

Are you celebrating your health?





## *Designs for Health Mission Statement*

*At Designs for Health, we are committed to delivering high quality nutritional supplements, educating health care practitioners as to their optimal therapeutic use, and providing an accurate and objective method by which to measure their effectiveness.*



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To order: 800.847.8302 • fax 206.333.0408  
[www.designsforhealth.com](http://www.designsforhealth.com)

Open Monday through Thursday, 8:30 AM to 7:00 PM ET/Friday, 9:00 AM to 5:00 PM ET

# Dedication to Education

## A Letter from the President of Designs for Health

When we are not satisfied with the way things are, we become hopeful by the thought of “change.” Change appears to be the new constant for politics, world affairs, the economy and just about any established institution you can name. Change is certainly coming to the unsustainable model of health care. But, how do we actually effect change when bad habits and policies are so entrenched in our culture? First, there needs to be awareness, which requires communication and education.

This year, Designs for Health celebrates its 20th Anniversary. We are proud of the position we have held in the health care industry as an ambassador of change over the past 20 years. During this time of change, we have held true to our “Science First” philosophy and our commitment to education. By providing sources of FREE, real time, relevant clinical information to our practitioners about effective, alternative and complimentary care, DFH has become an educational resource for the industry. Our goal over the next twenty years is to build upon this momentum, to continue to provide education and empower more people to seek alternative care to reinforce the message that making changes to diet and lifestyle can positively impact their health. In the meantime, the public continues to be exposed to the tens of millions of dollars poured into advertisements focused on creating the next “blockbuster” drug - an endless and expensive search for the single pill that will act as a silver bullet to solve people’s long term health care problems. Yet, we all know there are no such short cuts, and that preventative care is the answer, as well as the ONLY realistic solution to the looming crisis in health care.

Designs for Health wants to be your partner in education. We remain dedicated to providing Clinical Rounds teleconference calls every Wednesday night, monthly Nutrient Roundtable discussions, Friday Fun Facts and patient newsletters. Our audio library has over 400 FREE hours of downloadable education. DFH has even created a nutritionists placement program that will place educated nutritionists in your practice to leverage your time and increase patient interest in a new health care paradigm.

Your patients should understand the importance of getting their nutritional supplements from a company that controls the manufacturing process from beginning to end. This is done in our own, NSF GMP certified state-of-the art facility. They need to understand the benefits of high quality, synergistic ingredients provided in efficacious doses, and the value of stringent testing and quality control throughout the manufacturing process. Ultimately, they need to understand why it is important to obtain their products directly through you and not from a stranger on the internet or retail brands in health food stores.

After 20 years, we remain the company you can trust, from our Paleolithic nutrition principles to our Science First philosophy. We believe that alternative and complimentary practitioners are at a critical point, in which patients will drive the healthcare industry toward wellness practitioners. Thank you for all that you have done to make our first 20 years rewarding and successful. One person at a time, together we will continue to shape the future of health care.

Sincerely, in health,



Linda Lizotte, RD, CDN  
President



# The Vision of DFH



**Linda Lizotte, RD, CDN**

***President***

Linda Lizotte, cofounder of Designs for Health, is a nationally known nutritionist and speaker. Linda ran a busy private practice for 15 years. She has helped many nutritionists to start their own private practice and successfully build them. Linda reads research on a regular basis and is the creator and voice of Clinical Rounds. She believes in getting experts across the country to share their nutrition knowledge with others. Linda has also been an expert guest on numerous radio and television programs, and has contributed to several health magazines and nutrition books.



**Jonathan Lizotte**

***Chief Executive Officer***

Jonathan Lizotte, CEO and cofounder, is chiefly responsible for guiding the company and directing its resources to ensure that the Designs for Health mission and vision are realized. He fulfills his role through a focused, hands-on approach, with direct involvement across all business functions. Under his leadership, Designs for Health has become one of the fastest growing, most respected manufacturers and distributors of nutritional supplements nationwide.



**David M. Brady, ND, DC, CCN, DACBN**

***Chief Medical Officer***

Dr. Brady is a licensed Naturopathic Physician, a Board Certified Clinical Nutritionist, and a Doctor of Chiropractic. He is presently the Vice Provost of the Division of Health Sciences, Director of the Human Nutrition Institute and an Associate Professor of Clinical Sciences, University of Bridgeport in Bridgeport, CT. He is a featured lecturer internationally and has appeared on the panel of numerous major scientific conferences in the field of nutritional and integrative medicine. Involved in academia, publishing, clinical consulting, and nutraceutical product design, Dr. Brady is Chief Medical Officer and formulator at Designs for Health and is a consultant to Metamatrix Clinical Laboratory. He is also in private clinical practice at Allied Health & Wellness Centers in Trumbull, CT, where he applies functional medicine to patient care.

## Our History

### ***Nutritional therapies designed by health care professionals for health care professionals.***

Jonathan and Linda Lizotte, RD, CDN founded Designs for Health in 1989 with a local team of nutritionists whose focus was to provide nutrition counseling services for the treatment of a variety of health conditions. Demand for further education by clinicians led Designs for Health to create advanced training courses dealing with nutritional approaches to chronic disease. The success of this effort grew into a request for a line of nutritional supplements designed by health care professionals for health care professionals. Most important to these health providers was—and still is—quality ingredients, efficacious doses, and company integrity. To this day, nutritionally-minded clinicians with ongoing clinical experiences shape the direction of the company.



#### **Cristiana Paul, MS**

Cristiana Paul is a nutrition consultant for Designs for Health, serving the Los Angeles area. She holds a Masters in Nutrition Science from Cal Poly Pomona in California, and has 10 years of nutritional counseling experience in clinical practice. Also possessing 10 years of nutrition research experience, Cristiana is relied upon for her contributions to the design and continuous improvement of Designs for Health products.



#### **Camille Gallinger, CN**

Camille Gallinger is a Certified Nutritionist with post-graduate training in clinical nutrition from American Health Sciences University and the American Association of Nutrition Consultants (AANC). She is also a Certified Herbalist, having studied at the former Center for Herbal Studies in Corvallis, OR. As a member of the Nutrition Support Team, Camille serves as a writer and nutrition health educator, training Designs for Health customer service representatives.

## Our Creed

### **Science First**

Our “Science First” philosophy is demonstrated by our commitment to research-driven products, synergistic formulations, and meaningful quantities of therapeutic ingredients.



#### **Andy Casagranda, CN Director of Product Development**

Andy Casagranda is a Certified Nutritionist, having completed his training with American Health Science University (formerly N.I.N.E.) in Aurora, Colorado. Andy is also the Director of Product Development for Designs for Health, with over 20 years of experience in the dietary supplement industry.



#### **Jose A. Llobrera, PhD Vice President, Research & Development**

Dr. Llobrera received his PhD with research specialization in physiological energetics from Texas A&M University and brings with him several years of experience managing research projects with BS, MS, and PhD-level researchers. He also spent the past 5 years in the U.S. nutraceutical industry studying applications of several phytonutrients in cardiovascular health and inflammation.



#### **Michael Fuhrman, DC Director of Clinical & Product Support**

Dr. Michael Fuhrman is a Doctor of Chiropractic and Certified Applied Kinesiologist. Prior to joining Designs for Health, he spent 12 years as owner and chief practitioner of the Natali Family Healthcare Center in Seattle, Washington, specializing in nutritional health issues.

## Scientific Advisory Board

**Mark Houston, MD, MS, Vanderbilt University**  
**Jeffrey Moss, DDS, CNS, University of Bridgeport**  
**Rebecca Murray, APRN, FNP, MSN, CDE, Nurse Practitioner, Expert on Polycystic Ovary Syndrome, Diabetes Management**  
**John Peldyak, DDS, CNS, Nutritional Industry Consultant**



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## Amino Acids/Protein

### Formulas

18	5-HTP Supreme™
18	5-HTP Synergy™
18	Acetyl-L-Carnitine
21	Amino Acid Synergy
22	Arginine
25	CarniClear™
26	Carnosine Supreme™
28	CraveArrest™
36	Glutamine Capsules/Powder
43	Lysine Capsules
45	N-Acetyl Cysteine (NAC)
46	NeuroLink™
65	SAMe
65	StressArrest™
66	Taurine Capsules/Powder
68	Tyrosine 1g Tablets
71	Water Ease™
72	Whey Cool™

## Antioxidants

21	Annatto Tocotrienols™
28	CoQnol 50mg
29	Detox Antiox™
36	Glutathione Power™
36	Grape Seed Supreme™
41	Lipoic Acid Supreme
41	Lipoic Synergy™
45	N-Acetyl Cysteine (NAC)
47	OcuForce™
62	Q-Avail™ 60 mg
62	Q-Avail™ 100 mg
63	Q-Avail™ Nano Softgels
63	Q-Avail™ Nano Powder
64	Quercetin + Nettles
64	Quercetin Ascorbate Powder
64	Resveratrol Synergy™
65	Stabilized R-Lipoic Acid Supreme
65	Stellar C™
69	Ultimate Antiox Full Spectrum
70	Ultra Gamma Vitamin E

## B Vitamins Formulas

23	B-Supreme
37	Homocysteine Supreme™
39	Inositol Capsules/Powder
46	Niacin CRT™
57	Pantethine Supreme™
57	Pantothenic Acid™
58	Phosphatidyl Choline Powder/Softgels
66	Sublingual B6 Liquid™
66	Super Liquid Folate
69	Ultra B12-Folate

## Blood Pressure Support

22	Arginine
24	Calcium Malate Chelate
28	CoQnol 50mg
37	HTN Complex™
39	K+2 Potassium™ Capsules
43	Magnesium Glycinate Chelate
43	Magnesium Malate Chelate
62	Q•Avail™ 60 mg
62	Q•Avail™ 100 mg
63	Q•Avail™ Nano Softgels
63	Q•Avail™ Nano Powder
66	Taurine Capsules/Powder
71	Water Ease™

## Blood Sugar Support

26	Carnosine Supreme™
26	Chromium Synergy™
26	CLA (Conjugated Linoleic Acid)
28	Complete Mineral Complex
32	EndoTrim™
35	GlucoSupreme™ Herbal
41	Lipoic Acid Supreme
41	Lipoic Synergy™
76	Metabolic Syndrome Support Packets™
44	Metabolic Synergy™
57	Pantethine Supreme™
57	Pantothenic Acid™

## Bone, Joint, and Muscle Support

22	ArthroSoothe™ Capsules
22	ArthroSoothe™ Cream
74, 75	Back Packs
24	C3 Curcumin Complex
24	Calcium Malate Chelate
35	Glucosamine Sulfate
39	Inflammatone™
43	MagneDerm™ Gel
43	Magnesium Glycinate Chelate
43	Magnesium Malate Chelate
45	MSM Capsules/Powders
45	MyoSedate™
50	OsteoForce™
67	Tri-K™
70	Vitamin D Supreme
70	Vitamin D Synergy

## Brain Wellness Support

18	Acetyl-L-Carnitine
23	Brain Power Sours™
23	Brain Vitale™ Capsules/Powder
26	CatecholaCalm™
28	CraveArrest™
36	GPC (GlyceroPhosphoCholine)
39	Inositol Capsules/Powder
40	KreAlk-Alert™
40	KreAlkalyn Pro™
42	Lithium Synergy™
44	Migranol™
46	NeuroLink™
48	OmegAvail™ Marine TG
48	OmegAvail™ Marine TG Liquid
49	OmegAvail™ Ultra TG
58	Phosphatidyl Choline Softgels/Powder
58	Phosphatidyl Serine Capsules/Powder
64	Resveratrol Synergy™
65	SAME
65	StressArrest™
68	Tyrosine 1g Tablets
73	XanthOmega™

## Cardiovascular/Lipid Support

21	Annatto Tocotrienols™
25	CarniClear™
25	Carnitine Synergy™
25	Carnitine Tartrate Powder
28	CoQnol 50mg
33	Foresterol™
74	High Cholesterol Support Packets™
37	Homocysteine Supreme™
37	HTN Complex™
42	Lipotrienols RYR™
76	Metabolic Syndrome Support Packets™
46	Natto-Serrazime®
46	Niacin CRT™
48	OmegAvail™ Marine TG
48	OmegAvail™ Marine TG Liquid
49	OmegAvail™ Ultra TG
57	Pantethine Supreme™
59	Policosanol + Guggulipid
62	Q•Avail™ 60 mg
62	Q•Avail™ 100 mg
63	Q•Avail™ Nano Softgels
63	Q•Avail™ Nano Powder
64	Ribo-CarniClear™
67	Tri-K™
69	Ultra B12-Folate
73	XanthOmega™

## Children's Formulas

23	Brain Power Sours™
24	C + BioFizz™
46	NeuroLink™
66	Sublingual B6 Liquid™
71	Vitavescence™ Multivitamin Mineral Powder

## Comprehensive Wellness

74	Anti-Aging Support Packets™
74	Detoxification Support Packets™
29	DFH Complete Multi
30	DFH Complete Multi Copper and Iron Free
35	Glucosamine Sulfate
43	MagneDerm™ Gel
14, 54	PaleoGreens™
15, 56	PaleoReds™
57	PerioMint
76	Twice Daily Essential Packets™
68	Twice Daily Multi™
71	Vitavescence™ Multivitamin Mineral Powder

## Detoxification Support

21	Amino-D-Tox™
74	Detoxification Support Packets™
36	Glutathione Power™
42	LV-GB Complex™
44	Milk Thistle
45	N-Acetyl Cysteine (NAC) Capsules
12, 53	PaleoCleanse™

## Endocrine Support

18	5-HTP Supreme™
18	5-HTP Synergy™
18	Adrenal Complex
19	Adrenotone Plus™
26	CatecholaCalm™
28	CraveArrest™
30	DHEA 5 mg
30	DHEA 25 mg
31	DIM•Avail™
32	EndoTrim™
39	Inositol Capsules/Powder
39	Iodine Synergy™
40	KreAlk-Alert™
40	KreAlkalyn Pro™
41	LibidoStim-F™
41	LibidoStim-M™
43	Melatonin 3 mg
44	Metabolic Synergy™
59	Pregnenolone CRT
67	Thyroid Synergy™

## Eye Health

26	Carnosine Supreme™
47	OcuForce™
70	Ultra Gamma Vitamin E

## Fatty Acids

- 26 CLA (Conjugated Linoleic Acid)
- 33 Flaxseed Oil Softgels
- 34 Genuine Norwegian Cod Liver Oil
- 35 GLA 240 (Gamma-Linolenic Acid)
- 48 OmegAvail™ Marine TG
- 48 OmegAvail™ Marine TG Liquid
- 49 OmegAvail™ Ultra TG
- 49 Omega Hi-Po EE
- 49 OmegAvail™ Synergy TG
- 73 XanthOmega™

## Female Health

- 30 DHEA 5 mg
- 30 DHEA 25 mg
- 31 DIM•Avail™
- 32 FemGuard+Balance™
- 39 Iodine Synergy™
- 41 LibidoStim-F™
- 59 Pregnenolone CRT
- 76 Prenatal Twice Daily Essential Packets™
- 67 Thyroid Synergy™
- 70 UT Synergy™
- 77 Women's Twice Daily Essential Packets™
- 77 Women's Twice Daily Essential w/o Iron Packets™

## Gastrointestinal and Digestive Support

- 19 AllerGzyme™
- 20 Allicillin™
- 20 Allicillin™ Pro
- 21 Aloe/200x™
- 23 Betaine HCl
- 27 Cocommune Bar™
- 29 DairyGest™
- 31 Digestzymes™
- 33 FloraMyces™
- 33 GastroMend-HP™
- 34 GI Microb-X™
- 34 GI Revive™ Capsules/Powder
- 36 Glutamine Capsules/Powder
- 36 Glutathione Power™
- 39 Inflammation™
- 40 LeguGest™
- 47 Oil of Oregano Softgels
- 47 Olive Leaf Extract
- 12, 53 PaleoFiber™
- 59 Plant Enzyme Digestive Formula
- 60 Probiotic Supreme
- 60 Probiotic Synergy™
- 66 TegriceL® Colostrum

## Healthy Skin and Vein Support

- 22 ArthroSoothe™ Cream
- 36 Grape Seed Supreme™
- 43 MagneDerm™ Gel
- 45 MSM Capsules/Powders
- 48 OmegAvail™ Marine TG
- 48 OmegAvail™ Marine TG Liquid
- 62 Q•Avail™ Cream
- 73 Zinc Supreme™

## Herbal Products

- 19 Adrenotone Plus™
- 20 Allicillin™
- 20 Allicillin™ Pro
- 21 Aloe/200x™
- 24 C3 Curcumin Complex
- 26 CatecholaCalm™
- 31 EGCg 250 mg
- 32 FemGuard+Balance™
- 34 GI Microb-X™
- 35 Ginger-Tussin Syrup™
- 35 GlucoSupreme™ Herbal
- 36 Grape Seed Supreme™
- 38 Immunitone Plus™
- 39 Inflammation™
- 41 LibidoStim-F™
- 41 LibidoStim-M™
- 44 Migranol™
- 44 Milk Thistle
- 47 Oil of Oregano Softgels
- 47 Olive Leaf Extract
- 59 Picosanol + Guggulipid
- 64 Quercetin + Nettles
- 64 Quercetin Ascorbate Powder
- 64 Resveratrol Synergy™
- 67 Thyroid Synergy™
- 70 UT Synergy™

## Immune Support

- 20 Allicillin™
- 20 Allicillin™ Pro
- 24 Buffered Vitamin C Powder
- 24 C + BioFizz™
- 24 C3 Curcumin Complex
- 27 Cocommune Bar™
- 28 CoQnol 50mg
- 31 EGCg 250 mg
- 33 FloraMyces™
- 35 Ginger-Tussin Syrup™
- 38 Immunitone Plus™
- 38 ImmunoBerry™ Liquid
- 43 Lysine Capsules
- 43 MagneDerm™ Gel
- 50 OncoSGS™
- 60 Probiotic Supreme
- 60 Probiotic Synergy™ Capsules/Powder
- 62 Q•Avail™ 60 mg
- 62 Q•Avail™ 100 mg
- 64 Quercetin Ascorbate Powder

## Immune Support Cont.

- 65 Stellar C™
- 66 TegriceL® Colostrum
- 70 Vitamin D Supreme
- 70 Vitamin D Synergy
- 71 Vitavescence™ Multivitamin Mineral Powder
- 72 Whey Cool™
- 73 Zinc Supreme™

## Inflammatory Response Support

- 22 ArthroSoothe™ Capsules
- 22 ArthroSoothe™ Cream
- 24 C3 Curcumin Complex
- 33 Flaxseed Oil Softgels
- 34 Genuine Norwegian Cod Liver Oil
- 35 Glucosamine Sulfate
- 39 Inflammation™
- 45 MSM Capsules/Powder
- 46 Natto-Serrazime®
- 48 OmegAvail™ Marine TG
- 48 OmegAvail™ Marine TG Liquid
- 49 OmegAvail™ Ultra TG
- 49 Omega Hi-Po EE
- 49 OmegAvail™ Synergy TG
- 73 XanthOmega™

## Liver Support

- 21 Amino-D-Tox™
- 36 Glutathione Power™
- 41 Lipoic Acid Supreme
- 41 Lipoic Synergy™
- 42 LV-GB Complex™
- 44 Milk Thistle
- 45 N-Acetyl Cysteine (NAC)
- 12, 53 PaleoCleanse™
- 58 Phosphatidyl Choline Powder/Softgels

## Male Health

- 31 DIM•Avail™
- 41 LibidoStim-M™
- 61 Prostate Supreme™





## Minerals

24	Calcium Malate Chelate
26	Chromium Synergy™
28	Complete Mineral Complex
31	Electrolyte Synergy™
32	Ferrochel® Iron Chelate
39	Iodine Synergy™
39	K+2 Potassium™ Capsules
43	MagneDerm™ Gel
43	Magnesium Glycinate Chelate
43	Magnesium Malate Chelate
50	OsteoForce™
73	Zinc Challenge
73	Zinc Supreme™

## Mitochondrial Support and Energizers

18	Acetyl-L-Carnitine
18	Adrenal Complex
19	Adrenotone Plus™
23	B-Supreme
25	CarniClear™
25	Carnitine Synergy™
25	Carnitine Tartrate Powder
28	CoQnol 50mg
28	D-Ribose
31	Electrolyte Synergy™
32	Ferrochel® Iron Chelate
39	K+2 Potassium™ Capsules
41	Lipoic Acid Supreme
41	Lipoic Synergy™
43	Magnesium Malate Chelate
57	Pantethine Supreme™
62	Q•Avail™ 60 mg
62	Q•Avail™ 100 mg
63	Q•Avail™ Nano
63	Q•Avail™ Nano Powder
64	Ribo-CarniClear™
65	Stabilized R-Lipoic Acid Supreme
66	Sublingual B6 Liquid™
67	Thyroid Synergy™
69	Ultra B12-Folate

## Multivitamins/Vitamins

23	B-Supreme
24	Buffered Vitamin C Powder
24	C + BioFizz™
29	DFH Complete Multi
30	DFH Complete Multi Copper and Iron Free
44	Metabolic Synergy™
66	Sublingual B6 Liquid™
67	Tri-K™
76	Twice Daily Essential Packets™
68	Twice Daily Multi™
69	Ultra B12-Folate
70	Ultra Gamma Vitamin E
70	Vitamin D Supreme
70	Vitamin D Synergy
71	Vitavesence™ Multivitamin Mineral Powder

## Packets

74	Anti-Aging Support Packets™
74, 75	Back Packs
74	Detoxification Support Packets™
74	High Cholesterol Support Packets™
76	Metabolic Syndrome Support Packets™
76	Prenatal Twice Daily Essential Packets™
76	Twice Daily Essential Packets™
76	Weight Loss Support Packets™
77	Women's Twice Daily Essential Packets™
77	Women's Twice Daily Essential w/o Iron Packets™

## Paleo Products

13, 52	PaleoBars™
	• Chocolate Coated
	• Mixed Berry
	• Vanilla Almond Coated
13, 52	PaleoBars-DF™
	• Chocolate/Almond Anabolic
	• Coconut/Almond Crave Control
12, 53	PaleoCleanse™ Powder
12, 53	PaleoFiber™ Capsules/Powder
14, 54	PaleoGreens™ Powders
	• Lemon/Lime
	• Mint
	• Unflavored
11, 55	PaleoMeal™ Packets
	• Chocolate
	• Strawberry
	• Vanilla
11, 55	PaleoMeal™ Powders
	• Chocolate
	• Strawberry
	• Vanilla
11, 56	PaleoMeal™ DF (Dairy Free)
15, 56	PaleoReds™

## Sleep Support

18	5•HTP Supreme™
18	5•HTP Synergy™
39	Inositol Capsules/Powder
43	MagneDerm™ Gel
43	Magnesium Glycinate Chelate
43	Magnesium Malate Chelate
43	Melatonin 3 mg
45	MyoSedate™
65	StressArrest™
66	Taurine Capsules/Powder

## Sports Nutrition

22	Arginine
25	Carnitine Tartrate powder
26	Carnosine Supreme™
26	CLA (Conjugated Linoleic Acid)
28	D-Ribose
31	Electrolyte Synergy™
36	Glutamine Capsules/Powder
40	KreAlk-Alert™
40	KreAlkalyn Pro™
13, 52	PaleoBars™
11, 55	PaleoMeal™
11, 56	PaleoMeal™ DF (Dairy Free)
64	Ribo-CarniClear™
72	Whey Cool™

## Stress Management

18	5•HTP Supreme™
18	5•HTP Synergy™
18	Adrenal Complex
19	Adrenotone Plus™
23	B-Supreme
26	CatecholaCalm™
30	DHEA 5 mg
30	DHEA 25 mg
39	Inositol Capsules/Powder
42	Lithium Synergy™
43	MagneDerm™ Gel
43	Magnesium Glycinate Chelate
43	Magnesium Malate Chelate
45	MyoSedate™
57	Pantothenic Acid™
58	Phosphatidyl Serine Capsules/Powder
65	StressArrest™
66	Taurine Capsules/Powder

## Weight Management

18	5•HTP Supreme™
18	5•HTP Synergy™
25	CarniClear™
25	Carnitine Synergy™
25	Carnitine Tartrate Powder
26	CLA (Conjugated Linoleic Acid)
28	CoQnol 50mg
28	CraveArrest™
31	EGCg 250 mg
32	EndoTrim™
40	KreAlk-Alert™
40	KreAlkalyn Pro™
13, 52	PaleoBars™
11, 55	PaleoMeal™
11, 56	PaleoMeal™ DF (Dairy-Free)
57	Pantethine Supreme™
62	Q•Avail™ 60 mg
62	Q•Avail™ 100 mg
63	Q•Avail™ Nano
63	Q•Avail™ Nano Powder
64	Ribo-CarniClear™
67	Thyroid synergy™
76	Weight Loss Support Packets™
73	Xylitol Powder



# NEW Products from Designs for Health

## Allicillin Pro™ & Allicillin 200mg

Allicillin Pro™ is our new breakthrough Allicillin™ product with 300 mg Garlicillin™.

Garlicillin™ is garlic oil macerate standardized to 1% ajoene and also contains dithiins and allyl sulfides. This Allicillin™ formulation is the first ever commercially available garlic oil macerate product containing a standardized level of ajoene, **the most active compound formed from garlic.**

Since the discovery and identification of ajoene, there have been many studies that have demonstrated its activity on bacteria, lipids, fungus, viruses, inflammation, and much more.

Design for Health also offers a lower dose version of this product, with 200mg of Garlicillin.™ See page 20 for further information.

## Back Packs™

Unlike many other common back pain therapies today, Back Packs™ do not just address the pain and/or inflammation associated with the condition, but instead deal with underlying foundational causes, at the tissue level, that often ultimately lead to injuries and the resultant pain and inflammation. Back Packs™ work to control the natural contraction and relaxation of muscles that influence the spine and support optimal neurological actions of the motor neurons which control muscle function. All of the active ingredients are found in a convenient easy to open pack with no need to open multiple bottles. See pages 74 & 75 for further information.

## CoQnol™

CoQnol™ contains ubiquinol, the reduced antioxidant form of CoQ10. Both ubiquinone and ubiquinol are critical to the cellular ATP (energy) production cycle. Without the presence of both ubiquinone and ubiquinol within the body's cells, cellular energy cannot be generated or sustained. The ability to convert ubiquinone to ubiquinol may diminish with age and with increased oxidative stress in certain individuals. See page 28 for further information.

## DHEA 5mg

Brought to you by popular demand... this lower dose DHEA can be slowly titrated upwards if needed.

A hormone secreted primarily by the adrenal gland, DHEA acts as a substance in the synthesis of other important hormones and plays a key role in a variety of physiological responses. Brought on by popular request, this product provides a low dose that can be slowly increased as needed. See page 30 for further information.

## GlucoSupreme™ Herbal

GlucoSupreme™ Herbal is ideal for patients with insulin and glucose-related conditions.

This unique formula combines well-researched botanicals, including two herbs that most recently emerged in the literature, which demonstrate impressive efficacy in the optimization of blood sugar control.

GlucoSupreme™ Herbal contains standardized compounds, which include: corosolic acid from Banaba, isoflavones from Kudzu, ginsenosides from Ginseng, saponins from Fennugreek, and gymnemic acid from Gymnema, Cinnamon cassia extract, and Salacia.

GlucoSupreme™ Herbal is safe for obesity, Diabetes - types 1 & 2, Metabolic Syndrome, lipid abnormalities and PCOS. See Page 35 for further information.

## ImmunoBerry™ Liquid

Research suggests that certain herbs, mushrooms and other natural compounds have potential antiviral and antibacterial ability, as well as the ability to stimulate natural killer (NK) cell activity, cytokine synthesis and the T-cell and B-cell mediated responses necessary for a strong immune defense. Research on compounds found in nature, and in ImmunoBerry™ Liquid, show potential improvement in an array of conditions such as influenza, respiratory tract infections, sinusitis, viral hepatitis, and various bacterial infections. See page 38 for further information.

## Lithium Synergy

Lithium orotate is lithium bound to orotic acid, making it a salt. Orotic acid improves the effects of lithium many fold by increasing lithium's bioavailability. It is thought that lithium's mood stabilizing effects comes mainly from its ability to inhibit IMPase, an enzyme involved in the recycling and synthesis of inositol, a primary component of the phosphoinositol signaling pathway.

The addition of vitamin B12 and trimethylglycine (TMG) to Lithium Synergy helps support healthy methylation pathways. B12 is also needed for the synthesis of SAMe, shown to be commonly low in those with depressive disorders. See page 42 for further information

## Lipotrienols RYR™

Lipotrienols RYR is a powerful combination of natural substances intended to favorably modulate the blood lipid profile and optimize cardiac and vascular health, including high delta-fraction tocotrienols, organic red yeast rice extract (*Monascus purpurea*), and lycopene with added lecithin for bioavailability. See page 42 for further information.

## MagneDerm™ Gel

MagneDerm™ with genuine Zechstein™ magnesium, is simply the purest and most pristine source of natural magnesium salts in the world. This transdermal delivery system is highly efficient, bypassing the problems inherent with oral supplementation... ultimately reducing time needed for assimilation. See page 43 for further information.

## OncoSGS™

**OncoSGS™ - Available in 30 and 90 capsule sizes:** OncoSGS™ contains a specially cultivated form of *broccoli* seed known as *BroccoRaphanin™*. This proprietary and patented variety of broccoli, *Brassica oleracea italica*, is particularly rich in glucoraphanin (better known as sulforaphane glucosinolate).

There are currently over 500 journal publications, as well as documented epidemiological evidence, showing that diets rich in broccoli and broccoli sprouts are chemoprotective and may reduce the risk of many forms of cancer. Scientists also believe that sulforaphane glucosinolate may boost the body's own antioxidant defense system, including the upregulation of phase 2 detoxification enzymes. See page 50 for further information.

## Pregnenolone CRT™

Pregnenolone CRT™ features a controlled release technology that provides a very slow (10-12 hour) continuous release of pregnenolone in a very uniform manner, helping to eliminate the spikes, surges, and unwanted side effects found in other immediate release pregnenolone delivery systems. See page 59 for further information.

