pure encapsulations®

Nothing But Pure®

Incorporate the #1 most trusted brand[1] into your practice today



2020 | Professional Product Reference Guide

1. Nutrition Business Journal® 2016.

*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.

We develop products with a pure commitment to pure ingredients.



Printed on Recycled Paper.

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For an updated list of our discontinued products, visit PureEncapsulations.com/discontinued-products

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THE PURE DIFFERENCE

At Pure Encapsulations®, it is our mission to produce safe and effective FREE-FROM products that you and your patients can depend on to achieve a variety of health and wellness goals.

For more than 30 years, we have delivered high-quality, research-based dietary supplements made from pure, premium ingredients to deliver the best results. Developing a full line of supplements with pure ingredients for overall wellness and for those most sensitive to common allergens has always been of utmost importance to us. This is why Pure Encapsulations products are **FREE FROM unnecessary additives and common allergens,** including gluten, egg, peanuts, GMOs††, artificial colors and preservatives. Our products are designed to offer a wide range of support, from immune health and digestive health to memory and mood. We offer the most comprehensive line of FREE-FROM supplements for all your needs.*‡

We produce our products locally with premium raw ingredients that are scientifically tested to ensure that each ingredient and final product meet our quality standards. We take these high-quality standards seriously, which is why we're ranked highest in **ingredient purity, quality testing**, and **trust**.[1]

Pure Encapsulations is proud to be the **#1 most trusted brand** among healthcare practitioners and consumers.[2]

With us, it's Nothing But Pure®

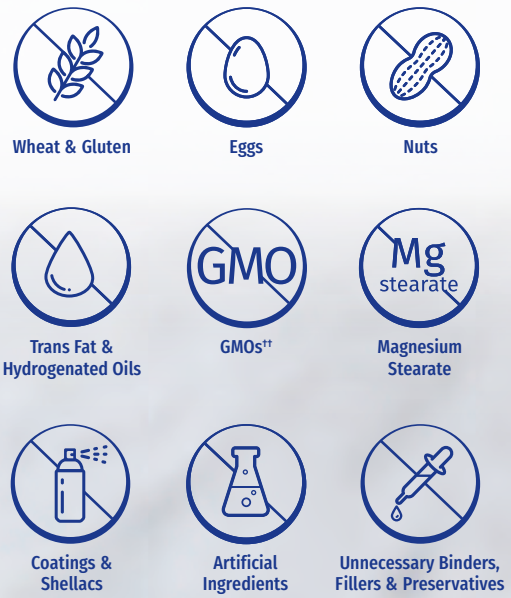
MOST TRUSTED #1 PRACTITIONER BRAND[2]



PURE AND CLEAN INGREDIENTS

When developing our FREE-FROM products, we source only high-quality ingredients, evaluate research to ensure accurate and safe results, and undergo additional third-party laboratory testing to ensure product purity and potency.

Our FREE-FROM supplements are meticulously manufactured and tested to ensure they are **FREE FROM:**



PURITY & POTENCY

All of our raw materials are tested for identity, potency, microbial contaminants, heavy metals, solvent residue and allergens. Herbal ingredients are also tested for different pesticide compounds and essential fatty acids and fish/krill oils are tested for oxidation markers and environmental contaminants, including PCBs and dioxins.

Our comprehensive allergen procedures allow us to confidently prevent ingredient cross-contamination. Formulas undergo stability studies to ensure potency throughout shelf life.

QUALITY ASSURANCE

All manufacturing takes place in temperature and dust-controlled rooms and each piece of equipment is completely dismantled, sanitized, and inspected before every production run. Trained machine operators inspect the capsules every 30 minutes, and quality assurance specialists run their own inspection every 60 to 90 minutes. At Pure Encapsulations, we are:

- An FDA-inspected facility
- NSF-GMP registered
- Certified Gluten-Free
- GMP certified in Canada

Certified GF Gluten-Free

Our door is always open.
Visit our manufacturing facility in
Sudbury, Mass., anytime without notice.

1. Kaiser Associates 2014.
2. Nutrition Business Journal® 2016.

††Visit PureEncapsulations.com for more information on our GMO Policy.

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

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

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OUR COMMITMENT TO YOU

As the most trusted brand[1] and leader in the professional supplement space, Pure Encapsulations® is committed to helping healthcare practitioners understand and apply personalized, evidence-based nutrition to achieve optimal patient outcomes.

We look forward to supporting your commitment to patient wellness with:



PureGenomics®, a first-of-its-kind, nutritional genomics platform dedicated to empowering practitioners like you with simple, reliable, and actionable genomic information. This unique platform helps you make informed nutritional recommendations customized for your patients' unique genetic profiles and wellness goals



Clinical protocols developed in collaboration with medical experts to help you simplify and optimize assessment and supplement recommendations to support specific health goals



Comprehensive portfolio of over 400 individual and multi-nutrient products across 10 health functions to empower you to customize supplementation based on patient presentation, lab results and other parameters



Live and on-demand education in partnership with functional medicine thought leaders who share effective clinical strategies for supporting a wide range of health functions‡



Patient materials to help educate your patients on the benefits of Pure Encapsulations

Access our **clinical protocols** and **calendar of upcoming events and on-demand education** that fits your schedule at **PureEncapsulations.com**

CLINICAL PROTOCOLS

Nothing demonstrates efficacy more than results in clinical practice. Our Medical Advisors put our products to the test and have developed a series of protocols based on their experience with the effectiveness of our products. These protocols help simplify and optimize assessment and supplement decisions to support specific health goals, ranging from weight management to immune support. They also include the newest products and research advancements.‡

PureGI™



Support upper and lower GI function, from digestion to elimination.‡

- Microbiome Optimization Protocol
- Upper GI Support Protocol
- Lower GI Support Protocol

PureSYNAPSE™



Support mood, sleep quality, stress, memory and healthy eating behavior.‡

- Behavioral Health Protocol: How to Address Obsessive Thinking & Habits
- Healthy Eating Behavior Protocol: How to Address Excessive Eating
- Healthy Eating Behavior Protocol: How to Address Restrictive Eating
- Integrative Mental Health Protocol
- Memory Support Protocol
- Mental Alertness & Concentration Support Protocol
- Mood Support Protocol
- Sleep Support Protocol
- Stress Management & Relaxation Protocol

PureLean®



Support metabolic rate, energy expenditure, healthy glycemic control, and satiety.‡

- Healthy Weight Management† Protocol

PureResponse™



Support immune balance and responsiveness.‡

- Immune Health Protocol

PureWoman™



Target breast and ovarian health, premenstrual and menopausal support, emotional well-being and occasional stress.‡

- Breast Health Protocol
- Cardiovascular Support Protocol
- Detox Protocol
- Musculoskeletal Protocol
- Ovarian & Metabolic Health Protocol
- PMS Protocol
- Postmenopausal Cognitive Support Protocol
- Postmenopausal Metabolic Health Protocol

Download our protocols at
PureEncapsulations.com

1. Nutrition Business Journal® 2016.

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

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

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CLINICAL TRIALS

Scientific research is a top priority for Pure Encapsulations®. We continuously invest in studying both our ingredients and finished products. Learn more about some of the ongoing and completed trials involving Pure Encapsulations products below.** (P) = Published Trial

Product	Study Title	Institution
Acetyl-l-Carnitine **Alpha Lipoic Acid**	A Placebo-Controlled Trial of Acetyl-L-Carnitine and Alpha-Lipoic Acid in the Treatment of Bipolar Depression (P)	Biological Psychiatry Laboratory, McLean Hospital, an affiliate of Harvard Medical School
Alpha Lipoic Acid **R-Lipoic Acid**	Comparing the gastrointestinal tolerability and absorption of racemic lipoic acid and R-lipoic acid in progressive multiple sclerosis: a cross-over trial	MS Center of Oregon, Oregon Health & Science University
Alpha Lipoic Acid	Lipoic Acid for Treatment of Progressive Multiple Sclerosis	
	Lipoic acid in secondary progressive MS: A randomized controlled pilot trial (P)	
	Lipoic Acid Pharmacokinetics at Baseline and 1 year in Secondary Progressive Multiple Sclerosis (P)	
	Evaluation of Alpha Lipoic Acid as a Potential Treatment for Geographic Atrophy in subjects with Age-related Macular Degeneration	Perelman School of Medicine, University of Pennsylvania
CurcumaSorb **Vitamin D_3** **O.N.E. Omega**	Correlative Analysis of the Genomics of Vitamin D, Omega-3 Fatty Acid Intake and Turmeric Curcumin in Men Managed with Active Surveillance of Prostate Cancer	Cleveland Clinic
DHA Ultimate	Effect of DHA-rich fish oil on PPARγ target genes related to lipid metabolism in type 2 diabetes: A randomized, double-blind, placebo-controlled clinical trial (P)	Tehran University of Medical Sciences, Iran
Ginger Extract	Pilot Trial to Examine the Effect of Ginger on the Gut Microbiome	University of Minnesota College of Pharmacy
	Phase II trial of encapsulated ginger as a treatment for chemotherapy-induced nausea and vomiting (P)	University of Michigan Medical Center
	Phase II study of the effects of ginger root extract on eicosanoids in colon mucosa in patients at normal risk for colorectal cancer (P)	
Magnesium Glycinate	Magnesium and Blood Pressure Trial	Brigham and Women's Hospital, an affiliate of Harvard Medical School
Melatonin **Strontium (citrate)** **Vitamin D_3** **Vitamin K_2 (MK7)**	Melatonin-micronutrients Osteopenia Treatment Study (MOTS): a translational study assessing melatonin, strontium (citrate), vitamin D_3 and vitamin K_2 (MK7) on bone density, bone marker turnover and health related quality of life in postmenopausal osteopenic women following a one-year double-blind RCT and on osteoblast-osteoclast co-cultures (P)	Duquesne University School of Pharmacy
Pregnenolone	An Open-Label Study of the Neurosteroid Pregnenolone in Adults with Autism Spectrum Disorder (P)	Department of Psychiatry & Behavioral Sciences, Stanford University
	Randomized Controlled Pilot Trial of Pregnenolone in Autism	
Resveratrol	An anti-inflammatory and reactive oxygen species suppressive effect of an extract of *Polygonum cuspidatum* containing resveratrol (P)	Division of Endocrinology, Diabetes and Metabolism, State University of New York at Buffalo, and Kaleida Health
	Effects of *Polygonum cuspidatum* Containing Resveratrol on Inflammation in Male Professional Basketball Players (P)	Department of Clinical Nutrition, School of Nutrition and Dietetics, Tehran University of Medical Sciences, Tehran, Iran
Resveratrol EXTRA **Teavigo®**	Combined epigallocatechin-3-gallate and resveratrol supplementation for 12 weeks increases mitochondrial capacity and fat oxidation, but not insulin sensitivity, in obese humans: an RCT (P)	Maastricht University, Maastricht, Netherlands
	Gut microbiota composition in relation to the metabolic response to 12-week combined polyphenol supplementation in overweight men and women (P)	
	Short-term supplementation with a specific combination of dietary polyphenols increases energy expenditure and alters substrate metabolism in overweight subjects (P)	
Saccharomyces boulardii	Effect of the Probiotic *Saccharomyces boulardii* on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot Study (P)	National University of Natural Medicine, Portland, Oregon
Saw Palmetto	Saw Palmetto for Symptom Management During Radiation Therapy for Prostate Cancer (P)	Michigan State University
Vitamin D_3	The effects of oral vitamin D_3 on markers of immune system regulation: an RCT	University of Aberdeen, Aberdeen, Scotland
	A randomized, comparative study of the effects of winter supplementation with ultraviolet light versus oral vitamin D to assess the effects on immune tolerance	
	Hipbone loss is attenuated with 25 mcg (1000 IU) but not 10 mcg (400 IU) daily vitamin D_3: a 1-year double-blind RCT in postmenopausal women (P)	
	Effects of Vitamin D Supplementation on Endometrial Receptivity in Infertile Women	University of Hong Kong

MEDICAL ADVISORY BOARD+

Our Medical Advisory Board is a diverse panel of experienced healthcare professionals who contribute to helping us provide innovative and effective dietary supplements and educational tools.



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Chief Medical Advisor



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Samuel F. Yanuck, D.C., FACFN, FIAMA

Learn more about the incredible individuals who make up our Medical Advisory Board at **PureEncapsulations.com**

+Our Medical Consultants are retained advisors to Pure Encapsulations.
**Independent studies conducted by independent, academic researchers. Pure Encapsulations has no influence on study results. Study titles are provided for informational purposes only and are not intended as product claims or to imply a positive outcome.

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PureGenomics®

Discover a New Level of Precision in Everyday Practice

PureGenomics is dedicated to empowering practitioners like you with simple, reliable, and actionable genomic information to help you make informed nutritional recommendations customized for your patients' unique genetic profiles and wellness goals.

We distill genomic data into actionable reports that make evidence-based nutritional, laboratory, and lifestyle recommendations using a patient's 23andMe® or Ancestry® results. We assign an evidence score that quantifies the level of science behind each recommendation so that you can be confident that you are receiving clinically relevant and scientifically credible recommendations.

We partner with healthcare practitioners like you because we believe that you play a crucial role in safely guiding and maximizing therapeutic outcomes for patients. PureGenomics empowers you with tools, information, education, and products to help you create a comprehensive plan of care that is customized to your patients' unique nutritional needs.



Nathan Morris, M.D.,†
is a family practice, trained functional medicine practitioner and Chief Medical Advisor for Pure Encapsulations. He specializes in determining connections between seemingly disparate clinical observations, approaching the body as an integrated whole. Dr. Morris applies genetic testing as a tool to objectively guide personalized approaches to detoxification, age-related cognitive function, and cellular health.

Practitioners Enjoy Complimentary Access to PureGenomics®



Learn more at **PureGenomics.com**

*Dr. Morris is a retained advisor to Pure Encapsulations.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.
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Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY.COM®.
PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

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PURE VALUES

Pure Encapsulations® was built on a dedication to improving the wellness and well-being of others. We live true to these values daily and support some incredible organizations that align with our quest to enhance the quality of life for individuals around the world.

SUSTAINABILITY

We believe our health starts with the health of our planet. At Pure Encapsulations we maintain a high-level commitment to improving our sustainable footprint through ongoing efforts, such as eliminating single-use plastic items that cannot be recycled and making changes to the plastic wrapping on our bottles. Through our efforts, we're proud to have saved NINE tons of plastic just this year.

Learn more at **PureEncapsulations.com**



Sustainability

PURE GIVING

SOS CHILDREN'S VILLAGES

We have the honor of supporting SOS Children's Villages – the world's largest nonprofit organization dedicated to protecting and supporting orphaned, abandoned and other vulnerable children. For 70 years, SOS has worked to build and strengthen families for children in need while equipping them with the tools to reach their full potential. At SOS Villages, children who lack parental care are welcomed into a loving and stable home, where they are integrated into a family environment, encouraged by their SOS mother, and provided with essential services like quality education, healthcare, and support to heal from trauma and loss.

Pure Encapsulations is a committed SOS partner. We raised funds to construct an SOS village in Pachacamac, Peru that is home to eight children. We have been fundraising to ensure the village can continue to provide the best care, including building a new family home to serve more children. We are also a proud sponsor of a little girl and boy, for whom we provide food, clothing, school supplies, and medical care.



For more information on SOS's life-changing work and to learn how to support their mission, visit **sos-usa.org**

VITAMIN ANGELS

Actively serving over 70 countries worldwide, Vitamin Angels is a nonprofit organization that provides lifesaving vitamins to more than 70 million mothers and children under 5 at risk of malnutrition, reducing preventable illness, blindness and death, and helping to create a healthier world. Pure Encapsulations actively donates funds to support Vitamin Angels' mission of reducing childhood mortality rates through vitamin supplementation.



For more information on how to support this organization, visit **vitaminangels.org**

PEACE POSSIBLE

Pure Encapsulations is a proud supporter of Peace Possible™, the first nonprofit medical group that provides care to refugees, disaster survivors and the poor, while also researching the underlying causes of radicalization, violence, and PTSD, in an effort to end the cycles of poverty and violence. These individuals will receive personalized support protocols that include Pure Encapsulations products.

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PRODUCT INDEX

When you see these icons, you can be confident that the product is manufactured and tested to be FREE FROM GMOs, dairy, gluten or soy allergens, and is vegetarian or vegan. Use these icons as a guide to determine the right supplement for you. If a product contains ingredients that are derived from major allergens, such as soy, dairy or shellfish, it is prominently labeled and the term "hypoallergenic" is removed from the statement of identity on the product label.[Δ]

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

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

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

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

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

Vegetarian:
Guaranteed to contain no animal products.

Memory & Mood
Icon Indicates Primary Health Function / Category

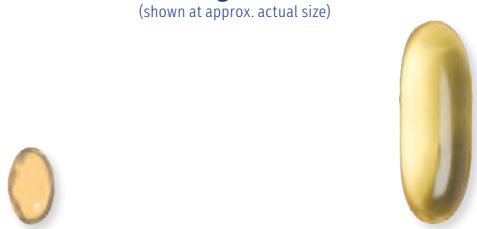
Capsule Size
(shown at approx. actual size)



3 2 1 0 00

Smallest Largest

Softgel Size
(shown at approx. actual size)



3 up to 22

Smallest Largest

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

[Δ]For a more complete definition of hypoallergenic, download the Pure Encapsulations Hypoallergenic White Paper at PureEncapsulations.com/hypoallergenic.

PRODUCT INDEX

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

Product Name	Order Code	Pg. #
+CAL+® with Ipriflavone	CP3	20
5-HTP 50 mg	HYD51	20
5-HTP 100 mg	HYD11	20
7-KETO® DHEA 25 mg	KD21	21
7-KETO® DHEA 50 mg	KD51	21
7-KETO® DHEA 100 mg	KD11	21
A.I. Enzymes	AIE1	22
A.I. Formula®	AI3	22
Açai 600	ACA1	22
A.C. Formula® II	AC21	22
Acerola/Flavonoid	ACP21	23
Acetyl-l-Carnitine 250 mg	ALC26	23
Acetyl-l-Carnitine 500 mg	ALC56	23
Adenosyl/Hydroxy B_{12}	AHB9	23
Adenosyl/Hydroxy B_{12} liquid	AHBL	23
AdipoLean II	ADL9	24
ADR Formula®	AD1	24
Adrenal	AR6	25
Aller-Essentials	ALE21	25
Alpha Lipoic Acid 100 mg	AL11	26
Alpha Lipoic Acid 200 mg	AL21	26
Alpha Lipoic Acid 400 mg	AL41	26
Alpha Lipoic Acid 600 mg	AL61	26
Alpha Lipoic Acid with GlucoPhenol®	AGP1	27
Amino Replete	AMR2	27
Amino-NR	ANR31	28
AntiOxidant Formula	AO21	28
Arabinogalactan	ARA1	28
Ascorbic Acid capsules	A12	29
Ascorbic Acid powder	AAP	29
Ascorbyl Palmitate	ASP1	29
l-Arginine	LAR1	29
Ashwagandha	ASH1	30
Astaxanthin	AST1	30
Athletic Nutrients	ATN21	31
Athletic Pure Pack	APP3B3	32
B-Complex liquid	BCL1	34
B-Complex Plus	BCP1	34
B_{12} 5,000 liquid	B125L	34
B_6 Complex	B6C21	35
B_{12} Folate	B12	35
B_{12} liquid	B12L	35
Bacopa monnieri	BA1	35
Balanced Immune	BIM6	36
BCAA capsules	BCA2	36
BCAA powder	BCAP	36
BenfoMax	BFM9	37
Best-Rest Formula	BRF1	37
Beta Carotene (with mixed carotenoids)	BE1	38
Betaine HCl Pepsin	BP2	38
Beta-sitosterol	BS2	38
Bilberry 160 mg	BB11	38
Biotin 8 mg	BI1	39
Black Cohosh 2.5	BLC1	39
Black Currant Seed Oil	BL2	39
Borage Oil	BOG1	39
Boron (glycinate)	BO6	40
Boswellia AKBA	BWA1	40
Boswellia	BW31	40
Bromelain 2400 500 mg	BR51	40
Buffered Ascorbic Acid capsules	AB22	41
Buffered Ascorbic Acid powder	ABP32	41
Calcium (citrate)	CC1	42
Calcium (MCHA)	CH31	42
Cal/Mag 2:1 (malate)	CMM1	42
Cal/Mag/D liquid	CML	42
Cal/Mag w/Cofactors powder	CMF3	42
Calcium K/D	CKD1	43
Calcium Magnesium (citrate)	CM1	43
Calcium Magnesium (citrate/malate)	CMC1	43
Calcium (MCHA) with Magnesium	CHM1	43
Calcium with Vitamin D_3	CVD1	43
Calcium-D-Glucarate™	CG1	44
Caprylic Acid	CAP2	44
CarbCrave Complex	CCC1	44
Cat's Claw	CCL1	45
l-Carnitine fumarate	LCF1	45
l-Carnitine	LC1	45
l-Carnosine	LCA1	45
Chaste tree (Vitex)	CT1	46
CholestePure‡	CHO1	46
CholestePure Plus II‡	CHP21	46
ChromeMate® GTF 600	CRG61	47
Chromium (picolinate) 200 mcg	CRP21	47
Chromium (picolinate) 500 mcg	CRP51	47
Cinnamon WS	CI1	48
CLA 1,000 mg	CL11	48
CogniMag	CGM1	48
CogniPhos	CGP1	49
Cognitive Aminos	CA21	49
Collagen JS	CJS1	50
Colostrum 40% IgG	COL41	50
Copper (citrate)	CUC6	50
Copper (glycinate)	CUG6	50
CoQ_{10} 30 mg	CQ31	51
CoQ_{10} 60 mg	CQ62	51
CoQ_{10} 120 mg	CQ11	51
CoQ_{10} 250 mg	CQ26	51
CoQ_{10} 500 mg	CQ56	51
CoQ_{10} l-Carnitine fumarate	CQF1	51
Coriolus extract **NEW**	CRS6	52
Cortisol Calm‡	COR1	52
Cranberry/d-Mannose	CRD1	53
Cranberry NS®	CN1	53
Creatine powder	CRM5	53
CurcumaSorb	MCU1	54
CurcumaSorb Mind	MCUM6	54
CurcumaSorb Mind EasySticks® **NEW**	CMESB3	55
Curcumin 500 with Bioperine®	CUB51	56
Curcumin	CUR1	56
D-Mannose powder	DMP1	58
Daily Immune‡	DI1	58
Daily Stress Formula‡	DSF1	58
Detox Pure Pack	DPPB3	59
DGL Plus®	DG1	60
DHA Ultimate	DHU1	60
DHEA 5 mg (micronized)	DH1	61
DHEA 10 mg (micronized)	DH11	61
DHEA 25 mg (micronized)	DH21	61
Digestion GB	DGB1	61
Digestive Enzymes *Ultra*	DEU1	62
Digestive Enzymes *Ultra* with Betaine HCl	DEUB1	62
DIM Detox	DD6	63
DIMPRO® 100	DP1	63
Disc-Flex	DIS1	64
DL-Phenylalanine	LP1	64
DopaPlus	DOP1	65
E.P.O. (evening primrose oil)	EPO2	65
EFA Essentials	EFA1	66
Electrolyte/Energy formula	EEF3	66
Electrolyte/Energy formula (stick packs)	EEF2B3	67
Emotional Wellness‡	EW1	67
Energize Plus™ Pure Pack	EPPB3	68
Energy Xtra	EX21	69
EPA Ultimate	EPU1	69
EPA/DHA essentials	ED11	70

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PRODUCT INDEX (CONT.)

Product Name	Order Code	Pg. #
EPA/DHA liquid (lemon flavor)	EDL2	70
EPA/DHA with lemon	EDC1	70
EpiIntegrity powder **NEW**	EIP1	71
Essential Aminos	EA21	71
Ester-C® & flavonoids	ECF21	72
EyeProtect Basics‡	EPB6	72
EyeProtect Basics without zinc‡	EPB26	72
Folate 1,000	FOL19	73
Folate 5,000	FOL56	73
Folate 5,000 Plus	FLP56	73
Folate 400	FOL49	73
Folic Acid	FO6	73
G.I. Fortify (capsules)‡	GIFC1	76
G.I. Fortify‡	GIF4	76
GABA	GAB1	77
Garlic Complex **NEW**	GRC1	77
G.I. Integrity‡	GII2	77
Ginger extract	GI1	77
Ginkgo 50 160 mg	GB11	78
GlucoFunction‡	GF1	78
Glucosamine + Chondroitin with MSM	GCMS3	78
Glucosamine Chondroitin with Manganese	GCM3	78
Glucosamine Complex	GSC1	79
Glucosamine HCl + Chondroitin	GLC1	79
Glucosamine/MSM with joint comfort herbs‡	GM3	79
Glucosamine Sulfate 1,000 mg	GS13	79
Glucose Support Formula‡	GSF1	80
l-Glutamine 500 mg	LG59	80
l-Glutamine 850 mg	LG82	80
l-Glutamine powder	LGP	81
Gluten/Dairy Digest	GDD1	81
GlutenAssure Multivitamin **NEW**	GAM9	82
Glycine	GL1	83
GlyMag-Z	GMZB3	83
Grapefruit Seed Extract	GR1	83
Grape Pip 500 mg	GP51	83
Green Tea extract	GT1	84
Growth Hormone Support‡	GH1	84
Hair/Skin/Nails Ultra	HSN6	84
Hawthorn extract	HA1	85
Heartburn Essentials‡	HB1	85
Hemp extract VESIsorb® **NEW**	HEV3	85
HM Complex	HMC1	86
Homocysteine Factors‡	HO1	86
Hyaluronic Acid	HYA1	86
Immune Support liquid‡	ISL	87
Indole-3-Carbinol 400 mg	I341	87
Innate Immune Support	IIS6	87
Inositol (powder)	INP2	87
Iodine and Tyrosine	IT1	88
Iodine (potassium iodide)	IO1	88
IP6	IP61	88
Iron-C	FC6	88
Iron liquid	IRL	88
Joint Complex (single dose)‡	JC6	90
Joint Mediator‡	JO11	90
Junior Nutrients	JUN1	91
KetoBrain Energy **NEW**	KBE3	92
Krill-plex	KP1	92
Lactobacillus Acidophilus	LA36	93
Ligament Restore‡	LR2	93
Liposomal Glutathione	LSG6	94
Lipsomal Gluthathione liquid **NEW**	LGL	94
Liposomal Vitamin C liquid **NEW**	LCL	95
Lipotropic Detox	LD1	95
LiquiNutrients	LQN32	96
Lithium (orotate) 5 mg	LI1	96
Liver-G.I. Detox‡	LGD1	97
Lithium liquid	LIOL	97
Longevity Nutrients	LGN2	98
Lutein 20 mg	LU1	99
Lutein/Zeaxanthin	LZ1	99
LVR Formula	LV1	99
Lycopene 20 mg	LY21	100
l-Lysine	LL2	100
M/R/S Mushroom Formula	MRS1	102
Maca-3	MAC1	102
Macular Support Formula‡	MS21	102
Magnesium (aspartate)	MA9	103
Magnesium (citrate)	MC1	103
Magnesium (citrate/malate)	MCM1	103
Magnesium (glycinate)	MG3	103
Magnesium (powder)	MGP1	103
Magnesium EasySticks®	MGESB3	104
Magnesium Glycinate liquid	MGL4	104
Magnesium liquid	ML2	104
Manganese (aspartate/citrate)	MN6	105
Melatonin 0.5 mg	ME51	105
Melatonin 3 mg	ME31	105
Melatonin 20 mg	ME21	105
Melatonin liquid	MEL3	106
Melatonin-SR	MESR6	106
Memory Pro‡	MEP21	106
Men's Nutrients	MENN3	107
Men's Pure Pack	MPPB3	108
MenoVive	MOV6	109
Metabolic Xtra	MX29	109
l-Methionine	LM6	109
MethylAssist	MAS9	110
Methylcobalamin 1,000 mcg	MT1	110
MicroDefense w/ Oregano	MI31	110
Mineral 650®	MF1	111
Mineral 650® (without copper & iron)	MM1	111
Mitochondria-ATP	MATP21	111
MotilPro	MOP1	112
MSM capsules	MSM3	112
MSM powder	MSMP	112
Multi t/d	MTD21	113
Multivitamin EasySticks®	MVESB3	113
Muscle Cramp/Tension Formula‡	MCT1	114
NAC 600 mg	NA63	114
NAC 900 mg	NA92	114
NeuroMood Pure Pack	NMPPB3	115
NeuroPure	NOP1	116
Niacinamide	NIA9	116
Niacitol® 500 mg	NI51	116
Niacitol® 650 mg	NI61	116
Nitric Oxide Support	NOS16	117
Nitric Oxide Ultra (capsules)	NXC1	117
Nitric Oxide Ultra (stick packs)	NXB3	117
Nrf2 Detox	NRF6	118
NSK-SD® 100 mg	NS11	118
Nutrient 950® A without copper & iron	MVMA	119
Nutrient 950®	MVF3	119
Nutrient 950® with NAC	MVN2	119
Nutrient 950® without copper, iron & iodine	MVI	119
Nutrient 950® without copper & iron	MVM1	119
Nutrient 950® without iron	MVC3	119
Nutrient 950® with Vitamin K	MVCK1	119
O.N.E.™ Multivitamin	ONE1	120
O.N.E.™ Omega	ONO6	120
Olive Leaf extract	OL1	121
OptiFerin-C	OF6	121
OsteoBalance‡	OB35	122
Osteo EasySticks®	OESB3	122
P_5P 50 (activated B_6)	P51	124

PRODUCT INDEX (CONT.)

Product Name	Order Code	Pg. #
Panax Ginseng	PG1	124
Pancreatic Enzyme Formula	PE1	124
Pancreatic VegEnymes	PV1	124
Pantethine	PA1	125
Pantothenic Acid	PTA1	125
Peptic-Care‡ (Zinc-L-Carnosine)	PCZ6	125
Perilla extract **NEW**	PRL9	126
Phyto UltraComfort‡	PUC1	126
Phyto-4	PH46	127
Phyto-ADR	PHY1	127
PhytoBalance II	PHB1	128
Policosanol 20 mg	PO21	128
Polyphenol Nutrients	PHN3	129
Poly-Prebiotic powder **NEW**	PPRP1	130
Pomegranate Plus	POM21	130
Potassium (aspartate)	PO9	130
Potassium (citrate)	PC1	131
Potassium Magnesium (aspartate)	PM1	131
Potassium Magnesium (citrate)	PMC1	131
Pregnenolone 10 mg	PR11	131
Pregnenolone 30 mg	PR31	131
PreNatal Nutrients	PRN1	132
ProbioMood (Capsules) **NEW**	PBM6	133
Probiotic 50B	PR506	133
Probiotic 123	PRO6	133
Probiotic G.I.	PGI6	134
Probiotic IMM	PRI6	134
Probiotic-5	PRB6	135
ProSoothe II	PMS21	135
ProstaFlo	PRF1	136
PS 100	PS1	136
PS Plus	PSP6	136
Pure Tranquility liquid	PTL	136
PureBi·Ome™ Cranberry	BIOC6	137
PureBi·Ome™ G.I.	BIOG6	137
PureBi·Ome™ Intensive	BIOI3	138
PureCell	PCE1	138
PureDefense chewables	PDK21	139
PureDefense w/NAC	PDN1	139
PureDefense w/NAC Travel Pack	PDNB2	139
PureGenomics® B-Complex	PGB1	140
PureGenomics® Multivitamin	PGM26	141
PureGG 25B **NEW**	PGG6	142
PureHeart® K_2D	PHK26	142
PureLean® Fiber	PLFX3	143
PureLean® Nutrients	PLN21	144
PureLean® Protein Blend	PLPV6	145
PureLean® Pure Pack	PPP2B3	146
PureLean® Whey	PLW4	147
PureMelt B_{12} Folate	PMLB9	147
PureNutrients EPA/DHA Gummy **NEW**	PNEGB3	148
PureNutrients Gummy **NEW**	PNG1	148
PurePals	PUPC9	149
PurePals (with iron)	PUPI9	149
PureProbiotic™	PPA6	149
PureResponse™ Multivitamin **NEW**	PRSM6	150
Pycnogenol® 100 mg	PY16	151
Pynogenol® 50 mg	PY51	151
Q-Gel® 100 (Hydrosoluble™ CoQ_{10})	QG16	152
Quercetin	QU1	152
R-Lipoic Acid (stabilized)	RLA1	152
Reduced Glutathione	RG1	152
Relora®	RL1	153
ResCu-SR®	RCSR6	153
Resveratrol EXTRA	REE1	154
Resveratrol	RE1	154
Resveratrol VESIsorb®	RSV9	154

Product Name	Order Code	Pg. #
RevitalAge™ Nerve	RJN1	155
RevitalAge™ Ultra	RJU9	155
Rhodiola Rosea	RR1	156
RiboCarnitine-Q_{10}	RCQ1	156
Ribose	RI2	156
Saccharomyces boulardii	SB6	157
SAMe (S-Adenosylmethionine)	SAM6	157
Saw Palmetto 320	SP32	158
Saw Palmetto Plus	SP2	158
Selenium (citrate)	SEC1	159
Selenium (selenomethionine)	SE1	159
Sereniten Plus	SRP4	159
SeroPlus	SOP1	160
Silymarin	SL1	160
Sleep Solution (single dose liquid)	SLB6	160
SP Ultimate	SPU21	161
SR-CoQ_{10} with PQQ	CQP6	161
Strontium (citrate)	STC1	161
SunButyrate™-TG liquid **NEW**	BTGL	162
Synergy K	SKD1	163
Systemic Enzyme Complex	SYC1	163
Taurine 1,000 mg	TA11	164
Taurine 500 mg	TA56	164
Teavigo®	TE1	164
Th1 Support	TH11	165
Th2 Modulator	TH2A1	165
Thyroid Support Complex‡	TS21	166
Trace Minerals	TRM26	166
l-Theanine	LTH1	166
Tri-Alkali	TRI3	167
l-Tryptophan	TRY11	167
l-Tyrosine	LT59	167
Tribulus Formula	TBF9	167
Ubiquinol-QH 50 mg	UQ56	168
Ubiquinol-QH 100 mg	UQ16	168
Ubiquinol-QH 200 mg	UQ26	168
Ubiquinol VESIsorb®	UQV6	169
Ultra B-Complex w/PQQ	BPQ6	169
Ultra Pure Pack	UPPB3	170
UltraDetox 10-Day Pure Pack **NEW**	UDPPB1	171
UltraMag Magnesium	UM1	172
UltraNutrient®	UVC3	172
UltraZin Zinc	UZ9	173
Uric Acid Formula	UAF1	173
Vascular Relax‡	VR21	174
Vinpocetine 20 mg	VI1	174
VisionPro EPA/DHA/GLA‡	VPE1	174
VisionPro Nutrients‡	VPN9	175
Vitamin A + Carotenoids	VA59	176
Vitamin A 3,000 mcg (10,000 IU)	VAC1	176
Vitamin D_3 (Vegan) liquid	VD3VL	176
Vitamin D_3 10 mcg (400 IU)	VD1	177
Vitamin D_3 25 mcg (1,000 IU)	VD12	177
Vitamin D_3 125 mcg (5,000 IU)	VD52	177
Vitamin D_3 250 mcg (10,000 IU)	VD101	177
Vitamin D_3 liquid	VDL	178
Vitamin D_3 VESIsorb®	VDV6	178
Vitamin E	DE1	178
WheyBasics	WBV4	178
Women's Nutrients	WN3	179
Women's Pure Pack	WPPB3	180
XanthiTrim	XT6	181
Zinc 15	Z11	182
Zinc 30	Z31	182
Zinc (citrate)	ZC1	182
Zinc liquid 15 mg	Z15L	182

‡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.

PRODUCT LISTING BY HEALTH FUNCTION

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

BONES, JOINTS & MUSCLES

Bones are composed largely of calcium, magnesium and trace minerals. These nutrients support bone health, while vitamins D and K promote healthy mineral absorption and utilization. Muscle relaxation support may be indicated for individuals after athletic training, during occasional stress, or with nutrient depletion. Magnesium plays a key role in muscle relaxation, while herbals offer more systemic calming effects. Nutrients to support joint comfort include glucosamine, chondroitin and MSM, which act as building blocks for the cartilage, or herbal ingredients and enzymes to target cytokine balance and comfort.‡

Product Name	Order Code	Pg. #
+CAL+® with Ipriflavone	CP3	20
A.I. Formula®	AI3	22
Amino Replete	AMR2	27
Amino-NR	ANR31	28
BCAA capsules	BCA2	36
BCAA powder	BCAP	36
Black Currant Seed Oil	BL2	39
Borage Oil	BOG1	39
Cal/Mag 2:1 (malate)	CMM1	42
Cal/Mag w/Cofactors powder	CMF3	42
Cal/Mag/D liquid	CML	42
Calcium (citrate)	CC1	42
Calcium (MCHA)	CH31	42
Calcium (MCHA) with Magnesium	CHM1	43
Calcium K/D	CKD1	43
Calcium Magnesium (citrate)	CM1	43
Calcium Magnesium (citrate/malate)	CMC1	43
Calcium with Vitamin D_3	CVD1	43
Collagen JS	CJS1	50
Disc-Flex	DIS1	64
E.P.O. (evening primrose oil)	EPO2	65
EFA Essentials	EFA1	66
Essential Aminos	EA21	71
Glucosamine + Chondroitin with MSM	GCMS3	78
Glucosamine Chondroitin with Manganese	GCM3	78
Glucosamine Complex	GSC1	79
Glucosamine HCl + Chondroitin	GLC1	79
Glucosamine Sulfate 1,000 mg	GS13	79
Glucosamine/MSM with joint comfort herbs‡	GM3	79
Hyaluronic Acid	HYA1	86
Joint Complex (single dose)‡	JC6	90
Joint Mediator‡	JO11	90
Ligament Restore‡	LR2	93
Magnesium (aspartate)	MA9	103
Magnesium (citrate)	MC1	103
Magnesium (citrate/malate)	MCM1	103
Magnesium (glycinate)	MG3	103
Magnesium (powder)	MGP1	103
Magnesium Glycinate liquid	MGL4	104
Magnesium liquid	ML2	104
MSM capsules	MSM3	112
MSM powder	MSMP	112
Muscle Cramp/Tension Formula‡	MCT1	114
OsteoBalance‡	OB35	122
Phyto UltraComfort‡	PUC1	126
Phyto-4	PH46	127
SAMe (S-Adenosylmethionine)	SAM6	157
Systemic Enzyme Complex	SYC1	163
Uric Acid Formula	UAF1	173
Vitamin D_3 10 mcg (400 IU)	VD1	177
Vitamin D_3 25 mcg (1,000 IU)	VD12	177
Vitamin D_3 125 mcg (5,000 IU)	VD52	177
Vitamin D_3 250 mcg (10,000 IU)	VD101	177
Vitamin D_3 liquid	VDL	178
Vitamin D_3 VESIsorb®	VDV6	178
WheyBasics	WBV4	178

ENERGY & FITNESS

Energy is required for all aspects of daily life, including physical movement, basic life functions such as the metabolism of nutrients and respiration, and even mental stamina. It is produced in cells as ATP, adenosine triphosphate, by the mitochondria. Energy support can be offered as nutrient cofactors for mitochondrial energy production and/or adaptogenic herbs to promote broad physiological balance. This category offers a range of products to support energy production, the body's response to occasional stress, and adrenal and thyroid function, as well as athletic performance, endurance and recovery.‡

Product Name	Order Code	Pg. #
Acetyl-l-Carnitine 250 mg	ALC26	23
Acetyl-l-Carnitine 500 mg	ALC56	23
ADR Formula®	AD1	24
Adrenal	AR6	25
Ashwagandha	ASH1	30
BCAA capsules	BCA2	36
BCAA powder	BCAP	36
Cortisol Calm‡	COR1	52
Creatine powder	CRM5	53
Daily Stress Formula‡	DSF1	58
Electrolyte/Energy formula	EEF3	66
Electrolyte/Energy formula (stick packs)	EEF2B3	67
Energize Plus™ Pure Pack	EPPB3	68
Energy Xtra	EX21	69
Growth Hormone Support‡	GH1	84
KetoBrain Energy **NEW**	KBE3	92
Mitochondria-ATP	MATP21	111
Muscle Cramp/Tension Formula‡	MCT1	114
Nitric Oxide Support	NOS16	117
Nitric Oxide Ultra (capsules)	NXC1	117
Nitric Oxide Ultra (stick packs)	NXB3	117
Panax Ginseng	PG1	124
Phyto-ADR	PHY1	127
Relora®	RL1	153
RiboCarnitine-Q_{10}	RCQ1	156
Ribose	RI2	156
Sereniten Plus	SRP4	159
Systemic Enzyme Complex	SYC1	163
Thyroid Support Complex‡	TS21	166
WheyBasics	WBV4	178

PRODUCT LISTING BY HEALTH FUNCTION (CONT.)

GASTROINTESTINAL

The gastrointestinal (G.I.) tract is composed of numerous organs designed to transform food into nutrients that are absorbed into the bloodstream and delivered to the cells in the body, as well as eliminate any non-nutritive substances. Nutrients can promote G.I. motility (the process of moving food through the G.I. tract), enhance microbial defense, support gastric juice and/or pancreatic enzymes to enhance digestion, or protect the G.I. tract.‡

Product Name	Order Code	Pg. #
A.C. Formula® II	AC21	22
Betaine HCl Pepsin	BP2	38
Boswellia	BW31	40
Boswellia AKBA	BWA1	40
Caprylic Acid	CAP2	44
DGL Plus®	DG1	60
Digestion GB	DGB1	61
Digestive Enzymes *Ultra*	DEU1	62
Digestive Enzymes *Ultra* with Betaine HCl	DEUB1	62
EpiIntegrity powder **NEW**	EIP1	71
G.I. Fortify‡	GIF4	76
G.I. Fortify (capsules)‡	GIFC1	76
G.I. Integrity‡	GII2	77
Ginger extract	GI1	77
l-Glutamine 500 mg	LG59	80
Gluten/Dairy Digest	GDD1	81
l-Glutamine powder	LGP	81
GlutenAssure Multivitamin **NEW**	GAM9	82
Grapefruit Seed Extract	GR1	83
Heartburn Essentials‡	HB1	85
Lactobacillus Acidophilus	LA36	93
Liver-G.I. Detox‡	LGD1	97
MicroDefense w/ Oregano	MI31	110
MotilPro	MOP1	112
Olive Leaf extract	OL1	121
Pancreatic Enzyme Formula	PE1	124
Pancreatic VegEnymes	PV1	124
Peptic-Care‡ (Zinc-L-Carnosine)	PCZ6	125
Poly-Prebiotic powder **NEW**	PPRP1	130
Probiotic 50B	PR506	133
Probiotic G.I.	PGI6	134
Probiotic-5	PRB6	135
PureBi•Ome™ G.I.	BIOG6	137
PureBi•Ome™ Intensive	BIOI3	138
PureGG 25B **NEW**	PGG6	142
PureLean® Fiber	PLFX3	143
PureProbiotic™	PPA6	149
Saccharomyces boulardii	SB6	157
SunButyrate™-TG liquid **NEW**	BTGL	162

HEART & METABOLIC

Pure Encapsulations offers a range of products to support cardiovascular and metabolic health, including products designed to support healthy glucose and/or fat metabolism, vascular health, blood flow and heart muscle function. Products for healthy weight management† include support for emotional eating and food cravings, satiety, body composition, and metabolism.‡

Product Name	Order Code	Pg. #
7-KETO® DHEA 25 mg	KD21	21
7-KETO® DHEA 50 mg	KD51	21
7-KETO® DHEA 100 mg	KD11	21
AdipoLean II	ADL9	24
Alpha Lipoic Acid with GlucoPhenol®	AGP1	27
BenfoMax	BFM9	37
CarbCrave Complex	CCC1	44
l-Carnosine	LCA1	45
CholestePure Plus II‡	CHP21	46
CholestePure‡	CHO1	46
ChromeMate® GTF 600	CRG61	47
Chromium (picolinate) 200 mcg	CRP21	47
Chromium (picolinate) 500 mcg	CRP51	47
Cinnamon WS	CI1	48
CLA 1,000 mg	CL11	48
CoQ_{10} 120 mg	CQ11	51
CoQ_{10} 250 mg	CQ26	51
CoQ_{10} 30 mg	CQ31	51
CoQ_{10} 500 mg	CQ56	51
CoQ_{10} 60 mg	CQ62	51
CoQ_{10} l-Carnitine fumarate	CQF1	51
DHA Ultimate	DHU1	60
EPA Ultimate	EPU1	69
EPA/DHA essentials	ED11	70
EPA/DHA liquid (lemon flavor)	EDL2	70
EPA/DHA with lemon	EDC1	70
Garlic Complex **NEW**	GRC1	77
Ginger extract	GI1	77
GlucoFunction‡	GF1	78
Glucose Support Formula‡	GSF1	80
Grape Pip 500 mg	GP51	83
Hawthorn extract	HA1	85
Homocysteine Factors‡	HO1	86
KetoBrain Energy **NEW**	KBE3	92
Krill-plex	KP1	92
Metabolic Xtra	MX29	109
MethylAssist	MAS9	110
NSK-SD® 100 mg	NS11	118
O.N.E.™ Omega	ONO6	120
Pantethine	PA1	125
Policosanol 20 mg	PO21	128
PureHeart® K_2D	PHK26	142
PureLean® Fiber	PLFX3	143
PureLean® Nutrients	PLN21	144
PureLean® Protein Blend	PLPV6	145
PureLean® Pure Pack	PPP2B3	146
PureLean® Whey	PLW4	147
Pycnogenol® 100 mg	PY16	151
Pynogenol® 50 mg	PY51	151
Q-Gel® 100 (Hydrosoluble™ CoQ_{10})	QG16	152
Resveratrol	RE1	154
Resveratrol EXTRA	REE1	154
Resveratrol VESIsorb®	RSV9	154
SR-CoQ_{10} with PQQ	CQP6	161
Taurine 1,000 mg	TA11	164
Taurine 500 mg	TA56	164
Ubiquinol-QH 50 mg	UQ56	168
Ubiquinol-QH 100 mg	UQ16	168
Ubiquinol-QH 200 mg	UQ26	168
Ubiquinol VESIsorb®	UQV6	169
Vascular Relax‡	VR21	174
XanthiTrim	XT6	181

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

‡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.

PRODUCT LISTING BY HEALTH FUNCTION (CONT.)

HORMONE

DHEA and pregnenolone are both hormones. Pregnenolone acts as a precursor for numerous other hormones, while DHEA is a steroid hormone itself. It is recommended that dosing be determined based on lab test results. Supplementation with DHEA and pregnenolone can help support levels of these hormones in the body.‡

Product Name	Order Code	Pg. #
DHEA 5 mg (micronized)	DH1	61
DHEA 10 mg (micronized)	DH11	61
DHEA 25 mg (micronized)	DH21	61
Pregnenolone 10 mg	PR11	131
Pregnenolone 30 mg	PR31	131

IMMUNE SUPPORT

The immune system involves both first-line immune defense (natural killer (NK) cells and macrophages) and long-term immunity (B- and T-lymphocytes) to efficiently address different types of foreign invaders. Immune support ingredients offer a wide range of benefits. They support immune cell activation (zinc, selenium and others), moderate mast cell function (vitamin C, hesperidin, quercetin and others), enhance microbial defense (olive leaf, garlic and others), and support cytokine balance for tissue comfort (bromelain, curcumin, boswellia and others). Other ingredients, such as mushrooms, vitamin D and many adaptogenic herbs, act more broadly to promote general physiological balance.‡

Product Name	Order Code	Pg. #
A.I. Enzymes	AIE1	22
A.I. Formula®	AI3	22
Aller-Essentials	ALE21	25
Arabinogalactan	ARA1	28
Balanced Immune	BIM6	36
Boswellia	BW31	40
Boswellia AKBA	BWA1	40
Bromelain 2400 500 mg	BR51	40
Cat's Claw	CCL1	45
Colostrum 40% IgG	COL41	50
Coriolus extract NEW	CRS6	52
Curcumin	CUR1	56
Curcumin 500 with Bioperine®	CUB51	56
Daily Immune‡	DI1	58
Ginger extract	GI1	77
Immune Support liquid‡	ISL	87
Innate Immune Support	IIS6	87
Liposomal Vitamin C liquid NEW	LCL	95
M/R/S Mushroom Formula	MRS1	102
Olive Leaf extract	OL1	121
Perilla extract NEW	PRL9	126
Phyto UltraComfort‡	PUC1	126
Phyto-4	PH46	127
Probiotic IMM	PRI6	134
PureDefense Chewables	PDK21	139
PureDefense w/NAC	PDN1	139
PureDefense w/NAC Travel Pack	PDNB2	139
PureResponse™ Multivitamin NEW	PRSM6	150
Quercetin	QU1	152
Th1 Support	TH11	165
Th2 Modulator	TH2A1	165

LIVER & DETOXIFICATION

The liver is the body's main organ for processing toxins for elimination. This elimination process is called detoxification and exists in two phases. Phase I detoxification transforms toxins into derivatives that are easier for the body to metabolize, while phase II detoxification includes at least five different pathways that transform these intermediary substances into readily excreted compounds. Nutrients can help protect the liver from toxin exposure, promote phase I detoxification, and/or promote various phase II detoxification pathways. Detoxification can also include support for healthy elimination and cellular protection/detoxification. Antioxidants and herbal ingredients can also offer support for liver tissue health.‡

Product Name	Order Code	Pg. #
Calcium-D-Glucarate™	CG1	44
CurcumaSorb	MCU1	54
Curcumin	CUR1	56
Curcumin 500 with Bioperine®	CUB51	56
Detox Pure Pack	DPPB3	59
DIM Detox	DD6	63
DIMPRO® 100	DP1	63
G.I. Fortify‡	GIF4	76
G.I. Fortify (capsules)‡	GIFC1	76
HM Complex	HMC1	86
Indole-3-Carbinol 400 mg	I341	87
IP6	IP61	88
Lipotropic Detox	LD1	95
Liver-G.I. Detox‡	LGD1	97
LVR Formula	LV1	99
NAC 600 mg	NA63	114
NAC 900 mg	NA92	114
Nrf2 Detox	NRF6	118
Reduced Glutathione	RG1	152
Silymarin	SL1	160
UltraDetox 10-Day Pure Pack NEW	UDPPB1	171
UltraNutrient®	UVC3	172

PRODUCT LISTING BY HEALTH FUNCTION (CONT.)

MEMORY & MOOD

The brain contains billions of neurons. Synapses are the junctions between these neurons. It is the health of the neuron, specifically its ability to send and receive messages at the synapse, that determines how well messages are stored and establishes emotional well-being. Pure Encapsulations offers products to support blood flow to the brain, neurotransmitter synthesis, neuronal health, and post-synaptic response to support memory and mood for various ages and needs.‡

Product Name	Order Code	Pg. #
5-HTP 100 mg	HYD11	20
5-HTP 50 mg	HYD51	20
Acetyl-l-Carnitine 250 mg	ALC26	23
Acetyl-l-Carnitine 500 mg	ALC56	23
Bacopa monnieri	BA1	35
CogniMag	CGM1	48
CogniPhos	CGP1	49
Cognitive Aminos	CA21	49
CurcumaSorb Mind	MCUM6	54
CurcumaSorb Mind EasySticks® NEW	CMESB3	55
DopaPlus	DOP1	65
Emotional Wellness‡	EW1	67
GABA	GAB1	77
Ginkgo 50 160 mg	GB11	78
Lithium (orotate) 5 mg	LI1	96

Product Name	Order Code	Pg. #
Lithium liquid	LIOL	97
Memory Pro‡	MEP21	106
NeuroMood Pure Pack	NMPPB3	115
NeuroPure	NOP1	116
ProbioMood (Capsules) NEW	PBM6	133
PS 100	PS1	136
PS Plus	PSP6	136
Pure Tranquility liquid	PTL	136
Rhodiola Rosea	RR1	156
SAMe (S-Adenosylmethionine)	SAM6	157
Sereniten Plus	SRP4	159
SeroPlus	SOP1	160
l-Theanine	LTH1	166
l-Tryptophan	TRY11	167
Vinpocetine 20 mg	VI1	174

SLEEP

Sleep is essential for the body's healing processes, so it can be frustrating when adequate sleep is elusive. Pure Encapsulations offers a variety of melatonin products, including capsules and liquid. Melatonin is produced naturally by the body with exposure to darkness, telling the body that it is time for rest. The inhibitory neurotransmitter glycine has been associated with sleep quality. Magnesium and herbal ingredients can offer enhanced relaxation support.‡

Product Name	Order Code	Pg. #
Best-Rest Formula	BRF1	37
GlyMag-Z	GMZB3	83
Melatonin 0.5 mg	ME51	105
Melatonin 3 mg	ME31	105

Product Name	Order Code	Pg. #
Melatonin liquid	MEL3	106
Melatonin-SR	MESR6	106
Sleep Solution (single dose liquid)	SLB6	160

VISION

Between regular exposure to oxidation and our modern reliance on computer screens, supporting eye health is more important than ever. The carotenoids lutein and zeaxanthin are the most well-known eye-supportive nutrients. These carotenoids accumulate in the macula, the part of retina at the back of the eye where light becomes focused. Antioxidants, such as astaxanthin or NAC to support glutathione, can also offer antioxidant support, while other nutrients like bilberry support healthy blood flow to the eye. Fish oil can help support eye hydration.‡

Product Name	Order Code	Pg. #
Bilberry 160 mg	BB11	38
EyeProtect Basics‡	EPB6	72
EyeProtect Basics without zinc‡	EPB26	72
Lutein 20 mg	LU1	99

Product Name	Order Code	Pg. #
Lutein/Zeaxanthin	LZ1	99
Macular Support Formula‡	MS21	102
VisionPro EPA/DHA/GLA‡	VPE1	174
VisionPro Nutrients‡	VPN9	175

‡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.

+CAL+® with Ipriflavone



Comprehensive bone support formula with Ipriflavone‡

This broad spectrum combination of minerals and vitamins, is formulated to aid in the formation and strengthening of the skeletal system. It provides a highly bioavailable form of calcium, a mineral essential not only for the maintenance of the functional integrity of the nervous, muscular, and skeletal systems, but also cell membrane and capillary impermeability. This formula also provides substances which nutritionally support and enhance the absorption of calcium and the incorporation of calcium into bone, as well as provides nutrients essential to healthy bone structure and formation. Ipriflavone, an advanced addition to this formula, is a synthetic derivative of naturally occurring isoflavones. It supports healthy bone maintenance by promoting secretion of the hormone calcitonin, and maintaining healthy osteoclast activity. Ipriflavone also supports type I collagen and the formation of mineralized bone matrix. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Furthermore, +CAL+® is enhanced with 10.7 mcg (428 IU) of vitamin D_3 for optimal bone health.‡

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

three (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10.7 mcg (428 IU)
vitamin K (as vitamin K_1)	184 mcg
calcium (as calcium citrate/malate)	400 mg
magnesium (as magnesium aspartate)	49 mg
zinc (as zinc picolinate)	12 mg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.1 mg
vitamin K_2 (as menaquinone-7)	30 mcg
boron (as boron glycinate)	0.85 mg
ipriflavone	214 mg
silica (from bamboo)	9 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Bones, Joints & Muscles GF NON GMO VEG

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

See also
OsteoBalance‡ →page 122

5-HTP 100 mg (5-Hydroxytryptophan)

Promotes brain serotonin levels to support emotional well-being, healthy eating behavior, and healthy sleep‡

5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. The enzyme tryptophan hydroxylase adds a hydroxyl group (OH) to tryptophan, forming the 5-HTP intermediate. In the body, it converts to serotonin with the removal of a carboxyl group (COOH) by a second enzyme. Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and sleep/wake cycles. In clinical studies, administration of 5-HTP supported serotonin production. The 5-HTP supplied in this supplement is derived from the *Griffonia simplicifolia* plant.‡

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

each (size 3) vegetarian capsule contains:

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

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood GF NON GMO V VEG

5-HTP 100 mg	Quantity	Order Code
	180	HYD11
	60	HYD16

5-HTP 50 mg (5-Hydroxytryptophan)

1 capsule, 1-4 times daily, before meals, or as directed by a health professional.

each (size 3) vegetarian capsule contains:

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

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood GF NON GMO V VEG

5-HTP 50 mg	Quantity	Order Code
	180	HYD51
	60	HYD56

7-KETO® DHEA 100 mg



Unique DHEA metabolite; supports thermogenesis and healthy body composition‡

7-KETO® DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin in Madison. 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 management† as part of a healthy lifestyle with a reduced calorie diet and regular exercise. In a double-blind study involving 30 overweight adults, 7-Keto® supported healthy body composition and BMI when combined with exercise. 7-KETO® DHEA is also known as DHEA-Acetate-7-one, 3-acetoxy-androst-5-ene-7, 17-dione, or 3-acetyl-7-oxo-dehydroepiandrosterone.‡

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

each (size 3) vegetarian capsule contains:

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3ß-acetate)	100 mg

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

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3ß-acetate.

Not to be taken by pregnant or lactating women.

Heart & Metabolic · GF · NON GMO · V · VEG

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

7-KETO® DHEA 50 mg

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

each (size 3) vegetarian capsule contains:

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3ß-acetate)	50 mg

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

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3ß-acetate.

Not to be taken by pregnant or lactating women.

Heart & Metabolic · GF · NON GMO · V · VEG

7-KETO® DHEA 50 mg	Quantity	Order Code
	120	KD51
	60	KD56

7-KETO® DHEA 25 mg

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

each (size 3) vegetarian capsule contains:

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3ß-acetate)	25 mg

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

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3ß-acetate.

Not to be taken by pregnant or lactating women.

Heart & Metabolic · GF · NON GMO · V · VEG

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

See also

DHEA 5 mg (micronized) →page 61
DHEA 10 mg (micronized) →page 61
DHEA 25 mg (micronized) →page 61

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

‡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.

Açai 600

Açai berry extract combined with a fruit blend to support healthy cellular function‡



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 support.‡

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

each (size 00) vegetarian capsule contains:

açai (*Euterpe oleracea*) berry extract (whole fruit)	600 mg
blueberry (*Vaccinium angustifolium*) extract (fruit)	15 mg
pomegranate (*Punica granatum*) extract (fruit) (standardized to contain 40% punicosides)	25 mg
cranberry (*Vaccinium macrocarpon*) concentrate (fruit)	10 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

Antioxidants GF NON GMO V VEG

Açai 600	Quantity	Order Code
	180	ACA1

A.C. Formula II

Nutritionally supports the intestinal tract by promoting a healthy microbial environment‡

This combination of herbal extracts, caprylic acid and calcium undecylenate promotes a healthy environment for microflora in the colon and intestinal tract. Undecylenic acid and caprylic acid are fatty acids that promote a favorable environment for beneficial microflora. Calcium and magnesium act as buffers and may also help slow the dispersion and release of undecylenic acid and caprylic acid to support activity throughout the gastrointestinal tract. Grapefruit seed extract and berberine sulfate support microbial balance. Research suggests that they promote a healthy G.I. environment when exposed to a wide range of bacterial biotypes.‡

2 capsules, 1-3 times daily, just before meals, with 6-8 oz water.

two (size 00) vegetarian capsules contain:

calcium (as calcium undecylenate and calcium caprylate)	44 mg
magnesium (as magnesium caprylate)	17 mg
caprylic acid (as calcium and magnesium caprylate)	400 mg
bromelain (from pineapple stem) (2400 GDU/g)	250 mg
undecylenic acid	125 mg
grapefruit (*Citrus x paradisi*) extract (seed and fruit)	100 mg
berberine sulfate	50 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant or lactating women.

Gastrointestinal GF NON GMO V VEG

A.C. Formula II	Quantity	Order Code
	120	AC21

A.I. Enzymes

Balanced plant enzyme formula provides broad-spectrum joint, muscle and digestive support‡

A.I. Enzymes provides a superior combination of natural plant enzymes precisely balanced for broad spectrum support of digestive function and to help maintain healthy joints and muscles. This formula contains enhanced levels of protease, amylase and lipase sourced from *Aspergillus oryzae* and *Aspergillus niger*. 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.‡

2 capsules, 1-3 times daily, with or between meals, or as directed by a health professional.

two (size 00) vegetarian capsules contain:

bromelain (from pineapple stem) (2,400 GDU/gram)	240 mg
papain (from papaya fruit) (800 TU/mg)	240 mg
amylase (20,000 DU)	200 mg
protease (60,000 HUT)	100 mg
lipase (5,000 FIP)	100 mg
rutin	120 mg
other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Immune Support GF NON GMO V VEG

A.I. Enzymes	Quantity	Order Code
	120	AIE1

A.I. Formula®

Maintains a healthy immune response at the cellular level, providing potential support for musculoskeletal and intestinal comfort‡

A.I. Formula® is a broad spectrum, synergistic combination of concentrated extracts which maintain healthy leukotriene, thromboxane, kinin and fibrin production.‡

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

each (size 00) vegetarian capsule contains:

quercetin	175 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	150 mg
bromelain (from pineapple stem) (2,400 GDU/gram)	200 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	100 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Immune Support GF NON GMO V VEG

A.I. Formula®	Quantity	Order Code
	360	AI3
	120	AI1

Acerola/Flavonoid



Offers corn-free, plant derived vitamin C with the additional protective action of bioflavonoids‡

This corn-free vitamin C and bioflavonoid blend contains 32% vitamin C sourced from natural acerola, *Malpighia glabra* extract, combined with the bioflavonoids hesperidin, naringin and rutin for full-spectrum antioxidant support.‡

2 capsules, 1–4 times daily, with or between meals.

two (size 00) vegetarian capsules contain:

vitamin C (from 938 mg acerola (*Malpighia glabra*) extract (fruit))	300 mg
hesperidin methyl chalcone	50 mg
naringin	50 mg
rutin	50 mg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

Acerola/Flavonoid	Quantity	Order Code
	120	ACP21

Acetyl-l-Carnitine 250 mg

Supports cellular and neuronal health to promote memory, emotional well-being, and cognitive function‡

Acetyl-l-carnitine is the acetylated form of l-carnitine, and the two compounds share similar energy and metabolism promoting properties. Found naturally in the body, acetyl-l-carnitine supports the availability of acetyl-CoA, an important energy generating metabolite. In addition, it supports healthy mitochondrial function and cell membrane stability. A multicenter trial of 481 volunteers indicated memory, behavioral and emotional support with acetyl-l-carnitine supplementation. In an evaluation of 28 elderly individuals using acetyl-l-carnitine or placebo, the supplemented group experienced enhanced emotional well-being.‡

1-4 capsules daily, between meals.

each (size 1) vegetarian capsule contains:

acetyl-l-carnitine HCl	250 mg

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

Memory & Mood | GF | NON GMO | V | VEG

Acetyl-l-Carnitine 250 mg	Quantity	Order Code
	60	ALC26

Acetyl-l-Carnitine 500 mg

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

each (size 00) vegetarian capsule contains:

acetyl-l-carnitine HCl	500 mg

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

Memory & Mood | GF | NON GMO | V | VEG

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

Adenosyl/Hydroxy B_{12}

PureGenomics® product line

Blend of unmethylated B_{12} forms to promote nerve and mitochondrial health‡

Hydroxycobalamin is a precursor form of vitamin B_{12} converted in the body to both methylcobalamin and adenosylcobalamin. It is similar to cyanocobalamin without the cyanide moiety. Adenosylcobalamin is an activated form similar to methylcobalamin. While methylcobalamin is found in the cytosol of cells and predominates in blood and other fluids, adenosylcobalamin is the major form of vitamin B_{12} stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism for the enzyme methylmalonyl-CoA mutase used to produce succinyl-CoA. Optimal levels also support healthy synthesis of neuronal myelin.‡

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

each (size 3) vegetarian capsule contains:

vitamin B_{12} (as adenosylcobalamin and 50% hydroxycobalamin)	2,000 mcg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

Adenosyl/Hydroxy B_{12}	Quantity	Order Code
	90	AHB9

Adenosyl/Hydroxy B_{12} liquid

PureGenomics® product line

Liquid blend of unmethylated B_{12} forms to promote nerve and mitochondrial health‡

- Convenient liquid formula without flavorings or sweeteners

1 ml (1 full dropper), 1-3 times daily, with meals.

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

vitamin B_{12} (formulated as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg

other ingredients: purified water, natural glycerin, citric acid, potassium sorbate

Vitamins & Minerals | GF | NON GMO | VEG

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

‡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.

AdipoLean II



PureLean® product line

Supports healthy weight management† and maintains healthy abdominal circumference‡

AdipoLean II offers a combination of the clinically researched LOWAT® blend of Ayurvedic herbal extracts combined with Oligonol®, a lychee and green tea complex containing low molecular weight polyphenols for enhanced efficacy. Research indicates that both LOWAT® and Oligonol® help maintain healthy adiponectin expression, offering support for healthy insulin function, glucose uptake and fat utilization. LOWAT® (LI10903F) is a proprietary blend of Piper betle leaf extract and Dolichos biflorus seed extract combined in a specific ratio. Both herbs have been traditionally used to support healthy glucose metabolism and lipid metabolism. In vitro and animal research determined that this combination and ratio provided maximal efficacy. Research indicates that LOWAT® targets fat breakdown and helps maintain healthy weight management†, at least in part due to boosting adiponectin and moderating ghrelin production. In an eight-week, randomized, double-blind, placebo-controlled trial involving 50 overweight subjects following a standard 2,000-calorie-per-day diet, supplementation with 300 mg of the LOWAT® blend three times daily promoted healthy lean mass ratio and an average weight loss of 9.4 pounds, compared to 3.9 pounds in the placebo group (p=0.00005). Supplementation also resulted in an increase in serum adiponectin levels by 15.35% (p=0.0076) and a decrease in serum ghrelin levels by 20.85% (p=0.0066). Ghrelin is a peptide hormone associated with appetite. The mechanisms of action for Oligonol® include support for healthy insulin function, adiponectin synthesis and lipolysis. In a double-blind, placebo-controlled study involving 19 individuals, Oligonol® supported healthy visceral fat composition.‡

1 capsule, 3 times daily, 30 minutes before meals.

each (size 1) vegetarian capsule contains:

LOWAT® proprietary blend of catjang cowpea (*Dolichos biflorus*) extract (seed) and betel (*Piper betle*) extract (leaf)	300 mg
Oligonol® proprietary blend of lychee (*Litchi chinensis*) extract (fruit) and green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 10% total monomeric phenols)	17 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

LOWAT® is exclusively distributed by Lonza or its affiliates.

Oligonol® is a registered trademark of the Amino Up Chemical Company, Sapporo, Japan.

