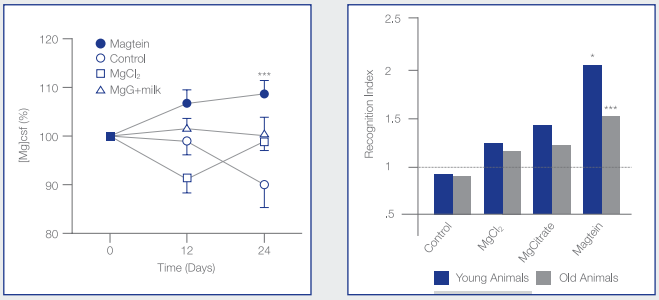


Figure 1. Evaluation of magnesium concentration in the cerebrospinal fluid following administration of different magnesium compounds.

Figure 2. Magnesium-l-threonate offered statistically significant support for memory and cognitive function in both young and old animals. *p<0.05, ***p<0.001.

Phase II: Spatial Working Memory Tests

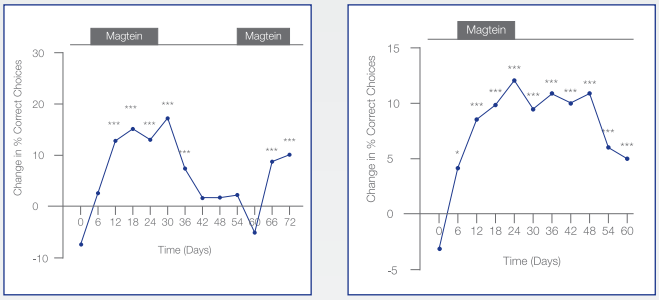


Figure 3. Aged animals supplemented with magnesium-l-threonate, spatial memory tests day 0-72. *p<0.05, ***p<0.001.

Figure 4. Young animals supplemented with magnesium-l-threonate, spatial memory tests day 0-72. *p<0.05, ***p<0.001.

Phase III: Brain Synapse Evaluation

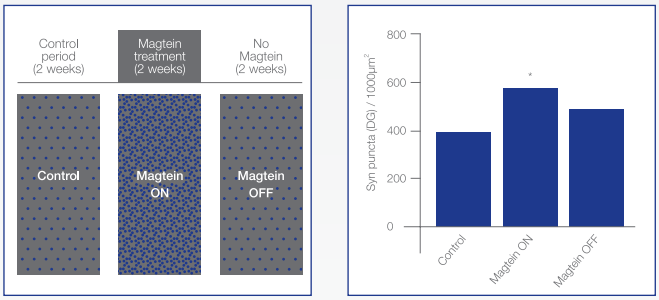


Figure 5. Brain synapse density was increased after 2 weeks with magnesium-l-threonate, which decreased after cessation of supplementation.

Figure 6. Magnesium-l-threonate promoted synaptic connections in the dentate gyrus (DG) region of the brain.

*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.

Cognitive Aminos

**Cognitive function support*

Age-related decreases in levels of several amino acids compromise 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. Taurine is considered an inhibitory amino acid, helping to maintain healthy glutamate and other excitatory amino acid activity in the brain. This provides neuroprotective action important for maintaining healthy brain cell function. Acetyl-l-carnitine plays an important role in multiple metabolic pathways in the brain. It also contributes to the production of the neurotransmitter acetylcholine and may support dopamine receptor function. As a result, acetyl-l-carnitine plays a role in memory, attention, mental clarity, and mood support.

Cognitive Aminos provides amino acid precursors for healthy neurotransmitter activity, supporting optimal mental function and healthy mood.

two vegetarian capsules contain V 0

dl-phenylalanine (free-form)	250 mg
taurine (free-form)	250 mg
l-tyrosine (free-form)	250 mg
acetyl-l-carnitine	250 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals or as directed by your health professional.

	quantity	order code	sug. retail price
Cognitive Aminos	120	CA1	$36.40
	60	CA6	20.40

Cognitive Factors

**Advanced support for cognitive function; helps with mild memory problems associated with aging; improves absentmindedness*

In studies, vinpocetine promotes healthy blood flow, glucose transport and healthy red blood cell function in the brain, maintaining optimal cognitive ability. Furthermore, vinpocetine helps modulate sodium and calcium levels in nerve cells and exerts additional neuroprotective actions. In randomized, double blind trials, it has been shown to stimulate mental performance and memory. *Ginkgo biloba* was included in this formula to provide time-tested nutritional support, enhancing the flow of oxygen and blood to the brain and promoting healthy transmission of nerve impulses. Furthermore, ginkgo has the ability to support healthy capillaries and blood vessels, promote healthy platelet function, and act as a free radical scavenger.

This powerful combination of vinpocetine and Ginkgo biloba provides high potential cognitive support.

each vegetarian capsule contains V 3

vinpocetine	20 mg
ginkgo (ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	80 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Cognitive Factors	120	COF1	$62.60
	60	COF6	35.30

Ginkgo 50 160 mg

**50:1 extract, contains 24% ginkgoheterosides and 6% terpene lactones*

Ginkgo 50 is standardized to contain 24% ginkgoheterosides and 6% terpene lactones.

Ginkgo biloba provides time-tested nutritional support for circulation and mental acuity.

each vegetarian capsule contains V 1

ginkgo (ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	160 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Ginkgo 50 160 mg	120	GB11	$51.40
	60	GB16	29.30

Memory Pro

**Broad-spectrum memory support formula*

This formula combines acetyl-l-carnitine, phospholipids and herbal extracts to promote neural health, cognitive function and memory. Acetyl-l-carnitine serves as an acetyl donor to support healthy levels of acetylcholine, a key neurotransmitter in the brain. 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 monnieri* promotes memory as well as mental function and information processing. *Ginkgo biloba* and vinpocetine promote cerebral blood flow, vascular integrity and healthy red blood cell and platelet function in the brain. Curcumin, resveratrol and lemon balm extracts help to protect neurons from oxidative stress. In a recent study, Curcumin C3 Complex® helped maintain healthy tissue in the brain by supporting macrophage 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.

This formula provides multifaceted support for memory, with ingredients to promote healthy acetylcholine levels, neuron cell function, cerebral vascular blood flow, and antioxidant protection.

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

three vegetarian capsules contain V 00

acetyl-l-carnitine	750 mg
phosphatidylserine (from soy)	50 mg
ginkgo (ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	60 mg
vinpocetine	10 mg
bacopa (bacopa) monnieri extract (leaf) (standardized to contain 20% bacosides)	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	250 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	125 mg
Japanese knotweed (polygonum cuspidatum) extract (root) (standardized to contain 20% trans resveratrol)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, with or between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Memory Pro	180	MEP1	$79.50
	90	MEP9	43.70

MentalSharp

**PS-DHA liquid for mild memory loss associated with aging*

MentalSharp features Sharp•PS® GOLD phosphatidylserine-DHA complex. In this complex, DHA is conjugated to phospholipids, mimicking the naturally occurring phosphatidylserine composition in the brain and thus providing a compound with enhanced bioactivity. In an open-label pilot study assessing the efficacy of Sharp•PS® GOLD, six weeks of supplementation indicated statistically significant support for memory recall in elderly subjects.

Sharp•PS® GOLD phosphatidylserine-DHA compound is a registered trademark of Enzymotec.

one ml (0.03 fl oz) contains

calories	10
calories from fat	10
total fat	1g
phosphatidylserine	150 mg
DHA	10 mg

Contains fish (blue whiting, herring), soy

other ingredients: medium chain triglycerides, natural citrus flavor, mixed tocopherols, silicon dioxide

Shake well before use.

1–2 droppers daily.

	quantity	order code	sug. retail price
MentalSharp	30 ml (1 fl oz)	MSL3	$52.60



Phosphatidylcholine

**Support for hepatic, cognitive and cellular health*

Phosphatidylcholine, or PC, is an integral component of cell membranes and, as a source of choline, is also a precursor of the neurotransmitter acetylcholine. It also plays a role in liver health. In a multi-center, randomized, double blind, placebo-controlled trial conducted in Germany, investigators reported that PC helped support liver health by promoting healthy enzyme activity. Animal studies also report that soybean PC may promote healthy lipid metabolism at the hepato-billiary level. Additional animal studies indicate that PC promotes healthy liver and pancreatic antioxidant activity. PC has also been studied in the context of cognitive support and moderating stress. A long-term double blind placebo-controlled trial suggested that high dose soy lecithin containing phosphatidylcholine may lessen mild memory loss associated with aging.

Pure Encapsulations concentrated soy-derived Phosphatidylcholine provides integral hepatic, cognitive, and cellular health support.

each softgel capsule contains 20 sg

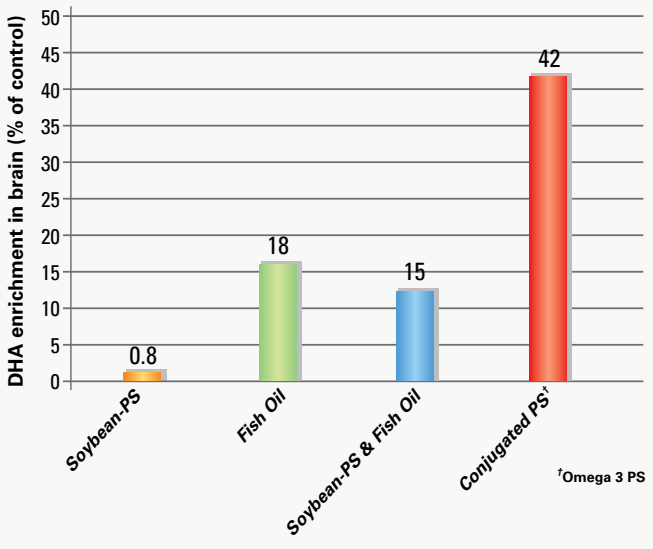
phosphatidylcholine (from 1,200 mg of soy lecithin concentrate)	420 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

2-4 capsules daily, in divided doses, with meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Phosphatidylcholine	180	PH1	$40.60
	60	PH6	16.00

Brain DHA Enrichment of Various Phospholipids



Brain DHA enrichment in rats following 3 months of soybean-PS (SB-PS), fish oil, a physical blend of SB-PS and fish oil, or Sharp-PS® Gold (Conjugated PS†).

See also

Curcumin 500 with Bioperine® page 94
DopaPlus page 56 NEW
NeuroPure page 57 NEW
SeroPlus page 57 NEW

*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.

PS 100 (standardized phosphatidylserine)

**Supports mental function*

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 by restoring cell membrane composition. It has also been shown to support 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 another six-month study of 40 individuals, phosphatidylserine supplementation enhanced cerebral metabolism and outcomes of cognitive training. These findings are consistent with earlier studies. 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. In a trial of 35 subjects, those receiving phosphatidylserine exhibited behavioral support after six months.

Consumption of Phosphatidylserine may reduce the risk of dementia in the elderly.†

†Very limited and preliminary scientific research suggests that Phosphatidylserine may reduce the risk of dementia in the elderly. FDA concludes that there is little scientific evidence supporting this claim.

Phosphatidylserine supports mental acuity, memory, and healthy phospholipid balance in cell membranes.

each vegetarian capsule contains V 0

phosphatidylserine (soy) ..... 100 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
PS 100	120	PS1	$107.50
	60	PS6	60.00

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 most tissues in the body and crosses the blood brain barrier. Vinpocetine enhances healthy cerebrovascular blood flow, possibly by supporting cyclic GMP phosphodiesterase activity, allowing for healthy oxygen distribution to cells. Vinpocetine may also support oxygen release from hemoglobin, providing cells easier access to the oxygen they need. Furthermore, 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 positive cognitive function. An additional placebo-controlled, randomized, double blind, multicenter trial of 203 individuals suggested that vinpocetine significantly enhanced cognition and other subjective measures. Vinpocetine has the potential to support healthy memory, as indicated by a randomized, double blind, crossover study.

Vinpocetine promotes healthy cognition and memory by supporting healthy blood flow and oxygen utilization.

each vegetarian capsule contains V 3

vinpocetine ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Vinpocetine 20 mg	120	VI1	$39.90
	60	VI6	22.40

PS Plus

**Soy-free phosphatidylserine formula for 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. It supports brain neuron membrane fluidity, signal transduction and cell-to-cell communication for healthy neurocognitive function. PS encourages the activities of acetylcholine, norepinephrine, serotonin, and dopamine in the brain. As such, it provides broad range 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 have also been observed in young adults and students. The efficacy of Sharp-PS® on enhancing 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 a powerful antioxidant and phytochemical complex from blueberry, strawberry and spinach. These fruit and vegetable extracts have been shown in studies to support healthy dopamine activity, GABA release, receptor function and neuronal signal transduction in addition to protecting the central nervous system from oxidative stress associated with aging.

PS Plus combines soy-free phosphatidylserine with a proprietary fruit and vegetable antioxidant complex for healthy cognitive function in the elderly as well as young adults.

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

each vegetarian capsule contains V 00

Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free) ..... 150 mg
PhytoMemory proprietary blend ..... 150 mg
providing wild blueberry (Vaccinium angustifolium) extract (fruit), Orléans strawberry (Fragaria vesca var Orléans) extract (fruit), and spinach (Spinacia oleracea) extract (leaf)
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: maltodextrin, cellulose, silicon dioxide, tricalcium phosphate, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, with meals.

	quantity	order code	sug. retail price
PS Plus	60	PSP6	$64.30



MEN'S FORMULAS

Beta-sitosterol

**Supports prostate health*

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

Beta-sitosterol, derived from a soy-based phytosterol complex, may provide important support for prostate health.

each vegetarian capsule contains V 0

beta-sitosterol ..... 68 mg
(from phytosterol complex)
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
Contains soy
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Beta-sitosterol	270	BS2	$35.90
	90	BS9	14.00

Lycopene 20 mg

**Prostate, cellular and macular support carotenoid*

Pure Encapsulations Lycopene provides a natural tomato extract rich in lycopene, various carotenoids, vitamin E, and other important phytochemicals. In one 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.

Pure Encapsulations Lycopene provides optimal antioxidant and cellular health support.

each softgel capsule contains 12 sg

lycopene ..... 20 mg
(in a base of rice bran oil and beeswax)
Contains soy
other ingredients: rice bran oil, beeswax, soy lecithin, gelatin capsule (gelatin, glycerin, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Lycopene 20 mg	120	LY21	$96.80
	60	LY26	53.70

Lycopene 10 mg

each softgel capsule contains 7.5 sg

lycopene ..... 10 mg
(in a base of rice bran oil and beeswax)
Contains soy
other ingredients: rice bran oil, beeswax, soy lecithin, gelatin capsule (gelatin, glycerin, water))

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Lycopene 10 mg	100	LY11	$50.30

ProstaFlo

**Swedish flower pollen extract (hypo-allergenic)*

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 corn, timothy and 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.

Flower pollen extract contained in ProstaFlo offers concentrated support for urinary and prostate health.

each vegetarian capsule contains V 1

rye flower (secale cereale l.) extract (pollen) ..... 320 mg
(containing water and fat soluble fractions in a 20:1 ratio)
other ingredients: vegetarian capsule (cellulose, water)

3–5 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
ProstaFlo	180	PRF1	$69.70
	90	PRF9	37.80

Saw Palmetto 320

**Concentrated support for 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.

Saw Palmetto 320, concentrated to contain 85% total fatty acids and 0.15% phytosterols, provides fundamental, time-tested support for healthy prostate and urinary function.

each softgel capsule contains 6 sg

saw palmetto (serenoa repens) extract (fruit) ..... 320 mg
(standardized to contain 85% total fatty acids and 0.15% phytosterols)
other ingredients: gelatin capsule (gelatin, glycerin, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Saw Palmetto 320	240	SP32	$58.60
	120	SP31	32.90

*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.

Saw Palmetto Plus

**Wide range support for 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.

Saw Palmetto Plus provides a combination of well-researched natural extracts for supporting the health and function of the prostate gland.

each softgel capsule contains 14 sg

vitamin E (as d-alpha tocopherol)	10 iu
saw palmetto (serenoa repens) extract (fruit) (standardized to contain 85% total fatty acids)	160 mg
pumpkin (cucurbita pepo) oil (seed) (fresh pressed)	320 mg
pygeum (pygeum africanum) extract (bark)	20 mg
nettle (urtica dioica) extract (root)	200 mg

other ingredients: gelatin capsule (gelatin, glycerin, water, carob)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Saw Palmetto Plus	250	SP2	$103.90
	120	SP1	56.30
	60	SP6	30.20

See also

I-Arginine page 18
DIM-PRO® 100 page 166
Indole-3-Carbinol page 167
Maca-3 page 63
Men's Nutrients page 116
Nitric Oxide Support page 32
Tribulus Formula page 17 NEW
Ultra-Synergist E page 155
Vitamin D_3 pages 153–154



SP Ultimate

**Powerful support for healthy prostate cells and prostate function*

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 powerful 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 alpha-tocopherol, selenium and zinc have also been associated with maintaining healthy prostate cell metabolism. In one large cohort study involving 29,133 men, alpha-tocopherol supplementation provided healthy cell support for the prostate. 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.

Our most comprehensive prostate formula, SP Ultimate is a dynamic saw palmetto complex with herbs, vitamins, minerals and antioxidants to provide high capacity support for prostate and urinary function as well prostate cell health.

As Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

three vegetarian capsules contain V 00

vitamin D (as cholecalciferol)(D_3)	400 iu
vitamin E (as d-alpha tocopherol)	100 iu
zinc (as zinc citrate)	15 mg
selenium† (from selenium yeast)	200 mcg
saw palmetto (serenoa repens) extract (fruit) (standardized to contain 45% total fatty acids)	640 mg
lycopene	10 mg
pygeum (pygeum africanum) extract (bark)	100 mg
beta-sitosterol (from soy phytosterol complex)	60 mg
milk thistle (silybum marianum) extract (seed) (standardized to contain 80% silymarin)	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	100 mg
pomegranate (punica granatum) extract (whole fruit) (standardized to contain 5% ellagic acid)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Contains soy

3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
SP Ultimate	180	SPU1	$82.80
	90	SPU9	45.10

MINERALS

Boron

**Ensures healthy nutrient and hormone utilization*

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

Boron nutritionally promotes the utilization of many vitamins, minerals, and hormones which are crucial to the optimal functioning of the human body.

each vegetarian capsule contains V 3

boron (as boron glycinate)..... 2 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Boron	60	BO6	$9.30

Calcium (citrate)

*†*Highly absorbable calcium; reduces risk of osteoporosis, supports cardiovascular and colon health*

each vegetarian capsule contains V 00

calcium (as calcium citrate)..... 150 mg
ascorbyl palmitate (fat-soluble vitamin C)..... 16 mg
other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Calcium (citrate)	180	CC1	$19.30
	90	CC9	10.90

Calcium (citrate/malate)

*†*Highly absorbable calcium; reduces risk of osteoporosis, supports cardiovascular and colon health*

each vegetarian capsule contains V 00

calcium (as citrate/malate)..... 150 mg
ascorbyl palmitate (fat-soluble vitamin C)..... 8 mg
other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Calcium (citrate/malate)	180	CCM1	$21.00

†Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.

Calcium (microcrystalline hydroxyapatite)

*†*Supports bone mineral composition; reduces risk of osteoporosis*

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

Calcium microcrystalline hydroxyapatite supports bone mineral composition.

each vegetarian capsule contains 00

calcium (from microcrystalline hydroxyapatite) (bovine)..... 250 mg
other ingredients: vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Calcium (MCHA)	180	CH31	$45.30
	90	CH39	25.90

Cal/Mag/D liquid NEW

**Calcium, magnesium and vitamin D in a convenient liquid form*

- Great-tasting liquid formula
- Highly bioavailable mineral citrates
- 2:1 ratio of calcium to magnesium combined with vitamin D_3

two teaspoons (10 ml/0.33 fl oz) contain V

vitamin D (as cholecalciferol)(D_3)..... 1,000 iu
calcium (as calcium citrate)..... 350 mg
magnesium (as magnesium citrate)..... 175 mg
other ingredients: purified water, natural raspberry flavor, xanthan gum, citric acid, potassium sorbate, purified stevia extract

serving size: two teaspoons (10 ml/0.33 fl oz)
servings per container: 48
1 serving daily, with a meal, or as directed by a health care professional.

	quantity	order code	sug. retail price
Cal/Mag/D liquid	480 ml	CML	$29.70



Cal/Mag (malate) 2:1

**Calcium and magnesium malates in a 2:1 ratio; reduces risk of osteoporosis†, supports cardiovascular health*

DimaCal® is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

each vegetarian capsule contains V 00

calcium (as DimaCal® di-calcium malate) ..... 130 mg
magnesium (as di-magnesium malate) ..... 65 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

3–7 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Cal/Mag (malate) 2:1	180	CMM1	$23.80

Calcium (MCHA) with Magnesium

*†*Highly absorbable form of calcium, reduces risk of osteoporosis; combined with magnesium to support bone and cardiovascular health*

Calcium microcrystalline hydroxyapatite contains a mixture of bone minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans. Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. Supplementation with calcium and magnesium provides synergistic support for bone health. Magnesium also supports cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium. Additionally, calcium and magnesium may help to promote healthy lipid metabolism. This formula provides a 2:1 ratio of calcium to magnesium.

Calcium microcrystalline hydroxyapatite combined with magnesium citrate provides dual support for bone mineral composition and heart health.

each vegetarian capsule contains 00

calcium (from microcrystalline hydroxyapatite) (bovine) ..... 140 mg
magnesium (as magnesium citrate) ..... 70 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, or as directed by your health professional, with or between meals.

	quantity	order code	sug. retail price
Calcium (MCHA) with Magnesium	180	CHM1	$35.70

Calcium Magnesium (citrate)

*†*Highly absorbable form of calcium, reduces risk of osteoporosis; combined with magnesium to support bone and cardiovascular health*

each vegetarian capsule contains V 00

calcium (as calcium citrate) ..... 80 mg
magnesium (as magnesium citrate) ..... 80 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Calcium Magnesium (citrate)	180	CM1	$20.70
	90	CM9	11.90

Calcium Magnesium (citrate/malate)

*†*Highly absorbable form of calcium, reduces risk of osteoporosis; combined with magnesium to support bone and cardiovascular health*

each vegetarian capsule contains V 00

calcium (as calcium citrate/malate) ..... 75 mg
magnesium (as magnesium citrate/malate) ..... 75 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Calcium Magnesium (citrate/malate)	180	CMC1	$22.40

See also

+CAL+® with Ipriflavone page 130
Calcium with Vitamin D_3 page 131
Cal/Mag w/Cofactors (powder) page 130
OsteoBalance page 131

ChromeMate® GTF 600

**Unique chromium polynicotinate*

Chromium is important for metabolism and enzyme activation. One study showed that when combined with modest diet and exercise, ChromeMate supports lean body composition in overweight women. A similar study at Georgetown University also recently suggested that ChromeMate may support lean muscle mass in overweight women. The potential for ChromeMate to promote Glucose Tolerance Factor (GTF) activity accounts for its role in maintaining healthy glucose metabolism and supporting body composition.

ChromeMate provides all the benefits of chromium and enhances this with the additional benefits of nicotinic acid.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

each vegetarian capsule contains V 3

chromium (as chromium polynicotinate) ..... 600 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
ChromeMate® GTF 600	180	CRG61	$31.80
	60	CRG66	12.80

ChromeMate® GTF 200

each vegetarian capsule contains V 3

chromium (as chromium polynicotinate) ..... 200 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
ChromeMate® GTF 200	180	CRG21	$25.20
	60	CRG26	10.00

Chromium (picolinate) 500 mcg

**Supports lipid and glucose metabolism*

Chromium is important for fat metabolism, enzyme activation, and glucose support. It promotes healthy lipid and carbohydrate utilization.

Chromium picolinate is a highly utilizable form of chromium, promoting healthy glucose and lipid metabolism.

One small study suggests that chromium picolinate may reduce the risk of insulin resistance, and therefore possibly may reduce the risk of type 2 diabetes. FDA concludes, however, that the existence of such a relationship between chromium picolinate and either insulin resistance or type 2 diabetes is highly uncertain.

each vegetarian capsule contains v 3

chromium (as chromium picolinate) ..... 500 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Chromium (picolinate) 500 mcg	180	CRP51	$33.80
	60	CRP56	13.30

Chromium (picolinate) 200 mcg

each vegetarian capsule contains v 3

chromium (as chromium picolinate) ..... 200 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Chromium (picolinate) 200 mcg	180	CRP21	$25.10
	60	CRP26	10.00

Copper (citrate)

**Highly bioavailable form of copper*

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.

Copper is an essential trace mineral which supports a number of crucial physiological processes.

each vegetarian capsule contains v 3

copper (as copper citrate)..... 2 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Copper (citrate)	60	CUC6	$8.50

Copper (glycinate)

**Essential mineral with wide-ranging support*

each vegetarian capsule contains v 3

copper (as copper glycinate)..... 2 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)
1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Copper (glycinate)	60	CUG6	$8.50



*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.

Iodine (potassium iodide)

**Supports healthy thyroid function*

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.

Pure Encapsulations Iodine provides natural support for the thyroid gland, helping to maintain healthy cellular metabolism.

each vegetarian capsule contains V 3

iodine (as potassium iodide) ..... 225 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Iodine (potassium iodide)	120	IO1	$13.50
	60	IO6	8.10

Iodine and Tyrosine

**Enhanced thyroid support*

l-Tyrosine plays an important role in the production of thyroid hormones. Studies show that tyrosine interacts with iodine for thyroid hormone formation.

This formula provides the additional support of tyrosine for thyroid hormone synthesis and healthy metabolic function.

each vegetarian capsule contains V 00

iodine (as potassium iodide) ..... 225 mcg
l-tyrosine (free-form) ..... 500 mg
other ingredients: vegetarian capsule (cellulose, water)

1-2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Iodine and Tyrosine	120	IT1	$25.80
	60	IT6	14.90

Iron-C

**Highly absorbable iron formula*

The major function of iron is to combine with protein and copper in the synthesis of hemoglobin. Iron is necessary to manufacture myoglobin, a transporter of oxygen found in muscle tissue which causes the chemical reactions that initiate muscle contractions. Vitamin C enhances the intestinal absorption of iron.

Iron-C provides the body with a highly utilizable form of iron, supporting optimal muscle function.

each vegetarian capsule contains V 3

vitamin C (as ascorbic acid) ..... 175 mg
iron (as iron glycinate and 50% as iron aspartate) ..... 15 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 3 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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.

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Iron-C	60	FC6	$8.70

Iron liquid

**Great-tasting liquid iron*

Iron is an important component of hemoglobin in red blood cells and myoglobin in muscle cells where it is required for oxygen and carbon dioxide transport. Pure Encapsulations Iron liquid contains SunActive® Fe, a micronized water-soluble form of iron with high bioavailability. Research indicates SunActive® Fe iron pyrophosphate bioavailability is similar to ferrous sulfate. In a 16-week randomized, double-blind, placebo-controlled study involving 122 women, supplementation promoted healthy iron status, including hemoglobin, ferritin, and transferrin saturation. A blend of cranberry and blueberry fruit extracts offers antioxidant protection and synergistic microvascular support.

Iron liquid offers a convenient liquid iron formula with high bioavailability to support hemoglobin and myoglobin function.

SunActive® Fe is a registered trademark of Taiyo International, Inc.

each 5 ml (1 tsp) contains V

iron (as iron ferric pyrophosphate) ..... 15 mg
CranBlue proprietary blend ..... 30 mg
providing cranberry (Vaccinium macrocarpon) extract (fruit) and wild blueberry (Vaccinium angustifolium) extract (fruit)
Contains soy
other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, natural pomegranate with other natural flavors, xanthan gum, maltodextrin, polyglycerol esters, soy lecithin, potassium sorbate

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.

1–2 servings daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Iron liquid	120 ml	IRL	$25.30

See also
OptiFerin-C page 109



Lithium (orotate) 5 mg

**Supports healthy mood, emotional wellness, behavior and memory*

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. Mechanisms for this involve affecting 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. N-acetyl-cysteine is a precursor to glutathione, the major antioxidant in the brain, and is added to this formula for enhanced protection of brain cell membranes.

Lithium is an important element that plays a significant role in healthy mental function, including mood, emotion, memory and behavior.

each vegetarian capsule contains V 1

lithium (as lithium orotate) ..... 5 mg
n-acetyl-l-cysteine (free-form) ..... 200 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant and lactating women. Not to be taken in conjunction with SSRIs or MAOIs 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 kidney function monitored regularly. Do not exceed the dose recommended by your health professional.