## Probiotic Supreme

**Probiotic Supreme** - a high dose alternative to our Probiotic Synergy™ delivering 15 billion organisms per dose in a caplet form – and uses the same advanced patented delivery system to ensure delivery of the highest number of live organisms to the intestinal tract. See page 60 for further information.

## Probiotic Synergy™

### Probiotic Synergy™ -60 BIO-tract Probiospheres

Our reformulated Probiotic Synergy™ uses the most advanced patented delivery and shelf stability technology available to ensure maximum potency and viability. This is achieved using the latest techniques designed to protect fragile probiotic organisms from harsh stomach acid and deliver the highest number of live organisms to the intestinal tract.

*This translates to better results - through increased levels of protected bacteria optimally released throughout the entire digestive tract. See page 60 for further information.*

## Q•Avail Nano™ 200mg Softgels

*Our highest potency softgel...* A patented, nano-emulsion delivery system allows us to pack 200mg of CoQ10 into an easy-to-swallow softgel. Each softgel in our Q•Avail Nano™ is composed of millions of these tiny nano-sized colloidal droplets of solubilized CoQ10 that are easily absorbed in the GI tract, resulting in enhanced bioavailability. See page 63 for further information.

## Q•Avail Nano™ 60 gm Powder

For the first time, a “truly bioavailable” and highly absorbed powder form of CoQ10 is available.

Previously, most powdered CoQ10 products were poorly absorbed and not very soluble, leading to the need for dosing at high levels to attain appreciable plasma levels of CoQ10. Using the VESIsorb™ natural colloid delivery system, Q•Avail™ Nano Powder provides an instantly water soluble powder that delivers 140 mg CoQ10 per gram!

Q•Avail™ Nano Powder is a highly bioavailable form of CoQ10 with a pleasant taste and the convenience of mixing with water, juice, or other liquids. See page 63 for further information.

## Ultimate Antiox Full Spectrum Comprehensive full-spectrum antioxidant protection...

This new powerhouse antioxidant formula combines some of nature's most potent herbs and spices, along with other well-researched antioxidant compounds. These ingredients were selected due to their ability to protect both water-based and lipid-based body structures and compounds, including cell membranes, LDL cholesterol, proteins, and enzymes. This formula replaces the need to use the previous Ultimate Antioxidant LS and HS in combination for full spectrum antioxidant protection. See page 69 for further information.



# Paleo Products

## Meet Our Growing Family.....

### Why Choose the Paleo Nutrition Family?

Designs for Health developed the Paleo Nutrition family based upon the healthy principles of wholesome paleolithic nutrition...the same dietary principles our ancestors followed.

Diets changed considerably in the space of a few thousand years after the dawn of agriculture when cereal grains were introduced. Given that there has been little change in the human genome since Paleolithic times our nutritional requirements remain similar to those of the Stone Age hunter-gatherers. During the 2.6 million years that our paleolithic ancestors inhabited the earth they depended upon nutrition from lean meats, fruits, vegetables, nuts and seeds and did not consume cereal grains. As a result, our ancestors were lean, fit, and free of the chronic diseases that plague our society in epidemic proportions today. Incorporating a diet that espouses paleolithic principles may be more ideally suited for us if we want to experience robust health, energy and vitality.

Designs for Health proudly presents the Paleo Nutrition family which offers food products with a balanced ratio of low net carbohydrates, high quality proteins and essential fats. It was especially designed to promote peak wellness with a whole foods approach that optimizes patients' intake of macro and micronutrients, fiber, and phytochemicals. PaleoMeal™, PaleoGreens™, PaleoReds™, PaleoCleanse™, PaleoFiber™ and PaleoBars™ make up this exciting family of paleolithically-based nutrition. These distinctively great-tasting snack and meal options are ideal for patients needing support with weight control, detoxification, energy and vitality, immune function, and better nutrition intake. They are convenient too, taking less than five minutes to grab a snack or mix a shake for a healthy, satisfying meal full of regenerating nutrients.



# PaleoMeal™



- Aids in weight management by suppressing appetite via CCK stimulation caused by glycomacropeptides\*
- Supports healthy cholesterol levels with whey protein and omega-3 fatty acids (DHA/EPA)\*
- Supports detoxification and liver function with phosphatidyl choline\*
- Depresses yeast overgrowth with immunoglobulins, lactoferrin, xylitol and naturally occurring antibacterial compounds from lignans\*
- Supports immune function with glutamine, cysteine, immunoglobulins and lactoferrin\*

A complete protein powder in great tasting chocolate, vanilla, and strawberry flavors. PaleoMeal™ powders have been formulated with an exceptional quality whey protein concentrate that is rich in immunoglobulins, lactoferrin, phosphatidyl choline, glutamine, flaxseed powder and cysteine. This powdered nutrition formula is free of artificial flavors; and the two sweetened flavors, chocolate and strawberry, use only the beneficial sweeteners xylitol and stevia.

Sizes: 540-gram tub, or Box of 15 30-gram packets



## PaleoMeal™ -DF (Dairy Free)



PaleoMeal™ DF is a high-quality rice protein-based alternative to our popular whey-based PaleoMeal™. Our new rice protein is a true vegan protein, easily digested and hypoallergenic; with an amino acid profile similar to mother's milk. It's made from sprouted whole grain brown rice. Each batch is pesticide-free and tested for purity, quality and consistency. This rice protein offers much better nutrient profiles than the average rice protein available in ordinary meal replacements. PaleoMeal™ DF, which is casein-free, lactose-free and gluten-free, offers the same comprehensive blend of added nutrients as our regular PaleoMeal to promote health and healing.

Size: 720 grams



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

# PaleoFiber™



## Highlights on PaleoFiber™ ingredients:

- **FIBREGUM™ TAN acacia gum:** This soluble fiber is an arabinogalactan from the acacia tree. It is a prebiotic as it supports the growth of friendly bacteria, bifidobacteria and lactobacilli, while it inhibits clostridium. This fiber is excellent for diabetics due to its antioxidant abilities, and ability to lower glucose and insulin.
- **Cranberry Seed Extract:** This insoluble fiber has an impressive ORAC value of 197, mostly due to its content of phenolics and anthocyanidins.
- **Hydrobind Carrot Fiber:** This insoluble fiber has a very high water binding ability (18 times its weight) and may improve diarrhea.
- **Probiotics:** The lactobacillus and bifidus strains found in PaleoFiber have excellent survival at room temperature.

DFH PaleoFiber™ is a combination of fibers derived from fruits, vegetables, roots, seeds, and tree extracts with added friendly bacteria and prebiotics. This product was designed with the features of the Paleolithic diet in mind, to which human physiology is most adapted. This great fiber product combines all of the following health-promoting ingredients: Fibregum tan acacia gum, CreaFibe cellulose, guar gum, cranberry seed extract, carrot fiber, inulin, citrus fiber, apple pectin, glucomannan, psyllium husk, flax, prune, lactobacillus acidophilus La-14 (7.5 billion CFU/serving), and bifidobacteria longum BB536 (500 million CFU/serving). PaleoFiber™ mixes well in water and tastes great with added natural berry flavor.



# PaleoCleanse™

**Finally, a comprehensive functional food powder for detoxification that tastes great, is low in carbohydrates, and is fructose free!**

PaleoCleanse™ contains quality hypoallergenic protein and macronutrients to fuel detoxification pathways, a full array of vitamins for detoxification enzyme support, nutrients needed to support and balance phase I and II metabolic pathways, and high levels of antioxidant support for safe detoxification. This formula also contains a comprehensive array of herbal hepatics, alternatives and cholagogues to promote optimal liver function and elimination, while it tastes great and does not contain fructose.



# PaleoBars™

Delicious and nutritious protein bars for children and adults



PaleoBars™ are much more than just energy bars. They are delicious, fructose-free snack bars that contain nutritious whey, omega-3 fatty acids, fiber, glutamine, phosphatidylcholine and antioxidants for immune support and quick, satisfying nutrition.

PaleoBars™ are uniquely formulated with beneficial fats from almonds, almond butter, and coconut oil.

Size: 18 count case

- Made with beneficial fats from sources that include coconut oil, macadamia nut oil, fish oil and almond butter
- Sweetened with 100% natural non-nutritive sweeteners, resulting in low carbohydrate load bars ideal for diabetics and those with Candida or other yeast conditions
- Always free of gluten, wheat, corn, fructose, sucrose and soy protein
- Kosher certified



Vanilla Almond Coated Bar



Coconut/Almond Crave Control Bar



Mixed Berry Bar



Chocolate /Almond Dairy-Free Anabolic Energy Bar



Chocolate Flavor Coated Bar



# PaleoGreens™

**Great tasting greens food made with organic ingredients!**

You know vegetables are good for your health...are you getting 7-9 servings per day?

PaleoGreens™ is the great tasting Designs for Health greens food made with over 70% organic ingredients, unique among greens foods products and ideal for those wishing to avoid the pesticide residue potential in non or low-organic formulations. The vegetable, fruit, and berry ingredients are brightly colored and non-oxidized, as the powders are protected from heat, UV light and moisture from start to finish. PaleoGreens™ contains three times the amount of chlorophyll as compared to other formulations, and the chlorella is a specially cultivated, easy to digest strain with a soft cell wall vs. hard cell strains requiring nutrient depleting “cracking” methods. Unlike other greens products, we never add inexpensive fillers or bulking agents (such as fiber, whole grasses, pectin, rice bran, or flax), which greatly dilute potency, can be a source of genetically modified material, and interfere with the bioavailability of the fragile phytonutrients. In every spoonful of PaleoGreens™ you receive densely packed nutrition that intensely nourishes and strengthens every system in your body, resulting in sustained energy, enhanced recovery, mental clarity and overall well-being. PaleoGreens™ is special not only because of its extraordinary formula, but also because we meticulously cultivate and protect all the precious constituents contained in it. We work closely with our certified organic growers to ensure the optimal preservation of enzymes and beneficial phytonutrients in PaleoGreens™ ingredients. These ingredients are harvested at their peak of potency and are immediately concentrated and dried by utilizing proprietary cool-temperature processes that preserve their energetic and nutritional integrity. Studies have shown that these unique technologies offer unprecedented protection of the enzymes and other valuable phytonutrient constituents. Our packaging further protects PaleoGreens™ from damaging light, oxygen and moisture after bottling. We are certain you will find PaleoGreens™ to be the highest quality and best tasting greens product you’ve ever experienced.



## Why are PaleoGreens™ unique and superior to other greens products?

- Over 70% organic ingredients
- Paleo profile: no grain/legumes fibers or components, low allergenicity
- No alfalfa, a common ingredient in other leading brands (which has been shown to aggravate autoimmune disease)
- Great taste, with no added sugars
- Predominantly freeze-dried vs. spray-dried ingredients (Resulting in an ultra-low maltodextrin carrier content)







# PaleoReds™

## Organic fruit blend

Physicians and nutritionists are recommending a diet rich in brightly-colored fruits and vegetables because they contain phytonutrients that act as antioxidants to ward off free radical damage. From polyphenols in apples to natural vitamin C from the Amazonian acerola cherry, PaleoReds™ combines over a dozen fruits and vegetables and their phytonutrients from the red/purple group to help reduce the risk of common chronic diseases and premature ageing. For our new PaleoReds™ powder, Designs for Health has chosen the highest-quality, antioxidant-rich, over 70% certified organic ingredients, all of which meet the highest quality standards. The grape skin extract is standardized to resveratrol and the pomegranate is standardized to ellagic acid. This great tasting fruit and berry formula is ideal for patients who need antioxidants, yet are sensitive to synthetic vitamin C made from corn.



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



# Professional Products

## GMP Guarantee and Quality Policy

Designs for Health (DFH) is dedicated to providing top-quality, reliable and efficacious dietary supplement products to the professional health care community. As evidence of our exceptionally high quality standards, the DFH team maintains a strict quality policy and vendor qualification program. Both are designed to formally express and document the quality expectations and performance requirements of our vendors, while ensuring their compliance with industry standard GMPs. Quality is thoroughly controlled and guaranteed, from raw material selection through manufacturing of the finished product. Be aware that companies can have excellent quality control without focusing on the absorbability or efficacy of the final product.



### Our Quality Policy

The DFH Quality Policy results in practitioners' heightened confidence by proving that our dietary supplements exceed industry standards for quality. In a dedicated effort to ensure the superior quality and purity of our supplements, DFH, or the designated vendor, evaluates and retains documentation regarding all raw materials and finished products. Our comprehensive evaluation criteria are designed to corroborate all aspects affecting quality and efficacy, specifically: Identity, Purity, Quality, Strength, and Composition.

### DFH Vendor Qualification Program

Every DFH vendor must undergo a formal vendor qualification process to evaluate procedures and activities related to the manufacture, packaging, and holding of DFH dietary ingredients and finished dietary supplements. Key elements of the qualification process include: vendor evaluation, documentation review, evaluation of manufacturing controls and processes, and existence of a DFH-approved testing and monitoring program for raw materials and finished products.

### The DFH GMP Guarantee

DFH stands behind every product it sells, offering a full money-back guarantee to any customer who is dissatisfied with our GMP documentation or the performance of the product as exhibited in clinical practice.

## Research and Support Commitment:

### Pure and Effective Products

*These underlying principles define the DFH philosophy of designing nutritional products.*

- **Science First:** Our team of experts, nutritionists, and industry specialists use peer reviewed scientifically researched literature on nutrient efficacy and safety, combined with clinical experience, as the basis for designing DFH products and protocols.
- **Do No Harm:** Our nutritional supplements are free of ingredients commonly used by others in which research suggests have negative side effects including gluten, soy protein, fructose (including concentrated fruit juices), artificial sweeteners, and black pepper extracts.
- **Nutrient Form Selection:** Nutrient form selection is aimed at maximizing stability, absorption and metabolism of that particular nutrient or combination of nutrients.
- **Nutrient Delivery:** Often a variety of nutrient delivery vehicles are chosen including capsule, softgel, powder, liquid, or controlled released technology. DFH recognizes different health conditions and personal tastes necessitate these options.
- **Synergistic Formulas:** Many of the DFH formulas contain groups of nutrients that fit therapeutic goals for various deficiency states and conditions. The DFH holistic approach takes into consideration the complexity of human metabolic pathways. Administering one particular nutrient in high doses may create metabolic imbalances. DFH always reviews the complete clinical picture when formulating a complex array of nutrients. Combination (synergistic) formulas often enhance patient compliance by minimizing the number of supplements a patient is asked to consume.
- **Practitioner Feedback:** DFH works closely with the practitioners that are using our products. Feedback and suggestions from their clinical experience are always invited. Often, practitioners are the initiators of new formulas. DFH continually monitors new research and clinical results and adjusts existing formulas accordingly.
- **Competitive Prices:** Maximizing the DFH products price/quality ratio is a primary goal. DFH will not produce a product unless it is safe, effective, and affordable to patients, while protecting the revenue model of its practitioner clients.



## 5-HTP Supreme™

Amino Acid/Protein Formulas • Endocrine Support  
• Sleep Support • Stress Management • Weight  
Management

This formula is used when higher doses of 5-HTP are required. 5-HTP readily enters the blood brain barrier. However, conversion into serotonin is dependent on vitamin B6, which acts as a cofactor and is included in this formula. \*This formula may be used during the day for mood enhancement or appetite control and is often used at bedtime to improve sleep patterns.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 60 capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Vitamin B6 (as Pyridoxal-5-Phosphate) 20 mg  
5-HTP (5-Hydroxytryptophan) 100 mg

**Other Ingredients:** Rice powder, magnesium stearate.



## 5-HTP Synergy™

Amino Acid/Protein Formulas • Endocrine Support  
• Sleep Support • Stress Management • Weight  
Management

5-HTP Synergy™ (50 mg cap) is a synergistic formula of 5-hydroxytryptophan and vitamin B6 for supporting overall neurotransmitter metabolism by restoring serotonin levels. 5-HTP readily enters the blood brain barrier. However, conversion into serotonin is dependent on vitamin B6, which acts as a cofactor and is included in this formula. \*This formula may be used during the day for mood enhancement or appetite control and is often used at bedtime to improve sleep patterns.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Vitamin B6 (as Pyridoxal-5-Phosphate) 10 mg  
5-HTP (5-Hydroxytryptophan) 50 mg

**Other Ingredients:** Microcrystalline cellulose, rice powder, magnesium stearate.

## Acetyl L-Carnitine

Amino Acid/Protein Formulas • Brain Wellness  
Support • Mitochondrial Support and Energizers

Made with our exclusive excipient-free process, which allows for maximal capsule fill weights with nothing but pure acetyl-L-carnitine. Compare to other acetyl L-carnitine formulas for potency and value.

**Recommended Use:** As a dietary supplement, take one to three capsules daily or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Acetyl L-Carnitine 800 mg

**Other Ingredients:** Vegetable cellulose, water.

## Adrenal Complex

Endocrine Support • Mitochondrial Support and  
Energizers • Stress Management

Adrenal Complex is a glandular-based product designed to support overall adrenal function. Fortified with N-acetyl tyrosine, vitamin C and a B vitamin profile, including our proprietary NatureFolate™ blend of active isomer naturally-occurring folates, it is ideal for those under chronic stress due to its ability to balance cortisol and replenish catecholamines (dopamine, norepinephrine, and epinephrine). This is an ideal product for patients with extreme adrenal burnout.

**Recommended Use:** As a dietary supplement, take two capsules per day with meals or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 2 capsules

**Two capsules contain:**

Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B1 (as Thiamine HCl)	2 mg
Vitamin B2 (as Riboflavin-5-Phosphate)	5 mg
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg
Pantothenic Acid (as D-Calcium Pantothenate)	250 mg
Whole Adrenal Glandular	200 mg
PABA (para-Aminobenzoic Acid)	100 mg
N-Acetyl Tyrosine	50 mg
Adrenal Cortex Glandular	50 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

## Adrenotone Plus™

Endocrine Support • Herbal Products •  
Mitochondrial Support and Energizers •  
Stress Management

Adrenotone Plus™ is a combination of standardized herbs and nutrients which are known for rejuvenating the adrenals. This product is designed to balance cortisol levels, promote healthy hypothalamic and pituitary function (HPTA axis), and replenish depleted catecholamines (dopamine, norepinephrine, and epinephrine). This product does not contain glandulars.

**Recommended Use:** As a dietary supplement, take one capsule, three times a day with meals or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsules

### Three capsules contain:

Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B2 (as Riboflavin-5-Phosphate)	5 mg
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg
Pantothenic Acid (as d-Calcium)	250 mg
N-Acetyl L-Tyrosine	75 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) (root) [standardized to contain 0.8% eleutherosides]	250 mg
American Ginseng ( <i>Panax quinquefolius</i> ) (root) [standardized to contain 5% ginsenosides]	100 mg
Ashwaganda ( <i>Withania somnifera</i> ) (root) [standardized to contain 1.5% withanolides]	100 mg
Rhodiola Rosea [standardized to contain 3% rosavins and 1% salidroside]	100 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) (root)	20 mg

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate.

## AllerGzyme™

### Gastrointestinal and Digestive Support

AllerGzyme™ is a full spectrum proteolytic enzyme complex which assists with the digestion of difficult to break down proteins such as gluten, gliadin and casein from whey and dairy, as well as many other protein sources in the diet, including soy and rice. The formula consists of two complementary blends of proteases: BioCore Pro™, which maintains activity in wide ranges of pH and BioCore Edge™, which supports the proper hydrolysis of the proteins found in soy, whey, and casein protein powders, thereby making them more digestible and more bio-accessible to the body.

**Recommended Use:** As a dietary supplement, take one capsule with each protein containing meal, or as directed by your health care practitioner.

**Size:** 90 capsules

**Serving Size:** 1 capsule

### One capsule contains:

BioCore™ Pro	50 mg
Protease (from <i>Aspergillus oryzae</i> )	21,250 HUT
Protease (from <i>Aspergillus oryzae</i> )	1.75 AP
Protease (from <i>Aspergillus niger</i> )	50 SAPU
Protease (from <i>Bacillus subtilis</i> )	4,000 PC
BioCore™ Edge	100 mg
Protease and Peptidase	30,000 HUT

**Other Ingredients:** Rice bran, vegetable cellulose, water.



**Allicillin Pro™ NEW!**

Gastrointestinal and Digestive Support • Herbal Products • Immune Support

We are pleased to present Allicillin Pro™, now in enteric coated softgels with 300 mg Garlicillin™. **(No more smell or taste!)**

Garlicillin™ is a proprietary blend of garlic oils standardized to **ajoene** (pronounced ah-win) with dithiins and allyl sulfides. This Allicillin™ formulation is the first ever commercially available garlic supplement containing a standardized level of **ajoene, the most active compound formed from garlic.**

**The research on ajoene is broad and impressive...**

Since the discovery and identification of ajoene, there have been many studies that have demonstrated its many related health benefits that can be reviewed in research studies contained in the Library section of our website.

**With unmatched potency...**

Our Allicillin Pro™ with 300 mg of Garlicillin™ is up to several hundred times more potent than a typical 500 mg non-standardized garlic oil macerate product. No other commercially available garlic preparation contains near the level of ajoene available from Allicillin Pro™.

**Recommended Use:** As a dietary supplement, take one to two softgels daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 softgel

**One softgel contains:**

Garlicillin™ proprietary blend **300 mg**

[Virgin olive oil, garlic oil macerate, garlic oil, beeswax and lecithin standardized to 0.67% ajoene from natural allicin; also contains dithiins and allyl sulfides]

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate, tapioca.

**Allicillin™ 200 mg NEW!**

Gastrointestinal and Digestive Support • Herbal Products • Immune Support

Allicillin™ is a lower dose alternative to our Allicillin Pro™, with 200 mg of Garlicillin™ in each enteric coated softgel, providing garlic oil macerate standardized to 2mg ajoene.

**Recommended Use:** As a dietary supplement, take one to two softgels daily or as directed by your health care practitioner.

**Size:** 60 vegetarian softgels

**Serving Size:** 1 softgel

**One softgel contains:**

Garlicillin™ proprietary blend **200 mg**  
[Virgin olive oil, garlic oil macerate, garlic oil, beeswax and lecithin standardized to 0.5% ajoene from natural allicin; also contains dithiins and allyl sulfides]

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate, tapioca.



**Allicillin™ & Allicillin Pro™**

## Aloe/200x™

### Gastrointestinal and Digestive Support • Herbal Products

The name Aloe/200x™ refers to the fact that it takes 200 pounds of the Aloe vera inner gel fillets to make one pound of this nourishing aloe extract. This concentrated aloe is made with the intent to retain as much of the plant's natural makeup as possible. This is done by never filtering the product, thus leaving the natural components as a whole, and by never letting the product reach a temperature over 99° Fahrenheit. This low-heat dehydration system ensures that the long polysaccharide chains remain intact, as they are found in nature. The longer the polysaccharide chain, the greater the immune enhancing effect.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 30 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Aloe Vera (200:1, inner fillet of the leaf) 500 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour, stearic acid.



## Amino-D-Tox™

### Detoxification Support • Liver Support

Amino-D-Tox™ is useful for preparing the liver to detoxify chemicals in that it upregulates phase II detoxification. It does not contain botanicals, minerals, or B vitamins that would also upregulate phase I detoxification or may cause sensitivity reactions, making it ideal for people who are chronically ill due to chemical sensitivities and who are pathological or imbalanced detoxifiers.

**Recommended Use:** As a dietary supplement, take six capsules per day with meals or as directed by your health care practitioner.

**Size:** 180 vegetarian caps

**Serving Size:** 6 capsules

#### Six capsules contain:

Glutamine	500 mg
Glycine	500 mg
Methylsulfonylmethane (MSM)	400 mg
N-Acetyl L-Cysteine	250 mg
Taurine	250 mg
Alpha Ketoglutarate	200 mg
Glutathione	200 mg
Methionine	200 mg
Ornithine	200 mg
Calcium-D-Glucarate	200 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

## Amino Acid Synergy

### Amino Acid/Protein Formulas

Amino Acid Synergy is useful as a general supplement to diets that are insufficient in quality protein, for athletes that require additional amino acids to maintain or achieve greater lean body mass, for patients who are cachexic from chronic illness or GI malabsorption, for individuals who are in catabolic states due to stress or illness, for those recovering from surgery or tissue trauma, for people wanting better quality hair and nails, and for patients who have been found to have confirmed amino acid deficiencies on metabolic testing. Amino Acid Synergy provides a mixture of essential amino acids in the free-form, meaning they are immediately available for absorption and can be put to metabolic use much more readily and rapidly when compared to amino acids contained in dietary protein.

**Recommended Use:** As a dietary supplement, take four capsules daily, between meals, or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 4 capsules

#### Four capsules contain:

Vitamin B6 (as Pyridoxal-5-Phosphate)	14 mg
L-Histidine	338 mg
L-Leucine	338 mg
Alpha-Ketoglutarate	300 mg
L-Arginine	300 mg
L-Lysine	300 mg
L-Phenylalanine	300 mg
L-Valine	300 mg
L-Isoleucine	270 mg
L-Methionine	270 mg
L-Threonine	270 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, stearic acid, rice flour.

## Annatto Tocotrienols™

### Antioxidants • Cardiovascular/Lipid Support

Annatto Tocotrienols™ formula is a unique tocopherols FREE, tocotrienols only product extracted from food grade South American annatto bean. This product contains 90% delta-tocotrienol and 10% gamma-tocotrienol making it extremely potent and most efficacious for lowering plasma cholesterol naturally, without side effects, and for reducing oxidative stress\*.

For best results, do not take with vitamin E.

**Recommended Use:** As a dietary supplement, take one capsule daily in the evening with food or as directed by your health care practitioner. For best results, do not take within six hours of taking a vitamin E supplement.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Tocotrienols (delta, gamma)	100 mg
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**Other Ingredients:** Tapioca starch, brown rice flour, silicon dioxide.

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

## Arginine Capsules

Amino Acid/Protein Formulas • Blood Pressure Support • Sports Nutrition

L-Arginine is a clinically useful amino acid for enhancing heart health, the circulatory system and the immune system\*. It is a precursor of nitric oxide, known to be important for maintenance of blood pressure and healthy endothelial function\*. Arginine may be used along with LibidoStim M or F but is not recommended with erectile dysfunction medications. Arginine is often used along with HTN Complex in the natural promotion of healthy blood pressure.

**Recommended Use:** As a dietary supplement, take one or more capsules per day or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Arginine 750 mg

**Other Ingredients:** Gelatin, water.

## ArthroSoothe™ Cream

Bone, Joint and Muscle Support • Healthy Skin and Vein Support • Inflammatory Response Support

This soothing topical cream can be used for discomfort caused by over-use of muscles or joints. It is a wonderful compliment to our encapsulated ArthroSoothe™ product. Topical application provides tissue-warming and surface-cooling effects utilizing a complex and complete formulation.

**Recommended Use:** Massage into skin as needed for relief. Can be repeated several times a day as desired.

**Net Weight:** 90 grams

**Ingredients:**

Aloe vera gel, Celadrin®, Emu oil, Capric/ caprylic triglycerides, Herbal blend (white willow bark, capsicum, arnica, chamomile, calendula, witch hazel), polysorbate 60, glucosamine, chondroitin, glyceryl monostearate, MSM, glycerin, menthol, cadjuput oil, CMO carbomer, hyaluronic acid, vitamin E, triethanolamine, basalm of peru oil, phenoxythenol, oil of oregano, peppermint oil, tea tree oil, eucalyptus oil, carnosine.

## ArthroSoothe™ Capsules

Bone, Joint and Muscle Support • Inflammatory Response Support

ArthroSoothe™ gives achy joints the nutrition needed to repair, stay lubricated, rid fluid that results in swelling, move freely, and function at their best. Joints, cartilage, ligaments, tendons and synovial fluid (for joint lubrication) undergo a continuous but slow turnover and remodeling process. This is affected by many physiological factors such as diet, supplements, activity, stress, gut health, allergies, immune status, infections, aging, hormones, toxic load and/or various medications.

**Recommended Use:** As a dietary supplement, take four capsules daily, or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 4 capsules

**Four capsules contain:**

Vitamin B3 (as Niacinamide)	500 mg
Zinc (as Zinc Chelazome® Bis-Glycinate Chelate)	10 mg
Selenium (as Selenomethionine)	100 mcg
Copper (as Copper Chelazome® Bis-Glycinate Chelate)	1 mg
Manganese (as Manganese Chelazome® Bis-Glycinate Chelate)	1 mg
Glucosamine Sulfate	1,000 mg
Methylsulfonylmethane (MSM)	750 mg
N-Acetyl L-Cysteine (NAC)	200 mg
GlycoMarine™ (Green Lipped Mussel)	100 mg
Boswellia ( <i>Boswellia serrata</i> ) (resin) [standardized to contain 60% boswellic acid]	75 mg
Turmeric ( <i>Curcuma longa</i> ) [standardized to contain 95% curcuminoids]	75 mg
Cetyl Myristoleate	50 mg
Hyaluronic Acid	20 mg
Polygonum cuspidatum (root)[standardized to contain 50% trans-resveratrol]	20 mg
Collagen II	2 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.





## B-Supreme

### B Vitamin Formulas • Mitochondrial Support and Energizers • Multivitamins/Vitamins • Stress Management

This very powerful B vitamin combination formula supplies most of the B vitamins in their coenzymated forms so the body does not have to phosphorylate them, and includes our proprietary NatureFolate™ blend of active isomer naturally-occurring folates. TMG and choline were added to support methylation.

**Recommended Use:** As a dietary supplement, take one capsule per day with meals or as directed by your health care practitioner.