Heart & Metabolic GF NON GMO VEG

AdipoLean II	Quantity	Order Code
	90	ADL9

ADR Formula®

Comprehensive adrenal support formula‡

This formula combines whole adrenal and adrenal cortex herbal extracts. Whole adrenal and adrenal cortex are included for their potential to nutritionally support the adrenal gland. *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.‡

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

each (size 00) vegetarian capsule contains:

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% eleutherosides)	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
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Energy & Fitness GF NON GMO

ADR Formula®	Quantity	Order Code
	120	AD1
	60	AD6

Adrenal



Nutritional support for healthy adrenal function‡

This formula offers a blend of whole adrenal and adrenal cortex. Whole adrenal and adrenal cortex are included for their potential to nutritionally support the adrenal gland.‡

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

two (size 3) vegetarian capsules contain:

whole adrenal (bovine)	300 mg
adrenal cortex (bovine)	160 mg
other ingredients: vegetarian capsule (cellulose, water)	

Energy & Fitness GF NON GMO

Adrenal	Quantity	Order Code
	60	AR6

See also
Phyto-ADR →page 127

Aller-Essentials

Maintains healthy immune response and nasal function, especially in response to environmental factors‡

Aller-Essentials contains a blend of nutrients and herbal extracts designed to maintain healthy seasonal immune function. EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune enhancing bioactive metabolites designed to support both innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and salivary IgA levels. In a double-blind, placebo-controlled trial involving 96 subjects, EpiCor® supported nasal comfort during a 12-week period in the spring. Additionally, it supported salivary IgA levels, an important first-line defense produced by the mucosal tissue. In a randomized double-blind trial involving 75 individuals, *Tinospora cordifolia* provided significant support for a healthy immune response by maintaining normal nasal function as well as healthy neutrophil and eiosinophil activity. A randomized double-blind, placebo-controlled trial involving apple polyphenols reveals support for maintaining a healthy nasal lining and nasal function. Quercetin, hesperidin and vitamin C provide additional support for stabilizing mast cells.‡

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

two (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	250 mg
Indian tinospora (*Tinospora cordifolia*) extract (aerial parts)	450 mg
EpiCor® dried yeast fermentate complex (from *Saccharomyces cerevisiae*)	250 mg
quercetin	125 mg
hesperidin methyl chalcone	100 mg
apple (*Malus pumila*) extract (whole fruit) (standardized to contain 75% polyphenols)	50 mg
other ingredients: vegetarian capsule (cellulose, water), maltodextrin, ascorbyl palmitate	

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

Immune Support GF NON GMO V VEG

Aller-Essentials	Quantity	Order Code
	120	ALE21
	60	ALE26

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

‡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.

Alpha Lipoic Acid 100 mg



Water and lipid soluble antioxidant; supports healthy glucose metabolism and nerve health‡

Alpha lipoic acid is both water and fat soluble which allows it to function in almost any part of the body as an antioxidant. A key component of the metabolic process, alpha lipoic acid produces energy in muscles and directs calories into energy production. In addition, it helps maintain healthy glucose metabolism, supports the nervous system and provides nutritional support for healthy liver function. In one study, alpha lipoic acid decreased serum lactate and pyruvate and promoted healthy glucose metabolism in lean and overweight individuals. Alpha lipoic acid supported nerve health in subjects who participated in a randomized, double-blind, placebo-controlled, multicenter trial. The ability of alpha lipoic acid to modulate nitric oxide metabolite activity and to promote healthy microcirculation accounted for its ability to promote nerve cell health in two separate studies.‡

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

each (size 0) vegetarian capsule contains:

alpha lipoic acid (thioctic acid)	100 mg

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

Antioxidants | GF | NON GMO | V | VEG

Alpha Lipoic Acid 100 mg	Quantity	Order Code
	120	AL11
	60	AL16

Alpha Lipoic Acid 200 mg

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

each (size 0) vegetarian capsule contains:

alpha lipoic acid (thioctic acid)	200 mg

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

Antioxidants | GF | NON GMO | V | VEG

Alpha Lipoic Acid 200 mg	Quantity	Order Code
	120	AL21
	60	AL26

Alpha Lipoic Acid 400 mg

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

each (size 0) vegetarian capsule contains:

alpha lipoic acid (thioctic acid)	400 mg

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

Antioxidants | GF | NON GMO | V | VEG

Alpha Lipoic Acid 400 mg	Quantity	Order Code
	120	AL41
	60	AL46

Alpha Lipoic Acid 600 mg

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

each (size 00) vegetarian capsule contains:

alpha lipoic acid (thioctic acid)	600 mg

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

Antioxidants | GF | NON GMO | V | VEG

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

Alpha Lipoic Acid with GlucoPhenol®



Science-based approach to cardiometabolic health‡

- Delivers 200 mg alpha lipoic acid per serving for metabolic support and cardioprotection‡
- Provides GlucoPhenol®, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)
  - In a 6-week randomized, double-blind, placebo-controlled clinical trial, subjects receiving 300 mg polyphenols from GLucoPhenol® per day exhibited a 14% improvement over baseline in glucose homeostasis. In vitro research suggests Orleans strawberry extract directly supports glucose disposal into skeletal muscle cells.‡
- Supports healthy glucose and fat metabolism by targeting cellular receptors and cellular mediators‡
- Supports overall cardiometabolic health by modulating NF-κB and maintaining vascular health‡

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

each (size 0) vegetarian capsule contains:

alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol® proprietary blend	138 mg
providing 25 mg of polyphenols from Orléans strawberry (*Fragaria x ananassa*) extract (fruit) and cranberry (*Vaccinium macrocarpon*) extract (fruit)	

other ingredients: vegetarian capsule (cellulose, water), rice maltodextrin, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silicon dioxide

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

Heart & Metabolic · GF · NON GMO · V · VEG

Alpha Lipoic Acid with GlucoPhenol®	Quantity	Order Code
	120	AGP1

Amino Replete

Improved Formula · NOW Without Fructose

Free-form amino acid powder providing support for athletic activity, cognitive health, immune function and daily wellness‡

- Offers a comprehensive blend of free-form amino acids, provided in the ratios found naturally in high biological value (BV) protein sources
- Maintains daily wellness with amino acid building blocks to support protein synthesis‡
- Supports athletic training, including muscle performance, energy production and recovery‡
- Enhances healthy neurotransmitter synthesis with amino acid precursors to support cognitive function and positive mood‡
- Promotes immune function, in part by supporting healthy glutamine and glutathione levels‡

1 scoop daily, mixed with 8 oz of water or juice, between meals, or as directed by a health professional.

serving size: 1 scoop (1 teaspoon, approximately 4 g)
servings per container: approximately 60

each scoop contains:

calories	15
total carbohydrate	<1 g
vitamin B_6 (as pyridoxal 5' phosphate)	2 mg
l-histidine (from L-histidine HCl)	80 mg
l-Isoleucine (free-form)	200 mg
l-leucine (free-form)	345 mg
l-lysine (from L-lysine HCl)	250 mg
l-methionine (free-form)	200 mg
l-phenylalanine (free-form)	175 mg
l-threonine (free-form)	160 mg
l-valine (free-form)	300 mg
l-alanine (free-form)	185 mg
l-arginine HCl (free-form)	250 mg
l-glutamine (free-form)	439 mg
glycine (free-form)	102 mg
l-serine (free-form)	88 mg
l-tyrosine (free-form)	169 mg
l-tryptophan (free-form)	60 mg

other ingredients: natural vanilla, strawberry, and lemonade flavors with other natural flavors, citric acid, malic acid, purified stevia leaf extracts

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Amino Acids · GF · NON GMO · V · VEG

Amino Replete	Quantity	Order Code
	222 g	AMR2

‡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.

Amino-NR



Amino acids in naturally occurring ratios, providing support for athletic activity, immune function, and daily wellness‡

This formula is based on the ratios of amino acids found naturally in high biological value (BV) protein sources. 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.‡

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

three (size 00) vegetarian capsules contain:

calories	10
vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	3.3 mg
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 (free-form)	225 mg
l-methionine (free-form)	158 mg
l-phenylalanine (free-form)	86 mg
l-threonine (free-form)	104 mg
l-valine (free-form)	113 mg
l-alanine (free-form)	41 mg
l-arginine HCl	68 mg
l-glutamine (free-form)	338 mg
glycine (free-form)	68 mg
l-proline (free-form)	135 mg
l-serine (free-form)	68 mg
l-tyrosine (free-form)	36 mg
l-tryptophan (free-form)	33 mg
taurine (free-form)	23 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

AjiPure® is a registered trademark of AJINOMOTO® CO., INC. / TryptoPure® is a registered trademark of AJINOMOTO® CO., INC.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Amino Acids GF NON GMO V VEG

Amino-NR	Quantity	Order Code
	180	ANR31

AntiOxidant Formula

Offers a broad spectrum of antioxidants designed to help protect against free radical damage throughout the body‡

Free radicals are atoms, ions, or molecules with one or more unpaired electrons that bind to and destroy cellular compounds. Dietary antioxidants disarm free radicals through a number of different mechanisms. Foremost, they bind to the free electrons, 'pairing up' with them, creating an innocuous cellular compound that the body can eliminate as waste. The antioxidants in this formula also support 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.‡

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

each (size 0) vegetarian capsule contains:

vitamin A (as beta carotene)	3,000 mcg
vitamin E (as d-alpha tocopherol succinate)	67 mg
riboflavin (vitamin B_2)	25 mg
zinc (as zinc picolinate)	5 mg
selenium (as selenomethionine)	100 mcg
n-acetyl-l-cysteine (NAC) (free-form)	100 mg
milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	100 mg
proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	500 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Antioxidants GF NON GMO V VEG

AntiOxidant Formula	Quantity	Order Code
	120	AO21

Arabinogalactan

Prebiotic fiber for immune support‡

Arabinogalactan, or AG, is a fermentable prebiotic 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 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.‡

1 capsule, 3 times daily, between meals.

each (size 00) vegetarian capsule contains:

arabinogalactan	500 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support GF NON GMO V VEG

Arabinogalactan	Quantity	Order Code
	180	ARA1
	90	ARA9

l-Arginine



Amino acid precursor of nitric oxide associated with promoting cardiovascular health, immune support, sexual function, and memory‡

l-Arginine supports nitric oxide formation, important for healthy dilation of blood vessels, circulation, and blood flow. In trials, l-arginine has demonstrated the potential to support endothelial function in blood vessels, platelet function, exercise tolerance, and sexual function. Because of its effect on nitric oxide production, l-arginine is theoretically best avoided by individuals with migraines, depression, autoimmune disorders, and kidney or liver disease. l-Arginine is contraindicated for individuals with the herpes virus.‡

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

two (size 00) vegetarian capsules contain:

calories	5
l-arginine HCl (free-form)	1,400 mg
other ingredients: vegetarian capsule (cellulose, water)	

Amino Acids GF NON GMO V VEG

l-Arginine	Quantity	Order Code
	180	LAR1
	90	LAR9

Ascorbic Acid capsules

Vitamin C supports a wide range of physiological functions, including immune function and vascular integrity‡

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

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

each (size 00) vegetarian capsule contains:

vitamin C (as ascorbic acid)	1,000 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals GF NON GMO V VEG

Ascorbic Acid capsules	Quantity	Order Code
	250	A12
	90	A19

Ascorbic Acid powder

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

serving size: 1 scoop (approximately 1.4 g)
servings per container: approximately 162

each scoop contains

vitamin C (as ascorbic acid)	1,400 mg

Vitamins & Minerals GF NON GMO V VEG

Ascorbic Acid powder	Quantity	Order Code
	227 g	AAP

Ascorbyl Palmitate

Fat-soluble vitamin C

Ascorbyl palmitate is a fat-soluble derivative of ascorbic acid. Unlike the water soluble form, ascorbyl palmitate is able to enter the lipid cell membrane. Vitamin C is a potent antioxidant and free radical scavenger. It supports immune 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 mast cell function and supports lymphocyte formation.‡

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

each (size 00) vegetarian capsule contains:

vitamin C (from 450 mg ascorbyl palmitate)	190 mg
other ingredients: vegetarian capsule (cellulose, water)	

Vitamins & Minerals GF NON GMO V VEG

Ascorbyl Palmitate	Quantity	Order Code
	180	ASP1
	90	ASP9

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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.‡

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

each (size 00) vegetarian capsule contains:

ashwagandha (*Withania somnifera*) extract (root) (standardized to contain 2.5% withanolides)	500 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Energy & Fitness GF NON GMO V VEG

Ashwagandha	Quantity	Order Code
	120	ASH1
	60	ASH6

Astaxanthin

Stable, fat-soluble antioxidant; skin, joint and eye health‡

Derived from *Haematococcus pluvialis* microalgae cultivated under pristine conditions, esterified astaxanthin is a stable, fat-soluble antioxidant from the carotenoid family. Astaxanthin protects the phospholipid membranes of cells from oxidative damage. In 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 support the skin's natural antioxidant defenses against free radicals induced by sun exposure. In a human clinical evaluation, supplementation with astaxanthin provided enhanced antioxidant protection for the skin. Additional studies suggest astaxanthin's immune, cellular and cardiovascular support potential.‡

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

each (size 7.5) softgel capsule contains:

astaxanthin (from *Haematococcus pluvialis* microalgae)	4 mg
other ingredients: extra virgin olive oil, gelatin capsule (gelatin, glycerin, water)	

Antioxidants NON GMO

Astaxanthin	Quantity	Order Code
	120	AST1
	60	AST6



Athletic Nutrients

With Metafolin® L-5-MTHF

Multivitamin/mineral complex for exercise performance and training‡



Indications:

- Support for athletic training and physical performance‡
- Promotes energy, stamina and helps lessen muscle fatigue‡

Vitamin/Mineral Distinctions:

- Potassium phosphate combined with calcium and magnesium for healthy muscle function‡
- Copper, manganese, selenium and zinc for healthy tendons, ligaments and joints‡

Special Features:

EnergizeATP Factors‡

- Supports stamina and buffers lactic acid with highly pure creatine monohydrate; research indicates the potential to increase optimal work output in activities such as weight-lifting and sprinting.‡

MuscleRestore Complex‡

- Supports muscle recovery and comfort with NAC, alpha lipoic acid and l-carnosine.‡

PowerProtect Antioxidants‡

- In a randomized, double-blind, placebo-controlled trial, 400 mg PowerGrape® promoted plasma antioxidant capacity during competition and supported performance in athletes. Protects muscles from oxidative stress with green tea and super fruit polyphenols.‡

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

two (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	1,000 mcg
vitamin C (as ascorbic acid)	83 mg
vitamin D (as cholecalciferol) (D_3)	8.3 mcg (333 IU)
vitamin E (as d-alpha tocopherol succinate)	22 mg
vitamin K (as vitamin K_1)	33 mcg
thiamin (as thiamin HCl) (B_1)	8 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5′ phosphate (activated B_2))	11.1 mg
niacin (as niacin and 67% niacinamide)	25 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5′ phosphate (activated B_6))	6.65 mg
folate (as Metafolin®, L-5-MTHF)	222 mcg DFE (133 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	333 mcg
biotin	266 mcg
pantothenic acid (as calcium pantothenate) (B_5)	16.5 mg
choline (as choline bitartrate)	6.6 mg
calcium (as calcium citrate)	66.5 mg
iodine (as potassium iodide)	66.5 mcg
magnesium (as magnesium citrate)	66.5 mg
zinc (as zinc citrate)	5 mg
selenium (as selenomethionine)	66.5 mcg
copper (as copper glycinate)	650 mcg
manganese (as manganese citrate)	650 mcg
chromium (as chromium polynicotinate)	66.5 mcg
potassium (as potassium phosphate)	33 mg
boron (as boron glycinate)	650 mcg
vanadium (as bis-glycinato oxo vanadium)	33 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	192 mcg
inositol	16.5 mg

EnergizeATP Factors‡

creatine monohydrate	250 mg
coenzyme Q_{10}	16.5 mg
alpha ketoglutarate	16.5 mg

MuscleRestore Complex‡

n-acetyl-l-cysteine (free-form)	50 mg
alpha lipoic acid (thioctic acid)	33 mg
l-carnosine	16.5 mg

PowerProtect Antioxidants‡

PowerGrape® grape (*Vitis vinifera*) extract (whole fruit)	66.5 mg
superfruit antioxidant blend (from açai berry, pomegranate fruit, acerola fruit, and quercetin)	20 mg
green tea (*Camellia sinensis*) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
PowerGrape® is a registered trademark of Naturex.

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins GF NON GMO VEG

Athletic Nutrients	Quantity	Order Code
	180	ATN21

‡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 Pure Pack

Daily Packet

With Metafolin® L-5-MTHF



Indications:

- Supports energy, muscle recovery and immune function for healthy athletic activity‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Vitamin C to support nitric oxide activity and immune function‡
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate for healthy red blood cell function‡
- Trace minerals, including manganese and copper, for healthy connective tissue integrity‡

Special Features:

- Omega-3 fatty acids to support healthy cytokine balance‡
- 1,200 mg BCAA, 375 mg creatine monohydrate, 145 mg 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 superfruits help to moderate oxidative stress during training‡
- 850 mg l-glutamine for healthy muscle preservation and immune function‡
- Convenient, once-daily packet

Each Packet Contains:

Athletic Nutrients 3 vegetarian capsules →See page 31

- Multivitamin/mineral complex for exercise performance and training‡

EPA/DHA essentials 1 softgel capsule →See page 70

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

BCAA capsules 2 vegetarian capsules →See page 36

- Branched chain amino acids to support lean muscle mass and exercise recovery‡

Ascorbic Acid 1 vegetarian capsule →See page 29

- Potent antioxidant providing optimal nutritional support to all physiological functions‡

CoQ_{10} 1 vegetarian capsule →See page 51

- Natural, fermented, trans-isomer CoQ_{10}

l-Glutamine 1 vegetarian capsule →See page 80

- Muscle mass and gastrointestinal tract support‡

Take 1 packet daily (9 capsules), with a meal.

nine capsules contain:

calories	10
total fat	1 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	1,500 mcg
vitamin C (as ascorbic acid)	1,125 mg
vitamin D (as cholecalciferol) (D_3)	12.5 mcg (500 IU)
vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	16.7 mg
niacin (as niacin and 67% niacinamide)	38 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10 mg
folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	10 mg
calcium (as calcium citrate)	100 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	100 mg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	100 mcg
potassium (as potassium phosphate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	289 mcg
inositol	25 mg
creatine monohydrate	375 mg
coenzyme Q_{10}	145 mg
alpha ketoglutarate	25 mg
n-acetyl-l-cysteine (free-form)	75 mg
alpha lipoic acid (thioctic acid)	50 mg
l-carnosine	25 mg
l-glutamine (free-form)	850 mg
branched chain amino acids	1,200 mg
providing:	
l-leucine (free-form)	600 mg
l-isoleucine (free-form)	300 mg
l-valine (free-form)	300 mg
PowerGrape® grape (*Vitis vinifera*) extract (whole fruit)	100 mg
superfruit antioxidant blend (from açai berry, pomegranate fruit, acerola fruit, and quercetin)	30 mg
green tea (*Camellia sinensis*) extract (leaf) (decaffeinated) (standardized to contain 70% epigallocatechin gallate (EGCG))	25 mg
fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
PowerGrape® is a registered trademark of Naturex.
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.
Kaneka Q_{10}® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins NON GMO

Athletic Pure Pack	Quantity	Order Code
	30 packets	APP3B3

PureGI™

Go With Your Gut

PureGI™ is backed by the latest in prebiotic, probiotic, and postbiotic microbiome science to support your patients' upper and lower GI function, from digestion to elimination.‡

PureGI™ includes products and clinical protocols designed to support:

- Microbial Balance‡
- Digestion‡
- Abdominal Comfort‡
- GI Integrity‡





Daniel Kalish, D.C.,[+]
has directed three integrative health clinics in California over the past 25 years, where he has coordinated teams of medical doctors, nutritionists, chiropractors and acupuncturists. Dr. Kalish helped co-develop the PureGI™ protocols and is dedicated to teaching doctors Functional Medicine philosophy and practices.

Learn more at
PureEncapsulations.com/pure-gi

[+]Dr. Kalish is a retained advisor to Pure Encapsulations.

‡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-Complex liquid



Convenient liquid delivery form; supports energy metabolism and nervous system function‡

As a complex, the B vitamin group is 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 and in the metabolism of fats and protein.
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.‡

1 teaspoon (5 ml) daily, with a meal. Shake well before use.

serving size: 5 ml (0.17 fl oz) (1 teaspoon)
servings per container: 28

5 ml (0.17 fl oz) (1 teaspoon) contains:

thiamin (as thiamin HCl) (B_1)	3.5 mg
riboflavin (as riboflavin 5' phosphate) (activated B_2)	3 mg
niacin (formulated with niacinamide)	10 mg
vitamin B_6 (as pyridoxine HCl)	4 mg
vitamin B_{12} (formulated with methylcobalamin)	500 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 mg

other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, natural lemonade and orange flavors, citric acid, xanthan gum, potassium sorbate, purified stevia leaf extract

Vitamins & Minerals · GF · NON GMO · VEG

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

B-Complex Plus

With Metafolin® L-5-MTHF

Broad-spectrum B vitamin support‡

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

- Universally supportive, comprehensive B-complex‡
- Methylated folate (400 mcg)
- Methylated vitamin B_{12} (400 mcg)
- Energy synthesis‡

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

each (size 1) vegetarian capsule contains:

thiamin (as thiamin HCl) (B_1)	100 mg
riboflavin (as vitamin B_2 and 60% riboflavin 5' phosphate (activated B_2))	12.7 mg
niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	16.7 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	400 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	100 mg

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

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B-Complex Plus	Quantity	Order Code
	120	BCP1
	60	BCP6

See also
PureGenomics® B-Complex →page 140
Ultra B-Complex w/PQQ →page 169

B_{12} 5,000 liquid

5,000 mcg per 1 ml serving; supports red blood cell function, energy metabolism and neurological health‡

- Convenient liquid form

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.‡

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

serving size: 1 ml (0.03 fl oz) (one full dropper)
servings per container: 30

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

vitamin B_{12}	5,000 mcg

other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, citric acid, black currant juice, purified stevia leaf extract, potassium sorbate

Vitamins & Minerals · GF · NON GMO · VEG

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

See also
Methylcobalamin 1,000 mcg →page 110

B_{12} Folate



With Metafolin® L-5-MTHF

Provides optimum support for the nervous system and the metabolism of fats and protein‡

Vitamin B_{12} and folate are interrelated in function. Folate is provided in this formula as Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate. The B_{12} in this formula is provided as methylcobalamin, an active form of the vitamin.‡

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

each (size 3) vegetarian capsule contains:

folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	800 mcg

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

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B_{12} Folate	Quantity	Order Code
	60	B12

See also
PureMelt B_{12} Folate →page 147

B_{12} liquid

1,000 mcg per 1 ml serving; supports red blood cell function, energy metabolism and neurological health‡

- Convenient liquid form

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.‡

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

serving size: 1 ml (0.03 fl oz) (one full dropper)
servings per container: 30

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

vitamin B_{12}	1,000 mcg

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

Vitamins & Minerals · GF · NON GMO · VEG

B_{12} liquid	Quantity	Order Code
	30 ml (1 fl oz)	B12L

B_6 Complex

With Metafolin® L-5-MTHF

Broad-spectrum B vitamin support with enhanced vitamin B_6‡

B_6 Complex offers the wide ranging support of 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.‡

1 capsule daily, with a meal.

each (size 00) vegetarian capsule contains:

thiamin (as thiamin HCl) (B_1)	100 mg
riboflavin (as vitamin B_2 and 67% riboflavin 5' phosphate (activated B_2))	15 mg
niacin (as niacinamide and 9% inositol hexaniacinate (no-flush niacin))	110 mg
vitamin B_6 (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B_6))	200 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	100 mg
choline (as choline bitartrate)	12 mg
inositol	25 mg

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

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

Vitamins & Minerals · GF · NON GMO · V · VEG

B_6 Complex	Quantity	Order Code
	120	B6C21
	60	B6C26

Bacopa monnieri

Herbal support for memory, relaxation, and cognitive function‡

Ayurvedic medicine has utilized *Bacopa monnieri* traditionally for centuries to support the nervous system, cognitive capacity, and memory. Over the last thirty years, preliminary clinical trials have suggested encouraging results. A three-month trial conducted by Australian scientists suggests that bacopa may support learning, moderate stress, and support memory. An animal study suggests the potential for bacopa to support mental function under stress. In a double-blind, randomized, placebo-controlled investigation, bacopa supported memory retention in adult subjects. The effects of this extract may, in part, be explained by antioxidant protection of important processing centers in the brain, including the frontal cortex, striatum and hippocampus. Bacopa may also help to promote healthy synaptic activity and neurotransmission in the brain.‡

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

each (size 0) vegetarian capsule contains:

bacopa (*Bacopa monnieri*) extract (aerial parts) (standardized to contain 20% bacosides)	200 mg

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

Memory & Mood · GF · NON GMO · V · VEG

Bacopa monnieri	Quantity	Order Code
	180	BA1

‡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.

Balanced Immune



PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

Provides foundational support for healthy cellular response, tissue health, antioxidant status and cytokine balance‡

- Supports immune balance and tissue integrity, in part by targeting the NLRPs (NOD-like receptor proteins) and NF-κB pathways to modulate cytokine production; NLRPs act as intracellular sensors to oxidative and environmental stressors‡
- Promotes numerous enzyme and gene transcription pathways including SIRT1 and Nrf2‡
- Promotes the health of joint, G.I. and thyroid tissue that is influenced by immunological factors‡

Balanced Immune is designed to support immune balance and tissue integrity, in part by targeting the NLRP and NF-κB pathways to modulate cytokine production. NLRP (NOD-like receptor proteins) act as intracellular sensors to oxidative and environmental stressors. Research suggests curcumin and vitamin D support healthy cellular response, in part by modulating this pathway. The formula also promotes numerous enzyme and gene transcription pathways targeting nutrient metabolism in the liver, detoxification, and cellular protection against oxidative stress. Black ginger and resveratrol promote healthy SIRT1 protein levels. SIRT1 supports cellular homeostasis, plays an important role in insulin secretion and glucose homeostasis, and affects glucose and lipid metabolism in the liver. In a double-blind, placebo-controlled, crossover study, 100 mg of Sirtmax® black ginger extract for seven weeks supported healthy glucose metabolism and weight management†, while in vitro studies on its active constituents suggest a five-fold increase in SIRT1 activity compared to resveratrol. Sulforaphane and resveratrol support the activity of Nrf2, a transcription factor that supports cellular function by promoting cellular detoxification and protection against oxidative stress.‡

1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
Meriva® turmeric phytosome (Curcuma longa extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	200 mg
broccoli (*Brassica oleracea italica*) sprout concentrate (whole plant) (standardized to contain 600 mcg sulforaphane)	150 mg
trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root))	100 mg
Sirtmax® black ginger (*Kaempferia parviflora*) extract (root)	50 mg
quercetin	60 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Meriva® is a trademark of Indena S.p.A.

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

Sirtmax® is a registered trademark of Tokiwa Phytochemical Co., Ltd.

Immune Support GF NON GMO VEG

Balanced Immune	Quantity	Order Code
	60	BIM6

BCAA capsules

Supports lean muscle mass and exercise recovery‡

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

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

two (size 00) vegetarian capsule contains:

branched chain amino acids (free-form)	1,200 mg
providing:	
l-leucine	600 mg
l-isoleucine	300 mg
l-valine	300 mg
other ingredients: vegetarian capsule (cellulose, water)	

Energy & Fitness GF NON GMO V VEG

BCAA capsules	Quantity	Order Code
	250	BCA2
	90	BCA9

BCAA powder

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

serving size: 3.3 g
servings per container: 68

one rounded scoop (approximately 3.3 g) contains:

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

Energy & Fitness GF NON GMO V VEG

BCAA powder	Quantity	Order Code
	227 g	BCAP

BenfoMax



Supports healthy advanced glycation end (AGE) product activity and cellular health‡

- Maintains healthy advanced glycation end (AGE) product activity and glucose metabolism‡
  - Supports optimal thiamine pyrophosphate activity with the lipid-soluble, enhanced-retention thiamin derivative benfotiamine‡
  - Promotes healthy transketolase activity, an important enzyme in glucose metabolism, to protect vascular tissues through three biochemical pathways‡
- Promotes vascular, retinal, kidney and neuronal health‡
  - In a randomized crossover trial, benfotiamine supported healthy flow-mediated dilation and endothelial function in response to a heat-treated meal‡
  - In another randomized controlled study, benfotiamine supported healthy nerve conduction velocity and nerve comfort‡
  - Research suggests that benfotiamine may maintain healthy renal glomeruli and retinal function, as well as moderate protein kinase C enzyme activity, AGE production and protein glycation‡
  - Maintains healthy activity of the genomic regulator NF-κB to support cytokine balance‡

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

each (size 3) vegetarian capsule contains:

BenfoPure® benfotiamine	200 mg

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Heart & Metabolic · GF · NON GMO · V · VEG

BenfoMax	Quantity	Order Code
	90	BFM9

Best-Rest Formula

Promotes the onset of sleep as well as sleep quality‡

This blend provides support for occasional sleeplessness. It contains the time-tested support of valerian, passion flower, chamomile, lemon balm and hops, which act to calm and relax the central nervous system. Double-blind trials involving valerian, valerian/lemon balm combinations and valerian/hops combinations have indicated the potential to support the onset of sleep as well as healthy sleep quality. Melatonin also facilitates the onset of sleep and sleep efficiency. GABA and l-theanine are included for their ability to promote alpha wave production in the brain, an indication of relaxation.‡

2 capsules, 30-60 minutes before bedtime.

two (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	3.3 mg
melatonin	1 mg
GABA (gamma-aminobutyric acid)	300 mg
l-theanine	50 mg
valerian (*Valeriana officinalis*) extract (root) (standardized to contain 0.8% valerenic acids)	400 mg
lemon balm (*Melissa officinalis*) extract (leaf) (standardized to contain 5% rosmarinic acid)	150 mg
hops (*Humulus lupulus*) extract (aerial parts)	150 mg
passionflower (*Passiflora incarnata*) extract (aerial parts) (standardized to contain 3.5% vitexins)	100 mg
chamomile (*Matricaria recutita*) extract (flower)	100 mg

other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica

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

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep · GF · NON GMO · V · VEG

Best-Rest Formula	Quantity	Order Code
	120	BRF1
	60	BRF6

See also
Melatonin →page 105

*Dr. Yanuck is a retained advisor to Pure Encapsulations.
†Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

‡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.

Beta Carotene (with mixed carotenoids)



Antioxidant and vitamin A precursor‡

Beta carotene is a precursor to vitamin A. It supports immune health, enhances visual acuity, and quenches free radicals. Beta carotene's antioxidant potential also supports healthy tissues and DNA integrity. As a precursor, the body converts beta carotene to vitamin A as needed.‡

Beta carotene is one of the major dietary antioxidants, offering free radical scavenger activity and provitamin A activity.‡

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

each (size 3) softgel capsule contains:

vitamin A (as beta carotene)	7,500 mcg
(with alpha carotene, zeaxanthin and lutein)	
(from *D. salina*, 100% natural)	

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

Vitamins & Minerals | GF | NON GMO

Beta Carotene	Quantity	Order Code
	180	BE1
	90	BE9

See also
Vitamin A + Carotenoids →page 176

Beta-sitosterol

Phytosterol complex for prostate health and urinary function‡

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.‡

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

each (size 0) vegetarian capsule contains:

beta-sitosterol (from soy phytosterol complex)	60 mg

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

Contains soy

Men's Formulas | GF | NON GMO | V | VEG

Beta-sitosterol	Quantity	Order Code
	270	BS2
	90	BS9

Betaine HCl Pepsin

Promotes healthy gastric function‡

Betaine HCl and pepsin are gastric-juice components essential to the digestion of food and absorption of most nutrients. In particular, betaine HCl is necessary for adequate absorption of protein, calcium, vitamin 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.‡

1 capsule, 3 times daily, with each meal.

each (size 0) vegetarian capsule contains:

betaine HCl	520 mg
pure pepsin (1:10,000 potency, lactose free) (porcine)	21 mg

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

Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.

Gastrointestinal | GF | NON GMO

Betaine HCl Pepsin	Quantity	Order Code
	250	BP2

Bilberry 160 mg

Support for healthy vision and vascular function‡

Bilberry extract contains anthocyanidins with visual and vascular enhancing properties. Bilberry moderates visual fatigue and supports light to dark adjustment through its affinity for the rhodopsin-opsin system, the pigment system which mediates both light and dark vision and visual adaptation to dimly lit spaces. In addition, the extract also promotes the retina's own enzymatic antioxidant defenses. In the vascular system the anthocyanidin extract supports the integrity of vascular walls by increasing vitamin C levels within cells, decreasing the permeabilizing effect of certain proteolytic/lysosomal enzymes, stabilizing cell membranes, and stimulating the synthesis of collagen and connective ground substance tissue.‡

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

each (size 2) vegetarian capsule contains:

bilberry (*Vaccinium myrtillus*) extract (fruit)	160 mg
(standardized to contain 25% anthocyanosides)	

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

Vision | GF | NON GMO | V | VEG

Bilberry 160 mg	Quantity	Order Code
	120	BB11

Biotin 8 mg



Essential B vitamin‡

Biotin is a water-soluble B vitamin that is an essential co-factor for a number of metabolic carboxylation reactions involved in metabolism. Recent studies have expanded biotin's metabolic role, claiming that the vitamin maintains healthy genetic expression of the many enzymes for which it is a cofactor. Clinical studies have indicated that biotin may adjust the cellular arrangement of the nail bed, helping to reinforce the keratin structure, promote strength and thickness, and reduce splitting.‡

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

each (size 3) vegetarian capsule contains:

biotin	8,000 mcg

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

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

Vitamins & Minerals GF NON GMO V VEG

Biotin 8 mg	Quantity	Order Code
	120	BI1
	60	BI6

Black Cohosh 2.5

Offers support for menopausal comfort including 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.‡

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

each (size 0) vegetarian capsule contains:

black cohosh (*Cimicifuga racemosa*) extract (root) (standardized to provide 2.5% triterpene glycosides)	250 mg

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

Women's Formulas GF NON GMO V VEG

Black Cohosh 2.5	Quantity	Order Code
	120	BLC1

Black Currant Seed Oil

Contains 14% GLA for skin, musculoskeletal health and prostaglandin production‡

Black currant seed oil contains gamma linolenic acid (GLA), a fatty acid that has multiple physiological roles. 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.‡

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

two (size 10) softgel capsules contain:

calories	10
total fat	1 g
vitamin E (as d-alpha-tocopherol)	13 mg
black currant (*Ribes nigrum*) oil (seed)	1,000 mg
providing:	
18:3 gamma linolenic acid (GLA)	140 mg

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

Essential Fatty Acids GF NON GMO

Black Currant Seed Oil	Quantity	Order Code
	250	BL2
	100	BL1

Borage Oil

Supports joint, muscle, skin and reproductive health‡

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.‡

1 softgel capsule, 1-4 times daily, with or between meals.

each (size 20) softgel capsule contains:

calories	10
total fat	1 g
vitamin E (as mixed tocopherols)	1 mg
borage (*Borago officinalis*) oil (seed) (cold-pressed) (standardized to contain 20% gamma-linolenic acid (GLA))	1,000 mg

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

Essential Fatty Acids GF NON GMO

Borage Oil	Quantity	Order Code
	180	BOG1
	60	BOG6

‡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.

Boron (glycinate)



Promotes the utilization of many vitamins, minerals, and hormones‡

Boron supports calcium, phosphorous, and magnesium metabolism. Boron plays a role in the synthesis 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.‡

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

each (size 3) vegetarian capsule contains:

boron (as boron glycinate)	2 mg

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

Vitamins & Minerals GF NON GMO V VEG

Boron	Quantity	Order Code
	60	BO6

Boswellia

Herbal support for musculoskeletal, gastrointestinal and cellular health‡

Boswellia serrata is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the active terpenoid constituents of boswellia, may maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism. In addition, boswellic acids may maintain healthy human leukocyte elastase enzyme activity. 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.‡

1 capsule, 3 times daily, with meals.

each (size 00) vegetarian capsule contains:

Indian frankincense (*Boswellia serrata*) extract (gum resin) (standardized to contain 60% boswellic acids)	400 mg

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

Not to be taken by pregnant or lactating women.

Immune Support GF NON GMO V VEG

Boswellia	Quantity	Order Code
	120	BW31
	60	BW36

Boswellia AKBA

Enhanced 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 epithelial lining of the digestive tract. Moreover, studies suggest AKBA supports healthy cell signaling and cell cycle function for high capacity cellular support.‡

1 capsule daily, with a meal.

each (size 0) vegetarian capsule contains:

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

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

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Not to be taken by pregnant or lactating women.

Immune Support GF NON GMO V VEG

Boswellia AKBA	Quantity	Order Code
	120	BWA1
	60	BWA6

Bromelain 2400 500 mg

Supports the body's innate ability to digest food and to maintain musculoskeletal comfort at the cellular level‡

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.‡

1 capsule, 1-4 times daily, with or between meals, as indicated.

each (size 00) vegetarian capsule contains:

bromelain (from pineapple stem) (2,400 GDU/gram)	500 mg

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

Not to be taken by pregnant or lactating women.

Immune Support GF NON GMO V VEG

Bromelain 2400 500 mg	Quantity	Order Code
	180	BR51
	60	BR56

Buffered Ascorbic Acid capsules



Vitamin C as mineral ascorbates for sensitive individuals

Buffered ascorbic acid combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate to create a neutral pH vitamin C. This special form of ascorbic acid lessens possible gastric irritation in sensitive individuals. Vitamin C offers a wide range of support for the human body. It is an antioxidant and free radical scavenger. It supports the body's defense system by promoting white blood cell function and activity, interferon levels, antibody responses, and secretion of thymic hormones. It is essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron and the formation of red blood cells and converts folic acid to active folinic acid. It maintains healthy mast cell function and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.‡

1 capsule, 1-4 times daily, with or between meals, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

vitamin C	670 mg
(as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	
calcium (as calcium ascorbate)	15 mg
magnesium (as magnesium ascorbate)	37 mg
potassium (as potassium ascorbate)	20 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals · GF · NON GMO · V · VEG

Buffered Ascorbic Acid capsules	Quantity	Order Code
	250	AB22
	90	AB29

Buffered Ascorbic Acid powder

1 rounded scoop (2.2 g) daily, or as directed by a health professional.

serving size: 2.2 g (approximately 1 rounded scoop)
servings per container: approximately 103

one rounded scoop (approximately 2.2 g) contains:

vitamin C	1,220 mg
(as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	
calcium (as calcium ascorbate)	100 mg
magnesium (as magnesium ascorbate)	60 mg
potassium (as potassium ascorbate)	20 mg

Vitamins & Minerals · GF · NON GMO · V · VEG

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

See also

- Ascorbic Acid capsules →page 29
- Ascorbic Acid powder →page 29
- Acerola/Flavonoid →page 23
- Ester-C® & flavonoids →page 72



‡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.

Cal/Mag 2:1 (malate)



Calcium and magnesium malates in a 2:1 ratio; may reduce the risk of osteoporosis**‡

Combines di-calcium malate and di-magnesium malate for the highest elemental calcium and magnesium per capsule. These minerals are chelated with the krebs cycle intermediate malate for optimal absorption.

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

three (size 00) vegetarian capsules contain:

calcium (as DimaCal® di-calcium malate)	390 mg
magnesium (as di-magnesium malate) (albion®)	195 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Bones, Joints & Muscles | GF | NON GMO | V | VEG

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

Cal/Mag w/Cofactors powder

Supports healthy bone mineral composition; may reduce the risk of osteoporosis**‡

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 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.‡

1 scoop daily, mixed with 8 oz water, or as directed by a health professional.

serving size: 1 scoop (approximately 5.25 grams) (2 tsp)
servings per container: approximately 60

one scoop (approximately 5.25 g) (2 tsp) contains:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
calcium (as calcium citrate)	500 mg
magnesium (as magnesium citrate)	250 mg
silica (from bamboo)	15 mg
boron (as boron glycinate)	1 mg
other ingredients: xylitol, natural lemon-lime flavor, luo han guo (*Momordica grosvenorii*) extract (fruit)	

Bones, Joints & Muscles | GF | NON GMO | VEG

Cal/Mag w/Cofactors powder	Quantity	Order Code
	315 g	CMF3

See also

+Cal+® With Ipriflavone →page 20
OsteoBalance‡ →page 122

Cal/Mag/D liquid

Calcium, magnesium and vitamin D in a convenient liquid form; may reduce the risk of osteoporosis**‡

- Highly bioavailable mineral citrates
- 2:1 ratio of calcium to magnesium combined with vitamin D_3
- Great-tasting liquid formula

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

serving size: two teaspoons (10 ml/0.33 fl oz)
servings per container: 48

two teaspoons (10 ml/0.33 fl oz) contain:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
calcium (as calcium citrate)	350 mg
magnesium (as magnesium citrate)	175 mg
other ingredients: purified water, xylitol, natural raspberry flavor, citric acid, medium chain triglycerides, xanthan gum, purified stevia leaf extract, potassium sorbate, rosemary leaf extract, natural mixed tocopherols	

Bones, Joints & Muscles | GF | NON GMO | VEG

Cal/Mag/D liquid	Quantity	Order Code
	480 ml	CML

Calcium (citrate)

Highly absorbable and researched calcium chelate; supports colon health‡

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

two (size 00) vegetarian capsules contain:

calcium (as calcium citrate)	300 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals | GF | NON GMO | V | VEG

Calcium (citrate)	Quantity	Order Code
	180	CC1

Calcium (MCHA)

Supports bone mineral composition‡

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

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

each (size 00) vegetarian capsule contains:

calcium (from microcrystalline hydroxyapatite) (bovine)	250 mg
other ingredients: vegetarian capsule (cellulose, water)	

Vitamins & Minerals | GF | NON GMO

Calcium (MCHA)	Quantity	Order Code
	180	CH31

Calcium (MCHA) with Magnesium



Highly absorbable form of calcium combined with magnesium to support bone health‡

Calcium microcrystalline hydroxyapatite contains a mixture of bone minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans. This formula provides a 2:1 ratio of calcium to magnesium.

1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

calcium (from microcrystalline hydroxyapatite) (bovine)	140 mg
magnesium (as magnesium citrate)	70 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals | GF | NON GMO

Calcium (MCHA) with Magnesium	Quantity	Order Code
	180	CHM1

Calcium K/D

High elemental calcium per capsule with vitamins K and D; supports cardiovascular health and may reduce the risk of osteoporosis**‡

Calcium K/D combines di-calcium malate with vitamins D and K for optimal bone support and reduces the risk of osteoporosis**. Di-calcium malate provides a high percentage of elemental calcium, fully chelated with the Krebs cycle intermediate malate for optimal absorption. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss. A 7-year study involving over 30,000 women indicates that combined calcium and vitamin D supplementation promotes healthy hip bones. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K_1 and K_2 may be especially important for optimal carboxylation in aging individuals. By activating matrix Gla–protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity.‡

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

two (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin K (as vitamin K_1)	100 mcg
calcium (as DimaCal® di-calcium malate)	400 mg
vitamin K_2 (menaquinone-7)	30 mcg
other ingredients: vegetarian capsule (cellulose, water)	

DimaCal® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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

Bones, Joints & Muscles | GF | NON GMO | VEG

Calcium K/D	Quantity	Order Code
	180	CKD1

Calcium Magnesium (citrate)

Highly absorbable form of calcium combined with magnesium to support bone health‡

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

three (size 00) vegetarian capsules contain:

calcium (as calcium citrate)	240 mg
magnesium (as magnesium citrate)	240 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals | GF | NON GMO | V | VEG

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

Calcium Magnesium (citrate/malate)

Highly absorbable form of calcium combined with magnesium to support bone health‡

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

three (size 00) vegetarian capsules contain:

calcium (as calcium citrate/malate)	225 mg
magnesium (as magnesium citrate/malate)	225 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Vitamins & Minerals | GF | NON GMO | V | VEG

Calcium Magnesium (citrate/malate)	Quantity	Order Code
	180	CMC1

Calcium with Vitamin D_3

Highly absorbable calcium combined with vitamin D_3 to support bone and colon health; may reduce the risk of osteoporosis**‡

Several clinical trials reveal the positive effects of combined supplemental calcium and vitamin D for bone health. Vitamin D is important for its ability to promote intestinal calcium and phosphorous absorption, reduce urinary calcium loss and enhance healthy bone composition. In a large trial published in the New England Journal of Medicine involving over 3,000 women, supplementation with calcium and vitamin D daily for one and a half years supported bone composition of the femur. In another study, calcium and vitamin D supplementation promoted calcium utilization and maintained healthy bones in postmenopausal women. Calcium citrate malate combined with vitamin D moderated the rate of bone loss for a separate group of postmenopausal women, maintaining support for the spine. Calcium and vitamin D also play a role in supporting colon health.‡

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

three (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
calcium (as calcium citrate/malate)	450 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles | GF | NON GMO | VEG

Calcium with Vitamin D_3	Quantity	Order Code
	180	CVD1

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

‡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.

Calcium-D-Glucarate™



Supports detoxification and cellular health‡

Researchers at the University of Texas M.D. Anderson Cancer Center, Memorial Sloan-Kettering Cancer Center of New York, AMC Cancer Center in Colorado, and Ohio State University have extensively studied d-glucarate. Calcium-D-Glucarate™, a patented form of glucaric acid, is a nutrient with the potential to support healthy detoxification and cellular function. In the 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. An animal study suggests the promising role of d-glucarate in supporting healthy lipid metabolism.‡

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

two (size 0) vegetarian capsules contain:

calcium-D-glucarate	1,000 mg
other ingredients: vegetarian capsule (cellulose, water)	

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification · GF · NON GMO · V · VEG

Calcium-D-Glucarate™	Quantity	Order Code
	120	CG1
	60	CG6

Caprylic Acid

Supports healthy microbial balance‡

Caprylic acid, also known as octanoic acid, is a naturally occurring fatty acid that promotes a favorable environment for beneficial microflora. Due to its fat solubility, it is believed to penetrate intestinal mucosal cells to exert its effects.‡

2 capsules, 30 minutes before each meal, or as directed by a health professional.

two (size 00) vegetarian capsules contain:

calcium (as calcium caprylate)	60 mg
magnesium (as magnesium caprylate)	36 mg
caprylic acid (as calcium and magnesium caprylate)	800 mg
other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Gastrointestinal · GF · NON GMO · V · VEG

Caprylic Acid	Quantity	Order Code
	240	CAP2
	120	CAP1

CarbCrave Complex

With Sensoril®

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® ashwagandha promotes relaxation and maintains healthy cortisol response. It is these actions that may be responsible for its supportive effects on glucose and fat metabolism. Both chromium picolinate and Relora® have demonstrated the potential to promote more healthful patterns of carbohydrate and energy intake in adult subjects. In one study involving 49 volunteers prone to eating under stress, Relora® helped reduce stress-related snacking of sweets by 76%. In another trial, chromium picolinate supplementation helped reduce carbohydrate intake and mood fluctuations.‡

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

2 capsules, 3 times daily, with or before meals.

two (size 1) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	3.3 mg
chromium (as chromium picolinate)	200 mcg
5-hydroxytryptophan	50 mg
DL-phenylalanine	250 mg
Relora®	175 mg
patented proprietary blend of: magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)	
Sensoril® ashwagandha (*Withania somnifera*) extract (root and leaf)	75 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	75 mg
other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide	

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Heart & Metabolic · GF · NON GMO · V · VEG

CarbCrave Complex	Quantity	Order Code
	180	CCC1
	90	CCC9

l-Carnitine



Highly stabilized form of l-carnitine supporting cardiovascular health and recovery from exercise‡

l-Carnitine is an amino acid found abundantly in skeletal and heart muscle. It functions primarily to support fat utilization, and also acts as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. l-Carnitine also facilitates the removal of short and medium chain fatty acids from the mitochondria that accumulate during normal metabolic processes. A randomized double-blind, placebo-controlled trial of l-carnitine involving 101 volunteers indicated that l-carnitine maintained 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 placebo-controlled clinical study conducted at Ball State University in Indiana has found that l-carnitine-l-tartrate supplementation helps physical recovery from high intensity exercise. l-Carnitine-l-tartrate contains 68% pure l-carnitine and 32% natural l-tartaric acid.‡

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

two (size 0) vegetarian capsules contain:

l-carnitine (free-form) (from l-carnitine-l-tartrate)	680 mg

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

Amino Acids · GF · NON GMO · V · VEG

l-Carnitine	Quantity	Order Code
	120	LC1
	60	LC6

l-Carnitine fumarate

Supports fat metabolism, endurance during training and the healthy functioning of the heart and muscles‡

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.‡

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

two (size 00) vegetarian capsules contain:

l-carnitine (free-form) (from l-carnitine fumarate)	680 mg

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

L-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

Amino Acids · GF · NON GMO · V · VEG

l-Carnitine fumarate	Quantity	Order Code
	120	LCF1

l-Carnosine

Versatile antioxidant support for cellular health and longevity‡

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 and promotes 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 cellular health in the cardiovascular system. 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.‡

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

each (size 00) vegetarian capsule contains:

l-carnosine (beta-alanyl-L-histidine)	500 mg

other ingredients: vegetarian capsule (cellulose, water)

Heart & Metabolic · GF · NON GMO · V · VEG

l-Carnosine	Quantity	Order Code
	120	LCA1
	60	LCA6

Cat's Claw

Herbal support for joint, cardiovascular, immune and gastrointestinal health‡

Cat's Claw, also known as *Uncaria tomentosa*, has been used traditionally in Peru for over 2,000 years. Alkaloids, phenols, sterols, and glycosides comprise some of the naturally-occurring constituents of this herb. 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 are thought to support healthy immune function. This product may be contraindicated for individuals who are taking blood thinning or antihypertensive medications due to a potential synergistic effect.‡

1 capsule, 1-3 times daily, with meals, or as directed by a health professional.

each (size 0) vegetarian capsule contains:

cat's claw (*Uncaria tomentosa*) extract (inner vine bark) (standardized to contain 3% oxindole alkaloids)	450 mg

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

Not to be taken by pregnant or lactating women.

Immune Support · GF · NON GMO · V · VEG

Cat's Claw	Quantity	Order Code
	180	CCL1
	90	CCL9

‡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.

Chaste tree (Vitex)



Wide range support for female reproductive health‡

Chaste tree extract, also known as Vitex, contains flavonoids, iridoid glycosides, and terpenoids. It has been associated with supporting breast comfort and positive mood during the menstrual cycle, as suggested by numerous randomized, double-blind, placebo-controlled trials. It has also been associated with promoting healthy menstrual luteal phase length and menstrual regularity for some women, helping to maintain healthy reproductive system function.‡

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

each (size 3) vegetarian capsule contains:

chaste tree (*Vitex agnus-castus*) extract (fruit)	225 mg
other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Women's Formulas | GF | NON GMO | V | VEG

Chaste tree (Vitex)	Quantity	Order Code
	120	CT1
	60	CT6

CholestePure‡

Highly-researched phytosterols to support 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, thus supporting healthy lipid metabolism. Traditional Western diets only provide about 200 mg phytosterols per day (based on beta-sitosterol content), an amount too low to exert this action. 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.‡

2 capsules with each meal, or as directed by a health professional.

two (size 00) vegetarian capsules contain:

phytosterol complex	1,000 mg
(including betasitosterol, campesterol, stigmasterol, brassicasterol and sitostanol)	
providing (typically):	
total phytosterols	900 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Contains soy

Heart & Metabolic | GF | NON GMO | V | VEG

CholestePure‡	Quantity	Order Code
	180	CHO1
	90	CHO9

CholestePure Plus II‡

Now Soy-Free

A unique blend of phytosterols, berberine and clinically studied bergamot extract to promote healthy lipid metabolism and overall cardiometabolic health‡

Phytosterols are structural homologs of cholesterol that occur naturally in many plant foods. Over 30 years of research and 40 clinical trials suggest that phytosterols provide significant support for healthy lipid profiles. Well-established benefits of phytosterols on lipid balance stem primarily from competition with cholesterol for occupancy in micelles, particles that carry cholesterol across the intestinal epithelium into the systemic circulation. Through this mechanism, phytosterols promote excretion of cholesterol in the form of bile acids. Research indicates that the pine-derived phytosterols offered in this formula are comparable to phytosterols from other sources. Bergamot is a citrus fruit containing two newly discovered derivatives of the flavonoids hesperidin and naringenin. These compounds are naturally conjugated to a moiety known as hydroxymethylglutarate (HMG). In the liver, this unique molecule binds and modulates an enzyme known as HMG CoA reductase, which plays a central role in lipid biosynthesis. These unique compounds also target enzymes, transcription factors and genes involved in lipid metabolism. In a study involving 192 volunteers, bergamot juice maintained healthy cholesterol levels in the normal range over a 30-day period. In a separate study of 80 subjects, 150 mg of flavonoids from Bergavit® 40 bergamot extract supported healthy lipid and glucose profiles over a 6-month period. Berberine supports cardiometabolic health through a variety of mechanisms, including support for glucose and lipid metabolism. Preclinical data suggest that berberine may have antioxidant activity and favorable effects on cytokine production. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for glucose and lipid metabolism. It also helps maintain endothelial function, potentially by promoting healthy vascular cell adhesion molecule-1 (VCAM-1) expression and healthy iNOS activity.‡

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

two (size 00) vegetarian capsules contain:

phytosterols	500 mg
(from PhytoPin® pine (*Pinus pinaster*) phytosterol complex)	
berberine HCl	400 mg
Bergavit® 40 bergamot (*Citrus bergamia*) extract (fruit)	160 mg
(standardized to contain 39% flavonoids)	
other ingredients: vegetarian capsule (cellulose, water)	

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

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

Heart & Metabolic | GF | NON GMO | V | VEG

CholestePure Plus II‡	Quantity	Order Code
	120	CHP21

ChromeMate® GTF 600



Unique niacin-bound chromium complex; supports healthy glucose metabolism‡

Chromium is a trace mineral that plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate® has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise. One study showed that when combined with modest diet and exercise, ChromeMate® supported lean body composition in overweight women. A similar study at Georgetown University also 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.‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

chromium (as chromium polynicotinate)	600 mcg

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

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

Vitamins & Minerals GF NON GMO V VEG

ChromeMate® GTF 600	Quantity	Order Code
	180	CRG61
	60	CRG66

Chromium (picolinate) 500 mcg

Highly utilizable form of chromium, promoting healthy glucose and lipid metabolism‡

Chromium is a trace mineral that plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization.‡

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

each (size 3) vegetarian capsule contains:

chromium (as chromium picolinate)	500 mcg

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

Vitamins & Minerals GF NON GMO V VEG

Chromium (picolinate) 500 mcg	Quantity	Order Code
	180	CRP51
	60	CRP56

Chromium (picolinate) 200 mcg

Highly utilizable form of chromium, promoting healthy glucose and lipid metabolism‡

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

each (size 3) vegetarian capsule contains:

chromium (as chromium picolinate)	200 mcg

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

Vitamins & Minerals GF NON GMO V VEG

Chromium (picolinate) 200 mcg	Quantity	Order Code
	180	CRP21
	60	CRP26

‡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.

Cinnamon WS



Patented water-soluble extract for healthy glucose metabolism‡

Cinnamon WS contains a patented, 100% water-soluble cinnamon (*Cinnamomi cassia*) extract standardized for polyphenols, which are the principal active constituents. Studies performed at the Beltsville USDA Human Nutrition Research Center suggest that these polyphenols are associated with the glucose metabolizing and antioxidant properties of cinnamon. A clinical trial reported that supplementation with cinnamon promoted healthy glucose balance and was well tolerated. The investigators also reported that cinnamon provided statistically significant support for healthy lipid metabolism. Additional studies indicate that cinnamon extract promotes glucose utilization in skeletal muscle cells.‡

1 capsule, twice daily, with meals.

each (size 3) vegetarian capsule contains:

cinnamon (*Cinnamomum cassia*) extract (dried bark)	125 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

Heart & Metabolic · GF · NON GMO · V · VEG

Cinnamon WS	Quantity	Order Code
	120	CI1

CLA (Conjugated Linoleic Acid) 1,000 mg

Promotes healthy body composition when combined with a healthy diet and exercise‡

CLA is a naturally occurring trans isomer of linoleic acid, which may support fat reduction and lean body mass. It is unique in structure because of the location of the double bonds in the linoleic acid molecule. Recent research shows that the specific isomers c9,t11 and t10,c12 play key roles in many of CLA's physiological properties. Tonalin® CLA contains the main isomers c9,t11 and t10,c12 in a 39:39 ratio. In a preliminary human study involving 60 overweight subjects, conjugated linoleic acid supported healthy body fat mass. Several animal studies explore possible mechanisms of CLA, including the ability to maintain healthy fat deposition, promote lipolysis in adipocytes, moderate energy intake, and maintain healthy energy expenditure and metabolic rate.‡

1 capsule, 3 times daily, before meals, or as directed by a health professional.

each (size 20) softgel capsule contains:

calories	10
total fat	1 g
vitamin E (as d-alpha tocopherol)	7 mg
Tonalin® conjugated linoleic acid complex	1,000 mg
providing:	
pure conjugated linoleic acid (CLA)	770 mg
other ingredients: gelatin capsule (gelatin, glycerin, water, carob)	

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® CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

Heart & Metabolic · NON GMO

CLA 1,000 mg	Quantity	Order Code
	180	CL11
	60	CL16

CogniMag

Magnesium-l-threonate and polyphenol blend to support cognitive function‡

- Supports optimal brain magnesium levels to promote cognitive function, learning ability and working memory‡
- Animal research suggests that magnesium-l-threonate may promote synaptic plasticity and density in the regions of the hippocampus correlated with learning and memory‡
- In a clinical trial of 44 participants aged 50-70, magnesium l-threonate (Magtein™) provided significant support for cognitive processing speed, executive function, and overall cognitive ability after only 6 weeks‡
- An in vitro study demonstrated that PhytoMemory, a blend of blueberry, strawberry and spinach extracts, maintained healthy activity of prolyl endopeptidase (PEP), a protein involved in learning and memory‡
- Consumption of blueberries, strawberries and spinach has been associated with brain health in clinical studies‡

2 capsules, twice daily, with a meal and at bedtime.

two (size 0) vegetarian capsules contain:

magnesium (from 1,000 mg Magtein™ magnesium-l-threonate)	72 mg
PhytoMemory proprietary blend	50 mg
providing:	
wild blueberry (*Vaccinium angustifolium*) extract (fruit),	
Orléans strawberry (*Fragaria x ananassa*) extract (fruit),	
and spinach (*Spinacia oleracea*) extract (leaf)	
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Magtein™ is a trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc. Magtein is protected under US patents 8,178,118; 8,142,803; 8,163,301; and other pending patents.

Memory & Mood · GF · NON GMO · V · VEG

CogniMag	Quantity	Order Code
	120	CGM1

CogniPhos



PureSYNAPSE™ product line
Formulated with James Greenblatt, M.D.*

Neuronal support for cognitive performance, mood and behavior‡

Acetyl-l-carnitine (ALC) offers support for cellular energy, mood and neuronal function. A meta-analysis of 21 randomized controlled studies and 1,204 older subjects indicated that ALC offered statistically significant support for memory, performance and higher intellectual function. In other trials involving children, ALC promoted daily mental function and behavior in a subset of subjects. Citicoline and phosphatidylserine support healthy brain phospholipid composition. Phospholipids are essential for neuronal communication and protection. Research indicates that patented Cognizin® citicoline increases choline and phospholipid composition in the brain. Studies in children, middle-aged adults and elderly adults indicate that it supports healthy cognition across a wide age range. In two studies, one involving adolescent boys and another involving middle-aged women, 250-500 mg Cognizin® citicoline offered significant support for daily mental task performance. Numerous studies indicate phosphatidylserine promotes healthy mental acuity and behavior in elderly subjects, as well as children. Zinc and vitamin B_6 are important cofactors for neuronal function.‡

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

two (size 0) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	10 mg
zinc (as zinc citrate)	5 mg
acetyl-l-carnitine (as Acetyl-L-Carnitine HCl)	500 mg
Cognizin® citicoline	125 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin)	100 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Cognizin® is a registered trademark of KYOWA HAKKO BIO., LTD.

Sharp-PS® GREEN is a registered trademark of Enzymotec Ltd.

Memory & Mood · GF · NON GMO · V · VEG

CogniPhos	Quantity	Order Code
	120	CGP1

Cognitive Aminos

Provides amino acid precursors for healthy neurotransmitter activity, supporting mental function and healthy mood‡

Age-related decreases in levels of several amino acids may influence cognitive function. Amino acids are important intermediates in the production of neurotransmitters in the brain and are involved in neuromodulating activities. l-Tyrosine is an amino acid naturally synthesized in the body. It is the precursor of the neurotransmitters l-dopa, dopamine, norepinephrine and epinephrine, supporting mood and mental clarity. DL-Phenylalanine provides a mixture of two essential amino acids, d-phenylalanine and l-phenylalanine. In the body, l-phenylalanine converts to tyrosine, enhancing neurotransmitter support. A separate pathway allows both d- and l-phenylalanine to support levels of the mood-elevating compound phenylethylamine, a function not provided by l-tyrosine. The serotonin precursor l-tryptophan is included to support emotional well-being, relaxation and restful sleep. In a double-blind, placebo-controlled study, l-tryptophan supported healthy emotional processing and promoted positive outlook in women. Taurine is considered an inhibitory amino acid, helping to maintain healthy glutamate and other excitatory amino acid activity in the brain. This provides neuroprotective action important for maintaining healthy brain cell function. Acetyl-l-carnitine plays an important role in multiple metabolic 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.‡

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

two (size 00) vegetarian capsules contain:

DL-phenylalanine (free-form)	250 mg
taurine (free-form)	250 mg
l-tyrosine (free-form)	250 mg
acetyl-l-carnitine (free-form)	250 mg
l-tryptophan (free-form)	200 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

AjiPure® is a registered trademark of AJINOMOTO® CO., INC. / TryptoPure® is a registered trademark of AJINOMOTO® CO., INC.

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Memory & Mood · GF · NON GMO · V · VEG

Cognitive Aminos	Quantity	Order Code
	120	CA21

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

‡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.

Collagen JS



Provides patented BioCell Collagen® collagen complex to support healthy joints and skin‡

This product contains BioCell Collagen®, a patented, hydrolyzed and denatured low molecular weight collagen. In addition to collagen, BioCell Collagen® provides the combined benefits of hyaluronic acid (HA), depolymerized low molecular weight chondroitin sulfate, glucosamine sulfate, and amino acids including lysine, proline and hydroxyproline. These compounds promote cartilage synthesis and enhance synovial fluid, supporting the composition, integrity and motility of joints. A double-blind, placebo–controlled study involving 16 individuals supplementing with BioCell Collagen® for 8-weeks, indicated statistically significant support for joint function and comfort. In a peak absorption study, serum levels of HA increased gradually and with statistical significance after BioCell Collagen® supplementation, emphasizing the potential for this compound to provide important connective tissue support. The components of collagen also support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have suggested that BioCell Collagen® may help rejuvenate skin and modulate the appearance of fine lines and wrinkles.‡

2 capsules, 1-2 times daily, with meals and 8-10 oz water.

two (size 00) vegetarian capsules contain:

BioCell Collagen® hydrolyzed collagen complex (from chicken sternal cartilage)	1,000 mg
providing:	
hydrolyzed collagen 60%	600 mg

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

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

Bones, Joints & Muscles · GF · NON GMO

Collagen JS	Quantity	Order Code
	120	CJS1
	60	CJS6

Colostrum 40% IgG

Highly concentrated immune support‡

Colostrum is a highly-concentrated source of immune and growth factors produced from mammary glands shortly after giving birth. Pure Encapsulations Colostrum is derived from BSE-, hormone-, pesticide- and antibiotic-free USDA certified dairy farms in the U.S. It is collected after the first 24 hours, defatted and standardized to contain 40% IgG. Colostrum contains immunoglobulins G (IgG), A (IgA), E (IgE), D (IgD), and M (IgM). Each has a specific role in immune health. IgG is naturally found in the highest concentration. Other naturally occurring immune support compounds include lactoferrin, proline-rich polypeptide (PRP), lymphokines, interferons, interleukins, oligosaccharides, lysozymes, insulin growth factors (IGF-1 and IGF-2) and transforming growth factors (TGF-A and TGF-B).‡

2 capsules, 2-3 times daily, on an empty stomach or at least 30 minutes before a meal, with 8-12 oz water.

two (size 00) vegetarian capsules contain:

colostrum (from bovine) (standardized to contain 40% IgG)	900 mg

other ingredients: vegetarian capsule (cellulose, water), sunflower lecithin

Contains milk

Immune Support · GF · NON GMO

Colostrum 40% IgG	Quantity	Order Code
	180	COL41
	90	COL49

Copper (citrate)

Highly bioavailable form of copper for wide-ranging support‡

Copper activates a number of enzymes important to energy metabolism. It is the key mineral in lysyl oxidase, an enzyme which weaves together collagen and elastin. Copper assists in the formation of hemoglobin and red blood cells by facilitating iron absorption. It is involved in protein metabolism, the production of RNA, and the synthesis of phospholipids used in the formation of myelin sheaths.‡

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

each (size 3) vegetarian capsule contains:

copper (as copper citrate)	2 mg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Copper (citrate)	Quantity	Order Code
	60	CUC6

Copper (glycinate)

Essential mineral with wide-ranging support‡

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

each (size 3) vegetarian capsule contains:

copper (as copper glycinate)	2 mg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Copper (glycinate)	Quantity	Order Code
	60	CUG6

CoQ_{10} 30 mg



Supports cellular energy, cardiovascular and neurological health‡

CoQ_{10} is a core component of cellular energy production and respiration, shuttling electrons down the electron transport chain to produce the key energy-rich molecule adenosine triphosphate (ATP). As such, it provides energy support to the cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle. It also acts as an antioxidant, providing cellular protection from free radicals.‡

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

each (size 3) vegetarian capsule contains:

coenzyme Q_{10}	30 mg

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

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

CoQ_{10} GF NON GMO VEG

CoQ_{10} 30 mg	Quantity	Order Code
	120	CQ31

CoQ_{10} 60 mg

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

each (size 3) vegetarian capsule contains:

coenzyme Q_{10}	60 mg

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

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

CoQ_{10} GF NON GMO VEG

CoQ_{10} 60 mg	Quantity	Order Code
	250	CQ62
	120	CQ61
	60	CQ66

CoQ_{10} 120 mg

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

each (size 0) vegetarian capsule contains:

coenzyme Q_{10}	120 mg

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

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

CoQ_{10} GF NON GMO VEG

CoQ_{10} 120 mg	Quantity	Order Code
	120	CQ11
	60	CQ16
	30	CQ13

See also

Ubiquinol →page 168

SR-CoQ_{10} with PQQ →page 161

CoQ_{10} 250 mg

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

each (size 0) vegetarian capsule contains:

coenzyme Q_{10}	250 mg

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

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

CoQ_{10} GF NON GMO VEG

CoQ_{10} 250 mg	Quantity	Order Code
	60	CQ26

CoQ_{10} 500 mg

Supports cellular energy, cardiovascular and neurological health‡

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

each (size 00) vegetarian capsule contains:

coenzyme Q_{10}	500 mg

other ingredients: vegetarian capsule (cellulose, water), dicalcium phosphate

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

CoQ_{10} GF NON GMO VEG

CoQ_{10} 500 mg	Quantity	Order Code
	60	CQ56

CoQ_{10} l-Carnitine fumarate

Supports cardiovascular, metabolic and neurological health‡

- Combined with l-carnitine fumarate to support mitochondrial energy production and heart muscle energy‡
- l-Carnitine has also demonstrated the potential to moderate lactate levels and promote oxygenation of heart tissue‡

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

two (size 00) vegetarian capsules contain:

l-carnitine (free-form) (from l-carnitine fumarate)	680 mg
coenzyme Q_{10}	120 mg

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

L-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

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

CoQ_{10} GF NON GMO VEG

CoQ_{10} l-Carnitine fumarate	Quantity	Order Code
	120	CQF1

‡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.