1 capsule daily, with a meal, or as directed by a healthcare professional.

	quantity	order code	sug. retail price
Lithium (orotate) 5 mg	180	LI1	$32.20
	90	LI9	18.00



Magnesium (aspartate)

**Highly absorbable 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. It is necessary for the metabolism of carbohydrates, amino acids and fats; also for energy production, and the utilization of calcium, phosphorus, sodium, and potassium. This vital mineral also helps utilize B-complex vitamins, vitamin C, and vitamin E.

Magnesium in aspartate, citrate, citrate/malate and glycinate forms are highly bioavailable magnesium chelates, supporting the metabolism and utilization of many essential nutrients and the proper functioning of important enzymatic and physiological functions.

each vegetarian capsule contains V 00

magnesium (as magnesium aspartate) ..... 75 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 9 mg
other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Magnesium (aspartate)	90	MA9	$12.60

Magnesium (citrate)

**Highly absorbable magnesium chelate*

each vegetarian capsule contains V 00

magnesium (as magnesium citrate) ..... 150 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 11 mg
other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Magnesium (citrate)	180	MC1	$21.20
	90	MC9	12.30

Magnesium (citrate/malate)

**Highly absorbable magnesium chelate*

each vegetarian capsule contains V 00

magnesium (as magnesium citrate/malate) ..... 120 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Magnesium (citrate/malate)	180	MCM1	$22.40
	90	MCM9	12.30

*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 absorbable magnesium chelate for sensitive individuals*

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

each vegetarian capsule contains v 00

magnesium (as magnesium glycinate) ..... 120 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Magnesium (glycinate)	360	MG3	$57.60
	180	MG1	30.50
	90	MG9	17.80

Magnesium (powder) IMPROVED FORMULA

**Convenient taste-free magnesium powder*

Magnesium gluconate offers a highly bioavailable soluble form of magnesium to support musculoskeletal, cardiovascular, and emotional health. Magnesium plays an important role in healthy bone mineralization. Its cardiovascular properties include support for arterial function, endothelial function, c-reactive protein metabolism and lipid metabolism. A meta-analysis of 20 randomized trials suggests that it also promotes healthy systolic and diastolic function. In addition, magnesium promotes healthy glucose metabolism. In one 15-year study involving 4,637 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Magnesium also plays important roles in muscle function, mood and calming, and cranial vessel comfort.

Magnesium (powder) offers a convenient soluble form of magnesium without sweeteners or flavors for wide range support.

each scoop (5 g) contains v

magnesium (as magnesium gluconate) ..... 250 mg

1 scoop 1–2 times daily, in divided doses, with meals, mixed with 8 oz. water.

	quantity	order code	sug. retail price
Magnesium (powder) IMPROVED	300 g	MGP3	$22.80

Manganese (aspartate/citrate)

**Trace mineral for connective tissue and bones*

Manganese activates 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 it plays a part in protein, carbohydrate, and fat production. Manganese is necessary for normal skeletal development and maintenance of connective structural tissue and cellular integrity. In addition, it influences the synthesis of mucopolysaccharides, and is a necessary cofactor in the detoxification of ammonia to urea.

Manganese nutritionally supports the physiological processes which synthesize and protect the basic building blocks of the body.

each vegetarian capsule contains v 3

manganese (as manganese aspartate and 50% as manganese citrate) ..... 8 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Manganese (aspartate/citrate)	60	MN6	$8.60

Mineral 650®

**Complete chelated-mineral formula*

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.

Mineral 650® provides the body with the most bioavailable forms of the minerals essential to optimal physiologic function.

six vegetarian capsules contain v 0

calcium (as calcium citrate) ..... 300 mg
iron (as iron glycinate) ..... 10 mg
iodine (as potassium iodide) ..... 100 mcg
magnesium (as magnesium citrate) ..... 250 mg
zinc (as zinc picolinate) ..... 25 mg
selenium (as selenomethionine) ..... 200 mcg
copper (as copper glycinate) ..... 2 mg
manganese (as magnesium aspartate) ..... 10 mg
chromium (as chromium polynicotinate) ..... 200 mcg
molybdenum (as molybdenum aspartate) ..... 100 mcg
potassium (as potassium aspartate) ..... 99 mg
boron (as boron glycinate) ..... 2 mg
vanadium (as vanadium aspartate) ..... 100 mcg
ascorbyl palmitate (fat-soluble vitamin C) ..... 84 mg
other ingredients: vegetarian capsule (cellulose, water)

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.

3–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Mineral 650®	180	MF1	$23.30
	90	MF9	13.50

Mineral 650® (without copper & iron)

v 0

	quantity	order code	sug. retail price
Mineral 650® without copper & iron	180	MM1	$23.60
	90	MM9	13.70



OptiFerin-C

**Promotes healthy ferritin, hemoglobin and red blood cell function*

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. Iron bound to ferritin is readily mobilized to meet the body's demands. Ferrochel® brand iron bis-glycinate was developed using unique patented chemistry, allowing it to be absorbed rapidly from the lumen of the intestines into mucosal cells and then released for transport throughout the body. The intestinal mucosal tissue tightly controls the release of Ferrochel, supporting the safety profile of this iron amino acid chelate. In a double blind, randomized, placebo-controlled trial, iron supplementation supported healthy ferritin levels and enhanced energy and well-being in female subjects. A recent report emphasizes the importance of maintaining healthy serum ferritin for optimal performance in elite female athletes. In another randomized trial, iron supplementation or a high iron diet supported mental health and moderated fatigue in women of childbearing age. Ester–C® is a natural, non–acidic water–soluble form of vitamin C that is distinguished by its unique chemical composition and biological activity. It is manufactured in an exclusive, water–based process that results in a mixture of naturally occurring vitamin C metabolites, including ascorbate, dehydroascorbate, and threonate. Vitamin C aids in the absorption of iron and the formation of red blood cells. Research indicates that vitamin C supports healthy hemoglobin levels.

OptiFerin contains Ferrochel® iron bis-glycinate, a highly specialized iron amino acid chelate, combined with Ester-C® mineral ascorbates to enhance absorption.

Ferrochel® amino acid chelate is a registered trademark of Albion Laboratories, Inc. U.S. Patents 4,830,716; 4,599,152.

Ester-C® Ester-C® and the Ester-C® logo are registered trademarks of The Ester C Company. This product may be covered by one or more of the following U.S. patents: 4,822,816; 5,070,085; 6,878,744 and corresponding foreign patents. Other U.S. and foreign patents pending.

each vegetarian capsule contains V 2

vitamin C (from calcium ascorbate blend)	100 mg
calcium (from calcium ascorbate blend)	11 mg
iron (as iron bis-glycinate)	28 mg
threonic acid (from calcium ascorbate blend)	1 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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.

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
OptiFerin-C	60	OF6	$10.30

Potassium (aspartate)

**Essential to cardiovascular function*

Potassium activates many enzymatic reactions and is essential to a number of physiologic processes, including: transmission of nerve impulses; contraction of cardiac, smooth, and skeletal muscles; gastric secretion; 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.

Potassium is an essential mineral which offers a wide range of nutritional support to ensure healthy physiological functioning of diverse organ systems.

each vegetarian capsule contains V 0

potassium (as potassium aspartate)	99 mg
ascorbyl palmitate (fat-soluble vitamin C)	11 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Potassium (aspartate)	90	PO9	$11.00

Potassium (citrate)

each vegetarian capsule contains V 1

potassium (as potassium citrate)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	11 mg

other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Potassium (citrate)	180	PC1	$20.20
	90	PC9	11.50

Potassium Magnesium (aspartate)

**Supports a number of physiological functions, including cardiovascular health and muscle function*

Potassium and magnesium are essential for healthy nerve impulse function, muscle contraction, cardiovascular function, acid/alkaline balance and nutrient metabolism. Magnesium also plays an important role in facilitating potassium utilization, helping to provide optimal support from this important combination.

Potassium and magnesium provide key roles in heart, muscular and nerve health.

each vegetarian capsule contains V 00

potassium (as potassium aspartate)	99 mg
magnesium (as magnesium aspartate)	70 mg
ascorbyl palmitate (fat-soluble vitamin C)	8 mg

other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Potassium Magnesium (aspartate)	180	PM1	$22.90
	90	PM9	12.80

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

Potassium Magnesium (citrate)

each vegetarian capsule contains v 0

potassium (as potassium citrate) ..... 140 mg
magnesium (as magnesium citrate) ..... 70 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 11 mg
other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Potassium Magnesium (citrate)	180	PMC1	$21.70
	90	PMC9	12.40

Selenium (selenomethionine)

**Antioxidant for immune system support*

Selenium is a natural antioxidant which 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. In synergy with vitamin E, selenium promotes healthy growth and fertility, and improves the function of certain energy producing cells. Selenium also provides support for the immune system.

Selenium protects healthy cell function by supporting the body's natural defenses and scavenging harmful free radicals.

each vegetarian capsule contains v 3

selenium (as selenomethionine) ..... 200 mcg
ascorbyl palmitate (fat-soluble vitamin C) ..... 2 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Selenium (selenomethionine)	180	SE1	$26.80
	60	SE6	10.80

Selenium (citrate)

each vegetarian capsule contains v 3

selenium (as selenium citrate) ..... 200 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Selenium (citrate)	180	SEC1	$20.10
	60	SEC6	8.20

Strontium (citrate)

**Trace mineral for bone health*

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.

Strontium promotes healthy osteoblast activity while maintaining healthy osteoclast activity to support healthy bones.

each vegetarian capsule contains v 00

strontium (as strontium citrate) ..... 227 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with or between meals, away from calcium-containing foods or supplements.

	quantity	order code	sug. retail price
Strontium (citrate)	180	STC1	$36.80
	90	STC9	21.50

Trace Minerals

**Essential trace mineral blend*

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.

Trace Minerals provides a highly absorbable blend of essential minerals to support metabolism and cellular function.

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

each vegetarian capsule contains v 3

iodine (as potassium iodide) ..... 100 mcg
zinc (as zinc picolinate) ..... 15 mg
selenium (as selenomethionine) ..... 70 mcg
copper (as copper glycinate) ..... 1 mg
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 bambusa spp.) (bamboo) extract (stem) ..... 10 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg
other ingredients: rice flour, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Trace Minerals	60	TRM6	$10.90

Tri-Alkali

**Promotes healthy acid-alkaline balance and provides specific support for bone health and healthy kidney oxalate and uric acid metabolism*

Acid-alkaline balance is important for maintaining a wide range of physiological functions. Diets high in animal and grain proteins contribute to the body's acid load. As recent research highlights, an alkaline environment may be especially important for healthy bones as well as healthy calcium, oxalate and uric acid metabolism. In one randomized, double blind trial with postmenopausal women, an increase in alkali status via potassium citrate supported healthy bone composition of the neck, vertebrae and hip. Supplementation provided sustained systemic alkalization. Potassium citrate and calcium citrate supported enhanced alkali status better than either compound alone, as demonstrated in a crossover study involving postmenopausal women. This had an impact on bone resorption markers and enhanced absorbed calcium, supporting bone health. Other trials have found a positive effect of alkaline support on bone histology, bone cell function and bone mineralization. In another trial, co-administration of potassium citrate and calcium citrate maintained healthy oxalate and uric acid metabolism in postmenopausal women.

Tri-Alkali supports healthy acid-alkaline balance in the body for healthy bone and kidney metabolism.

each scoop (3.9 g) contains V

vitamin D (as cholecalciferol)(D_3) ..... 400 iu
calcium (as calcium citrate) ..... 250 mg
magnesium (as magnesium citrate) ..... 150 mg
potassium (as potassium citrate) ..... 400 mg
glycine (free-form) ..... 200 mg
stevia ..... 20 mg

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

	quantity	order code	sug. retail price
Tri-Alkali	351 g	TRI3	$24.10

Zinc 30

**Highly absorbable immune support*

Zinc plays an important role in supporting the body's defense system, and is associated with the normal absorption and actions of the B vitamins. 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. Zinc plays a fundamental role in collagen formation and healthy tissue development. This mineral is also essential for healthy fetal and reproductive development, and it contributes to healthy prostatic function.

Zinc picolinate is a highly absorbable form of this mineral which is essential to a wide range of physiological functions, including support of the body's defense system.

each vegetarian capsule contains V 3

zinc (as zinc picolinate) ..... 30 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 4 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Zinc 30	180	Z31	$28.60
	60	Z36	11.50

Zinc 15

each vegetarian capsule contains V 3

zinc (as zinc picolinate) ..... 15 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Zinc 15	180	Z11	$23.40
	60	Z16	9.30

Zinc (citrate)

each vegetarian capsule contains V 3

zinc (as zinc citrate) ..... 30 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 4 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Zinc (citrate)	180	ZC1	$19.90
	60	ZC6	8.40

Zinc liquid 15 mg

**Convenient zinc liquid for healthy immune function*

four ml (0.13 fl oz) (2 full droppers) contains V

zinc (as zinc gluconate) ..... 15 mg
other ingredients: purified water, apple juice concentrate, cranberry juice concentrate, purified stevia extract, potassium sorbate, citric acid

serving size: 4 ml (0.13 fl oz) (2 full droppers)

servings per container: 30

Adults, take 4 ml (2 full droppers), with a meal.
Children ages 4 and up, take 2 ml (1 full dropper), with a meal.

	quantity	order code	sug. retail price
Zinc liquid 15 mg	120 ml (4 fl oz)	Z15L	$30.80



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pure encapsulations®

— Your Trusted Source —

Multivitamin Formulas for Individual Needs



Today's diets are depleted of vitamins, minerals and other nutrients due to the decreasing quality of our food supply and busy lifestyles. Combining a healthy diet with one of Pure Encapsulations comprehensive multivitamin formulas is the best approach to achieving optimal health and longevity.*

Unique Features:

- High potency formulas providing activated vitamins and superior mineral chelates for optimal absorption*
- Vegetarian, hypo-allergenic and well-tolerated by sensitive individuals*
- Features ***Metafolin® L-5-MTHF***, the universally metabolized and biologically active form of folate and ***ChromeMate®***, the patented, research-based chromium polynicotinate*
- 27 specialized formulas to meet individual needs
- Preferred by thousands of health professionals in the U.S., Canada and Europe

see pages 43 and 112-129



TO ORDER CALL 800-753-2277 Secure online ordering and information at www.Pure-Encapsulations.com

Pure Encapsulations Multivitamin/Minerals Overview

PRODUCT	INDICATIONS	KEY FEATURES	DAILY RECOMMENDATIONS
Athletic Nutrients *Pure Pack Available*	*training and performance**	*ATP cofactors, l-carnosine, açai, mangosteen, NAC and more*	*4–6 capsules*
Junior Nutrients	*children ages 4 and up*	*comprehensive B-vitamin and nutrient rich formula without iron and in small capsules*	*2–4 capsules*
LiquiNutrients	*adults and children over 4*	*liquid multivitamin enhanced with fruit and vegetables*	*1/2–2 tsp*
Longevity Nutrients	*men and women over 60; cognitive support and more**	*ginkgo, bacopa, alpha-GPC, lutein, zeaxanthin and more*	*4 capsules*
Men's Nutrients *Pure Pack Available*	*men over 40; prostate health and more**	*saw palmetto, pygeum, lycopene, green tea, maca and more*	*4–6 capsules*
Multi t/d	*two per day dosing for optimal compliance; macular support**	*convenient dosing; 6 mg lutein and 1 mg zeaxanthin*	*2 capsules*
Nutrient 950®	*women 18 to menopause*	*our classic, comprehensive high potency multivitamin with activated vitamins and superior mineral chelates**	*4–6 capsules*
Nutrient 950® without iron	*men and postmenopausal women*	*iron-free for reduced iron requirements*	*4–6 capsules*
Nutrient 950® without copper & iron	*men and postmenopausal women*	*iron and copper-free for reduced requirements of these minerals*	*4–6 capsules*
Nutrient 950® without copper, iron & iodine	*men and postmenopausal women*	*iron, copper and iodine-free for reduced requirements of these minerals*	*4–6 capsules*
Nutrient 950® with NAC	*immune defense and detoxification support**	*1,000 mg NAC per serving*	*4–8 capsules*
Nutrient 950® with Vitamin K	*bone health and arterial calcium metabolism**	*250 mcg vitamin K_1, 15 mcg vitamin K_2 and 1,000 i.u. vitamin D*	*4–6 capsules*
Polyphenol Nutrients	*cellular, heart, liver, skin, cognitive, macular health**	*blueberry, pomegranate, green tea, quercetin, olive fruit, grape seed, choline, inositol, 6 mg lutein, 1 mg zeaxanthin*	*4–6 capsules*
PreNatal Nutrients	*pregnancy and lactation**	*1 mg folic acid*	*2 capsules*
PureFood Nutrients	*whole food-based multivitamin/mineral complex for adults of any age*	*100% whole food nutrients, greens, berries and herbs*	*4–6 capsules*
PureLean® Nutrients *Pure Pack Available*	*healthy glucose and lipid metabolism**	*Metafolin®, Chromium 454®, PureWay-C® ALA, cinnamon, l-carnosine, green tea and more*	*4–6 capsules*
PureOne Nutrients	*men and women 18 and over*	*convenient dosing; 500 mcg lycopene, 2,000 i.u. vitamin D and MicroActive® Q_{10}-cyclodextrin complex*	*1 capsule*
PurePals *(chewable tablet)*	*children ages 2 and up*	*chewable tablet with no added sugar or fructose and natural flavors; available with and without iron*	*1-2 tablets*
UltraNutrient® *2 Pure Packs Available*	*cardiovascular and liver health**	*CoQ_{10}, alpha lipoic acid, reduced glutathione, hawthorn, ginger, milk thistle, turmeric*	*4–6 capsules*
VisionPro Nutrients	*men and women 18 and over; healthy vision and eye integrity**	*researched levels of vitamin C and E, zinc, and copper; 10 mg lutein, 2 mg zeaxanthin and 1 mg lycopene*	*3 capsules*
Women's Nutrients *Pure Pack Available*	*women over 40; breast health, hot flashes and more**	*lignans, calcium-d-glucarate, curcumin, cranberry and rhodiola*	*4–6 capsules*

Pure Pack option is available

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

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

*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.

MULTIVITAMINS

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*
- ✓ 1,000 mg vitamin C for enhanced immune defense*
- ✓ Formulas with and without iron

Special Features:
- ✓ Mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection*

six vegetarian capsules contain V 00

vitamin A (as beta carotene)	15,000 iu
vitamin C (as ascorbic acid)	1,000 mg
vitamin D (as cholecalciferol)(D_3)	800 mcg
vitamin E (as d-alpha tocopherol succinate)	400 iu
thiamin (as thiamin HCl) (B_1)	100 mg
riboflavin (vitamin B_2)	50 mg
niacin (as niacinamide)	100 mg
vitamin B_6 (as pyridoxine HCl)	25 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	1,000 mcg
biotin	800 mcg
pantothenic acid (as calcium pantothenate) (B_5)	400 mg
calcium (as calcium citrate)	300 mg
iron (as iron glycinate)	10 mg
iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	200 mg
zinc (as zinc picolinate)	25 mg
selenium (as selenomethionine)	200 mcg
copper (as copper glycinate)	2 mg
manganese (as manganese aspartate)	5 mg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as molybdenum aspartate)	100 mcg
potassium (as potassium aspartate)	99 mg
boron (as boron glycinate)	2 mg
vanadium (as vanadium aspartate)	200 mcg
inositol hexaniacinate	90 mg
ascorbyl palmitate (fat-soluble vitamin C)	120 mg
riboflavin 5′ phosphate (activated B_2)	25 mg
pyridoxal 5′ phosphate (activated B_6)	25 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	850 mcg

other ingredients: vegetarian capsule (cellulose, water)

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.

4–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Nutrient 950®	360	MVF3	$74.50
	180	MVF1	42.30
	90	MVF9	24.80

Nutrient 950® without iron

	quantity	order code	sug. retail price
Nutrient 950® without iron	360	MVC3	$74.50
	180	MVC1	42.30
	90	MVC9	24.80

Nutrient 950® without copper & iron

	quantity	order code	sug. retail price
Nutrient 950® without copper & iron	180	MVM1	$42.30
	90	MVM9	24.80

Nutrient 950® without copper, iron & iodine

	quantity	order code	sug. retail price
Nutrient 950® without copper, iron & iodine	180	MVI	$42.30

Nutrient 950® with NAC

Eight capsules contain 1,000 mg NAC (n-acetyl-l-cysteine). This formula does not contain boron, copper, iron or iodine.

	quantity	order code	sug. retail price
Nutrient 950® with NAC	240	MVN2	$63.90
	120	MVN1	37.90

Nutrient 950® with Vitamin K

Six capsules contain 250 mcg vitamin K_1, 15 mcg vitamin K_2 as menaquinone-7, and 500 mcg vitamin K_2 as menaquinone-4. Also provides 1,000 iu vitamin D_3. This formula does not contain iron.

Contains soy

	quantity	order code	sug. retail price
Nutrient 950® with Vitamin K	180	MVCK1	$42.30

MenaQ7 is a trademark of NattoPharma, Norway.

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

UltraNutrient® With Metafolin® L-5-MTHF

**Best-selling multivitamin/mineral complex with enhanced support for cardiovascular and liver health*

Indications:

✓ Enhanced support for cardiovascular and liver health*

Vitamin/Mineral Distinctions:

✓ 25,000 iu natural beta carotene with mixed carotenoids for advanced antioxidant protection*

✓ 500 mcg 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 Q_{10}*** 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***.*



UltraNutrient®

six vegetarian capsules contain V 00

vitamin A (as beta carotene)	25,000 iu
vitamin D (as cholecalciferol)(D_3)	800 iu
vitamin E (as d-alpha tocopherol succinate)	400 iu
thiamin (as thiamin HCl) (B_1)	100 mg
riboflavin (vitamin B_2)	50 mg
niacin (as niacinamide)	100 mg
vitamin B_6 (as pyridoxine HCl)	25 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	1,000 mcg
biotin	800 mcg
pantothenic acid (calcium pantothenate) (B_5)	400 mg
calcium (as calcium citrate/malate)	300 mg
magnesium (as magnesium aspartate)	200 mg
zinc (as zinc picolinate)	25 mg
selenium (as selenomethionine)	200 mcg
copper (as copper glycinate)	2 mg
manganese (as manganese aspartate)	5 mg
chromium (as chromium polynicotinate)	500 mcg
molybdenum (as molybdenum aspartate)	100 mcg
potassium (as potassium aspartate)	99 mg
boron (as boron glycinate)	2 mg
vanadium (as vanadium aspartate)	200 mcg
inositol hexaniacinate (no flush niacin)	90 mg
ascorbyl palmitate (fat-soluble vitamin C)	100 mg
riboflavin 5′ phosphate (activated B_2)	25 mg
pyridoxal 5′ phosphate (activated B_6)	25 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	1,445 mcg
CardioHealth Complex	
alpha lipoic acid (thioctic acid)	100 mg
coenzyme Q_{10}	50 mg
hawthorn (crataegus oxyacantha) extract (flower and leaf)	100 mg
(standardized to contain 2% vitexins)	2 mg
ginger (zingiber officinale) extract (root)	100 mg
(standardized to contain 5% gingerols)	5 mg
LiverEnhance Blend	
turmeric (curcuma longa) extract (root)	200 mg
(standardized to contain 95% curcuminoids)	190 mg
milk thistle (silybum marianum) extract (seed)	100 mg
(standardized to contain 80% silymarin)	80 mg
l-glutathione (reduced) (free-form)	50 mg

other ingredients: vegetarian capsule (cellulose, water)

4–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
UltraNutrient®	360	UVC3	$119.70
	180	UVC1	68.70
	90	UVC9	39.50

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

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

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

See also
UltraPure Pack page 125

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

Men's Nutrients

With Metafolin® L-5-MTHF

**Multivitamin/mineral complex for men over 40*

Indications:

✓ Men over 40

Vitamin/Mineral Distinctions:

✓ Yeast-derived selenium and 1,000 iu vitamin D_3 for optimal prostate health*

Special Features:

✓ *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 E, vitamin D* and *zinc.**

✓ *EnduraBoost Blend*

Combines *cordyceps* and *maca* to promote energy, endurance and stamina.*

✓ *CardioPhenol Complete*

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 6 mg *lutein* and 1 mg *zeaxanthin.* Synergistic cofactors include *vitamin C, vitamin E, zinc* and *carotenoids.**



Men's Nutrients

six vegetarian capsules contain V 00

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
vitamin K (as vitamin K_1)	100 mcg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (vitamin B_2)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	800 mcg
pantothenic acid (as calcium pantothenate) (B_5)	50 mg
calcium (as calcium citrate)	200 mg
iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	200 mg
zinc (as zinc citrate)	15 mg
selenium (from selenium yeast)	200 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
potassium (as potassium citrate)	100 mg
boron (as boron glycinate)	2 mg
vanadium (as bis-glycinato oxo vanadium)	100 mcg
ascorbyl palmitate (fat-soluble vitamin C)	120 mg
riboflavin 5' phosphate (activated B_2)	12.5 mg
pyridoxal 5' phosphate (activated B_6)	12.5 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	425 mcg
choline bitartrate	100 mg
inositol	125 mg
alpha lipoic acid	75 mg
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg
ProstaProtect Plus	
saw palmetto (serenoa repens) extract (fruit) (standardized to contain 45% total fatty acids)	320 mg
pygeum (pygeum africanum) extract (bark) (standardized to contain 2.5% total sterols)	50 mg
lycopene	1 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	50 mg
CardioPhenol Complete	
red wine grape (vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	100 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	100 mg
pomegranate (punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
EnduraBoost Blend	
maca (lepidium meyenii) extract (tuber)	200 mg
cordyceps (cordyceps sinensis) powder (mycelia)(certified organic)	100 mg

other ingredients: organic brown rice, vegetarian capsule (cellulose, water)

4–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Men's Nutrients	360	MEN3	$92.30
	180	MEN1	51.00

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
As Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

See also **Men's Pure Pack** page 126

Women's Nutrients

With Metafolin® L-5-MTHF

**Multivitamin/mineral complex for women over 40*

Indications:

✓ Women over 40

Vitamin/Mineral Distinctions:

✓ 400 mg calcium citrate (highest of all our multivitamins), 1,000 iu vitamin D_3 and 100 mcg vitamin K_1 for healthy bones*

✓ 2 mg 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.*

✓ *CardioPhenol Complete*
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 6 mg *lutein* and 1 mg *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.**

See also **Women's Pure Pack** page 127



Women's Nutrients

six vegetarian capsules contain V 00

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol)(D_3)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
vitamin K (as vitamin K_1)	100 mcg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (vitamin B_2)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	2 mg
pantothenic acid (as calcium pantothenate) (B_5)	50 mg
calcium (as calcium citrate)	400 mg
iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	100 mg
zinc (as zinc citrate)	15 mg
selenium (as selenomethionine)	200 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
potassium (as potassium citrate)	100 mg
boron (as boron glycinate)	2 mg
vanadium (as bis-glycinato oxo vanadium)	100 mcg
ascorbyl palmitate (fat-soluble vitamin C)	120 mg
riboflavin 5′ phosphate (activated B_2)	12.5 mg
pyridoxal 5′ phosphate (activated B_6)	12.5 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	425 mcg
choline bitartrate	100 mg
inositol	125 mg
alpha lipoic acid (thioctic acid)	75 mg
cranberry (vaccinium macrocarpon) extract (fruit)	100 mg
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg
BreastHealth Plus	
HMRlignan™ 7-hydroxymatairesinol	10 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
calcium-d-glucarate	50 mg
CardioPhenol Complete	
red wine (vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total poylphenols)	100 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	100 mg
pomegranate (punica granatum l.) extract (fruit) (standardized to contain 40% punicosides)	50 mg
StressCalm Blend	
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidroside)	100 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	50 mg

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

4–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Women's Nutrients	360	WN3	$96.80
	180	WN1	52.60

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, LLC and protected by U.S. Patent 4,845,123.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

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Polyphenol Nutrients

With Metafolin® L-5-MTHF

**Vitamin/mineral/polyphenol complex 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:

- ✓ *CellHealth 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 6 mg ***lutein*** and 1 mg ***zeaxanthin.*** Synergistic cofactors include ***vitamin C***, ***vitamin E***, ***zinc*** and ***carotenoids.****



Polyphenol Nutrients

six vegetarian capsules contain V 00

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	500 mg
vitamin D (as cholecalciferol) (D_3)	800 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (vitamin B_2)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	800 mcg
pantothenic acid (as calcium pantothenate) (B_5)	50 mg
calcium (as calcium citrate)	300 mg
iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	150 mg
zinc (as zinc picolinate)	15 mg
selenium (as selenomethionine)	200 mcg
copper (as copper glycinate)	2 mg
manganese (as manganese aspartate)	5 mg
chromium (as chromium polynicotinate)	100 mcg
molybdenum (as molybdenum aspartate)	100 mcg
potassium (as potassium aspartate)	99 mg
boron (as boron glycinate)	2 mg
vanadium (as vanadium aspartate)	100 mcg
ascorbyl palmitate (fat-soluble vitamin C)	120 mg
riboflavin 5'phosphate (activated B_2)	12.5 mg
pyridoxal 5' phosphate (activated B_6)	12.5 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	425 mcg
n-acetyl-l-cysteine (free-form)	100 mg
choline bitartrate	100 mg
inositol	125 mg
alpha lipoic acid (thioctic acid)	100 mg
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg
CellHealth Polyphenols	
quercetin	50 mg
blueberry (vaccinium angustifolium) extract (fruit) (standardized to contain 1.5% anthocyanins)	100 mg
olive (olea europaea l.) extract (fruit) (standardized to provide 1% hydroxytyrosol)	50 mg
pomegranate (punica granatum l.) extract (fruit) (standardized to contain 5% ellagic acid)	100 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins, 23% epigallocatechin (EGCG))	100 mg
other ingredients: vegetarian capsule (cellulose, water)	

4–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Polyphenol Nutrients	360	PHN3	$82.10
	180	PHN1	45.90

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

PureFood Nutrients

**Whole food based multivitamin/mineral complex*

Indications:
- ✓ Whole food based multivitamin/mineral complex for adults of any age

Vitamin/Mineral Distinctions:
- ✓ Food-based vitamin C, vitamin E, vitamin K, folic acid, biotin, and mixed carotenoids
- ✓ Other nutrients are derived from a unique fermentation technology using *S. cerevisiae* to deliver vitamins and minerals in a natural food state:

  In a controlled environment, microbes are cultured with nutrients.These nutrients are transformed in the fermentation process, producing vitamin and mineral peptide complexes. Once the process is complete, proteolytic enzymes are used to break down the cell walls and release the intracellular nutrients. Nutrients derived in this manner are part of a comprehensive nutrient complex that provides all of the cofactors naturally contained in food.