**Size:** 60 and 120 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Vitamin B1 (as Thiamin HCL)	100 mg
Vitamin B2 (as Riboflavin HCL 35 mg; Riboflavin-5-Phosphate 15 mg)	50 mg
Vitamin B3 (as Niacinamide)	50 mg
Vitamin B5 (as Pantothenic Acid)	100 mg
Vitamin B6 (as Pyridoxine HCL 40 mg; Pyridoxal-5-Phosphate 10 mg)	50 mg
Vitamin B12 (as Methylcobalamin)	250 mcg
Biotin (as d-Biotin)	2 mg
Choline	200 mg
Folate (NatureFolate™ blend)	200 mcg
Trimethylglycine	200 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

## Betaine HCl

### Gastrointestinal and Digestive Support

Betaine HCL provides 750 mg betaine hydrochloride making it essential for those who have low production of hydrochloric acid in the stomach, which is far more common than was once thought and does not only effect the elderly and the chronically ill. Taking 1-2 tablets just before a meal aids digestion of all foods, including red meat and aids assimilation of nutrients. This product is not recommended by anyone diagnosed with any type of ulcer or gastritis, or those with overproduction of acid.

**Recommended Use:** As a dietary supplement, take one tablet before meals or as directed by your health care practitioner.

**Size:** 120 tablets

**Serving Size:** 1 tablet

#### One tablet contains:

Betaine Hydrochloride	750 mg
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**Other Ingredients:** DiCalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, pharmaceutical glaze, vanillin.



## Brain Power Sours™ Raspberry

### Brain Wellness Support • Children's Formulas

If you like Starburst™ candy, you will love these chewy, healthy, raspberry flavored treats sweetened with xylitol. This natural and beneficial sweetener has a glycemic index of 7 and supports the health of teeth and gums\*. Each 40g serving also contains 500mg of carnitine, as well as 500mg of tyrosine and 50mg of phosphatidylserine. Brain Power Sours™ are perfect for kids and people of all ages who want to support brain wellness.

**Net Weight:** 88 g

**Serving Size:** 4 chews (22 g)

#### Four chews (40g) contain:

Calories	70	Sodium	0 mg
Calories from Fat	20	Tyrosine	500mg
Total Fat	2.5g	L-Carnitine	500mg
Saturated Fat	1g	GlyceroPhosphoCholine (GPC)	50mg
Trans Fat	0g	<b>Ingredients:</b> Polyglycitol Syrup, Palm Oil, Gum Arabic, L-Carnitine, Tyrosine, Citric Acid, Natural Beet Color, GlyceroPhosphoCholine (GPC), Soy Lecithin (An Emulsifier), Mono and Diglycerides, Xylitol, Natural flavor.	
Cholesterol	0mg		
Total Carbohydrate	17g		
Dietary Fiber	1g		
Sugars	0g		
Sugar Alcohol	16g		

## Brain Vitale™ Capsules and Powder

### Brain Wellness Support

This brain supporting formula enhances protection of the brain and may aid in the repair of damaged or stressed brain neurons\*. Cognitive and brain support nutrients in Brain Vitale™ include: glycerophosphocholine (GPC), acetyl L-carnitine, phosphatidylserine (PS), inositol, and Ginkgo biloba extract (GinkgoSelect-Phytosome™). These nutrients have been extensively researched in relation to enhancing memory, relieving depression, improving mental acuity, promoting recovery from stroke and nerve injury, and possibly slowing progression of Alzheimer's disease\*. The phytosome Ginkgo in Brain Vitale™ has been shown to have enhanced absorption. Available both in capsule and powder form.

#### Brain Vitale™ Capsules

**Recommended Use:** As a dietary supplement, take two capsules per day with meals or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Acetyl L-Carnitine	500 mg
GlyceroPhosphoCholine (GPC)	200 mg
Inositol	200 mg
Phosphatidylserine	120 mg
GinkgoSelect™ Phytosome™ [Ginkgo biloba (leaves) and Glycine (soybeans)]	90 mg

**Other Ingredients:** Microcrystalline cellulose, dicalcium phosphate, rice flour.

#### Brain Vitale™ Powder

**Recommended Use:** As a dietary supplement, take 1.5 grams (approx. 1/2 teaspoon) per day with meals or as directed by your health care practitioner.

**Size:** 50 grams (33 servings per container)

**Serving Size:** 1.5 grams (approx. 1/2 teaspoon)

#### 1.5 grams contain:

Acetyl L-Carnitine	500 mg
GlyceroPhosphoCholine (GPC)	200 mg
Inositol	200 mg
Phosphatidylserine	120 mg
GinkgoSelect™ Phytosome™ [Ginkgo Biloba (leaves) and Glycine (soybeans)]	90 mg

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

## Buffered Vitamin C Powder

### Immune Support • Multivitamins/Vitamins

Buffered Vitamin C Powder was designed for high dosing of vitamin C and for vitamin C "flushing," which may help determine one's individual need for vitamin C. Adding the alkalizing minerals, calcium, magnesium and potassium results in a less acidic form of vitamin C that is better tolerated (less stomach upset) and provides the additional benefits of calcium, magnesium, and potassium supplementation (alkalizing, bone mineralization, etc).

**Recommended Use:** As a dietary supplement, take 3 grams (approx. 1 teaspoon) per day or as directed by your health care practitioner.

**Size:** 240 grams

**Serving Size:** 3 grams (approx. 1 teaspoon)

#### 3 grams contain:

Vitamin C (as Ascorbic Acid)	2000 mg
Calcium (as Calcium Ascorbate)	80 mg
Magnesium (as Magnesium Ascorbate)	160 mg
Potassium (as Potassium Bicarbonate)	200 mg

## C+ Biofizz™

### Children's Formulas • Immune Support • Multivitamins/Vitamins

This delicious, effervescent, orange flavored powder easily provides therapeutic dosing of vitamin C and bioflavonoids. Potassium bicarbonate was added to this formula as a buffering agent and to give it "fizz." Quercetin, hesperidin and rutin, also included, are natural bioflavonoids found in citrus fruits. Quercetin is also found in red wine and tea.

**Recommended Use:** As a dietary supplement, take 5 grams (approx. 1 teaspoon) as needed per day or as directed by your health care practitioner.

**Size:** 180 grams

**Serving Size:** 5 grams (approx. 1 teaspoon)

#### 5 grams contain:

Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	2569 mg
Quercetin	20 mg
Hesperidin	20 mg
Rutin	10 mg

**Other Ingredients:** Xylitol, orange flavor, fiber aid (arabinogalactan), potassium bicarbonate, stevia.

## C3 Curcumin Complex

### Bone, Joint and Muscle Support • Herbal Products • Immune Support • Inflammatory Response Support

C3 Curcumin Complex is a powerful antioxidant containing three different bioactive forms of curcuminoids from the spice turmeric. This antioxidant combination has been shown to protect organs like the colon, liver and heart by neutralizing damaging free radicals that attack these organs and by inhibiting their formation. An emulsifier was added to increase absorption.

**Recommended Use:** As a dietary supplement, take one to four capsules daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Curcumin C3 Complex® ( <i>Curcuma longa</i> ) (root & rhizomes)	400 mg
(containing three curcuminoids: curcumin, bisdemethoxy curcumin, demethoxy curcumin) [standardized to contain 95% curcuminoids]	

Lecithin Powder	100 mg
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**Other Ingredients:** Magnesium stearate, di calcium phosphate, rice flour, microcrystalline cellulose.

## Calcium Malate Chelate

### Blood Pressure Support • Bone, Joint and Muscle Support • Minerals

Calcium Malate Chelate is a combination of the two most absorbable forms of calcium available, Di-Calcium Malate and Calcium Bis-Glycinate Chelate, along with 100 IU of vitamin D.

The calcium in Calcium Malate Chelate is now fully chelated to glycine and malic acid, providing a combination of the two most health promoting and most absorbable forms of calcium available.

The recommended dosage of two capsules yields 500 mg of elemental calcium.

**Recommended Use:** As a dietary supplement, take two to four capsules per day with meals or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Calcium	500 mg
(as Di-Calcium Malate, TRAACS® Calcium Glycinate Chelate)	
Vitamin D3 (as Cholecalciferol)	100 IU

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, stearic acid.



## CarniClear™

Amino Acid/Protein Formulas • Cardiovascular/  
Lipid Support • Mitochondrial Support and  
Energizers • Weight Management

CarniClear™ Liquid is a supersaturated liquid carnitine. It is ideal when economical high-dose carnitine supplementation is desired for maximizing fat loss, improving energy and endurance, and for people who consume little or no meats. Vitamins B12 and B5 have been added to enhance the function of carnitine in fat metabolism. It is best taken on an empty stomach. Do not take in case of heart fibrillations.

**Recommended Use:** As a dietary supplement, take 1 teaspoon (2.5 g carnitine) daily or as directed by your health care practitioner.

**Size:** 8 oz (236.6 mL) (47 servings per container)

**Serving Size:** 1 teaspoon (5mL)

**One teaspoon (5mL) contains:**

Vitamin B12 (as Methylcobalamin)	500 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg
L-Carnitine	2500 mg

**Other Ingredients:** Vegetable glycerin, deionized water, raspberry and mint natural flavors.

## Carnitine Synergy™

Cardiovascular/Lipid Support • Mitochondrial  
Support and Energizers • Weight Management

Carnitine Synergy™ uniquely combines two forms of carnitine, L-carnitine and its acetylated form, into one capsule in a 4:1 ratio.

**Recommended Use:** As a dietary supplement, take one to four capsules daily before meals or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

L-Carnitine (from L-Carnitine Tartrate)	400 mg
Acetyl-L-Carnitine	100 mg

**Other Ingredients:** Magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid.

## Carnitine Tartrate Powder

Cardiovascular/Lipid Support • Mitochondrial  
Support and Energizers • Sports Nutrition •  
Weight Management

Pleasant tart tasting powdered carnitine which mixes well with liquids. Highly recommended for those needing higher doses of carnitine.

**Recommended Use:** As a dietary supplement, take 1 gram (approx. 1/4 teaspoon). Increase slowly to prevent loose stools.

**Size:** 100 grams

**Serving Size:** 1 gram (approx. 1/4 teaspoon)

**One gram contains:**

L-Carnitine (from L-Carnitine Tartrate)	700 mg
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**Other Ingredients:** Magnesium stearate.



## Carnosine Supreme™

Amino Acid/Protein Formulas • Blood Sugar Support • Eye Health • Sports Nutrition

Carnosine, a naturally occurring combination of the amino acids alanine and histidine is combined with benfothiamine, a fat soluble form of thiamine (Vitamin B1), in this novel supplement for use in those at risk for health concerns related to accelerated aging and diabetes complications. The reported anti-aging and rejuvenating effects of carnosine and benfothiamine are possibly attributed to their antioxidant activity, wound healing and collagen building properties, and the inhibition of glycosylation of proteins caused by excessive glucose/fructose consumption.

**Suggested Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Carnosine	450 mg
Benfothiamine	100 mg

**Other Ingredients:** Microcrystalline cellulose, rice flour.

## CatecholaCalm™

Brain Wellness Support • Endocrine Support • Herbal Products • Stress Management

CatecholaCalm™ is designed to balance elevated catecholamine levels with relaxing adaptogenic herbs and nutrients that may improve mood and promote calmness and relaxation. This unique formulation may improve adrenal gland health and provide adrenal hormone balance which may help patients handle stress more effectively.

**Recommended Use:** As a dietary supplement, take three capsules, one to two times daily, or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsules

**Three capsules contain:**

Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B1 (as Thiamine HCl)	50 mg
Vitamin B2 (as Riboflavin-5-Phosphate)	10 mg
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg
Vitamin B12 (as Methylcobalamin)	2 mg
Vitamin B5 (as Pantothenic Acid)	50 mg
Magnesium (as di-Magnesium Malate)	75 mg
Taurine	300 mg
L-Theanine	200 mg
Lemon Balm ( <i>Melissa officinalis</i> )(leaves) [standardized to contain 2% rosmarinic acid]	100 mg
Passion Flower ( <i>Passiflora incarnate</i> )(flower) [standardized to contain 2.5% flavonoids]	100 mg
Valerian Root ( <i>Valeriana officinalis</i> )(root) [standardized to contain 0.8% valerianic acid]	100 mg
Ashwagandha ( <i>Withania somnifera</i> )(root) [standardized to contain 1.5% withanoloids]	100 mg
Phosphatidylserine	50 mg

**Other Ingredients:** Microcrystalline cellulose, rice powder, magnesium stearate.

## Chromium Synergy™

Blood Sugar Support • Minerals

Chromium Synergy™ is a synergistic formula of nutrients for optimal insulin function and blood sugar control. It combines the best chelated minerals from Albion Advanced Nutrition in a base of cinnamon powder to assist insulin receptor function and cellular glucose uptake\*.

**Recommended Use:** As a dietary supplement, take one to three capsules per day with meals or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Vitamin D (as Cholecalciferol)	100 IU
Zinc (TRAACS® Zinc Glycinate Chelate)	10 mg
Manganese (TRAACS® Manganese Glycinate Chelate)	1 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	300 mcg
Taurine	500 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg

**Other Ingredients:** Microcrystalline cellulose, cinnamon powder, magnesium stearate.

## CLA (Conjugated Linoleic Acid)

Blood Sugar Support • Fatty Acids • Sports Nutrition • Weight Management

Conjugated Linoleic Acid (CLA) has been found to be a potent PPARS modulator and may be useful in inflammatory states, blood sugar problems, and to enhance fat burning. This fatty acid also contains strong antioxidant properties\*.

**Recommended Use:** As a dietary supplement, take one softgel daily with meals or as directed by your health care practitioner.

**Size:** 90 softgels

**Serving Size:** 1 softgel

**One softgel contains:**

Calories from Fat	9
Total Fat	1g
Clarinol™	1,000 mg

[standardized to contain 80% (800 mg) Conjugated Linoleic Acid (CLA)]

**Other Ingredients:** Gelatin, glycerin, water, caramel color.



# Cocommune Bar™

Coconut Filled Immune System Support Bar\*

## Supplement Facts

(Serving Size 1 Bar (40g))

Amount Per Serving	% Daily Value
Total Fat	20g
Calcium from Fat	200g
Total Fat	11.8g 23.6*
Saturated Fat	9.6g 48.0*
Trans Fat	0.6g
Cholesterol	0 mg 0%
Total Carbohydrate	23.0g 46.0*
Dietary Fiber	4.0g 8.0*
Sugars	1.0g
Sugar Alcohol	18.0g
Protein	2.0g 4.0*
Sodium	50 mg 10%

**INGREDIENTS:** Maltitol Syrup, Sugar Free Dark Chocolate Flavored Coating (Maltitol, Unsweetened Chocolate, Cocoa Butter, Butter Oil, Lecithin (soy) an emulsifier), Vanilla, Coconut, Erythritol, Glycerine, Gum Arabic, Coconut Oil, Tegricel™ Colostrum (Vanilla Flavored), Natural Flavor, Natural Gelatin, Salt.

Dietary Supplement

NET WT 1.41 OZ (40g)

featuring  
500mg TEGRICEL™  
COLOSTRUM  
1g NET CARBS!

- Cocommune bar provides a delicious blend of rich, dark chocolatey coating along with a creamy coconut filling.
- 500mg added of our specially prepared colostrum Tegricel which helps to enhance general immune function and protect the intestinal lining.
- Fat content of the bar is provided by Coconut oil which is rich in medium chain fatty acids known to have anti-bacterial and immune enhancing properties.

\* The "Net Carbs" are calculated by subtracting the dietary fiber (4g) and other low glycemic carbohydrates including sugar alcohols (12g maltitol, 4g erythritol and glycerine (2g)) from the total carbohydrates (23g). Individuals who monitor their carbohydrate intake may deduct these low glycemic carbohydrates from the "Total Carbs" count in the Supplement Facts box due to their minimal impact on blood sugar levels.

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

## Cocommune Bar™

Gastrointestinal and Digestive Support • Immune Support

Cocommune Bar™ is our latest, delicious creation in functional food bars. We have blended a rich dark chocolate with a generous amount of moist, chewy coconut filling to provide a taste that will rival even a Mounds® bar! This all natural, kosher food bar also contains a very useful 500mg of our specially prepared Tegricel™ colostrum per bar. This unique and potent colostrum was designed to enhance general immune function and to protect and repair damaged GI tissue from the use of NSAID's. Tegricel™ can also be beneficial in other conditions such as Crohn's, Celiac, IBS and ulcerative colitis that can result in intestinal damage\*.

**Net Weight:** 1.41 oz (40g)

**Serving Size:** 1 bar (40g)

**Flavor:** Coconut Filled Immune System Support Bar

**Ingredients:**

Maltitol Syrup, Sugar Free Dark Chocolate Flavored Coating (Maltitol, Unsweetened Chocolate, Cocoa Butter, Butter Oil, Lecithin [(soy) an emulsifier], Vanilla), Coconut, Erythritol, Glycerine, Gum Arabic, Coconut Oil, Tegricel™ (colostrum derived peptide), Natural Flavor, Kosher Gelatin, Salt.



## Complete Mineral Complex

### Blood Sugar Support • Minerals

Complete Mineral Complex is ideal for use when mineral replenishment is necessary due to dietary insufficiency, medical therapies, or stressful lifestyle habits that may deplete mineral status. This product is iron free and utilizes the finest chelated minerals from Albion Advanced Nutrition for optimal absorption.

**Recommended Use:** As a dietary supplement, take three capsules daily with food or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsules

#### Three capsules contain:

Calcium (as Di-Calcium Malate)	200 mg
Iodine (as Potassium Iodide)	150 mcg
Magnesium (as Di-Magnesium Malate)	200 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	20 mg
Selenium (as Selenium Glycinate Complex)	150 mcg
Copper (TRAACS® Copper Glycinate Chelate)	2 mg
Manganese (TRAACS® Manganese Glycinate Chelate)	2 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	150 mcg
Potassium (as Potassium Glycinate Complex)	150 mg
Boron (as Boron Glycinate Complex)	2 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg

**Other Ingredients:** Microcrystalline cellulose, Magnesium stearate, rice flour.

## CoQnol 50mg **NEW!**

### Antioxidants • Blood Pressure Support • Cardiovascular/Lipid Support • Immune Support • Mitochondrial Support and Energizers • Weight Management

CoQnol™ contains ubiquinol, the reduced, antioxidant form of CoQ10. Both ubiquinone and ubiquinol are critical to the cellular ATP (energy) production cycle. Without the presence of both ubiquinone and ubiquinol within the body's cells, cellular energy cannot be generated or sustained. The ability to convert ubiquinone to ubiquinol may diminish with age and with increased oxidative stress in certain individuals.

**Recommended Use:** As a dietary supplement, take one softgel daily or as directed by your health care practitioner.

**Size:** 60 softgels

**Serving Size:** 1 softgel

#### One softgel contains:

Ubiquinol	50 mg
(as Kaneka QH™ reduced form of CoQ10)	

**Other Ingredients:** Medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin and annatto extract. **Contains Soy.**

## CraveArrest™

### Amino Acid/Protein Formulas • Brain Wellness Support • Endocrine Support • Weight Management

CraveArrest™ is designed to promote optimal balance of the major neurotransmitters, including serotonin and dopamine, which affect many types of cravings, including those for food and smoking. Tyrosine and 5-HTP are included in an ideal 10:1 ratio for superior anti-craving results, while taurine and the adaptogenic herb Rhodiola rosea are present to promote a healthy stress response. B-vitamins, including our proprietary NatureFolate™ blend of active isomer naturally-occurring folates, are also included for adrenal and stress support.

**Recommended Use:** As a dietary supplement, take two or more capsules per day on an empty stomach or as directed by your health care practitioner.

**Size:** 60 and 240 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B3 (as Niacinamide)	20 mg
Vitamin B6 (as Pyridoxine HCl 15mg; Pyridoxyl-5-Phosphate 5 mg)	20 mg
Vitamin B12 (as Methylcobalamin)	25 mcg
Tyrosine	1,000 mg
5-HTP (5-Hydroxytryptophan)	100 mg
Taurine	50 mg
Rhodiola Rosea (root) [standardized to contain 3% rosavins]	50 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## D-Ribose

### Mitochondrial Support and Energizers • Sports Nutrition

Ribose synthesizes adenine nucleotides which are required by cardiac muscle, and other tissue, to make adenosine-triphosphate (ATP), the primary source of energy used by all cells to maintain normal health and function. D-Ribose may be ideal for athletes and weekend warriors, patients with cardiovascular weaknesses, poor circulation, ischemia, and those with any type of energy deficits\*.

**Recommended Use:** As a dietary supplement, take 5 grams (approx. 1 heaping teaspoon) daily or as directed by your health care practitioner.

**Size:** 150 grams

**Serving Size:** 5 grams (approx. 1 heaping teaspoon)

#### 5 grams contain:

D-Ribose	5 g
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**Other Ingredients:** Silicon dioxide.

## DairyGest™

### Gastrointestinal and Digestive Support

DairyGest™ is a comprehensive blend of protease, lipase and lactase enzymes that meets the unique needs of individuals who experience difficulty digesting dairy products. One dose of DairyGest™ digests the average amount of lactose, fat and milk protein found in one cup of whole milk.

**Recommended Use:** As a dietary supplement, take one capsule with each dairy meal or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

BioCore® Dairy Ultra	108 mg
Protease	630 BLGU (from <i>Aspergillus oryzae</i> and <i>Aspergillus niger</i> )
Lactase (from <i>Aspergillus oryzae</i> )	1000 ALU
Lipase (from <i>Candida rugosa</i> )	600 FIP

**Other Ingredients:** Rice bran, vegetable cellulose, water.



## Detox Antiox™

### Antioxidants

Detox Antiox™ synergistically combines many nutrients that combat free radicals and helps detoxify harmful chemicals such as heavy metals\*.

**Recommended Use:** As a dietary supplement, take two capsules daily with meals or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Vitamin C (as Ascorbic Acid)	500 mg
Vitamin E	47 IU (d-gamma tocopherol 90 mg; d-delta tocopherol 37.5 mg; d-alpha tocopherol 20 mg; d-beta tocopherol 2.5 mg)
Biotin (as d-Biotin)	150 mcg
Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg
Selenium (as Selenomethionine)	100 mcg
Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg
N-Acetyl-Cysteine (NAC)	250 mg
Leucine	150 mg
Alpha Lipoic Acid	90 mg
Green Tea ( <i>Camellia sinensis</i> ) [standardized to contain 50% EGCG; 90% Polyphenols]	50 mg
Turmeric Extract ( <i>Curcuma longa</i> ) (root) [standardized to contain 95% curcuminoids]	50 mg
Leucoselect® Phytosome® Grape Seed Extract ( <i>Vitis vinifera</i> ) (oligomeric proanthocyanidins from grape seeds complexed with phosphatidylcholine)	50 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide, rice flour.

## DFH Complete Multi

### Comprehensive Wellness • Multivitamins/Vitamins

DFH Complete Multi is a full-spectrum multivitamin with Albion chelated minerals for maximum absorption and bioavailability. This powerhouse multivitamin supplies supporting nutrients not normally found in regular multis, such as alpha lipoic acid, TMG, fruit bioflavonoids, choline, and inositol. This formula also contains high gamma tocopherol vitamin E, high levels of all B vitamins, including our proprietary NatureFolate™ blend of active isomer naturally-occurring folates, and natural mixed carotenoids. This vegetarian formula is appropriate for teenagers, menstruating females, pregnant or lactating women and those who avoid eating red meat.

**Recommended Use:** As a dietary supplement, take six capsules per day, two with each meal, or as directed by your health care practitioner.

**Size:** 180 vegetarian capsules

**Serving Size:** 6 capsules

#### Six capsules contain:

Vitamin A (as Mixed Carotenoids from palm tree fruit)	7,142 IU
Alpha Carotene	24 mg
Beta Carotene	70 mg
Vitamin C (as Ascorbic Acid)	600 mg
Vitamin D (as Cholecalciferol)	500 IU
Vitamin E	100 IU
d-gamma tocopherol	200 mg
d-delta tocopherol	84 mg
d-alpha tocopherol	44 mg
d-beta tocopherol	6 mg
Vitamin B1 (as Thiamine HCl)	75 mg
Vitamin B2 (as Riboflavin)	75 mg
Vitamin B3 (as Niacinamide)	75 mg
Vitamin B6 (as Pyridoxine HCl)	50 mg
Folates (NatureFolate™ blend)	400 mcg
Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin (as d-Biotin)	500 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg
Calcium (TRAACS® Calcium Glycinate Chelate)	100 mg
Iodine (as Kelp)	200 mcg
Magnesium (TRAACS® Magnesium LYSYL Glycinate Chelate)	200 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	25 mg
Selenium (as Selenium Glycinate Complex)	250 mcg
Copper (TRAACS® Copper Glycinate Chelate)	2 mg
Iron (Ferrochel® Ferrous Bisglycinate Chelate)	8 mg
Manganese (TRAACS® Manganese Glycinate Chelate)	1 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg
Potassium (as Potassium Glycinate Complex)	100 mg
Choline (as Citrate)	100 mg
Inositol	100 mg
PABA (para-Aminobenzoic Acid)	25 mg
Boron (as Boron Glycinate Complex)	2 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg
Alpha Lipoic Acid	10 mg
Trimethylglycine	200 mg
Hesperidin	10 mg
Quercetin DiHydrate	25 mg
Rutin	25 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silicone dioxide.

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

## DFH Complete Multi Copper/Iron FREE

### Comprehensive Wellness • Multivitamins/Vitamins

DFH Complete Multi Copper and Iron Free is a full-spectrum multivitamin with Albion chelated minerals for maximum absorption and bioavailability. This powerhouse multivitamin supplies supporting nutrients not normally found in regular multis, such as alpha lipoic acid, TMG, fruit bioflavonoids, choline, and inositol. This formula also contains high gamma tocopherol vitamin E, high levels of all B vitamins, including our proprietary NatureFolate™ blend of active isomer naturally-occurring folates, and natural mixed carotenoids. This copper and iron free version is appropriate for men and postmenopausal women\*.

**Recommended Use:** As a dietary supplement, take six capsules per day, two with each meal, or as directed by your health care practitioner.

**Size:** 180 capsules

**Serving Size:** 6 capsules

#### Six capsules contain:

Vitamin A (as Mixed Carotenoids from palm tree fruit)	7,142 IU
Alpha Carotene	24 mg
Beta Carotene	70 mg
Vitamin C (as Ascorbic Acid)	600 mg
Vitamin D (as Cholecalciferol)	500 IU
Vitamin E	100 IU
d-gamma tocopherol	200 mg
d-delta tocopherol	84 mg
d-alpha tocopherol	44 mg
d-beta tocopherol	6 mg
Vitamin B1 (as Thiamine HCl)	75 mg
Vitamin B2 (as Riboflavin)	75 mg
Vitamin B3 (as Niacinamide)	75 mg
Vitamin B6 (as Pyridoxine HCl)	50 mg
Folates (NatureFolate™ blend)	400 mcg
Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin (as d-Biotin)	500 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg
Calcium (TRAACS® Calcium Glycinate Chelate)	100 mg
Iodine (as Kelp)	200 mcg
Magnesium (TRAACS® Magnesium LYSYL Glycinate Chelate)	200 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	25 mg
Selenium (as Glycinate Complex)	250 mcg
Manganese (TRAACS® Manganese Glycinate Chelate)	1 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg
Potassium (as Potassium Glycinate Complex)	100 mg
Choline (as Citrate)	100 mg
Inositol	100 mg
PABA (para-Aminobenzoic Acid)	25 mg
Boron (as Glycinate Complex)	2 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg
Alpha Lipoic Acid	10 mg
Trimethylglycine	200 mg
Hesperidin	10 mg
Quercetin DiHydrate	25 mg
Rutin	25 mg

**Other Ingredients:** Magnesium stearate, microcrystalline cellulose, silicon dioxide.

## DHEA 5 mg **NEW!**

### Endocrine Support • Female Health • Stress Management

Brought to you by popular demand...this lower dose DHEA can be slowly titrated upwards as needed.

DHEA 5 mg capsules supply 5 mg of DHEA for the synthesis of important hormones and for a variety of potential physiological responses such as healthy aging, ongoing energy and vitality, a balanced stress response as well as muscle integrity and fat reduction\*.

**Recommended Use:** As a dietary supplement, adults take (1) one capsule daily with meal, or as directed by a health care practitioner.

**Size:** 180 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

DHEA (Dehydroepiandrosterone) 5 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour, silicon dioxide.

## DHEA 25 mg

### Endocrine Support • Female Health • Stress Management

DHEA 25 mg capsules supply 25 mg of DHEA for the synthesis of important hormones and for a variety of potential physiological responses such as healthy aging, ongoing energy and vitality, a balanced stress response as well as muscle integrity and fat reduction\*.

**Recommended Use:** As a dietary supplement, adults take (1) one capsule daily with meal, or as directed by a health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

DHEA (Dehydroepiandrosterone) 25 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour, silicon dioxide.





## Digestzymes™

### Gastrointestinal and Digestive Support

Digestzymes™ is a combination full-spectrum pancreatic enzyme formulation for the digestion of proteins, fats, and carbohydrates. The use of Digestzymes™ before meals may be useful when patients experience gas and bloating after eating, chronic constipation, and a feeling of fullness after eating only a small quantity of food. Patients with inadequate acid production may need additional Betaine HCL.

**Recommended Use:** As a dietary supplement, take one capsule with each meal or as directed by your health care practitioner.

**Size:** 90 and 180 capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Betain HCl	200 mg
Pancreatin NF 10X	65 mg
Protease	16,250 USP
Amylase	16,250 USP
Lipase	1,300 USP
Pepsin (1:10,000)	50 mg
Bile Extract	50 mg
BioCore Carbo™	43 mg
Amylase (from <i>Aspergillus oryzae</i> )	3,526 DU
Glucoamylase (from <i>Aspergillus niger</i> )	11.8 AGU
Invertase (from <i>Saccharomyces cerevisiae</i> )	473 SU
Malt Diastase (from <i>Hordeum vulgare</i> )	3,870 DP

**Other Ingredients:** Rice bran, gelatin (capsule), water.

## EGCg 250 mg - decaffeinated

### Herbal Products • Immune Support • Weight Management

EGCg (epigallocatechin gallate) is the active component of green tea (*Camellia sinensis*) leaves. It is valued for its antioxidant properties and has been studied extensively in cancer and other degenerative diseases and for weight loss through promotion of fat metabolism\*. This product is standardized to a high percentage of the active ingredient in green tea - 50% EGCg from 500 mg of decaffeinated green tea.