Coriolus extract

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+



Hot water mushroom extract to promote white blood cell number and function‡

Coriolus versicolor, also known as turkey tail mushroom, is used in traditional Chinese medicine, primarily to enhance immune function and energy. Research indicates an immunomodulatory effect and promotion of white blood cell number and function, including lymphocyte, macrophage and NK cells. It has also been shown to support antibody production, cytokine balance, and a healthy gut microflora. The main bioactive compounds in this mushroom are polysaccharides, namely beta-glucan. Pure Encapsulations' Coriolus extract is wild-crafted and organic, produced using only carefully controlled hot water to break apart the cell walls for concentration of the soluble beta-glucans.‡

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

each (size 00) vegetarian capsule contains:

Turkey tail (*Coriolus versicolor*) extract (fruiting body) (certified organic) (standardized to contain 30% beta-glucan)	500 mg
other ingredients: vegetarian capsule (cellulose, water)	

Immune Support | GF | NON GMO | V | VEG

Coriolus extract	Quantity	Order Code
	60	CRS6

Cortisol Calm‡

Designed to maintain healthy cortisol response and support relaxation, restful sleep, and positive mood during times of occasional stress‡

Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol. In a recent study, Sensoril® ashwagandha extract promoted relaxation and maintained healthy cortisol response. Subjects in this randomized, double-blind, placebo-controlled study reported support for healthy sleep, positive mood and cognitive function. The effects were most pronounced for subjects taking 500 mg per day compared to lesser doses. Rhodiola and magnolia may also maintain healthy adrenal cortisol activity and offer support for occasional stress, mood and emotional well-being. l-Theanine supports normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect. Recent research suggests that maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes.‡

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

each (size 0) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
Sensoril® ashwagandha (*Withania somnifera*) extract (root and leaf)	250 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	125 mg
magnolia (*Magnolia officinalis*) extract (bark) (standardized to contain 2% honokiol)	100 mg
l-theanine	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

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

Not to be taken by pregnant or lactating women.

Energy & Fitness | GF | NON GMO | VEG

Cortisol Calm‡	Quantity	Order Code
	120	COR1
	60	COR6

Cranberry NS®



Nutritionally supports urinary tract health without unwanted sugar‡

Cranberries have been used for hundreds of years as nutritional support for the urinary tract. Cranberry concentrate provides support without the unwanted sugar found in cranberry juice. The role of cranberry concentrate includes enhancing the acidity of urine and maintaining a healthy urinary tract ecology. Constituents of cranberry concentrate associated with its benefits include proanthocyanidins as well as d-mannose. Research has suggested the potential for cranberry juice to interact with lectin receptors and maintain a healthy bladder wall. At Brigham and Women's Hospital in Boston, a randomized double-blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. Our cranberry concentrate is made from 100% whole cranberry fruit solids through a proprietary process that concentrates the health benefiting components of cranberries without the use of solvents or sugars.‡

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

each (size 00) vegetarian capsule contains:

cranberry (*Vaccinium macrocarpon*) concentrate (fruit)	500 mg

other ingredients: cranberry fiber, vegetarian capsule (cellulose, water), cranberry seed oil, guar gum, sunflower lecithin

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

Each capsule has approximately 3 calories.

Women's Formulas GF NON GMO V VEG

Cranberry NS®	Quantity	Order Code
	180	CN1
	90	CN9

Cranberry/d-Mannose

Combines cranberry concentrate made from 100% cranberry fruit solids and d-mannose for time-tested, concentrated support of urinary tract health‡

Cranberry concentrate provides urinary tract support without the unwanted sugar found in cranberry juice or juice cocktails. It enhances the acidity of urine and maintains a healthy urinary tract ecology. At Brigham and Women's Hospital in Boston, a randomized double-blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. d-Mannose, a simple sugar found in cranberries and other fruit, is included in this formula to provide enhanced support. One study suggested that d-Mannose may play a role in supporting healthy genitourinary function by maintaining a healthy mucosal surface.‡

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

two (size 00) vegetarian capsules contain:

cranberry (*Vaccinium macrocarpon*) concentrate (fruit)	200 mg
d-mannose	900 mg

other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

Women's Formulas GF NON GMO V VEG

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

Creatine powder

Supports ATP and muscle conditioning‡

- 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 during exercise, delaying the point at which lactic acid causes muscle fatigue and discomfort‡

1 heaping scoop daily, mixed with a beverage, or as directed by a health professional.

serving size: 4 g (1 scoop)

one heaping scoop (approximately 4 g) contains:

creatine monohydrate	4 g

Energy & Fitness GF NON GMO V VEG

Creatine powder	Quantity	Order Code
	500 g	CRM5
	250 g	CRM2

‡Dr. Yanuck is a retained advisor to Pure Encapsulations.

‡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.

CurcumaSorb

Now Soy-Free



With Meriva® bioavailable curcumin phytosome; enhanced absorption for joint, tissue and cellular health‡

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 three-month clinical trial, in which 200 mg curcuminoids from Meriva® per day provided significant benefit in joint comfort, mobility and quality of life.‡

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

two (size 00) vegetarian capsules contain:

Meriva® turmeric phytosome (*Curcuma longa* extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	500 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Meriva® is a trademark of Indena S.p.A.

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

Antioxidants · GF · NON GMO · V · VEG

CurcumaSorb	Quantity	Order Code
	180	MCU1

CurcumaSorb Mind

Now Soy-Free

PureSYNAPSE™ product line

Curcumin and polyphenol blend to promote mood, memory and mental sharpness‡

CurcumaSorb Mind offers a broad range of polyphenol compounds, including flavonoids, EGCG and oligomeric proanthocyanidins (OPCs) to promote daily cognitive function and emotional wellness. Curcumin and other polyphenols support neuronal stability and function, in part by promoting healthy cytokine balance and antioxidant defenses. Numerous clinical studies indicate that curcumin supports positive mood through these actions, as well as through the promotion of healthy levels of serotonin and dopamine. Animal research suggests that polyphenols may also offer support for occasional stress and mental alertness. In a randomized, double-blind, placebo-controlled trial involving obese individuals, 1,000 mg of a standard curcumin extract promoted relaxation. Curcumin is offered in this formula as the highly bioavailable Meriva® curcumin-phosphatidylcholine complex, which utilizes proprietary phytosome technology to increase resistance to degradation in the digestive tract and enhance absorption. Neurophenol® is a proprietary blend providing flavonoids from standardized extracts of wild blueberry and whole grape. Animal research suggests a synergistic effect between the grape and blueberry extracts on plasma uptake. These fruits contain neuroprotective polyphenolic compounds that support healthy cognitive function and memory, targeting both vascular strength and elasticity to support healthy neuronal blood flow, as well as synaptic density and plasticity in the brain. Cell and animal studies suggest that Neurophenol® supports neuronal function and healthy aging, at least in part by supporting antioxidant defenses, cytokine balance and healthy gene expression. In a multi-centered, placebo-controlled, randomized, double-blind study on 200 healthy men and women between the ages of 60-70, supplementation with 600 mg Neurophenol® per day for 6 months provided significant support for episodic memory and verbal recognition memory. Green tea supports healthy neuronal function through antioxidant properties, cytokine balance and receptor function, and is theorized to promote healthy hypothalamic-pituitary-adrenal (HPA) function. In a double-blind, placebo-controlled study, supplementation with green tea powder was associated with positive mood.‡

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

two (size 0) vegetarian capsules contain:

Meriva® turmeric phytosome (turmeric (*Curcuma longa*) extract (root) sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	300 mg
Neurophenol® proprietary blend providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins and phenolic acids) from grape (*Vitis vinifera*) extract (fruit) and wild blueberry (*Vaccinium angustifolium*) extract (fruit)	300 mg
monterey pine (*Pinus radiata*) extract (bark)	50 mg
green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Meriva® is a trademark of Indena S.p.A.

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

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

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Memory & Mood · GF · NON GMO · V · VEG

CurcumaSorb Mind	Quantity	Order Code
	60	MCUM6

CurcumaSorb Mind EasySticks®



Single-Serving Stick Packs

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.*

Polyphenol, phosphatidylserine and nutrient blend to promote mood and mental sharpness in a great-tasting, direct-to-mouth powder delivery form‡

- Great-tasting, fruit-flavored powder
- Sprinkle directly into mouth; no mixing needed
- Offers bioavailable chelated magnesium malate
- Provides soy-free phosphatidylserine and enhanced-absorption curcumin
- Contains clinically researched Meriva® curcumin, Oligopin® pine bark, and Neurophenol® grape and blueberry extracts
- Enhanced with organic whole fruit blueberry powder; consumption of blueberries has been associated with cardiovascular and brain health‡

CurcumaSorb Mind EasySticks® offer flavonoids, phosphatidylserine, and nutrient cofactors in a unique, great-tasting, direct-delivery form. Magnesium and curcumin support neurotransmitter synthesis and positive mood. Neurophenol® is a proprietary blend of wild blueberry and whole grape extracts. These fruits contain neuroprotective polyphenolic compounds that support healthy cognitive function and memory, targeting vascular health, as well as synaptic density and plasticity in the brain. Oligopin® is manufactured from French pine trees in a unique and specific process to optimize the composition of low molecular weight oligomers without tannins that can inhibit bioavailability and efficacy. In a small randomized, double-blind, crossover trial, supplementation with 25 mg Oligopin® offered statistically significant support for daily cognitive function and mental tasks. Phosphatidylserine is the most abundant phospholipid in the brain. As such, it promotes neuronal function to support overall learning, recall and processing capacity. In a two-month study involving 36 children ages 4-14, 200 mg of phosphatidylserine daily supported short-term auditory memory, daily cognitive performance and relaxation.‡

1 stick pack daily, sprinkled directly in the mouth, with a meal. Powder can require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

serving size: 1 stick pack (approximately 4.5 g)
servings per container: 30

each stick pack (approximately 4.5 g) contains:

calories	10
total carbohydrate	2 g
total sugars	0.5 g
sugar alcohols	1 g
magnesium (as di-magnesium malate)	150 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	100 mg
Meriva® turmeric phytosome (turmeric (*Curcuma longa*) extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	100 mg
Oligopin® French maritime pine (*Pinus pinaster*) extract (bark) (standardized to contain 67% procyanidins)	25 mg
Neurophenol® proprietary blend providing 28 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins and phenolic acids) from grape extract (*Vitis vinifera*) extract (fruit) and wild blueberry (*Vaccinium angustifolium*) extract (fruit)	100 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	100 mg
blueberry (*Vaccinium angustifolium*) powder (fruit) (organic)	900 mg
cherry (*Prunus spp.*) extract (fruit)	200 mg
glycine	1,000 mg
other ingredients: xylitol, natural strawberry, and lemonade flavors, citric acid, malic acid, purified stevia leaf extracts	

Meriva® is a trademark of Indena S.p.A.

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

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

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Oligopin® is a registered trademark DRT and licensed to Pure Encapsulations.

Memory & Mood NON GMO V VEG

CurcumaSorb Mind EasySticks®	Quantity	Order Code
	30 stick packs	CMESB3

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

‡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.

Curcumin



Highly-researched Curcumin C3 Complex®; supports joint, tissue, liver, colon and cellular health‡

Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to maintain healthy cell cycle function and provides important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with support for cellular health in separate trials.‡

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

two (size 0) vegetarian capsules contain:

turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	500 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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

Antioxidants GF NON GMO V VEG

Curcumin	Quantity	Order Code
	120	CUR1
	60	CUR6

Curcumin 500 with BioPerine®

Curcumin piperine combination for enhanced absorption; supports joint, tissue, liver, colon and cellular health‡

Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to provide important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with support for cellular health in separate trials. BioPerine® is a black pepper extract that contains the alkaloid piperine. Research reveals that it has the potential to enhance the bioavailability of curcumin, promoting its absorption.‡

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

each (size 00) vegetarian capsule contains:

turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	500 mg
BioPerine® black pepper (*Piper nigrum*) extract (fruit) (standardized to contain 95% piperine)	5.3 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

BioPerine® is a registered trademark and patented product of Sabinsa Corporation.

Antioxidants GF NON GMO V VEG

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

PureLean®

A Proactive Path to Good Health‡

Body weight is influenced by multiple factors, including genetics, diet, neurotransmitter function, physical activity and stress. When excess weight is introduced, particularly in the midsection, complex interactions occur among these elements that can affect multiple aspects of health.

PureLean® includes products and clinical protocols designed to support:

- Appetite and Mood Centers of the Brain‡
- Energy Expenditure and Metabolic Rate‡
- Healthy Glycemic Control‡
- Carbohydrate and Lipid Metabolism‡
- Satiety‡





Caroline J. Cederquist, M.D.,⁺
is the founder and medical director of the Cederquist Medical Wellness Center in Naples, Florida, a comprehensive weight management and preventive medicine clinic. Her scientific understanding of medical weight management through proper nutrition has allowed her to help patients all over the world. A board-certified bariatric physician, Dr. Cederquist helped co-develop the PureLean® protocol and is the author of a book that addresses the role of insulin and glucose regulation in weight management and overall cardiometabolic health.

Learn more at
PureEncapsulations.com/purelean

⁺Dr. Cederquist is a retained advisor to Pure Encapsulations.

‡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.

D-Mannose powder



Provides concentrated support for proper urinary function with D-Mannose, the active urinary tract support ingredient of cranberries‡

D-Mannose is a simple sugar found naturally in cranberries and pineapples. It is metabolized in small amounts, the remainder of which is excreted via the urine. As it is flushed out of the body, D-mannose maintains a healthy environment for the mucosal surface of the urinary tract.‡

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

serving size: 1 scoop

one scoop (approximately 0.9 g) contains:

d-mannose	0.9 g

Women's Formulas · GF · NON GMO · V · VEG

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

Daily Immune‡

Our most comprehensive immune support formula, featuring wide-range vitamin, mineral and herbal support‡

Vitamin C, citrus bioflavonoids and zinc serve as a foundation for overall health by supporting immune system function. Vitamin D receptors are found in a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Elderberry and lemon balm extracts offer immune supportive anthocyanins, flavonoids and polyphenols. Polysaccharides from arabinogalactan, aloe and maitake provide complementary support for healthy immune supportive activity. Hesperidin plays an important role in mast cell function. 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.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	200 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
zinc (as zinc citrate)	10 mg
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% rosmarinic acid)	200 mg
arabinogalactan	200 mg
aloe vera (*Aloe barbadensis*) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
maitake mushroom (*Grifola frondosa*) extract (fruiting body)	150 mg
astragalus (*Astragalus membranaceus*) extract (root)	75 mg
eleutherococcus (*Eleutherococcus senticosus*) extract (root) (standardized to contain 0.8% eleutherosides)	75 mg
other ingredients: vegetarian capsule (cellulose, water)	

Immune Support · GF · NON GMO · VEG

Daily Immune‡	Quantity	Order Code
	120	DI1

Daily Stress Formula‡

Broad-spectrum formula designed to promote mental relaxation and moderate the effects of occasional stress‡

In addition to promoting memory and cognitive function, preclinical investigation shows *Bacopa monnieri* maintains healthy enzyme activity in the brain, supporting the ability to deal with stress. In several clinical studies, bacopa supported learning and memory. A double-blind crossover trial suggested that rhodiola may help to moderate mild fatigue under stressful conditions. In a separate, double-blind, placebo-controlled pilot study, rhodiola provided support for physical and mental stress in students. Similarly, the amino acid l-tyrosine has indicated the potential to promote cognitive function and memory under stressful conditions. *Eleutherococcus senticosus*, or eleuthero, is used as an adaptogen to help bolster adrenal function and stress resistance. Like ashwagandha, it is highly revered for promoting energy, vitality and immune defense. Chamomile and lemon balm provide traditional support for calmness and relaxation. B vitamins and magnesium are included to help counter the effects of stress on healthy nutritional status. B-complex vitamins have also been associated with healthy neurotransmitter function and energy metabolism. Vitamin 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.‡

3 capsules daily, with or between meals.

three (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	250 mg
thiamin (as thiamin HCl) (B_1)	20 mg
riboflavin (as vitamin B_2 and 44% riboflavin 5' phosphate (activated B_2))	17.7 mg
niacin (as niacinamide)	35 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	16.7 mg
vitamin B_{12} (as methylcobalamin)	200 mcg
pantothenic acid (as calcium pantothenate) (B_5)	200 mg
magnesium (as magnesium citrate)	50 mg
l-tyrosine (free-form)	250 mg
eleuthero (*Eleutherococcus senticosus*) extract (root) (standardized to contain 0.8% eleutherosides)	200 mg
bacopa (*Bacopa monnieri*) extract (aerial parts) (standardized to contain 20% bacosides)	200 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	200 mg
chamomile (*Matricaria recutita*) extract (flower)	100 mg
lemon balm (*Melissa officinalis*) extract (leaf) (standardized to contain 5% rosmarinic acid)	100 mg
ashwagandha (*Withania somnifera*) extract (root) (standardized to contain 2.5% withanolides)	200 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Energy & Fitness · GF · NON GMO · V · VEG

Daily Stress Formula‡	Quantity	Order Code
	180	DSF1
	90	DSF9

Detox Pure Pack



Daily Packet | With Metafolin® L-5-MTHF

Indications:

- Support for healthy detoxification‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Promotes phase II detoxification in the liver with broccoli, curcumin, silymarin and amino acids‡
- Maintains liver health with glutathione, NAC, alpha lipoic acid and other antioxidant nutrients‡
- Enhances healthy hepatic fat metabolism and bile flow with artichoke and taurine‡
- Supports G.I. cell health and detoxification with l-glutamine, omega-3 fatty acids, and chlorella‡
- Convenient, once-daily packet

Each Packet Contains:

UltraNutrient® 3 vegetarian capsules →See page 172

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

EPA/DHA essentials 1 softgel capsule →See page 70

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

Liver-G.I. Detox‡ 2 vegetarian capsules →See page 97

- Dual support for both liver and gastrointestinal detoxification‡

NAC (N-Acetyl-l-Cysteine) 1 vegetarian capsule →See page 114

- Promotes glutathione synthesis to support detoxification and liver health‡

Taurine 1 vegetarian capsule →See page 164

- Amino acid for cardiovascular and detoxification support‡

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

1 packet (eight capsules contain)

calories	10
total fat	1 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	3,750 mcg
vitamin C (as ascorbyl palmitate)	30 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	134 mg
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	34.7 mg
niacin (as niacinamide and 42% inositol hexaniacinate (no-flush niacin))	86 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	20.9 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	200 mg
calcium (as calcium citrate/malate)	150 mg
magnesium (as magnesium aspartate)	100 mg
zinc (as zinc picolinate)	12.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.5 mg
chromium (as chromium polynicotinate)	250 mcg
molybdenum (as molybdenum aspartate)	50 mcg
potassium (as potassium aspartate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as vanadium aspartate)	100 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
coenzyme Q_{10}	25 mg
hawthorn (*Crataegus spp.*) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	50 mg
Setria® glutathione (reduced form)	25 mg
alpha lipoic acid (thioctic acid)	150 mg
n-acetyl-l-cysteine (free-form)	700 mg
milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	175 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	200 mg
broccoli (*Brassica oleracea italica*) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
artichoke (*Cynara scolymus*) extract (leaf)	125 mg
taurine (free-form)	1,225 mg
glycine (free-form)	225 mg
l-glutamine (free-form)	225 mg
l-methionine (free-form)	100 mg
chlorella (*Chlorella spp.*) powder (cracked cell wall)	200 mg
fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

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

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

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

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

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

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

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

Contains fish (anchovies, sardines, mackerel)

Multivitamins | NON GMO

Detox Pure Pack	Quantity	Order Code
	30 packets	DPPB3

See also
UltraDetox 10-Day Pure Pack →page 171

‡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.

DGL Plus®

Offers nutritional support for a healthy gastrointestinal tract‡

This 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. DGL is free of side effects typically associated with licorice.‡

1 capule daily, before a meal, or as directed by a health professional.

each (size 00) vegetarian capsule contains

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*) powder (bark)	100 mg
marshmallow (*Althaea officinalis*) extract (root)	200 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Gastrointestinal · GF · NON GMO · V · VEG

DGL Plus®	Quantity	Order Code
	180	DG1
	60	DG6

DHA Ultimate

Eco-friendly, supercritical CO_2 extracted DHA fish oil for cardiometabolic and cognitive health‡

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, and arachidonic acid metabolism. Fish oil containing DHA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.‡

2 softgel capsules daily, with a meal.

two (size 11) softgel capsules contain:

calories	10
total fat	1 g
fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,200 mg
DHA (docosahexaenoic acid)	790 mg
EPA (eicosapentaenoic acid)	188 mg
other ingredients: fish (tilapia), gelatin capsule (gelatin, glycerin, water), natural tocopherols, rosemary leaf extract	

Contains fish (anchovies, sardines, mackerel, tilapia)

Essential Fatty Acids · NON GMO

DHA Ultimate	Quantity	Order Code
	120	DHU1
	60	DHU6



DHEA 5 mg (micronized)



Micronized; supports healthy DHEA levels‡

DHEA, dehydroepiandrosterone, is the most abundant adrenal steroid hormone in the body. After it is made by the adrenal glands, it travels into cells throughout the body, where it is converted into androgens and estrogens. These hormones regulate fat and mineral metabolism, endocrine and reproductive function, and energy levels. The amount of each hormone to which DHEA converts to depends on an individual's biochemistry, age and sex. DHEA levels peak around age 25 and then decline steadily. DHEA supplementation supports emotional well-being and immune function.‡

1 capsule, 1-2 times daily, with meals, or as directed by your health professional.

each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, $C_{19}H_{28}O_2$) (micronized)	5 mg

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

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone · GF · NON GMO · V · VEG

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

DHEA 10 mg (micronized)

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, $C_{19}H_{28}O_2$) (micronized)	10 mg

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

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone · GF · NON GMO · V · VEG

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

DHEA 25 mg (micronized)

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, $C_{19}H_{28}O_2$) (micronized)	25 mg

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

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone · GF · NON GMO · V · VEG

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

Digestion GB

A unique mix of enzymes, bile salts, taurine and herbals to promote healthy gallbladder function and lipid utilization in addition to general digestive function‡

Digestion GB contains gallbladder digestive enzymes, bile salts, taurine and herbal extracts to promote healthy gall bladder function and fat utilization. The metabolism of fats involves emulsification and digestion in a complex process that requires healthy liver, gallbladder and pancreas function. Milk thistle, curcumin and taurine promote liver and gallbladder health and stimulate production and secretion of bile acids. Bile acids, also provided in the form of ox bile salts, support the emulsification of fats necessary for digestion. The digestive enzymes included in this formula are active in a broad pH range to support fat, carbohydrate and protein digestion to complement pancreatic enzyme activity. This formula has enhanced lipase for extra fat digestion support.‡

2 capsules, with each meal, or as directed by a health professional.

two (size 0) vegetarian capsules contain:

proprietary enzyme blend	160 mg
providing:	
protease	16,000 HUT
lipase	6,000 FIP
amylase	600 DU
ox bile powder (bovine)	225 mg
taurine (free-form)	250 mg
milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	150 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	100 mg

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

Gastrointestinal · GF · NON GMO

Digestion GB	Quantity	Order Code
	180	DGB1
	90	DGB9

‡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.

Digestive Enzymes *Ultra*



Comprehensive blend of vegetarian digestive enzymes; support for protein, carbohydrate, fat, fiber and dairy digestion‡

Digestive Enzymes *Ultra* contains an extensive profile of vegetarian digestive enzymes. Proteases included in this formula provide optimal activity across a wide pH range. They facilitate the normal breakdown of proteins and di- and tri-peptides. Lipase promotes lipid breakdown, while amylase and glucoamylase are included to stimulate polysaccharide breakdown of starch and glycogen. Invertase and lactase support digestion of carbohydrate disaccharides, including the dairy sugar lactose. This formula also offers numerous enzymes to support fiber breakdown, including cellulase, hemicellulase, beta-glucanase and phytase. These enzymes act to break down cell wall components and phytic acid, promoting nutrient bioavailability of fiber-containing foods. Additionally, alpha-galactosidase promotes the breakdown of certain complex carbohydrates, such as raffinose and stachyose, found in some vegetables, grains and legumes—helping to relieve occasional bloating or gas.‡

2 capsules with each meal, or as directed by a health professional.

two (size 3) vegetarian capsules contain:

proprietary enzyme blend	391 mg
providing:	
amylase	24,000 DU
protease	60,000 HUT
protease 6.0	20,000 HUT
glucoamylase	30 AGU
lactase	1,600 ALU
lipase	3,000 FIP
beta-glucanase	20 BGU
invertase	900 SU
cellulase	800 CU
alpha-galactosidase	120 GalU
protease 3.0	20 SAPU
phytase	10 FTU
hemicellulase	200 HCU

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

Gastrointestinal GF NON GMO VEG

Digestive Enzymes *Ultra*	Quantity	Order Code
	180	DEU1
	90	DEU9

Digestive Enzymes *Ultra* with Betaine HCl

High-strength mixture of betaine HCl with vegetarian enzymes to support enhanced protein, carbohydrate, fat, fiber and dairy digestion‡

- Offers a broad-spectrum combination of vegetarian digestive enzymes designed to provide optimal activity across a wide pH range‡
- Supports optimal gastric pH with betaine HCl, important for the enhanced digestion of protein and other nutrients to support daily wellness and neurotransmitter synthesis‡
- Facilitates the normal breakdown of proteins, peptides, fats, polysaccharides and disaccharides‡

2 capsules with each meal, or as directed by a health professional.

two (size 0) vegetarian capsules contain:

proprietary enzyme blend	391 mg
providing:	
amylase	24,000 DU
protease	60,000 HUT
protease 6.0	20,000 HUT
glucoamylase	30 AGU
lactase	1,600 ALU
lipase	3,000 FIP
beta-glucanase	20 BGU
invertase	900 SU
cellulase	800 CU
alpha-galactosidase	120 GalU
protease 3.0	20 SAPU
phytase	10 FTU
hemicellulase	200 HCU
betaine HCl	500 mg

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

Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.

Gastrointestinal GF NON GMO VEG

Digestive Enzymes *Ultra* with Betaine HCl	Quantity	Order Code
	180	DEUB1
	90	DEUB9

DIM Detox



Promotes healthy cell cycle function and hormone metabolism‡

The glucosinolates in broccoli, including indole-3-carbinol and sulforaphane, help support healthy detoxification. BioResponse DIM® provides 25 mg per serving of a highly absorbable form of diindolylmethane, an important metabolite of indole-3-carbinol. These compounds promote healthy estrogen metabolism and cell cycle activity. Calcium-D-glucarate targets beta-glucuronidase enzyme activity, promoting healthy hormone detoxification through the glucuronidation pathway. Lignans, such as 7-hydroxymatairesinol (HMR), are converted in the body to enterolactone. Research indicates that dietary intake of lignans and healthy serum enterolactone levels provide support for cellular, heart, breast, bone and cognitive health. Silymarin, alpha lipoic acid and n-acetyl-l-cysteine act to support phase II detoxification enzyme activity in the liver and offer antioxidant support for cellular protection. Taurine, glycine and methionine promote phase II detoxification pathways and healthy cell metabolism.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
calcium-D-glucarate	100 mg
broccoli (*Brassica oleracea italica*) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
HMRlignan™ (from Norway spruce knot wood) (containing 7-hydroxymatairesinol)	10 mg
alpha lipoic acid (thioctic acid)	200 mg
n-acetyl-l-cysteine (free-form)	200 mg
milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	150 mg
l-methionine (free-form)	200 mg
glycine (free-form)	100 mg
taurine (free-form)	100 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

HMRlignan™ is a trademark of Linnea Inc.

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification GF NON GMO V VEG

DIM Detox	Quantity	Order Code
	60	DD6

DIMPRO® 100

Highly absorbable form of diindolylmethane to support breast, cervical and prostate cellular health‡

DIMPRO® 100 contains BioResponse DIM® (diindolylmethane complex). Diindolylmethane is a metabolite of indole-3-carbinol (I3C). Both are found naturally in cruciferous vegetables like broccoli, kale and Brussels sprouts. Upon contact with gastric acid in the stomach, I3C is converted to a number of active compounds, predominantly diindolylmethane. Research indicates that diindolylmethane supports healthy cell cycle function and signal transduction to maintain breast, cervical and prostate cell health. In a double-blind, randomized clinical trial, BioResponse DIM® revealed potential support for maintaining the function of healthy breast cells. Another randomized placebo-controlled crossover trial found that it promoted statistically significant breast comfort. Furthermore, an additional double-blind randomized clinical trial with 52 women found that BioResponse DIM® supported cervical cell health. Diindolylmethane in its pure form is highly insoluble. Patented, microencapsulated BioResponse DIM® has been specially developed for enhanced-absorption. This form may be more supportive than I3C in cases of low gastric acidity.‡

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

each (size 0) vegetarian capsule contains:

BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg 25 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

Liver & Detoxification GF NON GMO V VEG

DIMPRO® 100	Quantity	Order Code
	120	DP1
	60	DP6

‡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 supports spinal disc integrity and has the potential to support the strength of the disc under compressive loads. In postmenopausal women, the healthy composition of the lumbar spine is directly related to collagen content. The advanced nature of this product involves its potential ability to support healthy advanced glycation end product activity, healthy immune mediator activity and healthy calcium metabolism. Advanced glycation end products may reduce the ability of the intervertebral disc to produce proteoglycans, which comprise healthy disc matrix. The age-related increase in advanced glycation end products may also contribute 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‡

2 capsules daily, with meals, or as directed by a health professional. Individual results may vary.

two (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin K_2 (menaquinone-7)	10 mcg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
providing:	
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* and *Harpagophytum zeyheri*) extract (root) (standardized to contain 5% harpagosides)	150 mg
Indian frankincense (*Boswellia serrata*) extract (gum resin) (standardized to contain 70% boswellic acids)	100 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Contains shellfish (crab, shrimp)

Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.

Bones, Joints & Muscles | GF | NON GMO

Disc-Flex	Quantity	Order Code
	120	DIS1
	60	DIS6

DL-Phenylalanine

Nutritionally supports emotional well-being, while promoting muscle and joint comfort and maintaining healthy tyrosine and endorphin levels‡

DL-Phenylalanine is a combination of the well-tolerated essential amino acids, d-phenylalanine and l-phenylalanine. Together, these compounds help promote mental functioning and support positive outlook. l-Phenylalanine is a precursor to l-tyrosine, which converts to the neurotransmitters norepinephrine, epinephrine, dopamine and tyramine. l-Tyrosine and its metabolites may support emotional well-being, memory and learning. d-Phenylalanine may promote the levels of certain endorphins, thereby calming stressed muscles and joints.‡

2 capsules, 2-3 times daily, between meals.

two (size 00) vegetarian capsules contain:

DL-phenylalanine (free-form)	1,000 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Amino Acids | GF | NON GMO | V | VEG

DL-Phenylalanine	Quantity	Order Code
	180	LP1
	90	LP9

DopaPlus

PureSYNAPSE™ product line
Formulated with James Greenblatt, M.D.*



Supports dopamine production and maintains healthy reuptake for daily mental function and sharpness‡

- Promotes the production of dopamine to support daily cognitive function and mental tasks‡
- Provides the dopamine precursors l-tyrosine and L-DOPA from *Mucuna pruriens*
- In a randomized, controlled, double-blind, crossover trial, *Mucuna pruriens* supplementation promoted L-DOPA plasma concentrations‡
- Includes the cofactors vitamin B_6, Metafolin® L-5-MTHF, and zinc to support dopamine production‡
- Promotes the stability of dopamine and maintains healthy dopamine reuptake with rhodiola and green tea polyphenols‡
- Supports cognitive function and mental sharpness with grape seed proanthocyanidins‡
- Protects neuronal health and function with green tea and grape seed polyphenols‡
- Supports optimal serum levels of zinc and folate to promote positive mood‡

3 capsules, 1-2 times daily, with low protein foods.

three (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	6.7 mg
folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg L-5-MTHF)
zinc (as zinc picolinate)	10 mg
l-tyrosine (free-form)	1,000 mg
velvet bean (*Mucuna pruriens*) extract (seed) (standardized to contain 15% L-DOPA)	200 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	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
other ingredients: vegetarian capsule (cellulose, water)	

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

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants, antipsychotics, or drugs used to treat Parkinson's disease.

Memory & Mood GF NON GMO V VEG

DopaPlus	Quantity	Order Code
	180	DOP1

E.P.O. (evening primrose oil)

Cold-pressed evening primrose seed for skin health and musculoskeletal comfort; contains 9% GLA‡

Evening primrose oil (E.P.O.) is cold-pressed and produced without the use of any solvents. Used for centuries as nutritional support for a wide range of physiological functions, several studies have indicated that E.P.O. may help support the look and feel of healthy skin. A clinical trial reported that E.P.O. supported healthy skin through a modulation of IFN-gamma. Another study revealed that E.P.O. promoted skin health and led to a more favorable shift in eicosanoid metabolism. Other studies suggest that E.P.O. may support healthy lipid metabolism and may provide oxidative protection by promoting glutathione reductase and transferase activities. A clinical trial reported that GLA in combination with EPA/DHA significantly promoted healthy cardiovascular function in women. Additionally, E.P.O. may potentially be supportive of premenstrual comfort.‡

1 softgel capsule, 1-4 times daily, with or between meals.

each (size 10) softgel capsule contains:

calories	5
total fat	0.5 g
evening primrose (*Oenothera biennis*) oil (seed) (cold-pressed) (standardized to contain 9% gamma-linolenic acid (GLA))	500 mg
other ingredients: gelatin capsule (gelatin, glycerin, water)	

Essential Fatty Acids NON GMO

E.P.O. (evening primrose oil)	Quantity	Order Code
	250	EPO2
	100	EPO1

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

‡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.

EFA Essentials



Combines an ultra-pure, molecularly distilled triglyceride fish oil with cold-pressed borage oil to support joint, skin and eye health‡

Extensive clinical research has indicated that essential fatty acids support the health of joints, skin and eyes. EPA, DHA and GLA support joint, skin and eye health through a broad range of mechanisms involving cytokine balance, protease activity, immune mediator activity and blood flow. The importance of GLA has been underscored by clinical studies with favorable musculoskeletal and dermatologic outcomes. While omega-3 fatty acids are utilized for the biosynthesis of prostaglandin E3, the omega-6 fatty acid, GLA, is an important precursor of prostaglandin E1. Together, EPA, DHA and GLA help to balance eicosanoid production in diverse cell types, including chondrocytes in joints, keratinocytes of the skin, and epithelial cells of the eye. EPA, DHA and GLA support joint health by maintaining healthy cytokine activity and matrix protease expression. GLA also supports skin elasticity and hydration through promoting peripheral blood flow and nutrient delivery. Clinical research has indicated important roles of fish oil and GLA-rich oils in maintaining moisture retention in the epithelia of the eyes. Large studies have indicated that EPA and DHA support ocular hydration through promoting healthy tear production and tear film osmolarity in normally functioning eyes. GLA provides additional support for ocular health by maintaining mucin production and healthy tear film characteristics.‡

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

two (size 20) softgel capsules contain:

calories	20
total fat	2 g
fish oil concentrate (from anchovies, sardines)	1,914 mg
providing:	
EPA (eicosapentaenoic acid)	570 mg
DHA (docosahexaenoic acid)	430 mg
other omega-3 fatty acids	130 mg
borage (*Borago officinalis*) oil (seed)	300 mg
providing:	
GLA (gamma-linolenic acid)	50 mg

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

Contains fish (anchovies, sardines)

Essential Fatty Acids · NON GMO

EFA Essentials	Quantity	Order Code
	120	EFA1

Electrolyte/Energy formula

Supports hydration, stamina, and electrolyte repletion‡

- Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function, retains hydration, may lessen the perception of exertion‡
- Provides glucose and maltodextrin, important pre-exercise sources of rapidly available energy; spares glycogen stores and delays fatigue‡
- Contains the energizing cofactors malic acid and alpha ketoglutarate, both Krebs cycle intermediates‡
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery‡
- Supports mental focus under stressful conditions and may also help promote physical endurance with the amino acid l-tyrosine, a neurotransmitter precursor‡
- Especially for strenuous or prolonged exercise at least 1-2 hours in length

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

serving size: 1 scoop (approximately 8.5 g)
servings per container: 40

each scoop (approximately 8.5 g) contains:

calories	30
total carbohydrate	7 g
total sugars	3.5 g
includes 3.5 g of added sugars	
vitamin C (as ascorbic acid)	100 mg
calcium (as calcium citrate)	50 mg
magnesium (as magnesium citrate)	50 mg
chloride (as sodium chloride)	75 mg
sodium (as sodium chloride)	60 mg
potassium (as potassium phosphate)	50 mg
alpha ketoglutarate	100 mg
malic acid	100 mg
l-tyrosine (free-form)	250 mg

other ingredients: maltodextrin, glucose, natural lemon-lime flavor

Energy & Fitness · GF · NON GMO · V · VEG

Electrolyte/Energy formula	Quantity	Order Code
	340 g	EEF3

Electrolyte/Energy formula (stick packs)



Single-Serving Stick Packs

Provides a balanced mix of electrolytes and unique carbohydrates combined with d-ribose and vitamin C to optimize physical and mental stamina‡

- Offers the same benefits as Electrolyte/Energy formula in a convenient stick pack delivery form
- Combines sodium, chloride, potassium, calcium and magnesium, plus carbohydrates to replenish electrolytes lost during exercise; supports muscle function; retains hydration; and lessens the perception of exertion‡
- Provides rapidly available energy sources glucose and maltodextrin to spare glycogen, enhance endurance, and delay fatigue‡
- Supports peak ATP production with the precursor ribose to promote energy repletion during intense exercise‡
- Includes vitamin C to protect muscles from free radicals generated during exercise and to enhance tissue recovery‡

Take one stick pack mixed with 8-10 oz of water, 20 minutes before intense exercise, or as directed by a health professional.

serving size: 10.8 g (1 stick pack)
servings per container: 30

each stick pack (10.8 g) contains:

calories	30
total carbohydrates	8 g
total sugars	4 g
includes 4 g of added sugars	
vitamin C (as ascorbic acid)	80 mg
calcium (as calcium citrate)	50 mg
magnesium (as magnesium citrate)	50 mg
sodium (as sodium citrate)	170 mg
potassium (as potassium phosphate)	50 mg
d-ribose	200 mg
malic acid	100 mg
other ingredients: natural pomegranate juice powder, glucose, maltodextrin, red beet root powder	

Energy & Fitness NON GMO V VEG

Electrolyte/Energy formula (stick packs)	Quantity	Order Code
	30 stick packs	EEF2B3

Emotional Wellness‡

Supports emotional and mental well-being and moderates occasional stress‡

5-hydroxytryptophan and l-tyrosine are key precursors for the synthesis of several neurotransmitters responsible for a healthy emotional outlook, including serotonin, dopamine, epinephrine and norepinephrine. These neurotransmitters are involved in the regulation of endocrine and brain activity in addition to sleep/wake cycles. Research suggests that l-tyrosine may also support cognitive function and memory under stressful conditions. A healthy level of the inhibitory neurotransmitter GABA is also associated with positive mood. Research suggests that both GABA and l-theanine enhance alpha wave production in the brain, promoting relaxation. Complementary support for relaxation is provided by passionflower, while *Rhodiola rosea* supports cognitive and mental function under stressful conditions. Vitamin B_6 is a cofactor that plays an important role in supporting positive emotional health.‡

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

each (size 00) vegetarian capsule contains:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	6.7 mg
5-hydroxytryptophan	100 mg
l-tyrosine (free-form)	100 mg
GABA (gamma-aminobutyric acid)	200 mg
l-theanine	100 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
passionflower (*Passiflora incarnata*) extract (aerial parts) (standardized to contain 3.5% vitexins)	85 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.

Memory & Mood GF NON GMO V VEG

Emotional Wellness‡	Quantity	Order Code
	120	EW1
	60	EW6

‡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.

Energize Plus™ Pure Pack

Daily Packet | With Metafolin® L-5-MTHF



Indications:

- Support for mitochondrial energy production and nutrient metabolism‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 37.5 mcg (1,500 IU) vitamin D_3
- Easily tolerated magnesium glycinate for sensitive individuals

Special Features:

- Enhances energy production in the mitochondria‡
  - B vitamins, CoQ_{10} and magnesium act as cofactors in the energy production pathway‡
  - Carnitine shuttles fatty acids into the mitochondria for oxidation and conversion into energy‡
- Promotes nutrient metabolism‡
  - Omega-3-fatty acids support healthy gene expression to enhance glucose and lipid homeostasis‡
  - Vitamin D promotes healthy nutrient metabolism‡
  - Magnesium and B vitamins help counter the effects of stress on healthy nutritional status‡
- Convenient, once-daily packet

Each Packet Contains:

Multi t/d 1 vegetarian capsules →See page 113

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

EPA/DHA essentials 2 softgel capsules → See page 70

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

Vitamin D_3 1 vegetarian capsule → See page 177

- Cholecalciferol (vitamin D_3) to support healthy nutrient metabolism‡

l-Carnitine 1 vegetarian capsule → See page 45

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

Magnesium (glycinate) 1 vegetarian capsule → See page 103

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

CoQ_{10} 1 vegetarian capsule → See page 51

- Natural, fermented, trans-isomer CoQ_{10}

1 packet daily (7 capsules), with a meal.

seven capsules contain:

calories	20
total fat	2 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	675 mcg
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	37.5 mcg (1,500 IU)
vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	34 mg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (as vitamin B_2 and 28% as riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium glycinate)	120 mg
zinc (as zinc picolinate)	7.5 mg
selenium (as selenomethionine)	50 mcg
chromium (as chromium polynicotinate)	100 mcg
proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
coenzyme Q_{10}	30 mg
l-carnitine (free-form) (from l-carnitine-l-tartrate)	340 mg
fish oil concentrate (anchovies, sardines, mackerel) providing:	2,000 mg
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

other ingredients: gelatin capsule (gelatin, glycerin, water), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

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

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

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

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

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

Contains fish (anchovies, sardines, mackerel)

Multivitamins | NON GMO

Energize Plus™ Pure Pack	Quantity	Order Code
	30 packets	EPPB3

Energy Xtra



Adaptogen formula for physical and mental stamina‡

Adaptogens have long been associated with increasing energy, enhancing stamina, and reducing mild fatigue. They encourage physical work capacity and mental performance. Often referred to as tonics, they have far reaching effects on overall physiological health, supporting immune, cardiovascular, and endocrine functions. At the same time, they help the body to adapt to and cope with occasional stress, primarily by supporting the hypothalamic-pituitary-adrenal (HPA) axis. Panax ginseng promotes endurance and stamina, while also promoting cognitive, cardiovascular and immune function. Ashwagandha is recognized for supporting immune function and cognitive function. Rhodiola and eleuthero are traditionally associated with rejuvenating effects and the ability to promote endurance.‡

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

each (size 00) vegetarian capsule contains:

ashwagandha (*Withania somnifera*) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Asian ginseng (*Panax ginseng*) extract (root) (standardized to contain 5% ginsenosides)	200 mg
eleuthero (*Eleutherococcus senticosus*) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant or lactating women.

Energy & Fitness GF NON GMO V VEG

Energy Xtra	Quantity	Order Code
	120	EX21
	60	EX26

EPA Ultimate

Eco-friendly, supercritical CO_2 extracted EPA fish oil concentrate for cardiovascular health and emotional wellness‡

The omega-3 essential fatty acid EPA is primarily associated with healthy arachidonic acid metabolism. In an 8-week, double-blind study using high EPA, supercritical extracted fish oil, subjects reported support for healthy emotional well-being. In observational and epidemiological studies, higher plasma levels of EPA have been associated with healthy mood. Fish oil containing EPA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.‡

2 softgel capsules daily, with a meal.

two (size 11) softgel capsules contain:

calories	10
total fat	1 g
vitamin E (as mixed tocopherols)	1 mg
fish oil concentrate (from anchovies and sardines)	1,350 mg
providing:	
EPA (eicosapentaenoic acid)	798 mg
DHA (docosahexaenoic acid)	266 mg
other ingredients: gelatin capsule (gelatin, glycerin, water)	

Contains fish (anchovies, sardines)

Essential Fatty Acids NON GMO

EPA Ultimate	Quantity	Order Code
	120	EPU1

‡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 essentials



Ultra-pure, microfiltered fish oil concentrate; support for cardiovascular health and daily wellness‡

Fish oil and omega-3 fatty acids EPA/DHA (eicosapentaenoic acid/docosahexaenoic acid) have been associated with numerous benefits, including healthy lipid metabolism, cytokine balance, joint comfort, blood flow, cognitive function and skin health.‡

1-2 softgel capsules daily. Consume with food.

each (size 20) softgel capsule contains:

calories	10
total fat	1 g
cholesterol	< 5 mg
fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
other ingredients: gelatin capsule (gelatin, glycerin, water), natural tocopherols	

Contains fish (anchovies, sardines, mackerel)

Essential Fatty Acids | NON GMO

EPA/DHA essentials	Quantity	Order Code
	180	ED11
	90	ED19

EPA/DHA with lemon

Ultra-pure, molecularly distilled lemon-flavored fish oil concentrate

1-2 softgel capsules daily. Consume with food.

each (size 20) softgel capsule contains:

calories	10
total fat	1 g
cholesterol	< 5 mg
fish oil concentrate (from anchovies, mackerel, sardines)	900 mg
providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)	

Contains fish (from anchovies, mackerel, sardines)

Essential Fatty Acids | NON GMO

EPA/DHA with lemon	Quantity	Order Code
	120	EDC1

EPA/DHA liquid (lemon flavor)

Suitable for Children

Ultra-pure, molecularly distilled, lemon-flavored fish oil liquid

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

serving size: 1 teaspoon (5 ml/0.17 fl oz)
servings per container: 40

each teaspoon (5 ml/0.17 fl oz) provides:

calories	40
total fat	4.5 g
saturated fat	1 g
polyunsaturated fat	2 g
monounsaturated fat	1 g
cholesterol	15 mg
fish oil concentrate (from anchovies, sardines)	4,600 mg
providing (typical):	
EPA (eicosapentaenoic acid)	740–825 mg
DHA (docosahexaenoic acid)	460–550 mg
other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary leaf extract, ascorbyl palmitate, natural tocopherols)	

Contains fish (anchovies, sardines)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

Essential Fatty Acids | NON GMO

EPA/DHA liquid (lemon flavor)	Quantity	Order Code
	200 ml (7 fl oz)	EDL2

EpiIntegrity powder

Shelf-Stable; Allergen-Free



PureResponse™ product line
Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA*

Promotes healthy modulation of mucosal immune responses to support GI integrity in a great-tasting powder‡

EpiIntegrity powder combines glutamine, prebiotic fiber and herbal extracts to promote healthy modulation of mucosal immune response to support gastrointestinal (G.I.) integrity and function. Th2 modulation may be indicated when addressing immune balance in the G.I. tract. L-glutamine is an essential fuel for enterocytes (the cells that line the small intestine and colon), supporting cellular renewal, glutathione production and healthy, everyday tissue repair, while promoting healthy villous function. Arabinogalactan is a prebiotic fiber found in high concentrations in North American larch trees. It has been shown to increase the concentration of beneficial bacteria, such as Bacteroidetes and *Faecalibacterium prausnitzii*. Beneficial microflora are crucial for proper gut associated lymphoid tissue (GALT) function and development. Research suggests higher levels of *F. prausnitzii* are associated with healthy cytokine balance and G.I. function. In clinical trials, arabinogalactan has been shown to promote immune cell function. In a randomized three-week trial involving healthy adults, arabinogalactan potentiated the innate immune system, supporting key first-line defenses. Perilla supports cytokine homeostasis of the G.I. mucosal tissue. In a randomized, controlled trial involving 50 individuals, 150 mg of Benegut® *Perilla frutescens* extract twice daily offered statistically significant support for G.I. comfort. Research suggests that perilla also helps maintain cytokine balance and stabilize mast cells. Astragalus promotes cytokine balance and supports macrophage, natural killer (NK) cell and T-cell activity. Adaptogens like astragalus support physiological and cellular homeostasis and have positive effects on immune function and antioxidant defenses. Deglycyrrhizinated licorice (DGL) maintains intestinal comfort by supporting the protective mucosal lining.‡

1 scoop, 1-2 times daily. Add 1 serving to 8 oz of water or juice. Shake or stir until dissolved.

serving size: 1 scoop (approximately 5.7 g)
servings per container: approximately 30

one scoop (approximately 5.7 g) contains:

calories	15
total Carbohydrate	2.5 g
sodium (naturally occurring)	25 mg
arabinogalactan	2.4 g
l-Glutamine (free form)	2.4 g
Benegut® Perilla (*Perilla frutescens*) extract (leaf)	150 mg
astragalus (*Astragalus membranaceus*) extract (root)	200 mg
deglycyrrhizinated licorice (*Glycyrrhiza glabra*) extract (root)	50 mg
other ingredients: citric acid, natural strawberry and lemonade flavors, malic acid, purified stevia leaf extract	

Benegut® is a trademark of Vital Solutions GmbH, Germany.

Gastrointestinal GF NON GMO V VEG

EpiIntegrity powder	Quantity	Order Code
	171 g	EIP1

Essential Aminos

Provides a balanced ratio of essential amino acids for muscle, brain and tissue health‡

Amino acids are the building blocks for all proteins, making them essential for a number of body functions, including fluid balance, enzyme production, cellular repair and energy metabolism. Amino acids also provide a readily available form of nitrogen, a critical element that forms various compounds such as neurotransmitters and creatine. In humans, protein is composed of 20 amino acids, only some of which the body is able to produce. Those that need to be obtained from exogenous sources are referred to as the essential amino acids. Pure Encapsulations' Essential Aminos formula is based on the ratios of essential amino acids from high biological value (BV) protein sources. Proper intake of these amino acids is important for the synthesis, repair, and metabolism of muscle, cells, and tissues.‡

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

each (size 00) vegetarian capsule contains:

l-histidine (free-form)	50 mg
l-isoleucine (free-form)	79 mg
l-leucine (free-form)	138 mg
l-lysine HCl (free-form)	110 mg
l-methionine (free-form)	70 mg
l-phenylalanine (free-form)	115 mg
l-threonine (free-form)	68 mg
l-valine (free-form)	75 mg
TryptoPure® l-tryptophan	20 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

AjiPure® is a registered trademark of AJINOMO O® CO., INC. / TryptoPure® is a registered trademark of AJINOMOTO® CO., INC.

Amino Acids

Essential Aminos	Quantity	Order Code
	180	EA21

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

‡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.

Ester-C® & flavonoids



Unique vitamin C enhanced with flavonoids for antioxidant, immune, and vascular support‡

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 free radical scavengers that complement the roles of vitamin C. Quercetin helps maintain healthy mast cell function and moderates healthy leukotriene and prostaglandin metabolism. Rutin and pomegranate extract provide important support for blood vessel integrity and healthy cell function.‡

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

each (size 00) vegetarian capsule contains:

vitamin C (from calcium ascorbate blend)	619 mg
calcium (from calcium ascorbate blend)	68 mg
threonic acid (from calcium ascorbate blend)	7 mg
quercetin	50 mg
rutin	100 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Ester-C® is a registered trademark of The Ester C Company. US Patent Nos. 6,878,744 and 6,m197,813.

Vitamins & Minerals GF NON GMO V VEG

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

EyeProtect Basics‡

Clinically-researched levels of key antioxidants to support eye health‡

EyeProtect Basics‡ contains the key antioxidants vitamin C, vitamin E, zinc, copper, lutein and zeaxanthin to support healthy vision and the integrity of the eye. A large randomized, double-blind, placebo-controlled clinical trial involving 3,600 individuals indicates that these nutrients are critical to maintain the health of the retina and macula. EyeProtect Basics‡ contains clinically-researched levels of these nutrients in optimally bioavailable forms.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	500 mg
vitamin E (as d-alpha tocopherol succinate)	268 mg
zinc (as zinc citrate)	25 mg
copper (as copper glycinate)	2 mg
FloraGLO® lutein	10 mg
zeaxanthin	2 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

Vision GF NON GMO V VEG

EyeProtect Basics‡	Quantity	Order Code
	60	EPB6

EyeProtect Basics without zinc‡

Offers the same EyeProtect Basics‡ formula, but without zinc and copper

two (size 00) capsules daily, with a meal.

Vision GF NON GMO V VEG

EyeProtect Basics without zinc‡	Quantity	Order Code
	60	EPB26

Folate 400

With Metafolin® L-5-MTHF



Universally metabolized form of folate

Folate 400 provides 400 mcg per capsule of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

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

each (size 3) vegetarian capsule contains:

folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)

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

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Folate 400	Quantity	Order Code
	90	FOL49

Folate 1,000

With Metafolin® L-5-MTHF

Universally metabolized form of folate

Folate 1,000 provides 1,000 mcg per capsule of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

folate (as Metafolin®, L-5-MTHF)	1,667 mcg DFE (1,000 mcg L-5-MTHF)

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

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Folate 1,000	Quantity	Order Code
	90	FOL19

Folate 5,000

Universally metabolized form of folate

Folate 5,000 provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate.

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

each (size 3) vegetarian capsule contains:

folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	8,333 mcg DFE (5,000 mcg L-5-MTHF)

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

Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

Vitamins & Minerals · GF · NON GMO · V · VEG

Folate 5,000	Quantity	Order Code
	60	FOL56

Folate 5,000 Plus

Activated folate, vitamin B_{12} and B_6 combination

Folate 5,000 Plus provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, combined with activated vitamin B_{12} and B_6. Optimal levels of these B vitamins have been associated with cellular, cardiovascular, neurological and emotional health. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. Research suggests that B vitamins help maintain healthy nervous system function. In a randomized controlled study, a combination of methylfolate, methycobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort. These vitamins also enhance healthy endothelial function and play a vital role in the metabolism of homocysteine.‡

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

each (size 1) vegetarian capsule contains:

vitamin B_6 (as pyridoxal 5' phosphate (activated B_6))	25 mg
folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	8,333 mcg DFE (5,000 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	1,000 mcg

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

Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

Vitamins & Minerals · GF · NON GMO · V · VEG

Folate 5,000 Plus	Quantity	Order Code
	60	FLP56

Folic Acid

Support for healthy fetal neural development‡

Folic Acid is essential for healthy fetal neural development. It is necessary for the growth and reproduction of red and white blood cells, the formation of nucleic acids, the conversion of homocysteine to methionine, and the production of gastric HCl.‡

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

1,333 mcg DFE (800 mcg) folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. FDA does not endorse this claim. Public health authorities recommend that women consume 667 mcg DFE (400 mcg) folic acid daily from fortified foods or dietary supplements or both to reduce the risk of neural tube defects.

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

folate (as folic acid)	1,333 mcg DFE (800 mcg folic acid)

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Folic Acid	Quantity	Order Code
	60	FO6

See also
PureMelt B_{12} Folate →page 147

‡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.

PureResponse™

Promote Active Response.‡ Create Immune Balance.‡

A first-of-its-kind protocol at the forefront of functional immunology, PureResponse™ was developed for the more than 25 million Americans seeking solutions to reset their immune balance and responsiveness. Through a progressive decoding of functional immunology, this platform teases apart the nuances for each patient type and addresses the unique, underlying core biological mechanisms to advance the practitioner's understanding and deliver predictable results.‡

PureResponse™ features:

- Self-Tissue Response Road Map‡
- Clinical Protocol
- Foundational and Targeted Support Products‡
- Diet and Lifestyle Recommendations
- Assessment and Monitoring Recommendations
- Case Studies



Samuel F. Yanuck, D.C., FACFN, FIAMA,†
helped co-develop the PureResponse™ protocol. He has been in private practice since 1992 in Chapel Hill, N.C., and serves as CEO & director of education at Cogence, LLC, an online functional immunology education company, and as an adjunct assistant professor at the University of North Carolina School of Medicine, Program on Integrative Medicine.

Partnership with Cogence®

The Cogence® and Pure Encapsulations® partnership provides practitioners with a turnkey solution for helping to reset patients' immune balance and responsiveness. To help you better understand the interconnection of each biological process to the immune system, Pure Encapsulations has made an exclusive commitment to provide functional medicine practitioners with full access to Dr. Samuel Yanuck's Cogence® Immunology course and educational tools, assuming the full cost of membership.

Cogence offers an in-depth functional immunology learning experience. The Cogence Immunology course was designed by leading experts to connect the underlying immunology with clinical applications, creating a rigorous yet intuitive program that will allow you to navigate each patient's unique clinical pattern.

Your Cogence membership will give you access to over 200 instructional videos, each 20 to 90 minutes long, grouped into 22 modules covering a wide range of topics.

Visit **PureEncapsulations.com/cogence** and take advantage of complimentary access to Cogence® Immunology.

Cogence®
Shaping the Future of Functional Immunology



Learn more at
PureEncapsulations.com/pureresponse

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

†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.

G.I. Fortify (capsules)‡



Designed to support a healthy G.I. environment, bowel regularity, colon cell function and detoxification‡

- Maintains bowel regularity and supports healthy bowel movement frequency with psyllium and flax‡
- Supports short chain fatty acid (SCFA) production to promote a healthy G.I. environment, microflora balance, and colon cell health‡
- Promotes healthy intestinal cellular integrity and enhances the protective mucosal lining with l-glutamine, an important energy source for the G.I. tract in times of stress or increased metabolic demand‡
- Enhances healthy G.I. detoxification with fiber and chlorella‡

3 capsules daily, between meals with 8-12 oz water, or as directed by a health professional. Daily water intake should be increased when consuming this product.

three (size 00) vegetarian capsules contain:

calories	5
total carbohydrate	1 g
dietary fiber	1 g
psyllium powder (husk)	1,100 mg
flax (*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 spp.*) powder (cracked cell wall)	100 mg
other ingredients: vegetarian capsule (cellulose, water)	

Gastrointestinal GF NON GMO V VEG

G.I. Fortify (capsules)‡	Quantity	Order Code
	120	GIFC1

G.I. Fortify‡

Supports intestinal barrier function and digestive health.‡

This product is a blend of high-impact fiber, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Psyllium is a valued source of soluble fiber, helping to promote larger and softer stools for healthy bowel movement frequency. It is fermented in the intestines, producing short chain fatty acids (SCFAs) that provide an energy source for the colon to maintain healthy colon cell function and promote beneficial microflora. Flaxseed provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract. It also maintains 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. G.I. Fortify‡ provides a combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root to support gut integrity and provide a soothing effect. Triphala is a standardized blend of three fruit extracts, *Terminalia chebula*, Terminalia belerica, and *Emblica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification, occasional constipation, and overall colon health.‡

Add 1 serving to 8–12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.

serving size: 1 heaping scoop (approximately 8.9 grams)
servings per container: approximately 45

each heaping scoop (approximately 8.9 g) contains:

calories	25
total carbohydrate	5 g
dietary fiber	4 g
total sugars	<1 g
protein	1 g
psyllium powder (husk)	4 g
flax (*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
other ingredients: stevia leaf extract, ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Gastrointestinal GF NON GMO V VEG

G.I. Fortify‡	Quantity	Order Code
	400 g	GIF4

G.I. Integrity‡

Enhanced support for gastrointestinal integrity and function‡

l-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 a component of glycosaminoglycans and glycoproteins found in the gut's mucosal surface. 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.‡

2 capsules, twice daily, with or between meals.

two (size 00) vegetarian capsules contain:

l-glutamine (free-form)	1,000 mg
n-acetyl-d-glucosamine (from crab, shrimp)	500 mg
gamma oryzanol (from rice bran)	150 mg
aloe vera (*Aloe barbadensis*) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Gastrointestinal · GF · NON GMO

G.I. Integrity‡	Quantity	Order Code
	240	GII2
	120	GII1

GABA

Promotes positive mood, supports relaxation and moderates occasional stress‡

GABA is the primary inhibitory neurotransmitter in the central nervous system, playing a central role in regulating cell-to-cell communication. Healthy levels have been associated with positive mood. A recent study indicates that GABA also enhances alpha wave production in the brain to promote relaxation and moderate occasional stress. In the same study, it supported healthy IgA levels, suggesting that it may support immune health during occasional stress.‡

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

each (size 00) vegetarian capsule contains:

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

Memory & Mood · GF · NON GMO · V · VEG

GABA	Quantity	Order Code
	120	GAB1
	60	GAB6

Garlic Complex

NEW



Unique combination of garlic and aged fermented black garlic extract to support antioxidant defenses as well as cardiovascular and immune health‡

Garlic Complex provides a unique combination of aged fermented black garlic extract and garlic extract. This combination offers cardiovascular and immune support properties, while also reducing the odor and sharp taste typically associated with raw garlic and garlic extracts. The health-promoting effects of garlic are derived from its sulphur-containing compounds, including allicin and S-allyl-cysteine (SAC). The fermentation and aging process utilized in the production of black garlic increases the levels of SAC and other bioactive compounds, including phenols and flavonoids. These compounds act as antioxidants in the body to protect tissues and support cellular function. Animal and cell studies suggest that the cardiometabolic effects from aged black garlic are due primarily to antioxidant and cytokine balance support, stemming partly from alterations in gene expression. In a randomized, double-blind trial involving 60 adults, 12 weeks of supplementation with 6 grams of aged black garlic revealed support for healthy lipid metabolism. Standard garlic extract is included to promote broad-spectrum cardiovascular health, including support for healthy blood flow and platelet function, healthy lipid and triglyceride metabolism, and healthy arterial function. Garlic has also demonstrated support for maintaining a healthy gut ecology and promoting healthy immune system function.‡

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

two (size 00) vegetarian capsules contain:

Aged fermented black garlic (*Allium sativum*) extract (bulb) (standardized to contain 0.1% S-Allyl cysteine)	600 mg
Garlic (*Allium sativum*) extract (bulb) (standardized to contain 2,000 mcg/g allicin yield)	400 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

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

Heart & Metabolic · GF · NON GMO · V · VEG

Garlic Complex	Quantity	Order Code
	120	GRC1

Ginger extract

Supports digestive, musculoskeletal and cardiovascular health‡

The volatile oil components of ginger are responsible for its nutritional activity. Ginger helps to stimulate digestive enzymes and increases the production and secretion of bile from the liver and gallbladder. Ginger supports the cardiovascular system by maintaining healthy leukotriene and thromboxane production, supporting healthy platelet function.‡

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

each (size 00) vegetarian capsule contains:

ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	500 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Immune Support · GF · NON GMO · VEG

Ginger extract	Quantity	Order Code
	120	GI1

‡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.

Ginkgo 50 160 mg



Supports healthy blood circulation and mental acuity‡

Ginkgo biloba provides time-tested support for healthy blood flow and cognitive function.‡

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

each (size 1) vegetarian capsule contains:

ginkgo (*Ginkgo biloba*) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	160 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Memory & Mood · GF · NON GMO · V · VEG

Ginkgo 50 160 mg	Quantity	Order Code
	120	GB11

GlucoFunction‡

Combines key nutrients, antioxidants and herbal extracts to promote broad spectrum support for healthy glucose metabolism‡

Minerals including chromium, magnesium and zinc are associated with healthy glucose metabolism and may be synergistic with biotin. Bis-glycinato oxo vanadium is a bioavailable organic complex of glycine and vanadium. Vanadium promotes healthy glucose metabolism by supporting healthy liver and skeletal muscle function. The water-soluble polyphenol polymers found in CinSulin® cinnamon extract promote healthy glucose function, lipid metabolism and blood flow. *Momordica charantia*, or bitter melon, and *Gymnema sylvestre* provide traditional support for healthy pancreas and glucose function. Vitamin C maintains healthy red blood cell sorbitol levels. Alpha lipoic acid supports healthy glucose metabolism by promoting healthy mitochondrial function.‡

1 capsule, 3 times daily, before meals.

each (size 00) vegetarian capsule contains:

vitamin C (as ascorbic acid)	66 mg
biotin	2,000 mcg
magnesium (as magnesium citrate)	50 mg
zinc (as zinc citrate)	5 mg
chromium (as chromium polynicotinate)	133 mcg
vanadium (as bis-glycinato oxo vanadium (BGOV))	500 mcg
alpha lipoic acid (thioctic acid)	100 mg
cinnamon (*Cinnamomum cassia*) extract (dried bark)	83 mg
gymnema (*Gymnema sylvestre*) extract (leaf)	50 mg
bitter melon (*Momordica charantia*) extract (fruit)	75 mg
other ingredients: vegetarian capsule (cellulose, water)	

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

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

Not to be taken by pregnant or lactating women.