Special Features:
- ✓ Enhanced with green foods, berry extracts and herbs for comprehensive whole food nutrient support.

two vegetarian capsules contain V 00

vitamin A (as beta carotene from wild carrot)	1,666 iu
vitamin C (from sweet orange (citrus sinensis))	66 mg
vitamin D (from s. cerevisiae)	266 iu
vitamin E (from rice (oryza sativa))	33 iu
vitamin K (from spinach (s. oleracea))	33 mcg
thiamin (from s. cerevisiae) (B_1)	8 mg
riboflavin (from s. cerevisiae) (B_2)	6 mg
niacin (as niacinamide from s. cerevisiae)	16 mg
vitamin B_6 (from s. cerevisiae)	8 mg
folate (from broccoli (brassica oleracea italica)	133 mcg
vitamin B_{12} (from s. cerevisiae)	166 mcg
biotin (from s. cerevisiae)	100 mcg
pantothenic acid (from s. cerevisiae) (B_5)	16 mg
calcium (from s. cerevisiae)	10 mg
iodine (from s. cerevisiae)	50 mcg
magnesium (from s. cerevisiae)	5 mg
zinc (from s. cerevisiae)	5 mg
selenium (from s. cerevisiae)	33 mcg
manganese (from s. cerevisiae)	666 mcg
chromium (from s. cerevisiae)	66 mcg
molybdenum (from s. cerevisiae)	8 mcg
boron (from s. cerevisiae)	333 mcg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg
lycopene (from tomato (lycopersicon esculentum))	41 mcg
lutein (from Aztec marigold (tagetes erecta))	83 mcg
PureFood proprietary blend	75 mg

providing:
alfalfa (medicago sativa) extract (leaf and stem), broccoli (brassica oleracea italica) powder (flowering head), kelp (ascophyllum nodosum) powder (leaf), kale (brassica oleracea acephala) powder (leaf), acerola (malpighia glabra l.) extract (fruit), tomato (solanum lycopersicum) extract (fruit), cranberry (vaccinium macrocarpon) extract (fruit), wild blueberry (vaccinium angustifolium) powder (fruit), bilberry (vaccinium myrtillus) extract (fruit), turmeric (curcuma longa) extract (root)

other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals, or as directed by a health professional.

	quantity	order code	sug. retail price
PureFood Nutrients	360	PFN3	$94.90
	180	PFN1	50.50

100% Whole food nutrients manufactured by Biosan Labs, Derry, NH

LiquiNutrients
(natural mango/orange flavor)

**Liquid multivitamin/mineral complex enhanced with fruit and vegetables*

Indications:
- ✓ For adults and children over 4 years

Vitamin/Mineral Distinctions:
- ✓ Activated vitamins and chelated minerals for optimal absorption

Special Features:
- ✓ Enhanced with natural beta carotene, lutein, cranberry, tomato and carrot for powerful antioxidant protection*
- ✓ Naturally flavored and sweetened

two tsp (10 ml/0.35 fl oz) provides V

calories	15
total carbohydrate	4 g
vitamin A (as beta carotene)	1,000 iu
vitamin C (as ascorbic acid)	100 mg
vitamin D (as cholecalciferol) (D_3)	800 iu
vitamin E (as d-alpha tocopheryl acetate)	30 iu
thiamin (as thiamin HCl) (B_1)	7.5 mg
niacin (as niacinamide)	25 mg
vitamin B_6 (as pyridoxine HCl)	5 mg
folic acid	400 mcg
vitamin B_{12} (as methylcobalamin)	30 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
calcium (as calcium lactate gluconate)	40 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium gluconate)	20 mg
zinc (as zinc gluconate)	15 mg
manganese (as manganese aspartate)	1 mg
chromium (as chromium picolinate)	200 mcg
molybdenum (as molybdenum aspartate)	75 mcg
inositol hexaniacinate	25 mg
riboflavin 5' phosphate (activated B_2)	4 mg
boron (as boron glycinate)	700 mcg
lutein	3 mg
carrot (daucus carota) juice concentrate (root)	25 mg
tomato (solanum lycopersicum) juice concentrate (fruit)	50 mg
cranberry (vaccinium macrocarpon) juice concentrate (fruit)	50 mg
stevia	100 mg

other ingredients: purified water, natural vegetable glycerin, licorice root extract, natural mango and orange flavors, malic acid, xanthan gum, potassium sorbate, purified stevia extract, maltodextrin, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

This formula requires refrigeration after opening. Shake well.

Adults: 2 teaspoons daily, with meals.
Children ages 4 and up: 1/2-1 teaspoon daily, with meals.

	quantity	order code	sug. retail price
LiquiNutrients (natural mango/orange flavor)	230 ml (8 fl oz)	LQN2	$44.80

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

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

PowerGrape® is a registered trademark of the "Actifs Innovants" division of Naturex.

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

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PreNatal Nutrients

**Nutritional support for pregnancy and lactation*

Indications:

- ✓ Women of child-bearing age, pregnant women, lactating women
- ✓ Best when combined with Neuromins 200 mg or EPA/DHA essentials

Vitamin/Mineral Distinctions:

- ✓ 1 mg folic acid for optimal neural and cellular development*
- ✓ 27 mg iron to meet enhanced requirements during pregnancy
- ✓ Convenient 2 capsule daily dosing

Special Features:

- ✓ *Specially-Formulated*

  Based on accepted scientific recommendations for nutrient requirements during pregnancy.

two vegetarian capsules contain v 00

vitamin A (as beta carotene)	8,000 iu
vitamin C (as ascorbic acid)	70 mg
vitamin D (as cholecalciferol) (D_3)	400 iu
vitamin E (as d-alpha tocopherol succinate)	18 iu
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
folic acid	1 mg
vitamin B_{12} (as methylcobalamin)	2.6 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	6 mg
calcium (as calcium citrate)	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)	2 mg
manganese (as manganese aspartate)	2 mg
chromium (as chromium polynicotinate)	120 mcg
molybdenum (as molybdenum aspartate)	75 mcg
mixed carotenoids (as lutein, lycopene and zeaxanthin)	450 mcg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: vegetarian capsule (cellulose, water)

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.

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
PreNatal Nutrients	120	PRE12	$33.80
	60	PRE6	19.60

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Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

Multi t/d

With Metafolin® L-5-MTHF

**Two-per-day multivitamin/mineral formula*

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 6 mg *lutein* and 1 mg *zeaxanthin*. Synergistic cofactors include *vitamin C*, *vitamin E*, *zinc* and *carotenoids*.*

two vegetarian capsules contain v 0

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	500 mg
vitamin D (as cholecalciferol)(D_3)	800 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (vitamin B_2)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	800 mcg
pantothenic acid (as calcium pantothenate) (B_5)	50 mg
iodine (as potassium iodide)	200 mcg
zinc (as zinc picolinate)	15 mg
selenium (as selenomethionine)	200 mcg
chromium (as chromium polynicotinate)	100 mcg
riboflavin 5′ phosphate (activated B_2)	12.5 mg
pyridoxal 5′ phosphate (activated B_6)	12.5 mg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg
mixed carotenoids (as lutein, lycopene and zeaxanthin)	425 mcg
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg

other ingredients: vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Multi t/d	120	MTD1	$41.80
	60	MTD6	23.80

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ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

See also

Junior Nutrients page 43

PurePals page 43

VisionPro Nutrients page 146

Longevity Nutrients

With Metafolin® L-5-MTHF

**Multivitamin/mineral complex for healthy aging*

Indications:

✓ Support for men and women over 60

Vitamin/Mineral Distinctions:

✓ Enhanced levels of ChromeMate® chromium polynicotinate and biotin for metabolic support*

✓ Contains vitamins K_1 and K_2 and 1,000 iu vitamin D_3 for optimal bone and heart health*

Special Features:

✓ Easy to swallow capsule size

✓ Convenient 4 capsule daily dose

✓ *CognitivePro Complex*

Supports mental acuity and memory with *ginkgo*, *bacopa* and *alpha-GPC*. Provides targeted support for healthy brain cell function with *Curcumin C3 Complex®*.*

✓ *CardioPhenol Complete*

Maintains healthy blood vessel function with polyphenols from *pomegranate*, *red wine concentrate* and *grape seed extract*.*

✓ *MacularSynergy Extra*

Offers advanced macular and retinal protection with 10 mg *lutein* and 2 mg *zeaxanthin*. Synergistic cofactors include *vitamin C*, *vitamin E*, *zinc* and *carotenoids*.*



Longevity Nutrients

four vegetarian capsules contain v 1

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol)(D_3)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
vitamin K (as vitamin K_1 and 15% vitamin K_2 (menaquinone-7))	100 mcg
thiamin (as thiamin HCl) (B_1)	10 mg
riboflavin (vitamin B_2)	5 mg
niacin (as niacin and 56% niacinamide)	45 mg
vitamin B_6 (as pyridoxine HCl)	10 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	2 mg
pantothenic acid (calcium pantothenate) (B_5)	50 mg
iodine (as potassium iodide)	200 mcg
zinc (as zinc citrate)	15 mg
selenium (as selenomethionine)	200 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	400 mcg
boron (as boron glycinate)	2 mg
vanadium (as bis-glycinato oxo vanadium)	100 mcg
ascorbyl palmitate (fat-soluble vitamin C)	80 mg
riboflavin 5′ phosphate (activated B_2)	10 mg
pyridoxal 5′ phosphate (activated B_6)	10 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	7,500 mcg
choline bitartrate	100 mg
inositol	125 mg
alpha lipoic acid (thioctic acid)	75 mg
MacularSynergy Extra	
lutein	10 mg
zeaxanthin	2 mg
CognitivePro Complex	
bacopa (bacopa monnieri) extract (leaf) (standardized to contain 20% bacosides)	100 mg
ginkgo (ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	80 mg
alpha-GPC (from 100 mg stabilized L-alpha-glycerophosphatidylcholine)	50 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
CardioPhenol Complete	
red wine (vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	75 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	75 mg
pomegranate (punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg

Contains soy

other ingredients: calcium phosphate, silicon dioxide, vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Longevity Nutrients	240	LGN2	$84.30
	120	LGN1	47.30

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

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

MenaQ7 is a trademark of NattoPharma, Norway.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

*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.

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 Kre-Alkalyn® ph-balanced creatine; studied in endurance athletes and professional athletes. Contains other ATP cofactors, including CoQ_{10} and alpha ketoglutarate.*

- ✓ *MuscleRestore Complex*

  Lessens muscle soreness and fatigue with NAC, alpha lipoic acid and l-carnosine.*

- ✓ *PowerProtect Antioxidants*

  In a randomized, double-blind, placebo-controlled trial, PowerGrape® promoted plasma antioxidant capacity during competition and supported performance in athletes. Protects muscles from oxidative stress with green tea and polyphenols from mangosteen, açai, noni, pomegranate and quebracho extract.*

Athletic Nutrients

four vegetarian capsules contain V 00

vitamin A (as beta carotene)	6,666 iu
vitamin C (as ascorbic acid)	166 mg
vitamin D (as cholecalciferol)(D_3)	666 iu
vitamin E (as d-alpha tocopherol succinate)	66 iu
vitamin K (as vitamin K_1)	66 mcg
thiamin (as thiamin HCl) (B_1)	16 mg
riboflavin (vitamin B_2)	16 mg
niacin (as niacin and 67% niacinamide)	50 mg
vitamin B_6 (as pyridoxine HCl)	8 mg
folate (as Metafolin®, L-5-MTHF)	266 mcg
vitamin B_{12} (as methylcobalamin)	666 mcg
biotin	533 mcg
pantothenic acid (as calcium pantothenate) (B_5)	33 mg
calcium (as calcium citrate)	133 mg
iodine (as potassium iodide)	133 mcg
magnesium (as magnesium citrate)	133 mg
zinc (as zinc citrate)	10 mg
selenium (as selenomethionine)	133 mcg
copper (as copper glycinate)	1.3 mg
manganese (as manganese citrate)	1.3 mg
chromium (as chromium polynicotinate)	133 mcg
potassium (as potassium phosphate)	66 mg
boron (as boron glycinate)	1.3 mg
vanadium (as bis-glycinato oxo vanadium)	66 mcg
ascorbyl palmitate (fat-soluble vitamin C)	80 mg
riboflavin 5′ phosphate (activated B_2)	8 mg
pyridoxal 5′ phosphate (activated B_6)	8 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	385 mcg
choline bitartrate	33 mg
inositol	33 mg
EnergizeATP Factors	
Kre-Alkalyn® (pH balanced creatine)	500 mg
coenzyme Q_{10}	33 mg
alpha ketoglutarate	33 mg
MuscleRestore Complex	
n-acetyl-l-cysteine (free-form)	100 mg
alpha lipoic acid (thioctic acid)	66 mg
l-carnosine	33 mg
PowerProtect Antioxidants	
PowerGrape® grape (vitis vinifera) extract (whole fruit)	133 mg
superfruit antioxidant blend (from mangosteen, açai, noni, pomegranate and quebracho extract)	33 mg
green tea (camellia sinensis) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	33 mg

other ingredients: potato starch, vegetarian capsule (cellulose, water)

4 capsules daily, in divided doses, with meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Athletic Nutrients	180	ATN1	$54.90

See also
Athletic Pure Pack page 129



PureLean® Nutrients

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:

✓ Provides *Metafolin®* L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

✓ Features patented, enhanced bioactivity *Chromium 454®* from a proprietary Brewer's yeast extract; supports Akt metabolic kinase activity and GLUT4 glucose transporter function*

✓ Introduces *PureWay-C®*, rapid uptake vitamin C for healthy inflammation balance, lipid antioxidant protection, and C-reactive protein metabolism*

Special Features:

✓ *Macular Synergy 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***.*

✓ *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*.*

six vegetarian capsules contain V 00

vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid and as 50% PureWay-C®)	500 mg
vitamin D (as cholecalciferol) (D_3)	2,000 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
vitamin K (as vitamin K_1)	100 mcg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (B_2)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	3 mg
pantothenic acid (as calcium pantothenate) (B_5)	50 mg
calcium (as calcium citrate)	150 mg
iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	150 mg
zinc (as zinc citrate)	15 mg
selenium (as selenomethionine)	70 mcg
copper (as copper glycinate)	2 mg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate and as 50% chromium 454®)	400 mcg
potassium (as potassium citrate)	100 mg
boron (glycinate)	2 mg
vanadium (as bis-glycinato oxo vanadium)	100 mcg
ascorbyl palmitate (fat soluble vitamin C)	120 mg
riboflavin 5′ phosphate (activated B_2)	12.5 mg
pyridoxal 5′ phosphate (activated B_6)	12.5 mg
choline bitartrate	100 mg
inositol	125 mg
mixed carotenoids (as lutein, lycopene zeaxanthin)	425 mcg
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg
Metabolic GlycoPlex	
alpha lipoic acid (thioctic acid)	300 mg
cinnamon (cinnamomum cassia) (dried bark) (10-15:1)	100 mg
l-carnosine (beta-alanyl-L-histidine)	50 mg
Metabolic LipidPlex	
taurine (free-form)	300 mg
green tea (camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	100 mg
Indian kino tree (pterocarpus marsupium) extract (heartwood) (standardized to contain 5% pterostilbene)	50 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

4–6 capsules daily, in divided doses, with meals.

Not to be taken by pregnant or lactating women.

	quantity	order code	sug. retail price
PureLean® Nutrients	180	PLN1	$53.60

CinSulin® is a registered trademark of Tang-An Medical, Ltd. Manufactured under U.S. Patent 6,200,569.

Chromium 454® is a registered trademark of VDF FutureCeuticals, Inc, used under license.

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

PureWay-C® is a trademark of Innovation Laboratories, Inc., and is used here under license. U.S. and International patents pending.

See also

PureLean® Pure Pack page 128

Vita-Essentials

With Metafolin® L-5-MTHF

Indications:

✓ Complete vitamin formula

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

✓ 100 mg choline and 125 mg inositol per capsule for comprehensive B-complex support

Special Features:

✓ Vitamin A and mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection*

✓ Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin*

each vegetarian capsule contains V 00

vitamin A (as vitamin A acetate and 75% beta carotene)	5,000 iu
vitamin C (as ascorbic acid)	300 mg
vitamin D (as cholecalciferol) (D_3)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
vitamin K (as vitamin K_1)	90 mcg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (vitamin B_2)	12.5 mg
niacin (as niacin and 62% niacinamide)	32.5 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin® L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
riboflavin 5′ phosphate (activated B_2)	6.25 mg
pyridoxal 5′ phosphate (activated B_6)	6.25 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
choline bitartrate	100 mg
inositol	125 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	327 mcg
MacularSynergy Complex	
lutein	3 mg
zeaxanthin	500 mcg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Vita-Essentials	60	VIE6	$29.00

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

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

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PureOne Nutrients

With Metafolin® L-5-MTHF

**Once-daily multivitamin w/sustained release CoQ_{10}*

Indications:

✓ Men and women ages 18 and over

Vitamin Distinctions:

✓ Provides vitamins A, B, C, D and E in highly bioavailable forms

✓ Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

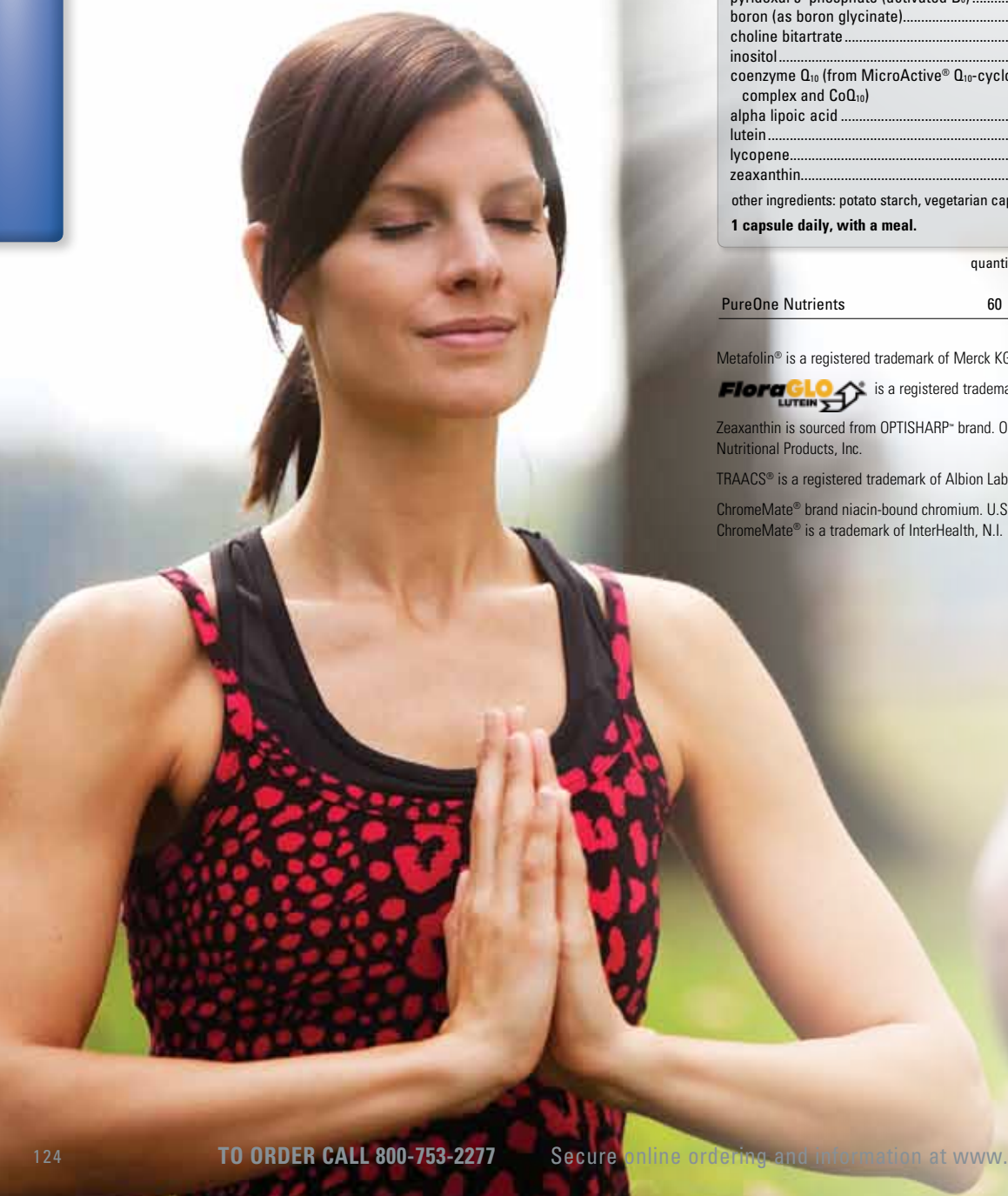
✓ Convenient one capsule per-day dosing

✓ Antioxidant complex includes alpha lipoic acid and a blend of CoQ_{10} and sustained release water-soluble nanosized MicroActive® Q_{10}-cyclodextrin complex

✓ Choline and inositol for healthy cognitive function*

✓ Supports cellular health with 500 mcg lycopene and 2,000 iu vitamin D*

✓ Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin*



PureOne Nutrients

each vegetarian capsule contains V 00

vitamin A (as vitamin A acetate and 73% beta carotene)	3,750 iu
vitamin C (as ascorbic acid)	180 mg
vitamin D (as cholecalciferol)(D_3)	2,000 iu
vitamin E (as d-alpha tocopherol succinate)	30 iu
thiamin (as thiamin HCl) (B_1)	3 mg
riboflavin (vitamin B_2)	1.7 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl)	2.5 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 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
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
riboflavin 5′ phosphate (activated B_2)	1.7 mg
pyridoxal 5′ phosphate (activated B_6)	2.5 mg
boron (as boron glycinate)	1 mg
choline bitartrate	25 mg
inositol	25 mg
coenzyme Q_{10} (from MicroActive® Q_{10}-cyclodextrin complex and CoQ_{10})	50 mg
alpha lipoic acid	50 mg
lutein	3 mg
lycopene	500 mcg
zeaxanthin	500 mcg

other ingredients: potato starch, vegetarian capsule (cellulose, water)

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
PureOne Nutrients	60	PON6	$31.90

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

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

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

PurePacks

UltraPure Pack

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

Indications:

✓ Support for optimal wellness, energy and healthy aging*

Vitamin/Mineral Distinctions:

✓ 3 capsules of UltraNutrient® multivitamin/mineral complex combined with 1,000 iu vitamin D_3

Special Features:

✓ Provides core nutrients, vitamin D_3, CoQ_{10}, fish oil and resveratrol

✓ Convenient once-daily packet

UltraNutrient®

three vegetarian capsules contain — v 00

vitamin A (as beta carotene)	12,500 iu
vitamin D (as cholecalciferol)(D_3)	400 iu
vitamin E (as d-alpha tocopherol succinate)	200 iu
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (vitamin B_2)	25 mg
niacin (as niacinamide)	50 mg
vitamin B_6 (as pyridoxine HCl)	12.5 mg
folate (as Metafolin® L-5-MTHF)	400 mcg
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
ascorbyl palmitate (fat-soluble vitamin C)	50 mg
riboflavin 5′ phosphate (activated B_2)	12.5 mg
pyridoxal 5′ phosphate (activated B_6)	12.5 mg
inositol hexaniacinate (no-flush niacin)	45 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	722 mcg

CardioHealth Complex

alpha lipoic acid (thioctic acid)	50 mg
coenzyme Q_{10}	25 mg
hawthorn (crataegus oxyacantha) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
ginger (zingiber officinale) extract (root) (standardized to contain 5% gingerols)	50 mg

LiverEnhance Blend

milk thistle (silybum marianum) extract (seed) (standardized to contain 80% silymarin)	50 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Setria® glutathione (reduced form)	25 mg

other ingredients: vegetarian capsule (cellulose, water)

EPA/DHA essentials

each softgel capsule contains — 20 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha-tocopherol)	10 iu
fish oil concentrate (anchovies, sardines)	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

Vitamin D_3 1,000 iu

each vegetarian capsule contains — v 3

vitamin D (as cholecalciferol)(D_3)	1,000 iu

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

CoQ_{10} 60 mg

each vegetarian capsule contains — v 3

coenzyme Q_{10}	60 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Resveratrol EXTRA

each vegetarian capsule contains — v 00

Japanese knotweed (polygonum cuspidatum) extract (root) (standardized to contain 100 mg trans resveratrol)	500 mg
red wine grape (vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Take 1 packet daily (7 capsules), with meals.

	quantity	order code	sug. retail price
UltraPure Pack	30 packets	UPPB3	$61.00

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

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

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.