**Recommended Use:** As a dietary supplement, take one capsule daily with meals or as directed by your health care practitioner. Not taking this product with meals, can result in upset stomach.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Green Tea (Decaffeinated) (*Camellia sinensis*) (leaves) 500 mg  
[standardized to contain 50% epigallocatechin gallate]

**Other Ingredients:** Rice flour, magnesium stearate, microcrystalline cellulose.



## DIM•Avail™

### Endocrine Support • Female Health • Male Health

Due to its crystalline structure, absorption of DIM when given orally is minimal, similar to CoQ10. DIM absorption can be greatly enhanced by emulsifying it with lecithin in rice bran oil, including with it compounds that hold it in solution such as beeswax, and finally adding fat-soluble nutrients that aid absorption through the gut wall. DIM-Avail is a unique combination of such ingredients. DIM-Avail uses the same proven technology of Designs for Health's Q-Avail, recently shown in human subjects to have far superior bioavailability and peak absorption rates in comparison to powdered CoQ10 and sublingual forms. Patients should expect to get therapeutic results taking DIM-Avail at the recommended dose of 1 softgel per day, taken with a meal. Research tells us that a low level of the 2-hydroxyestrone and a high level of 16 alpha-hydroxyestrone is associated with an enhanced risk of breast cancer. DIM increases 2-hydroxyestrone and therefore improves the 2/16 hydroxyestrone ratio, making it very protective for women and men at high risk for this condition\*.

**Recommended Use:** As a dietary supplement, take one softgel per day or as directed by your health care practitioner.

**Size:** 60 softgels

**Serving Size:** 1 softgels

#### One softgel contains:

Diindolylmethane (DIM) 100 mg

**Other Ingredients:** Rice bran oil, gelatin, lecithin, glycerin, beeswax, mixed tocopherols (vitamin E), d.salina, turmeric and annatto (as colorants).

## Electrolyte Synergy™

### Minerals • Mitochondrial Support and Energizers • Sports Nutrition

This complete and balanced electrolyte formula can be used to improve symptoms of dehydration after excessive diarrhea or vomiting, or after excessive sweating. Athletes may benefit from regular use of Electrolyte Synergy™. D-Ribose is included because of its importance in optimal cardiac function, exercise recovery and energy production\*. Taurine is included as a regulator of cellular electrolyte flow. Mix electrolyte synergy into any beverage, sports bottle, or put it in water and place in ice rack to make into grape popsicles. Electrolyte Synergy™ is sugar-free and is sweetened with small amounts of natural xylitol and stevia. It also contains a pleasant natural grape flavoring.

**Recommended Use:** As a dietary supplement, take one packet daily (11.5 grams) or as directed by your health care practitioner.

**Size:** 30 packets

**Serving Size:** 1 packet (11.5 grams)

#### One serving size contains:

Magnesium	106 mg
(as Di-Magnesium Malate 57 mg; Magnesium Aspartate 29 mg; TRAACS® Magnesium Glycinate Chelate Buffered 20 mg)	
Sodium Chloride (as Sodium 150 mg; Chloride 225 mg)	375 mg
Potassium (as Potassium Aspartate 100 mg; Potassium Bicarbonate 49 mg)	149 mg
D-Ribose	1000 mg
Taurine	500 mg

**Other Ingredients:** Xylitol, natural grape flavoring, citric acid, stevia, silicon dioxide, magnesium stearate.

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

## EndoTrim™

### Blood Sugar Support • Endocrine Support • Weight Management

EndoTrim™ is a comprehensive endocrine balancing formula designed to promote optimal insulin, leptin, and cortisol function and safe fat burning in order to improve body composition. Because of its unique array of nutrients and botanicals, this product is also useful for controlling food cravings and stabilizing blood sugar levels\*.

**Recommended Use:** As a dietary supplement, take two capsules twice daily on a full stomach, between meals, or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 4 capsule

#### Four capsules contain:

Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg
Magnesium (TRAACS® Magnesium Glycinate Chelate Buffered)	10 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	5 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg
Green Tea ( <i>Thea sinensis</i> ) (leaf)	300 mg
[standardized to contain 50% EGCG]	
Forslean® Coleus Forskohli Extract	250 mg
[standardized to contain 20% forskohlin]	
Panax quinquefolius ( <i>American ginseng</i> ) (root)	200 mg
[standardized to contain 5% Ginsenosides]	
Garcinia cambogia (fruit)	200 mg
[standardized to contain 50% HydroxyCitric Acid]	
Banaba Leaf ( <i>Lagerstroemia speciosa</i> )	100 mg
[standardized to contain 1% Corosolic Acids]	
N-Acetyl L-Tyrosine	100 mg
GABA (Gamma-Aminobutyric Acid)	100 mg
L-Carnitine (as Carnitine Fumarate)	100 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## FemGuard + Balance™

### Female Health • Herbal Products

FemGuard+Balance supports classic herbal hormonal balancing in the form of vitex, polygonum and black cohosh, along with DIM and chrysin for protection and optimization of beneficial estrogen aromatase activity. Calcium-d-glucarate promotes the proper elimination of excess estrogens. Rosemary, resveratrol, grape seed extract, and EGCG from green tea are included for maximum antioxidant protection. Vitamins B6, B12, and folates (NatureFolate™ blend) promote proper cell differentiation, including those of the cervix. Magnesium and calcium are also included. Women often use this product with DFH Complete Multi™ and OsteoForce™.

**Recommended Use:** As a dietary supplement, take four capsules daily or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 4 capsules

#### Four capsules contain:

Vitamin B6 (as Pyridoxine HCl 20 mg; Pyridoxyl-5-Phosphate 10 mg)	30 mg
Folate (NatureFolate™ blend)	400 mcg
Vitamin B12 (as Methylcobalamin)	400 mcg
Magnesium (as Di-Magnesium Malate, TRAACS®, Magnesium Glycinate Chelate Buffered)	50 mg
Calcium (as D-Glucarate, DimaCal®, Di-Calcium Malate, Calcium Glycinate Chelate)	300 mg
Phosphatidylcholine	200 mg
Chrysin	200 mg
Green Tea Extract ( <i>Camellia sinensis</i> )	100 mg
[standardized to contain 95% polyphenols and 60% EGCG]	
BroccoRaphanin® ( <i>Brassica oleracea italica</i> ) (seed)	100 mg
[standardized to contain 10% sulforaphane glucosinate]	
Diindolylmethane (DIM)	100 mg
Black Cohosh ( <i>Cimicifuga racemosa</i> ) (root)	100 mg
[standardized to contain 2.5% Triterpenoids saponins]	
Chaste Berry Extract ( <i>Vitex agnus castus</i> )	100 mg
[standardized to contain 0.5% agnusides]	
Turmeric ( <i>Curcuma longa</i> )(rhizome) [standardized to contain 95% curcumin]	50 mg
Rosemary Extract ( <i>Rosemarinus officinalis</i> ) (leaves)	50 mg
[standardized to contain 7% carnosic acid]	
Polygonum cuspidatum (root) [standardized to contain 50% trans-resveratrol]	40 mg
Grape Seed Extract ( <i>Vitis vinifera</i> ) [standardized to contain 95% polyphenols]	25 mg

**Other Ingredients:** Gelatin (capsule), magnesium stearate.

## Ferrochel® Iron Chelate

### Minerals • Mitochondrial Support and Energizers

Ferrochel® Iron Chelate is a potent iron supplement that is extremely well tolerated by the gastrointestinal system. Ferrochel is a premier chelate from Albion Advanced Nutrition. It is safe for use by pregnant and lactating women, teenagers, and adults. Unlike most iron preparations, it will not result in constipation or gastric upset. This amino acid chelated iron has very high absorption.

**Recommended Use:** As a dietary supplement, take one to two capsules per daily meals or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Iron (Ferrochel® Ferrous Bisglycinate Chelate) 27 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

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

## Flaxseed Oil Softgels - Organic

### Fatty Acids • Inflammatory Response Support

Flaxseed oil is one of the few plant sources of omega-3 fatty acids. This is an excellent vegetarian source of essential omega-3 fatty acids.

**Recommended Use:** As a dietary supplement, take three or more softgels daily with meals or as directed by your health care practitioner.

**Size:** 120 softgels

**Serving Size:** 1 softgel

#### One softgel contains:

Flaxseed Oil 1,000 mg

**Other Ingredients:** Gelatin, glycerin, purified water, carob.

## FloraMyces™ IMPROVED!

### Gastrointestinal and Digestive Support • Immune Support

FloraMyces™ is a special, **freeze dried** strain of non-GMO yeast isolated from Litchi fruits.

Benefits of this new source may include broader bioactivity, enhanced resistance to pathogens, and increased protection of the digestive mucosa

**And best of all... This freeze dried format does not require refrigeration.**

Also, it is this freeze dried (lyophilized) form that has been most extensively studied for its efficiency in the prevention and treatment of antibiotic-associated diarrheas and Clostridium difficile-related diarrhea, and as a general supplement which may promote optimal gastrointestinal health.

And remember, our new FloraMyces™, unlike other Saccharomyces boulardii products, is still **dairy and lactose free**.

**Recommended Use:** As a dietary supplement, take one capsule twice daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Saccharomyces boulardii lyo 500 mg†  
(a subspecies of *S. cerevisiae*)

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

† 10 billion live freeze-dried cells per serving at time of manufacture.



## Foresterol™

### Cardiovascular/Lipid Support

Foresterol™ contains Reducol®, a phytosterol mixture from the non-GMO tall oil of the coniferous pine tree. Reducol has such significant LDL cholesterol lowering properties that the FDA allows cholesterol-lowering claims for the plant sterols it contains. Foresterol™ mainly consists of 4 major phytosterols: beta-sitosterol, campesterol (in the free sterol form, not as sterol esters) campestanol, and sitostanol.

**Recommended Use:** As a dietary supplement, take three tablets per day, one with each meal, or as directed by your health care practitioner.

**Size:** 90 tablets

**Serving Size:** 3 tablets

#### Three tablets contain:

Plant sterols/stanols 1800 mg

**Other Ingredients:** Microcellulose (crystallin) 102, aerosil 200/ cabosil M5, primellose, magnesium stearate.



## GastroMend-HP™

### Gastrointestinal and Digestive Support

GastroMend - HP™ is a blend of botanical extracts chosen for their specific antimicrobial and mucosal healing properties. Many of the ingredients have been shown to provide activity against Helicobacter pylori, the bacteria associated with causing ulcers.

**Recommended Use:** As a dietary supplement, take two capsules, twice daily, on an empty stomach or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 4 capsules

#### Four capsules contain:

Vitamin C (as Ascorbic Acid)	500 mg
Deglycyrrhizinated Licorice (DGL) ( <i>Glycyrrhiza glabra</i> )(root)(8:1)	1500 mg
Mastic Gum ( <i>Pistacia lentiscus</i> )(gum & resin)	1000 mg
Methylmethioninesulfonium ("Vitamin U")	200 mg
PepZin GI® (Zinc-Carnosine)	75 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

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

## Genuine Norwegian Cod Liver Oil

### Fatty Acids • Inflammatory Response Support

Genuine Norwegian Cod Liver Oil is derived from the livers of genuine Norwegian cod (*Gadus morhua*). Most cod liver oil preparations on the market are not from cod, but from a combination of different types of fish. Natural lemon essence has been added to make it very tasty and a proprietary antioxidant blend preserves the oil's freshness. This health promoting oil with its vitamin A and D content is ideal for children and adults for brain development and immune system enhancement, and for ensuring sufficient amounts of vitamin D in those who are in areas of limited sunlight.

**Recommended Use:** As a dietary supplement, take one teaspoon (5 ml/4.63 grams) daily or as directed by your health care practitioner.

**Size:** 7 oz (200mL)

**Serving Size:** 1 teaspoon (5ml/4.63g)



#### One teaspoon (5ml/4.63g) contains:

Vitamin A	500 IU
Vitamin D	100 IU
Omega 3 Fatty Acids	1000 - 1200 mg
EPA (Eicosapentaenoic Acid)	330 - 510 mg
DHA (Docosahexaenoic Acid)	460 - 640 mg
Other Omega-3 Fatty Acids	100 - 200 mg

**Other Ingredients:** Genuine Norwegian cod liver oil (*Gadus morhua*), natural lemon oil, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols).

## GI Microb-X™

### Gastrointestinal and Digestive Support • Herbal Products

GI Microb-X™ is a blend of botanical extracts with a long history of use as natural antimicrobials. The ingredients provide a broad spectrum of activity against the most common pathogens present in the human GI tract in conditions of dysbiosis and parasitic infections, while being relatively sparing of normal flora. The botanical substances in GI Microb-X™ are also commonly represented on sensitivity testing provided by the major functional laboratories performing stool analysis.

**Recommended Use:** As a dietary supplement, take two capsules daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Tribulus terrestris [standardized to contain 40% furostanol saponins]	400 mg
Sweet Wormwood ( <i>Artemisia annua</i> ) (stem and leaves) [standardized to contain 10% artemisinin]	300 mg
Magnesium Caprylate (yielding 267 mg Caprylic Acid; 23 mg Magnesium)	300mg
Berberine Sulfate (from <i>Berberis aquifolium</i> )	200 mg
Grapefruit Seed Extract ( <i>Citrus paradisi</i> )(seed)	200 mg
Barberry ( <i>Berberis vulgaris</i> )(bark) [standardized to contain 6% berberine]	100 mg
Bearberry ( <i>Arctostaphylos uva ursi</i> )(leaf)	100 mg
Black Walnut ( <i>Juglans nigra</i> )(hull/leaves/bark)	100 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## GI Revive™ Capsules and Powder

### Gastrointestinal and Digestive Support

GI Revive™ is a crystalline powder designed for comprehensive support of optimal gastrointestinal health and function. Conveniently mix this xylitol sweetened powder into any beverage or functional food powder and take as part of your health program for achieving optimal GI health and regularity. GI Revive™ contains no fructose or artificial sweeteners. Patients with poor gut integrity easily develop food sensitivities and may have compromised nutrient assimilation.

#### GI Revive™ Capsules

**Recommended Use:** As a dietary supplement, take seven capsules, one to two times daily, or as directed by your health care practitioner.

**Size:** 210 vegetarian capsules

**Serving Size:** 7 capsules

#### Seven capsules contain:

L-Glutamine	1500 mg
N-Acetyl Glucosamine	1000 mg
Citrus Pectin	1000 mg
Deglycyrrhizinated Licorice (DGL) ( <i>Glycyrrhiza glabra</i> )	400 mg
Aloe Vera (Leaf Extract 200:1)	300 mg
Slippery Elm (bark)( <i>Ulmus pulmilla</i> )	200 mg
Mucin	200 mg
Marshmallow (root)( <i>Althea officinalis</i> )	100 mg
Chamomile ( <i>Matricaria chamomilla</i> )	100 mg
Okra (pod) ( <i>Hibiscus esculentus</i> )	100 mg
Cat's Claw (TOA free) (bark)( <i>Uncaria tomentosa</i> )	100 mg
Methylsulfonylmethane (MSM)	100 mg
Quercetin	100 mg
Prunus (Concentrate)	100 mg
PepZin GI® (Zinc-Carnosine)	75 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

#### GI Revive™ Powder

**Recommended Use:** As a dietary supplement, take 7.5 grams (approx. 2 teaspoons) one to two times daily, or as directed by your health care practitioner.

**Size:** 225 grams

**Serving Size:** 7.5 grams (approx. 2 teaspoons)

#### 7.5 grams contain:

L-Glutamine	1500 mg
N-Acetyl Glucosamine	1000 mg
Citrus Pectin	1000 mg
Deglycyrrhizinated Licorice (DGL) ( <i>Glycyrrhiza glabra</i> )	400 mg
Aloe Vera (Leaf Extract 200:1)	300 mg
Slippery Elm (bark)( <i>Ulmus pulmilla</i> )	200 mg
Mucin	200 mg
Marshmallow (root)( <i>Althea officinalis</i> )	100 mg
Chamomile ( <i>Matricaria chamomilla</i> )	100 mg
Okra (pod) ( <i>Hibiscus esculentus</i> )	100 mg
Cat's Claw (TOA free) (bark)( <i>Uncaria tomentosa</i> )	100 mg
Methylsulfonylmethane (MSM)	100 mg
Quercetin	100 mg
Prunus (concentrate)	100 mg
PepZin GI® (Zinc-Carnosine)	75 mg

**Other Ingredients:** Peach powder, natural flavors, decaffe black tea, soy lecithin, stevia and talin.

## Ginger-Tussin Syrup™

### Herbal Products • Immune Support

Ginger-Tussin Syrup™ is a pleasant tasting, throat soothing, herbal syrup elixir with immune stimulating properties. It features ginger, along with the American herb osha for immune stimulation and wild cherry bark for cough relief. This should be a staple in your medicine cabinet.

**Recommended Use:** As a dietary supplement, take 1/2 teaspoon (2.5 mL) daily or as directed by your health care practitioner. Consider adding this syrup to hot tea.

**Size:** 4 oz (118.3mL)

**Serving Size:** 1/2 teaspoon (2.5mL)

**One half of a teaspoon (2.5mL) contains:**

Organic Fresh and Dry Ginger Root ( <i>Zingiber officinale</i> )	360 mg
Fresh Osha Root ( <i>Ligusticum porteri</i> )	100 mg
Organic Wild Cherry Bark ( <i>Prunus serotina</i> )	67 mg

**Other Ingredients:** USP kosher vegetable glycerin, deionized water, certified organic honey.

## GLA 240 (Gamma-Linolenic Acid)

### Fatty Acids

GLA 240 mg softgels supply gamma linolenic acid from the oil of borage seeds. It is essential for smooth and healthy skin and female hormonal balance. GLA should be considered when fish oils fail to relieve dry skin and when GLA shows deficient on the DFH metabolic profile.

**Recommended Use:** As a dietary supplement, take one to three softgels daily with or after meals or as directed by your health care practitioner.

**Size:** 60 softgels

**Serving Size:** 1 softgel

**One softgel contains:**

GLA (Gamma-Linolenic Acid)	240 mg
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**Other Ingredients:** Borage oil (*Borage officinalis*), gelatin, glycerin, purified water.

## Glucosamine Sulfate

### Bone, Joint and Muscle Support • Comprehensive Wellness • Inflammatory Response Support

Glucosamine Sulfate is an important precursor for the synthesis and maintenance of connective tissue, including cartilage. It supports joint conditions, including those from general wear and tear due to abuse or excessive use (such as in sports) of the joints\*.

**Recommended Use:** As a dietary supplement, take one to three capsules daily or as directed by your health care practitioner.

**Size:** 180 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Glucosamine Sulfate (potassium 2KCL form)	1,000 mg
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**Other Ingredients:** Microcrystalline cellulose, water.

## GlucoSupreme™ Herbal **NEW!**

### Blood Sugar Support • Herbal Products

GlucoSupreme™ Herbal is ideal for patients with insulin and glucose-related conditions.

This unique formula combines well-researched botanicals, including two herbs that most recently emerged in the literature, which demonstrate impressive efficacy in the optimization of blood sugar control.

GlucoSupreme™ Herbal contains standardized compounds, which include: corosolic acid from Banaba, isoflavones from Kudzu, ginsenosides from Ginseng, saponins from Fennugreek, and gymnemic acid from Gymnema, Cinnamon cassia extract, and Salacia.

**Recommended Use:** As a dietary supplement, take two capsules two times daily with meals, or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 4 capsules

**Four capsules contain:**

Salacia ( <i>Salacia oblonga</i> )(root and stems)(extract 10:1)	500 mg
Fennugreek ( <i>Trigonella foenum-graecum</i> ) (seed extract 15:1) [standardized to contain 60% saponins]	500 mg
American Ginseng ( <i>Panax quinquefolius</i> )(root) [standardized to contain 60% saponins]	400 mg
Gymnema ( <i>Gymnema sylvestre</i> ) (leaves) [standardized to contain 25% gymnemic acid]	400 mg
Banaba ( <i>Langerstroemia spp.</i> )(leaf)[standardized to contain 1% corosolic acid]	400 mg
Kudzu ( <i>Pueraria lobata</i> )(root) [standardized to contain 40% isoflavones]	400 mg
Cinnamon ( <i>Cinnamomum spp</i> )(bark)(extract 10:1)	400 mg

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate, stearic acid, silicon dioxide.



## Glutamine Capsules and Powder

Amino Acid/Protein Formulas • Gastrointestinal and Digestive Support • Sports Nutrition

Glutamine Capsules and Powder supply the amino acid L-glutamine, which is essential for the health of the immune system and the digestive tract. In the gut it strengthens the mucosal cells for healing and repair, especially in leaky gut conditions. Glutamine also helps promote optimal muscle growth and strength and has been shown to be particularly useful in helping prevent muscle wasting\*.

### Glutamine Capsules

**Recommended Use:** As a dietary supplement, take one or more capsules per day or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

L-Glutamine 850 mg

**Other Ingredients:** Microcrystalline cellulose, water.

### Glutamine Powder

**Recommended Use:** As a dietary supplement, take 3 grams (approx. 1 teaspoon) per day or as directed by your health care practitioner.

**Size:** 250 grams and 500 grams

**Serving Size:** 3 grams (approx. 1 teaspoon)

### Approx. one teaspoon contains:

L-Glutamine 3,000 mg.

## Glutathione Power™

Antioxidants • Detoxification Support • Gastrointestinal and Digestive Support • Liver Support

This powdered, reduced glutathione has excellent absorbability. Our glutathione powder comes from Germany, and is of the highest quality. This formula is suitable for vegetarians and is ideal for patients with heavy metal toxicity and/or high oxidative stress. Hold it in the mouth for several seconds before swallowing to allow for mucosal absorption. Add lime juice to improve palatability.

**Recommended Use:** As a dietary supplement, take 1 gram (approx. 1/2 teaspoon) or more per day in water or as directed by your health care practitioner.

**Size:** 50 Grams

**Serving Size:** 1 gram (approx. 1/2 teaspoon)

### Approx. 1/2 teaspoon contains:

L-Glutathione (reduced) 1 g

## GPC (GlyceroPhosphoCholine) IMPROVED!

Brain Wellness Support

GPC (GlyceroPhosphoCholine) is a protective orthomolecular nutrient for the brain, kidneys, muscles, testes and other organs, and a water-phase building block for cell membrane phospholipids. GPC is proven through randomized controlled trials as highly effective for brain circulatory insufficiency and recovery from ischemic damage or other trauma.\*

To better reflect the dosages that were used in most clinical studies (600-1200 mg per day), GlyceroPhosphoCholine (GPC) has been reformulated to a 300 mg per capsule dosage, and is now available in a **60 count size** (which yields **33%** more GPC per bottle than our previous GPC product).

When used at the higher therapeutic ranges of 600-1200 mg per day, this will be a 15-30 day supply. The maintenance dosage of GPC is 300-600 mg per day, which translates to a 30-60 day supply.

**Recommended Use:** As a dietary supplement, take one or more capsules daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

GlyceroPhosphoCholine 300 mg

**Other Ingredients:** Microcrystalline cellulose, dicalcium phosphate, silicon dioxide, magnesium stearate.



## Grape Seed Supreme™

Antioxidants • Healthy Skin and Vein Support • Herbal Products

Grape Seed Supreme™, from grape skin and seed extracts, contain protective polyphenols shown to be beneficial for many health conditions. It is also valued for protecting the brain from neurotoxins and aging or stroke\*. This is a unique combination of whole grape, grape skin and grape seed extract. The ingredients were sourced carefully and chosen for the research supporting them. Compare this dosage to other formulas! Consider this formula for weak veins and blood vessels, and for skin problems.

**Recommended Use:** As a dietary supplement, take two capsules daily with meals or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

### Two capsules contain:

BioVin® Grape Extract (*Vitis vinifera*) (whole grapes) 200 mg  
[standardized to contain 95% (190 mg) proanthocyanidins]

Muscadine Grape Skin 200 mg

Leucoselect® Phytosome™ Grape Seed Extract (*Vitis vinifera*) 100 mg  
[standardized to contain 95% oligomeric proanthocyanidins complexed with phosphatidylcholine]

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## Homocysteine Supreme™

### B Vitamin Formulas • Cardiovascular/Lipid Support

Homocysteine Supreme™ contains synergistic nutrients, including our proprietary NatureFolate™ blend of active isomer naturally-occurring folates, known to facilitate the efficient metabolism of homocysteine. Homocysteine Supreme™ allows the homocysteine pathway, which begins with methionine, to produce its necessary and important end products, including the sulfur containing amino acids taurine and cysteine and the neurotransmitters norepinephrine and dopamine. Any block in this pathway can cause homocysteine to elevate. Patients with homocysteine levels above 7 may be in need of intervention with Homocysteine Supreme™. Patients with family history of early heart attacks or depression are prime candidates for such intervention, as are patients with MTHFR enzyme abnormality.

**Recommended Use:** As a dietary supplement, take two capsules daily, with meals, or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Vitamin B2 (as Riboflavin-5-Phosphate)	50 mg
Vitamin B6 (as Pyridoxine Hydrochloride 40 mg; Pyridoxal-5-Phosphate 10 mg)	50 mg
Folates (NatureFolate™ blend)	2 mg
Folinic Acid (as 5-Formyl tetrahydrofolate)	400 mcg
Vitamin B12 (as Methylcobalamin)	1000 mcg
Zinc (as Zinc Chelazome®Bis-Glycinate Chelate)	5 mg
Magnesium (as Magnesium Chelazome®Bis-Glycinate Chelate)	10 mg
Trimethylglycine (TMG)	500 mg
Choline	100 mg
Serine	100 mg
N-Acetyl-Cysteine (NAC)	100 mg

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate.

## HTN Complex™

### Blood Pressure Support • Cardiovascular/Lipid Support

HTN Complex™ is for patients in need of maintaining normal blood pressure levels. There are many different possible reasons behind why blood pressure elevates. This formula contains nutrients that can act on various mechanisms, including acting as natural: ACE inhibitors, calcium channel blockers, diuretics, beta-blockers, endothelial protectors, renin regulators and antioxidants.

**Recommended Use:** As a dietary supplement, take two capsules twice a day, or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 4 capsules

#### Four capsules contain:

Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	50 mg
Folates (NatureFolate™ blend)	2 mg
Magnesium (as Di-Magnesium Malate, TRAACS® Magnesium LYSYL Glycinate Chelate)	200 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg
Potassium (as Bicarbonate)	250 mg
Taurine	500 mg
N-Acetyl-Cysteine	500 mg
Hawthorne Extract ( <i>Crataegus oxyacantha</i> )(flower & leaf) [standardized to contain 2% vitexin]	400 mg
Lipoic Acid	200 mg
Pomegranate Extract ( <i>Punica granatum</i> )(fruit & skin) [standardized to contain 40% ellagic acid]	125 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	100 mcg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.



## ImmunoBerry™ Liquid

### Strong immune support in a pleasant tasting liquid...

Research suggests that certain herbs, mushrooms and other natural compounds have potential antiviral and antibacterial ability, as well as the ability to stimulate natural killer (NK) cell activity, cytokine synthesis and the T-cell and B-cell mediated responses necessary for a strong immune defense.

Research on compounds found in ImmunoBerry™ Liquid show possible improvement in an array of conditions such as:

- Influenza
- Respiratory tract infections
- Sinusitis
- Viral hepatitis
- Various bacterial infections

ImmunoBerry™ Liquid contains: Astragalus (*Astragalus membranaceus*), Wild Cherry Bark (*Prunus serotina*), Shiitake mushroom (*Lentinula edodes*), Maitake mushroom (*Grifola frondosa*), Elderberry (*Sambucus nigra*) and Beta 1,3 Glucan.

ImmunoBerry™ Liquid is sweetened with glycerin and tastes great, and is ideal for both children and adults.

It may improve immune response and provide additional defense against colds and influenzas.

## Immunitone Plus™

### Herbal Products • Immune Support

Immunitone Plus™ is an herbal formula that is safely used for chronic viral conditions and acute illnesses. It has both antiviral and antibacterial properties, along with the ability to increase Natural Killer (NK) cell activity and synthesis of cytokines, the regulatory proteins that are released by immune cells in an immune system response. Immunitone Plus is suitable for long term use and for all age groups.

**Recommended Use:** As a dietary supplement, take one capsule, three times a day with meals or as directed by your health care practitioner.

**Size:** 90 capsules

**Serving Size:** 3 capsule

#### Three capsules contain:

Echinacea ( <i>Echinacea augustifolia</i> ) (root) [standardized to contain 10% echinacosides]	300 mg
Green Tea Extract ( <i>Camellia sinensis</i> ) (aerial) [standardized to contain 50% epigallocatechin gallate (EGCG)]	300 mg
Astragalus Extract ( <i>Astragalus membranaceus</i> ) (root)(4:1)	200 mg
Elderberry ( <i>Sambucus nigra</i> ) (flowers)(4:1)	200 mg
Andrographis ( <i>Andrographis paniculata</i> ) (leaves) [standardized to contain 4% andrographolides]	200 mg
ImmunEnhancer™ (Arabinogalactan Larch Tree)	100 mg
Goldenseal ( <i>Hydrastis canadensis</i> ) (root) [standardized to contain 5% alkaloids]	100 mg
Monolaurin (Lauric acid)	100 mg
Cordyceps Mushroom ( <i>Cordyceps sinensis</i> )(4:1)	50 mg
Shiitake Mushroom ( <i>Lentinula edodes</i> )(4:1)	50 mg
Maitake Mushroom ( <i>Grifola frondosa</i> )(4:1)	50 mg
Reishi Mushroom ( <i>Ganoderma lucidum</i> )(4:1)	50 mg
Beta 1, 3 Glucan	9 mg

**Other Ingredients:** Rice powder, magnesium stearate, gelatin (capsule).

## ImmunoBerry™ Liquid **NEW!**

### Immune Support

See description on the left of this page.

**Recommended Use:** As a dietary supplement, take one to three times daily or as directed by your health care practitioner.