Heart & Metabolic · GF · NON GMO · V · VEG

GlucoFunction‡	Quantity	Order Code
	180	GF1
	90	GF9

Glucosamine + Chondroitin with MSM

Supports connective tissue health and joint comfort‡

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.‡

1 capsule, 3 times daily, with meals. Individual results may vary.

each (size 00) vegetarian capsule contains:

glucosamine HCl (from crab, shrimp)	300 mg
chondroitin sulfate (from bovine)	300 mg
MSM (methylsulfonylmethane)	300 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles · GF · NON GMO

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

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. In a study, the combination of glucosamine HCl, chondroitin sulfate and manganese ascorbate demonstrated the ability to promote joint function. The combination of glucosamine and chondroitin may also provide support for healthy hyaluronic acid content and synovial fluid. The trace mineral manganese plays a key role in supporting glycosaminoglycan and mucopolysaccharide production and encourages the antioxidant activity of superoxide dismutase. Vitamin C, as ascorbate, is a vital nutrient for proper collagen formation and also serves as an antioxidant.‡

Initial dose: 1 capsule, 3 times daily, with meals, for 2-3 weeks.
Maintenance dose: 1 capsule, 2 times daily, with meals. Individual results may vary.

each (size 00) vegetarian capsule contains:

manganese (as manganese ascorbate)	2 mg
glucosamine HCl (from crab, shrimp)	500 mg
chondroitin sulfate (from bovine)	400 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles · GF · NON GMO

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

Glucosamine Complex



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.‡

1 capsule daily, with a meal, or as directed by a health professional. Individual results may vary.

each (size 00) vegetarian capsule contains:

manganese (as manganese ascorbate)	2 mg
glucosamine sulfate (from crab, shrimp)	250 mg
glucosamine HCl (from crab, shrimp)	250 mg
n-acetyl-d-glucosamine (from crab, shrimp)	250 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles | GF | NON GMO

Glucosamine Complex	Quantity	Order Code
	180	GSC1

Glucosamine Sulfate 1,000 mg

Enhances and utilizes the intrinsic compounds in cartilage in order to support healthy cartilage and joints‡

Glucosamine sulfate supports healthy joints and 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.‡

1 capsule, 1-2 times daily, with meals, or as directed by a health professional. Individual results may vary.

each (size 00) vegetarian capsule contains:

glucosamine sulfate (from crab, shrimp)	1,000 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles | GF | NON GMO

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

Glucosamine HCl + Chondroitin

Shellfish-free glucosamine and chondroitin combination for daily joint support‡

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.‡

1 capsule, 3 times daily, with meals, or as directed by a health professional. Individual results may vary.

each (size 00) vegetarian capsule contains:

glucosamine HCl (shellfish-free)	400 mg
chondroitin sulfate (from bovine)	300 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles | GF | NON GMO

Glucosamine HCl + Chondroitin	Quantity	Order Code
	120	GLC1

Glucosamine/MSM with joint comfort herbs‡

Promotes healthy cartilage and joint tissue‡

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.‡

2 capsules, 1-3 times daily, with meals. Individual results may vary.

two (size 00) vegetarian capsules contain:

glucosamine sulfate (from crab, shrimp)	500 mg
MSM (methylsulfonylmethane)	500 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	250 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	250 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles | GF | NON GMO

Glucosamine/MSM with joint comfort herbs‡	Quantity	Order Code
	360	GM3
	180	GM1
	60	GM6

‡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.

Glucose Support Formula‡



Supports optimal pancreas function and healthy glucose metabolism‡

This formula provides a helpful combination of essential nutrients for healthy glucose support. The leaves of *Gymnema sylvestre* have been used for over 2,000 years in India. *Gymnema sylvestre* has been shown to nutritionally support the insulin producing cells of the pancreas. Alpha lipoic acid is a versatile nutrient that provides antioxidant activity and supports healthy glucose metabolism. As adaptogens, *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, promote healthy glucose balance. Research has indicated that maitake mushroom extract has a potential role in healthy glucose utilization. This formula also combines chromium with nicotinic acid, promoting healthy glucose and fat metabolism.‡

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

each (size 00) vegetarian capsule contains:

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% eleutherosides)	100 mg
alpha lipoic acid (thioctic acid)	100 mg
maitake mushroom (*Grifola frondosa*) extract (fruiting body)	200 mg
other ingredients: vegetarian capsule (cellulose, water)	

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

Heart & Metabolic · GF · NON GMO · V · VEG

Glucose Support Formula‡	Quantity	Order Code
	120	GSF1
	60	GSF6

See also
GlucoFunction‡ →page 78
Metabolic Xtra →page 109

l-Glutamine 850 mg

Nutritionally supports the mucosal lining and the healthy functioning of the gastrointestinal tract, as well as lean muscle mass‡

l-Glutamine is the most abundant amino acid in the body. In times of metabolic stress, glutamine is utilized by the body for tissue repair and gastrointestinal tract support. Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine's protective mucosal lining. In addition, glutamine is important in the preservation of muscle mass.‡

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

each (size 00) vegetarian capsule contains:

l-glutamine (free-form)	850 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Gastrointestinal · GF · NON GMO · V · VEG

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

l-Glutamine 500 mg

1 capsule, 1-4 times daily, between meals, or as directed by a health professional.

each (size 1) vegetarian capsule contains:

l-glutamine (free-form)	500 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Gastrointestinal · GF · NON GMO · V · VEG

l-Glutamine 500 mg	Quantity	Order Code
	90	LG59

l-Glutamine powder



1 heaping scoop mixed with water or juice, 1-3 times daily, between meals, or as directed by a health professional.

serving size: approximately 3.1 g (1 heaping scoop)
servings per container: approximately 73

each heaping scoop (approximately 3.1 g) contains:

l-glutamine (free-form)	3 g

Gastrointestinal · GF · NON GMO · V · VEG

l-Glutamine powder	Quantity	Order Code
	227 g	LGP

Gluten/Dairy Digest

A unique mix of enzymes to support normal gluten, casein, beta-lactoglobulin and lactose 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 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.‡

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

each (size 2) vegetarian capsule contains:

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

BioCore® is a trademark of National Enzyme Company.

Gastrointestinal · GF · NON GMO · VEG

Gluten/Dairy Digest	Quantity	Order Code
	120	GDD1
	60	GDD6

See also
Digestive Enzymes *Ultra* →page 62

‡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.

GlutenAssure Multivitamin

NEW



With Metafolin® L-5-MTHF

Multivitamin/mineral complex designed to support nutritional needs of those avoiding gluten‡

Indications:

- Men and women ages 18 and up

Vitamin Distinctions:

- Provides enhanced levels of fat-soluble vitamins to meet increased needs
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers activated vitamin B_{12} in a blend of adenosylcobalamin and methylcobalamin
- Includes vitamin K_1 and K_2 (menaquinone-7) to support healthy calcium metabolism‡

Special Features:

- Contains unique, clinically researched Tolerase® G prolyl-endopeptidase enzyme at the level designed to target the breakdown of 500 mg gluten over 3 capsules‡
- Convenient 3-capsule dosing designed to be taken at each meal to target inadvertent dietary gluten‡
- Offers calcium, magnesium, folate, and vitamins B_1, B_2, B_6, B_{12} and D, nutrients that can be low in individuals following a gluten-free diet‡
- Provides lutein to support macular health‡
- Contains the concentrated 5-LOXIN® boswellia extract to promote healthy immune activity in the epithelial lining of the digestive tract and cytokine balance‡

Nutrition surveys indicate that gluten-free diets are often low in fiber and micronutrients, particularly B vitamins and certain minerals. GlutenAssure Multivitamin is specially formulated with higher levels of key B vitamins, as well as magnesium, calcium, zinc and selenium. Enhanced levels of fat-soluble vitamins A, D, E, K_1 and K_2 help support optimal serum levels of these nutrients, which can be difficult to absorb. 5-LOXIN® boswellia extract is concentrated to provide 10 times as much AKBA as typical boswellia extracts. Research suggests that AKBA promotes cytokine balance to support joint and gastrointestinal health, in part by maintaining healthy immune activity in the epithelial lining of the digestive tract. This multivitamin also includes the scientifically researched prolyl-endopeptidase enzyme targeting gluten breakdown. Research suggests that individuals following a gluten-free diet are exposed to an average of 150 to 400 mg of gluten daily. This unique formulation is designed to be taken with meals and target this inadvertent gluten exposure. In a randomized, double-blind, placebo-controlled trial, individuals consuming prolyl-endopeptidase enzyme and gluten showed lower α-gliadin (a main component of gluten) concentration in the stomach and duodenum. The enzyme specifically degrades the immunogenic parts of the gluten protein. Research reveals that gluten-sensitive T-cells no longer react after gluten has been degraded with the enzyme.‡

1 capsule with each meal.

each (size 00) vegetarian capsule contains:

vitamin A (as vitamin A acetate and as 20% beta carotene)	500 mcg
vitamin C (as ascorbic acid)	33 mg
vitamin D (as cholecalciferol) (D_3)	8.3 mcg (333 IU)
vitamin E (as d-alpha tocopherol succinate)	6.6 mg
vitamin K (as vitamin K_1)	30 mcg
thiamin (as thiamin HCl) (B_1)	3.3 mg
riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B_2))	1.3 mg
niacin (as niacin and 75% niacinamide)	6.6 mg
vitamin B_6 (as pyridoxine HCl and 50% pyridoxal-5-phosphate (activated B_6))	8.3 mg
folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin and 50% adenosylcobalamin)	333 mcg
biotin	33 mcg
pantothenic acid (as calcium pantothenate) (B_5)	2 mg
choline (as choline bitartrate)	10 mg
calcium (as di-calcium malate) (DimaCal®)	50 mg
iodine (as potassium iodide)	50 mcg
magnesium (as di-magnesium malate) (Albion®)	50 mg
zinc (as zinc picolinate)	5 mg
selenium (as selenomethionine)	23 mcg
copper (as copper bis-glycinate)	0.3 mg
manganese (as manganese citrate)	0.8 mg
chromium (as chromium picolinate)	33 mcg
vitamin K_2 (menaquinone-7)	10 mcg
inositol	10 mg
FloraGLO® lutein	666 mcg
5-LOXIN® *Boswellia serrata* extract Indian frankincense (*Boswellia serrata*) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	33 mg
Tolerase® G Prolyl endopeptidase	29,000 PPI
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

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

Albion® and DimaCal® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Tolerase® G is a trademark of DSM.

Multivitamins NON GMO VEG

GlutenAssure Multivitamin	Quantity	Order Code
	90	GAM9

See also
Gluten/Dairy Digest →page 81

Glycine



Supports restful sleep and detoxification‡

Glycine is the simplest amino acid; its side chain consists of just a single hydrogen atom. Supplementation with glycine has been shown to support healthy kidney and liver function as well as nervous system health. Animal studies and a small human study indicate that glycine has the potential to support memory and mental function. In another human trial, glycine, acting as an inhibitory amino acid, had neuroprotective effects. Animal studies suggest that glycine plays a protective role for the kidneys and liver particularly by supporting detoxification of certain chemicals.‡

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

three (size 1) vegetarian capsules contain:

calories	5
glycine (free-form)	1,500 mg

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

Amino Acids · GF · NON GMO · V · VEG

Glycine	Quantity	Order Code
	180	GL1

GlyMag-Z

Single-Serving Stick Packs

Convenient, single-serving stick packs designed to support relaxation and restful sleep‡

- Offers a combination of the inhibitory neurotransmitter glycine and magnesium to provide support for occasional sleeplessness‡
- Promotes healthy circadian rhythm and sleep quality‡
  - Research suggests glycine and magnesium promote healthy sleep quality and suprachiasmatic nuclei function, the area in the brain responsible for controlling circadian rhythms‡
  - Glycine has been associated with healthy sleep properties, including postsynaptic inhibition responsible for REM sleep atonia and a decreased core body temperature associated with sleep‡
  - In a small study involving sleep deprived volunteers, 3 g of glycine enhanced subjective sleep quality, sleep onset time and daytime alertness‡
- Portable, single-serving stick packs
- Great-tasting, lemon-lime flavor

1 stick pack daily, mixed with 8 oz water, 30-60 minutes before bedtime

serving size: 7.2 g (1 stick pack)
servings per container: 30

each stick pack (7.2 g) contains:

magnesium (as magnesium gluconate)	150 mg
potassium (as potassium citrate)	30 mg
glycine (free-form)	3 g

other ingredients: xylitol, citric acid, malic acid, natural lemon and lime flavors, maltodextrin, luo han guo (*Momordica grosvenorii*) extract (fruit), stevia leaf extract

Sleep · NON GMO · V · VEG

GlyMag-Z	Quantity	Order Code
	30 stick packs	GMZB3

See also

Melatonin →page 105
Best-Rest Formula →page 37

Grape Pip 500 mg

Provides unique antioxidant protection and supports vascular health‡

Grape pips (seeds) are a superior source of flavonoids, polyphenols and oligomeric procyanidin complexes (OPC). Polyphenols have been shown to maintain healthy collagenase, elastase and hyaluronidase enzyme activity, supporting vascular endothelial integrity. As these compounds are relatives of the anthocyanins in bilberry, they also support visual adaptation and acuity.‡

1 capsule daily, between meals.

each (size 00) vegetarian capsule contains:

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

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

Antioxidants · GF · NON GMO · V · VEG

Grape Pip 500 mg	Quantity	Order Code
	120	GP51

Grapefruit Seed Extract

Promotes the balance of intestinal microorganisms and supports healthy microbial balance in the gastrointestinal tract‡

Grapefruit seed extract is a highly concentrated G.I. balancing extract promoting healthy microflora and gut ecology. A preliminary clinical trial reported that grapefruit seed extract supplements helped support healthy G.I. function and comfort. An in vitro study indicated that grapefruit seed extract promoted healthy microbial balance. Other studies support these findings, citing that grapefruit seed extract promotes a healthy environment when exposed to a wide range of bacterial biotypes.‡

1 capsule, 1-4 times daily, with meals and 6-8 oz of water.

each (size 2) vegetarian capsule contains:

grapefruit (*Citrus x paradisi*) extract (seed and fruit)	250 mg

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

Not to be taken by pregnant or lactating women.

Gastrointestinal · GF · NON GMO · V · VEG

Grapefruit Seed Extract	Quantity	Order Code
	120	GR1
	60	GR6

‡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.

Green Tea extract (decaffeinated)



Contains a high epigallocatechin gallate (EGCG) content, providing important antioxidant support for all cells in the body‡

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

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

each (size 3) vegetarian capsule contains:

green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg

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

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Antioxidants GF NON GMO V VEG

Green Tea extract	Quantity	Order Code
	120	GT1
	60	GT6

Growth Hormone Support‡

Supports healthy growth hormone levels‡

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

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

2 capsules, 1-2 times daily, on an empty stomach, before bedtime or 1 hour before a workout, or as directed by a health professional.

two (size 00) vegetarian capsules contain:

l-arginine HCl	1,000 mg
ornithine alpha-ketoglutarate	500 mg

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

Energy & Fitness GF NON GMO V VEG

Growth Hormone Support‡	Quantity	Order Code
	180	GH1
	90	GH9

Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF

Supports skin elasticity and hydration, healthy hair, and nail strength and thickness‡

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

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	250 mg
niacin (as niacinamide)	20 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
biotin	6,000 mcg
zinc (as zinc citrate)	30 mg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	2 mg
silica (from bamboo)	30 mg
PABA (para-aminobenzoic acid)	150 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage) providing (typical): hydrolyzed collagen 60%	500 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ_{10} (as CoQ_{10} and as 33% from MicroActive® CoQ_{10}-cyclodextrin complex)	60 mg

other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate, citrus bioflavonoids, rice bran wax

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

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

MicroActive® is a registered trademark of BioActives, LLC.

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking.

Vitamins & Minerals GF NON GMO

Hair/Skin/Nails Ultra	Quantity	Order Code
	60	HSN6

Hawthorn extract

Cardiovascular system support‡

Hawthorn extract provides nutritional support for healthy cardiovascular function. This herbal formula supports coronary flow, healthy heart tissue, and myocardial function.‡

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

each (size 00) vegetarian capsule contains:

hawthorn (*Crataegus spp.*) extract (flower and leaf) (standardized to contain 2% vitexins)	500 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Heart & Metabolic · GF · NON GMO · V · VEG

Hawthorn extract	Quantity	Order Code
	120	HA1

Heartburn Essentials‡

Maintains healthy gastric secretion, supports digestion and soothes the digestive tract‡

For years, gamma oryzanol has been associated with maintaining healthy gastric secretion, even under occasionally stressful conditions. It is likely that gamma oryzanol does this by influencing the autonomic nervous system. DGL, marshmallow, and slippery elm provide traditional support for soothing the gastrointestinal tract and promote the integrity of the mucosal lining. Artichoke helps to stimulate the digestive process. Plant enzymes further promote digestive function.‡

1 capsule at the start of each meal, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

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*) extract (leaf)	75 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	50 mg
proprietary enzyme blend providing: amylase 6,000 DU lipase 81 FIP cellulase 22 CU	61 mg
other ingredients: vegetarian capsule (cellulose, water), tapioca dextrin, ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Gastrointestinal · GF · NON GMO · V · VEG

Heartburn Essentials‡	Quantity	Order Code
	180	HB1
	90	HB9

Hemp extract VESIsorb®

NEW



Enhanced-bioavailability, broad-spectrum extract

Hemp, also known as *Cannabis sativa*, is an annual herb of the family Cannabinaceae with a long history of use. This extract is derived from 100% U.S.-sourced agricultural hemp and extracted without solvents, using supercritical carbon dioxide. VESIsorb® offers a unique self-assembling colloidal system to enhance absorption by promoting the ability of the hemp extract to dissolve readily in an aqueous environment.

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

1 softgel capsule contains:

VESIsorb® hemp (*Cannabis sativa*) oil extract (seed, stalk, stem) (standardized to contain 35 mg of phytocannabinoids and terpenes including beta-caryophyllene)	334 mg
other ingredients: VESIsorb® colloidal delivery system (medium chain triglycerides, vitamin E [tocophersolan], mono and diglycerides, fatty acids, natural flavor), gelatin softgel (gelatin, glycerin, carob, water)	

Broad-spectrum hemp extract is made from CO_2-extracted, U.S.-sourced agricultural hemp.

VESIsorb® is a registered trademark of SourceOne Global Partners.

Essential Fatty Acids · NON GMO

Hemp extract VESIsorb®	Quantity	Order Code
	30	HEV3

‡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.

HM Complex



Promotes the body's natural, healthy detoxification process for common, mild environmental heavy metal exposure while supporting antioxidant defenses‡

The unique characteristic of PectaSol-C® modified citrus pectin versus other pectins is that it has a low molecular weight. This allows it to pass through the intestinal barrier and work systemically where it has the potential to bind to low levels of heavy metals from common, mild environmental exposure and facilitates their excretion. Modified citrus pectin does not appear to alter excretion of other minerals, including calcium, magnesium, and zinc. Chlorella has a long history of traditional use in supporting the body's natural detoxification process, particularly helping to regulate common heavy metal exposure and distribution in tissues. Sulforaphane, from broccoli sprout concentrate, promotes Nrf2-mediated signaling. Nrf2 controls the expression of numerous genes responsible for detoxification and protection against oxidative stress. As part of a cysteine-rich metal-binding protein, zinc exhibits similar properties. 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 detoxification by maintaining glutathione concentrations. l-Methionine also plays a role in glutathione production and phase II detoxification pathways in the liver. Preclinical studies suggest that alpha lipoic acid promotes the biliary excretion of inorganic mercury and may help to moderate heavy metal induced oxidative stress.‡

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

three (size 00) vegetarian capsules contain:

zinc (as zinc citrate)	10 mg
selenium (as selenomethionine)	100 mcg
sodium (as part of modified citrus pectin)	50 mg
potassium (as part of modified citrus pectin)	70 mg
PectaSol-C® modified citrus pectin	1,000 mg
chlorella (*Chlorella* spp.) powder (cracked cell wall)	300 mg
broccoli (*Brassica oleracea italica*) sprout concentrate (whole plant) (standardized to contain a minimum of 1,000 mcg sulforaphane)	250 mg
n-acetyl-l-cysteine (free-form)	300 mg
l-methionine (free-form)	200 mg
alpha lipoic acid (thioctic acid)	100 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

PectaSol-C® is a registered trademark of EcoNugenics®, Inc.

Liver & Detoxification · GF · NON GMO · V · VEG

HM Complex	Quantity	Order Code
	180	HMC1
	90	HMC9

Homocysteine Factors‡

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 maintaining healthy homocysteine levels and cardiovascular health.‡

1 capsule, 2 times daily, with meals.

each (size 00) vegetarian capsule contains:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	25 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	200 mcg
trimethylglycine (anhydrous betaine)	500 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

This formula requires refrigeration after opening.

Heart & Metabolic · GF · NON GMO · V · VEG

Homocysteine Factors‡	Quantity	Order Code
	180	HO1
	60	HO6

Hyaluronic Acid

Supports skin hydration, joint lubrication and comfort‡

Hyaluronic acid, or HA, is a naturally occurring polymer found in every tissue of the body. It is particularly concentrated in the skin and in synovial fluid but decreases with aging. Many sources of HA consist of large molecular weight compounds that are too large to be absorbed in the intestines. HyaMax® sodium hyaluronate provides a low molecular weight source of hyaluronic acid produced through fermentation. In a pharmacokinetic study conducted in animals, orally administered HyaMax® hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints. HA functions include attracting and retaining water in the extracellular matrix of tissues. For skin cells, this is essential for proper cell-to-cell communication, hydration, nutrient delivery, and waste and toxin elimination. It also appears to support the skin by promoting healthy turnover and renewal of keratinocytes. For joints, HA is especially supportive of healthy lubrication and shock absorption. Furthermore, in vitro studies indicate that HA modulates prostaglandin production, providing additional support for joint function.‡

1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.

each (size 3) vegetarian capsule contains:

hyaluronic acid (low molecular weight)	70 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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

Bones, Joints & Muscles · GF · NON GMO · V · VEG

Hyaluronic Acid	Quantity	Order Code
	180	HYA1
	60	HYA6

Immune Support liquid‡



Provides broad-spectrum immune support for adults and children in a great-tasting liquid free from artificial flavors and sweeteners‡

Elderberry and lemon balm extracts offer immune supportive 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 mast cell function while zinc and beta-carotene serve as the nutritional foundation for supporting a healthy immune system.‡

Ages 8 to 18, 1 tsp daily, with a meal.
Ages 18 and up, 1 tsp, 1-2 times daily, with meals.

serving size: 1 teaspoon (5 ml/0.17 fl oz)
servings per container: 24

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

vitamin A (as beta carotene)	750 mcg
zinc (as zinc gluconate)	3 mg
hesperidin methyl chalcone	25 mg
European elder (elderberry) (*Sambucus nigra*) extract (fruit)	150 mg
arabinogalactan	75 mg
lemon balm (*Melissa officinalis*) extract (leaf) (standardized to contain 5% rosmarinic acid)	50 mg
aloe vera (*Aloe barbadensis*) extract (inner fillet) (standardized to contain 10% polysaccharides)	10 mg

other ingredients: purified water, natural vegetable glycerin, natural grape flavor and other natural flavors, citric acid, purified stevia leaf extract, medium chain triglycerides, xanthan gum, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

This formula requires refrigeration after opening. Shake well before use.

Immune Support NON GMO VEG

Immune Support liquid‡	Quantity	Order Code
	120 ml (4 fl oz)	ISL

Innate Immune Support

PureResponse™ product line
Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

Promotes healthy cellular immune response to support innate immunity‡

- Promotes NK cell and macrophage activity‡
- Supports natural defenses‡
- Contains clinically researched, biologically standardized AP-Bio™ andrographis, along with astragalus and reishi mushroom beta glucans, to promote immune function‡

Innate Immune Support is designed to promote cell-mediated immune response, including NK cell and macrophage activity, and may be indicated for enhancement of natural defenses and mucosal health. In vitro and animal studies suggest that astragalus supports NK cell activity, as well as IgA and IgG levels in serum, key antibodies that play a critical role in mucosal immune defense. The formula also includes clinically researched andrographis extract standardized for andrographolide and other bioactive diterpene lactones. In a randomized, double-blind, placebo-controlled study, supplementation with 200 mg of AP-Bio™ andrographis for five days promoted immune function and supported respiratory comfort. Reishi mushroom offers a rich source of polysaccharides to promote cell-mediated immunity from both reishi mushroom extract and a unique, highly purified, reishi mushroom-derived beta 1,3/1,6-D glucan extract.‡

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

each (size 00) vegetarian capsule contains:

astragalus (*Astragalus membranaceus*) extract (root)	240 mg
AP-Bio™ andrographis (*Andrographis paniculata*) extract (leaf) (standardized to contain 31.5% andrographolide)	200 mg
mushroom beta glucan (from reishi (*Ganoderma lucidum*) extract (mycelia)) (standardized to contain 70% beta 1,3/1,6 glucan)	100 mg
reishi (*Ganoderma lucidum*) extract (fruiting body)	100 mg

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

AP-Bio™ is a registered trademark of Natural Remedies PVT. LTD.

Immune Support GF NON GMO V VEG

Innate Immune Support	Quantity	Order Code
	60	IIS6

Indole-3-Carbinol 400 mg

Supports healthy breast, cervical and prostate cells‡

Indole-3-carbinol (I3C), naturally found in vegetables including broccoli, Brussels sprouts and cabbage, supports the function of healthy breast cells. Furthermore, a placebo-controlled trial indicated that I3C supports cervical cell health. In recent years, I3C has shown a promising ability to support prostate cell metabolism.‡

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

each (size 0) vegetarian capsule contains:

indole-3-carbinol	400 mg

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

This formula requires refrigeration.

Not to be taken by pregnant or lactating women.

Liver & Detoxification GF NON GMO V VEG

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

Inositol (powder)

Supports healthy central nervous system function, including emotional wellness and mood; may also support ovarian health‡

Inositol is a component of the B-complex family. Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, 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.‡

2 scoops, 1–2 times daily, with or between meals, or as directed by a health professional.

serving size: 4.2 g (2 scoops)
servings per container: 60

two scoops (approximately 4.2 g) contain:

inositol (as myo-inositol)	4.1 g

Vitamins & Minerals GF NON GMO V VEG

Inositol (powder)	Quantity	Order Code
	250 g	INP2

+Dr. Yanuck is a retained advisor to Pure Encapsulations.

‡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)



Provides support for the thyroid gland‡

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver.‡

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

each (size 3) vegetarian capsule contains:

iodine (as potassium iodide)	225 mcg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Iodine (potassium iodide)	Quantity	Order Code
	120	IO1

Iodine and Tyrosine

Provides enhanced support for thyroid hormone synthesis‡

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver. l-Tyrosine plays an important role in the production of thyroid hormones. Studies show that tyrosine interacts with iodine for thyroid hormone formation.‡

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

each (size 00) vegetarian capsule contains:

iodine (as potassium iodide)	225 mcg
l-tyrosine (free-form)	500 mg

other ingredients: vegetarian capsule (cellulose, water)

Vitamins & Minerals · GF · NON GMO · V · VEG

Iodine and Tyrosine	Quantity	Order Code
	120	IT1

IP6

Antioxidant support for prostate, breast, colon and liver cell health‡

Inositol hexaphosphate (IP6), also known as phytic acid, is a natural antioxidant component of fiber-rich foods such as whole grains and legumes and is found in almost every cell of the body. Related to the B vitamin inositol, IP6 differs by the presence of six phosphate groups, influencing various cellular mechanisms. In studies, IP6 promotes healthy cell metabolism and maintains proper enzyme activity in cells. The unique conformation of IP6 also gives it the specific ability to modulate hydroxyl radical formation, supporting natural defense mechanisms.‡

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

two (size 00) vegetarian capsules contain:

IP6 (inositol hexaphosphate)	1,000 mg

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

Liver & Detoxification · GF · NON GMO · V · VEG

IP6	Quantity	Order Code
	180	IP61

Iron liquid

Great-tasting liquid iron formula to support hemoglobin and myoglobin function‡

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 additional microvascular support.‡

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

serving size: 1 teaspoon (5 ml/0.17 fl oz)
servings per container: 24

one teaspoon (5 ml/0.17 fl oz) contains:

iron (as iron ferric pyrophosphate)	15 mg
CranBlue proprietary blend	30 mg
providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and wild blueberry (*Vaccinium angustifolium*) extract (fruit)	

other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, maltodextrin, natural pomegranate with other natural flavors, rapeseed lecithin, xanthan gum, potassium sorbate

SunActive® Fe is a registered trademark of Taiyo International, Inc.

Keep refrigerated after opening. Shake well before use.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Vitamins & Minerals · GF · NON GMO · VEG

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

Iron-C

Iron and vitamin C formula designed to enhance intestinal absorption; supports red blood cell function and energy production‡

Iron is an important component of hemoglobin, a protein in red blood cells that delivers oxygen to tissues throughout the body. It is also a part of myoglobin, a protein that helps muscle cells store oxygen and ferritin, the body's main iron storage protein found in the intestines, liver and spleen. Optimal serum levels have been associated with mental health and moderating fatigue in women of childbearing age.‡

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

each (size 3) vegetarian capsule contain:

vitamin C (as ascorbic acid)	175 mg
iron (as iron glycinate and 50% as iron aspartate)	15 mg

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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Vitamins & Minerals · GF · NON GMO · V · VEG

Iron-C	Quantity	Order Code
	60	FC6

See also
OptiFerin-C →page 121

PureSYNAPSE™

Connecting Minds with Supplements

PureSYNAPSE™ was developed to provide individualized, integrative support for mood, sleep quality, stress, memory and healthy eating behavior.‡

PureSYNAPSE™ includes products and clinical protocols designed to:

- Elevate Mood‡
- Enhance Memory‡
- Encourage Sleep‡
- Ease Stress‡





James Greenblatt, M.D.,[+]
is dually board-certified in child and adult psychiatry and is the co-developer of the PureSYNAPSE™ protocols. He received his M.D. and completed his adult psychiatry residency at George Washington University in Washington, D.C., and completed a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School. In addition to serving as the chief medical officer and vice president of medical services at Walden Behavioral Care in Waltham, Massachusetts, Dr. Greenblatt is a clinical faculty member in the Department of Psychiatry at Tufts University School of Medicine.

Learn more at
PureEncapsulations.com/puresynapse

[+]Dr. Greenblatt is a retained advisor to Pure Encapsulations.

‡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.

Joint Complex (single dose)‡

Now Soy-Free



Supports joint function and comfort in convenient, once-daily dosing‡

- 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® cartilage containing collagen‡
  - 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 conducted in animals, 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‡

1 capsule daily, with a meal.

each (size 00) vegetarian capsule contains:

UC-II® standardized cartilage (from chicken sternal cartilage) (standardized to contain 10 mg total collagen)	40 mg
hyaluronic acid (low molecular weight)	70 mg
MSM (methylsulfonylmethane)	400 mg
Meriva® turmeric phytosome (turmeric (*Curcuma longa*) extract (root) and sunflower 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
other ingredients: vegetarian capsule (cellulose, water), potassium chloride, ascorbyl palmitate	

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International patents pending.

UC-II® & logo are trademarks of Lonza or its affiliates

Meriva® is a trademark of Indena S.p.A.

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

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

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles GF NON GMO

Joint Complex (single dose)‡	Quantity	Order Code
	60	JC6
	30	JC3

Joint Mediator‡

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

Supports a healthy balance of the activation and suppression of immune mediator activity‡

Joint Mediator‡ 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 sustain healthy joint mobility and comfort.‡

3 capsules in the morning and 3 capsules in the evening, with meals, with 8–10 oz water. Individual results may vary.

three (size 0) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	15 mcg (600 IU)
glucosamine sulfate (from crab, shrimp)	750 mg
proprietary blend 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)	910 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles GF NON GMO

Joint Mediator‡	Quantity	Order Code
	180	JO11

Junior Nutrients

With Metafolin® L-5-MTHF

Comprehensive multivitamin/mineral blend without iron for children ages 4 and up‡

Indications:

- Children ages 4 and up

Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Vitamin A and mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection‡
- Helps maintain macular and retinal health with lutein and zeaxanthin‡
- Choline and inositol for healthy cognitive function‡

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

two (size 2) vegetarian capsules contain:

vitamin A (as vitamin A acetate and 75% beta carotene)	750 mcg
vitamin C (as ascorbic acid)	137 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate)	23 mg
vitamin K (as vitamin K_1)	45 mcg
thiamin (as thiamin HCl) (B_1)	1.5 mg
riboflavin (as vitamin B_2 and 43% riboflavin 5' phosphate (activated B_2))	1.5 mg
niacin (as niacinamide)	10 mg
vitamin B_6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B_6))	2 mg
folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	100 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B_5)	5 mg
choline (as choline bitartrate)	10 mg
calcium (as DimaCal® di-calcium malate)	42 mg
iodine (as potassium iodide)	75 mcg
magnesium (as di-magnesium malate) (Albion®)	42 mg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	35 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	60 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	37.5 mcg
inositol	25 mg
proprietary mixed carotenoid blend	246 mcg
FloraGLO® lutein	1.5 mg
Zeaxanthin	250 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

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

Albion®, DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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

Children's Formulas GF NON GMO VEG

Junior Nutrients	Quantity	Order Code
	120	JUN1



‡Dr. Yanuck is a retained advisor to Pure Encapsulations.

‡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.

KetoBrain Energy

PureLean® product line

Offers a blend of ketogenic mineral compounds to support healthy brain function, weight management† and athletic endurance‡



- Great tasting strawberry-lemonade powder
- 10 grams of beta-hydroxybutyrate per serving
- Designed to be used in combination with a low-carbohydrate ketogenic diet and/or to support brain and muscle function‡

Ketones are important respiratory fuel created from fatty acids and act as the main reserve fuel for the brain when glucose is low or in times of very high energy demand, such as a low-carbohydrate diet, prolonged exercise, or lactation. In fact, when ketones are abundant in the blood, such as during caloric restriction or a ketogenic diet, the brain can obtain up to 60% of its energy from their oxidation. This condition, known as nutritional ketosis, can be maintained for years, and is quite different from metabolic acidosis/pathological ketosis, which can arise in type I diabetes due to severe insulin deficiency. Ketones do cross the blood-brain barrier and have been shown to be neuroprotective, promoting oxidative defense, NAD+/NADH ratio, and enhancing mitochondrial respiration. In addition to acting as an energy source for the brain, ketones also enhance cerebral blood flow. In a human intervention study involving 20 elderly subjects and young controls, administration of 30 g MCT to increase ketone concentration resulted in an increased overall brain energy metabolism by 3%, without altering brain glucose consumption. It has been shown in animals that ketone bodies can also replace glucose as a cellular signal in the central nervous system. Fasting in humans is associated with an increase in ketones. Conversely, administering ketones directly into the brain of rats results in body weight loss without changing food intake, nor affecting blood glucose levels or liver glycogen levels. Subcutaneous injections result in decreased food intake, specifically targeting a decrease in meal frequency and the time between meals. In a randomized, controlled, crossover trial involving 15 healthy subjects, consumption of ketogenic esters after an overnight fast resulted in significantly decreased ghrelin, glucagon-like peptide 1 (GLP-1), and peptide tyrosine (PYY) compared to a dextrose control. Subjects also reported decreased hunger and desire to eat. Research studies involving athletes indicate that ketones also increase fat oxidation in the muscle during exercise, acting as an alternative fuel, even in the presence of carbohydrate and insulin. Additionally, they result in decreased plasma lactate concentrations, suggesting support for athletic endurance and muscle comfort.‡

Add 1 serving to 8 oz of water, milk or juice. Shake or stir until dissolved.

serving size: 15 g (2 scoops)
servings per container: 20

two rounded scoops (approximately 15 g) contain:

calories	5
total carbohydrate	1 g
calcium (from calcium beta-hydroxybutyrate)	600 mg
magnesium (from magnesium beta-hydroxybutyrate)	350 mg
sodium (from sodium beta-hydroxybutyrate)	900 mg
beta-hydroxybutyrate (from a blend of calcium beta-hydroxybutyrate, magnesium beta-hydroxybutyrate, and sodium beta-hydroxybutyrate)	10 g

other ingredients: citric acid, natural strawberry and lemonade flavors, malic acid, purified stevia leaf extract

Energy & Fitness GF NON GMO V VEG

KetoBrain Energy	Quantity	Order Code
	300 g	KBE3

Krill-plex

Unique source of omega-3 fatty acids, phospholipids and antioxidants to support healthy prostaglandin production for cardiovascular, joint, cognitive and skin health‡

Krill oil is unique in that it offers a naturally occurring complex of omega-3 and omega-6 fatty acids, phospholipids and astaxanthin. This phospholipid-fatty acid molecule closely resembles that of human brain phospholipids, providing potential support for cognitive function. The essential fatty acids in krill oil may also mediate hormone, prostaglandin, and neurotransmitter function to support menstruating women. A double-blind, randomized clinical trial suggested that krill oil promoted physical and emotional well being during the menstrual cycles of women volunteers. Krill oil also provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function. A prospective phase II randomized, double-blind, clinical trial suggested that krill oil supports healthy lipid and glucose metabolism. A prospective controlled pilot clinical trial reported that krill oil supplementation helped promote joint flexibility and comfort. In addition, a randomized, controlled pre-clinical trial investigated the effects of krill oil on skin health and reported that it supports the body's natural response to sun exposure.‡

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

two (size 13) softgel capsules contain:

calories	5
total fat	0.5 g
cholesterol	10 mg
krill oil	1,000 mg
providing:	
EPA (eicosapentaenoic acid)	148 mg
DHA (docosahexaenoic acid)	66 mg
other omega-3 fatty acids	62 mg
phospholipids	496 mg
astaxanthin	396 mcg

other ingredients: gelatin capsule (gelatin, glycerin, water, sorbitol, ethyl vanillin)

The krill oil in Krill-plex is NKO®, which is a registered trademark of Aker BioMarine Antarctic AS.

Contains shellfish (krill)

Essential Fatty Acids NON GMO

Krill-plex	Quantity	Order Code
	120	KP1
	60	KP6

Lactobacillus Acidophilus



Improved Formula **Shelf-Stable; Allergen-Free**

Gentle probiotic support for healthy intestinal microflora‡

Lactobacillus acidophilus is a naturally occurring, beneficial bacteria that helps to maintain a healthy microflora environment. *Lactobacillus acidophilus* DDS-1 is an acid-resistant, bile-resistant strain of human origin. It was discovered by Dr. Khem Shahani at the University of Nebraska, and has been researched for over 40 years. *Lactobacillus acidophilus* supports the health of the intestinal tract, including support for healthy cytokine production in the colon and healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract. In one clinical trial, 10 billion CFU of *L acidophilus* DDS-1 promoted statistically significant support for bowel function and abdominal comfort during a 6-h Lactose Challenge. Another recently completed clinical trial involving 330 adults supplemented with 10 billion CFU *Lactobacillus acidophilus* DDS-1 indicates statistically significant support for G.I. comfort, bloating, bowel habits and quality of life.‡

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

each (size 0) vegetarian capsule contains:

Lactobacillus acidophilus (DDS®-1)	3 billion CFU
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

DDS®-1 is a trademark of UAS Laboratories LLC and used under license

Probiotics & Prebiotics GF NON GMO VEG

Lactobacillus Acidophilus	Quantity	Order Code
	60	LA36

Ligament Restore‡

Helps maintain healthy tendons, ligaments and joints‡

- 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 support normal recovery from exercise‡
- Best taken daily to maintain connective tissue resiliency‡

2 capsules, 2 times daily, with 8-10 oz water, with meals. Individual results may vary.

two (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	100 mg
glucosamine sulfate (from crab, shrimp)	750 mg
BioCell Collagen® hydrolyzed collagen complex (from chicken sternal cartilage) providing:	200 mg
hydrolyzed collagen 60%	120 mg
l-proline (free-form)	250 mg
l-lysine HCl (free-form)	250 mg
silica (from bamboo)	7.5 mg
devil's claw (*Harpagophytum procumbens* and *Harpagophytum zeyheri*) extract (root) (standardized to contain 5% harpagosides)	50 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Contains shellfish (crab, shrimp)

Refrigerate after opening.

Bones, Joints & Muscles GF NON GMO

Ligament Restore‡	Quantity	Order Code
	240	LR2
	120	LR1

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

‡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.

Liposomal Glutathione

Shelf-Stable

Supports antioxidant defenses and detoxification in an innovative liposomal form‡

- Offers the key antioxidant glutathione in a liposomal form
  - Purified phosphatidylcholine delivery system offers natural liposomal formation due to the hydrophobic and hydrophilic nature of phospholipids
  - Liposomal form protects glutathione bonds from the degradation that can occur in digestion
- Protects the body from free radicals to support cellular function and homeostasis‡
  - Glutathione is found in virtually every cell of the body and plays a critical role in protein synthesis, enzyme function, transport, and cell maturation‡
  - Optimal levels of glutathione have been associated with physical and mental health‡
- Supports liver health and detoxification‡
  - Offers antioxidant support for liver tissue protection; highest concentration of glutathione is found in the liver‡
  - Promotes p450 phase II conjugation pathways in the liver to support detoxification‡
  - Maintains healthy lipid metabolism and oxidative status‡

1 softgel capsule, 1-2 times daily, with meals, or as directed by a health professional.

each (size 16) softgel capsule contains:

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

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

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

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

Contains soy

Antioxidants NON GMO

Liposomal Glutathione	Quantity	Order Code
	60	LSG6
	30	LSG3

Lipsomal Gluthathione liquid

NEW



Enhanced-absorption liposomal glutathione to support antioxidant defense, detoxification, and cellular function‡

Liposomal Glutathione liquid offers the antioxidant glutathione in an enhanced-absorption liposomal form to target cellular health and function. Glutathione is a large molecule composed of glutamine, cysteine and glycine. It is found in virtually every cell of the body and plays a critical role in protein synthesis, enzyme function and transport, and cell maturation. It is also one of the main endogenous antioxidants, acting to recycle other antioxidants and protect the body from free radicals. Optimal levels of glutathione have been associated with physical and mental health, and the liposomal form helps to protect the glutathione bonds from degradation that can occur in digestion. This liposomal liquid delivery system utilizes phosphatidylcholine from non-GMO sunflower oil and tight manufacturing control to ensure glutathione encapsulation for optimal performance. The controlled processing procedure results in very small, higher-stable, spherical liposomes. These small-sized liposomes allow for increased absorption and diffusion across mucus membranes.‡

2 pumps by mouth, 2 times daily, or as directed by a health professional. Hold in mouth 30 seconds before swallowing. Take on an empty stomach, at least 10 minutes before meals.

serving size: 2 pumps (approximately 1 ml)
servings per container: 50

2 pumps contain:

sodium	7 mg
glutathione	100 mg
phosphatidylcholine (from sunflower)	75 mg

other ingredients: purified water, glycerin, ethanol, vitamin E (as tocophersolan), natural citrus and mint oils

KEEP REFRIGERATED.

Antioxidants NON GMO V VEG

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

See also
Reduced Glutathione →page 152

Liposomal Vitamin C liquid

Allergen-Free



Enhanced-absorption liposomal vitamin C to support cellular function, antioxidant defenses, and immune health‡

Liposomal Vitamin C liquid offers the antioxidant vitamin C in an enhanced-absorption liposomal form to target cellular health and function, as well as immune defense. This liposomal liquid delivery system utilizes phospholipids from non-GMO sunflower oil and tight manufacturing control to ensure vitamin C encapsulation for optimal performance. The controlled processing procedure results in very small, higher-stable, spherical liposomes. These small-sized liposomes allow for increased absorption and diffusion across mucus membranes.‡

1 teaspoon daily, or as directed by a health professional. Hold in mouth for 30 seconds.

serving size: 5 ml (approximately 1 teaspoon)
servings per container: 24

1 teaspoon contains:

vitamin C (as sodium ascorbate)	1,000 mg
sodium (as sodium ascorbate)	125 mg
phospholipids (from sunflower)	250 mg
other ingredients: purified water, glycerin, ethanol, natural citrus oils	

REFRIGERATE AFTER OPENING.

Antioxidants NON GMO V VEG

Liposomal Vitamin C liquid	Quantity	Order Code
	120 ml (4 fl oz)	LCL

Lipotropic Detox

With Metafolin® L-5-MTHF

Promotes the breakdown of fats in the liver, allowing for healthy bile flow and toxin metabolism‡

The lipotropic agents choline, betaine, methionine, vitamin 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. Taurine, curcumin, silymarin and artichoke have been added for their abilities to support healthy bile flow, gene expression and the body's normal toxin metabolism.‡

2 capsules, 3 times daily, with meals.

two (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxine HCl)	5 mg
folate (as Metafolin®, L-5-MTHF)	167 mcg DFE (100 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	50 mcg
choline (as choline bitartrate)	120 mg
inositol	150 mg
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 (seed) (standardized to contain 80% silymarin)	75 mg
artichoke (*Cynara scolymus*) extract (leaf)	50 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Liver & Detoxification GF NON GMO V VEG

Lipotropic Detox	Quantity	Order Code
	120	LD1

‡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.

LiquiNutrients

Natural lemon crème flavor



Liquid multivitamin/mineral complex enhanced with organic fruits and vegetables for daily wellness‡

Indications:

- Adults and children over 4

Vitamin/Mineral Distinctions:

- Extensive blend of vitamins and carotenoids
- Chelated minerals for optimal absorption
- Vegan vitamin D

Special Features:

- Natural beta carotene, lutein, organic berries and vegetables to support daily wellness‡
- Great-tasting, naturally flavored and sweetened liquid formula
- Vegan

2 teaspoons daily, with a meal.

serving size: 2 tsp (10 ml/0.34 fl oz). servings per container: 23

two teaspoons (10 ml/0.34 fl oz) contain:

calories	15
total carbohydrate	4 g
vitamin A (as beta carotene)	300 mcg
vitamin C (as ascorbic acid)	100 mg
vitamin D (as cholecalciferol) (D_3) (from lichen)	20 mcg (800 IU)
vitamin E (as d-alpha tocopherol acetate)	20 mg
thiamin (as thiamin HCl)	7.5 mg
riboflavin (as riboflavin-5-phosphate)	4 mg
niacin (as niacinamide)	25 mg
vitamin B_6 (as pyridoxine HCl)	5 mg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
calcium (as calcium citrate)	40 mg
iodine (as potassium iodide)	75 mcg
magnesium (as magnesium citrate)	20 mg
zinc (as zinc gluconate)	12 mg
manganese (as manganese gluconate)	1 mg
chromium (as chromium polynicotinate)	200 mcg
boron (as boron glycinate)	0.7 mg
FloraGlo® lutein	3 mg
fruit and vegetable powder blend (organic)	150 mg
strawberry fruit, tart cherry fruit, blackberry fruit, blueberry fruit, raspberry fruit, beet root, carrot root, spinach leaf, broccoli stem and floret, tomato fruit, kale leaf, cabbage leaf, parsley leaf, Brussels sprout edible head, green bell pepper fruit, cucumber whole fruit, celery stalk, garlic bulb, ginger root, green onion, cauliflower curd, asparagus stalk	

other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, lemon crème flavor with other natural flavors, medium chain triglycerides, xanthan gum, purified stevia leaf extract, citric acid, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

Made with Vitashine.

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

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

Multivitamins GF NON GMO V VEG

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

Lithium (orotate) 5 mg

Offers the essential trace element lithium to support healthy mental function, including mood, emotion, memory and behavior‡

Offers 5 mg elemental lithium combined with N-acetyl-l-cysteine (NAC). NAC 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 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 promoting dopamine and serotonin neurotransmitter activity. Lithium also plays a role in gene expression of natural detoxification enzymes in the brain, including glutathione-s-transferase (GST). This offers important neuron antioxidant protection, which may also contribute to healthy spatial memory. Lithium may support healthy brain receptor function and brain signaling cascades to maintain healthy mental function.‡

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

each (size 1) vegetarian capsule contains:

lithium (as lithium orotate)	5 mg
n-acetyl-l-cysteine (free-form)	200 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant and lactating women. Consult your health professional before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the dose recommended by your health professional.

Vitamins & Minerals GF NON GMO V VEG

Lithium (orotate) 5 mg	Quantity	Order Code
	180	LI1
	90	LI9

Lithium liquid

Improved Formula

PureSYNAPSE™ product line
Formulated with James Greenblatt, M.D.*

Offers the essential trace element lithium in a convenient liquid form to support cognitive health, mood and brain function‡



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

serving size: 1 ml (0.03 fl oz) (one full dropper)
servings per container: 30

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

lithium (as lithium orotate)	2,000 mcg

other ingredients: purified water, natural glycerin, citric acid, malic acid, xanthan gum, purified stevia leaf extract, potassium sorbate, natural flavor

Refrigerate after opening. Shake well before use.

Not to be taken by pregnant or lactating women. Consult your health professional before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the dose recommended by your health professional.

Vitamins & Minerals · GF · NON GMO · VEG

Lithium liquid	Quantity	Order Code
	30 ml (1 fl oz)	LIOL

Liver-G.I. Detox‡

Dual support for liver and gastrointestinal detoxification‡

The ingredients in this formula are combined to stimulate both liver and gastrointestinal detoxification. N-acetyl-l-cysteine and alpha lipoic acid are antioxidants that boost tissue glutathione levels. The combined actions of curcumin and silymarin include enhancing phase II detoxification enzymes, supporting glutathione synthesis and promoting gastric, colon and liver cell functions. Sulforaphane, from broccoli sprout concentrate, is considered one of the most powerful inducers of phase II enzyme activity and has also demonstrated a role in maintaining healthy colon cell function. The amino acids glycine, taurine and methionine support detoxification pathways in the liver. l-Glutamine helps to maintain healthy intestinal integrity, ensuring proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. Artichoke extract aids the digestive process by promoting healthy bile flow and intestinal motility while also supporting hepatic cell function and blood flow in the liver. Chlorella, the most studied "green food", is traditionally celebrated for its digestive, cleansing and blood purifying properties. Furthermore, its nutrient rich matrix includes vitamins, minerals, protein, carotenoids, and flavone compounds.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

alpha lipoic acid (thioctic acid)	100 mg
n-acetyl-l-cysteine (free-form)	100 mg
turmeric (*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)	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* spp.) powder (cracked cell wall)	200 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Liver & Detoxification · GF · NON GMO

Liver-G.I. Detox‡	Quantity	Order Code
	120	LGD1
	60	LGD6

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

‡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.

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 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.‡
- **Cardio Polyphenol Complex‡**
- 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 lutein, zeaxanthin and synergistic cofactors vitamin C, vitamin E, zinc and carotenoids.‡

2 capsules, 2 times daily, with meals.

two (size 1) vegetarian capsules contain:

vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	12.5 mcg (500 IU)
vitamin E (as d-alpha tocopherol succinate)	33.5 mg
vitamin K (as vitamin K_1)	42.5 mcg
thiamin (as thiamin HCl) (B_1)	5 mg
riboflavin (as vitamin B_2 and 61% riboflavin 5' phosphate (activated B_2))	6.35 mg
niacin (as niacin and 56% niacinamide)	22.5 mg
vitamin B_6 (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B_6))	5.85 mg
folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1000 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
iodine (as potassium iodide)	100 mcg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	100 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	200 mcg
vitamin K_2 (menaquinone-7)	7.5 mcg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
inositol	62.5 mg
alpha lipoic acid (thioctic acid)	37.5 mg

MacularSynergy Extra‡

FloraGLO® lutein	5 mg
zeaxanthin	1 mg

CognitivePro Complex‡

bacopa (*Bacopa monnieri*) extract (aerial parts) (standardized to contain 20% bacosides)	50 mg
ginkgo (*Ginkgo biloba*) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	40 mg
alpha-GPC (from 50 mg stabilized L-alpha-glycerophosphatidylcholine)	25 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	50 mg

Cardio Polyphenol Complex‡

red wine grape (*Vitis vinifera*) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	37.5 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg
pomegranate (*Punica granatum*) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg

other ingredients: vegetarian capsule (cellulose, water), calcium phosphate, ascorbyl palmitate, silicon dioxide

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

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

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

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

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

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

Multivitamins GF NON GMO VEG

Longevity Nutrients	Quantity	Order Code
	240	LGN2
	120	LGN1

Lutein 20 mg



Antioxidant and light filtering protection for healthy visual function‡

Lutein is a carotenoid found in a vast number of fruits and vegetables. Pure Encapsulations' free-form Lutein is structurally identical to the lutein found naturally in spinach and other leafy greens. Like other carotenoids, lutein has antioxidant activity in various tissues, but is one of only two that are stored within the retina, where lutein promotes the integrity and density of the macular pigment, a key component of ocular health. Multiple clinical studies suggest a direct relationship between lutein supplementation and macula lutein concentration. Lutein uptake reportedly occurs in the receptor layer of the eye through a soluble carotenoid-binding protein called tubulin. Clinical trials have indicated that lutein specifically supports vision health through a combination of pigment associated antioxidant protection and light screening mechanisms. Furthermore, a two-year, double-blind, placebo-controlled pilot study reported that lutein may support healthy visual function in older individuals more efficiently than alpha tocopherol.‡

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

each (size 6) softgel capsule contains:

FloraGLO® lutein	20 mg

other ingredients: gelatin capsule (gelatin, glycerin, water), safflower oil, beeswax, mixed tocopherols

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

Vision · NON GMO

Lutein 20 mg	Quantity	Order Code
	120	LU1
	60	LU6

LVR Formula

Protects and promotes liver cell health and tissue function‡

LVR Formula helps support liver function with antioxidants designed to offer multifaceted liver cell protection. The flavonoid components in silymarin, curcumin and artichoke have free radical scavenging activities, helping to protect and promote liver cell health. Studies indicate that silymarin supports healthy liver metabolism, hepatocyte protein synthesis and DNA integrity within the liver cells. Curcumin offers additional cellular protection support. Luteolin is a key component found in artichoke. Research suggests that it promotes healthy matrix metalloproteinase activity to support healthy liver tissue. N-Acetyl-l-cysteine (NAC) is a precursor of the endogenous antioxidant glutathione. In the body, NAC supports healthy detoxification processes. Experimental models suggest that the antioxidant properties of alpha lipoic acid provide further liver cell protection.‡

1 capsule, 2 times daily, between meals, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	150 mg
artichoke (*Cynara scolymus*) extract (leaf)	100 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	150 mg
n-acetyl-l-cysteine	100 mg
alpha lipoic acid (thioctic acid)	100 mg
luteolin	5 mg

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

Liver & Detoxification · GF · NON GMO · V · VEG

LVR Formula	Quantity	Order Code
	120	LV1
	60	LV6

Lutein/Zeaxanthin

Unique carotenoids that specifically support the macula and overall visual function‡

Lutein and zeaxanthin are the two major carotenoid pigments stored in the macula, the central part of the retina. They are believed to promote the integrity and density of the macular pigment through antioxidant properties. In addition, they help form a protective layer that filters light, maintaining healthy photoreceptor function in the macula. Increased intake of these carotenoids is associated with increased macular concentration. Numerous double-blind, placebo-controlled trials indicate that lutein and zeaxanthin support the health of the optical lens as well as the retina. Additionally, recent research has revealed that the combination may target different areas in the retina to enhance total retinal health, photoreceptor health, and color vision.‡

1 capsule daily, with a meal.

each (size 0) vegetarian capsule contains:

FloraGLO® lutein	10 mg
zeaxanthin	2 mg

other ingredients: hypoallergenic plant fiber (cellulose), red beet root powder, vegetarian capsule (cellulose, water)

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

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

Vision · GF · NON GMO · V · VEG

Lutein/Zeaxanthin	Quantity	Order Code
	120	LZ1
	60	LZ6

‡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.

Lycopene 20 mg

Tomato carotenoid for antioxidant and cellular support‡



Pure Encapsulations' Lycopene provides a natural tomato extract rich in lycopene, various carotenoids, vitamin E, and other important phytochemicals. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health. In another study involving 30 male subjects, supplementation with lycopene promoted healthy prostate function. This was one of the first randomized, prospective clinical trials to suggest that a lycopene supplement, rather than dietary tomato consumption, supported prostate health. Research compiled in a multi-center study involving ten European countries revealed that the antioxidant properties of dietary lycopene supported cardiovascular health. Fifty-seven epidemiological studies indicate that lycopene from tomato consumption or tomato-based products may help digestive, lung, cervical and breast cell health. Lycopene has also demonstrated potential for promoting retinal and macular health.‡

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

each (size 12) softgel capsule contains:

lycopene	20 mg

other ingredients: rice bran oil, gelatin capsule (gelatin, glycerin, water), beeswax, soy lecithin

Contains soy

Men's Formulas | NON GMO

Lycopene 20 mg	Quantity	Order Code
	120	LY21
	60	LY26

l-Lysine

Maintains healthy arginine production and supports the body's natural defenses‡

l-Lysine, an amino acid, provides nutritional support for the body's natural defenses. l-Lysine is particularly helpful in maintaining healthy gum and lip tissue.‡

1 capsule, 2 times daily, between meals, or as directed by a health professional.

each (size 0) vegetarian capsule contains:

l-lysine HCl	500 mg

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

Amino Acids | GF | NON GMO | V | VEG

l-Lysine	Quantity	Order Code
	270	LL2
	90	LL9

Nothing But Pure®



Pure Encapsulations® products are made using pure ingredients, are scientifically tested by third-party laboratories and are designed to deliver predictable results.‡

Learn more about what's in our products, and more importantly, what's not, at **PureEncapsulations.com**

‡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.

M/R/S Mushroom Formula



Combination of immunomodulating mushrooms to support immune function‡

There are over 20,000 different mushroom species, at least 50 of which have been determined to influence immune responses. The common attribute consistent among these species appears to be the polysaccharides, constituents shown to achieve additional immune system support. Polysaccharides from maitake, reishi, and shiitake are believed to be among the most nutritionally supportive for healthy immune function. Wide-ranging health properties of mushroom supplementation include liver, cardiovascular, healthy glucose metabolism, and cellular health support.‡

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

each (size 00) vegetarian capsule contains:

maitake mushroom (*Grifola frondosa*) extract (fruiting body)	200 mg
reishi mushroom (*Ganoderma lucidum*) extract (fruiting body)	200 mg
shiitake mushroom (*Lentinus edodes*) extract (fruiting body)	200 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support · GF · NON GMO · V · VEG

M/R/S Mushroom Formula	Quantity	Order Code
	120	MRS1

Maca-3

Combines various maca extracts to provide the synergy of constituents prized for promoting male and female libido and healthy reproductive system function‡

Maca, cultivated in the highlands of Peru, has long been considered the ginseng of the Andes, supporting energy, stamina and vitality. For centuries, it has been associated with supporting healthy libido and sexual performance. Studies indicate that this effect appears independent of any influence on testosterone or other hormones, further supporting the safety of maca. In addition to traditional use, several recent trials involving male subjects indicate its potential for supporting healthy sexual desire and performance. Maca has also been associated with promoting healthy female sexual interest and healthy reproductive system function.‡

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

each (size 00) vegetarian capsule contains:

maca (*Lepidium meyeni*) 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
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

MacaPure® is a registered trademark of Naturex.

Antioxidants · GF · NON GMO · V · VEG

Maca-3	Quantity	Order Code
	120	MAC1
	60	MAC6

Macular Support Formula‡

Comprehensive antioxidant formula for healthy eyes‡

Macular Support Formula is a combination high in antioxidants and botanicals designed to protect and support the macula, the central area of the retina responsible for sharp vision. Since the macula is extremely susceptible to free radical damage, research emphasizes the importance of antioxidant supplementation in maintaining and improving macular health. N-acetyl-l-cysteine, a glutathione precursor, has been shown to protect against oxidative damage to the lens and to support healthy glutathione levels. Glutathione is one of the natural antioxidants found in retinal tissues. Bilberry, containing anthocyanidins, may help moderate visual fatigue and improve light to dark adjustments. Combined with these cofactors, grape seed extract helps provide antioxidant balance in the retina. This formula is also enhanced with lutein and zeaxanthin, the only two carotenoids found in macular pigment. Lutein and zeaxanthin promote the integrity and density of the macular pigment, as well as help maintain the health of the optical lens. The antioxidant activity of carotenoids and vitamin C provide optimal macular protection and ocular health.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	7,500 mcg
vitamin C (as ascorbic acid)	800 mg
n-acetyl-l-cysteine (free-form)	250 mg
Setria® glutathione (reduced)	50 mg
bilberry (*Vaccinium myrtillus*) extract (fruit) (standardized to contain 25% anthocyanosides)	80 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	50 mg
FloraGLO® lutein	10 mg
zeaxanthin	2 mg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	1,445 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

Vision · GF · NON GMO · V · VEG

Macular Support Formula‡	Quantity	Order Code
	120	MS21
	60	MS26

Magnesium (aspartate)



Highly bioavailable magnesium chelate

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body. In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass. Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium, and potassium. In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups. This vital mineral also helps utilize some vitamins, including vitamin B_6, vitamin C, and vitamin E.‡

1-4 capsules daily. Consume with food.

each (size 00) vegetarian capsule contains:

magnesium (as magnesium aspartate)	75 mg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Magnesium (aspartate)	Quantity	Order Code
	90	MA9

Magnesium (citrate)

Highly bioavailable magnesium chelate

1-4 capsules daily. Consume with food.

each (size 00) vegetarian capsule contains:

magnesium (as magnesium citrate)	150 mg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Magnesium (citrate)	Quantity	Order Code
	180	MC1
	90	MC9

Magnesium (citrate/malate)

Highly bioavailable magnesium chelate

1-4 capsules daily. Consume with food.

each (size 00) vegetarian capsule contains:

magnesium (as magnesium citrate/malate)	120 mg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Magnesium (citrate/malate)	Quantity	Order Code
	180	MCM1
	90	MCM9

Magnesium (glycinate)

Highly bioavailable magnesium chelate for sensitive individuals

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

1-4 capsules daily. Consume with food.

each (size 00) vegetarian capsule contains:

magnesium (as magnesium glycinate)	120 mg

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9

Magnesium (powder)

Convenient, taste-free magnesium powder

This formula offers an enhanced solubility form of the highly bioavailable magnesium citrate in a convenient powder form without sweeteners or flavors.

1 scoop 1–2 times daily, with meals, mixed with 8 oz water.

serving size: 1.7 g (1 scoop)
servings per container: 60

each scoop contains:

magnesium (as magnesium citrate)	250 mg

Vitamins & Minerals · GF · NON GMO · V · VEG

Magnesium (powder)	Quantity	Order Code
	107 g	MGP1

‡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 EasySticks®



Single-Serving Stick Packs

Magnesium blend in a great-tasting, direct-to-mouth powder delivery form with no mixing needed

Magnesium EasySticks® offer a blend of magnesium, potassium and vitamin C in a unique, great-tasting, powder delivery form. Magnesium promotes a number of physiological functions, including healthy nutrient metabolism, cytokine balance, energy production, bone, blood flow, muscle function, mood, and calming. Potassium plays a similar role in the body, supporting musculoskeletal health and cardiovascular function. Vitamin C plays important roles in cardiovascular health and supports antioxidant defense. This novel powder can be taken directly in the mouth without mixing and is lightly sweetened with xylitol, organic blueberry and stevia leaf extract. Consumption of blueberries has been associated with cardiovascular and brain health.‡

As a dietary supplement, take 1 stick pack, sprinkled directly in the mouth, with a meal. Powder may require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

serving size: 1 stick pack (approximately 3.1 g)
servings per container: 30

each stick pack contains:

calories	10
total carbohydrate	2 g
total sugars	0.5 g
sugar alcohols	1 g
vitamin C (as ascorbic acid)	60 mg
magnesium (as di-magnesium malate)	150 mg
potassium (as potassium citrate)	50 mg
blueberry (*Vaccinium angustifolium*) powder (fruit) (organic)	1,000 mg

other ingredients: xylitol, malic acid, citric acid, stevia leaf extract

Vitamins & Minerals NON GMO V VEG

Magnesium EasySticks®	Quantity	Order Code
	30 stick packs	MGESB3

Magnesium Glycinate liquid

Magnesium glycinate in a convenient liquid form

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

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

serving size: 2 teaspoons (10 ml/0.34 fl oz)
servings per container: 48

two teaspoons contain:

calories	20
total carbohydrate	2 g
total sugars	<1 g
sugar alcohols	0.5 g
protein	1 g
magnesium (as magnesium glycinate)	165 mg

other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange and other natural flavors, potassium sorbate

Shake well before use.

Vitamins & Minerals GF NON GMO VEG

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

Magnesium liquid

Magnesium and vitamin B_6 liquid combination to support musculoskeletal, cardiometabolic and emotional health‡

- Offered with vitamin B_6 to support intracellular accumulation of magnesium‡

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

serving size: 1 teaspoon (5 ml/0.17 fl oz)
servings per container: 48

one teaspoon contains:

vitamin B_6 (as pyridoxine HCl)	20 mg
magnesium (as magnesium citrate)	215 mg

other ingredients: purified water, natural glycerin, apple juice concentrate, xylitol, natural pomegranate flavor with other natural flavors, xanthan gum, citric acid, potassium sorbate, purified stevia leaf extract

Shake well before use.

Vitamins & Minerals GF NON GMO VEG

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

Manganese (aspartate/citrate)



Trace mineral for connective tissue and bone support‡

Manganese activates numerous enzymes necessary for the utilization of biotin, thiamin, 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.‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

manganese (as manganese aspartate and 50% as manganese citrate)	8 mg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

Manganese (aspartate/citrate)	Quantity	Order Code
	60	MN6

Melatonin 0.5 mg

Supports the body's natural sleep cycle‡

Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.‡

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

each (size 3) vegetarian capsule contains:

melatonin	0.5 mg

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

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

Sleep | GF | NON GMO | V | VEG

Melatonin 0.5 mg	Quantity	Order Code
	180	ME51
	60	ME56

Melatonin 3 mg

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

each (size 3) vegetarian capsule contains:

melatonin	3 mg

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

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep | GF | NON GMO | V | VEG

Melatonin 3 mg	Quantity	Order Code
	180	ME31
	60	ME36

Melatonin 20 mg

Not Intended for Sleep Support

Promotes healthy cells and tissues‡

Scientific advances suggest that it may play a role in cellular health. More than a dozen preliminary clinical trials have examined the role of melatonin in supporting healthy cells and tissues, promoting immune cell activity, and scavenging free radicals. Randomized studies have revealed the potential for melatonin to positively support colon, breast, prostate and lung tissues.‡

1 capsule daily, 30-60 minutes before bedtime.

each (size 3) vegetarian capsule contains:

melatonin	20 mg

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

This product is not intended for sleep support. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Antioxidants | GF | NON GMO | V | VEG

Melatonin 20 mg	Quantity	Order Code
	180	ME21
	60	ME26

‡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 liquid



Nutritionally augments the natural functioning of the pineal gland supporting the body's natural sleep cycle‡

- 2.5 mg of micronized melatonin per 1 ml dropper
- Convenient liquid formula for easy dispensing
- Great-tasting and naturally flavored with apple and black currant juice concentrates

1 dropper daily, 1/2 to 1 hour before bedtime, or as directed by a health professional.

serving size: 1 ml (0.03 fl oz) (one full dropper)
servings per container: 30

one ml contains:

melatonin (micronized)	2.5 mg

other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, black currant juice concentrate, xanthan gum, potassium sorbate, citric acid, purified stevia leaf extract

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication.

Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep · GF · NON GMO · VEG

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

Melatonin-SR

Sustained-release melatonin to support healthy sleep‡

Melatonin-SR provides sustained-release MicroActive® melatonin to promote healthy sleep. Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency. MicroActive® is an innovative, patented delivery system that offers both improved absorption and sustained release. A pharmacokinetic study of MicroActive® melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose.‡

1 capsule 30-60 minutes before bedtime.

each (size 3) vegetarian capsule contains:

Melatonin (as MicroActive® melatonin sustained-release complex)	3 mg

other ingredients: microcrystalline cellulose, vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl methyl cellulose, sodium alginate, carnauba wax

MicroActive® is a registered trademark of BioActives, LLC.