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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:

- ✓ 3 capsules of Men's Nutrients multivitamin/mineral complex combined with added magnesium and 1,000 iu vitamin D_3

Special Features:

- ✓ Omega-3 fatty acids, CoQ_{10}, saw palmetto, lycopene and more
- ✓ Convenient once-daily packet

Men's Nutrients

three vegetarian capsules contain v 00

vitamin A (as beta carotene)	3,750 iu
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	500 iu
vitamin E (as d-alpha tocopherol succinate)	50 iu
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (vitamin B_2)	12.5 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl)	6.25 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
calcium (as calcium citrate)	100 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	100 mg
zinc (as zinc citrate)	7.5 mg
selenium (from selenium yeast)	100 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	100 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
ascorbyl palmitate (fat-soluble vitamin C)	60 mg
riboflavin 5′ phosphate (activated B_2)	6.25 mg
pyridoxal 5′ phosphate (activated B_6)	6.25 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	212 mcg
choline bitartrate	50 mg
inositol	62.5 mg
alpha lipoic acid	37.5 mg
MacularSynergy Complex	
lutein	3 mg
zeaxanthin	500 mcg
ProstaProtect Plus	
saw palmetto (serenoa repens) extract (fruit) (standardized to contain 45% total fatty acids)	160 mg
pygeum (pygeum africanum) extract (bark) (standardized to contain 2.5% total sterols)	25 mg
lycopene	500 mcg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg
CardioPhenol Complete	
red wine grape (vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
pomegranate (punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
EnduraBoost Blend	
maca (lepidium meyenii) extract (tuber)	100 mg
cordyceps (cordyceps sinensis) powder (mycelia)(certified organic)	50 mg

other ingredients: organic brown rice, vegetarian capsule (cellulose, water)

EPA/DHA essentials

each softgel capsule contains 20 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha-tocopherol)	10 iu
fish oil concentrate (anchovies, sardines) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

Vitamin D_3 1,000 iu

each vegetarian capsule contains v 3

vitamin D (as cholecalciferol) (D_3)	1,000 iu

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

CoQ_{10} 60 mg

each vegetarian capsule contains v 3

coenzyme Q_{10}	60 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Saw Palmetto Plus

each softgel capsule contains 14 sg

calories	10
calories from fat	10
total fat	1 g
saw palmetto (serenoa repens) extract (fruit) (standardized to contain 85% total fatty acids)	160 mg
pumpkin (cucurbita pepo) oil (seed) (fresh pressed)	320 mg
pygeum (pygeum africanum) extract (bark)	20 mg
nettle (urtica dioica) extract (root)	200 mg

other ingredients: gelatin capsule, carob (to darken capsules)

Magnesium (citrate)

each vegetarian capsule contains v 00

magnesium (as magnesium citrate)	150 mg
ascorbyl palmitate (fat-soluble vitamin C)	11 mg

other ingredients: vegetarian capsule (cellulose, water)

Take 1 packet daily (8 capsules), with meals.

	quantity	order code	sug. retail price
Men's Pure Pack	30 packets	MPPB3	$56.50

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

As Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.



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:

- ✓ 3 capsules of Women's Nutrients multivitamin/mineral complex combined with extra calcium and 1,000 iu vitamin D_3
- ✓ Provides 50% daily calcium recommendation

Special Features:

- ✓ Omega-3 fatty acids, CoQ_{10}, and açai antioxidant support*
- ✓ Convenient once-daily packet

Women's Nutrients

three vegetarian capsules contain — v 00

vitamin A (as beta carotene)	3,750 iu
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	500 iu
vitamin E (as d-alpha tocopherol succinate)	50 iu
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (vitamin B_2)	12.5 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl)	6.25 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1 mg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
calcium (as calcium citrate)	200 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	50 mg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	100 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	100 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
ascorbyl palmitate (fat-soluble vitamin C)	60 mg
riboflavin 5′ phosphate (activated B_2)	6.25 mg
pyridoxal 5′ phosphate (activated B_6)	6.25 mg
mixed carotenoids (as lutein, lycopene zeaxanthin)	212 mcg
choline bitartrate	50 mg
inositol	62.5 mg
alpha lipoic acid	37.5 mg
cranberry (vaccinium macrocarpon) extract (fruit)	50 mg
MacularSynergy Complex	
lutein	3 mg
zeaxanthin	500 mcg
BreastHealth Plus	
HMR lignan™ (containing 7-hydroxymatairesinol)	5 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg
calcium-d-glucarate	25 mg
CardioPhenol Complete	
red wine grape (vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
pomegranate (punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
StressCalm Blend	
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidroside)	50 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	25 mg

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

EPA/DHA essentials

each softgel capsule contains — 20 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha-tocopherol)	10 iu
fish oil concentrate (anchovies, sardines) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: gelatin capsule (gelatin, glycerin, water)

Vitamin D_3 1,000 iu

each vegetarian capsule contains — v 3

vitamin D (as cholecalciferol) (D_3)	1,000 iu

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

CoQ_{10} 60 mg

each vegetarian capsule contains — v 3

coenzyme Q_{10}	60 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Calcium (citrate)

two vegetarian capsules contain — v 00

calcium (as calcium citrate)	300 mg
ascorbyl palmitate (fat-soluble vitamin C)	32 mg

other ingredients: vegetarian capsule (cellulose, water)

Açai 600

each vegetarian capsule contains — v 00

assai palm (acai) extract (whole fruit)	600 mg
blueberry (vaccinium angustifolium) extract (fruit)	15 mg
pomegranate (punica granatum l.) extract (fruit) (standardized to contain 5% ellagic acid)	15 mg
cranberry (vaccinium macrocarpon) extract (fruit)	10 mg
red raspberry (rubus idaeus) extract (whole fruit) (standardized to contain 40% ellagic acid)	10 mg

other ingredients: cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Take 1 packet daily (9 capsules), with meals.

	quantity	order code	sug. retail price
Women's Pure Pack	30 packets	WPPB3	$59.30

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, LLC and protected by U.S. Patent 4,845,123.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.



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

PureLean® Pure Pack IMPROVED

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

Now enhanced with:

- *GlucoPhenol,* a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutraceuticals and Functional Foods (INAF)*
- *1,000 mg Taurine* for enhanced fat metabolism support*
- Easily tolerated *Magnesium Glycinate* for sensitive individuals*
- Lemon-flavored *omega-3 fatty acids* for enhanced tolerability*

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:

✓ 3 capsules of *PureLean® Nutrients* featuring *Metafolin® L-5-MTHF* and enhanced bioactivity *Chromium 454®* for healthy metabolic function*

✓ *PureWay-C®* rapidly absorbed vitamin C, providing support for healthy C-reactive protein (CRP) and lipid balance*

Special Features:

✓ Metabolic synergists for healthy glucose utilization, including *alpha lipoic acid, cinnamon, l-carnosine and GlucoPhenol**

✓ Lipid support with *taurine, green tea* and *pterostilbene**

✓ Lemon flavored *Omega-3 fatty acids* for reduced after taste and healthy PPAR receptor function, supporting glucose and lipid homeostasis via healthy gene expression*

PureLean® Nutrients

three vegetarian capsules V 00

vitamin A (as beta carotene)	3,750 iu
vitamin C (as ascorbic acid and 50% as PureWay-C®)	250 mg
vitamin D (as cholecalciferol)(D_3)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	50 iu
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (vitamin B_2)	12.5 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl)	6.25 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1.5 mg
pantothenic acid (as calcium pantothenate) (B_5)	25 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 and 50% as chromium 454®)	200 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
ascorbyl palmitate (fat-soluble vitamin C)	60 mg
riboflavin 5′ phosphate (activated B_2)	6.25 mg
pyridoxal 5′ phosphate (activated B_6)	6.25 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	212.5 mcg
choline bitartrate	50 mg
inositol	62.5 mg
MacularSynergy Complex	
lutein	3 mg
zeaxanthin	500 mcg
MetabolicSynergy Complex	
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
Indian kino tree (pterocarpus marsupium) extract (heartwood) (standardized to contain 5% pterostilbene)	25 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

EPA/DHA with lemon

each softgel capsule contains 16 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha tocopherol)	10 iu
fish oil concentrate (from anchovies, sardines) providing:	900 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

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

Alpha Lipoic Acid w/ GlucoPhenol

each vegetarian capsule contains V 0

alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol proprietary blend providing 25 mg polyphenols from Orléans strawberry (Fragaria vesca var. Orléans) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit)	138 mg
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Magnesium (glycinate)

each vegetarian capsule contains V 00

magnesium (as magnesium glycinate)	120 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

Taurine 1,000 mg

each vegetarian capsule contains V 00

taurine (free-form)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

Do not take if pregnant or lactating.

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

	quantity	order code	sug. retail price
PureLean® Pure Pack	30 packets	PPPB3	$66.90

Sensoril is protected under U.S. Patent 6,713,092 and is a trademark of Natreon, Inc.

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

CinSulin® is a registered trademark of Tang-An Medical, Ltd. Manufactured under U.S. Patent 6,200,569.

Chromium 454® is a registered trademark of VDF FutureCeuticals, Inc, used under license.

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc

PureWay-C® is a trademark of Innovation Laboratories, Inc., and is used here under license. U.S. and International patents pending.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.



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:

✓ 3 capsules of *Athletic Nutrients* combined with extra *vitamin C* to support nitric oxide activity and immune function*

✓ Trace minerals, including *manganese* and *copper*, for healthy connective tissue integrity*

✓ Featuring *Metafolin® L-5-MTHF*, the naturally occurring, universally metabolized form of folate for healthy red blood cell function*

Special Features:

✓ ***Omega-3 fatty acids*** to support healthy cytokine balance*

✓ 1,375 mg *Kre-Alkalyn®*, 145 mg ***CoQ_{10}*** and 50 mg ***alpha lipoic acid*** to support metabolic acid buffering, ATP synthesis and muscular adaptations to resistance and endurance training*

✓ ***Grape seed*** and ***superfruit antioxidants*** to neutralize the effects of free radicals generated during training, lessening occasional muscle soreness and fatigue*

✓ 1,000 mg *l-glutamine* for healthy muscle preservation and immune function*

Athletic Nutrients

three vegetarian capsules contain — v 00

vitamin A (as beta carotene)	5,000 iu
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol)(D_3)	500 iu
vitamin E (as d-alpha tocopherol succinate)	50 iu
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (vitamin B_2)	12.5 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl)	6.25 mg
folate (as Metafolin®, L-5-MTHF)	200 mcg
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 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
ascorbyl palmitate (fat-soluble vitamin C)	60 mg
riboflavin 5′ phosphate (activated B_2)	6.25 mg
pyridoxal 5′ phosphate (activated B_6)	6.25 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	289 mcg
choline bitartrate	25 mg
inositol	25 mg
EnergizeATP Factors	
Kre-Alkalyn® (pH balanced creatine)	375 mg
coenzyme Q_{10}	25 mg
alpha ketoglutarate	25 mg
MuscleRestore Complex	
n-acetyl-l-cysteine (free-form)	75 mg
alpha lipoic acid (thioctic acid)	50 mg
l-carnosine	25 mg
PowerProtect Antioxidants	
PowerGrape® grape (vitis vinifera) extract (whole fruit)	100 mg
superfruit antioxidant blend (from mangosteen, açai, noni, pomegranate and quebracho extract)	25 mg
green tea (camellia sinensis) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	25 mg

other ingredients: potato starch, vegetarian capsule (cellulose, water)

EPA/DHA essentials

each softgel capsule contains — 20 sg

calories	10
calories from fat	10
total fat	1 g
fish oil concentrate (anchovies, sardines)	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
vitamin E (d-alpha-tocopherol)	10 iu

other ingredients: gelatin capsule (gelatin, glycerin, water)

Kre-Alkalyn®

two vegetarian capsules contain — v 0

Kre-Alkalyn® (pH balanced creatine)	1,000 mg

other ingredients: vegetarian capsule (cellulose, water)

Ascorbic Acid 1,000 mg

each vegetarian capsule contains — v 00

ascorbic acid	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

CoQ_{10} 120 mg

each vegetarian capsule contains — v 0

coenzyme Q_{10}	120 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

l-Glutamine 1,000 mg

each vegetarian capsule contains — v 00

l-glutamine (free-form)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

Take 1 packet daily (9 capsules), with meals.

	quantity	order code	sug. retail price
Athletic Pure Pack	30 packets	APPB3	$71.70

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

Kre-Alkalyn® is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

PowerGrape® is a registered trademark of the "Actifs Innovants" division of Naturex.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

See also
Detox Pure Pack page 12 NEW



*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.

OSTEOPOROSIS SUPPORT

+CAL+® with Ipriflavone

**Now with 1,000 iu vitamin D_3 per serving (previously 400 iu)*

This broad spectrum combination of minerals, vitamins, and herbs is formulated to aid in the formation and strengthening of the skeletal system. It provides highly bioavailable forms 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 which nutritionally support and enhance the absorption of calcium and the incorporation of calcium into bone. In addition, it provides nutrients essential to healthy bone structure and formation, the synthesis and strengthening of connective tissue in cartilage and bone, and the formation of elastin. Ipriflavone, an advanced addition to this formula, is a synthetic derivative of naturally occurring isoflavones. It supports healthy bone maintenance by promoting secretion of the hormone calcitonin, and maintaining healthy osteoclast activity. Ipriflavone also supports type I collagen and the formation of mineralized bone matrix. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Furthermore, +CAL+® is enhanced with 1,000 iu of vitamin D_3 for optimal bone health.

†*+CAL+® combines the nutritional elements necessary to strengthen the skeletal system and resist the onset of osteoporosis.*

seven vegetarian capsules contain V 00

vitamin D (as cholecalciferol) (D_3)	1,000 iu
vitamin K (as vitamin K_1)	500 mcg
calcium (as calcium citrate/malate)	900 mg
magnesium (as magnesium aspartate)	115 mg
zinc (as zinc picolinate)	30 mg
copper (as copper glycinate)	2.5 mg
manganese (as manganese aspartate)	5 mg
ascorbyl palmitate (fat-soluble vitamin C)	102 mg
boron (as boron glycinate)	2 mg
ipriflavone	500 mg
horsetail (equisetum arvense) extract (stem, leaf)	300 mg

other ingredients: vegetarian capsule (cellulose, water)

2–7 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
+ CAL +® with Ipriflavone	400	CP4	$64.00
	210	CP2	36.80

Cal/Mag (malate) 2:1

**Calcium and magnesium malates in a 2:1 ratio; reduces risk of osteoporosis†, supports cardiovascular health*

DimaCal® is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

each vegetarian capsule contains V 00

calcium (as DimaCal® di-calcium malate)	130 mg
magnesium (as di-magnesium malate)	65 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: vegetarian capsule (cellulose, water)

3–7 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Cal/Mag (malate) 2:1	180	CMM1	$22.90

Cal/Mag w/Cofactors (powder)

**Now with 400 iu vitamin D_3 per serving (previously 200 iu)*

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

† *Cal/Mag w/CoFactors (powder) provides convenient dosing and includes key nutrients to promote calcium utilization and enhance healthy bone mineralization.*

one scoop contains V

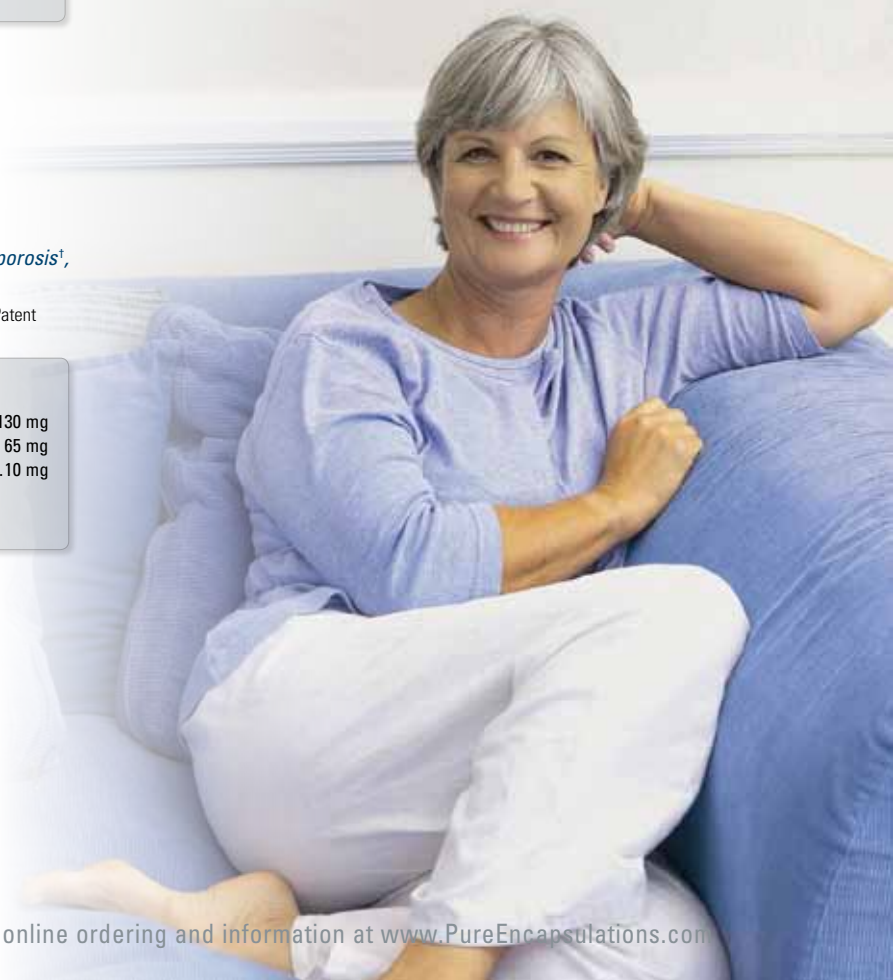
vitamin D (as cholecalciferol)(D_3)	400 iu
calcium (as calcium citrate)	500 mg
magnesium (as magnesium citrate)	250 mg
xylitol	1,000 mg
silica (from bamboo (bambusa spp.) extract (stem))	15 mg
boron (as boron glycinate)	1 mg

other ingredients: natural lemon-lime flavor, luo han guo (momordica grosvenori) fruit (extract)

serving size: 5.25 g (1 scoop)
servings per container: 60

1 scoop 1–2 times daily, in divided doses, with meals, mixed with 8 oz water.

	quantity	order code	sug. retail price
Cal/Mag w/Cofactors (powder)	315 g	CMF3	$26.10



Calcium with Vitamin D_3

** † Highly absorbable calcium, reduces risk of osteoporosis; combined with vitamin D_3 to support bone, cardiovascular and colon health*

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 roles in cardiovascular and colon health.

Calcium with Vitamin D_3 supports optimal calcium absorption and bone mineral composition, in addition to promoting potential cardiovascular and colon health.

six vegetarian capsules contain V 00

calcium (as calcium citrate/malate)	900 mg
vitamin D (as cholecalciferol)(D_3)	800 iu
ascorbyl palmitate (fat-soluble vitamin C)	48 mg

other ingredients: vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Calcium with Vitamin D_3	180	CVD1	$22.30
	90	CVD9	12.80

Ipriflavone with Vitamin D_3

**Support for healthy bones*

In growing bones and throughout adult life, specialized bone cells synthesize new tissue while others remove older tissue, a natural remodeling process that helps to maintain healthy bone structure. When resorption, or removal, of old bone tissue by cells known as osteoclasts occurs at a faster rate than synthesis of new tissue, bone health is compromised. Ipriflavone is a synthetic derivative of naturally occurring soy isoflavones that studies have indicated may help to maintain healthy osteoclast activity. It achieves this by promoting the secretion of the hormone calcitonin and by helping to maintain healthy intracellular calcium. As a result, ipriflavone supports healthy bone maintenance. At the same time, ipriflavone supports type 1 collagen and the formation of mineralized bone matrix. Vitamin D_3 promotes optimal calcium absorption from food, providing essential support for joint health.

Pure Encapsulations Ipriflavone with vitamin D_3 enhances healthy bone metabolism, maintaining optimal bone density.

each vegetarian capsule contains V 1

ipriflavone	300 mg
vitamin D (as cholecalciferol)(D_3)	200 iu

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Ipriflavone with Vitamin D_3	180	IPR1	$35.00
	90	IPR9	20.00

See also
Calciums page 103-104
Cal/Mag/D liquid page 103 NEW

OsteoBalance

**Now with 1,000 iu vitamin D_3 per serving (previously 400 iu)*

OsteoBalance provides 1,200 mg of calcium per serving from calcium citrate/malate and calcium microcrystalline hydoxyapatite (MCHA). This formula also includes 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. In a separate two-year trial, calcium MCHA maintained healthy bone mineral content in volunteers. 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 D_3 reduces urinary calcium loss but is also a key nutrient because it enhances calcium absorption.

† *OsteoBalance provides a high calcium osteoporosis support formula with additional nutritional factors that promote optimal calcium absorption and retention and enhance healthy bone mineralization.*

seven vegetarian capsules contain 00

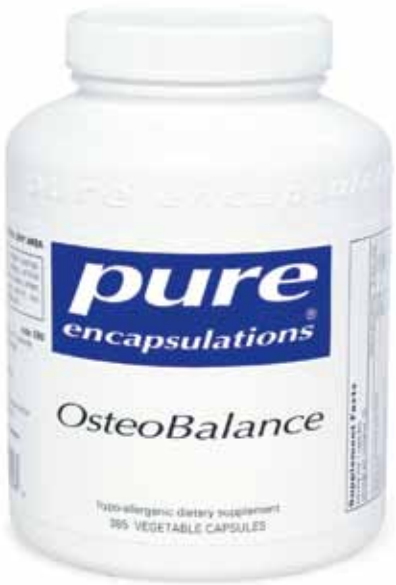
calcium (as DimaCal® di-calcium malate) and 50% as calcium citrate/malate	1200 mg
vitamin D (as cholecalciferol)(D_3)	1,000 iu
magnesium (as di-magnesium malate)	150 mg
zinc (as zinc picolinate)	30 mg
copper (as copper glycinate)	2.5 mg
manganese (as manganese citrate)	5 mg
boron (as boron glycinate)	2 mg
silica (from bamboo (bambusa spp.) extract (stem))	25 mg
ascorbyl palmitate (fat-soluble vitamin C)	102 mg

other ingredients: vegetarian capsule (cellulose, water)

2–7 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
OsteoBalance	385	OB3	$61.50
	210	OB2	36.80

†Risk factors for osteoporosis include sex, race, age and inadequate calcium intake. Populations at highest risk for osteoporosis include Caucasian, Asian, postmenopausal women, and elderly women and men. Adequate calcium intake throughout life is linked to a reduced risk of osteoporosis, as calcium helps to optimize peak bone mass during adolescence and early adulthood in conjunction with exercise and healthy diet. Calcium intake greater than 2,000 mg per day has no further known benefit to bone health.



*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.

PROBIOTICS / PREBIOTICS

The Pure Probiotic Initiative:

Pure Encapsulations probiotics are tested for:

- DNA sequencing to verify genetic identity
- Phenotypic analysis to confirm strain authenticity
- Enumeration of live organisms to verify potency
- Yeast, mold and pathogens to ensure purity and safety
- Allergens

Further, to verify label claim, potency testing is performed for every finished product.



FOS capsules (fructooligosaccharides)

each vegetarian capsule contains V 00

fructooligosaccharides ..... 750 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 15 mg
other ingredients: vegetarian capsule (cellulose, water)

2–8 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
FOS capsules	250	FOSC2	$40.60
	100	FOSC1	18.00

FOS powder (fructooligosaccharides)

**Maintains healthy intestinal flora*

Fructooligosaccarides (FOS) are plant sugars that pass undigested through the small intestine. FOS has prebiotic activity, selectively promoting the growth of friendly bacteria in the gut, including lactobacilli and bifidobacteria.

FOS nutritionally supports a healthy gastrointestinal tract by encouraging the growth of friendly bacteria.

each scoop contains V

fructooligosaccharides ..... 3,000 mg

1/4 to 1 scoop 2 times daily, with or between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
FOS powder	250 g	FOS2	$34.10
	100 g	FOS1	14.90

Lactobacillus Acidophilus

**Maintains healthy intestinal flora*

Lactobacillus acidophilus is a naturally occurring, beneficial bacteria which supports the health of the intestinal tract. *L. acidophilus* maintains a healthy microflora environment by protecting the body against an overgrowth of harmful bacteria.

LA-5® is a registered trademark of Chr. Hansen.

each vegetarian capsule contains V 0

Lactobacillus acidophilus, LA-5® ..... 1.5 billion CFU
Contains dairy
other ingredients: rice starch, vegetarian capsule (cellulose, water)

This formula requires refrigeration to maintain culture viability.

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Lactobacillus Acidophilus	60	LA6	$13.20

Probiotic Brochure
Order Code: PROB

Available online and in print at no charge.



Lactobacillus Sporogenes

(active probiotic culture)

**Probiotic formula with no refrigeration required*

Lactobacillus sporogenes† is a universally occurring, beneficial bacteria. *L. sporogenes* is a probiotic which supports the growth of friendly bacteria and helps maintain a healthy balance of microflora in the intestinal environment. Unlike other strains of lactobacillus, *L. sporogenes* does not require refrigeration to maintain its peak potency (as measured by live colony forming units, CFUs).

†The taxonomical classification of L. sporogenes was revised in 1939 in the seventh edition of the Bergey's Manual of Determinative Bacteriology to B. coagulans, although some researchers continue to use the original name.

each vegetarian capsule contains V 0

Lactobacillus sporogenes ..... 1.5 billion CFU

other ingredients: rice starch, vegetarian capsule (cellulose, water)

This formula does not require refrigeration to maintain culture viability.

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Lactobacillus Sporogenes	60	LS6	$18.10

Ora-Probiotic Chewable Tablet

**Chewable 6-strain probiotic tablet to support throat health and healthy gum tissue*

Ora-Probiotic provides 3 billion CFU per tablet of the beneficial bacteria *Streptococcus salivarius BLIS K12, Lactobacillus salivarius, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus reuteri* and *Bifidobacterium lactis. S. salivarius* is the predominant bacterial species in the human mouth. It has been detected in breast milk and is used in the production of certain fermented dairy products. Each tablet provides a minimum of 1 billion CFU ***S. salivarius*** *BLIS K12.* Studies indicate that regular supplementation supports a healthy microflora balance in the oral cavity, nasopharynx, throat and adenoid tissue. In addition to competing for nutrients and attachment sites, it also produces two powerful microbial defense proteins, Salivaricin A and Salivaricin B. Furthermore, research indicates that ***S. salivarius BLIS K12*** supports healthy immune system function at the genetic level, promoting healthy cytokine production, epithelial cell function, cell development and cell signaling. It may also promote healthy breath by supporting a healthy microflora balance on the tongue. Similar support for healthy microflora balance, respiratory tract health and microbial defense in the oral cavity has been revealed with *L. plantarum, L. rhamnosus, L. salivarius* and *B. lactis*, while *L. reuteri* promotes healthy cytokine production in the mouth and gum tissue.

Great-tasting chewable probiotic tablet designed to support microflora balance and normal immune system function in the oral cavity, including nasopharynx, throat, adenoid and gum tissue.

each chewable tablet contains V

probiotic blend ..... 3 billion CFU

providing:

- Streptococcus salivarius BLIS K12
- Lactobacillus salivarius
- Lactobacillus plantarum
- Lactobacillus rhamnosus
- Lactobacillus reuteri
- Bifidobacterium lactis

Contains milk

other ingredients: lactitol, inulin, cane sugar, dextrose, natural grape flavor, citric acid, glyceryl dibehenate, natural vanilla flavor and other natural flavors, purified stevia extract

This formula requires refrigeration to maintain culture viability.

Children ages 2 and up: chew slowly 1 tablet daily.

Adults: chew slowly 1–2 tablets daily, in divided doses.

	quantity	order code	sug. retail price
Ora-Probiotic	60	OPB6	$40.40

Probiotic-5 DAIRY AND SOY-FREE

**A dairy and soy-free blend of key probiotic bacteria to support immune and gastrointestinal health*

This dairy and soy-free formula provides 10 billion CFU of the beneficial bacteria *Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum, Bifidobacterium bifidum* and *Bifidobacterium lactis. L. acidophilus* and *B. longum* have been shown to promote healthy cytokine production in the colon and maintain healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract. Several trials have also revealed that mixed probiotic supplementation helps maintain intestinal flora, support healthy yeast balance, and promote G.I. comfort. A study involving elderly individuals indicated that a mixture of lactobacilli and bifidobacteria maintained healthy gut ecology. Studies also suggest that probiotics support immune health, enhancing B cell, T cell and NK cell function. A randomized, double blind, placebo-controlled intervention study involving 479 adults indicates that *B. longum* and *B. bifidum* promote overall health and T cell function. Another randomized, double blind, placebo-controlled clinical trial involving 25 elderly volunteers suggests that *B. lactis* encourages immune function by enhancing phagocytic capacity and activity.

Probiotic-5 is a high-strength blend of lactobacilli and bifidobacteria to promote G.I. tract health and comfort, immune cell function and overall health.

each vegetarian capsule contains V 0

probiotic blend ..... 10 billion CFU

providing:

- Lactobacillus acidophilus (La-14)
- Lactobacillus rhamnosus (Lr-32)
- Bifidobacterium longum (Bl-05)
- Bifidobacterium lactis (Bl-04)
- Bifidobacterium bifidum (Bb-06)

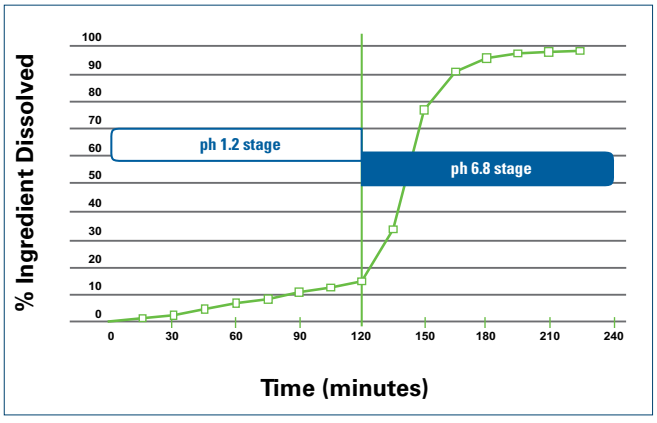
other ingredients: rice starch, silicon dioxide, vegetarian capsule (cellulose, water)

This formula requires refrigeration to maintain culture viability.