**Size:** 4 ounces

**Serving Size:** 35 drops (1 ml)

#### 35 drops (1 ml) contains:

Elderberry ( <i>Sambucus nigra</i> )	200 mg
Astragalus Root ( <i>Astragalus membranaceus</i> )	100 mg
Shiitake Mushroom ( <i>Lentinula edodes</i> )	75 mg
Maitake Mushroom ( <i>Grifola frondosa</i> )	75 mg
Wild Cherry Bark ( <i>Prunus serotina</i> )	50 mg
Beta 1,3 Glucan	25 mg

**Other Ingredients:** Vegetable glycerin, deionized water, raspberry and berry natural flavor.





## Inflammatone™

Bone, Joint and Muscle Support • Gastrointestinal and Digestive Support • Herbal Products • Inflammatory Response Support

Inflammatone™ is a combination of herbs, nutrients and proteolytic enzymes for modulating the inflammatory response, promoting the breakdown of inflammatory proteins like kinins and fibrin, and for healing damaged tissue. The herbs in Inflammatone™ provide protection from free radicals and are safe to use in high doses. This formula is extremely effective, as a natural anti-inflammatory and alternative to NSAID medication\*.

**Recommended Use:** As a dietary supplement, take two capsules daily, between meals, or as directed by your health care practitioner.

**Size:** 120 and 240 capsules

**Serving Size:** 2 capsules

### Two capsules contain:

n-zimes™ proprietary blend	222 mg
Protease 6.0 (concentrate)	50,000 HUT
Protease 4.5	40,000 HUT
Trypsin 1:150	25 mg
Serrazimes™	10,000 U
Chymotrypsin	2 USP Units
Turmeric ( <i>Curcuma longa</i> ) (root) [standardized to contain 95% Curcumin]	200 mg
Boswellia ( <i>Boswellia serrata</i> ) (resin) [standardized to contain 60% Boswellic acid]	200 mg
Ginger ( <i>Zingiber officinale</i> ) (root) [standardized to contain 5% Gingerols]	200 mg
Quercetin	75 mg
Rutin	75 mg
Rosemary ( <i>Rosmarinus officinalis</i> ) (aerial)	50 mg
Resveratrol ( <i>Polygonum cuspidatum</i> ) (root) [standardized to contain 20% Resveratrol]	3 mg

**Other Ingredients:** Vegetable cellulose, microcrystalline cellulose, water.

## Inositol Capsules and Powders

B Vitamin Formulas • Brain Wellness Support • Endocrine Support • Sleep Support • Stress Management

Inositol promotes overall relaxation and maintains the proper metabolism of serotonin. It is used for promoting brain wellness and female hormonal health through its role in supporting optimal liver function. It also may help agitated, anxious patients with difficulty sleeping. High doses have also been studied for OCD and manic depression\*.

### Inositol Capsules

**Recommended Use:** As a dietary supplement, take one or more capsules per day or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Inositol	900 mg
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**Other Ingredients:** Microcrystalline cellulose, water.

### Inositol Powders

**Recommended Use:** As a dietary supplement, take 700 mg (approx. 1/4 teaspoon) per day or as directed by your health care practitioner.

**Size:** 100 grams and 250 grams

**Serving Size:** 700 mg (approx. 1/4 teaspoon)

### Approx. one quarter of a teaspoon contains:

Inositol	700 mg
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## Iodine Synergy™

Endocrine Support • Female Health • Minerals

Iodine Synergy™ contains potassium iodide in a high therapeutic dose for supporting thyroid function, including healthy production of thyroid hormones, and the health of breast and prostate tissue. This formula may be helpful for goiters, thyroid nodules, fibrocystic breast disease, hypothyroidism and possible cancer prevention\*. Potassium iodide is a weak salt and easily splits apart in the gut leaving free iodide ions to join together forming I<sub>2</sub> iodine, which is also needed by the breast and prostate for optimal health. The selenium in this product works synergistically with iodine. It aids in conversion of T<sub>4</sub> into T<sub>3</sub>, supplies antioxidant protection to the thyroid gland, and reduce thyroid antibodies.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsules

### One capsule contains:

Iodine (as Potassium Iodide)	10 mg
Selenium (as Selenomethionine)	40 mcg

**Other Ingredients:** Microcrystalline cellulose, rice flour.

## K+2 Potassium™ Capsules

Blood Pressure Support • Minerals • Mitochondrial Support and Energizers

K+2™ Potassium is indicated for use in conditions of potassium deficiency including, but not limited to, leg cramps, fatigue and lethargy, abnormal blood pressure, asthma and depression. This formula is also very alkalizing.

**Recommended Use:** As a dietary supplement, take one to four capsules per day with meals or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Potassium (as Potassium Glycinate Complex, Potassium Bicarbonate)	300 mg
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**Other Ingredients:** Microcrystalline cellulose, stearic acid, magnesium stearate.



## KreAlk-Alert™

Brain Wellness Support • Endocrine Support •  
Sports Nutrition • Weight Management

KreAlk-Alert™ is a combination of Kre-Alkalyln® and Chocamine®, designed to improve strength, athletic performance and muscle mass, as well as mood, memory, and athletic focus. Kre-Alkalyln® is a very stable, bioavailable and pH buffered form of the well-researched creatine monohydrate. Most creatine formulas on the market have a pH below 7, while Kre-Alkalyln® has a pH of 14 which stabilizes it so it does not immediately convert into creatinine. Chocamine® is a proprietary, patented cocoa extract including natural sources of polyphenols, theobromine, caffeine, biogenic amines (including synephrine) and amino acids.

**Recommended Use:** As a dietary supplement, take two capsules two times per day, or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 4 capsules

### Four capsules contain:

Kre-Alkalyln™ (as buffered creatine monohydrate)	1500 mg
Chocamine® ( <i>Theobroma cacao</i> )	1000 mg
Theobromine	120 mg
Caffeine	80 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## KreAlkalyln Pro™

Brain Wellness Support • Endocrine Support •  
Sports Nutrition • Weight Management

KreAlkalyln Pro™ is brought to you by popular request. This is a caffeine-free version of the unique buffered creatine monohydrate used in our product KreAlk-Alert™. KreAlkalyln Pro™ is ideal for anyone with sensitivities to stimulants who may still want to reap the many benefits of ingesting creatine on a daily basis. With an impressive 900 mgs of this unique buffered creatine monohydrate ingredient per capsule, only 1 or 2 capsules per day are required to reach optimal cellular levels.

**Recommended Use:** As a dietary supplement, take one capsule two times per day, or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

### Two capsules contain:

Kre-Alkalyln™ (as buffered creatine monohydrate)	1800 mg
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**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, stearic acid.

## LeguGest™

Gastrointestinal and Digestive Support

LeguGest is a blend of carbohydrate-digesting vegetable enzymes designed to improve digestion and tolerability of many healthful foods, particularly the legumes and crucifers that often produce flatulence. LeguGest contains alpha-galactosidase, as well as a suite of other carbohydrate and starch-digesting enzymes, all known to aid in the digestion of legumes such as kidney beans, black beans, lima beans, etc., as well as cruciferous vegetables such as broccoli and cauliflower. Start with one capsule with meals that contain these foods. Increase slowly, if needed, until no gas is produced after consumption of these foods.

**Recommended Use:** As a dietary supplement, take one to two capsules with meals containing legumes, crucifers and other gas-producing foods or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Proprietary enzyme blend	269 mg
Amylase	9500DU
Glucoamylase	20 AGU
Cellulase	1500 CU
Alpha-galactosidase	300 GalU
Pectinase	30 endo-PG
Invertase	1500 SU
Hemicellulase	1500 HCU
Xylanase	1500 XU
Beta-glucanase	20 BGU

**Other Ingredients:** Rice bran, vegetable cellulose, water.



## LibidoStim-F™

Endocrine Support • Female Health • Herbal Products

LibidoStim – F™ is a blend of nutraceutical and herbal ingredients for supporting increased female sexual desire and pleasure. Its ingredients promote natural production of testosterone, blood flow, and adrenal function\*. It is completely safe for long term use.

**Recommended Use:** As a dietary supplement, take three capsules per day or as directed by your health care practitioner.

**Size:** 90 capsules

**Serving Size:** 3 capsules

### Three capsules contain:

Wild Yam ( <i>Dioscorea villosa</i> )(root) [standardized to contain 2.5% diosgenin]	200 mg
Damiana ( <i>Turnera aphrodisiaca</i> )(10:1)	200 mg
Tribulus ( <i>Tribulus terrestris</i> )(aerial) [standardized to contain 20% steroidal saponins]	200 mg
Chinese Ginseng ( <i>Panax ginseng</i> ) (root) [standardized to contain 10% ginsenoside]	200 mg
Red Clover ( <i>Trifolium pratense</i> )(dried blossoms) [standardized to contain 8% isoflavones]	100 mg
Nettle Leaf ( <i>Urtica dioica</i> )	100 mg
Deer Antler ( <i>Cervus nippon antler</i> )	100 mg
Ginkgo ( <i>Ginkgo biloba</i> ) [standardized to contain 24% ginkgo flavone glycosides and 6% terpene lactones]	100 mg
Horney Goat Weed ( <i>Epimedium grandiflorum</i> ) [standardized to contain 40% icariins]	100 mg
DIM (Diindolylmethane)	100 mg
Phosphatidyl Choline	100 mg
DHEA (Dehydroepiandrosterone)	10 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## LibidoStim-M™

Endocrine Support • Herbal Products • Male Health

LibidoStim-M™ is a blend of safe nutraceutical and herbal ingredients for supporting improved blood flow for enhanced performance, increased male sexual desire, testosterone production, and erectile function\*.

**Recommended Use:** As a dietary supplement, take two capsules twice daily or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 4 capsules

### Four capsules contain:

L-Arginine	500 mg
LongJax® ( <i>Eurycoma longifolia</i> )(20:1)	200 mg
Tribulus ( <i>Tribulus terrestris</i> )(aerial) [standardized to contain 20% steroidal saponins]	200 mg
Forslean® Extract( <i>Coleus forskohlii</i> )(root) [standardized to contain 10% forskolin]	200 mg
Chrysin	200 mg
Horney Goat Weed ( <i>Epimedium grandiflorum</i> ) [standardized to contain 40% icariins]	100 mg
Ginkgo ( <i>Ginkgo biloba</i> ) [standardized to contain 24% ginkgo flavone glycosides and 6% terpene lactones]	100 mg
Saw Palmetto ( <i>Serenoa repens</i> )(berry) [standardized to contain 45% fatty acids]	100 mg
Muira Puama ( <i>Ptychopetalum olacoides</i> )(bark)(20:1)	100 mg
Maca ( <i>Lepidium meyenii</i> )(root) [standardized to contain 0.6% glucosinolates]	100 mg
DIM (Diindolylmethane)	100 mg
Phosphatidyl Choline	100 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium glycinate, silicon dioxide, rice flour.

## Lipoic Acid Supreme

Antioxidants • Blood Sugar Support • Liver Support • Mitochondrial Support and Energizers

This very powerful supplement contains 300 mg of lipoic acid, along with 4 mg of pure biotin and 500 mg of taurine. Research shows that lipoic acid competes for biotin-dependent enzymes. Long term supplementation of lipoic acid may reduce biotin levels, so it is recommended to supply them together. Taurine and biotin play important roles in maintaining healthy insulin function\*.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Biotin	4 mg
Taurine	500 mg
Alpha Lipoic Acid	300 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide, stearic acid.



## Lipoic Synergy™

Antioxidants • Blood Sugar Support • Liver Support • Mitochondrial Support and Energizers

Lipoic Acid Synergy™ is a synergistic blend of lipoic acid, biotin and taurine, all needed for blood sugar control. Lipoic acid promotes liver health and recycles antioxidant vitamins C and E. It is useful for diabetic neuropathy, heavy metal detox, and hepatitis. Lipoic acid also optimizes insulin cell receptor function\*.

**Recommended Use:** As a dietary supplement, take one or more capsules daily with meals or as directed by your health care practitioner.

**Size:** 180 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Biotin (pure)	500 mcg
Taurine	250 mg
Lipoic acid	100 mg

**Other Ingredients:** Microcrystalline cellulose, stearic acid, water.

## Lipotrienols RYR™ **NEW!**

### Cardiovascular/Lipid Support

Lipotrienols RYR™ is a powerful combination of natural substances intended to favorably modulate the blood lipid profile and optimize cardiac and vascular health, including high delta-fraction tocotrienols, organic red yeast rice extract (*Monascus purpureus*), and lycopene with added lecithin for bio-availability.

Red yeast rice is the product of yeast (*Monascus purpureus*) containing several compounds collectively known as monacolins, substances known to inhibit cholesterol synthesis. One of these, "monacolin K," is a potent inhibitor of the HMG-CoA reductase enzyme.

The red yeast rice in Lipotrienols RYR™ is USDA **certified organic** and grown in the USA. We take great care to assay our red yeast rice to assure that there are undetectable levels of citrinin (< 1 ppm), as well as substantial levels of naturally-occurring monocolin compounds (4 mg per 2 capsule serving).

\*Required California Lovastatin Notice

**WARNING:** Do not use if you are pregnant, may become pregnant, or are breast feeding, as using this product may cause birth defects.

**Recommended Use:** As a dietary supplement, take two capsules daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Organic Red Yeast Rice ( <i>Monascus purpureus</i> )	1200mg
Lecithin (40% Phosphatidylcholine)	100mg
Tocotrienols (from Annatto Bean)	100mg
Lycopene	20 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

## Lithium Synergy **NEW!**

### Brain Wellness • Stress Management

Lithium orotate is lithium bound to orotic acid, making it a salt. Orotic acid improves the effects of lithium many fold by increasing lithium's bioavailability. It is thought that lithium's mood stabilizing effects come mainly from its ability to inhibit IMPase, an enzyme involved in the recycling and synthesis of inositol, a primary component of the phosphoinositol signaling pathway.

Research also shows that lithium inhibits atrophy of the hippocampus, which is seen in a variety of psychiatric and neurological disorders including recurrent depression, schizophrenia, bipolar disorder, post-traumatic stress disorder, epilepsy, and Alzheimer's disease.

The addition of vitamin B12 and trimethylglycine (TMG) to Lithium Synergy helps support healthy methylation pathways. B12 is also needed for the synthesis of SAME, shown to be commonly low in those with depressive disorders.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Vitamin B12 (as Methylcobalamin)	250mcg
Lithium (as Lithium Orotate)	5mg
Trimethylglycine (TMG)	200mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

## LV-GB Complex™

### Detoxification Support • Liver Support

LV-GB Complex is a comprehensive formula of nutrients for aiding bile flow for the proper processing and elimination of toxins. By supporting liver and gallbladder function, LV-GB complex aids in the digestion and elimination of fatty substances from the liver and the improved assimilation of fats and fat soluble vitamins\*.

**Recommended Use:** As a dietary supplement, take three capsules daily or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsules

#### Three capsules contain:

Vitamin A (as Beta-Carotene)	5000 IU
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg
Vitamin B12 (as Methylcobalamin)	15 mcg
L-Methionine	150 mg
Taurine	100 mg
Inositol	100 mg
Lecithin	100 mg
Milk Thistle Extract ( <i>Silybum marianum</i> ) [standardized to contain 80% silybins]	100 mg
Ox Bile	75 mg
Greater Celadine ( <i>Chelidonium majus</i> ) (whole plant)	50 mg
Dandelion Root ( <i>Taraxacum mongolicum</i> ) (root) [standardized to contain 20% flavonoids]	50 mg
Fringe Tree ( <i>Chionanthus virginicus</i> ) (bark)	50 mg
Artichoke ( <i>Cynara scolymus</i> ) (aerial) [standardized to contain 5% cynarine]	50 mg
Beet Extract	25 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide, rice flour.



## Lysine Capsules

### Amino Acid/Protein Formulas • Immune Support

Lysine is an essential amino acid commonly used to prevent and decrease the incidence and healing of fever blisters (cold sores)\*. It is necessary for growth, tissue repair, and the production of antibodies, hormones, and enzymes.

**Recommended Use:** As a dietary supplement, take two capsules daily with meals or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Lysine 1700 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## MagneDerm™ Gel **NEW!**

### Bone, Joint and Muscle Support • Detoxification Support • Healthy Skin and Vein Support • Immune Support • Minerals • Sleep Support • Stress Management

Introducing MagneDerm™....Transdermal magnesium gel with unmatched purity and quality.

MagneDerm™ is a pure, 100% natural solution of magnesium chloride, coming from high quality magnesium salt derived from the depths of the earth's interior – all from the ancient Zechstein Seabed in Europe.

Ultra-pure and untouched by pollutants, this magnesium salt was protected at depths of 5,000-6,500 feet in the Zechstein Seabed for the past 250 million years.

**Recommended Use:** Massage into the arms and/or legs to provide a large area for absorption or rub onto any sore muscle. Wash off area with water 30 minutes after application.

**Size:** 8 ounces (240 ml)

**Ingredients:** Water, Magnesium Chloride, Hydroxypropyl Starch Phosphate.

Zechstein Inside™ is a registered trademark of Zechstein Minerals BV in the Netherlands.

## Magnesium Glycinate Chelate

### Blood Pressure Support • Bone, Joint and Muscle Support • Minerals • Sleep Support • Stress Management

Magnesium Glycinate Chelate is chelated magnesium supplied by Albion Advanced Nutrition. It is one of the best absorbed forms of magnesium. All DFH labels list minerals in their elemental amounts.

**Recommended Use:** As a dietary supplement, take two to four capsules per day or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Magnesium (TRAACS® Magnesium Glycinate Chelate Buffered) 300 mg

**Other Ingredients:** Microcrystalline cellulose, stearic acid.

## Magnesium Malate Chelate

### Blood Pressure Support • Bone, Joint and Muscle Support • Minerals • Mitochondrial Support and Energizers • Sleep Support • Stress Management

Magnesium Malate Chelate is fully chelated to glycine and malic acid. Malic acid is found naturally in apples and other fruits and vegetables. Glycine is found in foods, is synthesized by the body, and aids in the absorption of minerals. This chelated magnesium has greater absorption and tolerability than most magnesium capsules.

**Recommended Use:** As a dietary supplement, take two tablets per day with meals or as directed by your health care practitioner.

**Size:** 120 tablets

**Serving Size:** 2 tablets

#### Two tablets contain:

Magnesium 500 mg

(di-Magnesium Malate, TRAACS® Magnesium Glycinate Chelate Buffered)

**Other Ingredients:** Microcrystalline cellulose, croscarmellose, magnesium stearate, stearic acid.

## Melatonin 3 mg

### Endocrine Support • Sleep Support

Melatonin is secreted by the pineal gland. As a supplement, it is important in regulating sleep and the body's daily rhythmic cycle, making it ideal for jet lag. Melatonin is also an important antioxidant which acts as an effective scavenger of highly toxic free radicals, such as those found in conditions like cancer. Melatonin production may decrease with age so supplementation may be ideal especially for those over age 50.

**Recommended Use:** As a dietary supplement, adults take one (1) tablet twenty (20) minutes before bedtime, or as directed by a health care practitioner.

**Size:** 60 tablets

**Serving Size:** 1 tablet

#### One tablet contains:

Vitamin B6 (as Pyridoxine HCl) 10 mg

Melatonin 3 mg

**Other Ingredients:** Cellulose, dicalcium phosphate, silica, magnesium stearate, hydroxypropyl methylcellulose.

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

## Metabolic Synergy™

Blood Sugar Support • Endocrine Support •  
Multivitamins/Vitamins

This multivitamin and mineral formula was designed by a nationally prominent medical doctor specializing in blood sugar and endocrine health concerns. It includes state-of-the-art, newly researched, anti-glycating agents such as carnosine and benfothiamine. The magnesium, chromium, zinc, manganese, and vanadium are true chelates from Albion, the leader in the manufacture of mineral chelates with superior absorption. It also includes our proprietary NatureFolate™ blend of active isomer naturally-occurring folates.

**Recommended Use:** As a dietary supplement, take six capsules per day with meals or as directed by your health care practitioner.

**Size:** 180 vegetarian capsules

**Serving Size:** 6 capsules

### Six capsules contain:

Vitamin A (from Palmitate, fish, and mixed carotenoids from palm tree fruit)	3,000 IU
Vitamin C (as Ascorbic Acid)	500 mg
Vitamin D3 (as Cholecalciferol)	400 IU
Vitamin E	50 IU
d-gamma tocopherol	100 mg
d-delta tocopherol	42 mg
d-alpha tocopherol	22 mg
d-beta tocopherol	3 mg
Vitamin B1 (as Thiamine HCl 25 mg and Benfothiamine 50mg)	75 mg
Vitamin B2 (as Riboflavin)	25 mg
Vitamin B3 (as Niacinamide)	50 mg
Vitamin B6 (as Pyridoxil HCl, Pyridoxal-5-Phosphate)	50 mg
Folates (NatureFolate™ blend)	400 mcg
Vitamin B12 (as Methylcobalamin)	1,000 mcg
Biotin (as d-Biotin)	4 mg
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg
Iodine (as Potassium Iodide)	75 mcg
Magnesium (TRAACS® Magnesium LYSYL Glycinate Chelate)	100 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	30 mg
Selenium (as Selenium Glycinate Complex)	200 mcg
Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	500 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg
Potassium (as Potassium Glycinate Complex)	200 mg
Alpha Lipoic Acid	600 mg
Taurine	600 mg
Inositol	500 mg
Green Tea ( <i>Camellia sinensis</i> ) (leaf) [standardized to contain 95% polyphenols]	200 mg
Carnosine	200 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	200 mcg

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate.

## Migranol™

Brain Wellness Support • Herbal Products

Migranol™ should be used on a daily basis by migraine headache sufferers to reduce the frequency and severity of headaches. This product may be used long-term with complete safety.

**Recommended Use:** As a dietary supplement, take three capsules per day with meals or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsule

### Three capsules contain:

Vitamin B2 (as Riboflavin HCl)	150 mg
Magnesium (as Magnesium Aspartate)	180 mg
Feverfew ( <i>Tanacetum parthenium</i> ) (aerial)	300 mg
Rosemary ( <i>Rosmarinus officinalis</i> ) (aerial)	75 mg
Curcumin C3 Complex® Turmeric	75 mg
[( <i>Curcuma longa</i> ) (root) containing three curcuminoids: Curcumin, Bisdemethoxy curcumin, Demethoxy curcumin]	

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate.

## Milk Thistle

Detoxification Support • Herbal Products •  
Liver Support

Milk Thistle is a powerful herb for detoxifying the liver by promoting the flow of bile and protecting hepatocytes. DFH Milk Thistle is standardized to 80% silymarin. Milk thistle protects the liver from damage due to use of multiple pharmaceutical drugs, alcohol or assault from toxins. Regular use may help prevent liver damage.

**Recommended Use:** As a dietary supplement, take one or more capsules daily or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Milk Thistle Extract	140 mg
( <i>Silybum marianum</i> )(seed)	
[standardized to contain 80% silymarin]	
Lecthin Powder	200 mg

**Other Ingredients:** Microcrystalline cellulose, dicalcium phosphate, silicon dioxide, stearic acid, magnesium stearate.

## MSM Capsules and Powders

### Bone, Joint, and Muscle Support • Healthy Skin and Vein Support • Inflammatory Response Support

MSM Capsules contain the sulfur supplying compound, methylsulfonylmethane (MSM). MSM influences histamine release and aids the healing process, including supporting collagen production. It also modulates C fibers in the CNS which can block pain perception\*. MSM Lemon-Aid Powder is DFH's lemon flavored MSM powder with added vitamin C.

#### MSM Powders

**Recommended Use:** As a dietary supplement, take one or more servings per day with meals or as directed by your health care practitioner. Designs for Health MSM blends well in water, beverages and shakes.

**Size:** 400 Grams

#### MSM Unflavored Powder

**Serving Size:** 5 grams (approx. 1 heaping teaspoon)

#### 5 grams contain:

Methylsulfonylmethane (MSM) 5,000 mg  
**Other Ingredients:** Vegetable silica.

#### MSM Lemon-AID Powder

**Serving Size:** 7.2 grams (approx. 1 heaping teaspoon)

#### 7.2 grams contain:

Vitamin C (as Ascorbic acid) 1,000 mg  
 Methylsulfonylmethane (MSM) 4,000 mg  
**Other Ingredients:** Xylitol, erythritol, maltitol, natural lemon flavor, stevia, talin natural flavor.

#### MSM Raspberry Powder with Vitamin C

**Serving Size:** 7.7 grams (approx. 1 heaping teaspoon)

#### 7.7 grams contains:

Calories 9  
 Total Carbohydrates 4.5 g  
 Sugars 1 g  
 Vitamin C (as Ascorbic Acid) 600 mg  
 Molybdenum (as Sodium Molybdate) 64 mcg  
 Methylsulfonylmethane (MSM) 2,000 mg  
 Xylitol 3 g

**Other Ingredients:** Natural raspberry flavor, raspberry concentrate powder, beet root

#### MSM Capsules

**Recommended Use:** As a dietary supplement, take one to three capsules daily or as directed by your health care practitioner.

**Size:** 90 and 240 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Methylsulfonylmethane (MSM) 1,000 mg  
**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## MyoSedate™

### Bone, Joint, and Muscle Support • Sleep Support • Stress Management

MyoSedate™ is a blend of calming herbs and minerals designed to promote and maintain muscle relaxation, especially during periods of stress and anxiety. It is also effective for use in muscle spasms, sports injuries, and muscle tightness. MyoSedate™ may promote better quality sleep without causing the morning grogginess commonly associated with pharmaceutical sleep aids\*.

**Recommended Use:** As a dietary supplement, take three capsules, two times daily, with meals or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 3 capsules

#### Three capsules contain:

Calcium (as Di-Calcium Malate)	75 mg
Magnesium (as Di-Magnesium Malate)	150 mg
Valerian Root ( <i>Valeriana officinalis</i> )(root) [standardized to contain 0.8% valerenic acid]	100 mg
Passion Flower ( <i>Passiflora incarnata</i> ) (aerial) [standardized to contain 3.5% flavonoids]	100 mg
Lemon Balm ( <i>Melissa officinalis</i> ) [standardized to contain 5% rosmarinic acid]	75 mg
Skullcap ( <i>Scutellaria lateriflora</i> )	25 mg

**Other Ingredients:** Rice flour, magnesium stearate (kosher).



## N-Acetyl Cysteine (NAC) Capsules

### Amino Acid/Protein Formulas • Antioxidants • Detoxification Support • Liver Support

N-Acetyl Cysteine (NAC) is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant. NAC is heavily researched in bronchial and lung disorders. It is also used for rapid recovery after workouts. NAC can be used in any case where there is a need to rebuild the liver and promote optimal detoxification. It is also researched for protection from heavy metal damage.

**Recommended Use:** As a dietary supplement, take one or more capsules per day or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

N-Acetyl-Cysteine 900 mg  
**Other Ingredients:** Magnesium stearate, stearic acid, microcrystalline cellulose.

## Natto-Serrazime®

### Cardiovascular/Lipid Support • Inflammatory Response Support

Natto-Serrazime® is a blend of two very potent proteolytic enzymes, Nattozimes® and Serrazimes®. Nattozimes® and Serrazimes®, in various studies, have been shown to have the same thrombolytic and fibrinolytic activities as the popular enzyme products Nattokinase and Serrapeptidase, therefore they can be used as a 1:1 substitution for these proprietary enzymes in clinical applications. An added benefit is that these two enzymes help prevent bacterial infections and support immune health\*.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 120 vegetable capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Nattozimes® (2,000 FU) (exo/endo proteases)	129 mg
Serrazimes® (20,000 U) (exo/endo proteases)	33 mg

**Other Ingredients:** Vegetable cellulose, rice bran, microcrystalline cellulose, water.

## Neurolink™

### Amino Acid/Protein Formulas • Brain Wellness Support • Children's Formulas

Neurolink™ is an encapsulated formula used to support neurological and cognitive function and optimize neurotransmitter (serotonin, dopamine, GABA, etc.) function, especially in cases such as ADD, ADHD, and other conditions where there may be impaired brain function.

**Recommended Use:** As a dietary supplement, take on an empty stomach before meals, 2-6 capsules, with a maximum of 6 per day or as directed by your health care practitioner.

**Size:** 180 vegetarian capsules

**Serving Size:** 6 capsules

**Six capsules contain:**

Vitamin B6 (as Pyridoxal-5-Phosphate)	30 mg
L-Tyrosine	1200 mg
GABA (Gamma-Aminobutyric Acid)	750 mg
L-Glutamine	600 mg
Inositol	600 mg
Taurine	600 mg
5-HTP (5-Hydroxytryptophan)	150 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## Niacin CRT™

### B Vitamins Formulas • Cardiovascular/Lipid Support

Many of you have seen excellent results in maintaining normal cholesterol levels with time-release niacin. Controlled Release Technology (CRT) is the latest technology for delivering niacin in a continuous, controlled rate over a 12-14 hour period. Flushing sometimes happens with time-release niacin as there can be fairly large surges of niacin released intermittently over a 6-8 hour period. However, flushing is less likely with controlled release niacin.

**Recommended Use:** As a dietary supplement, start with one tablet per day and increase to three tablets per day with meals if needed. Sensitive individuals may still require moderate niacin titration.

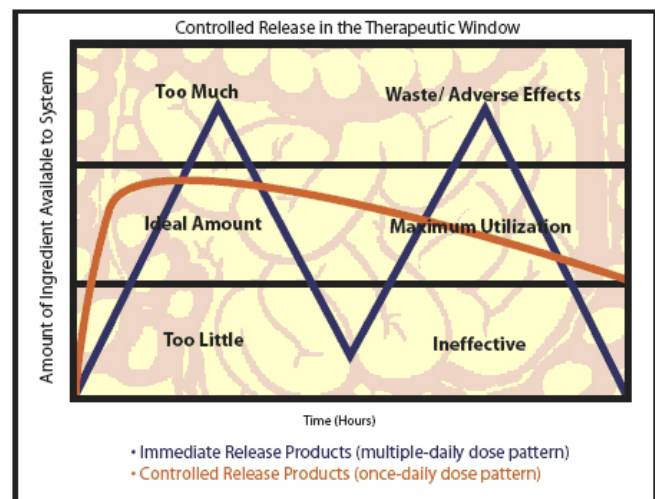
**Size:** 60 tablets

**Serving Size:** 1 tablet

**One tablet contains:**

Niacin (as Nicotinic Acid)	500 mg
Sodium	17 mg

**Other Ingredients:** Hydroxypropyl methylcellulose, sodium bicarbonate, pectin, stearic acid (vegetable source)





## OcuForce™

### Antioxidants • Eye Health

OcuForce provides a broad spectrum of nutrients specifically selected for their proven benefits to eye health:

- Mixed carotenoids along with preformed vitamin A naturally sourced from palm tree fruit and fish liver oil, as patients in poor health may have difficulty converting beta carotene into vitamin A.
- High levels of riboflavin and methylcobalamin, as they are crucial for healthy homocysteine metabolism. Research tells us that high homocysteine levels aggravate many eye conditions.
- Therapeutic doses of lutein and zeaxanthin esters, shown to be better absorbed than their non-esterified counterparts.
- Bilberry from MirtoSelect™, standardized to 36% anthocyanins, shown in research to work 2-4 times better than placebo at improving ocular fatigue, dimming eyesight, and vision with sparks.
- Taurine is present, as deficiency of taurine has been shown to lead to retinal degeneration.