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

Sleep · GF · NON GMO · V · VEG

Melatonin-SR	Quantity	Order Code
	60	MESR6

See also

Best-Rest Formula →page 37
Sleep Solution (single dose liquid) →page 160

Memory Pro‡

Comprehensive memory support formula; now with lutein/zeaxanthin and soy-free‡

This formula combines acetyl-l-carnitine, phospholipids and herbal extracts to promote neural health, cognitive function and memory. Research suggests that acetyl-l-carnitine supports memory in older adults. Phosphatidylserine is an important cell membrane component critical for neuron function and communication. Research suggests that it promotes healthy neurotransmitter levels and spatial memory. The Ayurvedic herb *Bacopa monniera* promotes memory as well as mental function and information processing. *Ginkgo biloba* promotes cerebral blood flow, vascular integrity and healthy red blood cell and platelet function in the brain. Lutein and zeaxanthin are the primary carotenoids in the macula, but have also recently been identified as the primary carotenoids in the brain. Research studies have found a positive association between lutein and zeaxanthin intake, macular pigment density and cognitive function. This association is believed to be due to antioxidant defense and cytokine balance properties, helping to promote neuronal membrane stability and function. Curcumin, resveratrol and lemon balm extracts help to protect neurons from oxidative stress. Additionally, curcuminoids and resveratrol support healthy vascular tissue in the brain by promoting phagocytosis and proteosome activity. The soothing properties of lemon balm are highlighted in one double blind, randomized, placebo-controlled trial, indicating that it promoted relaxation and cognitive function in elderly individuals.‡

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

three (size 00) vegetarian capsules contain:

acetyl-l-carnitine	750 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	50 mg
Ginkgo biloba extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	60 mg
FloraGLO® lutein	6 mg
zeaxanthin	1 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	250 mg
lemon balm (*Melissa officinalis*) extract (leaf) (standardized to contain 5% rosmarinic acid)	125 mg
trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root))	20 mg
bacopa (*Bacopa monnieri*) extract (aerial parts) (standardized to contain 20% bacosides)	100 mg

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

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

Sharp-PS® is a registered trademark of Enzymotec Ltd.

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

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

Memory & Mood · GF · NON GMO · V · VEG

Memory Pro‡	Quantity	Order Code
	180	MEP21
	90	MEP29

Men's Nutrients

With Metafolin® L-5-MTHF

Multivitamin/mineral complex for men over 40



Indications:

- Men over 40

Vitamin/Mineral Distinctions:

- Yeast-derived selenium, vitamin D, and zinc for optimal prostate health‡

Special Features:

- **MacularSynergy Complex‡**
  Enhances the integrity of the macula and retina with 6 mg lutein and 1 mg zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.‡
- **ProstaProtect Plus‡**
  Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea. Synergistic cofactors include selenium, vitamin D and zinc.‡
- **Cardio Polyphenol Complex‡**
  Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.‡
- **EnduraBoost Blend‡**
  Combines astragalus and maca to promote energy, endurance and stamina.‡

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

three (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	12.5 mg (500 IU)
vitamin E (as d-alpha tocopherol succinate)	34 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	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
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
inositol	62.5 mg
alpha lipoic acid	37.5 mg

MacularSynergy Complex‡

FloraGLO® lutein	3 mg
zeaxanthin	500 mcg

ProstaProtect Plus‡

saw palmetto (*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*) (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg

Cardio Polyphenol Complex‡

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
astralgalus (*Astragalus membranaceus*) extract (root)	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

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

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

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins GF NON GMO VEG

Men's Nutrients	Quantity	Order Code
	360	MENN3
	180	MENN1

‡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 Pure Pack

Daily Packet | With Metafolin® L-5-MTHF



Indications:

- Supports energy and stamina‡
- Supports cardiovascular, macular and prostate health‡
- For men over 40

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 37.5 mcg (1,500 IU) vitamin D_3 and yeast-derived selenium to support prostate health‡

Special Features:

- Maintains healthy cardiovascular function with omega-3 fatty acids, CoQ_{10}, and polyphenols from pomegranate, red wine concentrate and grape seed extract‡
- Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea‡
- Combines astragalus and maca with nutrient cofactors to promote energy, endurance and stamina‡
- Enhances the integrity of the macula and retina with lutein, zeaxanthin and nutrient cofactors‡
- Convenient, once-daily packet

Each Packet Contains:

Men's Nutrients 3 vegetarian capsules →See page 107
- Multivitamin/mineral complex for men over 40

EPA/DHA essentials 1 softgel capsule →See page 70
- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support‡

Vitamin D_3 1 vegetarian capsule →See page 177
- Support for bone, prostate, cardiovascular, colon and immune health‡

CoQ_{10} 1 vegetarian capsule →See page 51
- Natural, fermented, trans-isomer CoQ_{10}

Saw Palmetto Plus 1 softgel capsule →See page 158
- Wide range support for prostate health‡

Magnesium (citrate) 1 vegetarian capsule →See page 103
- Highly bioavailable magnesium chelate for heart and muscle function‡

Take 1 packet daily (8 capsules), with a meal.

eight capsules contain:

calories	20
total fat	2 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	37.5 mg (1,500 IU)
vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	40 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	100 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	250 mg
zinc (as zinc citrate)	7.5 mg
selenium (from selenium yeast)	100 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	100 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
inositol	62.5 mg
alpha lipoic acid	37.5 mg
coenzyme Q_{10}	60 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
lycopene	500 mcg
green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 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
pomegranate (*Punica granatum*) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
maca (*Lepidium meyenii*) extract (tuber)	100 mg
astralgalus (*Astragalus membranaceus*) extract (root)	50 mg
saw palmetto (*Serenoa repens*) extract (fruit) (standardized to contain 212 mg total fatty acids)	320 mg
pumpkin (*Cucurbita pepo*) oil (seed) (fresh pressed)	320 mg
nettle (*Urtica dioica*) extract (root)	200 mg
pygeum (*Pygeum africanum*) extract (bark)	45 mg
fish oil concentrate (anchovies, sardines, mackerel) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, sunflower lecithin, beeswax, carob

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.
FloraGLO® is a registered trademark of Kemin Industries, Inc.
Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.
Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health care practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins | NON GMO

Men's Pure Pack	Quantity	Order Code
	30 packets	MPPB3

MenoVive



PureWoman™ product line
Formulated with Felice Gersh, M.D.*

Broad-range support for menopausal health and comfort, mood, libido, mental sharpness and cardiovascular function‡

HMRlignan™ contains the lignan 7-hydroxymatairesinol, a precursor to enterolactone, which has been associated with a healthy estrogen-to-progesterone ratio and cellular health. As a result, lignans have demonstrated supportive roles in moderating hot flashes as well as promoting breast, uterine, cervical, bone and cognitive health. Importantly, dietary intake of lignans and healthy serum enterolactone levels are also positively associated with healthy cardiovascular function. Lifenol® hops extract contains 8-prenylnaringenin (8-PN), offering support for menopausal comfort, antioxidant defense and bone health. Two randomized, double-blind, placebo-controlled studies indicated that Lifenol hops extracts provided support for general menopausal discomfort, night sweats and hot flashes. Questionnaire results scored at six to eight weeks after supplementation suggest that hot flashes were reduced by three to four times compared to placebo. Ashwagandha, rhodiola and maca extracts are adaptogens offering support for positive mood and relaxation. Two randomized controlled trials indicated that ashwagandha offers support for occasional stress and promotes healthy sleep, cognitive function and relaxation. In addition to promoting emotional well-being, maca also offers support for sexual function. While rhodiola has long been known to support endurance, recent research suggests that it may act as a selective estrogen receptor modulator to support cognitive, cardiovascular and bone health related to menopause. Grape seed extract and resveratrol support menopausal comfort, as well as bone, cognitive and cardiovascular health. In a randomized controlled trial, resveratrol supplementation decreased menopausal symptom intensity in 78.6% of patients. Numerous studies suggest grape seed polyphenols promote healthy blood vessel relaxation and antioxidant defenses to promote cardiovascular health.‡

1 capsule, twice daily, with meals.

each (size 00) vegetarian capsule contains:

HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	36 mg
Lifenol® hops (*Humulus lupulus*) extract (female cone) (standardized to contain 0.15% 8-prenylnaringenin)	42.5 mg
ashwagandha (*Withania somnifera*) extract (root) (standardized to contain 2.5% withanolides)	125 mg
maca (*Lepidium meyenii*) extract (tuber)	250 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	50 mg
resVida® resveratrol (as trans-resveratrol)	12.5 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

HMRlignan™ is a trademark of Linnea Inc.
Lifenol® is a trademark of Naturex.
resVida® is a trademark of DSM.

Women's Formulas GF NON GMO V VEG

MenoVive	Quantity	Order Code
	60	MOV6

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 healthy glucose and lipid 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√‡
  - In a randomized, placebo-controlled trial, Zychrome® supported healthy glucose metabolism and offered statistically significant support for antioxidant defenses as measured by TNFα‡
- Supports healthy receptor function and glucose metabolism with alpha lipoic acid‡

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

each (size 00) vegetarian capsule contains:

chromium (as ChromeMate® chromium polynicotinate)	200 mcg
berberine HCl	350 mg
alpha lipoic acid (thioctic acid)	100 mg
resVida® resveratrol (as trans-resveratrol)	20 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.
resVida® is a trademark of DSM.

Not to be taken by pregnant or lactating women.

Heart & Metabolic GF NON GMO V VEG

Metabolic Xtra	Quantity	Order Code
	90	MX29

l-Methionine

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

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

each (size 1) vegetarian capsule contains:

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

Amino Acids GF NON GMO V VEG

l-Methionine	Quantity	Order Code
	60	LM6

*Dr. Gersh is a retained advisor to Pure Encapsulations.

‡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.

MethylAssist



Provides activated B vitamins to support healthy methylation, cardiovascular, neuronal and emotional health‡

Folate, vitamin B_{12}, and vitamin B_6 offer cardiovascular support by promoting healthy endothelial function and the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor used in methylation reactions. Methylation involves the transfer of a methyl group (CH3) from one molecule to another. This methyl group acts as a signal throughout the body, regulating genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with neurological and psychological health. Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations. Research suggests that folate and benfotiamine enhance healthy endothelial function, vascular dilation and nitric oxide status, as well as help maintain healthy nervous system function and comfort. In a randomized, controlled study, benfotiamine supported healthy nerve conduction velocity and nerve comfort. In another trial, a combination of L-methylfolate, methylcobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort.‡

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

each (size 3) vegetarian capsule contains:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	16 mg
folate (as Metafolin®, L-5-MTHF)	1,667 mcg DFE (1,000 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	1,000 mcg
BenfoPure® benfotiamine	75 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Vitamins & Minerals · GF · NON GMO · V · VEG

MethylAssist	Quantity	Order Code
	90	MAS9

Methylcobalamin 1,000 mcg

Supports energy production, neurological health and emotional wellness‡

Vitamin B_{12} is an important cofactor for energy metabolism. It works with folate in the methionine synthase pathway, which supports healthy homocysteine metabolism in the synthesis of S-adenosyl-methionine (SAMe), an important methyl donor. As such, it supports methylation for key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. Through this pathway, Vitamin B_{12} is required for proper red blood cell formation, neurological function, and DNA synthesis. The activated and methylated form methylcobalamin is the primary form found in the cytosol of cells and predominates in blood and other fluids. This is the form of vitamin B_{12} primarily used for SAMe production, making it an important nutrient for healthy cell development, including red blood cells.‡

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

each (size 3) vegetarian capsule contains:

vitamin B_{12} (as methylcobalamin)	1,000 mcg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Vitamins & Minerals · GF · NON GMO · V · VEG

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

See also

- **B_{12} liquid** →page 35
- **Adenosyl/Hydroxy B_{12} liquid** →page 23
- **B_{12} 5,000 liquid** →page 34

MicroDefense w/ Oregano

Improved Formula

Combination of plant extracts designed to support healthy gastrointestinal tract function and microbial balance‡

Artemisia, which contains artemisinin, has been used traditionally for thousands of years to promote healthy microbial balance within the body. Oregano oil powder offers antioxidant and microbial-balancing properties. In vitro and animal research suggests that oregano oil and clove can diffuse through microbial cell membranes, promoting membrane permeability. Berberine sulfate is a highly concentrated microbial-balancing compound. Olive leaf extract contains the active constituent oleuropein, a phenolic glucoside that helps maintain healthy G.I. microorganism balance and may help support immune function.‡

1 capsule, 1-3 times daily, just before a meal, with 6-8 oz water, for 2-3 months, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

berberine sulfate	100 mg
olive (*Olea europaea*) extract (leaf) (standardized to contain 15% oleuropein)	100 mg
sweet wormwood (*Artemisia annua*) extract (aerial parts)	150 mg
clove (*Syzygium aromaticum*) powder (bud)	50 mg
oregano (*Origanum vulgare*) oil extract (leaf and flower)	100 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Gastrointestinal · GF · NON GMO · V · VEG

MicroDefense w/ Oregano	Quantity	Order Code
	180	MI31
	90	MI39

Mineral 650®



Complete chelated-mineral formula; comprehensive mineral support for daily wellness‡

This is a highly-absorbable, balanced combination of chelated minerals. By providing minerals in a controlled ratio, this formula prevents minerals from competing with each other for absorption in the digestive tract.‡

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

three (size 0) vegetarian capsules contain:

calcium (as calcium citrate)	150 mg
iron (as iron glycinate)	5 mg
iodine (as potassium iodide)	50 mcg
magnesium (as magnesium citrate)	125 mg
zinc (as zinc picolinate)	12.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.5 mg
chromium (as chromium polynicotinate)	100 mcg
molybdenum (as molybdenum aspartate)	50 mcg
potassium (as potassium aspartate)	49 mg
boron (as boron glycinate)	1 mg
vanadium (as vanadium aspartate)	50 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Vitamins & Minerals GF NON GMO V VEG

Mineral 650®	Quantity	Order Code
	180	MF1

Mineral 650® (without copper & iron)

Vitamins & Minerals GF NON GMO V VEG

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

See also
Trace Minerals →page 166

Mitochondria-ATP

Supports cellular energy and mitochondrial health‡

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}. B vitamins are important cofactors needed to fuel the Krebs cycle, while optimal serum levels of magnesium are associated with healthy mitochondrial metabolism and nutrient transport. Acetyl-l-carnitine provides carnitine to transport long chain fatty acids into the mitochondria for energy as well as an acetyl group for the synthesis of the Krebs cycle precursor acetyl-CoA. Highly pure creatine monohydrate helps enhance the production of the ATP by acting as a precursor. This formula provides antioxidant support from vitamins C and E, as well as additional antioxidant support from grape seed extract, resveratrol, alpha lipoic acid and n-acetyl-l-cysteine. These nutrients and bioactives 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.‡

2 capsules, 2 times daily, with meals.

two (size 00) vegetarian capsules contain:

vitamin C (as ascorbic acid)	100 mg
vitamin E (as d-alpha tocopherol succinate)	17 mg
thiamin (as thiamin HCl) (B_1)	10 mg
riboflavin (vitamin B_2)	7.5 mg
niacin (as niacinamide)	17.5 mg
magnesium (as magnesium citrate/malate)	50 mg
creatine monohydrate	375 mg
acetyl-l-carnitine (free-form)	250 mg
trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root))	25 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	50 mg
n-acetyl-l-cysteine (free-form)	50 mg
alpha lipoic acid (thioctic acid)	50 mg
Kaneka ubiquinol™ (active antioxidant form of coenzyme Q_{10})	25 mg
other ingredients: vegetarian capsule (cellulose, water)	

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Energy & Fitness GF NON GMO VEG

Mitochondria-ATP	Quantity	Order Code
	120	MATP21

‡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



Advanced gut signaling support formula, supporting serotonergic and cholinergic function for healthy gut motility‡

MotilPro supports serotonergic and cholinergic neurotransmission in the G.I. tract. 5-HTP is absorbed by enterochromaffin cells in the epithelium, in which it is decarboxylated to serotonin using pyridoxal 5' phosphate as a cofactor. 5-HTP stimulates enteric neurons through activation of 5HT4 receptors. Ginger modulates serotonin signaling by additional 5HT4 stimulation and by binding type 3 (5HT3) receptors in the enteric nervous system and brain stem, supporting gastric emptying, intestinal transit, healthy visceral sensation and upper G.I. comfort. Acetyl-l-carnitine supports autonomic neuronal health and contributes acetyl groups for the synthesis of acetylcholine, supporting neurotransmission of signals to encourage healthy motility.‡

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

three (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	6.7 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	1,000 mg
acetyl-l-carnitine (free-form)	500 mg
5-hydroxytryptophan	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Gastrointestinal GF NON GMO V VEG

MotilPro	Quantity	Order Code
	180	MOP1

MSM capsules (methylsulfonylmethane)

Provides sulfur to support joint, immune and respiratory health‡

Pure Encapsulations' MSM (methylsulfonylmethane or dimethylsulfone) is a source of organic sulfur found naturally in the human body. MSM, the major metabolite of DMSO (dimethyl sulfoxide), is 34% elemental sulfur, a compound which is crucial in maintaining healthy tissues. While sulfur supports many functions, it is well known for maintaining connective tissue health. Sulfur also supports tissue containing significant amounts of collagen and keratin, including hair, skin, and nails. Sulfur is essential in methionine, cysteine and serum protein metabolism. Preliminary evidence suggests that MSM may also provide potential support for healthy immune and respiratory function.‡

2 capsules, 1-4 times daily, with meals.

two (size 00) vegetarian capsules contain:

methylsulfonylmethane (MSM)	1,700 mg
other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bones, Joints & Muscles GF NON GMO V VEG

MSM capsules	Quantity	Order Code
	360	MSM3
	250	MSM2

MSM powder

Unsweetened, unflavored powder to support joint, immune, and respiratory health‡

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

serving size: 3 g (1 scoop)
servings per container: 75

each scoop contains:

methylsulfonylmethane	3 g
other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bones, Joints & Muscles GF NON GMO V VEG

MSM powder	Quantity	Order Code
	227 g	MSMP

Multi t/d

With Metafolin® L-5-MTHF

Twice daily multivitamin/mineral complex for daily wellness‡



Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials. Enhanced with lutein and zeaxanthin, this formula couples fundamental support with convenience. Furthermore, Multi t/d provides chelated minerals and active vitamin cofactors found in Nutrient 950® and UltraNutrient® for optimal bioavailability and utilization.‡

Indications:

- For improved compliance with convenient two-per-day dosing
- For sensitive individuals

Vitamin/Mineral Distinctions:

- Provides core vitamin and mineral support‡

Special Features:

- **MacularSynergy Complex‡**
  Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.‡

1 capsule, 2 times daily, with meals.

one (size 0) vegetarian capsule contains:

vitamin A (as beta carotene)	675 mcg
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	12.5 mg (500 IU)
vitamin E (as d-alpha tocopherol succinate)	34 mg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (as vitamin B_2 and 28% as riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
iodine (as potassium iodide)	100 mcg
zinc (as zinc picolinate)	7.5 mg
selenium (as selenomethionine)	50 mcg
chromium (as chromium polynicotinate)	100 mcg
proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg

MacularSynergy Complex‡

FloraGLO® lutein	3 mg
zeaxanthin	500 mcg

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

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

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

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

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

Multivitamins GF NON GMO VEG

Multi t/d	Quantity	Order Code
	120	MTD21
	60	MTD26

Multivitamin EasySticks®

Single-Serving Stick Packs **With Metafolin® L-5-MTHF**

Multivitamin/mineral complex in a great-tasting, direct-to-mouth powder delivery form with no mixing needed

Indications:

- Adults and children ages 2 and up

Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in bioavailable forms
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B_{12} as hydroxycobalamin

Special Features:

- Sprinkle directly in the mouth with no mixing needed
- Comprehensive profile of bioavailable vitamins, chelated minerals and antioxidants
- Supports healthy methylation with choline and activated B vitamins‡
  Enhanced with blueberry and cherry; studies suggest that consumption of blueberries may help maintain brain health‡

1 stick pack daily, sprinkled directly in the mouth, with a meal. Powder can require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

serving size: 1 stick pack (approximately 6 g)
servings per container: 30

each stick pack contains:

calories	10
total carbohydrate	2.5 g
total sugars	0.5 g
sugar alcohols	2 g
vitamin A (as retinyl acetate)	300 mcg
vitamin C (as ascorbic acid)	100 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate)	10.1 mg
thiamin (as thiamin HCl) (B_1)	1.5 mg
riboflavin (as vitamin B_2 and 50% as riboflavin 5'phosphate (activated B_2))	2 mg
niacin (as niacinamide)	10 mg
vitamin B_6 (as pyridoxine HCl and 50% as pyridoxal 5' phosphate (activated B_6))	2.8 mg
folate (as Metafolin®, L-5-MTHF)	500 mcg DFE (300 mcg L-5-MTHF)
vitamin B_{12} (as hydroxycobalamin)	5 mcg
biotin	30 mcg
pantothenic acid (as d-calcium pantothenate) (B_5)	6 mg
choline (as choline bitartrate)	10 mg
calcium (as calcium citrate)	200 mg
iodine (as potassium iodide)	75 mcg
magnesium (as di-magnesium malate)	150 mg
zinc (as zinc picolinate)	3 mg
copper (as copper bis-glycinate)	200 mcg
inositol	10 mg
vitamin K_2 (as menaquinone-7)	22.5 mcg
blueberry (*Vaccinium angustifolium*) powder (fruit) (organic)	750 mg
cherry (*Prunus* spp.) extract (fruit)	150 mg

other ingredients: xylitol, glycine, malic acid, citric acid, hypoallergenic plant fiber (cellulose), stevia leaf extract

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

Multivitamins NON GMO VEG

Multivitamin EasySticks®	Quantity	Order Code
	30 stick packs	MVESB3

‡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.

Muscle Cramp/Tension Formula‡



Helps lessen occasional nighttime or exercise-related leg muscle cramps and ease muscle tension‡

The electrolytes magnesium, calcium and potassium are important for maintaining healthy muscle contractile function. In several trials, magnesium supported leg muscle comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness. The traditionally soothing botanicals lemon balm, passion flower and chamomile also help to relieve occasional muscle tension. Additionally, these herbal extracts moderate occasional stress and promote overall relaxation.‡

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

two (size 00) vegetarian capsules contain:

calcium (as calcium citrate)	50 mg
magnesium (as magnesium citrate and 33% as magnesium glycinate)	150 mg
potassium (as potassium citrate)	50 mg
passionflower (*Passiflora incarnata*) extract (aerial parts)	100 mg
lemon balm (*Melissa officinalis*) extract (leaf)	50 mg
chamomile (*Matricaria recutita*) extract (flower)	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles · GF · NON GMO · V · VEG

Muscle Cramp/ Tension Formula‡	Quantity	Order Code
	180	MCT1
	60	MCT6

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

Supports respiratory function, glutathione production and detoxification‡

N-Acetyl-l-Cysteine (NAC) is a derivative of the dietary amino acid l-cysteine. NAC has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. NAC supports tissue levels of glutathione, a key component of the antioxidant defense system.‡

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

each (size 0) vegetarian capsule contains:

n-acetyl-l-cysteine (free-form)	600 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Amino Acids · GF · NON GMO · V · VEG

NAC 600 mg	Quantity	Order Code
	360	NA63
	180	NA61
	90	NA69

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

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

each (size 00) vegetarian capsule contains:

n-acetyl-l-cysteine (free-form)	900 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Amino Acids · GF · NON GMO · V · VEG

NAC 900 mg	Quantity	Order Code
	240	NA92
	120	NA91

NeuroMood Pure Pack

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.+

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



Indications:

- Support for healthy neurotransmitter function, positive mood and emotional wellness‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 50 mcg (2,000 IU) vitamin D_3
- Easily tolerated magnesium glycinate for sensitive individuals

Special Features:

- Promotes positive mood and relaxation with omega-3-fatty acids, folate, vitamin B_6, zinc and magnesium‡
- Maintains healthy immune function and emotional balance with omega-3-fatty acids and curcumin‡
- Enhances neurotransmitter function with curcumin, activated B vitamins and chromium‡
  - Curcumin promotes healthy levels of serotonin and dopamine, and offers support for neuronal health and function‡
  - Activated B vitamins, including Metafolin® L-5-MTHF, pyridoxal 5' phosphate and methylcobalamin, are critical for proper biosynthesis of the monoamine neurotransmitters serotonin, epinephrine and dopamine‡
  - Taurine helps facilitate cell communication and acts as an inhibitory amino acid to support relaxation and positive mood‡
  - Chromium supports serotonin receptor sensitivity‡
- Supports cognitive function and healthy eating behavior‡
  - Omega-3 essential fatty acids promote healthy cholecystokinin (CCK) release to moderate appetite‡
  - Optimal levels of zinc help maintain healthy eating behaviors, possibly by supporting healthy neuropeptide Y (NPY) and ghrelin levels, key compounds for appetite regulation‡
  - Chromium supports memory and cognitive function as well as healthful patterns of carbohydrate and energy intake‡
- Convenient, once-daily packet

Each Packet Contains:

O.N.E.™ Multivitamin 1 vegetarian capsule →See page 120

- Blend of vitamins, minerals and sustained-release CoQ_{10} to promote cellular and neurotransmitter function‡

EPA/DHA essentials 1 softgel capsule →See page 70

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

NeuroPure 1 vegetarian capsule →See page 116

- Comprehensive neurotransmitter support to promote emotional well-being‡

Magnesium (glycinate) 1 vegetarian capsule →See page 103

- Highly bioavailable form of magnesium to support neurotransmitter synthesis and neuronal function‡

Taurine 1 vegetarian capsule →See page 164

- Support for relaxation and healthy brain function‡

1 packet daily (5 capsules), with a meal.

five capsules contain:

calories	10
total Fat	1 g
cholesterol	< 5 mg
vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	180 mg
vitamin D (as cholecalciferol) (D_3)	50 mcg (2,000 IU)
vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	20 mg
thiamin (as thiamin HCl) (B_1)	3 mg
riboflavin (as vitamin B_2 and 43% riboflavin 5' phosphate (activated B_2))	3 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl and 67% pyridoxal 5' phosphate (activated B_6))	7.5 mg
folate (as Metafolin®, L-5-MTHF)	1,083 mcg DFE (650 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 mg
choline (as choline bitartrate)	25 mg
iodine (as potassium iodide)	150 mcg
magnesium (as magnesium glycinate)	120 mg
zinc (as zinc citrate and 17% zinc picolinate)	30 mg
selenium (as selenomethionine)	70 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
boron (as boron glycinate)	1 mg
inositol	25 mg
CoenzymeQ$_{10}$ (as CoQ_{10} and as 18% from sustained-release MicroActive® Q_{10}-cyclodextrin complex)	50 mg
alpha lipoic acid	50 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
lycopene	500 mcg
dl-phenylalanine (free-form)	350 mg
5-hydroxytryptophan	50 mg
Meriva® turmeric phytosome (turmeric (*Curcuma longa*) extract (root) and phospholipid complex) (standardized to contain 18% curcuminoids)	125 mg
quercetin	50 mg
taurine (free-form)	1,000 mg
fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

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

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.
Meriva® is a trademark of Indena S.p.A.
Phytosome More Bioavailable is a trademark of Indena S.p.A.
FloraGLO® is a registered trademark of Kemin Industries, Inc.
TRAACS® is a registered trademark of Albion Laboratories, Inc.
Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.
Microactive® is a registered trademark of Bioactives, LLC

Contains fish (anchovies, sardines, mackerel)

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Multivitamins NON GMO

NeuroMood Pure Pack	Quantity	Order Code
	30 packets	NMPPB3

+Dr. Greenblatt is a retained advisor to Pure Encapsulations.

‡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.

NeuroPure

Now Soy-Free



PureSYNAPSE™ product line
Formulated with James Greenblatt, M.D.†

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

- Provides enhanced support for emotional balance and mood stability‡
- Promotes the production of both serotonin and dopamine‡
- Includes the serotonin and dopamine neurotransmitter precursors 5-HTP and DL-phenylalanine‡
- Contains the cofactors vitamin B_6, Metafolin® L-5-MTHF and zinc to support neurotransmitter production‡
- Supports phenylethylamine (PEA) activity, which plays important roles in emotional wellness‡
- Supports healthy serotonin receptor and monoamine oxidase enzyme function with curcumin‡
- Maintains healthy cytokine balance with curcumin and quercetin to support neurotransmitter synthesis and emotional balance‡
- Supports optimal serum levels of zinc and folate to promote positive mood‡

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

two (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	6.7 mg
folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg L-5-MTHF)
zinc (as zinc picolinate)	10 mg
DL-phenylalanine (free-form)	700 mg
5-hydroxytryptophan	100 mg
Meriva® turmeric phytosome (turmeric (*Curcuma longa*) extract (root) and sunflower phospholipid complex (standardized to contain 18% curcuminoids))	250 mg
quercetin	100 mg
other ingredients: vegetarian capsule (cellulose, water)	

Meriva® is a trademark of Indena S.p.A.

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

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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS PHENYLALANINE

Memory & Mood GF NON GMO V VEG

NeuroPure	Quantity	Order Code
	120	NOP1

Niacinamide

Supports glucose metabolism and metabolic function‡

Niacinamide does not cause the vasodilation ("flush") associated with niacin. Research indicates that niacinamide may support healthy glucose metabolism and protect pancreatic beta cell function. In a meta-analysis of 10 randomized controlled trials, niacinamide supplementation promoted healthy C-peptide levels, insulin metabolism and beta cell function. In another study, niacinamide helped maintain healthy C-peptide levels and glucose metabolism. 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. Alpha lipoic acid is included to offer synergistic support for healthy glucose balance and metabolic function.‡

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

two (size 00) vegetarian capsules contain:

niacin (as niacinamide)	1,000 mg
alpha lipoic acid (thioctic acid)	100 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Vitamins & Minerals GF NON GMO V VEG

Niacinamide	Quantity	Order Code
	90	NIA9

Niacitol® 500 mg (no-flush niacin)

Well tolerated niacin form to support cardiovascular health‡

Niacitol® contains inositol nicotinate, a form of no-flush niacin (vitamin B_3) that has been used in Europe for over thirty years for healthy cardiovascular support. Niacitol® is a well-tolerated form of vitamin B_3 and is unlikely to cause the flushing or other side effects that are associated with niacin. Inositol nicotinate is composed of one molecule of inositol and six molecules of niacin.‡

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

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

Vitamins & Minerals GF NON GMO V VEG

Niacitol® 500 mg	Quantity	Order Code
	120	NI51
	60	NI56

Niacitol® 650 mg (no-flush niacin)

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

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

Vitamins & Minerals GF NON GMO V VEG

Niacitol® 650 mg	Quantity	Order Code
	180	NI61

Nitric Oxide Support



Supports nitric oxide production and healthy blood flow‡

- Contains arginine, a nitric oxide precursor, to support healthy circulation and delivery of oxygen to working muscle‡
- Provides citrulline to delay the onset of muscle fatigue, maintain acid-base balance, promote aerobic energy production in muscle cells during exercise, and enhance arginine and nitric oxide production‡
- Includes vitamin C to enhance nitric oxide activity and provide blood vessel endothelial antioxidant protection‡

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

serving size: 5.4 g (1 scoop)
servings per container: 30

one scoop contains:

vitamin C (as ascorbic acid)	200 mg
l-arginine (from arginine alpha ketoglutarate (2:1))	2,050 mg
citrulline (from citrulline malate)	715 mg
other ingredients: xylitol, stevia leaf extract, luo han guo (*Momordica grosvenorii*) extract (fruit), natural lemon and lime flavors	

Energy & Fitness · GF · NON GMO · V · VEG

Nitric Oxide Support	Quantity	Order Code
	162 g	NOS16

Nitric Oxide Ultra (capsules)

Citrulline and researched fruit extracts to support nitric oxide production and healthy blood flow‡

Nitric Oxide Ultra (capsules) offers a blend of CranLoad® and citrulline to support healthy blood flow by targeting nitric oxide production and flow-mediated dilation. The formula centers around CranLoad®, a novel fruit blend developed as part of an extensive research program with the Institute of Nutrition and Functional Foods (INAF) and Université Laval in Quebec, Canada. CranLoad® delivers a unique cranberry and grape seed blend that has been the subject of several trials. Cranberries and grapes are particularly generous sources of proanthocyanidins and other polyphenols. In addition to being antioxidants, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. Research indicates that CranLoad® provides statistically significant support for healthy flow-mediated dilation (FMD), an effect similar to arginine administration. FMD reflects blood vessel dilation mediated by nitric oxide synthase (NOS), an enzyme that generates the endogenous vasodilator, nitric oxide. In one study, the peak increase in brachial artery diameter following CranLoad® supplementation was 2.8% at 60 minutes. A similar physiological effect has been demonstrated with arginine. Citrulline is included to support nitric oxide production in the blood vessel endothelium and other tissues. Research indicates that citrulline increases plasma arginine in a dose-dependent manner and to a greater degree than arginine supplementation.‡

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

two (size 00) vegetarian capsules contain:

l-citrulline (free-form)	1,000 mg
CranLoad® proprietary blend providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and grape (*Vitis vinifera*) extract (seed)	382 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Energy & Fitness · GF · NON GMO · V · VEG

Nitric Oxide Ultra (capsules)	Quantity	Order Code
	120	NXC1

Nitric Oxide Ultra (stick packs)

Single-Serving Stick Packs

Citrulline, researched fruit extracts and cofactor blend to support nitric oxide production and healthy blood flow in great-tasting, portable stick packs‡

Nitric Oxide Ultra (stick packs) provides similar benefits as Nitric Oxide Ultra (capsules), with enhanced support from higher potency citrulline and added nitric oxide cofactors including magnesium, taurine and vitamin C. Research indicates that citrulline increases plasma arginine in a dose-dependent manner and to a greater degree than arginine supplementation. Unlike arginine, citrulline is not metabolized before it reaches systemic circulation. Research indicates that citrulline and CranLoad® promote blood flow and lactate clearance during high-intensity exercise, offering a capacity for enhanced recovery. Taurine is included for its multifaceted vascular support properties. Research suggests that taurine promotes vascular cell health, cytokine balance, and nitric oxide production. In a randomized, double-blind, crossover trial, supplementation with taurine for two weeks promoted arterial flexibility and flow-mediated dilation. Magnesium promotes healthy blood flow by supporting nitric oxide production, calcium channel activity, and endothelial function. Ascorbic acid is included to enhance nitric oxide activity and provide blood vessel endothelial antioxidant protection.‡

1 stick pack, 1-2 times daily, mixed with 8 oz water, between meals.

serving size: 5.7 g (1 stick pack)
servings per container: 30

each stick pack contains:

vitamin C (as ascorbic acid)	150 mg
magnesium (as magnesium citrate)	100 mg
l-citrulline (free-form)	3,000 mg
taurine	1,000 mg
CranLoad® proprietary blend providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and grape (*Vitis vinifera*) extract (seed)	65 mg
other ingredients: natural watermelon flavor, maltodextrin, luo han guo (*Momordica grosvenorii*) extract (fruit), stevia leaf extract	

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

Energy & Fitness · NON GMO · V · VEG

Nitric Oxide Ultra (stick packs)	Quantity	Order Code
	30 stick packs	NXB3

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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.

Nrf2 Detox



PureGenomics® product line

Targets Nrf2 to support detoxification and antioxidant defenses‡

Cruciferous vegetables of the brassica family have long been recognized for their ability to support detoxification thereby maintaining healthy cells and tissues. Cruciferous vegetables, like broccoli, cauliflower, Brussels sprouts and kale, are the richest sources of glucosinolates, which are considered to be the most bioactive constituents. Glucosinolates are converted in the body to isothiocyanates after they are ingested and hydrolyzed. The isothiocyanate sulforaphane is one of the most powerful activators of phase II enzyme function in the liver, supporting toxin elimination. Sulforaphane and resveratrol promote the activity of nuclear factor erythroid 2-related factor 2 (Nrf2), a transcription factor that supports robust, long-lasting expression of numerous genes responsible for detoxification and protection against oxidative stress. Among these genes are glutathione peroxidase, superoxide dismutase and various phase II enzymes, such as glutathione sulfotransferases. Nrf2 also supports expression of glutathione glutamylcysteinyl ligase, which is responsible for a critical step in the biosynthesis of glutathione, a vital component of cellular antioxidant and detoxification systems. Found in virtually every cell of the body, glutathione plays essential roles in protein synthesis, synthesis and repair of DNA, enzyme function, transport, and cell maturation. Optimal levels of glutathione have been associated with physical and mental health. The highest concentration of glutathione is found in the liver, where it offers antioxidant support, protects tissue and maintains detoxification. In a randomized clinical trial, supplementation with 250 and 1,000 mg of Setria® glutathione per day increased glutathione levels in the blood after one, three and six months. At six months, mean glutathione levels in the high-dose group increased 30-35% in erythrocytes, plasma and lymphocytes, and 260% in buccal cells (P<0.05). In the low-dose group, mean glutathione levels increased 17% and 29% in blood and erythrocytes, respectively (P<0.05). Both glutathione dose groups showed support for antioxidant defenses, indicated by decreases in the oxidized-to-reduced-glutathione ratio in whole blood after six months.‡

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

each (size 0) vegetarian capsule contains:

broccoli (*Brassica oleracea italica*) sprout concentrate (whole plant) (standardized to contain 1,000 mcg sulforaphane)	250 mg
Setria® glutathione (reduced form)	250 mg
resVida® resveratrol (as trans-resveratrol)	15 mg
other ingredients: vegetarian capsule (cellulose, water)	

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

resVida® is a trademark of DSM.

Liver & Detoxification | GF | NON GMO | V | VEG

Nrf2 Detox	Quantity	Order Code
	60	NRF6

NSK-SD® (Nattokinase) 100 mg

Promotes healthy fibrinolytic activity for healthy blood flow and cardiovascular function; standardized to contain a minimum of 20,000 FU (fibrinolytic units) per gram.‡

Nattokinase, a fibrinolytic enyzme isolated from Japanese natto, helps tomaintain healthy activity of the body's natural clotting and fibrinolytic processes. In an animal study conducted by Biotechnology Research Laboratories and JCR Pharmaceuticals of Kobe, Japan, nattokinase promoted healthy blood flow. Furthermore, researchers from JCR Pharmaceuticals, Oklahoma State University and Miyazaki Medical College indicated that nattokinase supports healthy clotting function compared to placebo. In 1995, scientists at the Miyazaki Medical College and Kurashiki University in Japan demonstrated the potential for nattokinase to support blood vessel health in human subjects. This product is contraindicated for individuals with a history of bleeding tendency or with conditions associated with bleeding. Due to potential synergistic effects, concurrent use with anticoagulant and blood pressure medications should be closely supervised by a health professional.‡

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

each (size 2) vegetarian capsule contains:

NSK-SD® nattokinase (2,00 FU) (soy)	100 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Contains soy

Not to be taken by pregnant or lactating women.

Heart & Metabolic | GF | NON GMO | V | VEG

NSK-SD® 100 mg	Quantity	Order Code
	120	NS11
	60	NS16

Nutrient 950®



All variations with Metafolin® L-5-MTHF

Multivitamin/mineral formula for optimal health‡

Indications for Nutrient 950® series:

- Men and women ages 18 and over

Vitamin/Mineral Distinctions:

- Activated vitamins and chelated minerals for optimal absorption
- 500 mg vitamin C for enhanced immune support‡
- Formulas with and without iron, copper, iodine and vitamin K

Special Features:

- Mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection‡

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

three (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	2,250 mcg
vitamin C (as ascorbic acid)	500 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate)	134 mg
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	34.75 mg
niacin (as niacinamide and 42% inositol hexaniacinate)	86 mg
vitamin B_6 (as pyridoxine HCl and 39% pyridoxal 5' phosphate (activated B_6))	20.5 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	200 mg
calcium (as calcium citrate)	150 mg
iron (as iron glycinate)	5 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	100 mg
zinc (as zinc picolinate)	12.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.5 mg
chromium (as chromium polynicotinate)	100 mcg
molybdenum (as molybdenum aspartate)	50 mcg
potassium (as potassium aspartate)	49.5 mg
boron (as boron glycinate)	1 mg
vanadium (as vanadium aspartate)	100 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	425 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
FloraGLO® is a registered trademark of Kemin Industries, Inc.
Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Multivitamins GF NON GMO VEG

Nutrient 950®	Quantity	Order Code
	360	MVF3
	180	MVF1
	90	MVF9

Nutrient 950® A without copper & iron

Contains 3,750 mcg (12,500 IU) of vitamin A as 60% (2,250 mcg/7,500 IU) beta carotene and 40% (1,500 mcg/5,000 IU) vitamin A acetate per 3 capsule serving.

Multivitamins

Nutrient 950® A without copper & iron	Quantity	Order Code
	180	MVMA

Nutrient 950® with NAC

Four capsules contain 500 mg NAC (n-acetyl-l-cysteine).
This formula does not contain boron, copper, iron or iodine.

Multivitamins

Nutrient 950® with NAC	Quantity	Order Code
	240	MVN2

Nutrient 950® with Vitamin K

Three capsules contain 125 mcg vitamin K_1, 7.5 mcg vitamin K_2 as mwenaquinone-7, and 250 mcg vitamin K_2 as menaquinone-4. Also provides 12.5 mcg (500 IU) vitamin D_3. This formula does not contain iron.

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

Multivitamins

Nutrient 950® with Vitamin K	Quantity	Order Code
	180	MVCK1

Nutrient 950® without copper & iron

Multivitamins

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

Nutrient 950® without copper, iron & iodine

Multivitamins

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

Nutrient 950® without iron

Multivitamins

Nutrient 950® without iron	Quantity	Order Code
	360	MVC3
	180	MVC1

‡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.

O.N.E.™ Multivitamin



With Metafolin® L-5-MTHF

Once-daily nutrient essentials with sustained-release CoQ_{10}

Indications:

- Men and women age 18 and over

Vitamin Distinctions:

- Provides vitamins A, B, C, D and E in highly bioavailable forms
- Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Convenient one-capsule-per-day dosing
- Antioxidant complex includes alpha lipoic acid and a blend of CoQ_{10} and sustained-release water-soluble MicroActive® Q_{10}
- Choline and inositol for healthy cognitive function‡
- Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D‡
- Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin‡

1 capsule daily, with a meal.

each (size 00) vegetarian capsule contains:

vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	180 mg
vitamin D (as cholecalciferol) (D_3)	50 mcg (2,000 IU)
vitamin E (as d-alpha tocopherol succinate)	20 mg
thiamin (as thiamin HCl) (B_1)	3 mg
riboflavin (as vitamin B_2 and 43% riboflavin 5' phosphate (activated B_2))	3 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B_6))	4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 mg
choline (as choline bitartrate)	25 mg
iodine (as potassium iodide)	150 mcg
zinc (as zinc citrate)	25 mg
selenium (as selenomethionine)	70 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
boron (as boron glycinate)	1 mg
inositol	25 mg
coenzymeQ_{10} (as CoQ_{10} and as 18% from sustained-release MicroActive® Q_{10}-cyclodextrin complex)	50 mg
alpha lipoic acid	50 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
lycopene	500 mcg

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

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FloraGLO® is a registered trademark of Kemin Industries, Inc.
Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.
TRAACS® is a registered trademark of Albion Laboratories, Inc.
ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.
MicroActive® is a registered trademark of BioActives, LLC.

Multivitamins GF NON GMO VEG

O.N.E.™ Multivitamin	Quantity	Order Code
	120	ONE1
	60	ONE6

O.N.E.™ Omega

1,000 mg supercritical CO_2 extracted, triglyceride-form EPA and DHA in a convenient, once-daily dose

O.N.E.™ Omega offers 1,000 mg of EPA/DHA in each softgel, twice the potency of other fish oils, providing powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health. Each softgel contains fish oil produced through a unique solvent-free, supercritical CO_2-based extraction method. This method utilizes a low-temperature, oxygen-free process to prevent oxidation reactions, resulting in a pure, concentrated fish oil.‡

1 capsule daily, with a meal.

each (size 22) softgel capsule contains:

calories	10
total fat	1 g
fish oil concentrate	1,250 mg
(from anchovies, jack, herring, smelt, salmon, mackerel, squid)	
providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

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

Contains fish (anchovies, jack, herring, smelt, salmon, mackerel, squid)

Essential Fatty Acids NON GMO

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

Olive Leaf extract



Supports the immune system and promotes a healthy intestinal environment‡

The Mediterranean olive tree, *Olea europaea*, defends itself against bacteria, fungi, parasites and insects through eutrophic compounds it produces. Its leaf extract is popular in herbal and folk remedies and has benefited individuals for 150 years. The active nutrient in the olive leaf is oleuropein, a phenolic glucoside (structurally classified as an iridoid). The olive leaf also contains the bioflavonoids rutin, luteolin, and hesperidin, which work synergistically with oleuropein to enhance its natural activity. Olive Leaf extract provides natural protection and a healthy environment for cells, without suppressing immune system function or harming beneficial microflora.‡

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

each (size 00) vegetarian capsule contains:

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

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

Immune Support · GF · NON GMO · V · VEG

Olive Leaf extract	Quantity	Order Code
	120	OL1
	60	OL6

OptiFerin-C

Contains researched and highly bioavailable Ferrochel® iron bis-glycinate combined with Ester-C® mineral ascorbate for enhanced absorption to promote healthy ferritin, hemoglobin and red blood cell function‡

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. Research emphasizes the importance of maintaining healthy serum ferritin for optimal performance in elite female athletes. 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.‡

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

each (size 2) vegetarian capsule contains:

vitamin C (from calcium ascorbate blend)	100 mg
calcium (from calcium ascorbate blend)	11 mg
iron (as iron bis-glycinate)	28 mg
threonic acid (from calcium ascorbate blend)	1 mg

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

Ester-C® is a registered trademark of The Ester C Company. US Patent Nos. 6,878,744 and 6,m197,813.

Ferrochel is a registered trademark of Albion Laboratories, Inc. Covered by U.S. Patent 7,838,042.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Vitamins & Minerals · GF · NON GMO · V · VEG

OptiFerin-C	Quantity	Order Code
	60	OF6

See also
Iron-C →page 88

‡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.

OsteoBalance‡



Comprehensive, high calcium bone support formula‡

OsteoBalance provides 514 mg of calcium per serving from calcium citrate/malate and calcium malate, along with a comprehensive profile of important bone building nutrients. Calcium citrate/malate has excellent bioavailability and provided bone mass support for postmenopausal women with low dietary calcium intake in a two-year, double-blind placebo-controlled trial. One study indicated that concomitant supplementation of the trace minerals zinc, copper, and manganese with calcium citrate/malate helped to promote healthy bone metabolism in postmenopausal subjects. Magnesium supports healthy bone mineral density and boron plays an important role in reducing urinary calcium and magnesium excretion. Like boron, vitamin D_3 reduces urinary calcium loss but is also a key nutrient because it enhances calcium absorption.‡

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

three (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10.7 mcg (428 IU)
calcium (as DimaCal® di-calcium malate and 50% as calcium citrate/malate)	514 mg
magnesium (as di-magnesium malate) (Albion®)	64 mg
zinc (as zinc picolinate)	12 mg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	2.1 mg
boron (as boron glycinate)	0.85 mg
silica (from bamboo)	10.7 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal® and Albion® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Bones, Joints & Muscles GF NON GMO VEG

OsteoBalance‡	Quantity	Order Code
	351	OB35
	210	OB2

Osteo EasySticks®

Single-Serving Stick Packs

Musculoskeletal support complex in a great-tasting, direct-to-mouth powder delivery form with no mixing needed; may reduce the risk of osteoporosis**‡

Osteo EasySticks® provide a blend of bioavailable vitamins, chelated minerals and collagen in a unique, great-tasting, direct-to-mouth powder delivery form. This formula is designed to target musculoskeletal health, including bone mineralization and muscle function. Randomized, double-blind, placebo-controlled studies have reported statistically significant benefits of calcium supplementation for bone health. KoAct® is a proprietary calcium-hydrolyzed collagen material designed to support the protein collagen framework and mineralization of bone. In a comparison study between KoAct® and calcium carbonate, KoAct® was found to promote bone synthesis, as indicated by a significant change in the BAP/TRAP5b ratio, a biomarker of bone synthesis and resorption. Additional research suggests support for bone mineral density, as indicated by total body DXA scan. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss. A seven-year study involving over 30,000 women indicated that combined calcium and vitamin D supplementation promotes healthy hip bones. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K_1 and K_2 may be especially important for optimal carboxylation in aging individuals. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, support healthy vascular elasticity. Magnesium, like calcium, is an essential bone matrix mineral that promotes healthy bone metabolism. Magnesium is also key for maintaining healthy muscle contractile function, along with calcium and potassium. Hydrolyzed collagen offers a source of amino acids, particularly proline, hydroxyproline, arginine and glycine. Arginine and glycine are important for creatine synthesis, while proline and hydroxyproline are key components of cartilage and collagen in the body. Animal studies suggest that hydrolyzed collagen may promote bone mineralization and strength, possibly by enhancing osteoblast activity. This powder can be taken directly in the mouth without mixing and is lightly sweetened with xylitol, apple and cranberry powders, cinnamon, clove, and stevia leaf extract.‡

1 stick pack, sprinkled directly in the mouth, with a meal. Powder will require multiple mouthfuls. Take with a beverage. Powder can be mixed with food.

serving size: 1 stick pack (approximately 6.4 g)
servings per container: 30

each stick pack contains:

calories	10
total carbohydrate	1 g
total sugars	<1 g
sugar alcohols	1 g
protein	1 g
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin K (as vitamin K_1)	50 mcg
calcium (as calcium citrate and 22% as KoAct® calcium collagen chelate)	450 mg
magnesium (as di-magnesium malate)	100 mg
potassium (as potassium citrate)	50 mg
vitamin K_2 (as menaquinone-7)	70 mcg
collagen peptides (as KoAct® calcium collagen chelate and 35% collagen peptides) (from bovine)	1,000 mg
cranberry (Vaccinium macrocarpon) concentrate (fruit)	150 mg
other ingredients: xylitol, organic apple powder, cinnamon bark powder, malic acid, cranberry fiber, citric acid, stevia leaf extract, guar gum, sunflower lecithin, clove flower bud powder, cranberry seed oil	

KoAct® is a trademark of AIDP, Inc.

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Bones, Joints & Muscles NON GMO

Osteo EasySticks®	Quantity	Order Code
	30 stick packs	OESB3

See also

+Cal+® with Ipriflavone →page 20
Calcium K/D →page 43
Cal/Mag/D liquid →page 42

PureWoman™

Targeting the Whole Woman at Every Stage of Life‡

Part of what makes women unique is the complex interplay of hormones, their receptors, and dietary, lifestyle and environmental factors as they converge on every organ system in the female body.

PureWoman™ includes products and clinical protocols designed to target:

- Breast and Ovarian Health‡
- Reproductive Health‡
- Premenstrual and Menopausal Support‡
- Cardiometabolic Health ‡
- Emotional Well-Being and Occasional Stress‡





Felice L. Gersh, M.D.,⁺ is an award-winning integrative gynecologist and the co-developer of the PureWoman™ protocols. She has special expertise in women's hormones and the impact of environmental toxins, medications, nutrition, and aging on hormone receptors and production. Dr. Gersh graduated from Princeton University and the University of Southern California School of Medicine.

Learn more at
PureEncapsulations.com/purewoman

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

⁺Dr. Gersh is a retained advisor to Pure Encapsulations.

‡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.

P_5P 50 (activated B_6)



Predominant form of circulating vitamin B_6 to support energy metabolism, cardiovascular and neurological health‡

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.‡

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

each (size 3) vegetarian capsule contains:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	50 mg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

P_5P 50	Quantity	Order Code
	180	P51
	60	P56

Pancreatic Enzyme Formula

Acid-resistant capsules

Enzyme support for digestive function‡

This formula is designed to aid the body's natural digestive process. It provides a highly concentrated form of enzymes naturally secreted by the pancreas which are essential to the digestion of food and absorption of nutrients. The formula contains lipase, which digests fat; proteases, which digest protein; and amylases, which digest starch. This formula is offered in acid-resistant capsules to maximize delivery to the G.I. tract.‡

1 capsule, 3 times daily, with each meal, or as directed by a health professional.

each (size 00) vegetarian capsule contains:

pancreatin (from porcine) (lactose free)	500 mg
providing:	
lipase	17,500 USP units
protease	110,000 USP units
amylase	120,000 USP units

other ingredients: vegetarian capsule (cellulose, gellan gum, water)

Gastrointestinal | GF | NON GMO

Pancreatic Enzyme Formula	Quantity	Order Code
	180	PE1
	60	PE6

Panax Ginseng

Support for mild stress; provides 12% ginsenosides, the highest standardization available‡

Panax ginseng has long been utilized to assist the body in adapting to physical and emotional stress. During prolonged exercise, *Panax ginseng* promotes endurance and stamina to support energy production. *Panax ginseng* also encourages adrenal gland health in times of occasional stress by maintaining healthy levels of certain adrenal hormones, most notably, corticosterone. This versatile herb has shown potential support for testosterone and spermatozoa levels in animal studies, and has also shown support for male reproductive health in human studies. In addition, *Panax ginseng* promotes memory and learning, and nutritionally supports immune function and cardiovascular health.‡

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

each (size 1) vegetarian capsule contains:

Asian ginseng (*Panax ginseng*) extract (root) (standardized to contain 12% total ginsenosides)	250 mg

other ingredients: vegetarian capsule (cellulose, water)

Energy & Fitness | GF | NON GMO | V | VEG

Panax Ginseng	Quantity	Order Code
	120	PG1

Pancreatic VegEnzymes

Vegetarian enzyme support for digestive function‡

This enzyme blend provides a broad acting formulation derived from the plant sources *Aspergillus oryzae* and *Aspergillus niger*. It is a vegetarian alternative to Pancreatic Enzyme Formula for carbohydrate, lipid and protein digestion. These enzymes have several unique properties that enhance their ability to promote the optimal breakdown of foods and nutrients, including broad substrate specificity. This means that these enzymes have the ability to recognize and help digest a large number of target molecules. Plant enzymes are also active in a wide pH range, from about 3.5-8.5, indicating that their actions begin in the stomach and continue in the small intestine, promoting complete digestion. Pure Encapsulations Pancreatic VegEnzymes is designed to be comparable in amylase, protease and lipase profile to Pancreatic Enzyme Formula/500 mg pancreatin.‡

1 capsule, 3 times daily, with each meal, or as directed by a health professional.

each (size 3) vegetarian capsule contains:

proprietary enzyme blend	200 mg
providing:	
protease 4.5	40,000 HUT
lipase	5,000 FIP
amylase	1,500 DU

other ingredients: vegetarian capsule (cellulose, water), tapioca dextrin, ascorbyl palmitate

Gastrointestinal | GF | NON GMO | V | VEG

Pancreatic VegEnymes	Quantity	Order Code
	180	PV1

Pantethine



Supports healthy lipid metabolism‡

Pantethine is the active form of the B vitamin pantothenic acid and is a major component of coenzyme A, 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.‡

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

two (size 00) vegetarian capsules contain:

Pantesin® pantethine	500 mg

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

Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd.

Heart & Metabolic | GF | NON GMO | V | VEG

Pantethine	Quantity	Order Code
	120	PA1
	60	PA6

Pantothenic Acid

D-isomer pantothenic acid for cellular energy and adrenal function‡

Pantothenic acid is a precursor of coenzyme A (CoA), an important cofactor and acyl group carrier in cells. One of the main functions for CoA is the formation of acetyl-CoA, vital for cellular respiration and the metabolism of carbohydrates and fatty acids through the Krebs cycle. Distribution studies indicate that tissues with the highest retention of pantothenic acid are the kidneys, pituitary gland, heart, muscle, liver and adrenal glands. Additionally, pantothenic acid is required for the synthesis of fatty acids and membrane phospholipids, the amino acids leucine, arginine and methionine, and isoprenoid derivatives, including steroid hormones, vitamin A and vitamin D.‡

1 capsule daily, with a meal.

each (size 00) vegetarian capsule contains:

pantothenic acid (as calcium pantothenate) (B_5)	500 mg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

Pantothenic Acid	Quantity	Order Code
	120	PTA1

Peptic-Care‡ (Zinc-L-Carnosine)

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‡

This patented, 1:1 chelate of zinc and l-carnosine provides a unique configuration that is important to this compound's activity. Zinc-carnosine has a slow disassociation rate and adheres to the stomach lining, allowing for prolonged protection. Once dissociated, zinc and carnosine provide synergistic antioxidant protection, support the stomach's mucosal defenses, buffer gastric acid and maintain healthy cytokine release. Studies have suggested that this combination has greater effects on the integrity of the gastric lining than either ingredient alone. One Japanese multi-center, double-blind study involving 299 subjects described a positive effect of zinc-carnosine on objective and subjective parameters of normal gastric health and repair functions, especially after 8 weeks. Seven additional clinical evaluations with more than 550 volunteers indicate similar results. In recent in vitro and in vivo studies, zinc-carnosine stimulated healthy gut repair by supporting healthy colon cell reproduction and maintaining healthy villous function. In a double-blind, randomized, crossover trial, zinc-carnosine maintained healthy gut permeability. Extensively studied and utilized in Japan, this zinc-carnosine combination has an excellent safety profile.‡

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

each (size 3) vegetarian capsule contains:

zinc (from 75 mg zinc-l-carnosine complex)	16 mg
carnosine (from 75 mg zinc-l-carnosine complex)	58 mg

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

Gastrointestinal | GF | NON GMO | V | VEG

Peptic-Care‡ (Zinc-L-Carnosine)	Quantity	Order Code
	60	PCZ6

‡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.

Perilla extract



PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

Supports healthy modulation of Th2 cytokines and mucosal health‡

Perilla seed offers a concentrated source of polyphenols (including rosmarinic acid and luteolin), along with other beneficial compounds. This herb has traditionally been used to promote healthy respiratory and immune function. In animal models of Th2 dominance, perilla helped maintain healthy upper respiratory cytokine levels. Perilla extract helps support healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. It also helps maintain healthy modulation of mucosal immune responses to environmental factors and cytokine homeostasis of GI mucosal tissue.‡

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

one (size 2) capsule contains:

Perilla (*Perilla frutescens L.*) extract (seed) (standardized to contain 3% polyphenols)	150 mg
other ingredients: vegetarian capsule (cellulose, water)	

Immune Support GF NON GMO V VEG

Perilla extract	Quantity	Order Code
	90	PRL9

Phyto UltraComfort‡

Supports musculoskeletal comfort by supporting healthy enzyme and immune mediator activities‡

Willow bark has a long history of traditional use for musculoskeletal comfort. Several randomized human trials illustrate its actions due to salicin, a source of salicylic acid. Additionally, it helps to maintain healthy prostaglandin metabolism and blood flow. *Boswellia serrata* has also revealed the potential to provide statistically significant support for join comfort. AKBA, or 3-acetyl-11-keto-beta-boswellic acid, may be particularly supportive in maintaining healthy 5-lipoxygenase enzyme activity and leukotriene metabolism to maintain tissue comfort. Curcumin maintains healthy cyclooxygenase-2 enzyme activity while supporting healthy prostaglandin, leukotriene and thromboxane metabolism. Devil's claw promotes both healthy cyclooxygenase-2 and 5-lipoxygenase enzyme activity. A review of 12 human studies indicates that devil's claw may promote musculoskeletal comfort and function. DL-Phenylalanine supports enkephalin activity.‡

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

two (size 00) vegetarian capsules contain:

white willow (*Salix alba*) extract (bark) (standardized to contain 15% salicin)	535 mg
Indian frankincense (*Boswellia serrata*) extract (gum resin) (standardized to contain 70% boswellic acids)	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))	25 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	100 mg
devil's claw (*Harpagophytum procumbens* and *Harpagophytum zeyheri*) extract (root) (standardized to contain 5% harpagosides)	300 mg
DL-phenylalanine (free-form)	120 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Warning: This product contains salicylates. Do not take if allergic to aspirin. Do not combine with aspirin or other products containing salicylates. Not to be used by pregnant or lactating women. Not to be used by children (ages 18 and under). Do not take with anticoagulant or antiplatelet drugs. If you have any health condition, particularly stomach problems or ulcers, or are taking any other medications, consult your health professional before use.
PHENYLKETONURICS: CONTAINS PHENYLALANINE

Immune Support GF NON GMO V VEG

Phyto UltraComfort‡	Quantity	Order Code
	120	PUC1
	60	PUC6

Phyto-4



Clinically-researched botanicals to support immune, cellular and tissue health‡

Perluxan® is a clinically studied extract of hops specifically developed to promote joint health. In a randomized, double-blind placebo-controlled trial of 36 subjects, the benefits of Perluxan® on joint comfort reached statistical significance within two hours of the first dose and were sustained over the 14-day period. Perluxan® is free of sleep-inducing and phytoestrogenic compounds typically associated with hops extracts. The alpha and iso-alpha acids in Perluxan® maintain healthy NF-kappa B-associated expression of COX-2 and cytokines such as IL-6 and TNFα in connective tissue. Curcumin complements Perluxan® through its extensively characterized effects on cytokine-mediated signal transduction, matrix metalloproteinase (MMP) expression and multiple components of the arachidonic acid cascade. Curcumin C3 Complex® is the subject of extensive ongoing clinical investigations at numerous hospitals and universities. Ginger promotes joint health through maintaining healthy cytokine signaling in cartilage and the synovium. 5–LOXIN® *Boswellia serrata* extract provides the highly bioactive triterpenoid AKBA, which supports connective tissue structural composition and comfort through supporting healthy immune responses, 5-lipoxygenase activity and synovial matrix metalloproteinase 3 (MMP-3) levels. In a 3-month double-blind, placebo-controlled study of 75 subjects, significant functional support and comfort scores were evident as early as day 7.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

Perluxan® hops (*Humulus lupulus*) extract (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
other ingredients: vegetarian capsule (cellulose, water), maltodextrin, silica, ascorbyl palmitate	

Perluxan® trademark is used with permission.

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

5-LOXIN® AKBA *boswellia serrata* extract. 5-LOXIN® is a registered trademark of PL Thomas & Co., Inc. International patents pending.

Not to be taken by pregnant or lactating women.

Immune Support GF NON GMO V VEG

Phyto-4	Quantity	Order Code
	60	PH46

Phyto-ADR

Comprehensive vegetarian support for healthy adrenal function‡

This vegetarian formula provides wide range herbal and nutritional support for the adrenal glands. *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, are highly recognized adaptogens, promoting physiological balance and moderating occasional stress. In part, they help to moderate the production of adrenocorticotrophic hormone (ACTH) and ultimately corticosterone activity. Corticosterone promotes the conversion of amino acids into carbohydrates and glycogen by the liver and stimulates glycogen formation in the tissues, supporting optimal energy reserves. *Rhodiola rosea*, containing rosavins and 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 occasional physical and emotional stress. Recently, a double-blind, crossover study suggested that rhodiola may help to moderate mild fatigue under stressful conditions. Astragalus and ashwagandha promote immune function and complement the adaptogenic activity of this formula. Calcium pantothenate, a vitamin B_5 derivative, is essential for activating the adrenals. Collectively, these ingredients support the health and activity of the adrenal glands.‡

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

each (size 00) vegetarian capsule contains:

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% eleutherosides)	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 1% salidroside)	50 mg
astragalus (*Astragalus membranaceus*) extract (root)	150 mg
other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women.

Energy & Fitness GF NON GMO V VEG

Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

‡Dr. Yanuck is a retained advisor to Pure Encapsulations.

‡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 II



Comprehensive support for hot flashes, hormones, and menopausal comfort‡

This blend of standardized herbal extract provides multifaceted support for the body during the hormonal changes that occur during menopause. PhytoBalance II contains phytoestrogens, natural substances in plants that bind to estrogen receptor sites and exhibit weak estrogen-like activity. Black cohosh helps maintain healthy levels of luteinizing hormone, allowing for optimal comfort and physical well-being. Preliminary studies suggest that sage extract helps support menopausal comfort, including hot flashes and night sweating. Vitex helps maintain healthy prolactin secretion, and may also promote healthy dopamine levels. Grape seed extract is included to support cardiovascular and cognitive health. Research suggests the proanthocyanidins from grape seed promote menopausal comfort, as well as vascular integrity to support healthy blood flow.‡

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

each (size 00) vegetarian capsule contains:

black cohosh (*Cimicifuga racemosa*) extract (root) (standardized to contain 2.5% triterpene glycosides)	100 mg
sage (*Salvia officinalis*) extract (leaf) (standardized to contain 12% rosmarinic acid)	140 mg
licorice (*Glycyrrhiza glabra*) extract (root) (standardized to contain 20% glycyrrhizic acid)	80 mg
motherwort (*Leonurus cardiaca*) extract (herb)	80 mg
chaste tree (*Vitex agnus-castus*) extract (berry)	40 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	120 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin, tri-calcium phosphate	

Not to be taken by pregnant or lactating women. If you have any health condition, particularly a liver condition, or are taking any medication, consult your health professional before use. Your health professional may decide to monitor liver function while taking this product.

Women's Formulas GF NON GMO V VEG

PhytoBalance II	Quantity	Order Code
	120	PHB1

Policosanol 20 mg

Supports healthy lipid metabolism and cardiovascular health‡

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

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

each (size 3) vegetarian capsule contains:

policosanol	20 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

LesstanoL® is a registered trademark of Garuda International, Inc

Heart & Metabolic GF NON GMO V VEG

Policosanol 20 mg	Quantity	Order Code
	120	PO21
	60	PO26

Polyphenol Nutrients

With Metafolin® L-5-MTHF

Multivitamin/mineral formula with added polyphenols for advanced cellular protection‡



Indications:

- Enhanced antioxidant support‡
- Wide range support for cellular, macular, cognitive, skin, heart, nerve, and liver health‡

Vitamin/Mineral Distinctions:

- With choline and inositol for comprehensive B-complex support‡

Special Features:

- **Cell Health Polyphenols‡**
  Includes polyphenols from blueberry, grape seed, olive fruit, pomegranate, green tea and quercetin for optimal cell health. Alpha lipoic acid and n-acetyl-l-cysteine act as complementary cofactors for added antioxidant protection.‡
- **MacularSynergy Complex‡**
  Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.‡

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

three (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate)	34 mg
thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	150 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	75 mg
zinc (as zinc picolinate)	7.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.5 mg
chromium (as chromium polynicotinate)	50 mcg
molybdenum (as molybdenum aspartate)	50 mcg
potassium (as potassium aspartate)	49 mg
boron (as boron glycinate)	1 mg
vanadium (as vanadium aspartate)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
n-acetyl-l-cysteine (free-form)	50 mg
inositol	50 mg
alpha lipoic acid (thioctic acid)	50 mg

MacularSynergy Complex‡

FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
Cell Health Polyphenols‡	
quercetin	25 mg
blueberry (*Vaccinium angustifolium*) extract (fruit)	50 mg
olive (*Olea europaea*) extract (fruit) (standardized to provide 1% hydroxytyrosol)	25 mg
pomegranate (*Punica granatum*) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	25 mg
green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 65% total tea catechins, 23% epigallocatechin (EGCG))	50 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

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

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Multivitamins GF NON GMO VEG

Polyphenol Nutrients	Quantity	Order Code
	360	PHN3
	180	PHN1

‡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.