1–2 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Probiotic-5	60	PRB6	$26.80

Disintegration in Simulated Gastric and Simulated Intestinal Fluids



Percentage of ingredient released in simulated gastric fluids and intestinal fluids. After two hours in pH 1.2 simulated gastric fluids, less than 20% of capsule contents were released. After 45 minutes in pH 6.8 simulated intestinal fluids, more than 80% of capsule contents had dissolved.†

†This test was performed under a specific protocol which is available upon request.

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

Probiotic 50B

ACID-RESISTANT CAPSULES

**50 billion CFU per serving in acid-resistant capsules with pH targeted release*

Probiotic 50B provides 50 billion CFU of the beneficial bacteria *Lactobacillus acidophilus, Lactobacillus rhamnosus, Lactobacillus plantarum, Bifidobacterium longum* and *Bifidobacterium lactis* offered in acid-resistant capsules with pH targeted release to deliver maximal viable organisms to the digestive tract. These five researched strains promote healthy intestinal ecology to support gastrointestinal and immune health. Clinical studies indicate that Lactobacilli and Bifidobacteria supplementation supports intestinal epithelial integrity, healthy immune response and inflammatory balance.

Probiotic 50B provides a 50 billion CFU per capsule blend of lactobacilli and bifidobacteria to promote digestive and immune health.

each vegetarian capsule contains V 00

probiotic blend ..... 50 billion CFU
providing:
- Lactobacillus plantarum (Lp-115)
- Lactobacillus acidophilus (La-14)
- Lactobacillus rhamnosus (Lr-32)
- Bifidobacterium lactis (Bl-04)
- Bifidobacterium longum (Bl-05)

other ingredients: rice starch, vegetarian capsule (cellulose, gellan gum, water)

This product requires refrigeration to maintain culture viability.

1 capsule daily, with or between meals.

	quantity	order code	sug. retail price
Probiotic 50B	60	PR506	$60.20

See also
Probiotic 123 page 45

Probiotic G.I.

SHELF STABLE, DAIRY AND SOY-FREE

**Shelf-stable probiotic blend to support a healthy inflammatory balance within 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 a healthy inflammatory 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. *L. casei* and *B. lactis* support 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 inflammatory balance.

Probiotic G.I. is designed to promote gut associated lymphoid tissue composition and function, supporting healthy barrier function, gastrointestinal cell health and inflammatory balance in the G.I. tract.

each vegetarian capsule contains V 0

probiotic blend ..... 10 billion CFU
providing:
- Lactobacillus acidophilus (La-14)
- Lactobacillus salivarius (Ls-33)
- Lactobacillus casei (Lc-11)
- Bifidobacterium lactis (Bl-04)
- Streptococcus thermophilus (St-21)
- Bifidobacterium bifidum (Bb-06)

other ingredients: rice starch, vegetarian capsule (cellulose, water)

This formula does not require refrigeration to maintain culture viability.

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Probiotic G.I.	60	PGI6	$31.70

Probiotic IMM

SHELF STABLE

**Shelf-stable probiotic blend to support immune function and maintain eye, nose and throat health*

A recent meta-analysis involving 9 randomized controlled trials has revealed that probiotics maintain healthy immune and nasal function. Probiotic IMM provides 5 billion CFU per serving of the beneficial bacteria *Bifidobacterium longum* BB536, *Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus casei* and *Lactobacillus plantarum*. These strains provide particular support for a healthy immune response and immunoglobulin function. *B. longum* BB536 is a shelf stable, top-selling probiotic in Japan, supported in the literature by over 25 human trials and 30 animal studies. Double blind, placebo-controlled trials indicate that *B. longum* BB536 supplementation maintains G.I. bacteria balance, supporting immune function and maintaining eye, nose and throat health. In another randomized double blind, placebo-controlled trial, *L. acidophilus* and *B. lactis* showed support for nasal function and maintained healthy eosinophil activity within the nasal lining. Research involving *B. bifidum, L. casei* and *L. plantarum* also suggests that these strains maintain healthy cytokine production, IgE function and mast cell integrity.

Probiotic IMM is designed to support immune health and maintain normal eye, nasal and throat function, including healthy cytokine production, IgE function and mast cell integrity.

each vegetarian capsule contains V 3

probiotic blend ..... 5 billion CFU
providing:
- Bifidobacterium longum (BB536)
- Bifidobacterium lactis (Bl-04)
- Lactobacillus acidophilus (La-14)
- Lactobacillus casei (Lc-11)
- Lactobacillus plantarum (Lp-115)

Contains milk

other ingredients: rice starch, tapioca starch, calcium phosphate, vegetarian capsule (cellulose, water)

This formula does not require refrigeration to maintain culture viability.

1–2 capsules per day, with or between meals.

	quantity	order code	sug. retail price
Probiotic IMM	60	PRI6	$29.30

PureProbiotic

ALLERGEN-FREE

**Allergen-free multi-strain probiotic formula for immune and gastrointestinal health*

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.

Multi-strain allergen-free blend of lactobacillus and bifidobacteria to support microflora balance, G.I. health and immune cell function.

each vegetarian capsule contains V 3

probiotic blend ..... 5 billion CFU
providing:
- Lactobacillus acidophilus (La-14)
- Lactobacillus plantarum (Lp-115)
- Lactobacillus rhamnosus (Lr-32)
- Bifidobacterium lactis (Bl-04)
- Bifidobacterium breve (Bb-03)
- Bifidobacterium bifidum (Bb-06)

other ingredients: rice starch, vegetarian capsule (cellulose, water)

This formula requires refrigeration to maintain culture viability.

Children ages 4 and up: 1 capsule daily, with or between meals.
Adults: 2 capsules daily, with or between meals.
Powder may be removed from capsule and mixed into cold food or beverage.

	quantity	order code	sug. retail price
PureProbiotic	60	PPA6	$16.40

Saccharomyces boulardii
(active probiotic culture)

**Balances intestinal flora*

Saccharomyces boulardii is a nonpathogenic, probiotic yeast which nutritionally supports the health of the gastrointestinal tract. This yeast protects against intestinal dysbiosis caused by a disruption in the balance of healthy gut flora. Pure Encapsulations *Saccharomyces boulardii* contains a minimum of 5 billion live cells per capsule.

Saccharomyces boulardii is a natural probiotic that nutritionally supports the gastrointestinal tract by maintaining gut flora balance.

each vegetarian capsule contains V 00

Saccharomyces boulardii ..... 5 billion CFU

other ingredients: rice starch, vegetarian capsule (cellulose, water)

This formula requires refrigeration to maintain culture viability.

4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Saccharomyces boulardii	60	SB6	$45.70

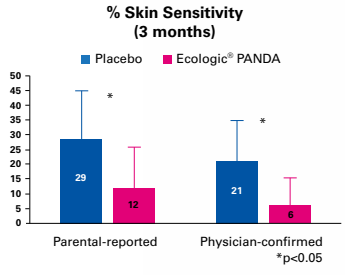
PureBaby Probiotic Ecologic® PANDA

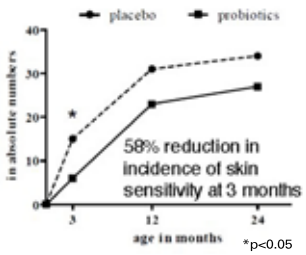
**A healthy start for immune balance and skin health*

Clinically studied for immune and skin health in pregnant women and infants.

In a two year, double-blind, randomized, placebo-controlled trial at Wilhelmina Children's Hospital, in Utrecht, the Netherlands, 3 grams of Ecologic® PANDA, a specially designed multi-species probiotic formulation, was administered prenatally to over 100 mothers (starting at 34 weeks) and then to their children for 12 months.

Ecologic® PANDA provided the following results.





Results indicated that Ecologic® PANDA helped establish healthy T-cell balance for normal skin health and provided a statistically significant reduction in the incidence of skin sensitivity at 3 months of age.*

Adapted from Niers, et al. *Allergy* 2009.

each sachet (3 g) contains V

calories 10
total carbohydrate ..... 3 g
proprietary blend Ecologic® PANDA ..... 3 billion CFU
providing: bifidobacterium bifidum, bifidobacterium lactis, lactococcus lactis
Contains milk, soy
other ingredients: rice starch, maltodextrin, ascorbic acid

This formula does not require refrigeration to maintain culture viability.

serving size: 3 g (1 sachet)

servings per container: 30

Pregnant Women (starting at 34 weeks): As a dietary supplement, dissolve the contents of 1 sachet with water, juice or milk. Take once daily, preferably between meals.

Infant Dose (Bottle Fed): As a dietary supplement, dissolve the contents of 1 sachet in breast milk or formula through age 12 months. Children 12–24 months may continue with 1 sachet dissolved in water, juice or milk, preferably between meals.

Infant Dose (Breast Fed): Mother takes product according to recommendations for pregnant women.

	quantity	order code	sug. retail price
PureBaby Probiotic	30 sachets	PPR3	$63.40



Ecologic® PANDA is a multi-species probiotic product designed and produced by Winclove Bio Industries, BV in Amsterdam, the Netherlands.

*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.

PROTEIN BEVERAGES

IsoProtein Plus®
•Original flavor (OF)
•French Vanilla flavor (FV)

**Convenient source of nutrition for daily wellness*

Nutritional considerations include:

- Protein-energy utilization and lean muscle mass conservation during periods of peak stress.*
- Healthy weight management.*
- Healthy cardiovascular function and lipid metabolism.*
- Immune system support.*
- Dietary calcium support for healthy bone mineralization.*
- Healthy estrogenic activity and support for hot flashes.*
- Gastrointestinal and liver health.*
- Blood vessel integrity and healthy blood flow.*
- Healthy brain function.*
- Mitochondria energy support and antioxidant protection.*

Recommendations: Mix 1½ scoops with 10-12 oz of water, juice or milk, including soy or rice milks. Shake or stir until smooth.

each 1½ scoops contain V

calories	Original Flavor: 160 French Vanilla: 170
fat	OF: 4.5 g FV: 5 g
saturated fat	<1 g
sodium	180 mg
carbohydrate	OF: 7 g FV: 9 g
dietary fiber	3 g
sugars	<1 g
protein (from soy) (all flavors)	21 g
calcium (naturally occurring)	675 mg
vitamin D_3	200 iu
soy isoflavone concentrate	1,700 mg
flax seed powder	6.7 g
soy lecithin	5.0 g
apple pectin	2.0 g
l-glutamine (free-form)	1.0 g
red beet (fruit)	1.0 g
beta glucan (1,3 beta-d-glucan)	500 mg
green tea extract (leaf) (standardized to contain 60% polyphenols)	500 mg
reduced glutathione (free-form)	50 mg
stevia	OF: 40 mg FV: 57 mg

other ingredients: calcium enriched soy protein isolate, natural flavors, Lo Han (Momordica grosvenori fruit extract) *(Lo Han used in French Vanilla flavor only)*

serving size: Original Flavor: 42.3 g (1½ scoops)
French Vanilla: 44.2 g (1½ scoops)

servings per container: 13

*****Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women. Notice: Use this product as a food supplement only.***

	quantity	order code	sug. retail price
IsoProtein Plus® Original flavor	550 g	IPOF5	$50.60
French Vanilla	575 g	IPFV5	52.10

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

25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving ofIsoProtein Plus® supplies 19 grams of soy protein.

ProBasics
•Chocolate flavor (CH)
•French Vanilla flavor (FV)

**Multi-supportive whey and rice protein beverage*

Nutritional considerations include:

- Immune support (naturally contains lactoferrin, immunoglobulins, and glycomacropeptides)*
- Weight management (naturally contains tryptophan for emotional and appetite support)*
- Exercise nutrition (naturally contains branched chain amino acids)*
- Overall daily wellness and high quality protein nutrition.*

Recommendations: 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.

two scoops (FV) (CH) contain

calories	140
calories from fat	15
fat	1.5 g
saturated fat	<0.5 g
cholesterol	2 mg
sodium	35 mg
carbohydrate	4 g
dietary fiber	FV: 1 g CH: 2 g
sugars (typical)	1 g
protein	30 g
calcium (naturally occurring)	FV: 96 mg CH: 95 mg
phosphorus (naturally occurring)	FV: 45 mg CH: 48 mg
magnesium (naturally occurring)	FV: 14 mg CH: 15 mg
potassium (naturally occurring	FV: 101 mg CH: 120 mg
stevia	100 mg

Contains milk, soy

other ingredients: whey protein isolate, rice protein concentrate, natural flavors, soy lecithin; Chocolate flavor also contains cocoa

serving size: French Vanilla: 37 g (2 scoops)
Chocolate: 38 g (2 scoops)

servings per container: 15

****Warning: Very low calorie protein diets (below 400 calories daily) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women. Notice: Use this product as a food supplement only.**

	quantity	order code	sug. retail price
ProBasics French Vanilla	555 g	PBFV5	$51.20
Chocolate	570 g	PBCH6	51.20



PureClear

•Vanilla Bean flavor (V)
•Chocolate flavor (C)

PureClear supports daily wellness and liver function in a great-tasting, naturally flavored and sweetened formula.*

Features include:

- 15 grams hypo-allergenic protein from rice protein concentrate
- 1 gram l-glutamine per serving
- Enhanced with free-form l-valine, l-methionine, l-lysine, l-threonine, l-isoleucine, l-tryptophan and glycine for highest biological value
- Wide range of vitamins and minerals for comprehensive support

Recommendations: Ages 4 and up, add 1 serving to 8 oz. water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.

See page 52 for ingredients and pricing

WheyBasics

**21 grams of whey protein per serving*

WheyBasics provides 21 grams of highly purified, cold-processed, undenatured whey protein per serving in a great-tasting, naturally flavored formula. Whey protein naturally contains high levels of l-glutamine and branched chain amino acids, as well as immunogloblins and lactoferrin to support nutritional health and immune system function.

Features include:

- 21 grams protein per serving
- 3 grams l-glutamine per serving
- 4.75 grams branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing

Nutritional considerations include:

- Supports immune function with protein, l-glutamine, lactoferrin and immunoglobulins*
- Supports sports nutrition with protein, l-glutamine and branched chain amino acids for healthy muscle function and muscle recovery*
- Encourages overall daily wellness with high quality protein nutrition*

Recommendations: Add 1 serving to water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

each scoop contains V

calories	90
fat	0 g
sodium	45 mg
carbohydrate	1 g
dietary fiber	0 g
sugars	<1 g
protein	21 g
stevia	70 mg

Contains milk, soy

other ingredients: whey protein isolate, soy lecithin, natural vanilla bean flavor

serving size: 24 g (1 scoop)

servings per container: 18

***Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

	quantity	order code	sug. retail price
WheyBasics Vanilla Bean flavor	432 g	WBV4	$47.90

See also

PureLean® Protein Blend pages 160-161
PureLean® Protein Blend Packets page 14 NEW
PureWeigh® page 162



*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.

SLEEP SUPPORT

Best-Rest Formula

**Promotes the onset of sleep as well as sleep quality; featuring deodorized valerian root extract*

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.

Best-Rest Formula supports healthy sleep cycles by encouraging an easy transition to sleep and a restful night's sleep.

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

two vegetarian capsules contain V 00

pyridoxal 5' phosphate (activated B_6)	5 mg
melatonin	1 mg
GABA (gamma-aminobutyric acid)	300 mg
l-theanine	50 mg
valerian (valeriana officinalis) extract (root) (deodorized) (standardized to contain 0.8% valerenic acids)	400 mg
lemon balm (melissa officinalis) extract (leaf) (standardized to contain 5% rosemarinic acid)	150 mg
hops (humulus lupulus l.) extract (aerial parts)	150 mg
passion flower (passiflora incarnata l.) extract (aerial parts) (standardized to contain 3.5% vitexin)	100 mg
chamomile (matricaria recutita) extract (flower)	100 mg
ascorbyl palmitate (fat-soluble vitamin C)	40 mg

other ingredients: maltodextrin, gum arabic, silica, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. Consult your physician before use if you are affected by depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma or are taking MAO inhibitors or corticosteroids.

1–2 capsules 30–60 minutes before bedtime.

	quantity	order code	sug. retail price
Best-Rest Formula	120	BRF1	$42.90
	60	BRF6	24.00

Melatonin 3 mg

**Supports the body's natural sleep cycle*

Melatonin is a hormone produced by the pineal gland, the organ which regulates the body's sleep/wake cycle. The hormone is secreted in a circadian rhythm by enzymes which are activated by darkness and depressed by light.

Melatonin nutritionally augments the natural functioning of the pineal gland.

each vegetarian capsule contains V 3

melatonin	3 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.

1 capsule 1/2 to 1 hour before bedtime.

	quantity	order code	sug. retail price
Melatonin 3 mg	180	ME31	$26.90
	60	ME36	10.90

Melatonin 0.5 mg

each vegetarian capsule contains V 3

melatonin	0.5 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.

1 capsule 1/2 to 1 hour before bedtime.

	quantity	order code	sug. retail price
Melatonin 0.5 mg	180	ME51	$21.70
	60	ME56	8.60



Melatonin liquid

** Melatonin liquid for restful sleep*

Melatonin is a hormone produced by the pineal gland, the organ which regulates the body's sleep/wake cycle. The hormone is secreted in a circadian rhythm by enzymes, which are activated by darkness and depressed by light.

Features:

- 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

Melatonin nutritionally augments the natural functioning of the pineal gland supporting the body's natural sleep cycle.

one ml (0.03 fl oz) contains V

melatonin (micronized) ..... 2.5 mg
other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, black currant juice concentrate, xanthan gum, potassium sorbate, citric acid, purified stevia extract

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.

1/2 to 1 dropper daily, 1/2 to 1 hour before bedtime.

	quantity	order code	sug. retail price
Melatonin liquid	30 ml (1 fl oz)	MEL3	$25.70

See also
Melatonin 20 mg page 24



Seditol®

**Promotes restful sleep and relaxation*

Seditol® is a blend of patented *Magnolia officinalis* extract and a proprietary extract of *Ziziphus jujuba*. Both extracts have been used traditionally in China for centuries. Studies have revealed that magnolia bark extract and jujube seed extract help moderate central nervous system activity, promoting muscle and overall relaxation as well as supporting optimal sleeping time. Research has indicated that magnolia extract has a calming effect and helps reduce occasional tension in part by binding to adenosine and GABA receptors. In addition, animal studies suggest that magnolia extract may promote positive mood and calm occasional physical and emotional stress. A study involving 50 individuals indicated that Seditol encouraged sleep and relaxation. Another study involving 45 people revealed similar results and also reported support for daytime energy levels. Moreover, Seditol has the potential to provide weight management support, based on recent research suggesting that reduced amounts of sleep are associated with increased weight. Additionally, a randomized crossover clinical trial found that unrestful sleep was associated with increased hunger and decreased levels of the satiety hormone leptin.

Seditol® contains a synergistic blend of Magnolia officinalis and Ziziphus jujuba to calm the central nervous system for relaxation and restful sleep.

SEDITOL is a registered trademark of Next Pharmaceuticals, Inc., LLC. U.S. Patent 6,814,987.

each vegetarian capsule contains V 1

Seditol® ..... 365 mg
a proprietary blend of magnolia (magnolia officinalis) extract (bark) and jujube (ziziphus jujuba) extract (seed)
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: maltodextrin, microcrystalline cellulose, silica, vegetarian capsule (cellulose, water)

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.
Keep out of the reach of children.

1 capsule one hour before bedtime, for a minimum of 10 days.

	quantity	order code	sug. retail price
Seditol®	60	SD6	$50.50
	30	SD3	26.90

Valerian

**Herbal support for restful nights*

Valerian is one of the most studied herbs, particularly in Germany where it has been used for years to quiet and calm the central nervous system. Valerenic acid, one of the main constituents of valerian, is exculsive to this herb. Valerian is believed to enhance the release of the neurotransmitter GABA. This may explain its ability to help promote sleep and relaxation.

Valerian extract provides safe, natural support to calm the central nervous system and encourage restful, refreshing sleep.

each vegetarian capsule contains V 0

valerian (valeriana officinalis) extract (root) ..... 250 mg
(standardized to contain 0.8% valerenic acids)
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, 1/2–1 hour before bed.

	quantity	order code	sug. retail price
Valerian	120	VL1	$25.10
	60	VL6	14.80

*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.

SPECIALTY FORMULAS

Adrenal

**Maintains proper adrenal gland function*

This combination nutritionally supports healthy adrenal gland function.

each vegetarian capsule contains 3

whole adrenal (bovine)	150 mg
adrenal cortex (bovine)	80 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Adrenal	60	AR6	$13.20

ADR Formula®

**Support for the adrenal glands*

This formula combines the whole adrenal and adrenal cortex with a mixture of herbs that nutritionally supports the adrenal glands. *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, are used primarily as adaptogens, supporting overall health by a wide range of physical, chemical, and biochemical factors. The ingredients in this formula support the production of certain adrenal hormones and maintain a healthy immune response.

ADR Formula® offers broad spectrum nutritional support to the functioning of the adrenal glands.

each vegetarian capsule contains 00

pantothenic acid (as calcium pantothenate) (B_5)	100 mg
Asian ginseng (panax ginseng) extract (root) (standardized to contain 5% total ginsenosides)	200 mg
eleuthero (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E & B)	100 mg
licorice (glycyrrhiza glabra) extract (root) (standardized to contain 20% glycyrrhizic acid)	100 mg
whole adrenal (bovine)	150 mg
adrenal cortex (bovine)	75 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

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

	quantity	order code	sug. retail price
ADR Formula®	120	AD1	$53.10
	60	AD6	30.00

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 resistance to 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 salidrosides, 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 physical and emotional stress. Recently, a double blind cross-over study suggests that rhodiola may help to moderate fatigue under stressful conditions. Astragalus and ashwagandha promote immune support and complement the adaptogenic activity of this formula. Calcium pantothenate, a vitamin B_5 derivative, is essential for activating the adrenals. Collectively, these ingredients support the health and activity of the adrenal glands.

Phyto-ADR provides comprehensive support for healthy adrenal function.

each vegetarian capsule contains V 00

pantothenic acid (as calcium pantothenate)(B_5)	150 mg
Asian ginseng (panax ginseng) extract (root) (standardized to contain 5% total ginsenosides)	150 mg
eleuthero (eleutherococcus senticosus) extract (root) (standardized to contain 0.8% eleutheroside E & B)	100 mg
ashwagandha (withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	150 mg
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	50 mg
astragalus (astragalus membranaceus) extract (root)	150 mg

other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

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

	quantity	order code	sug. retail price
Phyto-ADR	180	PHY1	$51.30
	60	PHY6	19.80

Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF

**Supports healthy hair, skin and nails*

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. PureWay-C®, a rapidly absorbed enhanced retention vitamin C, supports skin resiliency and helps counter the effects of oxidative stress along with sustained release CoQ_{10} complex. Niacinamide and zinc promote immune function and healthy inflammatory balance 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. Each serving typically contains 300 mg hydrolyzed collagen, 100 mg chrondroitin sulfate and 50 mg hyaluronic acid.

Hair/Skin/Nails Ultra provides key building blocks and nutrients to support skin elasticity and hydration, healthy hair, and nail strength and thickness.

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

BioCell Collagen is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

two vegetarian capsules contain 00

vitamin C (as PureWay-C®)	250 mg
niacin (as niacinamide)	20 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
biotin	6 mg
zinc (as zinc citrate)	30 mg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	2 mg
silica (from bamboo (bambusa spp.) extract (stem))	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
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ_{10} (blend of MicroActive® Q_{10}-cyclodextrin complex and CoQ_{10})	60 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: maltodextrin, rice bran wax, citrus bioflavonoids, potato starch, vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Hair/Skin/Nails Ultra	60	HSN6	$33.30





*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.

Kidney Support Formula

**Supports renal function and provides renal cell antioxidant protection*

Cordyceps sinensis is a mushroom that has been used for centuries to support glucose metabolism, vascular health and renal function. Believed to have adaptogenic and tonic properties, cordyceps has also demonstrated specific support for healthy renal tubular cell metabolism and renal tubular cell membrane function. In other studies, cordyceps supported renal function as well as healthy T-lymphocyte activity and immune function. The cordyceps used in this formula contains beta glucans, arabinoxylanes and glycoproteins and is organically grown using a proprietary growing methodology. *Astragalus membranaceus* and *Angelica sinensis*, typically in combination, have revealed the ability to support healthy immune mediator gene expression to maintain healthy renal cortex and glomerular functions. The combination may also support healthy vascular function in the kidneys by supporting nitric oxide synthesis and free radical scavenging. Curcumin and quercetin provide targeted antioxidant support for healthy renal tissue.

Kidney Support Formula features cordyceps, astragalus, angelica sinensis and antioxidants to support renal health while promoting immune function and free radical protection.

each vegetarian capsule contains V 00

cordyceps (cordyceps sinensis) powder (mycelia) (certified organic)	500 mg
astragalus (astragalus membranaceus) extract (root)	75 mg
dong quai (angelica sinensis) extract (root)	75 mg
quercetin	50 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: organic brown rice, vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Kidney Support Formula	120	KSF1	$39.60
	60	KSF6	22.30

See also

Hyaluronic Acid liquid page 92

Lysine-C Plus page 80

RevitalAge™ Nerve page 27 NEW



Respiratory Support Complex

**Moderates immune mediators to provide comprehensive respiratory function support*

Healthy plasma concentrations of antioxidants, including carotenoids, vitamin C and selenium, have been associated with maintaining healthy airway and respiratory function. One recent trial indicated that serum antioxidant levels were positively associated with vital capacity and expiratory volume. Additional studies suggest that beta-carotene and vitamin C supplementation promote respiratory function after exercise. A double blind, placebo-controlled study revealed that boswellia serrata promoted healthy breathing, vital capacity, expiratory volume and flow rate. 5-LOXIN® AKBA boswellia serrata extract is a patent pending extract providing ten times as much 3-acetyl-11-keto-beta-boswellic acid (AKBA) as typical boswellia extracts. It offers powerful support for maintaining healthy 5-lipoxygenase enzyme activity, moderating the effects of immune mediators. Numerous studies have revealed that vitamin B_6 supplementation promotes respiratory health, most likely by modulating prostacyclin, thromboxane and leukotriene metabolism. Flavonols from quercetin and defatted perilla seed extract maintain healthy histamine and cytokine release in mast cells. Randomized double blind, placebo-controlled crossover trials have revealed that ginkgo promotes healthy bronchial dilation while forskolin demonstrates similar potential. Another study revealed that ginkgo plays a role in T cell activity and moderates histamine release.

Respiratory Support Complex is a synergistic combination designed to promote plasma antioxidant levels, moderate histamine and cytokine release, and maintain healthy thromboxane and leukotriene metabolism to enhance bronchial and respiratory function.

ForsLean® is a registered trademark of Sabinsa Corporation.

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

two vegetarian capsules contain 00

vitamin A (as beta carotene)	5,000 iu
vitamin C (as ascorbic acid)	500 mg
vitamin B_6 (as pyridoxine HCl)	15 mg
selenium (as selenomethionine)	50 mcg
mixed carotenoids	165 mcg
quercetin	400 mg
perilla (perilla frutescens) extract (seed)	100 mg
forskohlii (coleus forskohlii) extract (root) (standardized to contain 10% forskolin)	100 mg
ginkgo (ginkgo biloba) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	60 mg
5-LOXIN® - Boswellia serrata extract Indian frankincense (boswellia serrata) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), gelatin

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

	quantity	order code	sug. retail price
Respiratory Support Complex	120	RS1	$53.80
	60	RS6	29.70

Thyroid Support Complex

**Herbs and nutrients for optimal thyroid gland function*

This comprehensive thyroid support formula contains vitamins, minerals and herbal extracts to nourish and support thyroid gland function. Healthy vitamin A, vitamin D, zinc and selenium status have been associated with maintaining healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) hormone function. Kelp contains nutrients and minerals that support the thyroid, particularly iodine. Iodine and l-tyrosine are key components in the synthesis of thyroid hormones. Coleus extract contains forskolin, which has been shown to promote adenylate cyclase activity, supporting thyroid hormone metabolism. It may also promote healthy lean body composition. Research indicates that ashwagandha and guggul are also key factors for helping to sustain healthy thyroid function. Doubling as powerful antioxidants, vitamins A and C, selenium and guggul combine with curcumin to neutralize free radicals that affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.