**Recommended Use:** As a dietary supplement, take two capsules daily with meals, or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Vitamin A (from Palmitate, fish, and mixed carotenoids from palm tree fruit)	3,200 IU
Alpha carotene	4 mg
Beta carotene	15 mg
Vitamin C (as Ascorbyl Palmitate)	100 mg
Vitamin E	25 IU
d-gamma tocopherol	50 mg
d-delta tocopherol	21 mg
d-alpha tocopherol	11 mg
d-beta tocopherol	2 mg
Vitamin B1	10 mg
Thiamine HCl	5 mg
Pyrophosphate	5 mg
Vitamin B2 (as Riboflavin)	10 mg
Vitamin B2 (as Riboflavin-5-Phosphate)	10 mg
Vitamin B3 (as Niacinamide)	10 mg
Vitamin B6 (as Pyridoxine HCl)	10 mg
Vitamin B12 (as Methylcobalamin)	100 mcg
Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg
Selenium (Amino Acid Complex)	50 mcg
Taurine	200 mg
N Acetyl L-Cysteine (NAC)	200 mg
Quercetin	100 mg
MirtoSelect™ ( <i>Vaccinium myrtillus</i> ) (berry) [standardized to contain 25% anthocyanidins]	100 mg
Ginkgo Select™ ( <i>Ginkgo biloba</i> ) (leaves) [standardized to contain 6% Terpene lactones]	60 mg
Alpha Lipoic Acid	50 mg
Turmeric ( <i>Curcuma longa</i> ) (root) [standardized to contain 95% curcumin]	50 mg
Green Tea ( <i>Camellia sinensis</i> ) (leaf) [standardized to contain 50% EGCG]	50 mg
Xangold® (Lutein Esters)	10 mg
Zeaxanthin Esters	2 mg

**Other Ingredients:** Microcrystalline cellulose, lecithin, magnesium stearate, silicon dioxide, rice flour.

## Oil of Oregano Softgels

### Gastrointestinal and Digestive Support • Herbal Products

Oil of Oregano Softgels are effective for killing bacteria, viruses and fungi. Use them in any anti-yeast program or in combination with other nutrients for cold and flu symptoms\*.

**Recommended Use:** As a dietary supplement, take one to three softgels per day with meals or as directed by your health care practitioner.

**Size:** 60 Softgels

**Serving Size:** 1 softgel

#### One softgel contains:

Oil of Oregano Extract (100:1)

15 mg

(*Origanum vulgare*; aerial)

**Other Ingredients:** Extra virgin olive oil, gelatin, glycerin.

## Olive Leaf Extract

### Gastrointestinal and Digestive Support • Herbal Products

Olive Leaf Extract has anti-microbial properties and antioxidant properties and may improve resistance to intestinal or respiratory infections. It can also be used as a protectant for cardiovascular events\*.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Olive Leaf Extract (20% oleuropein)

500 mg

**Other Ingredients:** Microcrystalline cellulose, water.



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

## NEW Fish Oils from Designs for Health

In order to be consistent with our Paleolithic nutritional philosophy, Designs for Health has embraced since our inception, we are excited to announce our decision to convert the majority of our fish oils to the more natural triglyceride (TG) form, in order to more closely mimic that which is found in nature. EPA and DHA are found naturally in fish in this triglyceride form.

All carry our TruTG™ seal, ensuring that the fish oils are delivered in the form found in nature, and, are of unmatched TG potency - Only fish oil blends and concentrates containing the TruTG™ seal are 90+% triglyceride (TG) bound omega-3 fish oils.

As always, our fish oils are molecularly distilled to ensure purity and the removal of heavy metals, pesticides, solvents, PCB's, and other contaminants.

### OmegAvail™ Marine TG

Brain Wellness Support • Cardiovascular/Lipid Support • Fatty Acids • Healthy Skin and Vein Support • Inflammatory Response Support

Formerly our Omega Marine softgels, the name change to OmegAvail Marine TG is consistent with our move to a natural triglyceride (TG) form of fish oil, and, to more accurately depict this product.

**Recommended Use:** As a dietary supplement, take two softgels daily with meals or as directed by your health care practitioner.

**Size:** 120 Softgels

**Serving Size:** 2 Softgels

#### Two softgels contain:

Calories	22
Calories from Fat	18
Total Fat	2 g
Saturated Fat	0.4g
Trans Fat	0 g
Cholesterol	2 mg
Sodium	0 mg
Total Carbohydrate	0.2 g
Protein	0.6 g
Omega 3 Fatty Acids	700 mg
EPA (Eicosapentaenoic Acid)	360 mg
DHA (Docosahexaenoic Acid)	240 mg
Other Omega-3 Fatty Acids	100 mg

**Other Ingredients:** Fish oil, gelatin, natural lemon flavor, water, and vitamin E.

### OmegAvail™ Marine TG Liquid

Brain Wellness Support • Cardiovascular/Lipid Support • Fatty Acids • Healthy Skin and Vein Support • Inflammatory Response Support

**OmegAvail™ Marine TG Liquid** (formerly Omega Marine Liquid) is a high potency omega 3 oil, featuring our **TruTG™ fish oil** in the form found in nature, and is still presented in a pleasant tasting, lemon flavored liquid.

OmegAvail™ Marine TG Liquid is a viable option for patients who prefer to swallow fewer capsules and for those requiring high doses.

This oil may become cloudy when refrigerated, which is normal and does not alter product efficacy. Natural vitamin E has been added to keep the oil fresh by preventing oxidative damage.

**Recommended Use:** As a dietary supplement, take one teaspoon (5 mL) daily or as directed by your health care practitioner.

**Size:** 7 ounces (200mL)

**Serving Size:** 5 mL (1 teaspoon)

#### Five mL (1 teaspoon) contain:

Calories	40
Calories from Fat	40
Total Fat	5 g
Cholesterol	32 mg
Omega-3 Fatty Acids	1355mg
EPA (Eicosapentaenoic Acid)	725 mg
DHA (Docosahexaenoic Acid)	450 mg
Other Omega-3 fatty acids	180 mg

**Other Ingredients:** Natural lemon flavor, natural tocopherols (vitamin E).

## OmegAvail™ Ultra TG

Brain Wellness Support • Cardiovascular/Lipid Support • Fatty Acids • Healthy Skin and Vein Support • Inflammatory Response Support

**OmegAvail™ Ultra TG** (formerly Omega Ultra Marine) is a high potency omega 3 oil, featuring our **TruTG™ fish oil** in the form found in nature.

The **TruTG™** seal ensures **unmatched TG potency** - Only fish oil blends and concentrates containing the **TruTG™** seal are 90+% triglyceride (TG) bound omega-3 fish oils.

**Did you know?** All other Omega-3 concentrates claiming triglyceride bound omega fats are no more than 60% TG.

**Recommended Use:** As a dietary supplement, take two softgels daily with meals or as directed by your health care practitioner.

**Size:** 120 softgels

**Serving Size:** 2 softgels

**two softgels contain:**

Calories	18
Calories from Fat	18
Total Fat	2 g
Cholesterol	less than 10 mg
Omega-3 Fatty Acids	1070 mg-1170 mg
EPA (Eicosapentaenoic Acid)	540 mg-600 mg
DHA (Docosahexaenoic Acid)	370 mg-400 mg
Other Omega-3 fatty acids	160 mg-170 mg

**Other Ingredients:** Gelatin, glycerin, purified water, vitamin E (as mixed tocopherols).

## Omega Hi-Po EE™

Fatty Acids • Inflammatory Response Support

This new fish oil product is the ideal choice for patients who can't tolerate fish oils due to regurgitation. Omega Hi-Po EE™ is our highest potency omega 3 formulation. Just a 2 softgel serving provides a potent 1400mg of EPA/DHA per day! We have enteric coated the softgel to benefit those who may experience occasional nausea or reflux after consuming regular fish oil softgels. For the ultimate in freshness and convenience Omega Hi-Po EE™ is packaged in blister packs.

**Recommended Use:** As a dietary supplement, take two softgels daily with meals or as directed by your health care practitioner.

**Size:** 60 softgels

**Serving Size:** 2 softgels

**Two softgels contain:**

Calories	20
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	0 g
Omega 3 Fatty Acids	1400 mg
EPA (Eicosapentaenoic Acid)	1000 mg
DHA (Docosahexaenoic Acid)	400 mg
Lemon Oil	60 mg

**Other Ingredients:** Refined fish oil concentrate (anchovy, sardine), gelatin (softgel), glycerin, purified water, aqueous coating solution, mixed natural tocopherols [vitamin E]).

## OmegAvail™ Synergy TG

Fatty Acids • Inflammatory Response Support

**OmegAvail™ Synergy TG** (formerly Omega Synergy) is a synergistic blend of omega oils, featuring our **TruTG™ fish oil** in the form found in nature.

The **TruTG™** seal ensures **unmatched TG potency** - Only fish oil blends and concentrates containing the **TruTG™** seal are 90+% triglyceride (TG) bound omega-3 fish oils.

**Did you know?** All other Omega-3 concentrates claiming triglyceride bound omega fats are no more than 60% TG.

This unique formula contains a blend of wild deep-sea sourced fish oils containing the omega-3 fats (EPA/DHA) in the **TruTG™** form, the omega-3 fat alpha linolenic acid (ALA) from flax seed oil and the most important omega-6 fat, GLA, from borage oil. EPA helps keep GLA metabolism in an anti-inflammatory mode. In addition, docosahexaenoic acid (DHA) plays as many important roles in human health as EPA, with an added benefit to brain function.

**Recommended Use:** As a dietary supplement, take two or more softgels daily with meals or as directed by your health care practitioner.

**Size:** 90 and 180 Softgels

**Serving Size:** 2 softgels

**Two softgels contain:**

Calories	22
Calories from Fat	22
Total Fat	2.4 g
Vitamin E (Mixed Tocopherols)	14 IU
ALA	400 mg
EPA (from deep sea fish oil)	270 mg
DHA (from deep sea fish oil)	185 mg
GLA	160 mg

**Other Ingredients:** Gelatin, glycerin, and purified water.



## OncoSGS™ **NEW!**

### Immune Support

Every day, scientists continue to discover new phytochemicals in foods and how they work to protect us. Meanwhile, we are continually bombarded by toxic chemicals that are potentially playing a role in cancer development.

OncoSGS™ contains a specially cultivated form of broccoli seed known as BroccoRaphanin™. This proprietary and patented variety of broccoli, *Brassica Oleracea italica*, is particularly rich in glucoraphanin (better known as sulforaphane glucosinolate or SGS). SGS is the direct precursor to sulforaphane. Sulforaphane is part of a family of compounds collectively known as isothiocyanates. Sulforaphane was isolated and identified in 1992 by researchers at the Johns Hopkins University School of Medicine.

There are currently over 500 journal publications, as well as documented epidemiological evidence, showing that diets rich in broccoli and broccoli sprouts are chemoprotective and may reduce the risk of many forms of cancer. Scientists also believe that SGS may boost the body's own antioxidant defense system, including the upregulation of phase 2 detoxification enzymes. For this reason, SGS is often referred to as an "indirect antioxidant". The phase 2 enzymes that are induced demonstrate broad-spectrum antioxidant ability, which may remain active in the body for as long as 96 hours. SGS is also particularly useful in the fact that it upregulates phase 2 enzymes without upregulating the potentially pro-carcinogen-producing phase 1 enzymes.

**Recommended Use:** As a dietary supplement, take one capsule daily with water or as directed by your health care practitioner.

**Size:** 30 and 90 Capsules

**Serving Size:** 1 capsule

#### 1 capsule contain:

BroccoRaphanin® (seed) (*Brassica oleracea italica*) 500 mg

[standardized to contain 10% sulforaphane glucosinolate]

**Other Ingredients:** Microcrystalline cellulose, rice flour, magnesium stearate.



## OsteoForce™

### Bone, Joint, and Muscle Support • Minerals

OsteoForce™ contains bone supportive nutrients for restoring healthy bones when bone loss may have been attributed to a deficiency or malabsorption of vitamins and minerals like calcium, vitamin D, vitamin K and others.

Take this product with Twice Daily multi for best results.

**Recommended Use:** As a dietary supplement, take four tablets per day with meals or as directed by your health care practitioner.

**Size:** 120 Tablets

**Serving Size:** 4 tablets

#### Four tablets contain:

Vitamin C (as Calcium Ascorbate)	100 mg
Vitamin D (as Cholecalciferol)	600 IU
Vitamin K (as Phytonadione)	1000 mcg
Calcium (DimaCal® Di-Calcium Malate, TRAACS® Calcium Glycinate Chelate, Calcium Ascorbate and Calcium Carbonate as binder only)	800 mg
Magnesium (as Di-Magnesium Malate, TRAACS® Magnesium Glycinate Chelate Buffered)	300 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	5 mg
Copper (TRAACS® Copper Glycinate Chelate)	1 mg
Manganese (TRAACS® Manganese Glycinate Chelate)	2 mg
Potassium (as Potassium Glycinate Complex)	50 mg
Boron (as Boron Glycinate Complex)	4 mg

**Other Ingredients:** Stearic acid, microcrystalline cellulose, crosscarmellose sodium, cellulose, silicon dioxide, and magnesium stearate.

## Why Albion Chelated Minerals?



Here are some of the advantages of DFH having the Albion Mineral Technology in its products:

- Totally bioavailable minerals!
- Albion possesses over 70 patents in the field of mineral technology.
- Only Albion mineral amino acid chelates have been given Chemical Abstracts Service registry numbers.
- Only Albion mineral amino acid chelates are Kosher - Parve.
- Albion metal amino chelates have been chemically validated and consequently are the only chelates that meet the Natural Products Association definition.
- Virtually all published research on metal amino acid chelates has been done using Albion metal amino acid chelates.



# The best Integrative Practice Management Software doesn't have to cost you a dime.



Presenting... **eHealthPro™**  
The Practice Management Solution

The only practice management software designed specifically for integrative health care practitioners.

## Not all software is created equal.

Your integrative practice has many requirements that ordinary practice management software does not address. Controlling your inventory and tracking your service charges can now be done in one, state-of-the-art software package. View the chart to see the difference.

Whether yours is a single or multi-doctor practice operating with or without software, eHealthPro makes it easier to grow, prosper and manage your practice.

**Doctors across America are using eHealthPro to automatically speed up and improve:**

- Scheduling
- Billing
- Inventory Control
- Purchasing
- Documents/Lab Storage
- Patient Records
- Tracking Patient Balances
- Reporting
- Insurance Coding
- Electronic Claims

Typical features found in software not built with the Integrative Practitioner in mind

Practice Management Software features	eHealthPro	Typical features found in software not built with the Integrative Practitioner in mind
Multi-practitioner scheduler	YES	YES
Medical SOAP notes	YES	NO
Insurance coding/ billing	YES	YES
Track patient balance	YES	YES
Patient Information	YES	YES
Inventory Control	YES	NO
Purchase order generator	YES	NO
Patient dosage chart	YES	NO
Track and print patient statements	YES	YES
Users	Unlimited	5
COST	\$0*	\$3,100-\$6,700

\*Standard pricing is \$2,495. Designs for Health nutritional products customers can become eligible to receive this software at **no charge**. For more details, please contact Designs for Health at 1-800 367-4325.



### Read what users are saying about eHealthPro software:

"I can only say great things about eHealthPro! It is a fantastic piece of software that is literally a must-have for any serious practitioner. It is easy to use, very functional and without a doubt a timesaver - even for small practices. I highly recommend this to everyone!"

**Laurent Bannock, DrHS, MS, Santa Fe, NM**

"eHealthPro provides everything I need in one affordable, easy-to-use system: Practice management, dispensary sales, inventory management and accounting. Plus, the technical support is amazing! I couldn't ask for anything more in a software package for my naturopathic practice."

**Alice Bell, ND, Shelton, CT**

"I am so thankful that Designs for Health has introduced me to the benefits of eHealthPro - it has had a positive impact on so many aspects of my practice. The software is easy to use and has a multitude of helpful features that have simplified everything from administrative tasks and inventory management, to reporting. Basically, it has everything I need to help me efficiently run and grow my practice."

**Sam Visnic, NMT, Integrated Health Solutions, Redondo Beach, CA**

Experience the true value of eHealthPro firsthand. Once you have tried eHealthPro, you'll wonder how you ever functioned without it. It's like having an extra staff member working for you 24 hours a day, 7 days a week.

Take the first step toward improving your practice. Contact Designs for Health to schedule your no-pressure online demonstration of eHealthPro Practice Management Software.

**For your FREE DEMO\* Please Call 1-800-367-4325 today!**

\*Mention code EHP09C



[www.designsforhealth.com](http://www.designsforhealth.com)

## PaleoBars™

Paleo Products • Sports Nutrition •  
Weight Management**Size:** Individual bars and Cases(18 bars)**Flavors:** Chocolate Coated, Mixed Berry Coated, Vanilla Almond Coated, Chocolate/Almond-DF, Coconut/Almond-DF**Serving Size:** 1 Bar

PaleoBars™ are healthy and nutritious snack bars that come in the following flavors: Chocolate Coated and Vanilla Almond Coated, (both of which contain whey protein); Coconut/Almond and Chocolate/Almond (both of which are dairy free and contain rice protein); and Mixed Berry Coated (antioxidant capacity of a 2 fruit serving). The Coconut/Almond and Chocolate/Almond have properties for cravings control and anabolic energy respectively. These bars contain the anti-inflammatory “good fats” like EPA, DHA, GLA, and anti-bacterial coconut oil. They are high in antioxidants and compounds for immune system support and insulin sensitivity. They contain no artificial sweeteners, but contain natural ones like xylitol, maltitol, and erythritol.

NOTE: All PaleoBars™ are Kosher certified. DFH never uses fructose or hydrogenated oils in its food bars.

**PaleoBar™ Chocolate Flavor Coated Bar contains:**

Total Fat	9 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	40 mg
Total Carb.	19 g
Fiber	3 g
Sugars	0 g
Sugar Alcohol	10 g
Protein	9 g
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	6%

**Ingredients:** Sugar Free Dark Chocolate Coating (Maltitol, Unsweetened Chocolate, Cocoa Butter, Butter Oil, Lecithin (An Emulsifier), Vanilla), Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Crisps (Whey Protein Isolate, Whey Protein Concentrate, Rice Flour, Calcium Carbonate), Rice Protein Concentrate), Maltitol Syrup, Glycerine, Almond Butter, Almonds, Unsweetened Chocolate, Fructooligosaccharides, Xylitol, Natural Flavor, Lecithin, Digestion Resistant Fiber (Fibersol 2), Cocoa Butter, Cocoa Powder (processed with alkali), Meg-3® Omega 3 Powder (refined fish oil (anchovy, sardine), fish gelatin (tilapia), L-Glutamine, Sea Salt, Coconut Oil.

**PaleoBar™ Mixed Berry Bar contains:**

Total Fat	7 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	95 mg
Total Carb.	23 g
Fiber	2 g
Sugars	2 g
Sugar Alcohol	15 g
Protein	9 g
Vitamin A	0%
Vitamin C	8%
Calcium	6%
Iron	4%

**Ingredients:** Coating (Maltitol, Cocoa Butter, Milk Fat, Sodium Caseinate, Lecithin (An Emulsifier), Natural Flavor, Vanillin- an artificial flavor, Tocopherols), Maltitol Syrup, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Rice Protein Concentrate, Whey Crisps (Whey Protein Isolate, Whey Protein Concentrate, Rice Flour, Calcium Carbonate), Glycerine, Almond Butter, Strawberry Extract, Coconut Oil, Natural Flavor, Digestion Resistant Fiber (Fibersol 2), Blueberries, Strawberries, Sea Salt, Citric Acid, White Tea Extract, Apple Extract, Rosemary Extract.

**PaleoBar-DF™ Chocolate/Almond Anabolic Energy Bar contains:**

Total Fat	7g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Total Carb.	29 g
Fiber	5 g
Sugars	2 g
Sugar Alcohol	14 g
Protein	7 g
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

**Ingredients:** Maltitol Syrup, Rice Protein Concentrate, Erythritol, Almond Butter, Unsweetened Chocolate, Glycerine, Digestion Resistant Fiber (Fibersol 2), Crisped Rice (Rice Flour, Rice Bran, Rosemary Extract), Gum Arabic, Coconut Oil, Cocoa Powder (processed with alkali), Natural Peanut Butter, Creatine Magnapower® Magnesium Creatine Chelate, Natural Flavor, RiceX Stabilized Rice Bran, Peanuts, L-Carnitine, Sea Salt.

**PaleoBar™ Vanilla Almond Coated Bar contains:**

Total Fat	10g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	100 mg
Total Carb.	21 g
Fiber	3 g
Sugars	0 g
Sugar Alcohol	13 g
Protein	9 g
Vitamin A	0%
Vitamin C	2%
Calcium	6%
Iron	0%

**Ingredients:** Coating (Maltitol, Cocoa Butter, Milk Fat, Sodium Caseinate, Lecithin (An Emulsifier), Natural Flavor, Vanillin, Tocopherols), Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Rice Protein Concentrate, Whey Crisps (Whey Protein Isolate, Whey Protein Concentrate, Rice Flour, Calcium Carbonate), Maltitol Syrup, Almond Butter, Glycerine, Almonds, Digestion Resistant Fiber (Fibersol 2), Coconut Oil, Fructooligosaccharides, Lecithin, Natural Flavor, Meg-3® Omega 3 Powder (refined fish oil (anchovy, sardine), fish gelatin (tilapia), Xylitol, Sea Salt, L-Glutamine.

**PaleoBar-DF™ Coconut/Almond Crave Control Bar contains:**

Total Fat	9 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	65 mg
Total Carb.	27 g
Fiber	6 g
Sugars	2 g
Sugar Alcohol	13 g
Protein	8 g
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	6%

**Ingredients:** Maltitol Syrup, Rice Protein Concentrate, Coconut, Almond Butter, Erythritol, Glycerine, Digestion Resistant Fiber (Fibersol 2), Gum Arabic, Crisped Rice (Rice Flour, Rice Bran, Rosemary Extract), Macadamia Nut Oil, Natural Flavor, Coconut Oil, RiceX Stabilized Rice Bran, Sea Salt, Alpha Lipoic Acid, Chromium Niacin Glycine Chelate.



## PaleoCleanse™

### Detoxification Support • Liver Support • Paleo Products

PaleoCleanse™ contains quality hypoallergenic rice protein and macronutrients to fuel detoxification pathways. It contains the nutrients needed to support and balance phase I and II metabolic pathways, along with high levels of antioxidant support for safe detoxification. This formula also contains the most comprehensive array of herbal hepatics and cholagogues to promote optimal liver function and elimination, while it tastes great and does not contain fructose.

**Recommended Use:** As a dietary supplement, mix two scoops (36 grams) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.

**Size:** 756 Grams

**Serving Size:** 2 scoops (36g)

#### Two scoops (36g) contain:

Vitamin A (as Mixed Carotenoids from Algae)	5,000 IU
Vitamin C (as Sodium Ascorbate)	500 mg
Vitamin D3 (as Cholecalciferol)	50 IU
Vitamin E	20 IU
d-gamma tocopherol	40 mg
d-delta tocopherol	17 mg
d-alpha tocopherol	9 mg
d-beta tocopherol	1 mg
Vitamin B1 (as Thiamin HCl)	3 mg
Vitamin B2 (as Riboflavin-5-Phosphate)	3 mg
Vitamin B3 (as Niacinamide)	8 mg
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg
Folates (NatureFolate™ blend)	100 mcg
Vitamin B12 (as Methylcobalamin)	4 mcg
Biotin (as d-Biotin)	140 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	25 mg
Calcium (as Dicalcium Malate)	200 mg
Phosphorous (as Dipotassium Phosphate)	200 mg
Iodine (as Potassium Iodide)	50 mcg
Magnesium (TRAACS® Magnesium LYSYL Glycinate Chelate)	200 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	7 mg
Selenium (as Selenomethionine)	50 mcg
Copper (TRAACS® Copper Glycinate Chelate)	1 mg
Manganese (TRAACS® Manganese Glycinate Chelate)	1 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	50 mcg
Glycine	1,500 mg
L-Threonine	550 mg
L-Lysine	550 mg
L-Cysteine	250 mg
Calcium D-Glucarate	250 mg
Quercetin	200 mg
Taurine	200 mg
Milk Thistle ( <i>Silybum marianum</i> ) (seed)[standardized to contain 80% silymarin]	200 mg
Choline	100 mg
DL-Methionine	100 mg
Inositol	100 mg
N-Acetyl-Cysteine (NAC)	100 mg
Methylsulfonylmethane (MSM)	100 mg
Sodium Sulfate	100 mg
Green Tea ( <i>Camellia sinensis</i> ) (leaves) [standardized to contain 50% catechins]	50 mg
Celandine ( <i>Cheilonium majus</i> )	50 mg
Dandelion Root ( <i>Taraxacum officinale</i> ) (root) (4:1)	50 mg
Fringe Tree Bark ( <i>Chionanthus virginicus</i> )	50 mg
L-Glutathione	25 mg
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	50 mg

**Other Ingredients:** Rice protein, xylitol, stevia extract, natural berry flavor.

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



## PaleoFiber™ Capsules and Powder

### Gastrointestinal and Digestive Support • Paleo Products

PaleoFiber™ is the ultimate fiber product. It is a comprehensive product that contains 12 different types of fiber and none of the allergenic proteins or harsh, irritating components commonly found in other fiber products on the market. PaleoFiber™ capsules are an unflavored and unsweetened encapsulated version of our popular PaleoFiber™ powder. This product was designed with the features of the Paleolithic diet in mind, with which human physiology may be most adapted. PaleoFiber™ could be a useful addition to the diet of patients with glucose problems, weight problems, and lipid and bowel abnormalities.

#### PaleoFiber™ Capsules

**Recommended Use:** As a dietary supplement, take fourteen capsules per day or as directed by your health care practitioner.

**Size:** 210 vegetable capsules

**Serving Size:** 14 capsules

#### Fourteen capsules contain:

Calories	42
Total Carbohydrates	10.5 g
Total Dietary Fiber	8.4 g
Insoluble Fiber	3.4 g
Soluble Fiber	5 g

**Active Ingredients:** Fibregum™ tan acacia gum, Creafibe Cellulose, guar gum, cranberry seed extract, carrot fiber, inulin, citrus fiber, apple pectin, glucomannan, psyllium husk, flax, prune, lactobacillus acidophilus La-14 (7.5 billion CFU/serving)† and bifidobacteria longum BB536 (500 million CFU/serving)

**Other Ingredients:** Microcrystalline cellulose, stearic acid.

#### PaleoFiber™ Powder (available in berry flavor and unflavored)

**Recommended Use:** As a dietary supplement, take one (10.6 grams) or more tablespoons as needed per day or as directed by your health care practitioner. Increase dose gradually to develop a tolerance to high fiber intake. Consume extra water when taking PaleoFiber.

**Size:** 318 grams

**PaleoFiber™ berry flavor Serving Size:** 10.6 grams (approx. 1 1/2 tablespoons)

**PaleoFiber™ unflavored Serving Size:** 10.6 grams (approx. 1 heaping tablespoon)

#### 10.6 grams contain:

Calories	42
Total Carbohydrates	10.5 g
Total Dietary Fiber	8.4 g
Insoluble Fiber	3.4 g
Soluble Fiber	5 g

**Active Ingredients:** Fibregum™ tan acacia gum, Creafibe Cellulose, guar gum, cranberry seed extract, carrot fiber, inulin, citrus fiber, apple pectin, glucomannan, psyllium husk, flax, prune, lactobacillus acidophilus La-14 (7.5 billion CFU/serving)† and bifidobacteria longum BB536 (500 million CFU/serving)

**Other Ingredients (berry flavor only):** Natural berry flavor, stevia, talin.



## PaleoGreens™

### Comprehensive Wellness • Paleo Products

PaleoGreens™ is the great tasting Designs for Health greens food made with over 85% organic ingredients. The vegetable, fruit, and berry ingredients are brightly colored and non-oxidized, as the powders are protected from heat, UV light and moisture from start to finish. These greens have a paleo profile; they contain no grains, legumes, alfalfa, corn, gluten, fructose or artificial sweeteners. Unlike other greens products, we never add inexpensive fillers or bulking agents such as fiber, whole grasses, pectin, rice bran, and/or flax, which account for 40% to 60% of the content of most other greens products. We work closely with our certified organic growers to ensure the optimal preservation of enzymes and beneficial phytonutrients in PaleoGreens™ ingredients. These ingredients are harvested at their peak of potency and immediately concentrated and dried by utilizing proprietary cool-temperature processes that preserve their energetic and nutritional integrity.

#### PaleoGreens™ Powder

**Recommended Use:** As a dietary supplement, take 9 grams (approx. 1 tablespoon) mixed with water or as directed by your health care practitioner.