Poly-Prebiotic powder



Shelf-Stable; Allergen-Free

PureGI™ product line

A unique powdered blend of researched prebiotic fibers and polyphenols to support gastrointestinal, cellular, and immune function by boosting bifidobacteria and microbiome diversity‡

Prebiotics are nondigestible components of food that act to modulate and support the gut microbiota. Emerging evidence suggests that they may play an even more significant role than probiotics, performing beneficial metabolic, trophic, and protective functions within the gut, leading to overall cellular, immune and metabolic support. High-microbiome diversity has been linked to optimal health and resilience. PreticX™ XOS (xylooligosaccharide) and BioEcolians® α-GOS (alpha-glucooligosaccharide) both promote short-chain fatty acid (SCFA) production in the colon and Bifidobacteria in the G.I. tract. In one study, 1.4 grams or 2.8 grams of PreticX™ XOS increased Bifidobacterium count 21% and 17% at four and eight weeks, respectively. In an in vitro study using clinical isolates from hospital patients, XOS was found to stimulate growth in all 35 Bifidobacterium strains tested. In another study, supplementation with 2 grams of α-GOS supported abdominal comfort by Day 7 and offered increased support throughout the 28-day period, including bowel motility and stool consistency. A significant increase in *B. longum*, *B. animalis* and lactobacilli was also reported. In addition, BioEcolians® supplementation increased secretion in the mucosa of the antimicrobial peptides β-defensins. These molecules moderate the adhesion of bacteria to the intestinal wall and support healthy cytokine balance in the intestine. The health benefits of polyphenols may be due to their effects on the microflora. These compounds are generally not absorbed, but pass through the G.I. tract, where they are biotransformed to enhance bioavailability and support healthy gut microbial composition. In an animal study involving mice, supplementation with cranberry polyphenols promoted healthy fat metabolism in the liver, insulin sensitivity, and cytokine balance. It was also shown to markedly increase *Akkermansia muciniphila*. Animal models indicate a role for Akkermansia on gut barrier function, including increased mucus layer thickness and production of occludin, an essential component of tight junctions. Polyphenols from blueberry and pomegranate support the growth of lactobacilli and bifidobacterium in the colon, as well as cytokine balance in the G.I. tract. In contrast to many common prebiotics, XOS, α-GOS and polyphenols report very low incidence of gas, bloating or other intestinal side effects.‡

1 serving, 1-2 times daily, mixed with a beverage or into food.

serving size: 1 scoop (approximately 4.6 g)
servings per container: Approximately 30

One scoop contains:

calories	10
total carbohydrate	3 g
total sugars	2 g
PreticX™ xylooligosaccharide (XOS)	1.4 g
BioEcolians® α-glucooligosaccharide (α-GOS)	1 g
cranberry (*Vaccinium macrocarpon*) extract (fruit) (standardized to contain 12 mg proanthocyanidins [PACs])	1.2 g
blueberry (*Vaccinium angustifolium*) extract (fruit) (standardized to contain 4% polyphenols)	100 mg
pomegranate (*Punica granatum*) juice powder (fruit)	500 mg
other ingredients: citric acid, malic acid, stevia leaf extract	

Xylooligosaccharide. PreticX™ is covered by registered and pending patents. PreticX™ is a trademark of AIDP, Inc. PreticX™ is distributed exclusively by AIDP, Inc.

BioEcolians® is a registered trademark of Solabia.

Probiotics & Prebiotics GF NON GMO V VEG

Poly-Prebiotic powder	Quantity	Order Code
	138 g	PPRP1

Pomegranate Plus

Offers the combined nutritional power of pomegranate and other fruit extracts to promote vascular and cellular health‡

Pomegranate Plus now offers the clinically researched Pomella® pomegranate extract, manufactured using patented technology to concentrate punicalagin and other polyphenols. These components, as well as their metabolites in the body, contribute to the antioxidant and cellular support properties of pomegranate. In vitro, Pomella® pomegranate was shown to rank highest in antioxidant activity across ORAC, TEAC, FRAP and DPPH assays compared to 26 other antioxidant products, including other pomegranate preparations, green tea, grape seed extract, resveratrol, and goji. Antioxidant efficacy was also demonstrated in a human pharmacokinetic study, in which 800 mg of Pomella® pomegranate increased ORAC (oxygen radical absorbance capacity) by 32% after 0.5 hours. Preliminary research also suggests that the gut-derived metabolites called urolithins may penetrate the blood-brain barrier, offering potential neuroprotective properties. These same metabolites may support healthy glucose metabolism in the vascular tissue. Through a variety of mechanisms, pomegranate supports vascular endothelial function, healthy blood flow, and cardiovascular health. PhytoCardio proprietary blend provides fruit extracts from cranberry and blueberry. Dietary intake of these fruits has been associated with healthy endothelial function and gene expression. The prized palm berry açaí of Brazil, where it is known as "the fruit of life," is a dynamic addition to this formulation. Açaí berries are rich in anthocyanins, vitamins, minerals, amino acids, and essential fatty acids. In a university study, açaí berry revealed important support for maintaining cell health.‡

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

each (size 0) vegetarian capsule contains:

Pomella® pomegranate (*Punica granatum*) extract (fruit) (standardized to contain 50% polyphenols and 30% punicalagin)	200 mg
açaí (*Euterpe oleracea*) berry extract (whole fruit)	100 mg
PhytoCardio proprietary blend providing wild blueberry (*Vaccinium angustifolium*) extract (fruit) and cranberry (*Vaccinium macrocarpon*) extract (fruit)	120 mg
other ingredients: vegetarian capsule (cellulose, water)	

POMELLA® is a trademark of Verdure Sciences, Inc. Patents: www.vs-corp.com/ip.html

Antioxidants GF NON GMO V VEG

Pomegranate Plus	Quantity	Order Code
	120	POM21

Potassium (aspartate)

Essential mineral for vascular function and overall health‡

Potassium activates many enzymatic reactions and is essential to a number of physiologic processes, including transmission of nerve impulses, muscle contraction, gastric secretions, renal function, tissue synthesis, and carbohydrate metabolism. Potassium is the major cation of intracellular fluid and is essential for maintenance of acid-alkaline balance, isotonicity, and electrodynamic characteristics of the cell. In addition, it works with sodium to maintain healthy water balance, heart rhythm, and nerve and muscle function. Research suggests that adequate potassium intake may support healthy blood flow and cardiovascular health.‡

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

each (size 0) vegetarian capsule contains:

potassium (as potassium aspartate)	99 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Vitamins & Minerals GF NON GMO V VEG

Potassium (aspartate)	Quantity	Order Code
	90	PO9

Potassium (citrate)



Essential mineral to support vascular function, bone mineralization, alkaline balance and overall health‡

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

each (size 1) vegetarian capsule contains:

potassium (as potassium citrate)	200 mg

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

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Natural color variations may occur.

Vitamins & Minerals | GF | NON GMO | V | VEG

Potassium (citrate)	Quantity	Order Code
	180	PC1
	90	PC9

Potassium Magnesium (aspartate)

Supports a number of physiological functions, including cardiovascular health and muscle function‡

Potassium and magnesium are both essential for healthy nerve impulse function, muscle contraction, cardiovascular function, acid/alkaline balance, and carbohydrate and nutrient metabolism. Magnesium also plays an important role in facilitating potassium utilization, helping to provide optimal support.‡

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

each (size 00) vegetarian capsule contains:

magnesium (as magnesium aspartate)	70 mg
potassium (as potassium aspartate)	99 mg

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

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Vitamins & Minerals | GF | NON GMO | V | VEG

Potassium Magnesium (aspartate)	Quantity	Order Code
	180	PM1
	90	PM9

Potassium Magnesium (citrate)

Supports a number of physiological functions, including cardiovascular health, muscle function, bone mineralization and alkaline balance‡

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

each (size 0) vegetarian capsule contains:

magnesium (as magnesium citrate)	70 mg
potassium (as potassium citrate)	140 mg

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

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Vitamins & Minerals | GF | NON GMO | V | VEG

Potassium Magnesium (citrate)	Quantity	Order Code
	180	PMC1

Pregnenolone 10 mg

Hormone precursor to support the immune system, mood, and memory‡

Pregnenolone, 3-beta-hydroxy-5-pregnen-20-one, is a natural steroid hormone produced in the body from cholesterol. It has been described as the "Grandmother of all Steroid Hormones," since all steroid hormones, over 150 of them, are derived from pregnenolone. Pregnenolone has been linked with positive support of the immune system, mood and memory. In the body, it is converted to DHEA and/or progesterone. It is likely that the body will convert pregnenolone appropriately, according to its needs. Studies show that the body makes 60% less of this hormone at age 75 than it does at age 35.‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

pregnenolone (3-beta-hydroxy-5-pregnen-20-one)	10 mg

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

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone | GF | NON GMO | V | VEG

Pregnenolone 10 mg	Quantity	Order Code
	180	PR11
	60	PR16

Pregnenolone 30 mg

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

pregnenolone (3-beta-hydroxy-5-pregnen-20-one)	30 mg

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

NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.

Hormone | GF | NON GMO | V | VEG

Pregnenolone 30 mg	Quantity	Order Code
	180	PR31
	60	PR36

‡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.

PreNatal Nutrients

With Metafolin® L-5-MTHF

Multivitamin/mineral complex for pregnancy and lactation‡



Indications:

- Women of child-bearing age, pregnant women, lactating women
- Best when combined with EPA/DHA

Now Enhanced With:

- 1 mg of folate from 40% folic acid and 60% Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Increased vitamin D based on revised RDA requirements for pregnancy
- Vitamin K to support healthy carboxylation of proteins for blood clotting and bone‡
- 100 mg of choline to support fetal central nervous system development‡

Vitamin Distinctions:

- 1 mg of folate from 40% folic acid and 60% L-5-MTHF for optimal neural and cellular development‡
- 27 mg of iron and 150 mcg of iodine to meet enhanced requirements during pregnancy‡
- 100 mg of choline to support hormone, neurotransmitter, DNA, protein and energy production‡

Special Features:

- Specially formulated based on accepted scientific recommendations for nutrient requirements during pregnancy

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	2,400 mcg
vitamin C (as ascorbic acid)	70 mg
vitamin D (as cholecalciferol) (D_3)	15 mcg (600 IU)
vitamin E (as d-alpha tocopherol succinate)	12 mg
vitamin K (as vitamin K_1)	90 mcg
thiamin (as thiamin HCl) (B_1)	1.6 mg
riboflavin (vitamin B_2)	1.7 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl)	2.2 mg
folate (as Metafolin®, L-5-MTHF, and 40% folic acid)	1,667 mcg DFE (600 mcg L-5-MTHF; 400 mcg folic acid)
vitamin B_{12} (as methylcobalamin)	2.6 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	6 mg
choline (as choline bitartrate)	100 mg
calcium (as DimaCal® di-calcium malate)	200 mg
iron (as iron glycinate)	27 mg
iodine (as potassium iodide)	150 mcg
magnesium (as magnesium citrate)	80 mg
zinc (as zinc citrate)	15 mg
selenium (as selenomethionine)	70 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	120 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	450 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

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

DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children.
In case of accidental overdose, call a doctor or poison control center immediately.

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

Multivitamins GF NON GMO VEG

PreNatal Nutrients	Quantity	Order Code
	120	PRN1
	60	PRN6

ProbioMood (Capsules)



Shelf-Stable

Probiotic support for mood and emotional well-being‡

ProbioMood offers a clinically researched probiotic combination of strains developed using an innovative, patented microencapsulation process. This technology protects the probiotic strains from harsh conditions, including gastric acidity. ProbioMood offers unique support for emotional well-being and relaxation. Research suggests that *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175 support emotional health, in part by supporting healthy cytokine balance and intestinal integrity. In a randomized, double-blind, placebo-controlled trial, supplementation with the combination maintained healthy urinary cortisol levels, indicating the potential to lessen occasional stress. In a separate analysis, supplemented subjects reported positive mood, relaxation and enhanced cognitive function. In another randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 moderated the normal gastrointestinal stress response by 49%.‡

1 capsule daily, with or between meals.

each capsule contains:

probiotic blend	3 billion CFU
providing:	
Lactobacillus helveticus Rosell-52 ME	
Bifidobacterium longum Rosell-175 ME	

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

contains milk, soy

Probiotics & Prebiotics GF NON GMO VEG

ProbioMood (Capsules)	Quantity	Order Code
	60	PBM6

Probiotic 123

Allergen-Free

Powder formula: Probiotic support for healthy intestinal microflora‡

- For children ages 1 and up
- Dairy and soy-free blend of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* (formerly known as *Bifidobacterium infantis*)
- Supports the mucosal lining of the G.I. tract and healthy G.I. barrier function‡
- Maintains healthy immune system function‡
- Promotes intestinal comfort‡

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

serving size: 0.37 g (1 scoop)
servings per container: 160

each scoop (approximately 0.37 grams) contains:

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

other ingredients: hypoallergenic plant fiber (cellulose)

This formula requires refrigeration to maintain culture viability.

Children's Formulas GF NON GMO V VEG

Probiotic 123	Quantity	Order Code
	2.1 oz (60 g)	PRO6

Probiotic 50B

Acid-Resistant Capsules; Allergen-Free

High-potency probiotic support for healthy intestinal microflora to promote digestive and immune health‡

Probiotic 50B provides 50 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Bifidobacterium longum* and *Bifidobacterium lactis* 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 and healthy immune response.‡

1 capsule daily, with or between meals.

each (size 00) vegetarian capsule contains:

probiotic blend	50 billion CFU
providing:	
Lactobacillus plantarum (Lp-115)	
Lactobacillus acidophilus (La-14)	
Lactobacillus rhamnosus (Lr-32)	
Bifidobacterium lactis (Bl-04)	
Bifidobacterium longum (Bl-05)	

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

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics GF NON GMO V VEG

Probiotic 50B	Quantity	Order Code
	60	PR506

‡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 G.I.

Shelf-Stable; Allergen-Free



Shelf-stable probiotic blend to support gut associated lymphoid tissue composition and function to promote healthy barrier function, cell health and immune function in the G.I. tract‡

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

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

each (size 0) vegetarian capsule contains:

probiotic blend	10 billion CFU
providing:	
Bifidobacterium lactis (Bl-04)	
Lactobacillus acidophilus (La-14)	
Lactobacillus salivarius (Ls-33)	
Lactobacillus casei (Lc-11)	
Streptococcus thermophilus (St-21)	
Bifidobacterium bifidum (Bb-06)	

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

Refrigeration may prolong product viability.

Probiotics & Prebiotics GF NON GMO V VEG

Probiotic G.I.	Quantity	Order Code
	60	PGI6

Probiotic IMM

Shelf-Stable; Allergen-Free

Shelf-stable probiotic blend to support immune function and maintain eye, nose and throat health, including healthy cytokine production, IgE function and mast cell integrity.‡

A 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 *L. casei* and *L. plantarum* also suggests that these strains maintain healthy cytokine production, IgE function and mast cell integrity.‡

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

each (size 3) vegetarian capsule contains:

probiotic blend	5 billion CFU
providing:	
Bifidobacterium longum (BB536)	
Bifidobacterium lactis (Bl-04)	
Lactobacillus acidophilus (La-14)	
Lactobacillus plantarum (Lp-115)	
Lactobacillus casei (Lc-11)	

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

Refrigeration may prolong product viability.

Probiotics & Prebiotics GF NON GMO V VEG

Probiotic IMM	Quantity	Order Code
	60	PRI6

See also

- **Saccharomyces boulardii** →page 157
- **PureBi·Ome™ Cranberry** →page 137
- **PureBi·Ome™ G.I.** →page 137
- **PureBi·Ome™ Intensive** →page 138

Probiotic-5



Allergen-Free

5 strain blend; broad-spectrum probiotic support for healthy intestinal microflora‡

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.‡

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

each (size 0) vegetarian capsule contains:

probiotic blend	10 billion CFU
providing:	
Bifidobacterium lactis (Bl-04)	
Lactobacillus acidophilus (La-14)	
Lactobacillus rhamnosus (Lr-32)	
Bifidobacterium longum (Bl-05)	
Bifidobacterium bifidum (Bb-06)	

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

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics | GF | NON GMO | V | VEG

Probiotic-5	Quantity	Order Code
	60	PRB6

ProSoothe II

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. Healthy intracellular magnesium levels have been associated with maintaining positive mood during the luteal phase. Magnesium also plays an important role in nervous system sensitivity, providing support for muscle comfort, breast comfort and emotional well-being associated with the menstrual cycle. Studies indicate the positive effect of vitamin 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.‡

2 capsules, 1-2 times daily, with meals. May be used daily or during the luteal phase only, as directed by a health professional.

two (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate)	134 mg
vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	33 mg
calcium (as DimaCal® di-calcium malate albion®)	100 mg
magnesium (as di-magnesium malate)	100 mg
chaste tree (*Vitex agnus-castus*) extract (fruit)	200 mg
Relora®	270 mg
patented proprietary blend of:	
magnolia (*Magnolia officinalis*) extract (bark) and	
phellodendron (*Phellodendron amurense*) extract (bark)	
rhodiola (*Rhodiola rosea*) extract (root)	50 mg
(standardized to contain 3% total rosavins and 1% salidroside)	

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

DimaCal® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Not to be taken by pregnant or lactating women. If you are taking any psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.

Women's Formulas | GF | NON GMO | VEG

ProSoothe II	Quantity	Order Code
	120	PMS21

‡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.

ProstaFlo



Swedish flower extract for urinary and prostate health‡

First developed in Sweden and used for over forty years in numerous countries, flower pollen extract contains a highly concentrated, 20:1 combination of water soluble to fat soluble flower pollen extracts (the allergenic outer husk is removed) from rye. The fat-soluble constituents of this extract promote healthy leukotriene and prostaglandin production in vitro. An animal study indicates that the water-soluble fraction plays a synergistic role in maintaining healthy urethra smooth muscle function. A multiple-center, double-blind study and a separate clinical evaluation of long-term consumption indicated that flower pollen extract supported healthy urinary function and prostate health in volunteers.‡

1 capsule, 3 times daily, with meals.

each (size 1) vegetarian capsule contains:

rye (*Secale cereale*) extract (flower pollen)	320 mg
other ingredients: vegetarian capsule (cellulose, water)	

Men's Formulas GF NON GMO V VEG

ProstaFlo	Quantity	Order Code
	180	PRF1

PS 100 (phosphatidylserine)

Supports mental acuity, memory, and healthy phospholipid balance in cell membranes‡

Phosphatidylserine is a phospholipid found in all cells, but is most concentrated in brain cells. This familiarly-called "brain nutrient" supports cognitive function, emotional well-being and behavioral performance. It has also been shown to support healthy memory. In a double-blind, placebo-controlled, multicenter study of 425 individuals, daily supplementation of phosphatidylserine over six months resulted in statistically significant support of behavioral and cognitive parameters. In a placebo-controlled investigation of 149 subjects, the group receiving phosphatidylserine scored higher than placebo in performance tests related to memory tasks of daily life.‡

1 capsule, 3 times daily, with meals.

each (size 0) vegetarian capsule contains:

phosphatidylserine (from soy)	100 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Contains soy.

Memory & Mood GF NON GMO VEG

PS 100	Quantity	Order Code
	120	PS1
	60	PS6

PS Plus

Soy-free phosphatidylserine formula to support memory, mental processing and overall cognitive function‡

PS Plus provides Sharp-PS® GREEN, a soy-free, sunflower lecithin-derived phosphatidylserine. Phosphatidylserine (PS) is the most abundant phospholipid in the brain, where it supports neuron membrane fluidity, signal transduction and cell-to-cell communication for healthy neurocognitive function. PS provides support for normal age-associated memory decline in the elderly as well as support for overall learning, recall and processing capacity. These effects on cognitive performance were also observed in a study of young adults. The efficacy of Sharp-PS® supporting mental capabilities in elderly persons with mild, age-related memory loss was explored in an open label study. The results suggest support for memory recognition, memory recall, verbal recognition and verbal recall. PhytoMemory proprietary blend provides an antioxidant and phytochemical complex from blueberry, strawberry and spinach.‡

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

each (size 00) vegetarian capsule contains:

Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	150 mg
PhytoMemory proprietary blend providing wild blueberry (*Vaccinium angustifolium*) extract (fruit), orleans strawberry (*Fragaria x ananassa*) extract (fruit), and spinach (*Spinacia oleracea*) extract (leaf)	150 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin, silicon dioxide, tricalcium phosphate, ascorbyl palmitate	

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Memory & Mood GF NON GMO V VEG

PS Plus	Quantity	Order Code
	60	PSP6

Pure Tranquility liquid

GABA, glycine and l-theanine combined to support relaxation and moderate occasional stress in a great-tasting liquid‡

- Offers calming support with the main inhibitory neurotransmitters GABA and glycine‡
- Enhances alpha wave production in the brain with GABA and l-theanine to promote relaxation and moderate occasional stress‡
  - In an open trial, GABA promoted alpha waves and moderated beta waves within 1 hour of administration‡
  - Several studies indicate l-theanine enhances alpha wave production in the occipital and parietal regions of the brain, an indicator of relaxation, without causing drowsiness‡
- Maintains healthy IgA levels with GABA and l-theanine, suggesting support for immune health during occasional stress‡

4 ml (4 full droppers), 1-2 times daily, between meals.

serving size: 4 ml (0.13 fl oz)
servings per container: 29

4 ml (0.13 fl oz) (4 full droppers) contain:

GABA (gamma-aminobutyric acid)	100 mg
Suntheanine® l-theanine	100 mg
glycine (free-form)	50 mg
other ingredients: purified water, natural vegetable glycerin, evaporated cane sugar, citric acid, natural apple flavor, potassium sorbate, purified stevia leaf extract	

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

Memory & Mood GF NON GMO VEG

Pure Tranquility liquid	Quantity	Order Code
	116 ml (3.92 fl oz)	PTL

PureBi•Ome™ Cranberry



Allergen-Free

5-strain, clinically-researched proprietary probiotic blend with cranberry to provide genitourinary support for men and women‡

PureBi•Ome™ Cranberry offers four clinically-researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172) combined with *Lactobacillus gasseri* (CUL-09) and cranberry extract to support genitourinary and gastrointestinal tract health. The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function, and GI comfort. Numerous studies indicate that both probiotics and cranberry support microflora balance in the G.I. tract and the genitourinary tract. In particular, lactobacilli, including *L. acidophilus* and *L. gasseri*, appear to target genitourinary balance and health. Additionally, studies suggest that *L. gasseri* may support epithelial barrier integrity and healthy cervical cell growth. PureBi•Ome™ Cranberry also includes PACRAN®, a unique whole fruit cranberry powder providing proanthocyanidins and other phytonutrients to promote healthy genitourinary tract microflora balance, cytokine production and comfort in both women and men. In a 90-day, randomized, double-blind, placebo-controlled trial involving 60 women, supplementation with PACRAN® cranberry supported healthy urinary microflora balance and urinary tract comfort. In a 6-month study involving 42 men, PACRAN® supplementation promoted healthy prostate function and urinary flow. PACRAN® cranberry may also help support urinary tract health.‡

1 capsule, 2 times daily, with meals.

each (size 0) vegetarian capsule contains:

probiotic blend	17.5 billion CFU
providing:	
Lactobacillus gasseri (CUL-09)	
Lactobacillus acidophilus (NCIMB 30157)	
Lactobacillus acidophilus (NCIMB 30156)	
Bifidobacterium lactis (NCIMB 30172)	
Bifidobacterium bifidum (NCIMB 30153)	
PACRAN® cranberry (*Vaccinium macrocarpon*) powder (fruit)	300 mg

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

PACRAN® is a registered trademark of Naturex.

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics

PureBi•Ome™ Cranberry	Quantity	Order Code
	60	BIOC6

PureBi•Ome™ G.I.

Allergen-Free

4-strain, clinically-researched proprietary probiotic blend combined with l-glutamine for G.I. comfort and health‡

PureBi•Ome™ G.I. offers four clinically-researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172), combined with l-glutamine to support microflora balance and gastrointestinal (G.I.) function. The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function, and GI comfort. l-Glutamine is a conditionally essential amino acid utilized by the body for tissue repair, gastrointestinal tract support, and natural defense system function in times of metabolic stress. In studies, glutamine supplementation supports intestinal integrity and barrier function.‡

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

each (size 00) vegetarian capsule contains:

probiotic blend	12.5 billion CFU
providing:	
Lactobacillus acidophilus (NCIMB 30157)	
Lactobacillus acidophilus (NCIMB 30156)	
Bifidobacterium lactis (NCIMB 30172)	
Bifidobacterium bifidum (NCIMB 30153)	
l-glutamine	500 mg

other ingredients: vegetarian capsule (cellulose, water), potato maltodextrin, hypoallergenic plant fiber (cellulose), silica

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics

PureBi•Ome™ G.I.	Quantity	Order Code
	60	BIOG6

‡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.

PureBi•Ome™ Intensive



Allergen-Free

High-potency, 4-strain, clinically-researched proprietary probiotic blend combined with Saccharomyces boulardii to support intestinal microbial balance and help lessen the occurrence of occasional diarrhea‡

PureBi•Ome™ Intensive offers 25 billion CFU per capsule of four clinically-researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172), combined with 5 billion CFU *Saccharomyces boulardii.* The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function, and GI comfort. *Saccharomyces boulardii* is included as additional support for healthy bowel function. In a double-blind, controlled trial involving 151 individuals, *S. boulardii* supplementation lessened the occurrence of occasional diarrhea and supported overall bowel health. Research suggests that *S. boulardii* may stimulate enzyme secretions to support normal digestive functions and neutralize toxins for a healthy G.I. tract.‡

1 capsule daily, with a meal.

each (size 00) vegetarian capsule contains:

probiotic blend	25 billion CFU
providing:	
Lactobacillus acidophilus (NCIMB 30157)	
Lactobacillus acidophilus (NCIMB 30156)	
Bifidobacterium lactis (NCIMB 30172)	
Bifidobacterium bifidum (NCIMB 30153)	
Saccharomyces boulardii	5 billion CFU

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

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics · GF · NON GMO · V · VEG

PureBi•Ome™ Intensive	Quantity	Order Code
	30	BIOI3

PureCell

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

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

This formula offers advanced antioxidant and adaptogen support for maintaining cell health and protecting healthy tissue. Antioxidant vitamins and minerals promote healthy cell function and cell longevity, as indicated in numerous trials involving over 8,500 individuals. Adaptogens are important for physiological and cellular homeostasis and have positive effects on immune function and oxidative stress. This product was designed to:‡

- Offer intracellular as well as extracellular antioxidant protection with alpha lipoic acid‡
- Target superoxide anion, hydrogen peroxide and hydroxyl radicals with coenzyme Q_{10}, maintaining the integrity of cellular membranes‡
- Replenish glutathione, scavenge free radicals, and promote liver function with n-acetyl-l-cysteine and selenium‡
- Support healthy cyclooxygenase enzyme activity with curcumin‡
- Support macrophage, natural killer cell and T-cell activity with astragalus‡
- Promote healthy cell signaling and gene expression at the cellular level while encouraging overall energy and vitality with ashwagandha and *Panax ginseng*‡

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

two (size 0) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
selenium (as selenomethionine)	100 mcg
coenzyme Q_{10}	100 mg
n-acetyl-l-cysteine (free-form)	100 mg
alpha lipoic acid (thioctic acid)	75 mg
ashwagandha (*Withania somnifera*) extract (root) (standardized to contain 2.5% withanolides)	180 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	150 mg
Asian ginseng (*Panax ginseng*) extract (root) (standardized to contain 5% ginsenosides)	150 mg
green tea (*Camellia sinensis*) extract (leaf) (decaffeinated) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg
astragalus (*Astragalus membranaceus*) extract (root)	87 mg

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

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

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health care practitioner before use.

Antioxidants · GF · NON GMO · VEG

PureCell	Quantity	Order Code
	120	PCE1

PureDefense w/NAC



Supports overall immune defense and provides enhanced support for upper respiratory health‡

Natural killer cells are part of the body's innate, or first-line, immune response. They respond more quickly than the adaptive immune system comprised of B cells and T cells. Once activated, natural killer cell activity peaks in as quickly as several hours, providing rapid support and wide-range immune defense. EpiCor® is a fermentate of *Saccharomyces cerevisiae* containing various bioactive metabolites. These nutrient metabolites are produced in a specialized fermentation process and enhance immune cell production. In one cellular study, EpiCor® promoted natural killer cell activation, as well as that of B cells and T cells. In two randomized, double-blind, placebo-controlled trials, EpiCor® provided statistically significant support for upper respiratory tract health and overall immune health. A separate open label, in-house trial indicated a strong potential for EpiCor® supplementation to enhance secretory IgA levels after 30 days. These various actions demonstrate the ability of EpiCor® to address both innate and adaptive immune responses. NAC (n-acetyl-l-cysteine) promotes endogenous glutathione production for antioxidant protection and provides lung defense mechanisms for healthy respiratory function. In a randomized double-blind trial involving mostly older individuals, NAC showed support for respiratory health. Quercetin and elderberry provide flavonoids that offer additional support for immune and respiratory function while vitamin C, vitamin D and zinc play important roles in immune cell activation.‡

2 capsules, twice daily, with meals.

two (size 0) vegetarian capsules contain:

vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
zinc (as zinc citrate)	7.5 mg
n-acetyl-l-cysteine (free-form)	450 mg
EpiCor® dried yeast fermentate complex (from *Saccharomyces cerevisiae*)	250 mg
european elder (elderberry) (*Sambucus nigra*) extract (fruit)	200 mg
quercetin	25 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

Immune Support GF NON GMO VEG

PureDefense w/NAC	Quantity	Order Code
	120	PDN1

PureDefense w/NAC Travel Pack

- Offered in a convenient, 20-count blister pack designed for travel or short-term dosing

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

Immune Support NON GMO VEG

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

PureDefense chewables

Provides overall immune defense and upper respiratory health support in a great-tasting, chewable tablet‡

PureDefense chewables provide a comprehensive blend of nutrients and herbal extracts designed to support immune function in a convenient, great-tasting, chewable tablet. EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune enhancing bioactive metabolites designed to support both the innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and secretory IgA levels. In two randomized, double-blind, placebo-controlled trials, EpiCor® provided statistically significant support for upper respiratory tract health and overall immune health. Elderberry extract provides anthocyanins, flavonoids and other polyphenols that have been shown to support immune function. Studies have shown statistically significant immune support throughout the lifespan. Quercetin maintains healthy mast cell function by supporting healthy enzyme activity. Zinc and vitamin C, provided as the non-acidic enhanced retention Ester-C®, help to promote immune defense by supporting immune cell proliferation, activation and function, as well as healthy antioxidant enzyme function.‡

Ages 2-3, take 2 tablets daily, with a meal.
Ages 4 and up, take 2 tablets, 1-2 times daily, with a meal.

two chewable tablets contain:

vitamin C (from calcium ascorbate)	30 mg
calcium (from calcium ascorbate)	3 mg
zinc (as zinc citrate)	7.5 mg
EpiCor® dried yeast fermentate complex (from *Saccharomyces cerevisiae*)	125 mg
european elder (elderberry) (*Sambucus nigra*) extract (fruit)	100 mg
quercetin dihydrate	30 mg
other ingredients: xylitol, cellulose, natural cherry and vanilla flavors, magnesium silica, luo han guo (*Momordica grosvenorii*) extract (fruit)	

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

Ester-C® and the Ester-C logo are registered trademarks of The Ester C Company. US Patent Nos. 6,878,744 and 6,197,813.

Children's Formulas NON GMO VEG

PureDefense chewables	Quantity	Order Code
	120	PDK21

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

‡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.

PureGenomics® B-Complex

PureGenomics® product line

B-complex targeting common genetic polymorphisms‡

PureGenomics® B-Complex is designed to address the nutrient requirements of common genetic variations in the methylation pathway with a unique blend of B vitamins in highly researched and activated forms. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Vitamin B_{12} is offered as a combination of hydroxycobalamin and adenosylcobalamin. Hydroxycobalamin is a precursor form of vitamin B_{12} converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism and healthy synthesis of neuronal myelin. Benfotiamine is a lipid-soluble, enhanced-retention thiamin derivative.‡

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

each (size 00) vegetarian capsule contains:

thiamin (as thiamin HCl) (B_1)	25 mg
riboflavin (as vitamin B_2 and 67% riboflavin 5' phosphate (activated B_2))	15 mg
niacin (as niacinamide)	50 mg
vitamin B_6 (as pyridoxine HCl and 20% pyridoxal 5' phosphate (activated B_6))	50 mg
folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
vitamin B_{12} (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	100 mg
choline (as choline bitartrate)	40 mg
inositol	25 mg
BenfoPure® benfotiamine	3 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Vitamins & Minerals GF NON GMO V VEG

PureGenomics® B-Complex	Quantity	Order Code
	120	PGB1

See also

B-complex Plus →page 34
B-Complex liquid →page 34
Ultra B-Complex w/PQQ →page 169



PureGenomics® Multivitamin

PureGenomics® product line

With Metafolin® L-5-MTHF

Multivitamin/mineral complex targeting common genetic polymorphisms‡



Indications:

- Men and women age 18 and over

Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Includes activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B_{12} in unique blend of adenosylcobalamin and hydroxycobalamin
- Contains 25 mcg (1,000 IU) vitamin D to support healthy VDR activity‡

Special Features:

- Convenient, one-capsule-per-day dosing
- Addresses the nutrient requirements of common genetic variations in the methylation pathway with B vitamins and choline‡
- Enhanced choline levels for healthy cognitive function‡
- Supports macular and retinal health with lutein and zeaxanthin‡

1 capsule daily, with a meal.

each (size 00) vegetarian capsule contains:

vitamin A (as vitamin A acetate and 27% beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	180 mg
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin E (as d-alpha tocopherol succinate)	20 mg
vitamin K (as vitamin K_1)	60 mcg
thiamin (as thiamin HCl) (B_1)	3 mg
riboflavin (as vitamin B_2 and 43% riboflavin 5' phosphate (activated B_2))	3 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B_6))	4 mg
folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
vitamin B_{12} (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 mg
choline (as choline bitartrate)	56 mg
iodine (as potassium iodide)	150 mcg
zinc (as zinc citrate)	25 mg
selenium (as selenomethionine)	70 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
vitamin K_2 (as menaquinone-7)	20 mcg
BenfoPure® benfotiamine	3 mg
boron (as boron glycinate)	1 mg
inositol	25 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

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

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

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

Multivitamins GF NON GMO VEG

PureGenomics® Multivitamin	Quantity	Order Code
	60	PGM26

‡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.

PureGG 25B

Shelf-Stable; Allergen-Free

PureGI™ product line



Highly researched *Lactobacillus rhamnosus* GG to support immune, G.I., and overall health across all ages‡

Lactobacillus rhamnosus GG is one of the most characterized and utilized probiotic strains, with numerous clinical trials across all ages. It is a human origin strain, identified for its resistance to gastric acidity, adhesion properties, and ability to support healthy gut microflora. Studies involving infants and children suggest that supplementation with *L. rhamnosus* GG supports healthy G.I. colonization, G.I. function, and immune function, particularly related to skin and respiratory health. In a study involving children ages 1-7 attending day care, *L. rhamnosus* GG offered statistically significant support for respiratory and immune health. Studies involving pregnant women suggest supplementation supports healthy gut microflora in the infant, and nutrient metabolism during pregnancy. In one study, infants whose mothers had received *L. rhamnosus* GG during pregnancy showed increased bifidobacterial diversity at Day 5 after birth. *L. rhamnosus* GG is well known for its effects on bowel function, particularly abdominal comfort, bowel motility and occasional diarrhea. It also promotes cytokine balance in the G.I. tract at the level of gene expression, and overall immunomodulatory support. In a double-blind, crossover study, *L. rhamnosus* GG supplementation moderated the neutrophil and monocyte immune response in dairy-challenged, milk-sensitive subjects, while promoting immune function in non-sensitive subjects. In another study, *L. rhamnosus* GG promoted healthy gene expression to support white blood cell (WBC) function. Elderly subjects supplemented for 28 days showed 95 differentially expressed genes related to cellular movement, cell-to-cell signaling, and cytokine response.‡

1 capsule daily, with or between meals.

each (size 00) vegetarian capsule contains:

Lactobacillus rhamnosus GG	25 billion CFU
other ingredients: vegetarian capsule (cellulose, water)	

Probiotics & Prebiotics GF NON GMO VEG

PureGG 25B	Quantity	Order Code
	60	PGG6

NEW

PureHeart® K_2D

Offers vitamin K_2 (MK-7) to help maintain healthy vascular calcium homeostasis to support cardiovascular function‡

Vitamin K_2 menaquinone-7 promotes healthy vascular calcium balance and cardiovascular function. In a systematic review involving 5 studies, higher intakes of vitamin K_2 were associated with cardiovascular health. Research indicates that it supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. Unlike vitamin K_1, which promotes bone health, menaquinone-7 targets vascular tissue to support healthy arterial blood flow and vascular elasticity. In an observational study involving 564 postmenopausal women, higher intake of vitamin K_2 was associated with calcium balance in the vascular tissue. Optimal serum levels of vitamin D are also important to maintain healthy calcium balance in vascular tissues, in part by supporting the activity of MGP. Studies indicate that the combination of vitamin K and D provides synergistic support. Vitamin K supplementation may be contraindicated for those taking Coumadin/warfarin anticoagulant medication.‡

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

each (size 2) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin K_2 (menaquinone-7)	240 mcg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

This product contains Vitamin K, which interferes with the prescription drug Coumadin (Warfarin). If you are taking blood thinning medications, consult your health professional before use.

Heart & Metabolic GF NON GMO VEG

PureHeart® K_2D	Quantity	Order Code
	60	PHK26

PureLean® Fiber

PureLean® product line

Powdered blend of XOS prebiotics and fiber to promote weight management† by supporting healthy microflora balance, glycemic response, satiety and regularity‡

The gut microflora is now recognized as an important factor in overall health, with potential roles ranging from cellular and immune health to metabolic function and weight management. Studies indicate that obese individuals possess lower levels of Bacteroidetes microorganisms and higher levels of Firmicutes bacteria in the GI tract compared to lean individuals. In one study, germ-free mice inoculated with bacteria from obese mice showed increased Firmicutes bacteria and an increase in body fat over two weeks despite no change in dietary intake, compared to mice inoculated with bacteria from lean mice. In a double-blind, randomized, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PreticX™ XOS for eight weeks. The Bifidobacterium count increased 21% from the baseline at four weeks and 17% from the baseline at eight weeks in the highest dose group. B. fragilis levels (a Bacteroidetes organism) were also found to increase. Similar results were found in another study involving healthy young women, which also showed PreticX™ supplementation resulted in an increase in fecal triglyceride and cholesterol concentrations. In contrast to many common prebiotics, these studies reported no gas, bloating or other intestinal side effects. Each serving of PureLean® Fiber provides 0.7 grams PreticX™ XOS and a minimum of 6 grams fiber, typically providing 3.5 grams soluble fiber from glucomannan, guar gum, apple pectin and prune fiber, and 3 grams insoluble fiber from flax seed and cellulose. Soluble fiber helps slow the rate of digestion, promoting satiety, digestive health, nutrient absorption and healthy glycemic control. It enhances satiety by absorbing water and adding bulk in the digestive tract. Research has revealed that the high molecular weight and viscosity of glucomannan is particularly supportive. Each serving of PureLean® Fiber contains 1 gram of glucomannan. Several randomized controlled trials indicate that glucomannan supports healthy weight management† and lipid metabolism, and supports healthy glycemic control.‡

1 serving, 1-3 times daily, mixed with a beverage. Adequate water intake is recommended.

serving size: 2 scoops (approximately 14.4 g)
servings per container: approximately 24

two scoops (approximately 14.4 g) contain:

calories	40
total carbohydrate	8 g
dietary fiber	6 g
sugar alcohols	2 g
protein	1 g
magnesium (as magnesium citrate)	100 mg
sodium (naturally occurring)	30 mg
PreticX™ xylooligosaacharides	700 mg
proprietary fiber blend providing: CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, 1,000 mg glucomannan, prune fruit powder, apple pectin	10 g
other ingredients: xylitol, luo han guo (*Momordica grosvenori*) extract (fruit)	

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US trademark registration No. 2,930,937.

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



Heart & Metabolic GF NON GMO V VEG

PureLean® Fiber	Quantity	Order Code
	12.2 oz (345.6 g)	PLFX3

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

‡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® Nutrients

PureLean® product line

With Metafolin® L-5-MTHF

Multivitamin/mineral formula for healthy weight management†‡



Indications

- Support for healthy glucose metabolism, lipid utilization, and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise‡

Vitamin/Mineral Distinctions:

- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- **MacularSynergy Complex‡**
  Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.‡
- **Metabolic GlycoPlex‡**
  Supports healthy glucose uptake with alpha lipoic acid and cinnamon and maintains healthy glycation activity with l-carnosine.‡
- **Metabolic LipidPlex‡**
  Combines the hepatic fat metabolism properties of taurine and green tea with the metabolic oxidative stress fighting capabilities of pterostilbene.‡

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

three (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin E (as d-alpha tocopherol succinate)	34 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1,500 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	75 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	75 mg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	35 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	1 mg
chromium (as ChromeMate® chromium polynicotinate)	200 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
inositol	62 mg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg

MacularSynergy Complex‡	
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
Metabolic GlycoPlex‡	
alpha lipoic acid (thioctic acid)	150 mg
cinnamon (*Cinnamomum cassia*) extract (dried bark)	50 mg
l-carnosine (beta-alanyl-L-histidine)	25 mg
Metabolic LipidPlex‡	
taurine (free-form)	150 mg
green tea (*Camellia sinensis*) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
pterostilbene	20 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

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

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

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

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins GF NON GMO VEG

PureLean® Nutrients	Quantity	Order Code
	180	PLN21

PureLean® Protein Blend

Improved Formula

PureLean® product line

- Now with DNF-10 and MCT to enhance weight management† and satiety‡



Provides a unique blend of vegetarian proteins, DNF-10 peptides, vitamins, minerals, omega-3 fatty acids and superfruit antioxidants in a great-tasting, naturally flavored and sweetened formula

Features:

- Improved creamier taste and texture
- 15 g vegetarian protein from a unique blend of vegetarian rice, pea, and chia proteins
- 4 g fiber per serving
- 200 milligrams omega-3 fatty acids from chia
- Now with 1 g MCT per serving
- Superfruit antioxidant blend of pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract
- Comprehensive multivitamin/mineral core including activated B vitamins and chelated minerals
- Now with activated folate as Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Diets higher in protein and fiber have been associated with healthy weight management and body composition, believed to be due, at least in part, to enhanced satiety and nutrient metabolism. Fiber also helps support digestive health, nutrient absorption and healthy glycemic control. Research suggests that a multivitamin/mineral can help moderate appetite to support healthy weight management.† Clinical studies indicate that DNF-10 lowers ghrelin secretion between meals, and neuropeptide Y in the hypothalamus to promote satiety. In four double-blind, randomized, placebo-controlled studies involving healthy overweight subjects, DNF-10 promoted a significant decrease in caloric intake, waist circumference, abdominal fat, and body weight. In the most recent study, after 2 months of taking 500 mg DNF-10, subjects had decreased their daily caloric intake by 600 calories, and 80% of the subjects thought less about eating during the day.‡

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

serving size: Vanilla Bean Flavor: 31 g (1 scoop)
servings per container: 20

each scoop contains:

calories	110
total Fat	2.5 g
saturated fat	1 g
total carbohydrate	8 g
dietary fiber	4 g
total sugars	3 g
includes 3 g Added Sugars	
protein	15 g
Vitamin A (as acetate)	450 mcg
Vitamin C (from calcium ascorbate)	30 mg
Vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
Vitamin E (as D-alpha tocopherol succinate)	10 mg
vitamin K (as vitamin K_1)	40 mcg
thiamin (as thiamin mononitrate) (B_1)	0.75 mg
riboflavin (vitamin B_2)	0.85 mg
niacin (as niacinamide)	10 mg
vitamin B_6 (as pyridoxine HCl)	1 mg
folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg 5-MTHF)
vitamin B_{12} (as methylcobalamin)	6 mcg
biotin	150 mcg
pantothenic acid (as calcium pantothenate) (B_5)	5 mg
calcium (naturally occurring and as calcium citrate)	220 mg
iron (naturally occurring)	1 mg
phosphorus (naturally occurring)	100 mg
iodine (as potassium iodide)	75 mcg
magnesium (naturally occurring and as magnesium citrate)	100 mg
zinc (as zinc glycinate)	7.5 mg
selenium (as selenomethionine)	35 mcg
chromium (as chromium polynicotinate)	60 mcg
sodium (naturally occurring)	300 mg
superfruit antioxidant blend	100 mg
(from pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract)	
DNF-10 yeast hydrolysate (from *Saccharomyces cerevisiae*)	500 mg

other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural vanilla and other natural flavors, C8Vantage™ medium chain triglyceride C8 powder, Sunfiber® hydrolyzed guar gum, apple pectin, chia seed protein, cellulose gum, stevia leaf extract

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

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

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

C8Vantage™ is a trademark of NNB Nutrition.

DNF-10 is the property of Fytexia.

Consume within 90 days from opening.

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

Heart & Metabolic GF NON GMO VEG

PureLean® Protein Blend	Quantity	Order Code
	620 g	PLPV6

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

‡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

PureLean® product line

Daily Packet | With Metafolin® L-5-MTHF



Indications:

- Support for healthy glucose metabolism, lipid utilization and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Easily tolerated magnesium glycinate for sensitive individuals

Special Features:

- Metabolic synergists for healthy glucose utilization, including alpha lipoic acid, cinnamon, l-carnosine and GlucoPhenol®, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)‡
- Enhanced fat metabolism support with 1,000 mg taurine, green tea and pterostilbene‡
- Lemon-flavored omega-3 fatty acids for reduced aftertaste and healthy PPAR receptor function, supporting glucose and lipid homeostasis via healthy gene expression‡
- Convenient, once-daily packet

Each Packet Contains:

PureLean® Nutrients 3 vegetarian capsules →See page 144

- Multivitamin/mineral complex for healthy glucose and lipid metabolism‡

EPA/DHA with lemon 1 softgel capsule →See page 70

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

Taurine 1 vegetarian capsule →See page 164

- Amino acid for metabolism and relaxation support‡

Magnesium (glycinate) 1 vegetarian capsule →See page 103

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

Alpha Lipoic Acid with GlucoPhenol® 1 vegetarian capsule →See page 27

- Supports cardiometabolic health and nutrient metabolism with alpha lipoic acid and researched fruit extracts‡

Take 1 packet daily (7 capsules), with a meal.

seven capsules contain:

calories	10
total fat	1 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	250 mg
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1,500 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	75 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate and 62% magnesium glycinate)	195 mg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	35 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese citrate)	1 mg
chromium (as ChromeMate® chromium polynicotinate)	200 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
inositol	62 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
alpha lipoic acid (thioctic acid)	350 mg
GlucoPhenol® proprietary blend providing 25 mg polyphenols from Orléans strawberry (Fragaria x ananassa) extract (fruit) and cranberry (*Vaccinium macrocarpon*) extract (fruit)	138 mg
cinnamon (*Cinnamomum cassia*) extract (dried bark)	50 mg
l-carnosine (beta-alanyl-L-histidine)	25 mg
taurine (free-form)	1,150 mg
green tea (*Camellia sinensis*) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
pterostilbene	20 mg
fish oil concentrate (from anchovies, sardines, mackerel) providing:	900 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, rice maltodextrin, natural lemon flavor, rosemary leaf extract, natural tocopherols

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

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

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

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

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

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

Contains fish (anchovies, sardines, mackerel)

Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins | NON GMO

PureLean® Pure Pack	Quantity	Order Code
	30 packets	PPP2B3

PureLean® Whey



PureLean® product line

Highly purified, cold-processed, undenatured whey protein for healthy weight management†‡

Features Include:

- 21 g protein per serving
- 4.75 g 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

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.

serving size: 26.4 g (1 scoop)
servings per container: 18

each scoop (approximately 26.4 g) contains:

calories	90
total carbohydrates	1 g
total sugars	<1 g
protein	21 g
sodium (naturally occurring)	45 mg

other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract

Contains milk

Heart & Metabolic NON GMO VEG

PureLean® Whey	Quantity	Order Code
	475.2 g	PLW4

PureMelt B_{12} Folate

Great-tasting, dissolving B_{12} folate vitamin lozenge

PureMelt B_{12} Folate provides activated B vitamins in a unique lozenge designed to dissolve in the mouth without requiring water. Each lozenge provides 1,000 mcg of methylcobalamin (the active form of vitamin B_{12}) and 400 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate. Optimal levels of these B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. This great-tasting, fruit-flavored lozenge contains no sugar, magnesium stearate, or artificial colors or flavors.‡

1 lozenge, 1-2 times daily, with or between meals, or as directed by a health professional. Allow tablet to dissolve in mouth and swallow.

each vegetarian lozenge contains:

folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	1,000 mcg

other ingredients: xylitol, mannitol, natural berry, cherry, and vanilla flavor, carboxymethyl cellulose, cellulose, ascorbyl palmitate, malic acid

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

Vitamins & Minerals NON GMO VEG

PureMelt B_{12} Folate	Quantity	Order Code
	90	PMLB9

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

‡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.

PureNutrients EPA/DHA Gummy



Emulsified omega-3 fatty acids in a convenient, great-tasting, (lemon-lime-flavored) gummy to support healthy cognitive function and daily wellness‡

- Chewable gummy
- Triglyceride-form fish oil emulsion for enhanced absorption
- Natural and lightly sweet lemon-lime flavor
- Sugar-free, with no artificial flavors or colors

PureNutrients EPA/DHA Gummy is a unique fish oil emulsion offering enhanced absorption omega-3 essential fatty acids in a convenient, (lemon-lime-flavored) soft chew. The emulsification process surrounds the essential fatty acids in a water-soluble matrix, enhancing the bioavailability and absorption. Fish oil supports healthy cellular membrane function, cytokine balance, and blood flow to promote cognitive and neuronal health, emotional well-being, and cardiovascular function. Docosahexaenoic acid (DHA), an omega-3 long-chain polyunsaturated fatty acid, is a component of neuronal cellular membranes and supports healthy neurotransmission and brain function, as well as vision. A randomized, double-blind study suggested that 4-year-olds born to mothers who had taken fish oil had healthy cognitive function.‡

Adults and children ages 2+, take 1 gummy, 1-2 times daily, with meals.

each gummy (1.4 g) contains:

calories	5
total fat	0.5 g
fish oil concentrate (from anchovies, sardines, mackerel) providing (typical):	
total omega-3 fatty acids	335 mg
DHA (docosahexaenoic acid)	250 mg
EPA (eicosapentaenoic acid)	50 mg
other omega-3 fatty acids	35 mg

other ingredients: xylitol, purified water, erythritol, fish gelatin (tilapia, bass), trisodium citrate, natural lemon-lime flavor, arabic gum, malic acid, natural beta-carotene (for color), mixed tocopherols

Contains fish

Essential Fatty Acids NON GMO

PureNutrients EPA/DHA Gummy	Quantity	Order Code
	36	PNEGB3

PureNutrients Gummy



Our first-ever gummy multivitamin, suitable for the whole family and packed with essential nutrients — not sugar

- Adults and children over 2
- Comprehensive blend of 17 essential vitamins and minerals, including choline and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Chelated minerals for optimal absorption
- Chewable berry-shaped gummy
- Enhanced with beta carotene and organic berries and fruits
- Lower sugar - 75% less sugar than other leading gummy multivitamins** (2 grams vs. 8 grams per serving)
- Natural and lightly sweet raspberry-lemonade flavor with prebiotic fiber isomalto-oligosaccharides
- No artificial flavors or colors
- Vegetarian; gelatin-free

Ages 2 to 3, take 2 gummies daily, with a meal.
Ages 4 and up, take 4 gummies daily, with meals.

four gummies contain:

calories	30
total carbohydrate	7 g
total sugars	2 g
includes 2 g of added sugar (4 gummy dose)	
vitamin A (as vitamin A palmitate and 60% beta carotene)	750 mcg
vitamin C (as ascorbic acid)	80 mg
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin E (as d-alpha tocopherol acetate)	10 mg
vitamin K (as Vitamin K_1)	120 mcg
thiamin (as thiamin mononitrate)	1.5 mg
riboflavin	1.7 mg
niacin (as niacinamide)	11 mg
vitamin B_6 (as pyridoxine HCl)	5 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg DFE (240 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	100 mcg
biotin	100 mcg
pantothenic acid (as calcium pantothenate) (B_5)	5 mg
choline (as choline bitartrate)	30 mg
iodine (as potassium iodide)	112 mcg
zinc (as zinc citrate)	9 mg
chromium (as chromium picolinate)	50 mcg
sodium (naturally occurring)	24 mg
berry/Fruit blend (organic)	100 mg
strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit, pomegranate fruit, cranberry fruit, orange fruit, lemon fruit	

other ingredients: isomalto-oligosaccharides, purified water, apple puree, cane sugar, pectin, natural raspberry and lemon flavors, citric acid, sodium citrate, natural black carrot color, organic stevia leaf extract, organic sunflower oil, carnauba wax, medium chain triglycerides, hydroxypropyl cellulose, glycerin

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

Multivitamins NON GMO VEG

PureNutrients Gummy	Quantity	Order Code
	100	PNG1

PurePals



Improved Formula | Chewable Tablet

Now with Metafolin® 5-MTHF

Chewable daily multivitamin/mineral formula without iron

- For children ages 2 and up
- Highly bioavailable multivitamin/mineral formula without iron
- With choline and citrus bioflavonoids
- No added sugar or fructose
- Natural cherry flavor
- Does not contain gluten, nuts, dairy, wheat, egg or soy

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

two chewable tablets contain:

calories	6
total carbohydrate	2 g
total sugars	0 g
sugar alcohols	2 g
vitamin A (as vitamin A palmitate and 71% beta carotene)	1,050 mcg
vitamin C (as ascorbic acid, calcium ascorbate and magnesium ascorbate)	250 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	20 mg
thiamin (as thiamin mononitrate) (B_1)	3 mg
riboflavin (vitamin B_2)	1.7 mg
niacin (as niacinamide)	14 mg
vitamin B_6 (as pyridoxine HCl)	2 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	6 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	12 mg
choline (as choline bitartrate)	16 mg
calcium (as calcium citrate and calcium ascorbate)	100 mg
iodine (from potassium iodide)	30 mcg
magnesium (as magnesium aspartate)	40 mg
zinc (as zinc amino acid chelate)	2 mg
selenium (as selenium amino acid chelate)	40 mcg
copper (as copper amino acid chelate)	180 mcg
manganese (as manganese amino acid chelate)	2 mg
chromium (as chromium picolinate)	40 mcg
molybdenum (as molybdenum amino acid chelate)	5 mcg
potassium (as potassium aspartate)	10 mg
citrus bioflavonoids	10 mg
boron (as boron citrate)	20 mcg
vanadium (as vanadium amino acid chelate)	3 mg

other ingredients: xylitol, red beet root juice, ascorbyl palmitate, malic acid, cellulose, natural cherry flavor, lo han (*Momordica grosvenorii*) extract (fruit)

Children's Formulas | GF | NON GMO | VEG

PurePals (natural cherry flavor)	Quantity	Order Code
	90	PUPC9

PurePals (with iron)

Improved Formula | Chewable Tablet

- With 10 mg iron (tris-glycinate) per serving.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Children's Formulas | NON GMO | VEG

PurePals (with iron)	Quantity	Order Code
	90	PUPI9

PureProbiotic™

Allergen-Free

Allergen-free multi-strain probiotic formula to support microflora balance, G.I. health and immune cell function‡

PureProbiotic™ (allergen-free) contains a blend of beneficial probiotic microorganisms derived from fermentation on a dairy-free, soy-free medium to ensure tolerability in individuals with food allergies or sensitivities. Each capsule provides 5 billion CFU per capsule of *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Bifidobacterium breve* to support immune and gastrointestinal health. Research indicates that these strains promote healthy microflora balance, G.I. integrity, bowel regularity and healthy immune cell function in children and adults.‡

1 capsule, 1-2 times daily, with or between meals. Powder may be removed from capsule and mixed into cold food or beverage.

each (size 3) vegetarian capsule contains:

probiotic blend	5 billion CFU
providing:	
Bifidobacterium breve (Bb-03)	
Bifidobacterium lactis (Bb-04)	
Lactobacillus acidophilus (La-14)	
Lactobacillus rhamnosus (Lr-32)	
Lactobacillus plantarum (Lp-115)	
Bifidobacterium bifidum (Bb-06)	

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

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics | GF | NON GMO | VEG

PureProbiotic™	Quantity	Order Code
	60	PPA6

**As of 8/20/2019 Pure Encapsulations PureNurient Gummy provided 2 g of sugar per serving which is up to 75% less sugar than other leading professional brands providing 6-8 g per serving.

‡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.

PureResponse™ Multivitamin

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+



The only multivitamin/mineral complex for healthy self-tissue response on the market*‡

Available exclusively from Pure Encapsulations®, PureResponse™ Multivitamin was designed to support key pivot points in immune function, including neutrophil and Natural Killer (NK) cell response, and cytokine production. This first-of-its kind, unique formulation supports healthy cell-mediated immunity with a comprehensive blend of nutrients and reishi mushroom extract. It also includes the adaptogen eleuthero to promote physiological balance and moderate occasional stress, including corticosterone activity, cytokine balance and nutrient metabolism. PureResponse™ Multivitamin features enhanced levels of fat-soluble vitamins, including pre-formed vitamin A, 125 mcg (5,000 IU) vitamin D_3, vitamin E with mixed tocopherols, and both vitamin K_1 and K_2. To accommodate the needs of patients with self-tissue response, PureResponse™ Multivitamin is free from iron, copper, iodine and manganese.‡

2 capsules daily, with a meal.

two (size 00) capsules contain:

vitamin A (as vitamin A acetate)	1,500 mcg
vitamin C (as ascorbic acid)	100 mg
vitamin D (as cholecalciferol) (D_3)	125 mcg (5,000 IU)
vitamin E (as d-alpha tocopherol succinate)	15 mg
vitamin K (as vitamin K_1)	135 mcg
thiamin (as thiamin HCl) (B_1)	5 mg
riboflavin (as riboflavin and 60% riboflavin-5-phosphate (activated B_2))	5 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl and 76% pyridoxal-5-phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	50 mg
choline (as choline bitartrate)	20 mg
magnesium (as di-magnesium malate) (Albion®)	100 mg
zinc (as zinc citrate)	25 mg
selenium (as selenomethionine)	150 mcg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as molybdenum glycinate chelate) (TRAACS®)	150 mcg
potassium (as potassium citrate)	15 mg
vitamin K_2 (menaquinone-7)	45 mcg
mixed tocopherols	20 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
eleuthero (*Eleutherococcus senticosus*) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
reishi (*Ganoderma lucidum*) extract (fruiting body)	75 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

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

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

Albion® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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

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

Multivitamins GF NON GMO VEG

PureResponse™ Multivitamin	Quantity	Order Code
	60	PRSM6

Pycnogenol® 50 mg



Highly-researched pine bark extract to support cognitive function and cardiovascular health‡

"Pycnogenol" originally denoted all proanthocyanidin extracts, regardless of source. However, it now refers specifically to maritime pine bark. The mixture of proanthocyanidins in pine bark supports vascular endothelial integrity by stabilizing collagenous membranes. It also promotes vascular function by modulating nitric oxide levels. In addition to facilitating vitamin C regeneration and preserving vitamin E, Pycnogenol® is a hydroxyl and superoxide radical scavenger. Collectively, these actions promote the health of blood vessels.‡

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

each (size 3) vegetarian capsule contains:

French maritime pine (*Pinus pinaster*) extract (bark)	50 mg

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

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Antioxidants GF NON GMO V VEG

Pynogenol® 50 mg	Quantity	Order Code
	120	PY51
	60	PY56

Pycnogenol® 100 mg

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

each (size 3) vegetarian capsule contains:

French maritime pine (*Pinus pinaster*) extract (bark)	100 mg

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

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Antioxidants GF NON GMO V VEG

Pycnogenol® 100 mg	Quantity	Order Code
	60	PY16
	30	PY13

*As of 10/4/2019 among leading professional brands.

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

‡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.

Q-Gel® 100 (Hydrosoluble™ CoQ_{10})



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

CoQ_{10} is a core component of cellular energy production and respiration, shuttling electrons down the electron transport chain to produce the key energy-rich molecule adenosine triphosphate (ATP). As such, it provides energy support to the cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle. It also acts as an antioxidant, providing cellular protection from free radicals.‡

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

each (size 22) softgel capsule contains:

vitamin E (as d-alpha tocopheryl acetate)	100 mg
coenzyme Q_{10}	100 mg

other ingredients: gelatin, sorbitol, glycerin, purifed water, annato seed extract in sunflower oil (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides)

Q-Gel® and Bio Solv® are registered trademarks of Tishcon Corp.

Hydrosoluble™ is a trademark of Tishcon Corp. Manufactured under one or more of the following U.S. Patents: 6,056,971; 6,300,377; and 6,740,338.

Contains soy

CoQ_{10} NON GMO

Q-Gel® 100 (Hydrosoluble™ CoQ_{10})	Quantity	Order Code
	60	QG16

See also
CoQ_{10} →page 51

Quercetin

Supports cardiometabolic, cellular and immune health‡

Quercetin has been shown to be one of the most bioactive flavonoids. Research suggests a supportive role for cellular, immune and cardiometabolic health.‡

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

two (size 0) vegetarian capsules contain:

quercetin	500 mg

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

Antioxidants GF NON GMO V VEG

Quercetin	Quantity	Order Code
	120	QU1
	60	QU6

R-Lipoic Acid (stabilized)

Stabilized R-lipoic acid for antioxidant and metabolic support‡

Sodium R-alpha-lipoic acid is a highly bioavailable and stabilized form of R-lipoic acid. Regular R-lipoic acid is heat sensitive and may polymerize extensively, decreasing its absorption significantly. In real-time stability tests, sodium R-lipoic acid remained stable for 12 months. The natural R isomer of alpha-lipoic acid may provide enhanced antioxidant activity, energy production, and general metabolic function. Studies suggest that R-lipoic acid offers support for glucose metabolism in skeletal muscle. A University of California Berkeley study indicates that R-lipoic acid may be protective against age-related oxidative stress in the liver. Furthermore, a study at Oregon State University established a potential role for R-lipoic acid in protecting the heart from age-related oxidative stress.‡

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

each (size 1) vegetarian capsule contains:

sodium	14 mg
R-lipoic acid	100 mg

other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), sodium carbonate, ascorbyl palmitate

Antioxidants GF NON GMO V VEG

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

See also
Alpha Lipoic Acid →page 26

Reduced Glutathione

Supports antioxidant defenses and detoxification‡

Glutathione is a key component of the antioxidant system which protects the body from free radicals at the cellular level. Reduced glutathione is involved in the synthesis and repair of DNA, and enhances the antioxidant activity of vitamin C, the transport of amino acids, and the detoxification of harmful compounds. In addition, an intracellular abundance of reduced glutathione, as compared to oxidized glutathione, helps ensure healthy cell function. It is especially important for liver function.‡

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

each (size 1) vegetarian capsule contains:

l-glutathione (reduced) (free-form)	100 mg

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

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

Antioxidants GF NON GMO V VEG

Reduced Glutathione	Quantity	Order Code
	120	RG1
	60	RG6

Relora®



Supports occasional stress and promotes satiety when combined with a healthy diet and exercise‡

Relora® is a proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and helps mediate everday stress-related emotions, eating behavior, and muscle tension. The magnolia and phellodendron fractions may bind to key central nervous system receptors, including those for GABA and the serotonin transporter, which encourages feelings of satiety and relaxation. A pilot clinical trial reported that Relora® was well tolerated and helped promote emotional well being. A follow-up trial reported similar results, as well as indicated that supplementing with Relora® may help diminish stress-related sugary snack cravings and promote healthful eating habits. An animal study further demonstrated the supplement's ability to support mood and relaxation. A recent pilot clinical trial performed in Cincinnati, Ohio, suggested that magnolia and phellodendron helped to maintain healthy cortisol and DHEA production and metabolism, which helped support healthy body-fat distribution.‡

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

each (size 2) vegetarian capsule contains:

Relora®	250 mg
proprietary patented blend of: magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)	

other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silicon dioxide

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Not to be taken by pregnant or lactating women. Do not take concurrently with antidepressants.

Heart & Metabolic · GF · NON GMO · V · VEG

Relora®	Quantity	Order Code
	180	RL1
	60	RL6

ResCu-SR® With MicroActive® Technology

Synergistic combination of sustained-release resveratrol and curcuminoids

A synergistic and exclusive combination

Resveratrol and curcumin support longevity, cardioprotection and neurological health. Recent studies have demonstrated antioxidant synergy and convergent mechanisms.‡

Innovative sustained-release delivery technology

The MicroActive® technology is a patented delivery system that improves solubility, reduces particle size, improves absorption and provides sustained-release of polyphenols.

Backed by human pilot trials

In a human pilot study, peak plasma resveratrol and area under the curve (AUC) values were 250% greater with MicroActive® Resveratrol compared to an equivalent dose of 98% pure resveratrol. In a separate human trial, peak plasma curcumin levels were 4 to 60-fold greater with MicroActive® Curcumin compared to an equivalent dose of a standard 95% curcumin preparation. Superior plasma concentrations remained after a 9-hour period.

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

each (size 00) vegetarian capsule contains:

Trans-resveratrol (from MicroActive® resveratrol sustained-release complex)	100 mg
Curcuminoids (from MicroActive® turmeric (*Curcuma longa*) extract (root) sustained-release complex)	200 mg

other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), carnauba wax, potato starch, polyglycerol fatty acid esters, silica, medium chain triglycerides, sodium alginate

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

MicroActive® is a registered trademark of BioActives, LLC.

Antioxidants · GF · NON GMO · V · VEG

ResCu-SR®	Quantity	Order Code
	60	RCSR6

‡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.