Thyroid Support Complex is a comprehensive formula containing vitamins, minerals and herbal extracts to support healthy thyroid cell metabolism and thyroid hormone function.

ForsLean® is a registered trademark of Sabinsa Corporation.

two vegetarian capsules contain V 00

vitamin A (as vitamin A acetate)	2,500 iu
vitamin C (as ascorbic acid)	150 mg
vitamin D (as cholecalciferol) (D_3)	200 iu
iodine (from kelp (ascophyllum nodosum) powder (whole plant))	150 mcg
zinc (as zinc citrate)	20 mg
selenium (as selenomethionine)	200 mcg
l-tyrosine (free-form)	500 mg
ashwagandha (withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	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
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

2 capsules daily, with meals.

	quantity	order code	sug. retail price
Thyroid Support Complex	120	TS1	$43.70
	60	TS6	24.90

Uric Acid Formula

**Supports healthy uric acid metabolism balance*

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 recent 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.

Uric Acid Formula supports healthy uric acid metabolism by promoting healthy liver enzyme activity, immune activity and alkalization.

two vegetarian capsules contain V 00

vitamin C (as ascorbic acid)	250 mg
potassium (as potassium citrate)	200 mg
devil's claw (harpagophytum procumbens) extract (root) (standardized to contain a minimum of 5% harpagosides)	200 mg
black cherry (prunus serotina ehrh.) extract (fruit)	325 mg
quercetin	200 mg
bromelain (2,400 GDU/gram)	100 mg
grape (vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: maltodextrin, vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Uric Acid Formula	120	UAF1	$32.20

VeinPro® (horse chestnut extract)

**Promotes leg vein health*

Compounds isolated from the seeds of the *Aesculus hippocastanum*, or horse chestnut, have a long folk history of venous support. VeinPro® is a horse chestnut seed extract providing a natural way to promote healthy circulation in the legs. It helps to maintain healthy venous tone and promote vascular integrity. Studies have also suggested that horse chestnut maintains healthy connective tissue formation in veins. It may also help protect against lipid peroxidation.

VeinPro® provides important nutritional support for leg vein health.

each vegetarian capsule contains V 0

horse chestnut (aesculus hippocastanum) extract (standardized to contain 16–22% triterpene saponins as escin)	300 mg
ascorbyl palmitate (fat-soluble vitamin C)	4 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
VeinPro®	120	VP1	$26.30
	60	VP6	15.00

*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.

VISION SUPPORT

Bilberry 160 mg

**Promotes healthy vision*

Bilberry extract contains anthocyanidins with visual and vascular enhancing properties. Bilberry moderates visual fatigue and supports light to dark adjustment through its affinity for the rhodopsin-opsin system, the pigment system which mediates both light and dark vision and visual adaptation to dimly lit spaces. In addition, the extract also has powerful antioxidant activity, promoting 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.

Bilberry offers a safe and natural way to enhance the strength and function of the visual and vascular systems.



Bilberry 160 mg

each vegetarian capsule contains V 2

bilberry (vaccinium myrtillus) extract (fruit) ..... 160 mg
(standardized to contain 25% anthocyanosides)
ascorbyl palmitate (fat-soluble vitamin C) ..... 6 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Bilberry 160 mg	120	BB11	$82.70

Bilberry 80 mg

each vegetarian capsule contains V 3

bilberry (vaccinium myrtillus) extract (fruit) ..... 80 mg
(standardized to contain 25% anthocyanosides)
ascorbyl palmitate (fat-soluble vitamin C) ..... 3 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3–8 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Bilberry 80 mg	120	BB81	$53.70
	60	BB86	29.20

EyeProtect Basics

**Key antioxidant support for eye health*

EyeProtect Basics contains the key antioxidants vitamin C, vitamin E, zinc and copper 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.

Provides clinically researched levels of key nutrients in highly bioavailable forms to support retinal and macular health.

BioCore® is a trademark of National Enzyme Company.

two vegetarian capsules contain V 00

vitamin C (as ascorbic acid) ..... 500 mg
vitamin E (as d-alpha tocopherol succinate) ..... 400 iu
zinc (as zinc citrate) ..... 25 mg
copper (as copper glycinate) ..... 2 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 8 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, with meals.

	quantity	order code	sug. retail price
EyeProtect Basics	60	EPB6	$13.00

Starter kits now available for Optometry offices. Contact customer service for more information.

Lutein/Zeaxanthin

**High-strength carotenoid blend for macular support*

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.

Lutein and zeaxanthin are unique carotenoids that specifically support the macula and overall visual function.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

each vegetarian capsule contains V 0

lutein	10 mg
zeaxanthin	2 mg

other ingredients: red beet powder, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Take 1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Lutein/Zeaxanthin	120	LZ1	$45.30
	60	LZ6	25.50

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. Like other carotenoids, lutein has antioxidant activity in various tissues, but is only one of two that is stored within the retina where it 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.

Pure Encapsulations free-form Lutein is structurally identical to the lutein found naturally in spinach and other leafy greens, providing optimal support for macular health and antioxidant support for the retina.

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

each softgel capsule contains 6 sg

vitamin E (as d-alpha tocopherol)	1 iu
lutein	20 mg

other ingredients: safflower oil, beeswax, gelatin capsule (gelatin, glycerin, water)

1–2 capsules daily, with meals.

	quantity	order code	sug. retail price
Lutein 20 mg	120	LU1	$74.20
	60	LU6	39.80

Macular Support Formula

**Antioxidant formula enhanced with lutein and zeaxanthin for healthy eyes*

Macular Support Formula is a combination of powerful 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.

This comprehensive formula brings together lutein, zeaxanthin, proanthocyanidins, amino acids and vitamin C to provide exceptional protection against free radicals in retinal tissues.

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

two vegetarian capsules contain V 0

vitamin A (as beta carotene)	25,000 iu
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 92% polyphenols)	50 mg
lutein	6 mg
zeaxanthin	1 mg
mixed carotenoids (as lycopene, lutein and zeaxanthin)	1,445 mcg
ascorbyl palmitate (fat-soluble vitamin C)	100 mg

other ingredients: vegetarian capsule (cellulose, water)

2–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Macular Support Formula	120	MS1	$70.90
	60	MS6	39.40

See also
Longevity Nutrients page 121
Men's Nutrients page 116
Multi t/d page 120
Polyphenol Nutrients page 118
Women's Nutrients page 117

Vision Brochure

A Targeted Guide for Ocular Health
- Antioxident Protection*
- Macular Function*
- Healthy Tear Production*
- Eye Comfort*
- Vascular Integrity and Blood Flow*

Order Code: VIB

Available online and in print at no charge.



*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.

VisionPro EPA/DHA/GLA

**Supports natural tear production and tear film integrity in normally functioning eyes*

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.

VisionPro EPA/DHA/GLA combines ultra-pure, molecularly distilled triglyceride fish oil with borage oil to provide 855 mg EPA, 645 mg DHA and 75 mg GLA per serving for healthy tear production and maintenance of all three layers of tear film in normally functioning eyes.

three softgel capsules contain 20 sg

calories	30
calories from fat	30
total fat	3 g
fish oil concentrate (anchovies, sardines)	2,871 mg
providing:	
EPA (eicosapentaenoic acid)	855 mg
DHA (docosahexaenoic acid)	645 mg
other omega-3 fatty acids	195 mg
borage (borago officinalis) oil (seed)	450 mg
providing:	
gamma-linolenic acid (GLA)	75 mg

other ingredients: natural lemon flavor, proprietary natural antioxidant blend, gelatin capsule (gelatin, glycerin, water)

3 capsules daily, with a meal.

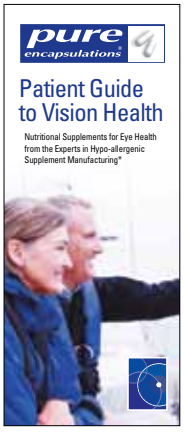
	quantity	order code	sug. retail price
VisionPro EPA/DHA/GLA	180	VPE1	$76.70
	90	VPE9	40.10

Vision Patient Guide Brochure

A Targeted Guide for Ocular Health
- •Antioxident Protection*
- •Macular Function*
- •Healthy Tear Production*
- •Eye Comfort*
- •Vascular Integrity and Blood Flow*

Order Code: VPGB

Available online and in print at no charge.



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 5,000 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*

three vegetarian capsules contain V 00

vitamin A (as vitamin A acetate and 50% as beta carotene)	5,000 iu
vitamin C (as ascorbic acid)	500 mg
vitamin D (as cholecalciferol)(D_3)	1,000 iu
vitamin E (as d-alpha tocopherol succinate)	400 iu
thiamin (as thiamin HCl) (B_1)	5 mg
riboflavin (vitamin B_2)	2.5 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl)	5 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
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
ascorbyl palmitate (fat-soluble vitamin C)	20 mg
riboflavin 5′ phosphate (activated B_2)	2.5 mg
pyridoxal 5′ phosphate (activated B_6)	5 mg
EyeProtect Complex	
alpha lipoic acid	50 mg
taurine	50 mg
resVida® resveratrol (as trans-resveratrol)	25 mg
MacularSynergy Complex	
lutein	10 mg
zeaxanthin	2 mg
lycopene	1 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3 capsules daily, with meals.

	quantity	order code	sug. retail price
VisionPro Nutrients	90	VPN9	$33.50

This product contains resVida®. resVida® is a registered trademark of DSM Nutritional Products, Inc.

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

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

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

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

VITAMINS

Vitamin A

Beta Carotene
(with mixed carotenoids)

**Powerful antioxidant and vitamin A precursor*

Beta carotene is a precursor to vitamin A. It supports the body's defense system, enhances visual acuity, and quenches free radicals. Beta carotene's powerful antioxidant potential supports healthy tissues and DNA integrity. It is virtually nontoxic; the body converts beta carotene to vitamin A as needed.

Beta carotene is one of the major dietary antioxidants, offering the body optimal nutritional support through free radical scavenger activity and provitamin A activity.

each softgel capsule contains 3 sg

vitamin A (as beta carotene) ..... 25,000 iu
(with alpha carotene, cryptoxanthin, zeaxanthin and lutein)
(from D. Salina, 100% natural)
other ingredients: soybean oil, gelatin capsule (gelatin, glycerin, water, carob)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Beta Carotene	180	BE1	$42.80
	90	BE9	24.50

Vitamin A 10,000 iu

**Essential nutrient for the body's defense system*

Vitamin A is essential to the healthy functioning of a number of biological processes. It supports vision, growth, reproductive function, the body's defense system, and healthy maintenance of skin and mucous membranes.

Vitamin A provides a wide range of nutritional support for the entire body, including the body's defense system.

each softgel capsule contains 3 sg

vitamin A (from Norwegian cod liver oil and vitamin A palmitate) ..... 10,000 iu
Contains fish (cod)
other ingredients: natural lemon flavor, proprietary natural tocopherols and rosemary antioxidant blend, gelatin capsule (gelatin, glycerin, water)

Not to be taken by pregnant or lactating women.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Vitamin A 10,000 iu	120	VAC1	$6.90

B Vitamins

B-Complex Plus
With Metafolin® L-5-MTHF

**Balanced B vitamin formula*

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

As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B_6 and vitamin B_{12} may reduce the risk of vascular disease.†

†FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

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

each vegetarian capsule contains V 1

thiamin (as thiamin HCl) (B_1) ..... 100 mg
riboflavin (vitamin B_2) ..... 5 mg
niacin (as niacinamide) ..... 100 mg
vitamin B_6 (as pyridoxine HCl) ..... 10 mg
folate (as Metafolin®, L-5-MTHF) ..... 400 mcg
vitamin B_{12} (as methylcobalamin) ..... 400 mcg
biotin ..... 400 mcg
pantothenic acid (as calcium pantothenate) (B_5) ..... 100 mg
riboflavin 5′ phosphate (activated B_2) ..... 10 mg
pyridoxal 5′ phosphate (activated B_6) ..... 10 mg
inositol hexaniacinate (no-flush niacin) ..... 10 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 16 mg
other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
B-Complex Plus	120	BCP1	$30.90
	60	BCP6	18.40

B-Complex liquid

**Supports energy metabolism and nervous system function*

two full droppers (4 ml (0.13 fl oz)) contain V

thiamin (as thiamin HCl)(B_1) ..... 4 mg
niacin (as niacinamide) ..... 10 mg
vitamin B_6 (as pyridoxine HCl) ..... 5 mg
vitamin B_{12} (as methylcobalamin) ..... 500 mcg
pantothenic acid (as calcium pantothenate) (B_5) ..... 10 mg
riboflavin 5′ phosphate (activated B_2) ..... 4 mg
other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, xanthan gum, natural orange flavor, potassium sorbate, citric acid, purified stevia extract

1–2 droppers daily, with or between meals.

	quantity	order code	sug. retail price
B-Complex liquid (29 servings)	116 ml (3.9 fl oz)	BCL1	$27.80

*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.

B_6 Complex

With Metafolin® L-5-MTHF

**B vitamin formula with enhanced B_6*

This formula enhances B-Complex Plus with additional vitamin B_6. Vitamin B_6 is important in amino acid metabolism, hemoglobin formation, nerve impulse transmissions, and hormone synthesis. B_6 Complex offers the wide ranging support of B-Complex Plus with all the added benefits of vitamin B_6.

As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B_6 and vitamin B_{12} may reduce the risk of vascular disease.†

†FDA evaluated the above claim and found that while it is known that diets low in saturated fat and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

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

each vegetarian capsule contains V 00

thiamin (thiamin HCl) (B_1)	100 mg
riboflavin (vitamin B_2)	5 mg
niacin (as niacinamide)	100 mg
vitamin B_6 (as pyridoxine HCl)	250 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	400 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate)(B_5)	100 mg
riboflavin 5′ phosphate (activated B_2)	10 mg
pyridoxal 5′ phosphate (activated B_6)	10 mg
inositol hexaniacinate (no-flush niacin)	10 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
B_6 Complex	120	B6C1	$32.10
	60	B6C6	19.10

B_{12} Folate

With Metafolin® L-5-MTHF

**Activated vitamin B_{12} and folate*

Vitamin B_{12} and folate are interrelated in function. They convert carbohydrates into energy, and are vital in the metabolism of fats and protein. They play an important role in the maintenance of muscle tone in the G.I. tract, the functioning of the nervous system, and the integrity of skin, hair, and the liver. Folate is essential for healthy fetal neural development and is provided in this formula as Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate. The B_{12} in this formula is provided as methylcobalamin, the most bioavailable form of this vitamin.

B_{12} Folate provides optimum support for the G.I. tract, nervous system, and the metabolism of fats and protein.

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

each vegetarian capsule contains V 3

folate (as Metafolin®, L-5-MTHF)	800 mcg
vitamin B_{12} (as methylcobalamin)	800 mcg
ascorbyl palmitate (fat-soluble vitamin C)	2 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
B_{12} Folate	60	B12	$14.70

B_{12} 5000 liquid

**Methylcobalamin liquid for nerve health and cognitive function*

one ml (0.03 fl oz) (one full dropper) contains V

vitamin B_{12}	5,000 mcg

other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, citric acid, black currant juice, purified stevia extract, potassium sorbate

1/2–1 dropper, or as directed by a health professional.

	quantity	order code	sug. retail price
B_{12} 5000 liquid	30 ml (1 fl oz)	B125L	$28.60

B_{12} liquid

**Methylcobalamin liquid for nerve health and cognitive function*

Recent research has indicated that methylcobalamin, the active form of vitamin B_{12}, 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 B_{12} is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism.

B_{12} liquid supports nerve cell health, neurological function, energy production and immune system health.

one ml (0.03 fl oz) contains V

vitamin B_{12}	1,000 mcg
stevia	0.5 mg

other ingredients: purified water, natural glycerin, sodium benzoate, citric acid

1–3 ml daily, in divided doses, with meals, or as directed by your health care practitioner.

	quantity	order code	sug. retail price
B_{12} liquid	30 ml (1 fl oz)	B12L	$15.80



Biotin 8 mg

**Promotes healthy glucose metabolism and nerve health; helps support healthy nails*

Biotin is a water-soluble B vitamin that is an essential co-factor for a number of metabolic carboxylation reactions involved in glucose, fatty acid and amino acid metabolism. A clinical study reported that high dose administration of biotin helped promote healthy glucose metabolism. A number of animal studies support this claim. Biotin may also act to promote transcription and translation of glucokinase, an enzyme found in the liver and pancreas that participates in the metabolism of glucose to form glycogen. Studies have also indicated that biotin is supportive of nervous system health and function, including nerve cell health. In addition, a double blind study reported that biotin supplementation may promote healthy lipid metabolism. Furthermore, 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. 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. One study suggested that this gene modulation is supportive of healthy immune system function, stating that biotin may be involved in the transcription of some immune cells.

Biotin provides potential support for healthy glucose metabolism, nerve function, and nail strength.

each vegetarian capsule contains V 3

biotin.....8 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Biotin 8 mg	120	BI1	$17.00
	60	BI6	9.90

Folate 1000

with Metafolin® L-5-MTHF

Folate 1000 provides 1,000 mcg per capsule of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

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

each vegetarian capsule contains V 3

folate (as Metafolin®, L-5-MTHF).....1,000 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

	quantity	order code	sug. retail price
Folate 1000	90	FOL19	$23.50

Folate 400

With Metafolin® L-5-MTHF

Folate 400 provides 400 mcg per capsule of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

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

each vegetarian capsule contains V 3

folate (as Metafolin®, L-5-MTHF).....400 mcg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–2 capsules daily, with a meal.

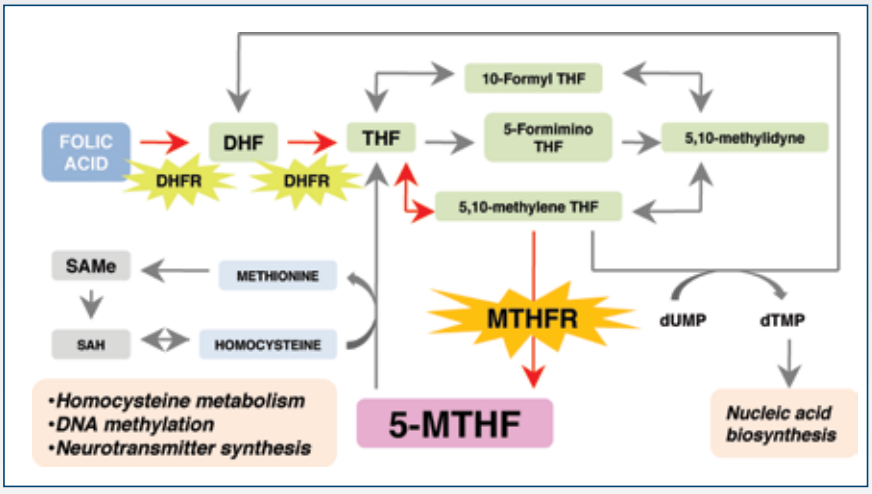
	quantity	order code	sug. retail price
Folate 400	90	FOL49	$14.10

Optimizing folate delivery with *Metafolin® (L-5-MTHF)*†

*An extensive body of evidence indicates that adequate folate intake may provide significant cardiovascular, cellular and neural protection. However, genetic variations affecting activation and metabolism of supplemental folic acid are highly prevalent.

In line with our commitment to consistently offer innovative, science-based ingredients, Pure Encapsulations has updated a number of products†, including our multivitamins, to provide Metafolin® (L-5-MTHF).

Metafolin® is a naturally occurring, universally metabolized and active form of folate, L-5-MTHF. As such, it can be directly used in a diverse array of essential methylation reactions to support cardiovascular, neural and emotional health. Additionally, clinical evidence indicates that the bioavailability of Metafolin® is superior to folic acid. In a double-blind, randomized, placebo-controlled intervention study of 144 women of child-bearing age, 5-MTHF supplementation resulted in a greater accumulation of 5-MTHF in red blood cells than equimolar doses of folic acid.



Activation of folic acid and interconversion of reduced folate metabolites. DHF, dihydrofolate; DHFR, dihydrofolate reductase; THF, tetrahydrofolate reductase; MTHFR, methyltetrahydrofolate reductase; 5-MTHF, methyltetrahydrofolate; SAMe, S-adenosylmethionine; SAH, S-adenosylhomocysteine; dUMP; deoxyuridine monophosphate; dTMP, deoxythymidine monophosphate

†Some ingredient trademark and patent restrictions may apply to some products, including PreNatal Nutrients.

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

*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.

Folic Acid

**Helps prevent neural tube defects*

Folic Acid functions with vitamin B_{12} and ascorbic acid in the breakdown and utilization of proteins. 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. Folic acid is essential for healthy fetal neural development.

Folic Acid provides optimal nutritional support for the utilization of proteins and for healthy blood cells.

each vegetarian capsule contains V 3

folic acid ..... 800 mcg**

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Provides the recommended dose for pregnant or lactating women.

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Folic Acid	60	FO6	$10.80

Inositol (powder)

**Supports emotional wellness, behavior and mood; promotes healthy ovarian function*

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 second messenger system, supporting serotonin, norepinenephrine 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.

Inositol supports healthy central nervous system function, including emotional wellness and mood, and may also support ovarian health.

two scoops contain V

inositol (as myo-inositol) ..... 4.1 g

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

servings per container: 61

	quantity	order code	sug. retail price
Inositol (powder)	250 g	INP2	$36.60

Methylcobalamin

**Advanced vitamin B_{12} for nerve health*

The vitamin B_{12} family is generally referred to as the cobalamins, with cyanocobalamin as the most common form. Recent research has indicated that methylcobalamin provides an enhanced ability to support neurological function. Methylcobalamin helps maintain healthy glutamate activity in the brain, providing support for healthy brain cell activity. Methylcobalamin may also promote protein synthesis for healthy nerve cell maintenance. As a result, methylcobalamin has been shown to encourage healthy cognitive, memory, emotional, and nerve function. Methylcobalamin offers advanced support for a healthy nervous system.

each vegetarian capsule contains V 3

vitamin B_{12} (as methylcobalamin) ..... 1,000 mcg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Methylcobalamin	180	MT1	$34.80
	60	MT6	13.90

Niacitol® 725 mg (no-flush niacin)

**Well-tolerated, no-flush niacin*

Niacitol® is a form of niacin, a coenzyme which assists in the breakdown and utilization of fats, proteins, and carbohydrates. Niacin also maintains healthy lipid metabolism and is involved in the synthesis of sex hormones and the formation of skin and digestive tissues.

Niacitol is well tolerated and is unlikely to cause flushing, a common side effect of niacin.

each vegetarian capsule contains V 00

niacin (as inositol nicotinate) ..... 725 mg

inositol (as inositol nicotinate) ..... 181 mg

inositol nicotinate ..... 906 mg

ascorbyl palmitate (fat-soluble vitamin C) ..... 30 mg

other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Niacitol® 725 mg	180	NI71	$58.10
	90	NI79	33.20

Niacitol® 500 mg (no-flush niacin)

each vegetarian capsule contains V 00

niacin (as inositol nicotinate) ..... 500 mg

inositol (as inositol nicotinate) ..... 125 mg

inositol nicotinate ..... 625 mg

ascorbyl palmitate (fat-soluble vitamin C) ..... 15 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

3–6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Niacitol® 500 mg	120	NI51	$39.20
	60	NI56	21.70

Niacinamide

**Vitamin B_3 to support energy metabolism and metabolic function*

Niacinamide (vitamin B_3) is a precursor of nicotinamide adenine dinucleotide (NAD), essential for oxidation-reduction reactions, nutrient metabolism and ATP synthesis. It does not cause the vasodilatation ("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, HbA1c and glucose metabolism. Niacinamide also promotes joint mobility and comfort. In a 12-week randomized double-blind trial involving 72 subjects, niacinamide provided statistically significant support for joint flexibility and normal inflammatory response. Alpha lipoic acid is included to offer synergistic support for healthy glucose balance and metabolic function.

each vegetarian capsule contains V 00

niacin (as niacinamide) ..... 500 mg

alpha lipoic acid (thioctic acid) ..... 50 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-6 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Niacinamide	90	NIA9	$12.60

P_5P 50 (activated B_6)

**The predominant form of circulating B_6*

Pyridoxal-5′-phosphate (P_5P) is the active metabolite of pyridoxine and is the predominant form of plasma B_6. P_5P is required for proper absorption of B_{12} 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. P_5P facilitates the release of glycogen (used in energy production) from the liver and muscles. In addition, P_5P helps maintain the balance of sodium and potassium, which regulates body fluids and promotes the healthy functioning of the nervous and musculoskeletal systems.

P_5P 50 is beneficial to a number of physiological functions, providing a wide range of nutritional support.

each vegetarian capsule contains V 3

pyridoxal 5′ phosphate (activated B_6)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	3 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
P_5P 50	180	P51	$33.60
	60	P56	13.30

Pantothenic Acid

**D-isomer pantothenic acid for cellular energy*

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.

Pantothenic acid supports cellular energy production, adrenal and cardiovascular health, and synthesis of vitamins, amino acids, fatty acids, and steroid hormones.

each vegetarian capsule contains V 00

pantothenic acid (as calcium pantothenate) (B_5)	500 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule daily, with a meal.

	quantity	order code	sug. retail price
Pantothenic Acid	120	PTA1	$15.90

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 while PQQ provides novel B-vitamin like activity and advanced antioxidant support, in part by activation of key genetic transcription factors. Alpha lipoic acid provides additional support for mitochondrial energy utilization and combined with luteolin, offers enhanced nervous system antioxidant activity.

- *Thiamin* and *niacin* support healthy neuron cell longevity, neuronal membrane function and impulse conduction*
- *L-5-MTHF*, *methylcobalamin* and *vitamin B_6* support neuronal health as methylation cofactors in myelin and neurotransmitter biosynthesis*
- *PQQ* is a novel B vitamin-like cofactor that encourages mitochondrial biogenesis*
- *Alpha lipoic acid* promotes mitochondrial function, neuron membrane integrity and antioxidant protection*
- *Luteolin* maintains healthy macrophage activity and gene expression of the nervous system*

BioPQQ a trademark of MGC (Japan)

each vegetarian capsule contains V 00

thiamin (as thiamin HCl)	125 mg
riboflavin (vitamin B_2)	5 mg
niacin (as niacinamide)	100 mg
vitamin B_6 (as pyridoxine HCl)	90 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B_{12} (as methylcobalamin)	1,000 mcg
biotin	400 mcg
panthothenic acid (as calcium pantothenate) (B_5)	100 mg
riboflavin 5′ phosphate (activated B_2)	10 mg
pyridoxal 5′ phosphate (activated B_6)	10 mg
inositol hexaniacinate (no-flush niacin)	10 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
alpha lipoic acid (thioctic acid)	100 mg
luteolin	20 mg
BioPQQ™ pyrroloquinoline quinone disodium salt	10 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Ultra B-Complex w/PQQ	60	BPQ6	$62.00



*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.

Vitamin C

Acerola/Flavonoid

**Vitamin C and bioflavonoid formula*

This ascorbic acid and bioflavonoid complex contains 231.5 mg of vitamin C sourced from natural acerola *Malpighia glabra L.* extract, pure ascorbic acid, and ascorbyl palmitate. The bioflavonoids hesperidin and naringin allow for full-spectrum antioxidant support.

Acerola/Flavonoid is a vitamin C formula with the additional protective action of bioflavonoids.

each vegetarian capsule contains V 0

vitamin C (as ascorbic acid and 11% acerola extract)	225 mg
acerola (malpighia glabra) extract (fruit)	150 mg
hesperidin methyl chalcone	150 mg
naringin	150 mg
ascorbyl palmitate (fat-soluble vitamin C)	13 mg

other ingredients: vegetarian capsule (cellulose, water)

1–8 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Acerola/Flavonoid	120	ACP1	$34.80

Ascorbic Acid capsules

**Potent antioxidant support*

Vitamin C offers a wide range of support for the human body. It is a potent antioxidant and free radical scavenger. It 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. 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 histamine release and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.