**Size:** 270 grams

**Serving Size:** 9 grams (approx. 1 tablespoon)

#### PaleoGreens™ Lemon/Lime Powder

#### PaleoGreens™ Mint Powder

##### 9 grams contain:

Vitamin A (Beta-Carotene)	2500 IU
Vitamin C	78 mg
Calcium	21 mg
Iron	0.5 mg
Fruit Proprietary Blend	3.7 mg
Organic Apple	
Organic Mountain Cranberry	
Organic Blueberry Powder	
Organic Raspberry Powder	
Camu Camu Berry Extract	
Greens Proprietary Blend	3.0 g
Organic Spirulina	
Organic Barley Grass Juice Powder	
Organic Wheat Grass Juice Powder	
Chlorella	
Organic Stinging Nettle (leaves)( <i>Urtica dioica</i> )	
Vegetable Proprietary Blend	1.5 g
Organic Carrot Juice	
Organic Beet Powder	
Organic Tomato Powder	
Organic Kale Powder	
Organic Parsley Powder	
Organic Collard Powder	
Organic Spinach Powder	
Organic Broccoli Sprouts	
Organic Cauliflower Sprouts	
Organic Kale Sprouts	
ORAC Proprietary Blend	206 mg
Grape Seed Extract	
Grape Skin Extract	
Enzyme/Prebiotic Proprietary Blend	118 mg
Organic Burdock Root ( <i>Arctium lappa</i> )	
Enzyme Blend:	
Amylase, Cellulase, Lipase and Protease	

**Lemon/Lime Other Ingredients:** Natural lemon-lime flavor, stevia, organic manioc starch, organic rice flour, unbleached lecithin

**Mint Other Ingredients:** Mint flavor, stevia, organic manioc starch, organic rice flour, unbleached lecithin.

#### PaleoGreens™ Unflavored Powder

##### 9 grams contain:

Vitamin A (Beta-Carotene)	2500 IU
Vitamin C	78 mg
Calcium	21 mg
Iron	0.5 mg
Fruit Proprietary Blend	4.1 mg
Organic Apple	
Organic Mountain Cranberry	
Organic Blueberry Powder	
Organic Raspberry Powder	
Camu Camu Berry Extract	
Greens Proprietary Blend	3.0 g
Organic Spirulina	
Organic Barley Grass Juice Powder	
Organic Wheat Grass Juice Powder	
Chlorella	
Organic Stinging Nettle (leaves)( <i>Urtica dioica</i> )	
Vegetable Proprietary Blend	1.5 g
Organic Carrot Juice	
Organic Beet Powder	
Organic Tomato Powder	
Organic Kale Powder	
Organic Parsley Powder	
Organic Collard Powder	
Organic Spinach Powder	
Organic Broccoli Sprouts	
Organic Cauliflower Sprouts	
Organic Kale Sprouts	
ORAC Proprietary Blend	206 mg
Grape Seed Extract	
Grape Skin Extract	
Enzyme/Prebiotic Proprietary Blend	118 mg
Organic Burdock Root ( <i>Arctium lappa</i> )	
Enzyme Blend:	
Amylase, Cellulase, Lipase and Protease	

**Other Ingredients:** Organic manioc starch, organic rice flour, unbleached lecithin.





## PaleoMeal™ Powder and Packets

### Paleo Products • Sports Nutrition • Weight Management

PaleoMeal™ powder and packets feature Proserum, a non-denatured, low heat processed whey protein concentrate. It is available in chocolate, strawberry, and vanilla flavors for shakes and smoothies. This protein powder is rich in immune enhancing compounds called immunoglobulins and lactoferrin, as well as various liver supporting nutrients. It is very high in glutathione precursors, including glutamine and cysteine, and contains a complete blend of enzymes and fiber from flaxseeds. Drink this in a favorite beverage and use as a meal replacement in a weight management program or as an adjunct to a meal in a weight gain program.

**Recommended Use:** As a dietary supplement, mix 30 grams (approx. 1 scoop or 1 packet) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner. PaleoMeal may be blended into a shake if desired.

**Flavors:** Vanilla, Chocolate, & Strawberry

**Size:** 540 grams, Packets (box of 15), 900 grams (Vanilla only)

**Serving Size:** 30 grams (approx. 1 scoop or 1 packet)



#### PaleoMeal™ Chocolate

##### One scoop or one packet contains:

Calories	95.6
Total Fat	1.6 g
Saturated Fat	0.65 g
Trans Fat	0 g
Cholesterol	26 mg
Sodium	40 mg
Potassium	260 mg
Total Carbohydrates	3.1 g
Dietary Fiber	0.8 g
Soluble Fiber	0 g
Insoluble Fiber	0.6 g
Sugars	1.85 g
Protein	17 g
Vitamin C (as Ascorbic Acid)	90 mg
Vitamin E	20 IU
d-gamma tocopherol	40 mg
d-delta tocopherol	17 mg
d-alpha tocopherol	9 mg
d-beta tocopherol	1 mg
Vitamin B1 (as Thiamine Mononitrate)	2.5 mg
Vitamin B2 (as Riboflavin)	2.1 mg
Vitamin B3 (as Niacinamide)	4 mg
Vitamin B6 (as Pyridoxine HCl)	2.5 mg
Vitamin B12 (as Methylcobalamin)	6 mcg
Biotin (as d-Biotin)	100 mcg
Magnesium	48 mg
(TRAACS® Magnesium Glycinate Chelate Buffered)	
Zinc (TRAACS® Zinc Glycinate Chelate)	3.3 mg
Chromium	50 mcg
(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Total Glutamine Value	3.9 g
Bound Glutamic Acid (Proserum®)	3 g
L-Glutamine	900 mg
Flaxseed	2.5 g
Immunoglobulins (Proserum® Whey Protein)	2.1 g
Phosphatidylcholine (from Soy Lecithin)	840 mg
Conjugated Linoleic Acid (CLA)	120 mg
Taurine	95 mg
n-zymes™	50 mg
Amylase	2200 DU
Protease 4.5	5000 HUT
Protease 3.0	10.7 SAPU
Protease 6.0 (Concentrate)	2000 HUT
Lactase	400 ALU
Inositol	48 mg

**Other Ingredients:** Milk chocolate flavor (natural), cocoa powder, xylitol, stevia.

#### PaleoMeal™ Strawberry

##### One scoop or one packet contains:

Calories	95.6
Total Fat	1.6 g
Saturated Fat	0.65 g
Trans Fat	0 g
Cholesterol	26 mg
Sodium	40 mg
Potassium	260 mg
Total Carbohydrates	3.1 g
Dietary Fiber	0.8 g
Soluble Fiber	0 g
Insoluble Fiber	0.6 g
Sugars	1.85 g
Protein	17 g
Vitamin C (as Ascorbic Acid)	90 mg
Vitamin E	20 IU
d-gamma tocopherol	40 mg
d-delta tocopherol	17 mg
d-alpha tocopherol	9 mg
d-beta tocopherol	1 mg
Vitamin B1 (as Thiamine Mononitrate)	2.5 mg
Vitamin B2 (as Riboflavin)	2.1 mg
Vitamin B3 (as Niacinamide)	4 mg
Vitamin B6 (as Pyridoxine HCl)	2.5 mg
Vitamin B12 (as Methylcobalamin)	6 mcg
Biotin (as d-Biotin)	100 mcg
Magnesium	48 mg
(TRAACS® Magnesium Glycinate Chelate Buffered)	
Zinc (TRAACS® Zinc Glycinate Chelate)	3.3 mg
Chromium	50 mcg
(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Total Glutamine Value	3.9 g
Bound Glutamic Acid (Proserum®)	3 g
L-Glutamine	900 mg
Flaxseed	2.5 g
Immunoglobulins (Proserum® Whey Protein)	2.1 g
Phosphatidylcholine (from Soy Lecithin)	840 mg
Conjugated Linoleic Acid (CLA)	120 mg
Taurine	95 mg
n-zymes™	50 mg
Amylase	2200 DU
Protease 4.5	5000 HUT
Protease 3.0	10.7 SAPU
Protease 6.0 (Concentrate)	2000 HUT
Lactase	400 ALU
Inositol	48 mg

**Other Ingredients:** Beet root powder, strawberry flavor (natural), xylitol, malic acid, stevia.

#### PaleoMeal™ Vanilla

##### One scoop or one packet contains:

Calories	94.4
Total Fat	1.6 g
Saturated Fat	0.65 g
Trans Fat	0 g
Cholesterol	26 mg
Sodium	40 mg
Potassium	260 mg
Total Carbohydrates	2.8 g
Dietary Fiber	0.8 g
Soluble Fiber	0 g
Insoluble Fiber	0.6 g
Sugars	1.7 g
Protein	17 g
Vitamin C (as Ascorbic Acid)	90 mg
Vitamin E	20 IU
d-gamma tocopherol	40 mg
d-delta tocopherol	17 mg
d-alpha tocopherol	9 mg
d-beta tocopherol	1 mg
Vitamin B1 (as Thiamine Mononitrate)	2.5 mg
Vitamin B2 (as Riboflavin)	2.1 mg
Vitamin B3 (as Niacinamide)	4 mg
Vitamin B6 (as Pyridoxine HCl)	2.5 mg
Vitamin B12 (as Methylcobalamin)	6 mcg
Biotin (as d-Biotin)	100 mcg
Magnesium	48 mg
(TRAACS® Magnesium Glycinate Chelate Buffered)	
Zinc (TRAACS® Zinc Glycinate Chelate)	3.3 mg
Chromium	50 mcg
(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Total Glutamine Value	3.9 g
Bound Glutamic Acid (Proserum®)	3 g
L-Glutamine	900 mg
Flaxseed	2.5 g
Immunoglobulins (Proserum® Whey Protein)	2.1 g
Phosphatidylcholine (from Soy Lecithin)	840 mg
Conjugated Linoleic Acid (CLA)	120 mg
Taurine	95 mg
n-zymes™	50 mg
Amylase	2200 DU
Protease 4.5	5000 HUT
Protease 3.0	10.7 SAPU
Protease 6.0 (Concentrate)	2000 HUT
Lactase	400 ALU
Inositol	48 mg

**Other Ingredients:** Natural french vanilla flavor, natural creamy vanilla flavor, natural vanilla flavor.

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

## PaleoMeal™ DF

### Paleo Products • Sports Nutrition • Weight Management

PaleoMeal™ DF (Dairy-free) is a rice protein based alternative to our popular whey based PaleoMeal. It is casein free, lactose free, and gluten free and offers the same comprehensive nutrient blend as the original PaleoMeal™. The high quality rice protein used is a true vegan protein which is easily digested, hypo-allergenic, and contains an amino acid profile similar to mother's milk.

**Recommended Use:** As a dietary supplement, mix 40 grams (approx 2 scoops) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner. PaleoMeal may be blended into a shake if desired.

**Flavors:** Natural berry vanilla

**Size:** 720 grams

**Serving Size:** 40 grams (approx. 2 scoops)

#### 40 grams contain:

Calories	120
Total Fat	2.3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Sodium	45 mg
Total Carbohydrates	12 g
Dietary Fiber	2 g
Sugars	0 g
Sugar Alcohol	6 g
Protein	17 g
Vitamin C (as Ascorbic Acid)	90 mg
Vitamin E	20 IU
d-gamma tocopherol	40 mg
d-delta tocopherol	17 mg
d-alpha tocopherol	9 mg
d-beta tocopherol	1 mg
Vitamin B1 (as Thiamine HCl)	2.5 mg
Vitamin B2 (as Riboflavin)	2.1 mg
Vitamin B3 (as Niacinamide)	4 mg
Vitamin B6 (as Pyridoxine HCl)	2.5 mg
Vitamin B12 (as Cyanocobalamin)	6 mcg
Biotin (as d-Biotin)	100 mcg
Magnesium	48 mg
(TRAACS® Magnesium Glycinate Chelate Buffered)	
Zinc (TRAACS® Zinc Glycinate Chelate)	3.3 mg
Chromium	50 mcg
(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Phosphatidylcholine (from Soy Lecithin)	840 mg
Flaxseed (Low Fat)	7.7 g
Total Glutamine	3.9 g
Glutamic Acid (from Rice Protein)	3 g
L-Glutamine	900 mg
Conjugated Linoleic Acid (CLA)	120 mg
Taurine	95 mg
n-zymes™	50 mg
Amylase	2200 DU
Protease 4.5	5000 HUT
Protease 3.0	10.7 SAPU
Protease 6.0 (concentrate)	2000 HUT
Lactase	400 ALU
Inositol	48 mg

**Other Ingredients:** Rice protein concentrate (from organic rice protein), natural berry flavor, natural vanilla flavor, xylitol & stevia.



## PaleoReds™

### Comprehensive Wellness • Paleo Products

PaleoReds™ is an antioxidant rich powder that combines over a dozen phytonutrient rich red and purple groups of fruits and vegetables. This wonderful tasting fruit and berry formula, which contains natural vitamin C from acerola cherry, is ideal for those who need more antioxidants and are sensitive to synthetic vitamin C made from corn, and those who do not consume enough fresh fruits and vegetables.

**Recommended Use:** As a dietary supplement, take 9 grams (approx 1 tablespoon) mixed in water or as directed by your health care practitioner.

**Flavors:** Strawberry

**Size:** 270 Grams

**Serving Size:** 9 grams (approx. 1 tablespoon)

#### 9 grams contain:

Calories	33
Calories from Fat	0
Total Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Sugars	6 g
Protein 1 g	
Vitamin A (Beta-Carotene)	309 IU
Vitamin C	120 mg
Calcium	40 mg
Iron	0 mg
Fruit Proprietary Blend	6465 mg
Acai Juice Powder	
Pomegranate 4% Ellagic Acid	
Organic Acerola Cherry Extract Powder	
Organic Strawberry Powder	
Organic Blueberry Powder	
Organic Raspberry Powder	
Organic Lignoberry Powder	
Organic Apple Powder	
Vegetable Proprietary Blend	1865 mg
Organic Carrot Powder	
Organic Beet Powder	
ORAC Proprietary Blend	35 mg
OxyPhyte® Grape Seed Extract	
Elderberry Extract	
OxyPhyte® Apple Extract	
OxyPhyte® Grape Skin Extract	
Enzyme Blend	10 mg
Protease	
Cellulase	
Amylase	
Lipase	

**Other Ingredients:** Natural strawberry flavor, stevia, organic rice flour, manioc (tapioca) starch, lecithin.

## Pantethine Supreme™

B Vitamins Formulas • Blood Sugar Support • Cardiovascular/Lipid Support • Mitochondrial Support and Energizers • Weight Management

Pantethine Supreme™ combines pantethine and carnitine for energy and lipid support. Pantethine is a specific form of the B vitamin pantothenic acid, needed to make coenzyme A, which transports fatty acids into cells. Carnitine further transports fatty acids into the mitochondria where they can be burned to make energy. In the case of oxygen shortage, fatty acids may not be burned, which can result in angina as they accumulate in the heart muscle. Clinicians typically recommend two to three Pantethine Supreme™ tablets daily before eating.

**Recommended Use:** As a dietary supplement, take one to three tablets per day or as directed by your health care practitioner.

**Size:** 60 tablets

**Serving Size:** 1 tablet

**One tablet contains:**

Pantethine	250 mg
L-Carnitine (from Fumarate)	250 mg

**Other Ingredients:** DiTab (dicalcium phosphate), microcrystalline cellulose, croscarmellose sodium, magnesium stearate, stearic acid.

## Pantothenic Acid™

B Vitamins Formulas • Blood Sugar Support • Stress Management

Pantothenic Acid™ is water-soluble vitamin B5. After absorption, it is converted to pantethine. Pantothenic acid is a component of coenzyme A, which is required to generate energy from fats, carbohydrates, and protein. CoA is also required to synthesize fats, cholesterol, acetylcholine, melatonin and steroid hormones.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 120 capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Pantothenic Acid (as D-Calcium Pantothenate)	500 mg
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**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour, silicon dioxide.



## PerioMint™

### PerioMint™

#### Comprehensive Wellness

PerioMint™ is a functional breath mint. Taken between or just after meals, PerioMint™, which contains xylitol and calcium glycerophosphate, can help with controlling the proliferation of anaerobic bacteria (e.g., Streptococcus mutans/sobrinus) which can lead to tooth decay and periodontal disease. These two ingredients in combination have been demonstrated in studies to be as or more effective than fluoride as anticariogenic (i.e., anti-cavity) agents. Calcium glycerophosphate has also been shown to be effective in the remineralization of tooth enamel. Regular use of PerioMint™ is recommended as research suggests that longer and more frequent exposure of the teeth to these compounds results in optimal anti-cavity action.

**Recommended Use:** As a dietary supplement, let one tablet slowly dissolve in mouth two to three times daily between meals or as recommended by your health care practitioner.

**Size:** 180 Tablets

**Serving Size:** 1 Tablet

**One Tablet contains:**

Calcium (as Calcium Glycerophosphate)	20 mg
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**Other Ingredients:** Xylitol, peppermint, stearic acid, magnesium stearate.

## Phosphatidyl Choline Powder and Softgels

B Vitamins Formulas • Brain Wellness Support • Liver Support

Phosphatidylcholine powder and softgels are excellent for emulsifying fat, making it extremely valuable for liver health. It is excellent for increasing absorption of all fat soluble nutrients.

### Phosphatidyl Choline 40% Powder

**Recommended Use:** As a dietary supplement, take 10 grams (approx. 1 heaping tablespoon) per day with meals or as directed by your health care practitioner. Designs for Health Phosphatidyl Choline 40% Powder blends well in water, beverages or shakes.

**Size:** 300 grams

**Serving Size:** 10 grams (approx. 1 heaping tablespoon)

#### 10 grams contain:

Calories	70
Soy Lecithin	10,000 mg
Phosphatidyl Choline	4,000 mg

### Phosphatidyl Choline Softgels

**Recommended Use:** As a dietary supplement, take one softgel daily or as directed by your health care practitioner.

**Size:** 180 softgels

**Serving Size:** 1 softgel

#### One softgel contains:

Phosphatidylcholine (from 1200 mg of Soy Lecithin Concentrate)	420 mg
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**Other Ingredients:** Gelatin, glycerin.

## Phosphatidyl Serine Capsules and Powder

Brain Wellness Support • Stress Management

Phosphatidylserine (PS) is an essential component of all neuronal membranes. Human research suggests PS may help support overall brain wellness.\* PS is often used to control cortisol levels or to improve memory and concentration. Phosphatidyl Serine Powder is an excellent delivery system for children and the elderly who may have difficulty swallowing capsules. PS powder has virtually no taste and will dissolve into applesauce or any food.

### Phosphatidyl Serine Capsules

**Recommended Use:** As a dietary supplement, take one or more capsules daily or as directed by your health care practitioner.

**Size:** 60 capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Phosphatidyl Serine (from 2400 mg Soy Lecithin Phosphatidyl Serine 50%)	120 mg
Phosphatidylcholine	72 mg
Phosphatidylethanolamine	54 mg
Phosphatidylinositol	30 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, dicalcium phosphate, silicon dioxide.

### Phosphatidyl Serine Powder

**Recommended Use:** As a dietary supplement, take one gram (approx. 1/2 teaspoon) or as directed by your health care practitioner.

**Size:** 50 grams

**Serving Size:** 1 gram (approx. 1/2 teaspoon)

#### One gram contains:

Phosphatidyl Serine (from 1,000 mg Soy Lecithin Phosphatidyl Serine 20%)	200 mg
Phosphatidylcholine	120 mg
Phosphatidylethanolamine	90 mg



## Plant Enzyme Digestive Formula

### Gastrointestinal and Digestive Support

Plant Digestive Enzyme Formula is a digestive support formula ideal for vegetarians. Use when gas and bloating, constipation, or a feeling of fullness is present after eating.

**Recommended Use:** As a dietary supplement, take one capsule at the beginning of each meal. Additional capsules may be taken with larger meals. Take with adequate fluids.

**Size:** 90 vegetable capsules

**Serving Size:** 1 capsule

#### One capsule contains:

n*zimes™ (a proprietary blend)	158 mg
Amylase	3500 DU
Protease 4.5	15000 HUT
Invertase	150 SU
Protease 6.0 (concentrated)	7500 HUT
Glucosylase	6 AGU
Protease 3.0	13 SAPU
Alpha-galactosidase	110 Gal U
CereCalase™ (hemicellulase, beta-glucanase, phytase)	200 MU
Malt Diastase	200 DP
Lipase	125 FCC LU
Cellulase	250 CU

**Other Ingredients:** Rice bran, vegetable cellulose, water.

## Policosanol + Guggulipid

### Cardiovascular/Lipid Support • Herbal Products

Policosanol + Guggulipids is a combination of the Indian plant extract guggulipid and policosanol intended to help safely maintain cholesterol and triglyceride levels without depleting the body's levels of CoQ10 the way statin drugs may.

**Recommended Use:** As a dietary supplement, take one or more capsules daily with meals or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Policosanol	10 mg
Guggulipid (2.5% guggulsterones)	490 mg

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, and stearic acid.

## Pregnenolone CRT **IMPROVED!**

### Endocrine Support • Female Health

#### Unique and effective delivery for optimal results

Pregnenolone has a stimulatory action on brain function and exerts many other effects through the many different hormones it converts into, such as DHEA, progesterone, estrogens, testosterone, cortisol and aldosterone.

It may be used to support and optimize brain function, nervous system health, skin vitality, and to rejuvenate adrenal status, mitigate menstrual migraine headaches, and replete deficiencies often found in autoimmune disease and other chronic conditions.

Pregnenolone CRT™ features a **controlled release technology** that provides a very slow (10-12 hour) continuous release of pregnenolone in a very uniform manner, helping to eliminate the spikes, surges, and unwanted side effects found in other immediate release pregnenolone delivery systems.

*Ultimately, this technology delivers optimal results by enabling pregnenolone to be released in such a way that it more closely mimics how it is released within the body.*

**Recommended Use:** As a dietary supplement, take one tablet daily with meals or as directed by your health care practitioner.

**Size:** 60 Tablets

**Serving Size:** 1 tablet

#### One Tablet contains:

Sodium	45 mg
Pregnenolone	30 mg
Lecithin	100 mg

**Other Ingredients:** Microcrystalline cellulose, hydroxypropyl methylcellulose, pectin, sodium bicarbonate, silica dioxide, stearic acid, turmeric.



## Probiotic Supreme **NEW!**

### Gastrointestinal and Digestive Support • Immune Support

#### **Effective high dose probiotic therapy**

Probiotic Supreme™ is a higher dose alternative to our Probiotic Synergy™ delivering 15 billion\* organisms per dose in a caplet form – and uses the same advanced patented delivery system to ensure delivery of the highest number of live organisms to the intestinal tract.

Probiotic Supreme™ can be used where a more aggressive therapeutic approach is required. Such situations may include:

- Individuals coming off antibiotic therapies, and...
- Those with colitis, candidiasis, dysbiosis and many other types of GI conditions.

As the products are meant to release over an extended time frame (10-12 hours), effective dosing need only take place twice per day. This also ensures delivery throughout the entire intestinal tract.

\*viable organisms at time of manufacture

**Recommended Use:** As a dietary supplement, take one caplet daily with meals or as directed by your health care practitioner.

**Size:** 60 caplets

**Serving Size:** 1 caplet

#### **One caplet contains:**

Proprietary Probiotic Blend 15 billion cfu  
(L. acidophilus, B. bifidum, L. casei, L. rhamnosus, L. reuteri, B. breve, B. longum, S. thermophilus)

**Other Ingredients:** Hydroxypropyl methylcellulose, pectin, microcrystalline cellulose, sodium bicarbonate, silica dioxide, stearic acid, turmeric.



## Probiotic Synergy™ Biospheres **NEW!**

### Gastrointestinal and Digestive Support • Immune Support

#### **Cutting-edge delivery system provides maximum potency**

With probiotic supplements, it's all about the survival of three major barriers:

- During the manufacturing process
- On the shelf
- Through stomach acid

Probiotic Synergy™ is formulated to survive these barriers. **How?**

Through a new, cutting edge technology that uses the most advanced patented delivery and shelf stability technology available to ensure maximum potency and viability. It is this Probiospheres tableting technology and shape that protects fragile probiotic organisms from harsh stomach acid and delivers the highest number of live organisms to the intestinal tract.

*The end result—higher potency, superior delivery, and minimal waste. A highly efficient, cost effective way to introduce probiotics and enjoy their benefits.*

**Recommended Use:** As a dietary supplement, take one sphere daily with meals or as directed by your health care practitioner.

**Size:** 60 BIO-tract Probiospheres

**Serving Size:** 1 BIO-tract Probiosphere

#### **One capsule contains:**

Proprietary Probiotic Blend 5 billion cfu  
(L. acidophilus, B. bifidum, L. casei, L. rhamnosus, L. reuteri, B. breve, B. longum, S. thermophilus)

**Other Ingredients:** Hydroxypropyl methylcellulose, pectin, microcrystalline cellulose, sodium bicarbonate, silica dioxide, stearic acid, turmeric.

## Probiotic Synergy™ Powder

### Gastrointestinal and Digestive Support • Immune Support

Probiotic Synergy Powder contains 6 stable and viable strains — carefully selected to be acid tolerant and provide excellent adherence to the gut wall. These 6 strains represent the most necessary, stable and best-researched bacteria known today. We now provide 20 billion live organisms per half teaspoon.

**Recommended Use:** As a dietary supplement, take 2 grams (approx. 1 teaspoon) or more per day or as directed by your health care practitioner.

**Size:** 120 grams

**Serving Size:** 2 grams (approx. 1 teaspoon)

#### **2 grams contain:**

Lactobacillus acidophilus	3.34 billion
Lactobacillus paracasei	3.34 billion
Lactobacillus plantarum	3.34 billion
Bifidobacterium longum	3.34 billion
Bifidobacterium lactis (formerly Bifidobacterium infantis)	6.68 billion

**Other Ingredients:** Rice maltodextrin.

# Prostate Supreme™

## Male Health

Prostate Supreme™ now contains both vitamin D and DIM because new research has emerged on their importance for prostate health. This new formula now uses saw palmetto standardized to 94% fatty acids and sterols, has double the amount of pygeum, containing phytosterols, and double the amount of chrysin, an aromatase inhibitor. All men over the age of 45 should consider taking Prostate Supreme™ for preventive purposes.

**Recommended Use:** As a dietary supplement, take two capsules daily or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 2 capsules

### Two capsules contain:

Vitamin D3 (as Cholecalciferol)	300 IU
Vitamin B6 (as Pyridoxine HCl)	10 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	10 mg
Saw Palmetto ( <i>Serenoa repens</i> )(berry) [standardized to contain 45% fatty acids]	400 mg
Pygeum ( <i>Pygeum africanum</i> )(bark) [standardized to contain 12% phytosterols]	200 mg
Nettle ( <i>Urtica dioica</i> )(root) [standardized to contain 1% silica]	200 mg
L-Glycine	100 mg
L-Alanine	100 mg
L-Glutamic Acid	100 mg
Pumpkin Seed Extract ( <i>Cucurbita pepo</i> ) (seed)(20:1)	60 mg
Chrysin	50 mg
DIM	50 mg
Lycopene	20 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour, silicon dioxide.



## Q•Avail™ 60 mg and 100 mg

Antioxidants • Blood Pressure Support • Cardiovascular/Lipid Support • Immune Support • Mitochondrial Support and Energizers • Weight Management

In April 2007 we introduced our patent-pending breakthrough Q•Avail™ which is superior to any CoQ10 formula on the market. Research proves that this new Q•Avail™ has over two times greater peak absorption than all other CoQ10 delivery methods, including dry powder, liposomal, ubiquinol, nanoparticle, and oil-dissolved formulations. Q•Avail™ material, naturally fermented CoQ10 from Japan, is crystal-free, with no solvents, and is lipid stabilized to prevent recrystallization. It also utilizes 3 lipids to optimize absorption and aid in dissolving the CoQ10. Due to its greater absorption, you may require only 1/3 to 1/2 of the typical dosage.

**Recommended Use:** As a dietary supplement, take one or more softgels daily with meals or as directed by your health care practitioner.

**Size:** 60 softgels

**Serving Size:** 1 softgel

### Q•Avail™ 60 mg

#### One softgel contains:

Coenzyme Q10 (Japanese, Naturally Fermented)	60 mg
Proprietary Blend	768 mg
CLA [standardized to contain 80% CLA]	
Organic Flaxseed Oil [standardized to contain 55% Alpha Linolenic Acid]	
Monoglyceride	

**Other Ingredients:** Gelatin, glycerin, water, turmeric (color).

### Q•Avail™ 100 mg

#### One softgel contains:

Coenzyme Q10 (Japanese, Naturally Fermented)	100 mg
Proprietary Blend	1081 mg
CLA [standardized to contain 80% CLA]	
Organic Flaxseed Oil [standardized to contain 55% Alpha Linolenic Acid]	
Monoglyceride	

**Other Ingredients:** Gelatin, glycerin, water, turmeric (color).

## Q•Avail™ Cream

Healthy Skin and Vein Support

Q•Avail Cream is a skin rejuvenating lotion for face, hands and body containing antioxidants and healing plant extracts. Q•Avail Cream contains coenzyme Q10 in the form ubiquinol, vitamin E, vitamin C and vitamin A in their fat-soluble forms, CLA (Conjugated Linoleic Acid), green tea and grape seed extract. It also contains healthy oils such as borage oil, evening primrose oil, wheat germ, jojoba and sweet almond oils for turning dry skin into a healthy complexion.

**Recommended Use:** Q•Avail™ Cream has been formulated for use on the entire body including the face (except around the eyes). Smooth over face and throat after cleansing. Perfect alone or under make-up, can be used day and night.

**Size:** 2 ounces

#### Ingredients:

Water, glycerin, cetyl alcohol, emulsifying wax, camellia sinensis leaf extract, ubiquinol, aloe barbadensis leaf juice, stearic acid, sodium hyaluronate, tocopheryl acetate, ascorbyl palmitate, alpha lipoic acid, retinyl palmitate, cholecalciferol, biotin, squalene, vitis vinifera (grape) seed extract, oenothera biennis (evening primrose) oil, borago officinalis (borage) seed oil, camomilla recutita (matricaria) extract, aleurites moluccana seed oil, simmondsia chinensis (jojoba) seed oil, prunus amygdalus dulcis (sweet almond) seed oil, triticum vulgare (wheat) germ oil, conjugated linoleic acid (CLA), linum usitatissimum (linseed) seed oil, carbomer, cyclomethicone, triethanolamine, sodium benzoate, DMDM hydantoin, centipeda cunninghamii extract, trisodium EDTA, fragrance.