Resveratrol



Supports cardiovascular, cognitive and cellular health‡

Resveratrol is a compound often associated with the health benefits of red wine, because of its antioxidant and cardioprotectant properties. It promotes cardiovascular health through its antioxidant action and its ability to promote healthy platelet function and maintain healthy arachidonic acid metabolism. Pure Encapsulations' Resveratrol is derived from one of the richest known sources, *Polygonum cuspidatum*, an herb utilized for centuries.‡

1-5 capsules daily, with or between meals.

each (size 2) vegetarian capsule contains:

trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root))	40 mg

other ingredients: vegetarian capsule (cellulose, water)

Antioxidants GF NON GMO V VEG

Resveratrol	Quantity	Order Code
	120	RE1
	60	RE6

Resveratrol EXTRA

Combines resveratrol with polyphenols from red wine and grape seed for enhanced support of healthy cellular and cardiovascular function‡

Resveratrol promotes cardiovascular health, helping to maintain healthy platelet function and arachidonic acid metabolism. A recent Harvard study suggests that it may also promote overall health, metabolic function and longevity. Grape seed extract and red wine concentrate offer polyphenols, complementing the cellular and cardiovascular health benefits of this complex. One capsule of Resveratrol EXTRA contains the amount of resveratrol equivalent to an average of 66 bottles of red wine.‡

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

each (size 0) vegetarian capsule contains:

trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root))	100 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

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

Antioxidants GF NON GMO V VEG

Resveratrol EXTRA	Quantity	Order Code
	120	REE1
	60	REE6

Resveratrol VESIsorb®

Liquid-filled Vegetarian Caplique® Capsule

Self-assembling 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®

2 Caplique® Capsules daily, with or between meals.

two (size 0) Caplique® Capsules contain:

resVida® resveratrol (as trans-resveratrol)	100 mg

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

Caplique® is a registered trademark used with permission.

A Pure Encapsulations® Caplique® capsule is a liquid-filled, two piece capsule sealed with a band. Contents may appear cloudy or thick and may settle or separate.

resVida® is a trademark of DSM.

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

Antioxidants GF NON GMO VEG

Resveratrol VESIsorb®	Quantity	Order Code
	90	RSV9

RevitalAge™ Nerve



Advanced nerve support formula‡

- Patented, scientifically researched combination of acetyl-l-carnitine (ALC), alpha lipoic acid (ALA) and methylcobalamin, used under license from Juvenon®, Inc.
- Supports nerve conduction velocity, normal nerve signaling, and nerve structure in healthy individuals‡
- Supports healthy nerve fiber function with a combination of methylcobalamin, pyridoxal 5' phosphate and Metafolin®, L-5-MTHF‡
- Promotes nerve comfort, in part by supporting healthy receptor activity and mitochondria function‡
- Includes MicroActive® sustained-release CoQ_{10}; shown in clinical research to offer 300% greater peak plasma concentrations compared to standard CoQ_{10} for enhanced antioxidant and mitochondria support‡

2 capsules, 2 times daily, with meals.

two (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	10 mg
vitamin B_{12} (as methylcobalamin)Δ	250 mcg
folate (as Metafolin®, L-5-MTHF)	417 mcg DFE (250 mcg L-5-MTHF)
magnesium (as di-magnesium malate)	100 mg
acetyl-l-carnitine HClΔ	500 mg
alpha lipoic acid (thioctic acid)Δ	200 mg
coenzyme Q_{10} (from MicroActive® Q_{10}-cyclodextrin complex)	15 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), potato starch, ascorbyl palmitate	

ΔUnder license from Juvenon® Inc.

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

MicroActive® is a registered trademark of BioActives, LLC.

Antioxidants GF NON GMO VEG

RevitalAge™ Nerve	Quantity	Order Code
	120	RJN1

RevitalAge™ Ultra

Enhanced antioxidant and mitochondrial support formula for cellular longevity‡

RevitalAge™ Ultra is a scientifically researched combination of acetyl-l-carnitine (ALC) and alpha lipoic acid (ALA) offered with antioxidant and mitochondrial support cofactors. It promotes healthy aging through 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
- 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‡

pTeroPure™ Pterostilbene: Pure, methylated resveratrol

- Pure, clinically-researched pterostilbene, the methylated analog of resveratrol
- Promotes cardiometabolic health by supporting healthy PPAR-alpha receptor activity‡
- May provide additional antioxidant support when combined with resveratrol‡

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

3 capsules daily, with meals.

three (size 00) vegetarian capsules contain:

biotinΔ	2 mg
acetyl-l-carnitine HClΔ	1,000 mg
alpha lipoic acid (thioctic acid)Δ	400 mg
resVida® resveratrol (as trans-resveratrol)	30 mg
CoQ_{10} sustained-release (from MicroActive® Q_{10}-cyclodextrin complex)	30 mg
pTeroPure™ pterostilbene	5 mg
PhytoLongevity proprietary blend providing cranberry (*Vaccinium macrocarpon*) extract (fruit), wild blueberry (*Vaccinium angustifolium*) extract (fruit), Orléans strawberry (*Fragaria x ananassa*) extract (fruit) and spinach (*Spinacia oleracea*) extract (leaf)	200 mg
other ingredients: vegetarian capsule (cellulose, water), potato starch, maltodextrin	

ΔUnder license from Juvenon® Inc.

resVida® is a trademark of DSM

pTeroPure™ is a trademark of ChromaDex, Inc.

MicroActive® is a registered trademark of BioActives, LLC.

Antioxidants GF NON GMO V VEG

RevitalAge™ Ultra	Quantity	Order Code
	90	RJU9

‡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.

Rhodiola Rosea



Broad-spectrum adaptogen support for occasional mental and physical stress, and cardiovascular function‡

Rhodiola rosea, a Siberian plant also known as Golden root, has been used traditionally for hundreds of years to help lessen mental and physical stress and to promote endurance. Animal studies indicate that the extract also appears to maintain healthy adrenal catecholamine activity during stress and provide cardioprotection by moderating stress-induced catecholamine release in the myocardium. Furthermore, *Rhodiola rosea* has demonstrated the potential to support healthy glucose metabolism. Rhodiola may be contraindicated for individuals taking adrenergic-blocking and antiarrhythmic medications.‡

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

each (size 3) vegetarian capsule contains:

rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg

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

Memory & Mood · GF · NON GMO · V · VEG

Rhodiola Rosea	Quantity	Order Code
	180	RR1
	90	RR9

RiboCarnitine-Q_{10}

Synergistic support for muscular energy production 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 cardiac function‡

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

three (size 00) vegetarian capsules contain:

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

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

Use of D-Ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 6,159,942 and 6,534,480.

L-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

GlycoCarn® is a registered trademark of Sigma-tau S.p.A. and is manufactured under USA production patent #6,703,042 and other world-wide patents.

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

Energy & Fitness · GF · NON GMO · VEG

RiboCarnitine-Q_{10}	Quantity	Order Code
	180	RCQ1

Ribose

Supports energy repletion‡

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

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

serving size: 1 scoop (approximately 2.2 g)

each heaping scoop (approximately 2.2 g) contains:

d-ribose	2.2 g

Use of D-Ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 6,159,942 and 6,534,480.

Energy & Fitness · GF · NON GMO · V · VEG

Ribose	Quantity	Order Code
	250 g	RI2
	100 g	RI1

Saccharomyces boulardii (active probiotic culture)



Allergen-Free

Nutritionally supports the gastrointestinal tract by maintaining gut flora balance‡

Saccharomyces boulardii is a probiotic yeast which nutritionally supports the health of the gastrointestinal tract. This yeast supports a balance of healthy gut flora.‡

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

two (size 00) vegetarian capsules contain:

Saccharomyces boulardii	10 billion CFU

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

This formula requires refrigeration to maintain culture viability.

Energy & Fitness GF NON GMO V VEG

Saccharomyces boulardii	Quantity	Order Code
	60	SB6

See also
PureBi•Ome™ Intensive →page 138

SAMe (S-Adenosylmethionine)

Shelf-Stable; Acid-Resistant Capsules

Enhanced stability SAMe to support methylation, positive mood, glutathione production and joint comfort‡

SAMe (S-adenosylmethionine) is a metabolite present in all living cells. It functions as a donor of methyl groups in over 100 different reactions and contributes to the synthesis, activation and/or metabolism of hormones, neurotransmitters, nucleic acids, phospholipids and proteins. Methyl groups act as a signal throughout the body, regulating genetic expression and cellular function. SAMe also functions as a precursor molecule for glutathione and promotes polyamine synthesis to promote healthy cellular function. Clinical trials indicate that SAMe administration enhances glutathione production in hepatic tissue and red blood cells. SAMe also targets cognitive function and positive mood, as indicated in over 40 clinical studies. In a meta-analysis involving 25 controlled trials and 791 individuals, SAMe offered statistically significant support for positive mood believed to be due to its support for neurotransmitter monoamine synthesis and function, including dopamine and serotonin. It also promotes healthy protein turnover and maintains healthy phospholipid methylation to support phosphatidylcholine production and cellular membrane integrity and fluidity. Studies suggest it may enhance joint comfort and flexibility as well. In a meta-analysis involving 11 studies, SAMe offered statistically significant support for joint function. It is believed to enhance joint comfort and function by supporting proteoglycan synthesis, as well as helping to stabilize and protect the proteoglycans.‡

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

each (size 00) vegetarian capsule contains:

SAMe (S-adenosylmethionine) (from S-adenosyl-L-methionine disulfate tosylate)	200 mg

other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), calcium oxide, ascorbyl palmitate, calcium chloride

If you are pregnant or lactating, have any health condition or are taking any medication, particularly if you have bipolar disorder or are taking antidepressant medication, consult your health professional before use.

Memory & Mood GF NON GMO V VEG

SAMe (S-Adenosylmethionine)	Quantity	Order Code
	60	SAM6

‡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 320



Fundamental, time-tested support for urinary function and prostate health‡

Saw palmetto has been utilized for decades to support healthy prostate and urinary function. In countries like New Zealand, France, Germany, and Austria, this herb has been the gold standard for prostate support for many years. Its primary mode of action involves supporting healthy testosterone metabolism, in part by maintaining healthy 5-alpha-reductase enzyme activity and receptor binding. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, results suggest that saw palmetto provides important urologic support by promoting healthy urinary function. In a three-year German study, saw palmetto extract promoted healthy urinary function in volunteers.‡

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

each (size 6) softgel capsule contains:

saw palmetto (*Serenoa repens*) extract (fruit) (standardized to contain 85% total fatty acids)	320 mg
other ingredients: gelatin capsule (gelatin, glycerin, water)	

Not to be taken by pregnant or lactating women.

Men's Formulas

NON GMO

Saw Palmetto 320	Quantity	Order Code
	240	SP32
	120	SP31

Saw Palmetto Plus

Broad support for urinary function and prostate health‡

Saw palmetto has been used safely for decades to support proper prostate and urinary function. Its primary mode of action involves maintaining healthy testosterone metabolism. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, saw palmetto promoted healthy urinary flow. *Pygeum africanum* may maintain healthy prostaglandin and prolactin metabolism in the prostate. Pumpkin seed oil provides essential fatty acids and zinc, important for prostate health. Nettle root, also known as stinging nettles or *Urtica dioica*, has indicated the ability to support healthy enzyme activity and maintain healthy hormone metabolism in prostate cells. In a multicenter study examining the effect of nettle root extract in over 5,000 individuals, the extract supported prostate health in the majority of subjects.‡

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

two (size 14) softgel capsules contain:

calories	20
total fat	2 g
vitamin E (as d-alpha tocopherol)	13 mg
saw palmetto (*Serenoa repens*) extract (fruit) (standardized to contain 85% total fatty acids)	320 mg
pumpkin (*Cucurbita pepo*) oil (seed) (fresh pressed)	640 mg
pygeum (*Pygeum africanum*) extract (bark)	40 mg
nettle (*Urtica dioica*) extract (root)	400 mg
other ingredients: gelatin capsule (gelatin, glycerin, purified water, carob), beeswax, sunflower lecithin	

Not to be taken by pregnant or lactating women.

Men's Formulas

NON GMO

Saw Palmetto Plus	Quantity	Order Code
	250	SP2
	120	SP1
	60	SP6

Selenium (citrate)



Highly bioavailable form; supports antioxidant defenses, immune function and cellular health‡

Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain prostaglandins, which promote healthy blood flow. Selenium may also help support healthy growth and fertility, as indicated in a research study using a combination of selenomethionine and vitamin E. Selenium also provides support for the immune system.‡

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

each (size 3) vegetarian capsule contains:

selenium (as selenium citrate)	200 mcg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

Selenium (citrate)	Quantity	Order Code
	180	SEC1
	60	SEC6

Selenium (selenomethionine)

Supports antioxidant defenses, immune function and cellular health‡

Selenomethionine serves as a storage form of selenium. It is incorporated into proteins and released as the proteins are catabolized.‡

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

each (size 3) vegetarian capsule contains:

selenium (as selenomethionine)	200 mcg

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

Vitamins & Minerals | GF | NON GMO | V | VEG

Selenium (selenomethionine)	Quantity	Order Code
	180	SE1
	60	SE6

Sereniten Plus

Formulated with Penny Kendall-Reed, N.D.*

Moderates the effects of occasional stress and supports restful sleep‡

Lactium® is a unique, clinically researched bioactive casein decapeptide (a polypeptide 10-chain amino acid alpha-1 sequence) developed to target stress-related symptoms. In one 30-day study, subjects supplemented with 150 mg Lactium® daily reported statistically significant support for multiple stress-related effects, including digestion, mood, relaxation, sleep, and cardiovascular and cognitive function. In studies where individuals or animals were exposed to mild stressors, supplementation helped moderate healthy heart rate and blood flow, as well as plasma cortisol. Cortisol is released by the adrenal glands during acute and chronic stress. In another study, Lactium® promoted the onset of sleep and healthy sleep quality. Healthy sleep quality has been associated with cognitive function and working memory. Sleep also has been tied to metabolic health, including mitochondrial function, visceral fat deposition, alterations in gut barrier function, and changes in gut microbiota. Several studies have shown l-theanine to enhance alpha wave production in the occipital and parietal regions of the brain, helping calm the sympathetic nervous system for a relaxing effect without drowsiness. l-Theanine also helps maintain healthy IgA levels, suggesting support for immune health during occasional stress. Preclinical research suggests that vitamin D plays a role in promoting healthy immune and cardiometabolic biomarkers, and may support normal cortisol production within abdominal adipocytes at the cellular level. Vitamin D may be particularly important for individuals with certain genetic variations.‡

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

each (size 0) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	2.5 mcg (100 IU)
Lactium® casein decapeptide (milk)	175 mg
l-theanine	50 mg

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

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

Contains milk

Memory & Mood | NON GMO | VEG

Sereniten Plus	Quantity	Order Code
	45	SRP4

*Dr. Kendall-Reed is a retained advisor to Pure Encapsulations.

‡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.

SeroPlus

PureSYNAPSE™ product line
Formulated with James Greenblatt, M.D.†



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

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

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

two (size 00) vegetarian capsules contain:

vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	6.7 mg
vitamin C (as ascorbic acid)	100 mg
niacin (as niacinamide)	20 mg
folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (L-5-MTHF 500 mcg)
magnesium (as di-magnesium malate)	100 mg
zinc (as zinc picolinate)	10 mg
5-hydroxytryptophan	100 mg
inositol (as myo-inositol)	500 mg
taurine (free-form)	200 mg
other ingredients: vegetarian capsule (cellulose, water)	

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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Memory & Mood GF NON GMO V VEG

SeroPlus	Quantity	Order Code
	120	SOP1

Silymarin

Highly concentrated milk thistle extract to support healthy liver functioning‡

Silymarin is a milk thistle extract that nutritionally supports liver function. This highly active botanical protects the liver from free radical damage, supports glutathione concentrations and promotes superoxide dismutase activity. Milk thistle extract also stimulates protein synthesis in hepatic cells.‡

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

each (size 2) vegetarian capsule contains:

milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	250 mg
other ingredients: vegetarian capsule (cellulose, water)	

Liver & Detoxification GF NON GMO V VEG

Silymarin	Quantity	Order Code
	120	SL1
	60	SL6

See also
Liver-G.I. Detox‡ →page 97

Sleep Solution (single dose liquid)

Convenient, single-serving liquid formula to provide support for occasional sleeplessness‡

Sleep Solution (single dose liquid) contains a unique blend of magnesium, glycine, theanine and melatonin in a convenient, single-serving liquid delivery system to offer broad-spectrum support for occasional sleeplessness. The formula targets both emotional and muscle relaxation, as well as sleep onset and quality to encourage restful sleep throughout the night. In addition, glycine and magnesium are included to support muscle relaxation and a healthy sleep cycle. In a small study involving sleep deprived volunteers, 3 g of the inhibitory neurotransmitter glycine enhanced subjective sleep quality, sleep onset time and daytime alertness. Melatonin also facilitates the onset of sleep and sleep efficiency. l-Theanine promotes relaxation and to moderates occasional stress. Research indicates that l-theanine enhances alpha wave production in the brain, an indication of relaxation. Xylitol is included in the formula for its sweetening and dental health properties, including support for salivary pH and mineral concentrations to promote microflora balance and tooth mineralization.‡

1 bottle 30-60 minutes before bedtime.

serving size: 58 ml / 1.96 fl oz (1 bottle)
servings per container: 6

each (58 ml/1.96 fl oz) bottle contains:

calories	20
total carbohydrate	2 g
sugar alcohols	2 g
magnesium (as magnesium citrate)	145 mg
glycine (free-form)	3 g
Suntheanine® l-theanine	100 mg
melatonin	2 mg
other ingredients: purified water, xylitol, citric acid, natural raspberry, lemonade and other natural flavors, potassium sorbate, purified stevia leaf extract	

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

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep GF NON GMO VEG

Sleep Solution (single dose liquid)	Quantity	Order Code
	6 bottles 58 ml (1.96 fl oz)	SLB6

See also
Best-Rest Formula →page 37
Melatonin →page 105

SP Ultimate



Comprehensive prostate formula; provides enhanced support for prostate function and prostate cellular health‡

Saw palmetto, pygeum and beta sitosterol offer support for healthy urinary function, in part by maintaining healthy hormone metabolism and enzyme activities. A meta-analysis involving 18 randomized controlled trials and almost 3,000 men indicated that saw palmetto provided positive support for urinary health. In a related meta-analysis, pygeum demonstrated similar support. A randomized, double-blind, placebo-controlled, multicenter study with 200 male subjects revealed that beta-sitosterol also provides promising urinary function support. These actions are combined with the extensive prostate cell support potential of antioxidants, vitamins, minerals and herbs included in this formula. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health. Healthy plasma concentrations of selenium and zinc have also been associated with maintaining healthy prostate cell metabolism. Vitamin D, curcumin and green tea play key roles in prostate cell health, including support for healthy matrix metalloproteinase (MMP) activity, cell receptor function and cell signaling. Pomegranate and silymarin provide enhanced antioxidant support and promote healthy prostate cell cycle function.‡

3 capsules daily, with a meal.

three (size 00) vegetarian capsules contain:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
zinc (as zinc citrate)	15 mg
selenium (from selenium yeast)	70 mcg
saw palmetto (*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 40% punicosides)	50 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

Contains soy

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health care practitioner before use.

Men's Formulas GF NON GMO VEG

SP Ultimate	Quantity	Order Code
	180	SPU21
	90	SPU29

See also

Saw Palmetto Plus →page 158

SR-CoQ_{10} with PQQ

24-hour sustained-release MicroActive® CoQ_{10} with BioPQQ® to support mitochondrial, cognitive and cardiovascular health‡

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

two (size 0) vegetarian capsules contain:

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

BioPQQ® is a registered trademark of MGC (Japan)

MicroActive® is a registered trademark of BioActives, LLC.

CoQ_{10} GF NON GMO VEG

SR-CoQ_{10} with PQQ	Quantity	Order Code
	60	CQP6

See also

CoQ_{10} →page 51

Strontium (citrate)

Strontium promotes healthy osteoblast activity while maintaining healthy osteoclast activity to support healthy bones‡

The trace mineral strontium supports healthy osteoblast differentiation, osteoblast collagen formation and balanced osteoclast activity, maintaining bone tensile strength. In two separate clinical trials involving a total of more than 2,000 women, strontium supplementation supported healthy vertebrae integrity and composition. In a preliminary analysis of a three-year placebo-controlled, double-blind study of 5,091 postmenopausal women, strontium supplementation promoted healthy hip bones. Since strontium is absorbed using calcium transport mechanisms, strontium supplements should not be taken at the same time as calcium supplements or calcium containing foods. While supplementing with strontium, adequate calcium intake should be maintained.‡

1 capsule, 1-3 times daily, with or between meals, away from calcium containing foods or supplements.

each (size 00) vegetarian capsule contains:

strontium (as strontium citrate)	227 mg
other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Vitamins & Minerals GF NON GMO V VEG

Strontium (citrate)	Quantity	Order Code
	180	STC1
	90	STC9

See also

OsteoBalance‡ →page 122
Calcium →page 42

‡Dr. Greenblatt is a retained advisor to Pure Encapsulations.

‡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.

SunButyrate™-TG liquid

NEW

PureGI™ product line

Unique, butyrate-rich triglyceride oil that promotes intestinal health, gut barrier integrity, cytokine balance in the G.I. tract, bowel motility, and abdominal comfort‡

Butyrate is one of the three most abundant short-chain fatty acids (SCFAs) produced by anaerobic bacterial fermentation of polysaccharides/fiber in the colon, where it serves as an energy source for epithelial cells. Butyrate plays a major role in intestinal physiology, supporting both physical and biochemical protective barrier function, bowel motility, nutrient absorption, and immune activity of intestinal cells. It also promotes the proliferation, differentiation and renewal process of the colonocytes. Research suggests that SCFAs produced by intestinal bacteria activate key players in the regulation of energy metabolism in the gut as well as regulate healthy gene expression for mucin production, supporting tight-junction assembly, healthy mucous production, and a healthy intestinal barrier. In a four-week study comparing a standard low-fiber Western diet to a high-fiber diet with high levels of resistant starch from potato and wheat bran concentrated in the hemicellulose fiber arabinoxylan, levels of butyrate, acetate and other SCFAs significantly increased, as did epithelial mucin 2 (MUC2) and the tight junction protein occludin. SCFAs also help protect epithelial cells by modulating oxidative stress and immune mediators, including prostaglandins; cytokines such as TNF-a, IL-6, IL-10; and the transcription factor NF-kB. Clinical trials indicate that butyrate supplementation supports intestinal function and promotes healthy cytokine balance in the G.I. tract. In a 30-day trial involving 50 subjects, 1 g butyrate promoted healthy G.I. motility and abdominal comfort, and reduced bloating in 68% of subjects. Preliminary research suggests SCFAs could also offer support for blood vessel and blood-brain barrier integrity, as well as relaxation and satiety. Animal studies suggest that SCFA supplementation may moderate corticosterone response and promote the secretion of peptide YY, to inhibit gastric emptying and intestinal transit time. As butyrate is typically produced in the colon, oral butyrate salts have poor palatability and are easily degraded by stomach acid, preventing delivery to the colon. Novel triglyceride-form SunButyrate™ offers a light and pleasant-tasting, unique triglyceride-form sunflower-based oil designed to protect butyrate from degradation in the stomach and upper G.I. tract. G.I. models and in vitro tests reveal 6-8% breakdown in the stomach compared to 70% breakdown in other forms, while maintaining >90% breakdown in the intestine.‡

1 teaspoon, 1-3 times daily, with meals.

serving size: 1 teaspoon (5ml / 0.17 fl oz)
servings per container: 56

each teaspoon contains:

Calories	40
Total Fat	5 g
Saturated Fat	1 g
SunButyrate™ butyrate-triglyceride	4.5 g
Providing 875 mg butyric acid	

other ingredients: natural blueberry and vanilla flavors, mixed tocopherols, rosemary leaf extract

SunButyrate™ is a trademark used under license.

Gastrointestinal GF NON GMO VEG

SunButyrate™-TG liquid	Quantity	Order Code
	280 ml	BTGL



Synergy K

A unique blend of vitamins K_1, K_2 and D for healthy calcium utilization to maintain healthy bones and blood vessels‡

Provides a blend of vitamin K1, vitamin K_2 (MK-4), vitamin K_2 (MK-7), and vitamin D to support healthy calcium utilization. Recent studies indicate that vitamin D potentiates the activity of MGP and that the combination of vitamin K and D provides synergistic support for blood vessel function and bone health.‡

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

each (size 2) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin K (as vitamin K_1)	500 mcg
vitamin K_2 (menaquinone-4)	1,000 mcg
vitamin K_2 (menaquinone-7)	45 mcg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. This product is containdicated with Coumadin (Warfarin). If you are taking a blood thinning medication, consult your health professional before use.

Vitamins & Minerals GF NON GMO VEG

Synergy K	Quantity	Order Code
	120	SKD1
	60	SKD6

See also

PureHeart® K_2D →page 142
Calcium K/D →page 43

Systemic Enzyme Complex

Acid-Resistant Capsules

Support for muscle, joint, and tissue health‡

- Moderates prostaglandin and arachidonic acid metabolism‡
- Helps support joint comfort after exercise‡
- Provides boswellia, maintaining healthy 5-lipoxygenase enzyme activity for tissue comfort support‡
- Includes Serrazimes®, a serrapeptidase-comparable enzyme blend

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

three (size 2) vegetarian capsules contain:

pancreatin (from porcine) (lactose-free) (50,000 USP units protease)	176 mg
protease 6.0 (60,000 HUT)	120 mg
Serrazimes® (protease blend) (10,000 U)	17 mg
bromelain (from pineapple stem) (2,400 GDU/g)	120 mg
papain (from papaya fruit) (800 TU/mg)	120 mg
rutin	100 mg
trypsin (from porcine) (1:150) (11,250 USP units)	75 mg
chymotrypsin (from bovine) (2,550 USP units)	3 mg
Indian frankincense (*Boswellia serrata*) extract (gum resin) (standardized to contain 70% boswellic acids)	250 mg
other ingredients: vegetarian capsule (cellulose, gellan gum, water), ascorbyl palmitate	

Serrazimes® is a registered trademark of National Enzyme Company.

Not to be taken by pregnant or lactating women.

Energy & Fitness GF NON GMO

Systemic Enzyme Complex	Quantity	Order Code
	180	SYC1

‡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.

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 to support the normal detoxification process. Dietary taurine promotes the formation of taurocholate, a substance which increases cholesterol secretion in the bile and also supports fat metabolism in the liver.‡

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

each (size 00) vegetarian capsule contains:

taurine (free-form)	1,000 mg

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

Amino Acids GF NON GMO V VEG

Taurine 1,000 mg	Quantity	Order Code
	120	TA11

Taurine 500 mg

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

each (size 1) vegetarian capsule contains:

taurine (free-form)	500 mg

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

Amino Acids GF NON GMO V VEG

Taurine 500 mg	Quantity	Order Code
	60	TA56

Teavigo®

Highly purified EGCG source to provide targeted and efficient antioxidant and cellular support‡

Teavigo® is a natural, caffeine-free green tea extract providing a highly purified and refined source of epigallocatechin gallate (EGCG). Over the years, numerous studies have reported that this polyphenolic compound supports optimal cellular function and provides antioxidant protection. Multiple recent studies have suggested that EGCG supports prostate, colon, lung, and bladder health. Additionally, a clinical study reported that EGCG promoted healthy cervical tissue. An in-vitro study conducted at the Mayo Clinic in Minnesota reported that EGCG helped promote blood cell health. Research has indicated that EGCG may promote cellular health through a number of pathways, including moderating hydroxyl radical formation as well as gene expression. Furthermore, EGCG may promote healthy lipid metabolism. Investigators in one study reported that the gallate moiety on the EGCG played a particularly important role in supporting healthy apolipoprotein metabolism.‡

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

each (size 1) vegetarian capsule contains:

green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 94% EGCG)	150 mg

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

Teavigo® is a trademark of DSM.

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Antioxidants GF NON GMO V VEG

Teavigo®	Quantity	Order Code
	120	TE1

See also

Green Tea extract (decaffeinated) →page 84
Calcium K/D →page 43

Th1 Support



PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

Promotes healthy Th1-predominant cellular immune response‡

- Supports healthy activation of Th1 cells to promote innate immunity and cell-mediated immune defenses‡
- Th1 response is affected by stress, aging and cytokine changes resulting from metabolic, hormonal, physiological and environmental factors
- Helps maintain healthy immune biomarkers related to cell tissue health and comfort‡
- Helps balance cytokine production in order to promote Th1 differentiation‡

Th1 Support is designed to support healthy activation of Th1 cells to promote innate immunity and cell-mediated immune defenses. Support for Th1 may be indicated for enhancement of natural defenses. According to preclinical data, the formula ingredients support maturation of T cells into Th1 cells and production of IL-12 and IFN-γ, important Th1-promoting cytokines. Studies suggest that berberine positively influences immune biomarkers related to cell and tissue health. Sulforaphane from broccoli promotes various aspects of immunological homeostasis that maintain the health of mucosal cells.‡

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

two (size 00) vegetarian capsules contain:

zinc (as zinc picolinate)	10 mg
berberine HCl	500 mg
Chinese skullcap (*Scutellaria baicalensis*) extract (root) (standardized to contain 30% flavonoids as baicalins, baicaleins & wogonins)	300 mg
broccoli (*Brassica oleracea italica*) sprout concentrate (whole plant) (standardized to contain 400 mcg sulforaphane)	100 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	120 mg
other ingredients: vegetarian capsule (cellulose, water)	

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Immune Support GF NON GMO V VEG

Th1 Support	Quantity	Order Code
	120	TH11

Th2 Modulator

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

Helps modulate the Th2 immune response and maintains Th1/Th2 balance at the cellular level‡

- Helps modulate Th2 cytokines, and eosinophil and mast cell activity‡
- Th2 response is affected by stress, aging and cytokine changes resulting from metabolic, hormonal, physiological and environmental factors
- Offers support for healthy self-tissue response‡
- Helps maintain healthy modulation of mucosal immune responses to environmental factors‡

Th2 Modulator is designed to modulate the Th2 immune response, to support healthy Th1/Th2 balance, self-tissue response and mucosal health. This product helps support healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. It also helps maintain healthy modulation of mucosal immune responses to environmental factors. Th2 modulation may be indicated when addressing immune balance in the sinus, respiratory, urinary, and intestinal tracts. Perilla maintains healthy upper respiratory cytokine levels in animal models of Th2 dominance. It also supports cytokine homeostasis of GI mucosal tissue. Perilla seed offers a more concentrated source of polyphenols, rosmarinic acid, luteolin and other beneficial compounds compared to leaf. N-acetyl-L-cysteine (NAC) offers mucolytic properties and promotes tissue levels of glutathione.‡

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

two (size 00) vegetarian capsules contain:

n-acetyl-l-cysteine	300 mg
quercetin	250 mg
Perilla (*Perilla frutescens*) extract (seed) (standardized to contain 3% polyphenols)	150 mg
astragalus (*Astragalus membranaceus*) extract (root)	160 mg
other ingredients: vegetarian capsule (cellulose, water)	

Immune Support GF NON GMO V VEG

Th2 Modulator	Quantity	Order Code
	120	TH2A1

See also

Balanced Immune →page 36
Innate Immune Support →page 87

+Dr. Yanuck is a retained advisor to Pure Encapsulations.

‡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-Theanine



Promotes relaxation and helps to moderate occasional stress‡

Green tea has been recognized for centuries as having relaxant properties. l-Theanine, a unique amino acid derived from tea, provides the characteristic taste of green tea. l-Theanine has also been discovered as the biologically active constituent of green tea responsible for promoting relaxation. In a preliminary non-clinical study, an l-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 l-theanine administration. Theanine is also useful for supporting healthy cellular function. Preliminary research suggests that l-theanine may be helpful for premenstrual support including healthy mood. Furthermore, theanine has been reported to moderate the effects of caffeine on the central nervous system. l-Theanine's safety is supported in studies and by its long history of safe consumption in tea. Pure Encapsulations' l-Theanine is Suntheanine®, the brand which has been used in scientific studies.‡

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

two (size 2) vegetarian capsules contain:

l-theanine	400 mg

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

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

Memory & Mood · GF · NON GMO · V · VEG

l-Theanine	Quantity	Order Code
	120	LTH1
	60	LTH6

Thyroid Support Complex‡

Comprehensive formula containing vitamins, minerals and herbal extracts to support healthy thyroid cell metabolism and thyroid hormone function‡

This comprehensive thyroid support formula contains vitamins, minerals and herbal extracts to nourish and support thyroid gland function. 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. 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. Research indicates that ashwagandha and guggul are also key factors for helping to sustain healthy thyroid function. Vitamins A and C, along with selenium, guggul and curcumin, help moderate free radicals that affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.‡

2 capsules daily, with a meal.

two (size 00) vegetarian capsules contain:

vitamin A (as vitamin A acetate)	750 mcg
vitamin C (as ascorbic acid)	150 mg
vitamin D (as cholecalciferol) (D_3)	5 mcg (200 IU)
iodine (as potassium iodide)	150 mcg
zinc (as zinc citrate)	20 mg
selenium (as selenomethionine)	200 mcg
l-tyrosine (free-form)	500 mg
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

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

Not to be taken by pregnant or lactating women.

Energy & Fitness · GF · NON GMO · VEG

Thyroid Support Complex‡	Quantity	Order Code
	120	TS21
	60	TS26

Trace Minerals

Provides a highly absorbable blend of essential minerals to support metabolism and cellular function‡

Trace Minerals contains essential minerals to support nutrient metabolism and cellular function throughout the body. These minerals are important enzyme cofactors for numerous processes, including cellular energy production and the synthesis of hormones, neurotransmitters and DNA. This formula provides trace minerals in a balanced combination, without macrominerals, to promote optimal bioavailability.‡

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

each (size 3) vegetarian capsule contains:

iodine (as potassium iodide)	100 mcg
zinc (as zinc picolinate)	15 mg
selenium (as selenomethionine)	70 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium picolinate)	200 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	100 mcg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	250 mcg
silica (from bamboo)	10 mg

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

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

Vitamins & Minerals · GF · NON GMO · V · VEG

Trace Minerals	Quantity	Order Code
	60	TRM26

Tri-Alkali



Supports healthy acid-alkaline balance in the body for healthy bone and kidney 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.‡

1 scoop twice daily, with meals, or as directed by a health professional.

serving size: 3.9 g (1 scoop)
servings per container: 90

each scoop (approximately 3.9 g) contains:

vitamin D (as cholecalciferol) (D_3)	10 mcg (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
other ingredients: stevia leaf extract	

Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.

Vitamins & Minerals | GF | NON GMO | VEG

Tri-Alkali	Quantity	Order Code
	351 g	TRI3

Tribulus Formula

Helps maintain the body's normal testosterone levels‡

- Contains D-aspartic acid and European-sourced *Tribulus terrestris* to support testosterone balance‡
- Maintains healthy aromatase enzyme activity with the flavonoids chrysin and hesperetin‡

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

three (size 00) vegetarian capsules contain:

tribulus (*Tribulus terrestris*) extract (fruit) (standardized to contain 20% protodioscin)	250 mg
D-aspartic acid	1,000 mg
chrysin	100 mg
hesperetin	50 mg
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Men's Formulas | GF | NON GMO | V | VEG

Tribulus Formula	Quantity	Order Code
	90	TBF9

l-Tryptophan

Enhances serotonin synthesis to support emotional well-being and restful sleep‡

The essential amino acid l-tryptophan is a serotonin precursor. Research indicates that l-tryptophan supplementation may support emotional well-being and restful sleep. In a double-blind, placebo-controlled study, l-tryptophan supported healthy emotional processing and promoted positive outlook in women. In a separate study, it supported healthy mood and lessened occasional irritability during the menstrual cycle. l-Tryptophan also supports healthy sleep quality, onset and duration. Additional research suggests that tryptophan may promote relaxation and help control occasional cravings. Vitamin B_6 provides enhanced support as an important cofactor involved in the metabolism of l-tryptophan.‡

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

two (size 00) vegetarian capsules contain:

Vitamin B_6 (as pyridoxal 5' phosphate) (activated B_6)	6.7 mg
TryptoPure®	1,000 mg
other ingredients: vegetarian capsule (cellulose, water)	

AjiPure® is a registered trademark of AJINOMOTO® CO., INC. / TryptoPure® is a registered trademark of AJINOMOTO® CO., INC.

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

Memory & Mood | GF | NON GMO | V | VEG

l-Tryptophan	Quantity	Order Code
	180	TRY11
	90	TRY19

l-Tyrosine

Supports dopamine synthesis for emotional wellness and cognitive function‡

In the body, l-phenylalanine is converted to l-tyrosine. The amino acid l-tyrosine is a precursor of catecholamine neurotransmitters, including l-dopa, dopamine, epinephrine, and norepinephrine. These neurotransmitters are responsible for supporting emotional well-being and mental function. l-Tyrosine plays a role in promoting healthy neurotransmitter function in response to environmental and emotional stress. Research has indicated its potential to further support cognitive function and memory under stressful conditions. In one study, l-tyrosine helped support mood and sleep in subjects with low dopamine levels. l-Tyrosine is also a key component in the synthesis of thyroid hormones.‡

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

each (size 00) vegetarian capsule contains:

l-tyrosine (free-form)	500 mg
other ingredients: vegetarian capsule (cellulose, water)	

Amino Acids | GF | NON GMO | V | VEG

l-Tyrosine	Quantity	Order Code
	90	LT59

‡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 50 mg



Active antioxidant form of CoQ_{10}; support for energy metabolism and cardiovascular health‡

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 for individuals who appear not to respond to regular CoQ_{10} supplementation (possibly due to poor conversion of CoQ_{10} to ubiquinol in the body). Research suggests that it may be more readily absorbed than ubiquinone. In a comparison study involving healthy subjects, supplementation with 200 mg ubiquinol for 4 weeks increased plasma total CoQ_{10} from 0.9 to 4.3 µg/mL ($P < 0.001$) compared to 0.9 to 2.5 µg/mL with ubiquinone. It was also noted that ubiquinol supported a healthy ratio of CoQ_{10} to lipids. Research indicates ubiquinol supports antioxidant status, healthy ejection fraction and mitral valve function while supporting overall physical activity and quality of life. The safety and bioavailability of ubiquinol were evaluated after single oral dose and 4-week multiple dose studies. Significant gastrointestinal absorption was observed and no clinically significant adverse effects were noted.‡

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

each (size 10) softgel capsule contains:

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q_{10})	50 mg

other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto extract in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

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

CoQ_{10} NON GMO

Ubiquinol-QH 50 mg	Quantity	Order Code
	60	UQ56

Ubiquinol-QH 100 mg

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

each (size 14) softgel capsule contains:

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q_{10})	100 mg

other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

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

CoQ_{10} NON GMO

Ubiquinol-QH 100 mg	Quantity	Order Code
	60	UQ16

See also
CoQ_{10} →page 51

Ubiquinol-QH 200 mg

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

each (size 16) softgel capsule contains:

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q_{10})	200 mg

other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

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

CoQ_{10} NON GMO

Ubiquinol-QH 200 mg	Quantity	Order Code
	60	UQ26

Ubiquinol VESIsorb®



Liquid-filled Caplique® Capsule

Active antioxidant form of CoQ_{10}; self-assembling colloidal system for enhanced ubiquinol absorption

- Patented, lipid-based delivery system increases bioavailability and provides extended release of bioactive over time
- A crossover, 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 (Cmax) and a 622% increase in area under the curve (AUC(0-10 hr)), a measure of 10-hour bioavailability
- In the same study, AUC(0-10 hr) values were 285% and 499% greater with VESIsorb® CoQ_{10} compared to two other solubilized, bio-enhanced preparations

1 Caplique® Capsule daily, with a meal, or as directed by a health professional.

each (size 0) Caplique® Capsule contains:

vitamin E (as d-alpha tocopheryl acetate)	7 mg
Kaneka ubiquinol™ (active antioxidant form of CoQ_{10})	100 mg
other ingredients: medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, gelatin Caplique® Capsule (gelatin, glycerin, water, titanium dioxide)	

Caplique® is a registered trademark used with permission.

A Pure Encapsulations® Caplique® capsule is a liquid-filled, two piece capsule sealed with a band. Contents may appear cloudy or thick and may settle or separate.

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

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

CoQ_{10} GF NON GMO

Ubiquinol VESIsorb®	Quantity	Order Code
	60	UQV6

Ultra B-Complex w/PQQ

Enhanced B-complex support for mitochondrial and nerve health‡

Ultra B-Complex w/PQQ combines B-complex vitamins with PQQ for unique support of mitochondrial bioenergetics and function. The B-complex vitamins are essential to basal mitochondrial function as metabolic coenzymes and methyl donors 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.‡

- Broad-spectrum methylation, nerve and energy support‡
- Enhanced support for nerve health and gene expression of the nervous system‡
- Promotes energy production by supporting mitochondrial biogenesis‡
- 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‡

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

each (size 00) vegetarian capsule contains:

thiamin (as thiamin HCl)	125 mg
riboflavin (as vitamin B_2 and 60% riboflavin 5' phosphate (activated B_2))	12.7 mg
niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
vitamin B_6 (as pyridoxine HCl and 7% pyridoxal 5' phosphate (activated B_6))	96.7 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	1,000 mcg
biotin	400 mcg
panthothenic acid (as calcium pantothenate) (B_5)	100 mg
alpha lipoic acid (thioctic acid)	100 mg
luteolin	20 mg
BioPQQ® pyrroloquinoline quinone disodium salt	10 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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

BioPQQ® is a registered trademark of MGC (Japan)

Vitamins & Minerals GF NON GMO VEG

Ultra B-Complex w/PQQ	Quantity	Order Code
	60	BPQ6

‡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.

Ultra Pure Pack

Daily Packet | With Metafolin® L-5-MTHF



Indications:

- Support for optimal wellness, energy and healthy aging‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 35 mcg (1,400 IU) vitamin D_3

Special Features:

- Promotes cardiovascular health with omega-3 fatty acids, CoQ_{10}, hawthorn and ginger extracts, and polyphenols from red wine concentrate and grape seed extract‡
- Combines 100 mg resveratrol and curcumin with alpha lipoic acid, glutathione and nutrient cofactors to promote healthy cellular function‡
- Supports healthy liver function with milk thistle, glutathione and curcumin‡
- Convenient, once-daily packet

Each Packet Contains:

UltraNutrient® 3 vegetarian capsules →See page 172

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

EPA/DHA essentials 1 softgel capsule →See page 70

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

Vitamin D_3 1 vegetarian capsule →See page 177

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

CoQ_{10} 1 vegetarian capsule →See page 51

- Natural, fermented, trans-isomer CoQ_{10}

Resveratrol EXTRA 1 vegetarian capsule →See page 154

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

1 packet daily (7 capsules), with a meal.

seven capsules contain:

calories	10
total fat	1 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	3,750 mcg
vitamin C (as ascorbyl palmitate)	25 mg
vitamin D (as cholecalciferol) (D_3)	35 mg (1,400 IU)
vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	134 mg
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	34.7 mg
niacin (as niacinamide and 42% inositol hexaniacinate (no-flush niacin))	86 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	20.9 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	200 mg
calcium (as calcium citrate/malate)	150 mg
magnesium (as magnesium aspartate)	100 mg
zinc (as zinc picolinate)	12.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.5 mg
chromium (as chromium polynicotinate)	250 mcg
molybdenum (as molybdenum aspartate)	50 mcg
potassium (as potassium aspartate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as vanadium aspartate)	100 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
alpha lipoic acid (thioctic acid)	50 mg
coenzyme Q_{10}	85 mg
hawthorn (*Crataegus spp.*) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	50 mg
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
trans-resveratrol (from Japanese knotweed (*Polygonum cuspidatum*) extract (root))	100 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
fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose)	

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

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

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

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

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

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

Contains fish (anchovies, sardines, mackerel)

Multivitamins | NON GMO

Ultra Pure Pack	Quantity	Order Code
	30 packets	UPPB3

UltraDetox 10-Day Pure Pack



With Metafolin® L-5-MTHF | Daily Packet

Comprehensive packet providing core nutrients, broccoli, taurine, NAC, DIM, modified citrus pectin and chlorella‡

Each Packet Contains:

O.N.E.™ Multivitamin 1 vegetarian capsule →See page 120
- Best-selling multivitamin/mineral complex

Liver-G.I. Detox 2 vegetarian capsules →See page 97
- Promotes both liver and gastrointestinal detoxification‡

NAC (N-Acetyl-l-Cysteine) 1 vegetarian capsule →See page 114
- Supports antioxidant defenses targeting tissue health and liver function‡

Taurine 1 vegetarian capsule →See page 164
- Cardiovascular and detoxification support‡

DIMPRO® 100 1 vegetarian capsule →See page 63
- Highly bioavailable, clinically researched DIM to support cellular health and moderate the effects of environmental estrogens‡

HM Complex 3 vegetarian capsules →See page 86
- With PectaSol-C® modified citrus pectin and nutrients to promote the body's natural, healthy detoxification process for common, mild environmental heavy metal exposure‡

Indications:

- Enhanced support for healthy detoxification‡

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Promotes phase II detoxification in the liver with vitamins, broccoli, curcumin and amino acids‡
- Maintains liver and tissue health with glutathione, NAC, alpha lipoic acid, silymarin and other antioxidant nutrients‡
- Supports healthy hepatic fat metabolism and bile flow with artichoke and taurine‡
- Supports G.I. cell health and detoxification with l-glutamine and chlorella‡
- Promotes normal detoxification process for common, mild environmental heavy metal exposure‡
- Moderates the effects of environmental estrogens with broccoli and its key metabolite DIM, NAC, and alpha lipoic acid‡

Take 1 packet daily (9 capsules), with a meal.

nine capsules contain:

vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	180 mg
vitamin D (as cholecalciferol) (D_3)	50 mcg (2,000 IU)
vitamin E (as d-alpha tocopherol succinate)	20 mg
thiamin (as thiamin HCl) (B_1)	3 mg
riboflavin (as vitamin B_2 and 43% riboflavin 5' phosphate (activated B_2))	3 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B_6))	4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg 5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	10 mg
choline (as choline bitartrate)	25 mg
iodine (as potassium iodide)	150 mcg
zinc (as zinc citrate)	35 mg
selenium (as selenomethionine)	170 mcg
manganese (as manganese citrate)	2 mg
chromium (as chromium polynicotinate)	200 mcg
molybdenum (as as TRAACS® molybdenum glycinate chelate)	75 mcg
sodium (from modified citrus pectin)	50 mg
potassium (from modified citrus pectin)	70 mg
boron (as boron glycinate)	1 mg
inositol	25 mg
FloraGLO® lutein	3 mg
lycopene	500 mcg
zeaxanthin	500 mcg
coenzyme Q_{10} (as CoQ_{10} and as 18% from sustained-release MicroActive® Q_{10}-cyclodextrin complex)	50 mg
alpha lipoic acid (thioctic acid)	250 mg
n-acetyl-l-cysteine (free-form)	1,000 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 1,400 mcg sulforaphane)	350 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
artichoke (*Cynara scolymus l.*) extract (leaf) (standardized to contain 5% cynarins)	125 mg
taurine (free-form)	1,225 mg
glycine (free-form)	225 mg
l-glutamine (free-form)	225 mg
l-methionine (free-form)	300 mg
chlorella (Chlorella spp.) powder (cracked cell wall)	500 mg
PectaSol-C® modified citrus pectin	1,000 mg

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

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

MicroActive® is a registered trademark of BioActives, LLC.

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

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

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

PectaSol-C® is a registered trademark of EcoNugenics®, Inc.

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, LLC, Boulder, CO.

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

Liver & Detoxification | NON GMO | VEG

UltraDetox 10-Day Pure Pack	Quantity	Order Code
	10 packets	UDPPB1

‡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.

UltraMag Magnesium



Enhanced-absorption and bioavailability mineral technology

- Phospholipid bilayer microencapsulation technology protects mineral in gastrointestinal lumen, increases dissolvability, and easily crosses membranes
- Clinically studied
- Promotes muscle relaxation, as well as bone and cardiovascular health‡

UltraMag Magnesium utilizes an innovative microencapsulation technology to enhance the absorption of magnesium. This technology creates a phospholipid bilayer around the mineral that is similar to a liposome, increasing solubility in the gastrointestinal fluids and facilitating absorption across membranes. In a comparative crossover study, magnesium in the Sucrosomial® matrix was compared to other forms of magnesium in human subjects. Twenty-four-hour blood and urinary magnesium measurements indicated superior absorption of Sucrosomial® magnesium compared to magnesium citrate, glycinate, and oxide.

1 capsule daily, with or between meals.

each (size 00) vegetarian capsule contain:

magnesium (as Sucrosomial® magnesium)	225 mg

other ingredients: sucrosomial magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water)

Sucrosomial® is a registered trademark of Alesco S.r.l.

Vitamins & Minerals | GF | NON GMO | V | VEG

UltraMag Magnesium	Quantity	Order Code
	120	UM1

See also
Magnesium →page 103

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:

- 3,750 mcg (12,500 IU) natural beta carotene with mixed carotenoids for advanced antioxidant protection‡
- ChromeMate® chromium polynicotinate to promote optimal glucose utilization‡
- Without iron

Special Features:

- **CardioHealth Complex‡**
  Supports healthy platelet function and blood flow with hawthorn and ginger. Includes coenzyme 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.‡

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

three (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	3,750 mcg
vitamin C (as ascorbyl palmitate) (fat-soluble vitamin C)	21 mg
vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)
vitamin E (as d-alpha tocopherol succinate)	134 mg
thiamin (as thiamin HCl) (B_1)	50 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (vitamin B_2))	34.7 mg
niacin (as niacinamide and 42% inositol hexaniacinate)	86 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	20.9 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	500 mcg
biotin	400 mcg
pantothenic acid (as calcium pantothenate) (B_5)	200 mg
calcium (as calcium citrate/malate)	150 mg
magnesium (as magnesium aspartate)	100 mg
zinc (as zinc picolinate)	12.5 mg
selenium (as selenomethionine)	100 mcg
copper (as copper glycinate)	1 mg
manganese (as manganese aspartate)	2.5 mg
chromium (as chromium polynicotinate)	250 mcg
molybdenum (as molybdenum aspartate)	50 mcg
potassium (as potassium aspartate)	49 mg
boron (as boron glycinate)	1 mg
vanadium (as vanadium aspartate)	100 mcg
alpha lipoic acid (thioctic acid)	50 mg
hawthorn (*Crataegus* spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
milk thistle (*Silybum marianum*) extract (seed) (standardized to contain 80% silymarin)	50 mg
ginger (*Zingiber officinale*) extract (root) (standardized to contain 5% gingerols)	50 mg
coenzyme Q_{10}	25 mg
Setria® glutathione (reduced) (free-form)	25 mg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
other ingredients: vegetarian capsule (cellulose, water)	

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

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

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

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

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

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

Multivitamins | GF | NON GMO | VEG

UltraNutrient®	Quantity	Order Code
	360	UVC3
	180	UVC1
	90	UVC9

UltraZin Zinc



Enhanced-absorption and bioavailability mineral technology

- Phospholipid bilayer microencapsulation technology protects mineral in gastrointestinal lumen, increases dissolvability, and easily crosses membranes
- Promotes immune defenses, enhancing healthy immune cell proliferation, activation and function‡

UltraZin Zinc utilizes an innovative microencapsulation technology to enhance the absorption and bioavailability of zinc. This technology creates a phospholipid bilayer around the mineral similar to a liposome, increasing solubility and absorbability.‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

zinc (as Sucrosomial® zinc)	30 mg

other ingredients: sucrosomial zinc (zinc oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water)

Sucrosomial® is a registered trademark of Alesco S.r.l.

Vitamins & Minerals · GF · NON GMO · V · VEG

UltraZin Zinc	Quantity	Order Code
	90	UZ9

See also
Zinc →page 182

Uric Acid Formula

Supports healthy uric acid metabolism by promoting healthy liver enzyme activity, immune activity and alkalization‡

Uric Acid Formula provides vitamins and herbal extracts to support healthy uric acid metabolism. Uric acid is a natural end product of purines, an integral part of the nucleic acids in DNA and RNA. In a population-based study involving almost 1,400 men from the Health Professionals Follow-up Study, vitamin C intake was associated with healthy serum uric acid metabolism. In another double-blind, placebo-controlled trial, vitamin C supplementation supported healthy glomerular filtration and maintained healthy serum uric acid excretion. The bioflavonoid quercetin has been associated with similar effects by maintaining proper xanthine oxidase and xanthine dehydrogenase activity, key liver enzymes involved in uric acid production. Potassium citrate is included to support systemic alkalization. Urinary alkalization promotes healthy uric acid metabolism. Devil's claw and the proteolytic enzyme bromelain support immune mediator activity. Cherries have been used traditionally for decades to enhance healthy uric acid metabolism. Research indicates that regular cherry consumption maintains healthy plasma urate. Additionally, anthocyanins in cherries and grape seed act as free radical scavengers. This product is not intended to replace any dietary protocols recommended by a health professional.‡

1 capsule, 2 times daily, between meals, or as directed by a health professional.

one (size 00) vegetarian capsule contains:

vitamin C (as ascorbic acid)	125 mg
potassium (as potassium citrate)	100 mg
devil's claw (*Harpagophytum procumbens* and *Harpagophytum zeyheri*) extract (root) (standardized to contain a minimum of 5% harpagosides)	100 mg
cherry (*Prunus spp.*) extract (fruit)	162 mg
quercetin	100 mg
bromelain (from pineapple stem) (2,400 GDU/gram)	50 mg
grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols)	25 mg

other ingredients: vegetarian capsule (cellulose, water), maltodextrin, ascorbyl palmitate

Not to be taken by pregnant or lactating women.

Bones, Joints & Muscles · GF · NON GMO · V · VEG

Uric Acid Formula	Quantity	Order Code
	120	UAF1

‡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 Relax‡



Supports healthy vascular relaxation and circulatory function‡

Magnesium supports healthy cellular electrolyte function and vascular smooth muscle cells. The importance of magnesium intake was demonstrated in the 10 year follow-up of the Women's Health Study, where higher intakes of dietary magnesium were associated with maintaining healthy vascular relaxation. Both hawthorn and olive leaf have a long history of traditional use for maintaining cardiovascular health and have supported vascular function in studies. Patent pending MegaNatural®-BP supports healthy blood vessel relaxation in volunteers, as demonstrated in a study conducted at the University of California, Davis. MegaNatural®-BP grape seed is unique in that the extraction process maximizes the concentration of monomeric and oligomeric procyanidins and minimizes the concentration of polymeric procyanidins. Pomegranate, standardized to contain 40% punicosides, offers the antioxidant and vascular benefits associated with pomegranate juice. CranLoad® delivers a unique cranberry and grape seed blend developed as part of an extensive research program with the Institute of Nutrition and Functional Foods (INAF) and Université Laval in Quebec, Canada. In addition to possessing antioxidant activity, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. In a pilot trial involving elite athletes, CranLoad® provided statistically significant support for healthy flow-mediated dilation (FMD) at rest, an effect similar to arginine administration.‡

2 capsules, 2 times daily, with meals.

two (size 00) vegetarian capsules contain:

magnesium (as magnesium citrate)	100 mg
hawthorn (*Crataegus spp.*) extract (flower and leaf) (standardized to contain 2% vitexins)	250 mg
olive (*Olea europea*) extract (leaf) (standardized to contain 15% oleuropein)	50 mg
MegaNatural®-BP grape (*Vitis vinifera*) extract (seed)	75 mg
pomegranate (*Punica granatum*) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
lycopene	7.5 mg
CranLoad® proprietary blend providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and grape (*Vitis vinifera*) extract (seed)	65 mg

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

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

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

Heart & Metabolic GF NON GMO V VEG

Vascular Relax‡	Quantity	Order Code
	120	VR21

Vinpocetine 20 mg

Supports cognitive function and cerebrovascular health‡

Vinpocetine is an alkaloid synthesized from vincamine, a natural compound extracted from the leaves of periwinkle (*Vinca minor L*) which was first developed in Europe over 20 years ago. Vinpocetine is absorbed in the small intestine and then processed in the liver. Once in systemic circulation, vinpocetine is absorbed by tissues in the body and crosses the blood brain barrier. Studies have reported that vinpocetine may provide neuroprotection via its antioxidant properties. In a double-blind, placebo-controlled clinical trial, 84 elderly subjects were given vinpocetine or a placebo over a period of 90 days. Results indicated that those supplementing with vinpocetine experienced support for cognitive function. An additional placebo-controlled, randomized, double-blind, multicenter trial of 203 individuals also suggested that vinpocetine significantly supported cognition. Vinpocetine has the potential to support healthy memory, as indicated by a randomized, double-blind, crossover study.‡

1 capsule, 1-3 times daily, with a meal.

each (size 3) vegetarian capsule contains:

vinpocetine	20 mg

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

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

Memory & Mood GF NON GMO V VEG

Vinpocetine 20 mg	Quantity	Order Code
	120	VI1
	60	VI6

VisionPro EPA/DHA/GLA‡

Ultra-pure triglyceride-form fish oil and borage oil to support visual comfort and natural tear production‡

VisionPro EPA/DHA/GLA supports natural tear production, healthy tear film composition and retention of eye moisture. A cross-sectional study of 32,470 women demonstrated a significant association between omega-3 fatty acid intake and ocular surface hydration. Several randomized controlled clinical trials have indicated that fish oils provide significant support for healthy tear function and associated visual comfort scores. Specifically, EPA and DHA support the coating of fluid that covers the eyes. These omega-3 fatty acids are incorporated into the lipid layer of the eye to maintain its fluidity and viscosity. By supporting the functional properties of the lipid layer, EPA and DHA promote retention of water in the underlying aqueous layer. EPA and DHA also promote healthy prostaglandin and cytokine balance to help protect the secretory function of the lacrimal glands. In addition, VisionPro EPA/DHA/GLA provides 75 mg GLA per serving from cold-pressed borage oil. Several studies have demonstrated that GLA-rich oils provide unique support for mucin production, prostaglandin balance and healthy tear film characteristics.‡

3 softgel capsules daily, with a meal.

three (size 20) softgel capsules contain:

calories		30
total fat		3 g
fish oil concentrate (from anchovies, sardines) providing:		2,871 mg
EPA (eicosapentaenoic acid)	855 mg	
DHA (docosahexaenoic acid)	645 mg	
other omega-3 fatty acids	195 mg	
borage (*Borago officinalis*) oil (seed) providing:		450 mg
GLA (gamma-linolenic acid)	75 mg	

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

Contains fish (anchovies, sardines)

Vision NON GMO

VisionPro EPA/DHA/GLA‡	Quantity	Order Code
	180	VPE1
	90	VPE9

See also

EPA/DHA essentials →page 70
O.N.E.™ Omega →page 120

VisionPro Nutrients‡

With Metafolin® L-5-MTHF



Comprehensive multivitamin/mineral complex for maintaining healthy vision‡

Can be combined with VisionPro EPA/DHA/GLA‡ to support natural tear production and tear film integrity in normally functioning eyes.‡

Indications:

- Men and women ages 18 and over

Vitamin Distinctions:

- Clinically-researched levels of vitamin C, vitamin E, zinc and copper in highly bioavailable forms to support healthy vision and eye integrity‡
- Contains 750 mcg (2,500 IU) of vitamin A per serving to support night vision and healthy tear production‡
- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

Special Features:

- Convenient three capsule per-day dosing
- Helps maintain macular and retinal health with 10 mg lutein, 2 mg zeaxanthin and 1 mg lycopene per serving‡
- Supports visual function and healthy photoreceptor activity with taurine, alpha lipoic acid and resveratrol‡

3 capsules daily, with a meal.

three (size 00) vegetarian capsules contain:

vitamin A (as vitamin A acetate)	750 mcg
vitamin C (as ascorbic acid)	500 mg
vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
vitamin E (as d-alpha tocopherol succinate)	268 mg
thiamin (as thiamin HCl) (B_1)	5 mg
riboflavin (as vitamin B_2 and 40% riboflavin 5' phosphate (activated B_2))	4.2 mg
niacin (as niacinamide)	20 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	8.3 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	200 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
iodine (as potassium iodide)	150 mcg
zinc (as zinc citrate)	25 mg
selenium (as selenomethionine)	75 mcg
copper (as copper glycinate)	2 mg
manganese (as manganese citrate)	2.5 mg
chromium (as chromium polynicotinate)	120 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg

EyeProtect Complex‡

alpha lipoic acid	50 mg
taurine	50 mg
resVida® resveratrol (as trans-resveratrol)	25 mg

MacularSynergy Complex‡

FloaGLO® lutein	10 mg
zeaxanthin	2 mg
lycopene	1 mg

other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbal palmitate

resVida® is a trademark of DSM.

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

FloraGLO® is a registered trademark of Kemin Industries, Inc

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

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

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

Vision GF NON GMO VEG

VisionPro Nutrients‡	Quantity	Order Code
	90	VPN9

‡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 A + Carotenoids



PureGenomics® product line

Vitamin A with lutein, zeaxanthin, and astaxanthin to support cellular, ocular and immune function, with carotenoids for retinal and macular health.‡

While many individuals are able to convert provitamin A carotenoids, like beta carotene, into active vitamin A, recent research has revealed that genetic variations can limit the ease of this conversion for some. Genetic variations in the enzyme BCMO1 (β-Carotene 15,15'-monooxygenase 1) can decrease the conversion efficacy of carotenoids into retinal by up to 69%. Known as single nucleotide polymorphisms (SNPs), these common variations can be bypassed with dietary retinol (vitamin A). Since variations in the BCMO1 gene have also been associated with macular pigment density, this formula includes a blend of lutein, zeaxanthin and astaxanthin to promote macular health. Lutein and zeaxanthin are the two carotenoids found in macular pigment; as such, they act to support the integrity and density of the pigment, as well as optical lens health. Astaxanthin offers support for antioxidant defenses to protect retinal health.‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

vitamin A (as vitamin A acetate)	1,500 mcg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
AstaReal® Astaxanthin (from *Haematococcus pluvialis* algae extract)	500 mcg

other ingredients: red beet root powder, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

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

AstaReal® is a registered trademark of Fuji Chemical Industries Co., Ltd.

Vitamin A at levels above 3,000 mcg (10,000 IU) can lead to serious adverse side effects, including birth defects.

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin A + Carotenoids	Quantity	Order Code
	90	VA59

Vitamin A 3,000 mcg (10,000 IU)

Vitamin A from cod liver oil and palmitate to support cellular health, immune function, and healthy vision‡

1 capsule daily, with a meal.

each (size 3) softgel capsule contains:

vitamin A (from Norwegian cod liver oil and vitamin A palmitate)	3,000 mcg

other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural tocopherols and rosemary leaf antioxidant blend

Contains fish (cod)

Not to be taken by pregnant or lactating women. Vitamin A at levels above 3,000 mcg (10,000 IU) can lead to serious adverse side effects, including birth defects. This product is not recommended for women who may become pregnant.

Vitamins & Minerals | NON GMO

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

Vitamin D_3 (Vegan) liquid

Lichen-derived, vegan vitamin D_3 to support bone, breast, prostate, cardiovascular, colon and immune health in a convenient liquid form‡

Pure Encapsulations' Vitamin D_3 (Vegan) liquid is derived from naturally occurring, sustainably harvested lichen. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D_3 cholecalciferol with the same molecular structure and conformation as cholecalciferol derived from lanolin or fish. It is the only plant-derived source of vitamin D_3 that has been accepted by the UK Vegan Society.

5 drops (0.1 ml) daily, with a meal, or as directed by a health professional.

serving size: 0.1 ml (five drops)
servings per container: 100

five drops (0.1 ml) contain:

vitamin D (as cholecalciferol from lichen) (D_3)	25 mcg (1,000 IU)

other ingredients: medium chain triglycerides, natural alpha tocopherol

Made with Vitashine

CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per serving.

Vitamins & Minerals | GF | NON GMO | V | VEG

Vitamin D_3 (Vegan) liquid	Quantity	Order Code
	10 ml (0.3 fl oz)	VD3VL

Vitamin D_3 10 mcg (400 IU)



Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Research indicates that it also promotes cellular health, including support for breast and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity, and maintaining healthy cell metabolism. A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested. Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Vitamin D also supports cardiovascular function in some individuals.‡

1-5 capsules daily. Consume with food.

each (size 3) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	10 mcg (400 IU)

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

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin D_3 10 mcg (400 IU)	Quantity	Order Code
	120	VD1

Vitamin D_3 25 mcg (1,000 IU)

1-5 capsules daily. Consume with food.

each (size 3) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)

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

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin D_3 25 mcg (1,000 IU)	Quantity	Order Code
	250	VD12
	120	VD11
	60	VD16

Vitamin D_3 125 mcg (5,000 IU)

Support for bone, breast, prostate, cardiovascular, colon and immune health‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	125 mcg (5,000 IU)

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

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

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin D_3 125 mcg (5,000 IU)	Quantity	Order Code
	250	VD52
	120	VD51
	60	VD56

Vitamin D_3 250 mcg (10,000 IU)

Support for bone, breast, prostate, cardiovascular, colon and immune health‡

1 capsule daily for up to five days per week, with a meal, or as directed by a health professional.

each (size 3) vegetarian capsule contains:

vitamin D (as cholecalciferol) (D_3)	250 mcg (10,000 IU)

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

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

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin D_3 250 mcg (10,000 IU)	Quantity	Order Code
	120	VD101
	60	VD106

‡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 liquid



Improved Formula | New Delivery System

Support for bone, breast, prostate, cardiovascular, colon and immune health in an easy-to-use liquid form‡

- Now with new child-proof cap for improved safety
- New delivery system; allows for more reliable dosing and ease of use
- New improved packaging; each bottle of Vitamin D_3 liquid now offered in a convenient, small box
- Improved taste

Pure Encapsulations Vitamin D_3 liquid provides 25 mcg (1,000 IU) per drop. For individuals with greater short-term needs, this product allows for achieving 625-1,250 mcg (25,000-50,000 IU) vitamin 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 is offered in a base of medium chain triglycerides to support absorption. Vitamin D_3 liquid is also free of preservatives, artificial colors, flavors and sugars.‡

1–7 drops daily, with a meal, or as directed by your health professional.

serving size: 1 drop (approximately 0.03 ml)
servings per container: approximately 750

one drop contains:

vitamin D (as cholecalciferol) (D_3)	25 mcg (1,000 IU)
other ingredients: medium chain triglycerides	

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

It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication,consult your health professional before use.

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin D_3 liquid	Quantity	Order Code
	22.5 ml (0.75 fl oz)	VDL

Vitamin D_3 VESIsorb®

Liquid-filled Caplique® Capsule

Self-assembling colloidal system for enhanced vitamin D_3 absorption; promotes musculoskeletal, cardiovascular, neurocognitive, cellular and immune health‡

VESIsorb® delivery system offers enhanced-absorption of lipid soluble bioactives by promoting their dissolution in an aqueous environment

1-2 Caplique® Capsules daily. Consume with food.

each (size 0) Caplique® Capsule contains:

vitamin D (as cholecalciferol) (D_3)	50 mcg (2,000 IU
other ingredients: medium chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, vegetarian Caplique® Capsule (cellulose, water), silica	

Caplique® is a registered trademark used with permission.