Vitamin C, one of the most potent dietary antioxidants, provides optimal nutritional support to all physiological functions, including, notably, vascular and capillary integrity in support of the circulatory system.

each vegetarian capsule contains V 00

vitamin C (as ascorbic acid)	1,000 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Ascorbic Acid capsules	250	A12	$37.30
	90	A19	15.30

Ascorbic Acid powder

each scoop contains V

vitamin C (as ascorbic acid)	3,200 mg

1/4 to 1/2 scoop or more as needed.

	quantity	order code	sug. retail price
Ascorbic Acid powder	227 g	AAP	$24.00

Buffered Ascorbic Acid capsules

**Vitamin C 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.

each vegetarian capsule contains V 00

vitamin C (from calcium ascorbate, magnesium ascorbate and potassium ascorbate)	480 mg
calcium (from calcium ascorbate)	93 mg
magnesium (from magnesium ascorbate)	51 mg
potassium (from potassium ascorbate)	21 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

2-6 capsules daily, in divided doses, with or between meals, or as directed by a health professional.

	quantity	order code	sug. retail price
Buffered Ascorbic Acid capsules	250	AB2	$43.40
	90	AB9	17.90

Buffered Ascorbic Acid powder

Buffered ascorbic acid powder is buffered with mineral ascorbates to create a neutral pH vitamin C. This may lessen the possibility of gastric irritation in sensitive individuals.

one heaping teaspoon (4.4 grams) contains approximately V

vitamin C (from calcium ascorbate, magnesium ascorbate and potassium ascorbate)	2,024 mg
calcium (from calcium ascorbate)	387 mg
magnesium (from magnesium ascorbate)	216 mg
potassium (from potassium ascorbate)	66 mg

1/4 to 1/2 tsp. or more as needed.

	quantity	order code	sug. retail price
Buffered Ascorbic Acid powder	227 g	ABP	$26.10



Ascorbyl Palmitate

**Fat-soluble vitamin C*

Ascorbyl palmitate is a highly bioavailable, fat-soluble derivative of ascorbic acid. It possesses all the benefits of vitamin C, but, unlike the water-soluble form, is able to be stored in the lipid cell membrane until the body is ready to put it to use. Vitamin C is a potent antioxidant and free radical scavenger. It supports the body by enhancing defense system cell activity. It is essential for the formation and maintenance of collagen. Vitamin C aids in the absorption of iron and the formation of red blood cells. It maintains healthy histamine release and supports lymphocyte formation.

Vitamin C, one of the most potent dietary antioxidants, provides optimal nutritional support to all physiological functions, including, notably, vascular and capillary integrity in support of the circulatory system. The ascorbyl palmitate form of vitamin C is stored in the lipid cell membrane, providing a ready store of this essential nutrient.

each vegetarian capsule contains V 00

ascorbyl palmitate (fat-soluble vitamin C) ..... 450 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Ascorbyl Palmitate	180	ASP1	$33.10
	90	ASP9	17.80

Ester-C® & flavonoids

**Unique vitamin C support enhanced with bioflavonoids*

Ester-C®, consisting primarily of calcium ascorbate, is a natural, non-acidic water-soluble form of vitamin C that is distinguished by its unique chemical composition and biological activity. It is manufactured in an exclusive, water-based process that results in a mixture of naturally occurring vitamin C metabolites, including ascorbate, dehydroascorbate, and threonate. The bioflavonoids quercetin, rutin and pomegranate extract are powerful free radical scavengers that complement the roles of vitamin C. Quercetin helps maintain healthy histamine release and moderates healthy leukotriene and prostaglandin metabolism. Rutin and pomegranate extract provide important support for blood vessel integrity and healthy cell function.

Ester-C® & flavonoids provides highly absorbable vitamin C and varied flavonoid compounds for synergistic antioxidant, immune and vascular integrity support.

Ester-C®

Ester-C® and the Ester-C® logo are registered trademarks of The Ester C Company. This product may be covered by one or more of the following U.S. patents: 4,822,816; 5,070,085; 6,878,744 and corresponding foreign patents. Other U.S. and foreign patents pending.

each vegetarian capsule contains V 00

vitamin C (from calcium ascorbate blend) ..... 619 mg
calcium (from calcium ascorbate blend) ..... 68 mg
threonic acid (from calcium ascorbate blend) ..... 7 mg
quercetin ..... 50 mg
rutin ..... 50 mg
pomegranate (punica granatum l.) extract (whole fruit) ..... 50 mg
(standardized to contain 5% ellagic acid)
ascorbyl palmitate (fat-soluble vitamin C) ..... 10 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules daily, with or between meals.

	quantity	order code	sug. retail price
Ester-C® & flavonoids	180	ECF1	$55.10
	90	ECF9	29.30

Vitamin D

Vitamin D3 liquid

**Support for bone, breast, prostate, cardiovascular, colon and immune health in an easy to use liquid form*

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. Vitamin D supports cardiovascular function in some individuals, which may be attributed to its effect on calcium metabolism or possibly by helping to maintain healthy plasma renin function. A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested. Furthermore, vitamin D is believed to provide general cellular support potential, including for breast and prostate tissue, in part by helping to maintain healthy angiogenesis balance, supporting immune cell activity, and maintaining healthy cell metabolism. 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.

Pure Encapsulations Vitamin D_3 liquid provides 1,000 iu per drop, an ideal daily amount. For individuals with greater short-term needs, this product allows for achieving 25,000-50,000 iu vitamin D_3 per week without having to take multiple capsules. For the elderly, Vitamin D_3 liquid is an easy to use form. Vitamin D_3 liquid, in a base of medium chain triglycerides, does not require emulsification for absorption. Vitamin D_3 liquid is also free of preservatives, artificial colors, flavors and sugars.

one drop contains V

vitamin D (as cholecalciferol)(D_3) ..... 1,000 iu

other ingredients: medium chain triglycerides

It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored. If pregnant or lactating, consult your physician before use.

1-7 drops daily, with a meal, or as directed by your health care practitioner.

	quantity	order code	sug. retail price
Vitamin D_3 liquid (810 servings)	22.5 ml (0.75 fl oz)	VDL	$26.90

Vitamin D3 10,000 iu

**Support for bone, breast, prostate, cardiovascular, colon and immune health*

each vegetarian capsule contains V 3

vitamin D (as cholecalciferol)(D_3) ..... 10,000 i.u

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored.

1 capsule daily for up to five days per week, with a meal, or as directed by a health professional.

	quantity	order code	sug. retail price
Vitamin D_3 10,000 iu	120	VD101	$39.60
	60	VD106	23.30



Vitamin D Brochure

Available online

*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.

Vitamin D_3 5,000 iu NEW SIZE

**Support for bone, breast, prostate, cardiovascular, colon and immune health*

each vegetarian capsule contains V 3

vitamin D (as cholecalciferol)(D_3).....5,000 iu
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored.

1 capsule daily, with a meal.

		quantity	order code	sug. retail price
Vitamin D_3 5,000 iu	NEW SIZE	250	VD52	$48.00
		120	VD51	26.40
		60	VD56	15.10

Vitamin D_3 1,000 iu NEW SIZE

each vegetarian capsule contains V 3

vitamin D (as cholecalciferol)(D_3).....1,000 iu
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

It is recommended that individuals taking more than 2,000 iu vitamin D per day have their blood levels monitored. If pregnant or lactating, consult your physician before use.

1–5 capsules daily, with meals.

		quantity	order code	sug. retail price
Vitamin D_3 1,000 iu	NEW SIZE	250	VD12	$34.60
		120	VD11	19.40
		60	VD16	11.20

Vitamin D_3 400 iu

each vegetarian capsule contains V 3

vitamin D (as cholecalciferol)(D_3).....400 iu
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1-2 capsules daily, with meals.

	quantity	order code	sug. retail price
Vitamin D_3 400 iu	120	VD1	$13.30

Vitamin D Recommendations Update

- In a 2007 article published in the American Journal of Clinical Nutrition, scientists worldwide describe an urgent need to revise daily intake recommendations and to boost the upper limit to 10,000 iu per day.
- Human diets do not provide sufficient vitamin D and in some regions, sunlight exposure is not adequate; this emphasizes the importance for food fortification and nutritional supplementation.
- While typical daily recommendations have been 400–800 iu daily, many experts believe 1,000 iu daily or more is optimal.
- For some, high dose vitamin D for 2–3 months may be required, with intakes reaching 25,000–50,000 iu per week to help reach healthy serum levels (32 ng/ml represents a minimum adequate level, above 40 ng/ml is more ideal, 50-60 ng/ml may be optimal).

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 400 iu per day. This product provides 1,000 iu per drop.

Vitamin D_3 VESIsorb®

Liquid-filled Caplique® Capsule

**Self-assembling nano-colloid system for enhanced vitamin D absorption*

- VESIsorb® delivery system offers enhanced absorption by promoting the ability for vitamin D to dissolve readily in an aqueous environment*
- Vitamin D offers support for calcium homeostasis, promoting bone and cellular health, and cardiometabolic health, promoting healthy inflammatory balance, glucose metabolism, blood flow and antioxidant defense*
- Each capsule offers 2,000 iu of enhanced absorption vitamin D

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

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

each Caplique® Capsule contains V 0

vitamin D (as cholecalciferol)(D_3)..... 2,000 iu
other ingredients: medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, vegetarian Caplique® Capsule (cellulose, water)

1-2 Caplique® Capsules per day, with a meal.

	quantity	order code	sug. retail price
Vitamin D_3 VESIsorb®	60	VDV6	$29.60

See page 29 for more details on VESIsorb® technology



Tocotrienols

**Cardiovascular and antioxidant protection*

This formula provides a natural blend of 30% tocotrienols and mixed tocopherols extracted from rice bran oil. Tocotrienols are isoprenoid compounds related to the vitamin E family. While the structure of tocotrienols differs only slightly from vitamin E, it gives tocotrienols distinct functions of their own. Studies have reported that tocotrienols support lipid metabolism by maintaining healthy enzyme activity. These compounds may also support breast cell health and scavenge free radicals. Gamma tocotrienol is believed to be one of the most prized constituents. In addition, this formula contains alpha and gamma tocopherols, the active forms of vitamin E. A powerful antioxidant, vitamin E helps to preserve the cell membranes of cardiac and skeletal muscles. Vitamin E also plays a critical role in nucleic acid and protein metabolism, mitochondrial function, and hormone support.

This combination of tocotrienols and vitamin E provides potent, synergistic support for the cardiovascular system and antioxidant protection for cells.

each softgel capsule contains 4 sg

vitamin E (as d-alpha tocopherol) (from rice bran oil) ..... 22 iu
tocotrienols/tocopherols (from rice bran oil) ..... 60 mg
other ingredients: gelatin capsule (gelatin, glycerin, water)

1–2 capsules daily, with meals.

	quantity	order code	sug. retail price
Tocotrienols	120	TO1	$63.50
	60	TO6	34.30

Ultra-Synergist E

**Mixed tocopherols with high alpha and gamma fractions*

Alpha and gamma tocopherols have similar but also unique mechanisms, making their activities synergistic. Both offer important antioxidant support for lipid membranes. Long-term supplementation with d-alpha tocopherol supports prostate health, as indicated in a recent study. In a separate case-control study, high intake of gamma tocopherol was also positively associated with prostate health. In addition, gamma tocopherol in this study optimized the ability of alpha tocopherol to support the prostate. Both alpha and gamma tocopherols support arterial smooth muscle cells. In one study, gamma tocopherol provided an enhanced ability to maintain healthy nitric oxide metabolism compared to alpha tocopherol. The same study suggested that gamma tocopherol promoted greater superoxide dismutase activity in plasma and vascular tissue. In an *in vitro* investigation of human macrophage and epithelial cells, gamma tocopherol supported healthy prostaglandin metabolism. An additional trial revealed that a mixture of alpha, gamma and delta isomers was more effective than any single tocopherol in promoting healthy platelet function.

Pure Encapsulations Ultra-Synergist E provides a powerful spectrum of mixed tocopherols with high alpha and gamma fractions for optimal antioxidant support, prostate health, and cardiovascular function.

each softgel capsule contains 22 sg

vitamin E (from natural d-alpha, d-gamma, d-beta and d-delta tocopherols) ..... 500 iu
providing:
d-alpha tocopherol (min) ..... 336 mg
d-gamma tocopherol (min) ..... 400 mg
other ingredients: soybean oil, gelatin capsule (gelatin, glycerin, water)

1–3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Ultra-Synergist E	180	USE1	$62.70
	90	USE9	35.70

Vitamin E

(with mixed tocopherols)

*Naturally occurring tocopherols (d-alpha, beta and gamma) are the most biologically active forms of vitamin E. Vitamin E, a powerful chain-breaking antioxidant and free radical scavenger, is considered the first line of defense against lipid peroxidation. It protects the integrity of the body's cellular membranes, and has the ability to unite with oxygen and prevent it from being converted into toxic peroxides. 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.

Vitamin E is crucial to proper cellular function; it protects and supports all physiological functions through its free radical scavenging activity, especially cardiovascular functioning.

each softgel capsule contains 10 sg

vitamin E (as natural d-alpha tocopherol) ..... 268 mg (400 iu)
other tocopherols ..... 67 mg
other ingredients: soybean oil, gelatin capsule (gelatin, glycerin, water)

1–2 capsules daily, with meals.

	quantity	order code	sug. retail price
Vitamin E	180	DE1	$43.90
	90	DE9	24.00



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Vitamin K

Synergy K

**Broad spectrum vitamin K_1 and vitamin K_2 complex with vitamin D_3 for bone and arterial health*

Vitamin K includes a group of compounds that contain a central ring structure with varying side chains. These differing side chains account for variations in absorption, bioavailability, transport and tissue distribution. Vitamin K_1, phylloquinone, is the most common form and is found in plants and green vegetables. The vitamin K_2 family, menaquinones, are less common and are found in meats, eggs, some cheeses, and fermented food, such as Japanese natto. The most common menaquinones are menaquinone-4 (MK-4) and menaquinone-7 (MK-7). Studies indicate that vitamin K_1 and MK-4 are primarily concentrated in the liver, while MK-7 concentrates in extra-hepatic tissues, including vascular tissues, and has a longer half-life. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K_1 and K_2 may be especially important for optimal carboxylation in aging individuals, as indicated by a recent study involving Japanese women. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity. Recent studies indicate that vitamin D also potentiates the activity of MGP and that the combination of vitamin K and D provides synergistic support for blood vessel function and bone health. Vitamin K supplementation is contraindicated for those taking Coumadin/warfarin anticoagulant medication.

A unique blend of vitamins K_1, K_2 and D for healthy calcium utilization to maintain healthy bones and blood vessels.

each vegetarian capsule contains V 2

vitamin D (as cholecalciferol)(D_3)	200 iu
vitamin K	1,545 mcg
from:	
vitamin K_1	500 mcg
vitamin K_2 (menaquinone-4)	1,000 mcg
vitamin K_2 (menaquinone-7)	45 mcg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. Not for individuals taking blood thinning medications.

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Synergy K	120	SK1	$53.00
	60	SK6	29.30

See also

+CAL+® with Ipriflavone page 130
Athletic Nutrients page 122
Longevity Nutrients page 121
Men's Nutrients page 116
Nutrient 950® with Vitamin K page 114
PureFood Nutrients page 119
Women's Nutrients page 117

K/D liquid

**Maintains healthy arterial calcium metabolism*

The association between vitamin K_2, or menaquinone, and cardiovascular health continues to grow. Two recent studies involving almost 17,000 postmenopausal women suggest that increased vitamin K_2 intake, particularly of the longer chained menaquinones like menaquinone-7 (MK-7), promotes healthy vascular calcium balance and cardiovascular function. Vitamin K_1 did not have a similar effect. MK-7 is found naturally in the fermented soy product natto and has unique properties compared to other forms of vitamin K. In contrast to vitamin K_1 which concentrates in bone, MK-7 concentrates in vascular tissue. It also has a much longer half-life, allowing for sustained activity. MK-7 supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. As a result, it supports healthy arterial blood flow and vascular elasticity. 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 vitamins K and D provides synergistic support. Vitamin K supplementation may be contraindicated for those taking Coumadin/warfarin anticoagulant medication.

K/D liquid provides powerful support for arterial health and cardiovascular function.

MenaQ7 is a trademark of NattoPharma, Norway.

one ml (0.03 fl oz) provides V

vitamin D (as cholecalciferol)(D_3)	1,000 iu
vitamin K (menaquinone-7)	50 mcg

Contains soy

other ingredients: sunflower oil, natural vanilla flavor, mixed tocopherols

1 ml daily, with a meal.

	quantity	order code	sug. retail price
K/D liquid	30 ml (1 fl oz)	CKDL3	$41.50



WEIGHT MANAGEMENT

CarbCrave Complex

With Sensoril® Trim

**Moderates carbohydrate intake and helps lessen appetite by supporting neurotransmitter function*

This formula supports healthy neurotransmitter metabolism, affecting the appetite and mood centers of the brain. 5-HTP is a precursor for serotonin, the same neurotransmitter released by the consumption of carbohydrates and associated with enhanced mood. At the same time, dl-phenylalanine supports dopamine and epinephrine production, responsible for the sensation of well-being. Vitamin B_6 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®Trim ashwagandha promotes relaxation and maintains healthy cortisol levels. 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.

CarbCrave Complex is designed to help curb excessive carbohydrate intake and to help moderate appetite by supporting healthy brain chemistry and mood.

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

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

Sensoril®Trim is a trademark of Natreon, Inc. and is protected under U.S. Patent 6,713,092.

two vegetarian capsules contain V 1

chromium (as chromium picolinate)	200 mcg
5-hydroxytryptophan	50 mg
dl-phenylalanine	250 mg
Relora®	175 mg
proprietary patented blend of: magnolia (magnolia officinalis) extract (bark) and phellodendron (phellodendron amurense) extract (bark)	
Sensoril®Trim ashwagandha (withania somnifera) extract (root and leaf)	75 mg
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	75 mg
pyridoxal 5'phosphate (activated B_6)	5 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

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

Not to be taken by pregnant or lactating women. Do not use concurrently with SSRI medications or MAO inhibitors. Consult a physician if you are taking any prescription medications.

2 capsules three times daily, in divided doses, with or before meals.

	quantity	order code	sug. retail price
CarbCrave Complex	180	CCC1	$54.80
	90	CCC9	29.10

See also
5-HTP page 58
Cortisol Calm page 58

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. 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.

Pure Encapsulations concentrated, improved potency CLA provides an average of 77% total CLA, and contains the main isomers c9,t11 and t10,c12 in a 39:39 ratio.

CLA has been shown to play an important role in promoting a healthy body compostition. 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.

TONALIN® is an exclusively licensed product of Cognis Corporation.

each softgel capsule contains 22 sg

calories	10
calories from fat	10
total fat	1 g
vitamin E (as d-alpha tocopherol)	10 iu
conjugated linoleic acid complex	1,000 mg
providing: pure conjugated linoleic acid (CLA)	770 mg

other ingredients: gelatin capsule (gelatin, glycerin, water, carob)

3–5 capsules daily, in divided doses, before meals.

	quantity	order code	sug. retail price
CLA 1,000 mg	180	CL11	$83.00
	60	CL16	30.70

Glucomannan

**Supports healthy weight management, glycemic response, lipid metabolism, regularity and gastrointestinal health*

Glucomannan is a soluble fiber with a high molecular weight and viscosity compared to other fibers, providing enhanced support for weight management, regularity, glycemic control, and lipid and lipoprotein metabolism. In several controlled trials, konjac glucomannan supported healthy lipid metabolism, triglyceride levels, glucose utilization, and vascular function. Significant mean weight loss was observed in one 8-week double blind trial, an effect that may be due to the effect of konjac glucomannan on satiety as well as regularity. A later study demonstrated that addition of a resistance and endurance exercise training program to a glucomannan-rich diet provides enhanced support for healthy body composition, lipid metabolism and triglycerides. Konjac glucomannan also enhances the growth of lactobacillus and bifidobacteria for a healthy gastrointestinal tract.

Konjac glucomannan, a viscous soluble fiber, provides important support for satiety and weight loss, lipid and triglyceride metabolism, glycemic response and glucose function, vascular health and healthy gut microflora.

each vegetarian capsule contains V 00

calories	5
total carbohydrate	<1 g
dietary fiber	<1g
glucomannan	560 mg

other ingredients: vegetarian capsule (cellulose, water)

WARNING: This product must be taken with at least 8 oz. of water. Taking this product with insufficient liquid may result in choking and/or blockage of the throat, esophagus or intestine. Do not take immediately before going to bed. This product is not recommended for individuals with difficulty swallowing or with a history of gastric bypass or other G.I. related surgery. Do not use if pregnant or nursing.

1 capsule with each meal, with 8–16 oz water, or as directed by a health professional.

	quantity	order code	sug. retail price
Glucomannan	180	GLU1	$26.80
	90	GLU9	15.80

*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.

Lo-Glycemix

**Helps convert starch-rich meals from a high to low glycemic index*

Supports Glycemic Control:

- Targets both α-amylase and α-glucosidase activity to moderate carbohydrate digestion with InSea2® brown seaweed extract*
- Slows digestion of carbohydrates and promotes satiety with a blend of CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, apple pectin and glucomannan fibers*

Clinically-Studied Effects:

- In a randomized double-blind, placebo-controlled trial, InSea2® promoted a healthy glycemic response, acting to moderate the glycemic index of a carbohydrate load (Figure 1). In this study, subjects were supplemented with InSea2® extract 30 minutes before consumption of 50 grams of white bread.

In Vitro Dose-Response Data:

- InSea2® has been shown to be effective in a dosage range of 250 mg with lower carbohydrate intake to 500 mg with higher carbohydrate intake.*

Lo-Glycemix moderates starch and carbohydrate absorption and maintains healthy post-prandial glycemic metabolism.

InSea2® is a registered trademark of innoVactiv Corporation.

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

two vegetarian capsules contain V 00

carbohydrate	<1 g
dietary fiber	<1 g
iodine (naturally occurring)	100 mcg
sodium (naturally occurring)	10 mg
InSea2® proprietary brown seaweed (Ascophyllum nodosum and Fucus vesiculosus) extract blend	500 mg
proprietary fiber blend providing CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, apple pectin and glucomannan	690 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

other ingredients: vegetarian capsule (cellulose, water)

1–2 capsules, with 8–16 oz water, 30 minutes before a meal.

	quantity	order code	sug. retail price
Lo-Glycemix	60	LOG6	$52.60

Super CitriMax® Plus

**Broad spectrum support for weight loss when combined with a healthy diet and exercise*

A recent randomized, double-blind, placebo-controlled clinical trial conducted by researchers at Georgetown University Medical Center and Creighton University School of Pharmacy, examined the effects of Super CitriMax® Plus on various aspects of body composition. Super CitriMax® Plus contains *Garcinia Cambogia* extract (standardized for hydroxycitric acid, or HCA), ChromeMate® (chromium polynicotinate) and *Gymnema sylvestre*. The results indicate support for lean body composition, healthy serotonin levels, and improved body mass index. Super CitriMax® Plus also supported output of urinary fat metabolites, indicating fat utilization. In addition, it maintained healthy serum leptin levels, promoting signals that indicate satiety in the brain. Researchers at University California Berkeley have also recently confirmed that HCA is absorbed and retained by overweight subjects. At Creighton University, Super Citrimax® supported the release and availability of serotonin in brain tissue. Serotonin is well recognized for its ability to enhance mood and suppress appetite. ChromeMate supports healthy weight in combination with exercise for overweight females, as indicated by a study at the University of Texas, Austin. In a separate, randomized, placebo-controlled trial, ChromeMate promoted healthy body composition in overweight women. *Gymnema sylvestre* promotes healthy glucose metabolism, providing a favorable effect on energy utilization.

Super CitriMax® Plus is an all-natural, non-stimulating clinically studied formula with unique and broad-spectrum support for lean body composition.

Super Citrimax® and ChromeMate® chromium (polynicotinate) are trademarks of InterHealth, N.I.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615.

Super CitriMax® brand (-)hydroxycitric acid U.S. Patents 7,858,128; 7,335,651; and 7,927,636 worldwide patents pending.

three vegetarian capsules contain V 00

calcium (from calcium hydroxycitrate)	120 mg
chromium (as chromium polynicotinate)	200 mcg
potassium (from potassium hydroxycitrate)	180 mg
garcinia (garcinia cambogia) extract (fruit) (standardized to contain 60% (-)hydroxycitric acid)	1,500 mg
gymnema (gymnema sylvestre) extract (leaf)	133 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

other ingredients: vegetarian capsule (cellulose, water)

3 capsules 3 times daily, 30-60 minutes before meals.

	quantity	order code	sug. retail price
Super CitriMax® Plus	360	SCP3	$77.60
	180	SCP1	44.50



PureLean®

PureLean® Protocol Healthy Weight Management†* Program

A targeted nutritional plan to promote meaningful weight management† support in a convenient, customizable kit.

Includes:

New and Improved PureLean® Pure Pack

- Supports healthy glucose metabolism, lipid utilization, and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise*
- Now provides *GlucoPhenol™,* a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutraceuticals and Functional Foods (INAF)*

Additional Updates:

- Easily tolerated *magnesium glycinate* for sensitive individuals*
- *1,000 mg taurine* for enhanced fat metabolism support*
- Lemon-flavored *omega-3 fatty acids* for enhanced tolerability*

Choice of PureLean® Protein Blend or PureLean® Whey Protein

- Offers 15-21 grams protein from pea, rice and chia or whey to support satiety*
- Promotes overall daily wellness*
- Great-tasting, naturally flavored and sweetened formulas

PureLean® Fiber

- Provides 6 grams of fiber per serving
- Helps slow the rate of digestion to promote satiety, digestive health and nutrient absorption*
- Promotes detoxification and healthy glycemic control*

	order code	sug. retail price
PureLean® Protocol with PureLean® Protein Blend Vanilla Bean Flavor	PLPV6	$132.80
PureLean® Protocol with PureLean® Protein Blend Chocolate Flavor	PLPC7	132.80
PureLean® Protocol with PureLean® Protein Blend Vanilla Bean Flavor (with stevia)	PLPVS5	132.80
PureLean® Protocol with PureLean® Protein Blend Basics Vanilla Bean Flavor (with stevia)	PLPVSB5	131.00
PureLean® Protocol with PureLean® Whey	PLPW4	132.80



PureLean® Pure Pack IMPROVED

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

Now enhanced with:

- *GlucoPhenol™,* a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutraceuticals and Functional Foods (INAF)*
- *1,000 mg Taurine* for enhanced fat metabolism support*
- Easily tolerated *Magnesium Glycinate* for sensitive individuals*
- Lemon-flavored *omega-3 fatty acids* for enhanced tolerability*

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:

✓ 3 capsules of *PureLean® Nutrients* featuring *Metafolin® L-5-MTHF* and enhanced bioactivity *Chromium 454®* for healthy metabolic function*

✓ *PureWay-C®* rapidly absorbed vitamin C, providing support for healthy C-reactive protein (CRP) and lipid balance*

Special Features:

✓ Metabolic synergists for healthy glucose utilization, including *alpha lipoic acid, cinnamon, l-carnosine and GlucoPhenol™**

✓ Lipid support with *taurine, green tea* and *pterostilbene**

✓ Lemon flavored *Omega-3 fatty acids* for reduced after taste and healthy PPAR receptor function, supporting glucose and lipid homeostasis via healthy gene expression*

See page 128 for ingredients and pricing

See also

Alpha Lipoic Acid w/ GlucoPhenol™ page 75

PureLean® Nutrients page 123

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

PureLean® Fiber

Powdered blend of soluble and insoluble fibers to promote weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise

Each serving of PureLean® Fiber provides 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 rice bran, cellulose and flaxseed. 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. In an 8-week double blind trial, glucomannan provided statistically significant support for weight management in volunteers. Several randomized controlled trials indicate that glucomannan supports healthy lipid metabolism and promotes healthy glycemic control. Studies with glucomannan, Sunfiber® partially hydrolyzed guar gum, flaxseed and rice bran indicate that these soluble and insoluble fibers promote abdominal comfort, G.I. motility and bowel regularity while being well-tolerated.

PureLean® Fiber provides a blend of insoluble and soluble fibers to support satiety, healthy glycemic response, and regularity.

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

two scoops (14.3 grams) contain V

calories	40
sodium	50 mg
carbohydrate	8 g
dietary fiber	6 g
protein	1 g
magnesium (as magnesium citrate)	100 mg

other ingredients: CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, xylitol, glucomannan, rice bran (defatted), prune powder, apple pectin, luo han guo (Momordica grosvenorii) extract (fruit)

Not to be taken by pregnant or lactating women.

1–3 servings daily, mixed with a beverage. Adequate water intake is recommended.

	quantity	order code	sug. retail price
PureLean® Fiber	343 g	PLF3	$32.80

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

PureLean® Protein Blend

NEW IMPROVED TASTE

- **PureLean® Protein Blend Chocolate Flavor (C)**
- **PureLean® Protein Blend Vanilla Bean Flavor (V)**
- **PureLean® Protein Blend Vanilla Bean Flavor (with stevia) (VS)**
- **PureLean® Protein Blend Basics Vanilla Bean Flavor (with stevia) (B)**

PureLean® Protein Blend

Features for All PureLean® Protein Blends include:

- 15 grams vegetarian protein from a rice, pea and chia blend
- 3 g fiber
- 200 mg omega-3 fatty acids from chia
- Superfruit antioxidant blend of coffee berry, acerola, camu camu, quercetin, açai and mangosteen

PureLean® Protein Blend Vanilla Bean and Chocolate Flavors provide a full multivitamin and mineral core and are lightly sweetened with natural organic cane juice.

PureLean® Protein Blend Vanilla Bean Flavor (with stevia) contains 120 mg stevia per serving with no added sugars and a full multivitamin and mineral core.

PureLean® Protein Blend Basics Vanilla Bean Flavor (with stevia) contains 120 mg stevia per serving with no added sugars and does not contain a vitamin and mineral core.

Recommendations: 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.



PureLean® Protein Blend

each scoop contains V

calories	V,C: 130 VS,B: 95
calories from fat	10
fat	1 g
saturated fat	< 0.5 g
sodium	V,VS, B: 220 mg C: 200 mg
carbohydrate	V: 13g C: 15 g VS,B: 6 g
dietary fiber	3 g
sugars	V: 9 g C: 11 g VS,B: 2 g
protein	15 g
vitamin A (as vitamin A palmitate)	1,500 iu
vitamin C (from calcium ascorbate)	30 mg
vitamin D (as cholecalciferol) (D3)	400 iu
vitamin E (as d-alpha tocopherol acetate)	15 iu
vitamin K (as vitamin K1)	40 mcg
thiamin (as thiamin mononitrate) (B1)	0.75 mg
riboflavin (vitamin B2)	0.85 mg
niacin (as niacinamide)	10 mg
vitamin B6 (as pyridoxine HCl)	1 mg
folic acid	200 mcg
vitamin B12 (as methylcobalamin)	3 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B5)	5 mg
calcium (as calcium glycinate)	250 mg
potassium (naturally occurring)	30 mg
calcium (as calcium glycinate)	250 mg
iron (naturally occurring)	1 mg
phosphorus (naturally occurring)	100 mg
iodine (as potassium idodide)	75 mcg
magnesium (as magnesium glycinate)	100 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium niacinate)	60 mcg
potassium (naturally occurring)	30 mg
superfruit antioxidant blend (from acerola, camu camu, quercetin, acai, mangosteen and green coffee concentrate)	100 mg
stevia (Vanilla Bean (with stevia) and Basics (with stevia))	120 mg.

other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane juice, natural flavors, apple pectin, chia seed meal; chocolate also contains cocoa powder; vanilla bean (with stevia) and Basics (with stevia) do not contain organic evaporated cane juice

serving size: Vanilla Bean flavor: 34 g (1 scoop)
Chocolate flavor: 37 g (1 scoop)
Vanilla Bean (with stevia): 27 g (1 scoop)
Basics (with stevia): 25 g (1 scoop)

servings per container: 20

***Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

	quantity	order code	sug. retail price
PureLean® Protein Blend Vanilla Bean Flavor	680 g	PLV6	$47.90
PureLean® Protein Blend Chocolate Flavor	740 g	PLC7	47.90
PureLean® Protein Blend Vanilla Bean Flavor (with stevia)	540 g	PLVS5	47.90
PureLean® Protein Blend Basics Vanilla Bean Flavor (with stevia)	500 g	PLVSB5	45.80

See also
PureLean® Protein Blend Packets page 14 NEW

PureLean® Whey

**Highly purified, cold-processed, undenatured whey protein for healthy weight management†*

Features include:

- 21 grams protein per serving
- 3 grams l-glutamine per serving
- 4.75 grams branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing
- Great-tasting, naturally flavored formula

Recommendations: Add 1 serving to water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

each scoop contains V

calories	90
fat	0 g
sodium	45 mg
carbohydrate	1 g
dietary fiber	0 g
sugars	<1 g
protein	21 g
stevia	70 mg

Contains milk, soy

other ingredients: whey protein isolate, soy lecithin, natural vanilla bean flavor

serving size: 24 g (1 scoop)

servings per container: 18

***Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

	quantity	order code	sug. retail price
PureLean® Whey	432 g	PLW4	$47.90

PureLean® Healthy Weight Management† Brochure

Order Code: PLB

Designed to Support:

- Appetite and Mood Centers of the Brain*
- Cortisol Calming and Metabolic Function*
- Satiety and Healthy Glycemic Control*
- Carbohydrate and Lipid Metabolism*

Available online and in print at no charge.



PureWeigh®

PureWeigh® PREMEAL Beverage

• French Vanilla flavor

Now with Metafolin® L-5-MTHF

*Dietary Supplement for **Weight Management†**, Appetite Control, Satiety, Mood-Food Responses, Glycemic and Insulin Support*

Successful weight management must address the underlying mechanisms leading to weight gain. PureWeigh PREMEAL is a special dietary beverage for individuals who require additional metabolic support for mood-food responses, satiety, and glucose and insulin metabolism. PureWeigh PREMEAL contains an advanced spectrum of nutritional ingredients scientifically researched for their health benefits affecting weight control.*

PureWeigh is an advanced PREMEAL beverage, designed to be taken before meals or as a snack, rather than as a meal replacement. It is easily combined with a professionally supervised low glycemic/high fiber diet and exercise program to enhance success.

Basic Recommended Preparation:

Calories: 90-220 avg.

Add 1 serving to 8-12 oz of water or milk. If mixing with juice, first dilute juice 50% with water. Do not mix with juices that contain fructose, artificial favors or sugars. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth. Drink slowly over several minutes.

one scoop contains

calories	90
fat	<1 g
saturated fat	<1 g
cholesterol	<1 mg
sodium	70 mg
carbohydrate	11 g
dietary fiber	5 g
sugars	3 g
protein	11 g
vitamin A (as beta carotene)	1,250 iu
vitamin C (as ascorbic acid and 33% mineral ascorbates)	125 mg
vitamin D (as cholecalciferol)(D_3)	100 iu
vitamin E (as d-alpha tocopherol succinate)	33 iu
thiamin (as thiamin HCl) (B_1)	8 mg
riboflavin (vitamin B_2)	4 mg
niacin (as niacinamide)	8 mg
vitamin B_6 (as pyridoxine HCl)	2 mg
folate (as Metafolin®, L-5-MTHF)	100 mcg
vitamin B_{12} (as methylcobalamin)	83 mcg
biotin	1 mg
pantothenic acid (calcium pantothenate) (B_5)	33 mg
calcium (as naturally occurring, calcium citrate and milk minerals)	369 mg
phosphorus (naturally occurring)	150 mg
magnesium (naturally occurring and as magnesium citrate)	44 mg
zinc (as zinc picolinate)	2 mg
selenium (as selenomethionine)	16 mcg
manganese (as manganese aspartate)	0.4 mg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as molybdenum aspartate)	8 mcg
potassium (naturally occurring and as potassium aspartate)	69 mg
vanadium (as vanadium aspartate)	16 mcg
inositol hexaniacinate	7 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
riboflavin 5′ phosphate (activated B_2)	2 mg
pyridoxal 5′ phosphate (activated B_6)	2 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	73 mcg
Serotein Functional Protein Complex w/ MFR Factors	15 g
(providing 12 mg isoflavones)	
calcium enriched soy protein isolate	
whey protein isolate	
myo-inositol	
SloCarb Slow Release Carbohydrate Complex	7.5 g
high amylose resistant starch (maltodextrin)	
high viscosity glucomannan (konjac root)	
high lignan flax seed fiber	
1,3 beta glucan	
LivClear	215 mg
red beet extract (fruit)	
milk thistle extract (seed) (80% silymarin)	
taurine	
green tea extract (leaf)	
(standardized to contain a minimum of 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	

PureWeigh® PREMEAL Beverage

stevia	30 mg

Contains milk, soy

other ingredients: calcium enriched soy protein isolate, whey protein isolate, natural flavors, luo han guo (momordica grosvenorii) extract (fruit)

serving size: 25.5 g (1 scoop)
servings per container: 26

******WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women.***

	quantity	order code	sug. retail price
PureWeigh® Beverage			
French Vanilla	664 g	PWFV6	$57.10

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

PureWeigh®-FM capsules

**Enhanced weight management support when combined with a healthy diet and exercise*

PureWeigh®-FM is an encapsulated supplement companion to PureWeigh® PREMEAL Beverage for synergistic support of lipid, glucose, and insulin metabolism during active weight management. Banaba leaf (*Lagerstroemia speciosa L.*) contains a triterpenoid compound called corosolic acid and has been reported in studies to support healthy glucose function and absorption. A phase II, double blind, placebo-controlled multi-center trial in Japan suggested that banaba extract maintained healthy glucose function. Furthermore, an independent U.S. clinical study reported statistically significant weight management in human volunteers supplementing with a 1% corosolic acid banaba extract. Animal studies have suggested that corosolic acid may promote healthy weight management in part by moderating adipocyte cell differentiation. The green tea extract used in PureWeigh®-FM contains a minimum of 23% epigallocatechin gallate (EGCG), which, in addition to its antioxidant power, has been shown in recent studies to enhance thermogenesis and fat oxidation. Combined with exercise, 7-KETO™ DHEA helps increase thermogenesis and basal metabolism to support a healthy lean/adipose tissue ratio. Taurine promotes healthy insulin, glucose, lipid and triglyceride metabolism. Taurine also stimulates the formation of taurocholate, which supports fat metabolism in the liver. Additionally, taurine is a powerful antioxidant, acting to reduce free radical generation in the liver, heart, pancreas and other tissues. Chromium polynicotinate (ChromeMate®) supports glucose metabolism and enzyme activation. Biotin, a water-soluble B vitamin, facilitates protein, fat and carbohydrate metabolism by acting as a coenzyme for numerous metabolic reactions. Magnesium citrate is a highly bioavailable form of magnesium and is an important mineral involved in nearly all physiological processes, including glucose metabolism.

PureWeigh®-FM is designed to provide enhanced support for glucose, insulin, and lipid metabolism as part of the PureWeigh® PREMEAL Beverage weight management plan.

ChromeMate® brand niacin-bound chromium. U.S. Patents 4,923,855; 4,954,492; 5,194,615. ChromeMate® is a trademark of InterHealth, N.I.

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

three vegetarian capsules contain V 0

biotin	1.5 mg
magnesium (as magnesium citrate)	125 mg
chromium (as chromium polynicotinate)	125 mcg
taurine (free-form)	450 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	525 mg
banaba (lagerstroemia speciosa l.) extract (leaf) (standardized to contain 1% corosolic acid)	48 mg
DHEA-Acetate-7-one	150 mg
ascorbyl palmitate (fat-soluble vitamin C)	45 mg

other ingredients: vegetarian capsule (cellulose, water)

1 capsule before each meal, 3 times daily.

	quantity	order code	sug. retail price
PureWeigh®-FM capsules	120	PWF1	$74.10
	60	PWF6	41.30

Relora®

**Promotes healthy cortisol and DHEA production, moderates occasional stress and promotes satiety when combined with a healthy diet and exercise*

Relora® is a natural, proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and moderates occasional stress, in addition to supporting satiety and healthful eating. 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.

Relora® is a standardized blend of extracts from Phellodendron amurense and Magnolia officinalis that studies have indicated helps mediate everyday stress-related emotions, eating behavior, and muscle tension, without causing sedation.

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

each vegetarian capsule contains V 2

Relora®	250 mg
proprietary patented blend of: magnolia (magnolia officinalis) extract (bark) and phellodendron (phellodendron amurense) extract (bark)	
ascorbyl palmitate (fat-soluble vitamin C)	5 mg

other ingredients: modified food and corn starch, silicon dioxide, hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

3 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Relora®	180	RL1	$65.20
	60	RL6	24.90



Satiet-ease

**Promotes satiety and positive mood when combined with a healthy diet and exercise; provides general support for emotional well-being and ease from stress*

Satiet-ease is a powerful combination of mood and satiety-supporting compounds to promote emotional well being, moderate occasional stress, and enhance satiety. The amino acid tyrosine is a precursor of catecholamine neurotransmitters, including l-dopa, dopamine, epinephrine, and norepinephrine. These neurotransmitters are responsible for supporting mood and mental function. l-Tyrosine helps to maintain a healthy response to emotional stress. Relora® is a natural, proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*, providing potential support for satiety and occasional stress. These extracts interact with central nervous system receptors, such as GABA and the serotonin transporter, helping to promote satiety, support healthy body fat distribution and enhance emotional well-being. *Rhodiola rosea* promotes the activities of the neurotransmitters serotonin, norepinephrine, and dopamine. It has demonstrated the potential to enhance stress tolerance and moderate stress-related fatigue.

Satiet-ease is a unique formula providing important central nervous system support for satiety, food cravings and mood. In addition, it can serve as a general formula for supporting emotional well-being and moderating occasional stress.

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

two vegetarian capsules contain V 00

Relora®	250 mg
proprietary patented blend of: magnolia (magnolia officinalis) extract (bark) and phellodendron (phellodendron amurense) extract (bark)	
rhodiola (rhodiola rosea) extract (root)	100 mg
(standardized to contain 3% total rosavins and min. 1% salidrosides)	
l-tyrosine (free-form)	800 mg
ascorbyl palmitate (fat-soluble vitamin C)	20 mg

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

Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

2 capsules three times daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Satiet-ease	90	SA9	$34.30

See also
7-KETO DHEA page 54
Lo-Glycemix page 158
Metabolic Xtra page 77

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

XanthiTrim

Liquid-filled Caplique® Capsule

**Supports healthy fat metabolism and metabolic rate*

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, healthy inflammatory balance, and healthy triglyceride levels. 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.

XanthiTrim supports thermogenesis and energy expenditure for healthy metabolic rate and function when combined with a healthy diet and exercise.

XANTHIGEN® is a registered trademark licensed exclusively to PoliNat. International patents pending.

GreenSelect® Phytosome is a registered trademark of Indena.

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

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.

each Caplique® Capsule contains V 0

Xanthigen® proprietary blend	300 mg
providing:	
wakame seaweed (undaria pinnatifida), kombu seaweed (laminaria japonica) (providing 1,275 mcg fucoxanthin (min.)), and pomegranate seed oil	
GreenSelect® Phytosome	150 mg
providing:	
green tea (camellia sinensis) (leaf) and soy lecithin phospholipids (standardized to contain 13% epigallocatechin gallate (EGCG))	

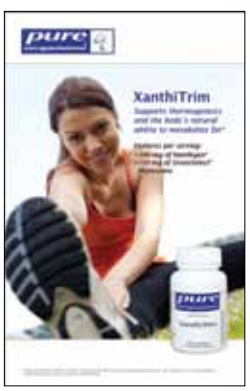
Contains soy

other ingredients: medium chain triglycerides, vegetarian Caplique® Capsule (cellulose, water)

2 Caplique® Capsules daily, in divided doses, with meals and 8 oz water.

	quantity	order code	sug. retail price
XanthiTrim	60	XT6	$49.20

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



XanthiTrim Brochure
Order Code: XTB

Available online



WOMEN'S FORMULAS

Breast Health Complete

Now with Metafolin® L-5-MTHF

**Comprehensive support for general breast health and breast comfort*

Diindolylmethane is a metabolite of the compound indole-3-carbinol found in cruciferous vegetables. BioResponse DIM® is a highly absorbable form of diindolylmethane. 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. Flaxseed and Norwegian spruce are important sources of the lignans secoisolariciresinol diglucoside (SDG) and 7-hydroxymatairesinol (HMR), respectively. Dietary lignans are converted in the body to enterolactone, providing healthy nutritional support for overall health. Vitamins and minerals including folate (L-5-MTHF), vitamin D and methyl-selenocysteine also provide nutritional support for general breast health while curcumin, sulfurophane and green tea support healthy, normal breast cell function.

Breast Health Complete offers nutritional support for maintaining general breast health.

HMRlignan™ is a trademark of Linnea Inc.

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

BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

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

three vegetarian capsules contain V 00

vitamin D (as cholecalciferol) (D_3)	400 iu
folate (as Metafolin®, L-5-MTHF)	400 mcg
selenium (as methyl-selenocysteine)	100 mcg
HMRlignan™ (containing 7-hydroxymatairesinol)	10 mg
flax (linum usitatissimum) lignan complex (seed) (standardized to contain 4% secoisolariciresinol diglucoside (SDG))	1,250 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
green tea (camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	100 mg
turmeric (curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	250 mg
broccoli (brassica oleracea italica) sprout concentrate (whole plant) (standardized to contain a minimum of 800 mcg sulforaphane)	200 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg

Contains soy (phosphatidylcholine)

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

3 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Breast Health Complete	120	BHC1	$63.20

Black Cohosh 2.5

**Offers support during menopause; reduces hot flashes*

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.

Black Cohosh 2.5 modulates LH secretion and supports healthy estrogen metabolism during menopause.

each vegetarian capsule contains V 0

black cohosh (cimicifuga racemosa) extract (root) (standardized to provide 2.5% triterpene glycosides)	250 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

1-2 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Black Cohosh 2.5	120	BLC1	$35.80
	60	BLC6	20.20

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.

Chaste tree, or Vitex, offers important support for maintaining healthy menstrual cycle duration and flow, healthy reproductive function, and breast comfort.

each vegetarian capsule contains V 3

chaste tree (Vitex agnus-castus) extract (fruit)	225 mg

other ingredients: vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

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

	quantity	order code	sug. retail price
Chaste tree (Vitex)	120	CT1	$20.60
	60	CT6	11.50



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

Cranberry NS®

**Maintains urinary tract health*

Cranberries have been used for hundreds of years as nutritional support for the urinary tract. Cranberry extract provides support without the unwanted sugar found in cranberry juice varieties, which can encourage the growth of unfriendly bacteria. The role of cranberry extract includes enhancing the acidity of urine and maintaining a healthy urinary tract ecology. Constituents of cranberry extract associated with its benefits include proanthocyanidins as well as d-mannose. In one study, healthy urinary function was observed in subjects shortly after drinking cranberry juice cocktail. Another study 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 extract 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.

Cranberry NS® nutritionally supports urinary tract health without unwanted sugar which can encourage the growth of unfriendly bacteria.

CranMax® is a registered trademark of Pharmachem Laboratories, Inc.

each vegetarian capsule contains V 00

cranberry (vaccinium macrocarpon) extract (fruit) ..... 500 mg
other ingredients: cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, vegetarian capsule (cellulose, water)

Each capsule has approximately 3 calories.

1–3 capsules daily, in divided doses, between meals.

	quantity	order code	sug. retail price
Cranberry NS®	180	CN1	$46.60
	90	CN9	25.80

Cranberry/d-Mannose

**Cranberry extract combined with d-mannose for dual support of urinary tract comfort*

Cranberry extract provides urinary tract support without the unwanted sugar found in cranberry juice or juice cocktails, which can encourage the growth of unfriendly bacteria. It enhances the acidity of urine and maintains a healthy urinary tract ecology. One study 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. d-Mannose, a simple sugar found in cranberries and other fruit, is included in this formula to provide concentrated support. One study examining the effect of d-mannose on epithelial cells suggested that it may play a role in supporting healthy genitourinary function by maintaining a healthy mucosal surface.

Cranberry/d-Mannose combines cranberry extract made from 100% cranberry fruit solids and d-mannose for both time-tested and concentrated support of urinary tract comfort.

CranMax® is a registered trademark of Pharmachem Laboratories, Inc.

each vegetarian capsule contains V 00

cranberry (vaccinium macrocarpon) extract (fruit) ..... 100 mg
d-mannose ..... 450 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 11 mg
other ingredients: cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin, vegetarian capsule (cellulose, water)

2–6 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
Cranberry/d-Mannose	180	CRD1	$75.50
	90	CRD9	41.10

d-Mannose powder

**Concentrated urinary tract support*

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.

d-Mannose, the active urinary tract support ingredient of cranberries, provides concentrated support for proper urinary function.

each scoop contains V

d-mannose ..... 0.9 g

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

	quantity	order code	sug. retail price
d-Mannose powder	100 g	DMP1	$76.20
	50 g	DMP5	43.40

DIM-PRO® 100

**Metabolite of indole-3-carbinol for breast, cervical and prostate health*

DIM-PRO® 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.

DIM-PRO® 100 provides a highly absorbable form of diindolylmethane, a dietary indole from cruciferous vegetables that provides support for healthy breast, cervical and prostate cells.

BioResponse DIM® and DIM-PRO® are trademarks of BioResponse, L.L.C., Boulder, CO. U.S. Patent 6,086,915.

each vegetarian capsule contains V 0

diindolylmethane complex ..... 100 mg
(complex of starch, diindolylmethane, d-alpha tocopheryl succinate, phosphatidylcholine and silica)
(standardized to contain 25% diindolylmethane) ..... 25 mg
ascorbyl palmitate (fat-soluble vitamin C) ..... 20 mg
Contains soy (phosphatidylcholine)
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

Natural color variations may occur.

1–3 capsules daily, in divided doses, with or between meals.

	quantity	order code	sug. retail price
DIM-PRO® 100	120	DP1	$83.70
	60	DP6	44.80



GeniBalance

**Soy-free genistein and lignan blend*

- Provides 15 mg of soy-free genistein per serving
- Offers the lignans secoisolariciresinol diglucoside (SDG) and 7-hydroxymatairesinol (HMR) from flaxseed and Norway spruce to support healthy serum enterolactone levels*
- Moderates hot flashes and supports menopausal comfort*
  - In a 12 week randomized, double-blind, placebo-controlled trial involving 84 post-menopausal women, geniVida® supplementation reduced hot flashes by 51% after 4 weeks (compared to a 27% reduction in placebo group), as well as decreased duration of hot flashes*
  - In a double-blind, randomized, cross-over trial involving postmenopausal women, supplementation with flaxseed lignans reduced hot flashes by 41%*
- Supports bone health*
  - In a randomized, double-blind, placebo-controlled trial involving 389 women supplemented with calcium and vitamin D, genistein offered statistically significant support for healthy bone mineralization of the lumbar spine and femoral neck*
  - Another randomized, double-blind study suggests genistein supports healthy bone resorption and bone formation*
- Promotes endometrial, breast and prostate tissue health*
- Maintains healthy cardiovascular function, including glucose and lipid metabolism, and healthy blood flow*

GeniBalance offers soy-free genistein and lignans to support tissue health and menopausal comfort.

geniVida® is a registered trademark of DSM.
HMRlignan™ is a trademark of Linnea Inc.

each vegetarian capsule contains v 0

geniVida® genistein	15 mg
7-hydroxymatairesinol (from HMRlignan™ complex)	10 mg
flax (linum usitatissimum) lignan complex (seed)	375 mg
(standardized to contain 4% secoisolariciresinol diglucoside (SDG))	15 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women

1-2 capsules daily, with a meal.

	quantity	order code	sug. retail price
GeniBalance	60	GNB6	$26.50

Genistein: A polyphenol for hormonal balance*

Genistein belongs to a class of polyphenols known as flavonoids. Like other members of this family, the protective actions of this phytonutrient extend to many aspects of health and wellness, including cardiovascular health, metabolic homeostasis and longevity. As a dietary phytoestrogen, the benefits of genistein are partially due to direct interaction with estrogen receptors. In hormone-sensitive tissues, the mild nature of this interaction helps the body to balance the actions of its own natural hormones. Through binding estrogen receptors in bone, genistein supports pathways that naturally maintain bone density, providing an effective, low-dose option for maintaining bone health. Other benefits of genistein include support for inflammatory balance, antioxidant defenses and vitamin D signaling. By virtue of this unique spectrum of protective effects, genistein supports cellular health and overall wellness.*

Indole-3-Carbinol 400 mg

**Supports healthy breast, cervical and prostate cell function*

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.

Indole-3-carbinol, the powerful phytochemical found in cruciferous vegetables, provides support for healthy breast, cervical and prostate cells.

each vegetarian capsule contains v 0

indole-3-carbinol	400 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

This formula requires refrigeration.
Not to be taken by pregnant or lactating women.

1–2 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Indole-3-Carbinol 400 mg	120	I341	$83.00
	60	I346	46.70

Indole-3-Carbinol 200 mg

each vegetarian capsule contains v 1

indole-3-carbinol	200 mg

other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

This formula requires refrigeration.
Not to be taken by pregnant or lactating women.

1–4 capsules daily, in divided doses, with meals.

	quantity	order code	sug. retail price
Indole-3-Carbinol 200 mg	120	I321	$47.40
	60	I326	26.80



*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.

PhytoBalance

**Promotes healthy estrogen and progesterone activity; reduces hot flashes*

This standardized herbal extract formula provides multifaceted support for the body during the hormonal changes which occur during menopause. PhytoBalance contains phytoestrogens, natural substances in plants which bind to estrogen receptor sites and exhibit weak estrogen-like activity. This formula also contains herbs with uterotonic properties and ingredients to help maintain healthy prolactin secretion.

PhytoBalance naturally promotes estrogen-like activity and provides optimum support during periods of hormonal changes.

each vegetarian capsule contains V 00

dong quai (angelica sinensis) extract (root)	100 mg
licorice (glycyrrhiza glabra) extract (root) (standardized to contain 20% glycyrrhizic acid)	100 mg
motherwort (leonurus cardiaca) extract (herb)	100 mg
chaste tree (vitex agnus-castus) extract (berry)	100 mg
black cohosh (cimicifuga racemosa) extract (root) (standardized to contain 2.5% triterpene glycosides)	100 mg

other ingredients: maltodextrin, tri-calcium phosphate, vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women.

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

	quantity	order code	sug. retail price
PhytoBalance	120	MP1	$32.80
	60	MP6	18.30



ProSoothe II

(New and Improved from the original ProSoothe formula)

Supports menstrual comfort and mood and helps lessen fatigue and cravings

ProSoothe II provides a comprehensive nutrient and botanical approach to support mood, cravings, cramps and bloating associated with the menstrual cycle. Calcium plays a role in healthy smooth muscle function and menstrual comfort. Vitamin D has similar effects, attributed to its ability to promote healthy calcium levels, cyclic hormone function and neurotransmitter activity. Zinc's role in cyclical hormone function is linked to its ability to maintain healthy prolactin secretion. 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 occasional anxiety associated with the menstrual cycle. A number of studies indicate the positive effect of vitamin B_6 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.

DimaCal® is a registered trademark of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904.

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

two vegetarian capsules contain V 00

calcium (as DimaCal® di-calcium malate)	100 mg
vitamin D (as cholecalciferol) (D_3)	400 iu
vitamin E (as d-alpha tocopherol succinate)	200 iu
magnesium (as di-magnesium malate)	100 mg
pyridoxal 5' phosphate (activated B_6)	50 mg
chaste tree (vitex agnus-castus) extract (fruit)	200 mg
Relora®	270 mg
proprietary blend of: patented magnolia (magnolia officinalis) extract (bark) and phellodendron (phellodendron amurense) extract (bark)	
rhodiola (rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and min. 1% salidrosides)	50 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg

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

2–4 capsules daily, in divided doses, with meals. May be used daily or during the luteal phase only, as directed by your health professional.

	quantity	order code	sug. retail price
ProSoothe II	120	PMS21	$46.00
	60	PMS26	25.70

See also

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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.

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CranLoad Sport 31
Disc-Flex 90
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Hair/Skin/Nails Ultra 141
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Longevity Nutrients 121
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Polyphenol Nutrients 118
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Digestive Enzymes *Ultra* 65

Hespertin
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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.

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B_6 Complex 148
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Olive leaf *(Olea europaea L.)*
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Olive fruit *(Olea europaea L.)*
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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.

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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.

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