A Pure Encapsulations® Caplique® capsule is a liquid-filled, two piece capsule sealed with a band. Contents may appear cloudy or thick and may settle or separate.

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

Vitamins & Minerals | GF | NON GMO | VEG

Vitamin D_3 VESIsorb®	Quantity	Order Code
	60	VDV6

Vitamin E (with mixed tocopherols)

Supports antioxidant protection and optimal cellular function‡

Vitamin E is a powerful chain-breaking antioxidant and free radical scavenger, helping to protect the integrity of the body's cellular membranes. Vitamin E plays a beneficial role in the cellular respiration of muscles, especially cardiac and skeletal muscles. It also supports healthy blood vessel function. In addition, vitamin E plays a role in nucleic acid and protein metabolism, mitochondrial function, and hormone production.‡

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

each (size 10) softgel capsule contains:

vitamin E (as natural d-alpha tocopherol)	268 mg
other tocopherols	67 mg
other ingredients: rapeseed oil, gelatin capsule (gelatin, glycerin, water), sunflower oil	

Vitamins & Minerals | NON GMO

Vitamin E	Quantity	Order Code
	180	DE1
	90	DE9

WheyBasics

Highly purified, cold-pressed, undenatured whey protein providing 21 grams of 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 branched chain amino acids, as well as immunoglobulins and lactoferrin to support nutritional health and immune system function.‡

Features include:

- 21 g protein per serving
- 4.75 g 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, lactoferrin and immunoglobulins‡
- Supports sports nutrition with protein and branched chain amino acids for healthy muscle function and muscle recovery‡
- Encourages overall daily wellness with high quality protein nutrition‡

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.

serving size: 26.4 g (1 scoop)
servings per container: 18

each scoop (approximately 26.4 g) contains:

calories	90
total carbohydrate	1 g
total sugars	<1 g
protein	21 g
sodium	45 mg
other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract	

Contains milk

Heart & Metabolic | NON GMO | VEG

WheyBasics Vanilla Bean Flavor	Quantity	Order Code
	432 g	WBV4

Women's Nutrients

With Metafolin® L-5-MTHF

Multivitamin/mineral complex for women over 40



Indications:

- Women over 40

Vitamin/Mineral Distinctions:

- 200 mg calcium as calcium citrate (highest of all our multivitamins), vitamin D_3 and vitamin K_1 for healthy bones‡
- 1,000 mcg biotin for healthy hair, skin and nails‡

Special Features:

BreastHealth Plus‡

- Supports breast cell health with HMRlignan™, calcium-D-glucarate, green tea and Curcumin C3 Complex®. HMRlignan™ also provides support for hot flashes.‡

Cardio Polyphenol Complex‡

- Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.‡

MacularSynergy Complex‡

- Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.‡

Urinary Health Support‡

- Combines the time-tested support of cranberry with vitamin C to maintain healthy urinary tract ecology.‡

StressCalm Blend‡

- Helps moderate occasional stress with the adaptogenic properties of *Rhodiola rosea* and the calming properties of lemon balm.‡

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

three (size 00) vegetarian capsules contain:

vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	12.5 mg (500 IU)
vitamin E (as d-alpha tocopherol succinate)	34 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1 mg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	200 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	50 mg
zinc (as zinc citrate)	7.5 mg
selenium (as selenomethionine)	100 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	100 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
inositol	62.5 mg
alpha lipoic acid	37.5 mg
cranberry (*Vaccinium macrocarpon*) concentrate (fruit)	50 mg
MacularSynergy Complex‡	
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
BreastHealth Plus‡	
HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	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
Cardio Polyphenol Complex‡	
red wine (*Vitis vinifera*) concentrate (whole grape) (standardized to contain 25% total poylphenols)	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 1% salidroside)	50 mg
lemon balm (*Melissa officinalis*) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

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

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

HMRlignan™ is a trademark of Linnea Inc.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

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

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

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

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

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins GF NON GMO VEG

Women's Nutrients	Quantity	Order Code
	360	WN3
	180	WN1

‡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.

Women's Pure Pack

Daily Packet | With Metafolin® L-5-MTHF



Indications:

- Supports bone, cardiovascular, macular, breast and emotional health‡
- For women over 40

Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 500 mg calcium and 37.5 mcg (1,500 IU) vitamin D_3 to support healthy bone‡

Special Features:

- Maintains healthy cardiovascular function with omega-3 fatty acids, CoQ_{10}, and polyphenols from açai, cranberry, pomegranate, red wine concentrate and grape seed extract‡
- Supports breast cell health with HMRlignan™, calcium-d-glucarate, green tea and curcumin‡
- Helps moderate occasional stress with the adaptogenic properties of rhodiola and lemon balm‡
- Enhances the integrity of the macula and retina with lutein, zeaxanthin and nutrient cofactors‡
- Convenient, once-daily packet

Each Packet Contains:

Women's Nutrients 3 vegetarian capsules →See page 179
- Multivitamin/mineral complex for women over 40

EPA/DHA essentials 1 softgel capsule →See page 70
- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support‡

Vitamin D_3 1 vegetarian capsule →See page 177
- Support for bone, breast, cardiovascular, colon and immune health‡

CoQ_{10} 1 vegetarian capsule →See page 51
- Natural, fermented, trans-isomer CoQ_{10}

Calcium (citrate) 2 vegetarian capsules →See page 42
- Highly absorbable calcium; supports cardiovascular, bone and colon health‡

Açai 600 1 vegetarian capsule →See page 22
- Açai berry extract combined with a fruit blend to support healthy cellular function‡

Take 1 packet daily (9 capsules), with a meal.

nine capsules contain:

calories	10
total fat	1 g
cholesterol	< 5 mg
vitamin A (as beta carotene)	1,125 mcg
vitamin C (as ascorbic acid)	125 mg
vitamin D (as cholecalciferol) (D_3)	37.5 mg (1,500 IU)
vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
vitamin K (as vitamin K_1)	50 mcg
thiamin (as thiamin HCl) (B_1)	12.5 mg
riboflavin (as vitamin B_2 and 28% riboflavin 5' phosphate (activated B_2))	17.35 mg
niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B_6 (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B_6))	10.4 mg
folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
vitamin B_{12} (as methylcobalamin)	250 mcg
biotin	1,000 mcg
pantothenic acid (as calcium pantothenate) (B_5)	25 mg
choline (as choline bitartrate)	20 mg
calcium (as calcium citrate)	500 mg
iodine (as potassium iodide)	100 mcg
magnesium (as magnesium citrate)	50 mg
zinc (as zinc citrate)	7.5 mg
selenium (from selenium yeast)	100 mcg
manganese (as manganese citrate)	1 mg
chromium (as chromium polynicotinate)	100 mcg
potassium (as potassium citrate)	50 mg
boron (as boron glycinate)	1 mg
vanadium (as bis-glycinato oxo vanadium)	50 mcg
proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
inositol	62.5 mg
alpha lipoic acid	37.5 mg
coenzyme Q_{10}	60 mg
FloraGLO® lutein	3 mg
zeaxanthin	500 mcg
red wine grape (*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)	50 mg
cranberry (*Vaccinium macrocarpon*) concentrate (fruit)	60 mg
assai palm (Açai) (*Euterpe oleracea*) extract (whole fruit)	600 mg
blueberry (*Vaccinium angustifolium*) extract (fruit)	15 mg
HMRlignin™ (7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg
green tea (*Camellia sinensis*) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	50 mg
turmeric (*Curcuma longa*) extract (root) (standardized to contain 95% curcuminoids)	50 mg
calcium-D-glucarate	25 mg
rhodiola (*Rhodiola rosea*) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
lemon balm (*Melissa officinalis*) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin

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

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

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

Kaneka Q10® is a trademark of Kaneka Corporation.

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Contains fish (anchovies, sardines, mackerel)

Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Multivitamins | NON GMO

Women's Pure Pack	Quantity	Order Code
	30 packets	WPPB3

XanthiTrim

Liquid-filled Caplique® Capsule

Supports healthy fat metabolism and metabolic rate for healthy weight management†‡

XanthiTrim supports healthy weight management† when combined with a healthy diet and exercise. XanthiTrim contains 300 mg of Xanthigen® per serving, a synergistic combination of fucoxanthin from brown seaweed and pomegranate seed oil. In a 16-week, randomized study, Xanthigen® supported healthy weight management† and fat metabolism in volunteers. This was attributed in part to its ability to encourage resting energy expenditure and thermogenesis, the body's natural ability to dissipate caloric energy as heat from the mitochondria of adipose tissue. This results in oxidation and utilization of fats rather than fat storage. In this study, Xanthigen® also maintained healthy liver fat metabolism and function, and healthy lipid metabolism. Subjects were on a moderately calorie-restricted diet. GreenSelect® Phytosome is a proprietary, caffeine-free extract from green tea, that is 1 part GreenSelect® green tea to 2 parts phosphatidylcholine. This allows for greater absorption of epigallocatechin gallate, or EGCG, one of the primary components known to support healthy metabolism. Green tea has demonstrated the ability to promote resting energy expenditure and thermogenesis in a number of clinical studies. A 90-day study involving GreenSelect® Phytosome revealed its ability to support healthy weight management† and body composition in subjects following a calorie-restricted diet.‡

1 Caplique® Capsule, 2 times daily, with meals and 8 oz water.

each (size 0) Caplique® Capsule contains:

Xanthigen® proprietary blend	300 mg
providing: Wakame seaweed (*Undaria pinnatifida*) and pomegranate seed oil (providing 1,275 mcg fucoxanthin)	
GreenSelect® phytosome	150 mg
providing: green tea (*Camellia sinensis*) extract (leaf) and soy lecithin phospholipids (standardized to contain 13% epigallocatechin gallate (EGCG))	
other ingredients: vegetarian Caplique® Capsule (cellulose, water), medium chain triglycerides	

Xanthigen® is a registered trademark licensed exclusively to PoliNat. International patents pending.

GreenSelect® Phytosome is a registered trademark of Indena.

Caplique® is a registered trademark used with permission.

A Pure Encapsulations® Caplique® capsule is a liquid-filled, two piece capsule sealed with a band. Contents may appear cloudy or thick and may settle or separate.

Contains soy

Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Heart & Metabolic GF NON GMO VEG

XanthiTrim	Quantity	Order Code
	60	XT6



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

‡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.

Zinc 30



Highly absorbable zinc; essential to a wide range of physiological functions, including immune health‡

1 capsule daily, with a meal.

each (size 3) vegetarian capsule contains:

zinc (as zinc picolinate)	30 mg

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

Vitamins & Minerals GF NON GMO V VEG

Zinc 30	Quantity	Order Code
	180	Z31
	60	Z36

Zinc 15

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

each (size 3) vegetarian capsule contains:

zinc (as zinc picolinate)	15 mg

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

Vitamins & Minerals GF NON GMO V VEG

Zinc 15	Quantity	Order Code
	180	Z11
	60	Z16

Zinc (citrate)

Zinc plays an important role in supporting the body's natural defense system, as well as nutrient utilization. It is a constituent of over two dozen enzymes involved in digestion and metabolism, including carbonic anhydrase, which is vital to tissue respiration. Zinc is essential for the healthy storage and metabolism of carbohydrates, as well as the absorption and function of B vitamins. Zinc plays a fundamental role in collagen formation and healthy tissue development. This mineral contributes to healthy prostatic function, and is essential for normal fetal and reproductive development.‡

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

each (size 3) vegetarian capsule contains:

zinc (as zinc citrate)	30 mg

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

Vitamins & Minerals GF NON GMO V VEG

Zinc (citrate)	Quantity	Order Code
	180	ZC1
	60	ZC6

Zinc liquid 15 mg

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

serving size: 4 ml (0.14 fl oz) (4 full droppers)
servings per container: 30

four ml (0.14 fl oz) (4 full droppers) contain:

zinc (as zinc gluconate)	15 mg

other ingredients: purified water, apple juice concentrate, cranberry juice concentrate, purified stevia leaf extract, potassium sorbate, citric acid

Vitamins & Minerals GF NON GMO VEG

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

See also
UltraZin Zinc →page 173

Thank You

Thank you for choosing Pure Encapsulations. We look forward to supporting your commitment to patient wellness. For additional support, please feel free to contact customer service at **800-753-2277** or **customerservice@PureEncapsulations.com**



Learn more at
PureEncapsulations.com

†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.

INGREDIENTS LISTING

Açai berry
- Açai 600
- Pomegranate Plus
- Women's Pure Pack

Acerola (*Malpighia glabra*)
- Acerola/Flavonoid

Acetyl-l-carnitine
- Acetyl-l-Carnitine
- Cognitive Aminos
- Memory Pro
- Mitochondria-ATP
- MotilPro
- RevitalAge™ Nerve
- RevitalAge™ Ultra
- RiboCarnitine-Q_{10}

Adrenal (whole adrenal and adrenal cortex)
- Adrenal
- ADR Formula

l-Alanine
- Amino-NR
- Amino Replete

Aloe vera extract
- Daily Immune
- DGL Plus
- G.I. Fortify
- G.I. Fortify (capsules)
- G.I. Integrity
- Immune Support Liquid

Alpha-GPC
- Longevity Nutrients

Alpha-galactosidase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl

Alpha ketoglutarate
- Amino-NR
- Athletic Nutrients
- Athletic Pure Pack
- Electrolyte/Energy formula (powder)

Alpha lipoic acid (thioctic acid)
- Alpha Lipoic Acid
- Alpha Lipoic Acid with GlucoPhenol
- Amino-NR
- Athletic Nutrients
- Athletic Pure Pack
- Detox Pure Pack
- DIM Detox
- Disc-Flex
- GlucoFunction
- Glucose Support Formula
- HM Complex
- Liver-G.I. Detox‡
- Longevity Nutrients
- LVR Formula
- Men's Nutrients
- Men's Pure Pack
- Metabolic Xtra
- Mitochondria-ATP
- NeuroMood Pure Pack
- Niacinamide
- Polyphenol Nutrients
- PureCell
- PureLean® Nutrients
- PureLean® Pure Pack
- O.N.E.™ Multivitamin
- RevitalAge™ Nerve
- RevitalAge™ Ultra
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Amylase
- A.I. Enzymes
- Digestion GB
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl
- Heartburn Essentials
- Pancreatic Enzyme Formula
- Pancreatic VegEnzymes

Apple pectin
- PureLean® Protein Blend
- PureLean® Fiber

Apple polyphenols
- Aller-Essentials

Arabinogalactan
- Arabinogalactan
- Daily Immune
- EpiIntegrity powder
- Immune Support Liquid

Arginine alpha ketoglutarate
- Nitric Oxide Support

Arginine HCl
- Amino-NR
- Amino Replete
- l-Arginine
- Growth Hormone Support

Artichoke (*Cynara scolymus*)
- Detox Pure Pack
- Heartburn Essentials
- Lipotropic Detox
- Liver-G.I. Detox‡
- LVR Formula
- UltraDetox 10-Day Pure Pack

Ashwagandha
- Ashwagandha
- CarbCrave Complex
- Cortisol Calm
- Daily Stress Formula
- Energy Xtra
- MenoVive
- Phyto-ADR
- PureCell
- Thyroid Support Complex

d-Aspartic acid
- Tribulus Formula

Astaxanthin
- Astaxanthin
- Vitamin A + Carotenoids

Astragalus membranaceus
- Daily Immune
- EpiIntegrity powder
- Phyto-ADR
- PureCell

Bacopa monnieri
- Bacopa monnieri
- Daily Stress Formula
- Longevity Nutrients
- Memory Pro

Bamboo (source of silica)
- Cal/Mag w/Cofactors powder
- Hair/Skin/Nails Ultra
- Ligament Restore
- OsteoBalance
- Trace Minerals

BCAA (branched chain amino acids)
- BCAA capsules/powder

Benfotiamine
- BenfoMax
- MethylAssist
- PureGenomics® B-Complex
- PureGenomics® Multivitamin

Berberine HCl
- CholestePure Plus II
- Metabolic Xtra

Berberine sulfate
- A.C. Formula II

Bergamot
- CholestePure Plus II

Beta carotene/mixed carotenoids
- AntiOxidant Formula
- Athletic Nutrients
- Athletic Pure Pack
- Beta Carotene
- Detox Pure Pack
- Energize Plus™ Pure Pack
- Immune Support Liquid
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Macular Support Formula
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- NeuroMood Pure Pack
- Nutrient 950
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureNutrients Gummy
- O.N.E.™ Multivitamin
- UltraNutrient
- Ultra Pure Pack
- Women's Nutrients
- Women's Pure Pack

Beta-glucanase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl

Beta-hydroxybutyrate
- KetoBrain Energy

Beta-sitosterol
- Beta-sitosterol
- CholestePure
- SP Ultimate

Betaine HCl
- Betaine HCl Pepsin
- Digestive Enzymes *Ultra* w/Betaine HCl

Bifidobacterium bifidum
- Probiotic 123
- Probiotic-5
- Probiotic G.I.
- PureBi•Ome™ Cranberry
- PureBi•Ome™ G.I.
- PureBi•Ome™ Intensive
- PureProbiotic

Bifidobacterium breve
- PureProbiotic

Bifidobacterium lactis
- Probiotic 123
- Probiotic-5
- Probiotic 50B
- Probiotic G.I.
- Probiotic IMM
- PureBi•Ome™ Cranberry
- PureBi•Ome™ G.I.
- PureBi•Ome™ Intensive
- PureProbiotic

Bifidobacterium longum
- ProbioMood
- Probiotic-5
- Probiotic 50B
- Probiotic IMM

Bilberry (*Vaccinium myrtillus*)
- Bilberry
- Macular Support Formula

Biotin
- Athletic Nutrients
- Athletic Pure Pack
- Biotin 8 mg
- B-Complex Plus
- B_6 Complex
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlucoFunction
- GlutenAssure Multivitamin
- Hair/Skin/Nails Ultra
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PurePals
- PurePals (with iron)
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein Blend
- PureNutrients Gummy
- PureResponse™ Multivitamin
- RevitalAge™
- RevitalAge™ Ultra
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Bitter melon
- GlucoFunction

Black cohosh (*Cimicifuga racemosa*)
- Black Cohosh 2.5
- PhytoBalance II

Black currant seed oil
- Black Currant Seed Oil

Black pepper
- Curcumin 500 with BioPerine®

Blueberry (*Vaccinium angustifolium*)
- Açai 600
- CogniMag
- CurcumaSorb Mind
- Iron liquid
- Magnesium EasySticks®
- Multivitamin EasySticks®
- Polyphenol Nutrients
- Poly-Prebiotic powder
- Pomegranate Plus
- PS Plus
- RevitalAge™ Ultra
- Women's Pure Pack

Borage oil
- Borage Oil
- EFA Essentials
- Tri-EFA
- VisionPro EPA/DHA/GLA

Boron
- Athletic Nutrients
- Athletic Pure Pack
- Boron
- +Cal+® with Ipriflavone
- Cal/Mag w/Cofactors powder
- Detox Pure Pack
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Mineral 650
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- OsteoBalance
- Polyphenol Nutrients
- PureGenomics® Multivitamin
- PurePals
- PurePals with Iron
- PureLean® Nutrients
- PureLean® Pure Pack
- Trace Minerals
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

INGREDIENTS LISTING (CONT.)

Boswellia
- Boswellia AKBA
- Boswellia
- Disc-Flex
- GlutenAssure Multivitamin
- Joint Complex (single dose)
- Joint Mediator
- Phyto UltraComfort*
- Phyto-4
- Systemic Enzyme Complex

Broccoli
- Detox Pure Pack
- DIM Detox
- Liver-G.I. Detox‡
- Nrf2 Detox
- UltraDetox 10-Day Pure Pack

Bromelain
- A.C. Formula II
- A.I. Enzymes
- A.I. Formula
- Bromelain 2400
- Joint Optimizer
- Systemic Enzyme Complex
- Uric Acid Formula

Butyrate
- SunButyrate™-TG liquid

Calcium (ascorbate)
- Buffered Ascorbic Acid capsules/powder
- Ester-C® & flavonoids
- OptiFerin-C
- PureDefense w/NAC
- PurePals
- PurePals (with iron)
- PureLean® Protein

Calcium (citrate)
- Athletic Nutrients
- Athletic Pure Pack
- Calcium (citrate)
- Calcium Magnesium (citrate)
- Cal/Mag w/Cofactors powder
- Cal/Mag/D liquid
- Electrolyte/Energy formula
- LiquiNutrients
- Men's Nutrients
- Men's Pure Pack
- Mineral 650
- Multivitamin EasySticks®
- Muscle Cramp/Tension Formula
- Nutrient 950
- Osteo EasySticks®
- Polyphenol Nutrients
- PreNatal Nutrients
- PurePals
- PurePals (with iron)
- PureLean® Nutrients
- PureLean® Pure Pack
- Tri-Alkali
- Women's Nutrients
- Women's Pure Pack

Calcium (citrate/malate)
- Calcium (citrate/malate)
- Calcium with Vitamin D_3
- Calcium Magnesium (citrate/malate)
- +Cal+® with Ipriflavone
- Detox Pure Pack
- OsteoBalance
- UltraNutrient
- Ultra Pure Pack

Calcium collagen
- Osteo EasySticks®

Calcium (malate)
- Calcium K/D
- Cal/Mag (malate) 2:1
- GlutenAssure Multivitamin
- Junior Nutrients
- ProSoothe II
- OsteoBalance

Calcium glycerophosphate
- Mineral$_2$0 powder

Calcium (glycinate)
- PureLean® Protein

Calcium (MCHA)
- Calcium (MCHA)
- Calcium (MCHA) with Magnesium

Calcium (undecylenate)
- A.C. Formula II

Calcium-D-glucarate
- Calcium-D-Glucarate
- DIM Detox
- Women's Nutrients
- Women's Pure Pack

Caprylic Acid
- A.C. Formula II
- Caprylic Acid

l-Carnitine
- l-Carnitine
- l-Carnitine fumarate
- CoQ_{10} l-Carnitine fumarate
- Energize Plus™ Pure Pack
- RiboCarnitine-Q_{10}

l-Carnosine
- Athletic Nutrients
- Athletic Pure Pack
- l-Carnosine
- Disc-Flex
- PureLean® Nutrients
- PureLean® Pure Pack

Cat's Claw
- Cat's Claw

CBD
- Hemp extract VESIsorb®

Cellulase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl
- Heartburn Essentials

Cellulose
- PureLean® Fiber

Chamomile
- Best-Rest Formula
- Daily Stress Formula
- Muscle Cramp/Tension Formula

Cherry extract
- Multivitamin EasySticks®
- Uric Acid Formula

Chia seed
- PureLean® Protein

Chlorella
- Detox Pure Pack
- G.I. Fortify (capsules)
- HM Complex
- Liver-G.I. Detox‡
- UltraDetox 10-Day Pure Pack

Choline
- Athletic Nutrients
- Athletic Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- Lipotropic Detox
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PurePals
- PurePals (with iron)
- PureLean® Nutrients
- PureLean® Pure Pack
- PureNutrients Gummy
- PureResponse™ Multivitamin
- Women's Nutrients
- Women's Pure Pack

Chondroitin sulfate (bovine)
- Glucosamine+Chondroitin with Manganese capsules
- Glucosamine+Chondroitin with MSM
- Glucosamine HCl + Chondroitin

Chromium (polynicotinate)
- Athletic Nutrients
- Athletic Pure Pack
- ChromeMate® GTF
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlucoFunction
- Glucose Support Formula
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Metabolic Xtra
- Mineral 650
- Multi t/d
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein Blend
- PureLean® Ultra
- Super CitriMax Plus
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Chromium (picolinate)
- CarbCrave Complex
- Chromium (picolinate)
- GlutenAssure Multivitamin
- PurePals
- PurePals (with iron)
- Trace Minerals

Chrysin
- Tribulus Formula

Chymotrypsin
- Systemic Enzyme Complex

Cinnamon (*Cinnamomum cassia*)
- Cinnamon WS
- GlucoFunction
- PureLean® Nutrients
- PureLean® Pure Pack

Citruline
- Nitric Oxide Support
- Nitric Oxide Ultra

Citrus bioflavonoids
- Daily Immune
- PurePals
- PurePals (with iron)

Cod liver oil
- Vitamin A

Coenzyme Q_{10}
- Athletic Nutrients
- Athletic Pure Pack
- CoQ_{10}
- CoQ_{10} l-Carnitine fumarate
- Detox Pure Pack
- Energize Plus™ Pure Pack
- EPA/DHA-CoQ_{10} liquid
- Hair/Skin/Nails Ultra
- Men's Pure Pack
- NeuroMood Pure Pack
- O.N.E.™ Multivitamin
- PureCell
- PureLean® Pure Pack
- Q-Gel® 100
- RevitalAge™ Ultra
- RevitalAge™ Nerve
- RiboCarnitine-Q_{10}
- SR-CoQ_{10} with PQQ
- Ubiquinol-QH
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- Women's Pure Pack

Coleus forskohlii
- Thyroid Support Complex

Collagen
- Collagen JS
- Disc-Flex
- Hair/Skin/Nails Ultra
- Joint Complex (single dose)
- Ligament Restore
- Osteo EasySticks®

Colostrum (bovine)
- Colostrum 40% IgG

Conjugated linoleic acid
- CLA (Conjugated Linoleic Acid)

Copper
- +Cal+® with Ipriflavone
- Athletic Nutrients
- Athletic Pure Pack
- Copper (citrate)
- Copper (glycinate)
- Detox Pure Pack
- EyeProtect Basics
- GlutenAssure Multivitamin
- Hair/Skin/Nails Ultra
- Mineral 650
- Nutrient 950
- OsteoBalance
- Polyphenol Nutrients
- PreNatal Nutrients
- PureLean® Nutrients
- PureLean® Pure Pack
- PurePals
- PurePals (with iron)
- Trace Minerals
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients

Cranberry
- Açai 600
- Alpha Lipoic Acid with GlucoPhenol
- Cranberry/d-Mannose
- Cranberry NS
- Iron liquid
- Nitric Oxide Ultra
- Osteo EasySticks®
- Poly-Prebiotic powder
- Pomegranate Plus
- PureBi•Ome™ Cranberry
- PureLean® Pure Pack
- RevitalAge™ Ultra
- Vascular Relax BP
- Women's Nutrients
- Women's Pure Pack
- Zinc liquid

Creatine
- Athletic Nutrients
- Athletic Pure Pack
- Creatine powder
- Mitochondria-ATP

Deglycyrrhizinated licorice (DGL)
- DGL Plus
- EpiIntegrity powder
- G.I. Fortify
- Heartburn Essentials

‡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.

INGREDIENTS LISTING (CONT.)

Devil's Claw
- Disc-Flex
- Ligament Restore
- Phyto UltraComfort‡
- Uric Acid Formula

DHA (docosahexaenoic acid)
- Athletic Pure Pack
- Detox Pure Pack
- DHA Ultimate
- EFA Essentials
- Energize Plus™ Pure Pack
- EPA/DHA-CoQ_{10} liquid
- EPA/DHA essentials
- EPA/DHA with lemon
- EPA/DHA liquid
- EPA Ultimate
- Krill-plex
- Men's Pure Pack
- NeuroMood Pure Pack
- O.N.E.™ Omega
- PureLean® Pure Pack
- PureNutrients EPA/DHA Gummy
- Tri-EFA
- Ultra Pure Pack
- VisionPro EPA/DHA/GLA
- Women's Pure Pack

DHEA (dehydroepiandrosterone)
- DHEA

Diindolylmethane
- DIM Detox
- DIMPRO® 100
- UltraDetox 10-Day Pure Pack

DNF-10
- PureLean® Protein Blend

Dolichos biflorus
- AdipoLean II

Dong quai (*Angelica sinensis*)
- PhytoBalance II

Elderberry
- Daily Immune
- Immune Support Liquid
- PureDefense w/NAC

Eleuthero (*Eleutherococcus senticosus*)
- ADR Formula
- Daily Immune
- Daily Stress Formula
- Energy Xtra
- Glucose Support Formula
- Phyto-ADR
- PureResponse™ Multivitamin

EPA (eicosapentaenoic acid)
- Athletic Pure Pack
- Detox Pure Pack
- DHA Ultimate
- EFA Essentials
- Energize Plus™ Pure Pack
- EPA/DHA-CoQ_{10} liquid
- EPA/DHA essentials
- EPA/DHA with lemon
- EPA/DHA liquid
- EPA Ultimate
- Krill-plex
- Men's Pure Pack
- NeuroMood Pure Pack
- O.N.E. Omega
- PureLean® Pure Pack
- PureNutrients EPA/DHA Gummy
- Tri-EFA
- Ultra Pure Pack
- VisionPro EPA/DHA/GLA
- Women's Pure Pack

Evening primrose oil
- E.P.O.

Flax seed oil
- PureLean® Ultra
- Tri-EFA

Flax seed
- G.I. Fortify
- G.I. Fortify (capsules)
- PureLean® Ultra

Flower pollen extract
- ProstaFlo

Folate
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex Plus
- B_6 Complex
- B_{12} Folate
- Detox Pure Pack
- DopaPlus
- Energize Plus™ Pure Pack
- Folic Acid
- Folate 400
- Folate 1,000
- Folate 5,000
- Folate 5,000 Plus
- GlutenAssure Multivitamin
- Hair/Skin/Nails Ultra
- Homocysteine Factors
- Junior Nutrients
- Lipotropic Detox
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- MethylAssist
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- NeuroPure
- O.N.E.™ Multivitamin
- PreNatal Nutrients
- Polyphenol Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureMelt B_{12} Folate
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein
- RevitalAge™ Nerve
- PureResponse™ Multivitamin
- SeroPlus
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Fucoxanthin
- XanthiTrim

GABA
- Best-Rest Formula
- Emotional Wellness
- GABA
- Pure Tranquility liquid

Gamma oryzanol
- Heartburn Essentials
- G.I. Integrity

Garcinia cambogia
- Super CitriMax Plus

Garlic
- Garlic Complex

Ginger (*Zingiber officinale*)
- A.I. Formula
- Detox Pure Pack
- Ginger extract
- Glucosamine/MSM w/ joint comfort herbs
- MotilPro
- Phyto-4
- UltraNutrient
- Ultra Pure Pack

Ginkgo biloba
- Ginkgo 50 160 mg
- Longevity Nutrients
- Memory Pro

Glucoamylase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl

Glucomanan
- PureLean® Fiber

Glucose
- Electrolyte/Energy formula

Glucosamine HCl (shellfish-free)
- Glucosamine HCl
- Glucosamine HCl + Chondroitin

Glucosamine HCl
- Disc-Flex
- Glucosamine+Chondroitin with Manganese capsules
- Glucosamine+Chondroitin with MSM
- Glucosamine Complex capsules

Glucosamine sulfate
- Glucosamine Complex capsules
- Glucosamine Sulfate
- Glucosamine/MSM w/ joint comfort herbs
- Joint Optimizer
- Ligament Restore

l-Glutamine
- Amino-NR
- Amino Replete
- Athletic Pure Pack
- Detox Pure Pack
- EpiIntegrity powder
- G.I. Fortify
- G.I. Fortify (capsules)
- G.I. Integrity
- l-Glutamine capsules/powder
- Joint Optimizer
- Liver-G.I. Detox‡
- PureBi•Ome™ G.I.
- UltraDetox 10-Day Pure Pack

Glutathione
- Detox Pure Pack
- Liposomal Glutathione
- Macular Support Formula
- Nrf2 Detox
- Reduced Glutathione
- UltraNutrient
- Ultra Pure Pack

Glycine
- Amino-NR
- Amino Replete
- Detox Pure Pack
- DIM Detox
- Glycine
- GlyMag-Z
- Liver-G.I. Detox‡
- Pure Tranquility liquid
- Sleep Solution (single dose liquid)
- Tri-Alkali
- UltraDetox 10-Day Pure Pack

GLPC (glycine propionyl-l-carnitine)
- RiboCarnitine-Q_{10}

GOS
- Poly-Prebiotic powder

Grape extract (*Vitis vinifera*)
- Athletic Nutrients
- Athletic Pure Pack
- CurcumaSorb Mind

Grape pip (seed) extract (*Vitis vinifera*)
- Disc-Flex
- DopaPlus
- Grape Pip
- Hair/Skin/Nails Ultra
- Longevity Nutrients
- Macular Support Formula
- MenoVive
- Men's Nutrients
- Men's Pure Pack
- Mitochondria-ATP
- Nitric Oxide Ultra
- Polyphenol Nutrients
- Resveratrol EXTRA
- Uric Acid Formula
- Ultra Pure Pack
- Vascular Relax BP
- Women's Nutrients
- Women's Pure Pack

Grapefruit Seed extract
- A.C. Formula II
- Grapefruit Seed extract

Green tea
- Athletic Nutrients
- Athletic Pure Pack
- CurcumaSorb Mind
- DopaPlus
- Green Tea extract
- Men's Nutrients
- Men's Pure Pack
- Polyphenol Nutrients
- PureCell
- PureLean® Nutrients
- PureLean® Pure Pack
- SP Ultimate
- Teavigo
- Women's Nutrients
- Women's Pure Pack
- XanthiTrim

Guar gum
- PureLean® Fiber

Guggul
- Thyroid Support Complex

Gymnema sylvestre
- GlucoFunction
- Glucose Support Formula
- Super CitriMax Plus

Hawthorn (*Crataegus oxyacantha*)
- Detox Pure Pack
- Hawthorn extract
- UltraNutrient
- Ultra Pure Pack
- Vascular Relax BP

l-Histidine
- Amino-NR
- Amino Replete
- Essential Aminos

Hemicellulase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl

Hemp
- Hemp extract VESIsorb®

Hespertin
- Tribulus Formula

Hesperidin (hesperidin methyl chalcone)
- Acerola/Flavonoid
- Aller-Essentials
- Daily Immune
- Immune Support Liquid

HMRlignan™
- DIM Detox
- MenoVive
- Women's Nutrients
- Women's Pure Pack

Hops
- Best-Rest Formula
- MenoVive
- Phyto-4

Hyaluronic acid
- Hyaluronic Acid
- Joint Complex (single dose)

5-Hydroxytryptophan
- 5-HTP
- CarbCrave Complex
- Emotional Wellness
- MotilPro
- NeuroMood Pure Pack
- NeuroPure
- SeroPlus

INGREDIENTS LISTING (CONT.)

Indole-3-Carbinol
- Indole-3-Carbinol

Inositol
- Athletic Nutrients
- Athletic Pure Pack
- GlutenAssure Multivitamin
- Inositol powder
- Junior Nutrients
- Lipotropic Detox
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- SeroPlus
- Women's Nutrients
- Women's Pure Pack

Inositol hexaphosphate
- IP6

Invertase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl

Iodine
- Athletic Nutrients
- Athletic Pure Pack
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Iodine (potassium iodide)
- Iodine and Tyrosine
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Mineral 650
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- Trace Minerals
- Thyroid Support Complex
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Ipriflavone
- +CAL+® with Ipriflavone

Iron (aspartate)
- Iron-C

Iron (glycinate)
- Iron-C
- Mineral 650
- Nutrient 950
- OptiFerin-C
- PreNatal Nutrients
- PurePals (with iron)

Iron (naturally occurring)
- PureLean® Protein

Iron (pyrophosphate)
- Iron liquid

l-Isoleucine
- Amino-NR
- Amino Replete
- BCAA capsules/powder
- Essential Aminos

Jujuba extract
- Seditol

7-Keto® (7-oxo-dehydroepiandrosterone-3ß- acetate)
- 7-KETO DHEA

Konjac root
- PureLean® Fiber

Krill oil
- Krill-plex

Lactase
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl
- Gluten/Dairy Digest

Lactobacillus acidophilus
- Lactobacillus Acidophilus
- Probiotic-5
- Probiotic 50B
- Probiotic 123
- Probiotic G.I.
- Probiotic IMM
- PureBi•Ome™ Cranberry
- PureBi•Ome™ G.I.
- PureBi•Ome™ Intensive
- PureProbiotic

Lactobacillus casei
- Probiotic G.I.
- Probiotic IMM

Lactobacillus helveticus
- ProbioMood

Lactobacillus plantarum
- Probiotic 50B
- Probiotic IMM
- PureProbiotic

Lactobacillus rhamnosus
- Probiotic-5
- Probiotic 50B
- PureProbiotic
- PureGG 25B

Lactobacillus salivarius
- Probiotic G.I.

Lemon balm
- Best-Rest Formula
- Daily Immune
- Daily Stress Formula
- Immune Support Liquid
- Memory Pro
- Muscle Cramp/Tension Formula
- Women's Nutrients
- Women's Pure Pack

l-Leucine
- Amino-NR
- Amino Replete
- BCAA capsules/powder
- Essential Aminos

Licorice
- ADR Formula
- PhytoBalance II

Lipase
- A.I. Enzymes
- Digestive Enzymes *Ultra*
- Digestive Enzymes *Ultra* w/Betaine HCl
- Digestion GB
- Heartburn Essentials
- Pancreatic Enzyme Formula
- Pancreatic VegEnzymes

Lithium
- Lithium (orotate)
- Lithium liquid

Lutein
- AntiOxidant Formula
- Athletic Nutrients
- Athletic Pure Pack
- Beta Carotene
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Lutein 20 mg
- Lutein/Zeaxanthin
- Macular Support Formula
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureResponse™ Multivitamin
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack
- Vitamin A + Carotenoids

Luteolin
- LVR Formula
- Ultra B-Complex w/PQQ

Lycopene
- Athletic Nutrients
- Athletic Pure Pack
- Junior Nutrients
- Longevity Nutrients
- Lycopene
- Macular Support Formula
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureLean® Nutrients
- PureLean® Pure Pack
- SP Ultimate
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- Vascular Relax BP
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

l-Lysine
- Amino-NR
- Amino Replete
- Essential Aminos
- Ligament Restore
- l-Lysine

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

Magnesium (ascorbate)
- Buffered Ascorbic Acid capsules/powder
- PurePals
- PurePals (with iron)

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

Magnesium (citrate)
- Athletic Nutrients
- Calcium (MCHA) with Magnesium
- Calcium Magnesium (citrate)
- Cal/Mag w/Cofactors powder
- Cal/Mag/D liquid
- Daily Stress Formula
- Electrolyte/Energy formula
- GlucoFunction
- LiquiNutrients
- Magnesium (citrate)
- Men's Nutrients
- Men's Pure Pack
- Mineral 650
- Muscle Cramp/Tension Formula
- Nitric Oxide Ultra (stick packs)
- Nutrient 950
- Polyphenol Nutrients
- Potassium Magnesium (citrate)
- PreNatal Nutrients
- PureLean® Fiber
- PureLean® Nutrients
- PureLean® Pure Pack
- Sleep Solution (single dose liquid)
- Tri-Alkali
- Vascular Relax BP
- Women's Nutrients
- Women's Pure Pack

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

Magnesium (gluconate)
- GlyMag-Z
- Magnesium (powder)

Magnesium (glycerophosphate)
- Mineral$_2$O powder

Magnesium (glycinate)
- Magnesium (glycinate)
- Magnesium (glycinate) liquid
- Muscle Cramp/Tension Formula
- PureLean® Protein
- PureLean® Pure Pack

Magnesium (malate)
- Cal/Mag (malate) 2:1
- GlutenAssure Multivitamin
- Junior Nutrients
- Magneisum EasySticks®
- Multivitamin EasySticks®
- Osteo EasySticks®
- OsteoBalance
- ProSoothe II
- PureResponse™ Multivitamin
- RevitalAge™ Nerve
- SeroPlus

Magnesium (as Sucrosomial® magnesium)
- UltraMag Magnesium

Magnesium-l-Threonate
- CogniMag

Magnolia officinalis
- CarbCrave Complex
- Cortisol Calm
- ProSoothe II
- Relora
- Seditol

Maitake mushroom
- Daily Immune
- Glucose Support Formula
- M/R/S Mushroom Formula

Maltodextrin
- Electrolyte/Energy formula

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INGREDIENTS LISTING (CONT.)

Manganese
+Cal+® with Ipriflavone
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
Energize Plus™ Pure Pack
Glucosamine Complex capsules
Glucosamine+Chondroitin with Manganese capsules
GlutenAssure Multivitamin
Hair/Skin/Nails Ultra
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Manganese (aspartate/citrate)
Men's Nutrients
Men's Pure Pack
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
OsteoBalance
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PurePals
PurePals (with iron)
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

d-Mannose
Cranberry/d-Mannose
d-Mannose

Marshmallow root (*Althaea officinalis*)
DGL Plus
G.I. Fortify
Heartburn Essentials

Melatonin
Best-Rest Formula
Melatonin
Melatonin liquid
Melatonin-SR
Sleep Solution (single dose liquid)

l-Methionine
Amino-NR
Amino Replete
Detox Pure Pack
DIM Detox
Essential Aminos
l-Methionine
HM Complex
Liver-G.I. Detox‡
Lipotropic Detox
UltraDetox 10-Day Pure Pack

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

Milk thistle (*Silybum marianum*)
AntiOxidant Formula
Detox Pure Pack
Digestion GB
DIM Detox
Lipotropic Detox
Liver-G.I. Detox‡
LVR Formula
Silymarin
SP Ultimate
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack

Modified citrus pectin
HM Complex
UltraDetox 10-Day Pure Pack

Molybdenum
Detox Pure Pack
Junior Nutrients
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® Multivitamin
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients

Motherwort (*Leonurus cardiaca*)
PhytoBalance II

Mucuna puriens
DopaPlus

Myo-inositol
Inositol powder

N-Acetyl-d-Glucosamine
G.I. Integrity
Glucosamine Complex capsules

N-Acetyl-l-Cysteine (NAC)
AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
DIM Detox
HM Complex
Lithium (orotate)
Liver-G.I. Detox‡
LVR Formula
Macular Support Formula
Mitochondria-ATP
NAC
Nutrient 950 with NAC
Polyphenol Nutrients
PureCell
PureDefense w/NAC
UltraDetox 10-Day Pure Pack

Naringin
Acerola/Flavonoid

Nattokinase
NSK-SD

Nettle leaf
Aller-Essentials

Nettle root
Men's Pure Pack
Saw Palmetto Plus

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

Niacinamide
Athletic Nutrients
Athletic Pure Pack
B-Complex liquid
B-Complex Plus
B_6 Complex
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Hair/Skin/Nails Ultra
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Multivitamin EasySticks®
Niacinamide
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® B-Complex
PureGenomics® Multivitamin
PureNutrients Gummy
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein Blend
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
SeroPlus
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

No-flush niacin (inositol hexaniacinate/inositol nicotinate)
B-Complex Plus
B_6 Complex
Detox Pure Pack
Niacitol
Nutrient 950
Ultra B-Complex w/PQQ
UltraNutrient
Ultra Pure Pack

Oligonol®
AdipoLean II

Olive leaf (*Olea europaea*)
Olive Leaf extract
Vascular Relax BP

Olive fruit (*Olea europaea*)
Polyphenol Nutrients

Ornithine
Growth Hormone Support

Ox bile
Digestion GB

PABA
Hair/Skin/Nails Ultra

Panax ginseng
ADR Formula
Glucose Support Formula
Panax Ginseng
Phyto-ADR
PureCell

Pancreatin
Pancreatic Enzyme Formula
Systemic Enzyme Complex

Pantethine
Pantethine

Papain
A.I. Enzymes
Systemic Enzyme Complex

Passion flower
Best-Rest Formula
Emotional Wellness
Muscle Cramp/Tension Formula

Pea Protein
PureLean® Protein Blend

Perilla
EpiIntegrity powder
Perilla extract
TH2 Modulator

Pepsin
Betaine HCl Pepsin

Phellodendron amurense
CarbCrave Complex
ProSoothe II
Relora

DL-Phenylalanine
Amino Replete
CarbCrave Complex
Cognitive Aminos
DL-Phenylalanine
NeuroMood Pure Pack
NeuroPure
Phyto UltraComfort*

l-Phenylalanine
Amino-NR
Essential Aminos

Phosphatidylserine
Memory Pro
PS 100 (phosphatidylserine)
PS Plus

Phytase
Digestive Enzymes *Ultra*
Digestive Enzymes *Ultra* w/Betaine HCl

Phytosterol Complex
Beta-sitosterol
CholestePure
CholestePure Plus II
SP Ultimate

Pine bark extract
Pycnogenol (pine bark extract)
CurcumaSorb Mind

Piper betle
AdipoLean II

Policosanol
Policosanol

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

Pomegranate seed oil
XanthiTrim

Potassium (ascorbate)
Buffered Ascorbic Acid capsules/powder

Potassium (aspartate)
Detox Pure Pack
Mineral 650
Nutrient 950
Polyphenol Nutrients
Potassium (aspartate)
Potassium Magnesium (aspartate)
PurePals

INGREDIENTS LISTING (CONT.)

PurePals (with iron)
UltraNutrient
Ultra Pure Pack

Potassium bicarbonate
Mineral$_2$0 powder

Potassium (citrate)
GlyMag-Z
Magnesium EasySticks®
Muscle Cramp/Tension Formula
Men's Nutrients
Men's Pure Pack
Osteo EasySticks®
Potassium (citrate)
Potassium Magnesium (citrate)
PureLean® Nutrients
PureLean® Pure Pack
PureNutrients Gummy
PureResponse™ Multivitamin
Tri-Alkali
Uric Acid Formula
Women's Nutrients
Women's Pure Pack

Potassium
PureLean® Protein

Potassium phosphate
Athletic Nutrients
Athletic Pure Pack
Electrolyte/Energy formula

Prebiotics
PureLean® Fiber
Poly-Prebiotic powder
Arabinogalactan

Pregnenolone
Pregnenolone

l-Proline
Amino-NR
Ligament Restore

Protease
A.I. Enzymes
Digestion GB
Digestive Enzymes *Ultra*
Digestive Enzymes *Ultra* w/Betaine HCl
GlutenAssure Multivitamin
Gluten/Dairy Digest
Pancreatic Enzyme Formula
Pancreatic VegEnzymes
Systemic Enzyme Complex

Prune powder
PureLean® Fiber

Psyllium (*Plantago ovata*)
G.I. Fortify
G.I. Fortify (capsules)

Pterostilbene
PureLean® Nutrients
PureLean® Pure Pack
RevitalAge™ Ultra

Pumpkin (*Curcurbita pepo*) seed oil
Men's Pure Pack
Saw Palmetto Plus

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

Pyrroloquinoline quinone disodium salt
SR-CoQ$_{10}$ with PQQ
Ultra B-Complex w/PQQ

Quercetin
A.I. Formula
Aller-Essentials
Ester-C® & flavonoids
NeuroMood Pure Pack
NeuroPure
Polyphenol Nutrients
PureDefense w/NAC
Quercetin
Uric Acid Formula

R-lipoic acid
R-Lipoic acid (stabilized)

Raspberry (*Rubus idaeus*)
Açai 600
Women's Pure Pack

Red wine concentrate
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Resveratrol EXTRA
Ultra Pure Pack
Women's Nutrients
Women's Pure Pack

Reishi mushroom
M/R/S Mushroom Formula
PureResponse™ Multivitamin

Relora
CarbCrave Complex
ProSoothe II
Relora

Resveratrol
Memory Pro
MenoVive
Metabolic Xtra
Mitochondria-ATP
Nrf2 Detox
RevitalAge™ Ultra
ResCu-SR®
Resveratrol
Resveratrol EXTRA
Resveratrol VESIsorb
Ultra Pure Pack
VisionPro Nutrients

Rhodiola Rosea
CarbCrave Complex
Cortisol Calm
Daily Stress Formula
DopaPlus
Emotional Wellness
Energy Xtra
MenoVive
Phyto-ADR
ProSoothe II
Rhodiola Rosea
Women's Nutrients
Women's Pure Pack

d-Ribose
Electrolyte/Energy formula (stick packs)
Ribose
RiboCarnitine-Q$_{10}$

Rice protein concentrate
PureLean® Protein Blend

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

Saccharomyces boulardii
PureBi·Ome™ Intensive
Saccharomyces boulardii

***Saccharomyces cerevisiae* dried fermentate**
Aller-Essentials
PureDefense w/NAC

SAMe
SAMe

Saw palmetto (*Serenoa repens*)
Men's Nutrients
Men's Pure Pack
Saw Palmetto 320
Saw Palmetto Plus
SP Ultimate

Selenium (amino acid chelate)
PurePals
PurePals (with iron)

Selenium (citrate)
Selenium (citrate)

Selenium (selenomethionine)
AntiFatigue Complex
AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
HM Complex
Junior Nutrients
Longevity Nutrients
Multi t/d
Mineral 650
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureCell
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Protein
PureLean® Pure Pack
PureResponse™ Multivitamin
Selenium (selenomethionine)
Thyroid Support Complex
Trace Minerals
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Selenium (yeast based)
Men's Nutrients
Men's Pure Pack
Longevity Nutrients
SP Ultimate

l-Serine
Amino-NR
Amino Replete

Serrapeptidase
Systemic Enzyme Complex

Shiitake mushroom
M/R/S Mushroom Formula

Silica
Cal/Mag w/Cofactors powder
Hair/Skin/Nails Ultra
Ligament Restore
OsteoBalance
Trace Minerals

Slippery elm (*Ulmus fulva*)
DGL Plus
G.I. Fortify
Heartburn Essentials

Sodium chloride
Electrolyte/Energy formula

Spinach
CogniMag
PS Plus
RevitalAge™ Ultra

St. John's Wort (*Hypericum perforatum*)
St. Johns Wort

Strawberry
Alpha Lipoic Acid with GlucoPhenol
B-Complex liquid
CogniMag
PS Plus
PureLean® Pure Pack
RevitalAge™ Ultra

Strontium (citrate)
Strontium (citrate)

Streptococcus thermophilus
Probiotic G.I.

Superfruit blend
Athletic Nutrients
Athletic Pure Pack
PureLean® Protein **aurine**
Amino-NR
Cognitive Aminos
Detox Pure Pack
Digestion GB
DIM Detox
Lipotropic Detox
Liver-G.I. Detox‡
Nitric Oxide Ultra (stick packs)
NeuroMood Pure Pack
PureLean® Nutrients
PureLean® Pure Pack
SeroPlus
Taurine
UltraDetox 10-Day Pure Pack
VisionPro Nutrients

l-Theanine
Best-Rest Formula
Cortisol Calm
Emotional Wellness
l-Theanine
Pure Tranquility liquid
Sleep Solution (single dose liquid)

l-Threonine
Amino-NR
Amino Replete
Essential Aminos

***Tinospora cordifolia* extract**
Aller-Essentials

Tocotrienols
Tocotrienols

Tolerase® prolyl endopeptidase
GlutenAssure Multivitamin

Tribulus terrestris
Tribulus Formula

Trimethylglycine (anhydrous betaine)
Lipotropic Detox
Homocysteine Factors

Triphala
G.I. Fortify

Trypsin
Systemic Enzyme Complex

Turkey Tails Mushroom
Coriolus extract

Turmeric (*Curcuma longa*)
A.I. Formula
CurcumaSorb
CurcumaSorb Mind
Curcumin
Curcumin 500 with BioPerine®
Detox Pure Pack
Digestion GB
Glucosamine/MSM w/ joint comfort herbs
Heartburn Essentials
Joint Complex (single dose)
Joint Mediator
Ligament Restore
Lipotropic Detox
Liver-G.I. Detox‡
Longevity Nutrients
LVR Formula
Memory Pro
NeuroMood Pure Pack
NeuroPure
Phyto UltraComfort*
Phyto-4
PureCell
ResCu-SR®
SP Ultimate
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
Women's Nutrients
Women's Pure Pack

‡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.

INGREDIENTS LISTING (CONT.)

l-Tyrosine
- Amino-NR
- Amino Replete
- Cognitive Aminos
- Daily Stress Formula
- DopaPlus
- Electrolyte/Energy formula (powder)
- Emotional Wellness
- Iodine and Tyrosine
- Thyroid Support Complex
- l-Tyrosine

l-Tryptophan
- Amino Replete
- Cognitive Aminos
- Essential Aminos
- l-Tryptophan

Ubiquinol
- Mitochondria-ATP
- Ubiquinol-QH
- Ubiquinol VESIsorb

l-Valine
- Amino-NR
- Amino Replete
- BCAA capsules/powder
- Essential Aminos
- Best-Rest Formula

Valerian
- Best-Rest Formula

Vanadium (aspartate)
- Detox Pure Pack
- Mineral 650
- Nutrient 950
- Polyphenol Nutrients
- UltraNutrient
- Ultra Pure Pack

Vanadium (BGOV)
- Athletic Nutrients
- Athletic Pure Pack
- GlucoFunction
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- PureLean® Nutrients
- PureLean® Pure Pack
- Trace Minerals
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vanadium (Krebs cycle chelate)
- PurePals
- PurePals (with iron)

Vinpocetine
- Memory Pro
- Vinpocetine

Vitamin A
- GlutenAssure Multivitamin
- Junior Nutrients
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- O.N.E.™ Multivitamin
- PureGenomics® Multivitamin
- PureLean® Protein
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- PureResponse™ Multivitamin
- Thyroid Support Complex
- UltraDetox 10-Day Pure Pack
- VisionPro Nutrients
- Vitamin A 3,000 mcg
- Vitamin A + Carotenoids

Vitamin B_1 (thiamin)
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex liquid
- B-Complex Plus
- B_6 Complex
- Daily Stress Formula
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein Blend
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- PureResponse™ Multivitamin
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vitamin B_2 (riboflavin)
- AntiOxidant Formula
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex Plus
- B_6 Complex
- Daily Stress Formula
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Mitochondria-ATP
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Protein Blend
- PureLean® Pure Pack
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- PureResponse™ Multivitamin
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vitamin B_2 (riboflavin 5' phosphate) (activated B_2)
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex liquid
- B-Complex Plus
- B_6 Complex
- Daily Stress Formula
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureResponse™ Multivitamin
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vitamin B_5 (pantothenic acid) (calcium pantothenate)
- ADR Formula
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex liquid
- B-Complex Plus
- B_6 Complex
- Daily Stress Formula
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- LiquiNutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Pantothenic Acid
- Phyto-ADR
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- PureResponse™ Multivitamin
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vitamin B_6 (pyridoxal 5' phosphate) (activated B_6)
- Amino-NR
- Amino Replete
- Athletic Nutrients
- Athletic Pure Pack
- Best-Rest Formula
- B-Complex Plus
- B_6 Complex
- CarbCrave Complex
- Daily Stress Formula
- Detox Pure Pack
- DopaPlus
- Emotional Wellness
- Energize Plus™ Pure Pack
- Folate 5,000 Plus
- GlutenAssure Multivitamin
- Homocysteine Factors
- Junior Nutrients
- Longevity Nutrients
- Men's Nutrients
- Men's Pure Pack
- MethylAssist
- MotilPro
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- NeuroPure
- Nutrient 950
- O.N.E.™ Multivitamin
- P_5P 50
- Polyphenol Nutrients
- ProSoothe II
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureResponse™ Multivitamin
- RevitalAge™ Nerve
- SeroPlus
- l-Tryptophan
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vitamin B_6 (pyridoxine)
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex liquid
- B-Complex Plus
- B_6 Complex
- Daily Stress Formula
- Detox Pure Pack
- Energize Plus™ Pure Pack
- GlutenAssure Multivitamin
- Junior Nutrients
- Lipotropic Detox
- LiquiNutrients
- Longevity Nutrients
- Magnesium liquid
- Men's Nutrients
- Men's Pure Pack
- Multi t/d
- Multivitamin EasySticks®
- NeuroMood Pure Pack
- Nutrient 950
- O.N.E.™ Multivitamin
- Polyphenol Nutrients
- PreNatal Nutrients
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureLean® Nutrients
- PureLean® Pure Pack
- PureLean® Protein Blend
- PureNutrients Gummy
- PurePals
- PurePals (with iron)
- PureResponse™ Multivitamin
- Ultra B-Complex w/PQQ
- UltraDetox 10-Day Pure Pack
- UltraNutrient
- Ultra Pure Pack
- VisionPro Nutrients
- Women's Nutrients
- Women's Pure Pack

Vitamin B_{12} Adenosylcobalamin
- Adenosyl/Hydroxy B_{12}
- Adenosyl/Hydroxy B_{12} liquid
- GlutenAssure Multivitamin
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureResponse™ Multivitamin

Vitamin B_{12} Hydroxycobalamin
- Adenosyl/Hydroxy B_{12}
- Adenosyl/Hydroxy B_{12} liquid
- Multivitamin EasySticks®
- PureGenomics® B-Complex
- PureGenomics® Multivitamin
- PureResponse™ Multivitamin

Vitamin B_{12} (from Lactobacillus bulgaricus)
- PureFood Nutrients

Vitamin B_{12} (methylcobalamin)
- Athletic Nutrients
- Athletic Pure Pack
- B-Complex liquid
- B-Complex Plus
- B_6 Complex
- B_{12} Folate
- B_{12} 5,000 liquid

INGREDIENTS LISTING (CONT.)

B_{12} liquid
Daily Stress Formula
Detox Pure Pack
Energize Plus™ Pure Pack
Folate 5,000 Plus
GlutenAssure Multivitamin
Homocysteine Factors
Junior Nutrients
Lipotropic Detox
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
MethylAssist
Methylcobalamin
Multi t/d
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein
PureMelt B_{12} Folate
PureNutrients Gummy
PurePals
PurePals (with iron)
RevitalAge™ Nerve
Ultra B-Complex w/PQQ
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin C (ascorbyl palmitate)

AntiOxidant Formula
Ascorbyl Palmitate
Detox Pure Pack
Macular Support Formula
UltraNutrient
Ultra Pure Pack

Vitamin C (ascorbic acid)

Acerola/Flavonoid
Aller-Essentials
Ascorbic Acid capsules/powder
Athletic Nutrients
Athletic Pure Pack
Cardio-C
Daily Immune
Daily Stress Formula
Energize Plus™ Pure Pack
Electrolyte/Energy formula
EyeProtect Basics
GlucoFunction
GlutenAssure Multivitamin
Hair/Skin/Nails Ultra
Iron-C
Junior Nutrients
Ligament Restore
Liposomal Vitamin C liquid
LiquiNutrients
Longevity Nutrients
Macular Support Formula
Magnesium EasySticks®
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nitric Oxide Support
Nitric Oxide Ultra (stick packs)
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureDefense w/NAC
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
SeroPlus
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
Uric Acid Formula
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin C (mineral ascorbates)

Buffered Ascorbic Acid capsules/powder
Ester-C® & flavonoids
OptiFerin-C
PureLean® Protein
PurePals
PurePals (with iron)

Vitamin D_3

Athletic Nutrients
Athletic Pure Pack
+Cal+® with Ipriflavone
Calcium K/D
Calcium with Vitamin D3
Cal/Mag w/Cofactors powder
Cal/Mag/D liquid
Cortisol Calm
Daily Immune
Detox Pure Pack
Disc-Flex
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Joint Optimizer
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
OsteoBalance
Osteo EasySticks®
Polyphenol Nutrients
PreNatal Nutrients
ProSoothe II
PureCell
PureDefense w/NAC
PureGenomics® Multivitamin
PureHeart® K_2D
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein Blend
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
SP Ultimate
Synergy K
Thyroid Support Complex
Tri-Alkali
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Vitamin D_3
Vitamin D_3 liquid
Vitamin D_3 (Vegan) liquid
Vitamin D_3 VESIsorb
Women's Nutrients
Women's Pure Pack

Vitamin E (mixed tocopherols)

Tocotrienols
PurePals
PurePals (with iron)
Vitamin E

Vitamin E

AntiOxidant Formula
Athletic Nutrients
Athletic Pure Pack
Detox Pure Pack
Energize Plus™ Pure Pack
EyeProtect Basics
GlutenAssure Multivitamin
Junior Nutrients
LiquiNutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Mitochondria-ATP
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
ProSoothe II
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein Blend
PureNutrients Gummy
PurePals
PurePals (with iron)
PureResponse™ Multivitamin
Q-Gel® 100
SP Ultimate
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack

Vitamin K_1

+Cal+® with Ipriflavone
Athletic Nutrients
Athletic Pure Pack
Calcium K/D
GlutenAssure Multivitamin
Junior Nutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
Nutrient 950 with Vitamin K
Osteo EasySticks®
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureLean® Protein Blend
PureNutrients Gummy
PureResponse™ Multivitamin
Synergy K
Women's Nutrients
Women's Pure Pack

Vitamin K_2

Calcium K/D
Disc-Flex
GlutenAssure Multivitamin
Longevity Nutrients
Multivitamin EasySticks®
Nutrient 950 with Vitamin K
Osteo EasySticks®
PureGenomics® Multivitamin
PureHeart® K_2D
PureResponse™ Multivitamin
Synergy K

Vitex (chaste tree)

Chaste tree (Vitex)
PhytoBalance II
ProSoothe II

Whey protein isolate

PureLean® Whey
WheyBasics

Willow bark extract

Phyto UltraComfort*

Xylooligosaccharides

PureLean® Fiber
Poly-Prebiotic powder

Zeaxanthin

Athletic Nutrients
Athletic Pure Pack
Beta Carotene
Energize Plus™ Pure Pack
Lutein/Zeaxanthin
Longevity Nutrients
Junior Nutrients
Macular Support Formula
Men's Nutrients
Men's Pure Pack
Multi t/d
NeuroMood Pure Pack
Nutrient 950
O.N.E.™ Multivitamin
Polyphenol Nutrients
PreNatal Nutrients
PureGenomics® Multivitamin
PureLean® Nutrients
PureLean® Pure Pack
PureResponse™ Multivitamin
UltraDetox 10-Day Pure Pack
UltraNutrient
Ultra Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack
Vitamin A + Carotenoids

Zinc (aspartate)

PurePals
PurePals (with iron)

Zinc (citrate)

Athletic Nutrients
Athletic Pure Pack
Daily Immune
EyeProtect Basics
GlucoFunction
Hair/Skin/Nails Ultra
HM Complex
Junior Nutrients
Longevity Nutrients
Men's Nutrients
Men's Pure Pack
NeuroMood Pure Pack
O.N.E.™ Multivitamin
PreNatal Nutrients
PureDefense w/NAC
PureGenomics® Multivitamin
PureLean® Nutrients
PureNutrients Gummy
PureLean® Pure Pack
PureResponse™ Multivitamin
SP Ultimate
Thyroid Support Complex
UltraDetox 10-Day Pure Pack
VisionPro Nutrients
Women's Nutrients
Women's Pure Pack
Zinc (citrate)

Zinc (gluconate)

Immune Support Liquid
LiquiNutrients
Zinc liquid 15 mg

Zinc (glycinate)

PureLean® Protein

Zinc-l-carnosine

Peptic-Care ZC

Zinc (picolinate)

AntiOxidant Formula
+Cal+® with Ipriflavone
Detox Pure Pack
DopaPlus
Energize Plus™ Pure Pack
GlutenAssure Multivitamin
Mineral 650
Multi t/d
Multivitamin EasySticks®
NeuroMood Pure Pack
NeuroPure
Nutrient 950
OsteoBalance
Polyphenol Nutrients
SeroPlus
Trace Minerals
UltraNutrient
Ultra Pure Pack
Zinc 15
Zinc 30

Zinc (as Sucrosomial® zinc)

UltraZin Zinc

‡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.

DELIVERY FORM: LIQUID/POWDER/CHEWABLE FORMULAS

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

Product Name	Delivery Form	Order Code	Pg. #
Adenosyl/Hydroxy B_{12} liquid	liquid	AHBL	23
Amino Replete	powder	AMR2	27
Ascorbic Acid powder	powder	AAP	29
B-Complex liquid	liquid	BCL1	34
B_{12} 5,000 liquid	liquid	B125L	34
B_{12} liquid	liquid	B12L	35
BCAA powder	powder	BCAP	36
Buffered Ascorbic Acid powder	powder	ABP32	41
Cal/Mag w/Cofactors powder	powder	CMF3	42
Cal/Mag/D liquid	liquid	CML	42
Creatine powder 250 g / 500 g	powder	CRM2 / CRM5	53
CurcumaSorb Mind EasySticks®	powdered stick pack	CMESB3	55
D-Mannose powder 50 g / 100 g	powder	DMP5 / DMP1	58
Electrolyte/Energy formula	powder	EEF3	66
Electrolyte/Energy formula (stick packs)	powdered stick pack	EEF2B3	67
EPA/DHA liquid (lemon flavor)	liquid	EDL2	70
EpiIntegrity powder	powder	EIP1	71
G.I. Fortify‡	powder	GIF4	76
GlyMag-Z	powdered stick pack	GMZB3	83
Immune Support liquid‡	liquid	ISL	87
Inositol (powder)	powder	INP2	87
Iron liquid	liquid	IRL	88
l-Glutamine powder	powder	LGP	81
KetoBrain Energy	powder	KBE3	92
Lipsomal Gluthathione liquid	liquid	LGL	94
Liposomal Vitamin C liquid	liquid	LCL	95
LiquiNutrients	liquid	LQN32	96
Lithium liquid	liquid	LIOL	97
Magnesium (powder)	powder	MGP1	103
Magnesium EasySticks®	powdered stick pack	MGESB3	104
Magnesium Glycinate liquid	liquid	MGL4	104
Magnesium liquid	liquid	ML2	104
Melatonin liquid	liquid	MEL3	106
MSM powder	powder	MSMP	112
Multivitamin EasySticks®	powdered stick pack	MVESB3	113
Nitric Oxide Support	powder	NOS16	117
Nitric Oxide Ultra (stick packs)	powdered stick pack	NXB3	117
Osteo EasySticks®	powdered stick pack	OESB3	122
Poly-Prebiotic powder	powder	PPRP1	130
Probiotic 123	powder	PRO6	133
Pure Tranquility liquid	liquid	PTL	136
PureLean® Fiber	powder	PLFX3	143
PureLean® Protein Blend	powder	PLPV6	145
PureLean® Whey	powder	PLW4	147
PureMelt B_{12} Folate	dissolvable lozenge	PMLB9	147
PureNutrients Gummy	chewable gummy	PNG1	148
PureNutrients EPA/DHA Gummy	chewable gummy	PNEGB3	148
PurePals	chewable tablet	PUPC9	149
PurePals (with iron)	chewable tablet	PUPI9	149
Ribose 100 g	powder	RI1	156
Ribose 250 g	powder	RI2	156
Sleep Solution (single dose liquid)	liquid	SLB6	160
SunButyrate™-TG liquid	liquid	BTGL	162
Tri-Alkali	powder	TRI3	167
Vitamin D_3 (Vegan) liquid	liquid	VD3VL	176
Vitamin D_3 liquid	liquid	VDL	178
WheyBasics	powder	WBV4	178
Zinc liquid 15 mg	liquid	Z15L	182

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