# Q•Avail Nano™

## How does nano-emulsion technology work?

This technology takes an insoluble, poorly-absorbed lipophilic (fat-dissolving) ingredient (CoQ10) and water solubilizes it. Once exposed to the aqueous environment in the stomach, the material self-assembles into tiny fluid droplets. These droplets are very similar to the nano-sized fluid droplets, or micelles, that the body normally manages to create when digesting high-fat foods in order to make them easier to absorb. This nano droplet should not be confused with solid nano particles

These tiny nano-sized colloidal droplets of solubilized CoQ10 are easily absorbed in the GI tract, resulting in enhanced bioavailability (see Fig 1).

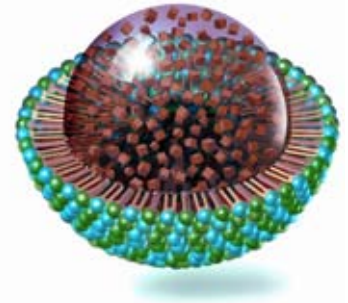


Fig 1.

## Q•Avail Nano™ 200mg **NEW!**

Antioxidants • Blood Pressure Support • Cardiovascular/Lipid Support • Mitochondrial Support and Energizers • Weight Management

**Our highest potency CoQ10 product, delivering 200mg of Ubiquinone**

A patented, nano-emulsion delivery system allows us to pack 200mg of CoQ10 in an easy- to-swallow softgel.

**Recommended Use:** As a dietary supplement, take one or more softgels daily with meals or as directed by your health care practitioner.

**Size:** 60 Softgels

**Serving Size:** 1 softgel

### One softgel contains:

Vitamin E (as d-Alpha Tocopherol) 20 IU  
Natural Coenzyme Q10 (Ubiquinone) 200 mg

**Other Ingredients:** Capsule Shell Ingredients, Patented Proprietary VesiSorb® Formula [Medium chain triglycerides, Polysorbate 80, Citrus oil extract (*Citrus sinensis*), Polyglycerol esters of fatty acids.]

## Q•Avail Nano™ Powder **NEW!**

Antioxidants • Blood Pressure Support • Cardiovascular/Lipid Support • Mitochondrial Support and Energizers • Weight Management

**For the first time, a "truly bioavailable" and highly absorbed powder form of CoQ10 with unlimited dosing applications.**

Previously, most powdered CoQ10 products were poorly absorbed and not very soluble, leading to the need for dosing at high levels to attain appreciable plasma levels of CoQ10.

Using the same VESI-sorb™ natural colloid delivery system used in our Q-Avail Nano softgels, Q-Avail™ Nano Powder provides an instantly water soluble powder that delivers 140 mg CoQ10 per gram! This delivery system has been shown to significantly increase absorption and bioavailability.

**Recommended Use:** As a dietary supplement, take 1 gram (approx. 1/2 teaspoon) daily with meals or as directed by your health care practitioner.

**Size:** 60 grams

**Serving Size:** 1 gram (approx. 1/2 teaspoon)

### One gram contains:

Vitamin E (as d-Alpha Tocopherol) 14 IU  
Natural Coenzyme Q10 (Ubiquinone) 140 mg

**Other Ingredients:** Maltodextrin, medium chain triglycerides, polysorbate 80, polyglycerol esters of fatty acids, citrus oil extract (*Citrus sinensis*, peel), silica.

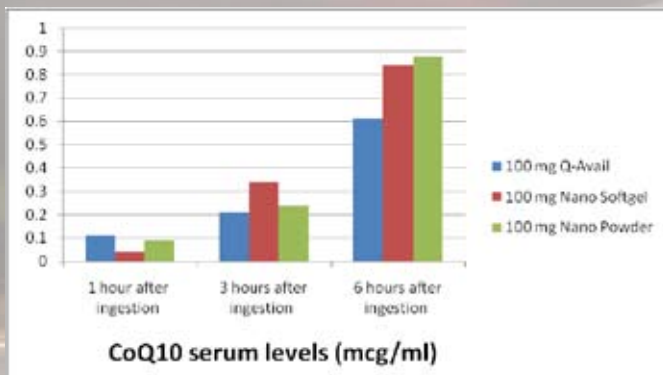


Fig 2.

DFH conducted a recent in-house clinical study comparing the absorption of Q-Avail 100 mg, Q-Avail Nano 100 mg and Q-Avail Nano Instant Powder 100 mg (see Fig 2).

While the results show that these formulations are absorbed similarly, it is the VESI-sorb™ delivery system used in our Q-Avail Nano softgels and Q-Avail Nano powder that shows a tremendous increase in serum levels at the 6 hour mark and an impressive increase from 1 to 6 hours. As shown in the chart below, six hours after ingestion, the Q-Avail Nano Powder provided the highest level of absorption.

In summary, our Q-Avail Nano™ Powder is a highly bioavailable form of CoQ10 with a pleasant taste and the convenience of mixing with water, juice, or any liquid (including smoothies).

## Quercetin + Nettles

### Antioxidants • Herbal Products

Quercetin + Nettles capsules contain 600 mg quercetin and 600 mg nettles root. Research suggests that nettle's anti-inflammatory actions are attributed to its ability to interrupt the production and actions of inflammation-producing chemicals in the body (cytokines, prostaglandins and leukotrienes). This formula can be taken daily for allergies and skin reactions.

**Recommended Use:** As a dietary supplement, take one to three capsules daily with meals or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsules

#### Three capsules contain:

Quercetin	600 mg
Nettles Leaf ( <i>Urtica dioica</i> )(leaves)	600 mg

[standardized to contain 1% silicic acid]

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, stearic acid, rice flour, water.



## Quercetin Ascorbate Powder

### Antioxidants • Herbal Products • Immune Support

Quercetin Ascorbate powder is a powerful flavonoid and antioxidant blend. Quercetin is one of several flavonoids that have effects on mast cells and basophils, making it useful in allergies such as hay fever.

**Recommended Use:** As a dietary supplement, take one gram (approx. 1/2 teaspoon) or more as needed per day with meals or as directed by your health care practitioner.

**Size:** 100 grams

**Serving Size:** 1 gram (approx. 1/2 teaspoon)

#### One gram contains:

Vitamin C (as Ascorbic Acid)	500 mg
Quercetin	500 mg

## Resveratrol Synergy™

### Antioxidants • Brain Wellness Support • Herbal Products

Exciting research continues to emerge concerning the powerful polyphenol resveratrol, which is found in peanuts, berries, the skin of red grapes, red wine, and in the Japanese knotweed plant, also known as polygonum. Resveratrol research has proven it to provide very potent antioxidant protection. Exciting news on resveratrol is that researchers at Harvard Medical School are hopeful that it may actually be capable of increasing human lifespan dramatically! They discovered that resveratrol acts as a sirtuin activator, meaning it activates the SirT1 gene, which when turned on slows the aging process. It is believed that the trans-resveratrol form is responsible for this anti-aging effect. The polygonum source used in Resveratrol Synergy™ is standardized to 50% resveratrol, all in the trans form.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 60 vegetable capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Trans-Resveratrol (from 400 mg <i>Polygonum cuspidatum</i> , root)	200 mg
Quercetin Dihydrate	200 mg
Lecithin	100 mg

**Other Ingredients:** Microcrystalline cellulose, dicalcium phosphate, silicon dioxide, magnesium stearate.

## Ribo-CarniClear™

### Cardiovascular/Lipid Support • Mitochondrial Support and Energizers • Sports Nutrition • Weight Management

Ribo-CarniClear™ liquid is a tasty way to get high doses of two very important nutrients known for heart health, energy enhancement and muscle recovery, ribose and carnitine. Both of these nutrients increase cellular energy production. A reduction in cellular energy levels can lead to diminished function and reduced physiological health. Carnitine specifically increases energy levels by helping fat to be burned for energy. Vitamin B12 and pantothenic acid were added to Ribo-CarniClear™ because they also aid in fat metabolism. Start with ¼ teaspoon daily and increase slowly up to 1-4 teaspoons daily.

**Recommended Use:** As a dietary supplement, take 1 teaspoon daily or as directed by your health care practitioner.

**Size:** 8 fl oz (236.6mL)

**Serving Size:** 1 teaspoon (5mL)

#### One teaspoon (5ml) contains:

Vitamin B12 (as Methylcobalamin)	500 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg
L-Carnitine	2000 mg
D-Ribose	2000 mg
Stevia	7.5 mg

**Other Ingredients:** Vegetable glycerin, deionized water, orange natural flavors.

## SAMe

### Amino Acid/Protein Formulas • Brain Wellness Support

SAMe is a naturally occurring metabolite found in the human body as well as in plant and animal foods, and is the most active of all methyl donors and has been compared to ATP in its importance for the body.

SAMe is involved in the synthesis of neurotransmitters, the hormone melatonin, phospholipids, and polyamines, which control cellular growth.

It is also the source of methyl groups inside the nucleus for DNA methylation, which controls gene expression and masking of genetic damage.

**Recommended Use:** As a dietary supplement, take one tablet one to two times daily, preferably on an empty stomach, or as directed by your health care practitioner.

**Size:** 30 tablets

**Serving Size:** 1 tablet

**One tablet contains:**

SAMe (S-Adenosylmethionine) 200 mg

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, methacrylic acid co-polymer, colloidal silicon dioxide, magnesium stearate, triethyl citrate, stearic acid, citric acid, ascorbic acid.

## Stabilized R-Lipoic Acid Supreme

### Antioxidants • Mitochondrial Support and Energizers

Stabilized R-Lipoic Acid, which patients may simply know as Lipoic Acid, provides a stabilized and isolated RLA (R-Lipoic Acid isomer) thanks to new technological advancements. Supplementing with pure RLA eliminates SLA (S-Lipoic Acid isomer), providing new opportunities for intensive nutritional support since SLA can interfere with RLA's efficacy. RLA, once separated from SLA is extremely unstable. Binding RLA to potassium, as found in this unique product, solves this problem. Unlike other R-Lipoic products, Stabilized R-Lipoic Acid is a non-hydroscopic, non-polymeric potassium salt form of RLA.

**Recommended Use:** As a dietary supplement, take one capsule daily with meals or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Biotin 4 mg

Taurine 500 mg

R-Lipoic Acid 100 mg

**Other Ingredients:** Potassium bicarbonate, microcrystalline cellulose.

## Stellar C™

### Antioxidants • Immune Support

This reformulated Stellar C™ is still rich in vitamin C (from a mixture of ascorbic acid and acerola fruit) and plant bioflavonoids (hesperidin, rutin, quercetin and mixed citrus bioflavonoids), known for their immunoprotective properties. These nutrients have been used historically for many applications in addition to immune support, including spider veins, broken capillaries, and to provide good collagen support for healthy skin, hair and nails.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Vitamin C (as Ascorbic Acid and Acerola) 600 mg

Acerola (*Malpighia glabra L.*) (fruit) [standardized to contain 25% vitamin c] 200 mg

Citrus Bioflavonoids [standardized to contain 50% hesperidin] 100 mg

Rutin 50 mg

Quercetin 50 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate.

## StressArrest™

### Amino Acid/Protein Formulas • Brain Wellness Support • Sleep Support • Stress Management

StressArrest™ is a uniquely formulated product designed for people who commonly experience stress and anxiety. DFH combines gamma-aminobutyric acid (GABA), the main calming neurotransmitter in the body, with other calming nutrients like glycine, niacinamide, pantothenic acid and vitamin B6 to deliver comprehensive support for stress and anxiety management.

**Recommended Use:** As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

**One capsule contains:**

Niacin (as Niacinamide) 100 mg

Vitamin B6 (as Pyridoxine HCL) 10 mg

Pantothenic acid (as d-Calcium Pantothenate) 100 mg

GABA (Gamma-Aminobutyric Acid) 300 mg

Glycine 200 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.



## Sublingual B6 Liquid™

B Vitamins Formulas • Children's Formulas • Mitochondrial Support and Energizers • Multivitamins/Vitamins

Sublingual B6 Liquid™ tastes great with a natural raspberry flavor, absorbs easily, and is the perfect solution for people who need higher doses of this often-lacking vitamin. This formula combines pyridoxine with magnesium and zinc in the bioavailable Albion™ Chelate form. DFH's unique formula works synergistically to support numerous bodily reactions, such as neurotransmitter production, hormone metabolism and much more.

**Recommended Use:** As a dietary supplement, take 1 teaspoon (5 mL) daily. Keep Liquid under tongue for several seconds before swallowing, or as directed by your health care practitioner.

**Size:** 4 fl oz (118mL)

**Serving Size:** 1 teaspoon (5ml)

### One teaspoon (5ml) contains:

Calories	14
Vitamin B6	50 mg
(as Pyridoxine HCl and Pyridoxal-5-Phosphate)	
Magnesium (as di-Magnesium Malate)	30 mg
Zinc (as Zinc Amino Acid Chelate)	5 mg

**Other Ingredients:** Vegetable glycerin, deionized water, citric acid, raspberry natural flavor.



## Super Liquid Folate

B Vitamins Formulas

Super Liquid Folate now contains a **natural form folate**, consistent with our commitment to move to 100% use of natural folate vs synthetic folic acid.

In addition, we've significantly increased the amount of **Vitamin B12** (Methylcobalamin); **now 40 mcg per serving** vs 6 mcg in the previous formula.

Dosing various levels of folic acid is made easy with this product since 1 drop contains 400 mcg of folate. Research suggests that folate is an important nutrient for maintaining healthy homocysteine levels.\* Vitamin B12 is present in case of unknown B12 deficiency, since folate supplementation can mask B12 deficiency and exacerbate symptoms.

**Recommended Use:** As a dietary supplement, take one drop daily or as directed by your health care practitioner. Pregnant and nursing women should take as prescribed by their physician.

**Size:** 1 fl oz (30mL)

**Serving Size:** 1 drop

### One drop contains:

Folinic Acid (as Calcium Folate)	400 mcg
Vitamin B12 (as Methylcobalamin)	40 mcg

**Other Ingredients:** Vegetable glycerin, deionized water.

## Taurine Capsules and Powder

Amino Acid/Protein Formulas • Blood Pressure Support • Sleep Support • Stress Management

Taurine Capsules and Powder deliver effective doses of this sulfur-containing amino acid found mainly in meat and seafood. Vegetarians and non-meat/fish eaters therefore may be deficient in taurine. Scientists are unsure whether humans make enough taurine, and elevated levels of homocysteine often suggests the body may be having difficulty making taurine. This high-quality formula of pure taurine can easily correct deficiencies, and the powder makes getting meaningful doses easy for people who don't like to swallow capsules or need higher doses of this amino acid. Taurine is also needed to make bile and taurocholic acid.

### Taurine Capsules

**Recommended Use:** As a dietary supplement, take one or more capsules per day or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Taurine 1,000 mg

**Other Ingredients:** Microcrystalline cellulose, water.

### Taurine Powder

**Recommended Use:** As a dietary supplement, take 1.5 grams (approx. 1/4 teaspoon) or more per day or as directed by your health care practitioner.

**Size:** 100 grams

**Serving Size:** 1.5 grams (approx. 1/4 teaspoon)

### Approx. one quarter of a teaspoon contains:

Taurine 1.5 g

## Tegrice® Colostrum

Gastrointestinal and Digestive Support • Immune Support

Tegrice® (patent-pending) uses the latest technology to produce a pure, potent colostrum that supports immune function and intestinal health. It provides a perfect combination of immune and growth factors including immunoglobulins, lactoferrin, insulin-like growth factor 1 (IGF-1), amino acids, and other important nutrients. Unlike other brands, Tegrice® Colostrum comes from healthy, nutritionally supplemented US-raised cattle carefully fed a scientifically designed diet that contains the proper balance of legumes and grasses, along with minerals and trace minerals. Tegrice® is a novel nutraceutical designed to enhance general immune function and to help reduce the annoying and sometimes debilitating effects of Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Diseases (IBD), including Crohn's, celiac and ulcerative colitis. It has been suggested to heal and repair damaged GI tissue from the use of NSAID's. Tegrice® is also beneficial in other conditions that cause intestinal damage.

**Recommended Use:** As a dietary supplement, take one capsule daily or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Tegrice® (Proprietary Blend of Colostrum Growth Factors) 575 mg

**Other Ingredients:** Silicon dioxide.

## Thyroid Synergy™

Endocrine Support • Female Health •  
Herbal Products • Mitochondrial Support and  
Energizers • Weight Management

Thyroid Synergy™ makes it easy to get a top-quality, all-in-one thyroid support product that may benefit many thyroid conditions. The non-stimulating adaptogenic botanical American ginseng (*Panax quinquefolius*) also helps control cortisol variations as well as serum blood glucose and insulin levels. Essential vitamins, minerals, and other nutrients work synergistically to provide a premium thyroid product in just two capsules a day.

**Recommended Use:** As a dietary supplement, take two capsules per day with meals or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 2 capsule

### Two capsules contain:

Vitamin A (as Palmitate)	2,000 IU
Vitamin B2 (as Riboflavin-5-Phosphate)	5 mg
Iodine (as Potassium Iodide)	100 mcg
Zinc (TRAACS® Zinc Glycinate Chelate)	25 mg
Selenium (as Selenomethionine)	50 mcg
Copper (TRAACS® Copper Glycinate Chelate)	500 mcg
Manganese (TRAACS® Manganese Glycinate Chelate)	5 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	50 mcg
N-Acetyl L-Tyrosine	200 mg
American Ginseng Extract ( <i>Panax quinquefolius</i> ) (root) [standardized to contain 5% Ginsenosides]	200 mg
Forslean® Coleus Forskohli Extract [standardized to contain 10% Forskohlin]	100 mg

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, rice flour.

## Tri-K™

Bone, Joint and Muscle Support • Cardiovascular/  
Lipid Support • Multivitamins/Vitamins

Tri-K™ provides a clinically useful dose of vitamin K in three forms in order to correct a common deficiency of this vitamin. This new vitamin K formula provides:

1. 1000 mcg Vitamin K1- the naturally occurring form of vitamin K in vegetables. Research suggests that 1-2 mg daily is ideal for promoting optimal function of the GLA proteins, which safely direct calcium in the body.
2. 1000 mcg Vitamin K2-MK-4 - the highly bio-available form. Antibiotics in the food supply reduce intestinal bacteria which produces vitamin K2. Also, poor conversion of K1 to K2 in some people makes supplementation with K2 (MK-4) important.
3. 50 mcg Vitamin K2-MK-7. This form of vitamin K is produced by food fermentation and has the special property of metabolizing slowly throughout the day, providing a continuous source of vitamin K in between supplementation dosages.

All forms of vitamin K are fat soluble and should be taken with a meal. Lecithin was added to enhance absorption.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Vitamin K	2050 mcg
(as Vitamin K1-Phytonadione 1000 mcg;	
Vitamin K2-Menaquinone-4 1000 mcg;	
Vitamin K2-Menaquinone-7 50 mcg)	
Lecithin (from soy)	150 mg

**Other Ingredients:** Rice flour, magnesium stearate, silicon dioxide, microcrystalline cellulose.



## Twice Daily Multi™

### Comprehensive Wellness • Multivitamins/Vitamins

Twice Daily Multi™ contains optimal amounts of many nutrients not easily obtained in most diets, including 200 mcg of selenium, 400 mcg of chromium, and 50 IUs of vitamin E in mixed-tocopherol form. This multivitamin offers high amounts of many essential vitamins and minerals such as the B vitamins B6, B12, and our proprietary NatureFolate™ blend of active isomer naturally-occurring folates, all of which help lower serum homocysteine levels. Minerals in this formula are in true chelate form for optimal tolerance and absorption.

**Recommended Use:** As a dietary supplement, take two capsules per day with meals or as directed by your health care practitioner.

**Size:** 60, 120, and 240 vegetarian capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Vitamin A	3,200 IU
(from Palmitate, fish, and mixed carotenoids from palm tree fruit)	
Alpha carotene	4 mg
Beta carotene	15 mg
Vitamin C (as Ascorbic Acid)	500 mg
Vitamin D (as Cholecalciferol)	500 IU
Vitamin E	50 IU
d-gamma tocopherol	100 mg
d-delta tocopherol	42 mg
d-alpha tocopherol	22 mg
d-beta tocopherol	3 mg
Vitamin B1 (as Thiamine HCl)	50 mg
Vitamin B2 (as Riboflavin)	30 mg
Vitamin B3 (Niacinamide)	30 mg
Vitamin B6 (Pyridoxine HCl)	50 mg
Folates (NatureFolate™ blend)	400 mcg
Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin (as d-Biotin)	300 mcg
Pantothenic Acid (d-Calcium Pantothenate)	50 mg
Iodine (as Kelp)	75 mcg
Zinc (TRAACS® Zinc Glycinate Chelate)	15 mg
Selenium (as Selenium Glycinate Complex)	200 mcg
Manganese (TRAACS® Manganese Glycinate Chelate)	3 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	400 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	100 mcg
Boron (as Glycinate Complex)	2 mg
Alpha Lipoic Acid	20 mg

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, magnesium stearate.

## Tyrosine 1g Tablets

### Amino Acid/Protein Formulas • Brain Wellness Support

Tyrosine 1-gram Tablets are perfect for those who want one easy-to-swallow tablet rather than a powder form. Tyrosine 1g Tablets also contain vitamin C, which acts as a cofactor for neurotransmitter production. Tyrosine is ideally taken on an empty stomach or two hours away from a protein-containing meal.

**Recommended Use:** As a dietary supplement, take one tablet per day on an empty stomach, or as directed by your health care practitioner.

**Size:** 60 tablets

**Serving Size:** 1 tablet

#### One tablet contains:

Vitamin C (as Ascorbic Acid)	50 mg
Tyrosine	1000 mg

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, magnesium stearate, stearic acid, dicalcium phosphate.



## Ultimate Antiox Full Spectrum

### Antioxidants

**NEW!**

This antioxidant formula is a unique formula derived from a combination of some of nature's most powerful herbs and spices, along with other classic and novel antioxidant compounds. These ingredients were chosen due to their ability to protect both water-based and lipid-based body structures and compounds, including cell membranes, LDL cholesterol, proteins, and enzymes. This formula replaces the need to use the previous Ultimate Antioxidant - LS and Ultimate Antioxidant-HS in combination for full-spectrum antioxidant protection.

**Recommended Use:** As a dietary supplement, take two capsules daily with meals or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 3 capsules

#### Three capsules contain:

Vitamin A	653 IU
(from Palmitate, fish, and mixed carotenoids from palm tree fruit)	
Alpha carotene	2.5 mg
Beta carotene	5 mg
Acerola ( <i>Malpighia glabra</i> )(fruit)	500 mg
[standardized to contain 24% vitamin C]	
Garlic ( <i>Allium sativum</i> )(bulb)	150 mg
Curcumin C3 Complex® 100 mg	
(containing three curcuminoids: curcumin, Bisdemethoxy curcumin, Demethoxy curcumin)	
Ginkgo Biloba	25 mg
Quercetin	25 mg
Rutin	25 mg
Clove ( <i>Syzygium aromaticum</i> )(buds)	25 mg
Allspice ( <i>Pimenta dioca</i> )(berries)	25 mg
Sweet Basil ( <i>Ocimum basilicum</i> )(leaves)	25 mg
Sage ( <i>Salvia officinalis</i> )(leaves)	25 mg
Polygonum cuspidatum(root)	5 mg
[standardized to contain 50% trans resveratrol]	
High Gamma Mixed Tocopherols	165 mg
Grape Seed Extract ( <i>vitis vinifera</i> )	90 mg
[standardized to contain 95% proanthocyanidins]	
Delta Gold Tocotrienols	30 mg
Rosemary ( <i>Rosemarinus officinalis</i> )(ariel)	22.5 mg
Lutein E (Marigold Lutein Esters)	7.5 mg
Lyc-O-Mato (Lycopene)	7.5 mg

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, magnesium stearate.

## Ultra B12-Folate

### B Vitamins Formulas • Cardiovascular/Lipid Support • Mitochondrial Support and Energizers • Multivitamins/Vitamins

Ultra B12-Folate is a unique formula that combines vitamin B12 (cobalamin) with our proprietary NatureFolate™ blend of active isomer naturally-occurring folates. These two vitamins work synergistically for many bodily functions, improving methylation and helping to reduce body concentrations of homocysteine. While many manufacturers offer them separately, this formula offers the convenience of getting both B vitamins in one capsule. The premium B12 in this product comes from equal amounts of adenosylcobalamin and methylcobalamin.

**Recommended Use:** As a dietary supplement, take one to three capsules per day with meals or as directed by your health care practitioner.

**Size:** 90 capsules

**Serving Size:** 1 capsules

#### One capsule contains:

Vitamin B12	2,000 mcg
(from equal amounts of Adenosylcobalamin and Methylcobalamin)	
Folates (NatureFolate™ blend)	400 mcg

**Other Ingredients:** Microcrystalline cellulose, gelatin capsule.

## Ultra Gamma Vitamin E **IMPROVED!**

### Antioxidants • Eye Health • Multivitamins/Vitamins

Ultra Gamma Vitamin E delivers increased levels of gamma tocopherol, the most active of the tocopherols and the form of vitamin E associated with expanded health benefits. Gamma tocopherol represents about 70% of vitamin E consumed in a typical US diet.

Recent research indicates that gamma tocopherol is more effective than its alpha counterpart in inhibiting prostate cell cancer growth, providing anti-inflammatory benefit, and reducing oxidative DNA damage.

In summary, our Ultra Gamma Vitamin E is optimally formulated to provide expanded health benefits from gamma tocopherol while still providing the antioxidant benefits of alpha tocopherol.

**Recommended Use:** As a dietary supplement, take one softgel per day or as directed by your health care practitioner.

**Size:** 60 softgels

**Serving Size:** 1 softgel

#### One softgel contains:

Vitamin E (Total Natural Tocopherols)	900 mg
Other Tocopherols	
d-gamma tocopherol	760 mg
d-alpha tocopherol	50 mg
d-beta/delta tocopherol	90 mg

**Other Ingredients:** Softgel (gelatin, glycerin, purified water).

## UT Synergy™ **IMPROVED!**

### Female Health • Herbal Products

UT Synergy features UTIrose™, a patented, exciting and unique new compound designed specifically for urinary tract infections. UTIrose™ is a patented extract of the hibiscus species, *Hibiscus sabdariffa*. UTIrose™ is high in certain organic acids and polyphenols, especially flavonoids and proanthocyanidins.

It is these compounds that give UTIrose™ its anti-microbial (especially against *E. coli* and *C. albicans*) and bacterial anti-adhesive properties. In comparisons with standard cranberry extract UTIrose™ showed better antimicrobial activity and much better activity against *C. albicans*. In an in-vivo study, patients receiving 200mg. daily of UTIrose™ experienced a 57% reduction in urinary tract infections after 3 months and a 77% reduction in urinary tract infections after six months of use.

**Recommended Use:** As a dietary supplement, take one capsule two times daily or as directed by your health care practitioner.

**Size:** 60 capsules

**Serving Size:** 2 capsules

#### Two capsules contain:

Vitamin B6 (as Pridoxal-5-Phosphate)	10 mg
D-Mannose	500 mg
Uva Ursi ( <i>Arctostaphylos pinnucica</i> )(leaves)	200 mg
ForsLean® ( <i>Coleus forskohlii</i> )(root)	200mg
[standardized to contain 20% forskohlin]	
UTIrose™ Hibiscus Extract ( <i>Hibiscus sabdariffa</i> ) (flower)	200 mg
Parsley Powder ( <i>Petroselinum crispum</i> ) (leaf and stem)	100 mg
Nettle Extract ( <i>Urtica dioica</i> )(root)	100 mg
[standardized to contain .8% B-sitosterol]	
Aloe (Aloe vera) (leaves) (200:1)	100 mg
Horsetail Extract ( <i>Equisetum arvense</i> )	50 mg
[standardized to contain 8% silica]	

**Other Ingredients:** Vegetarian capsule, magnesium stearate, microcellulose.

## Vitamin D Supreme with vitamin K1 and K2

### Bone, Joint, and Muscle Support • Immune Support • Multivitamins/Vitamins

Vitamin D Supreme provides a clinically useful dose of vitamin D3 and vitamin K in both the K1 and MK-7 form of K2. This formula contains higher therapeutic doses than Vitamin D Synergy for situations where more aggressive repletion is required. Vitamins D and K are essential for optimal bone and arterial health and for maintaining the immune system in proper balance. The amount of vitamin D and K in this formula may correct the deficiencies of a majority of patients that do not get adequate sun exposure and/or dietary sources of these vitamins.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 60 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Vitamin D3 (as Cholecalciferol)	5000 IU
Vitamin K	550 mcg

(as Vitamin K1 Phytonadione 500 mcg; Vitamin K2 Menaquinone-7 50 mcg)

**Other Ingredients:** Rice flour, magnesium stearate, microcrystalline cellulose.

## Vitamin D Synergy with vitamin K1

### Bone, Joint, and Muscle Support • Immune Support • Multivitamins/Vitamins

Vitamin D Synergy provides a clinically useful dose of vitamin D3 and vitamin K in the form of K1. This formula can be replaced with Vitamin D Supreme when more aggressive therapeutic levels of vitamin D and K are required clinically. Vitamins D and K are essential for optimal bone and arterial health and for maintaining the immune system in proper balance.

**Recommended Use:** As a dietary supplement, take one capsule per day or as directed by your health care practitioner.

**Size:** 120 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Vitamin D3 (as Cholecalciferol)	2000 IU
Vitamin K (as Phytonadione)	200 mcg

**Other Ingredients:** Rice flour, magnesium stearate, microcrystalline cellulose.





## Vitavescence™ Multivitamin Mineral Powder

### Children's Formulas • Comprehensive Wellness • Immune Support • Multivitamins/Vitamins

Vitavescence™ is a great tasting, effervescent multivitamin and mineral powder that contains essential vitamins, minerals, amino acids, and phytonutrients that your body needs...and in the right amounts. Vitavescence™ is perfect for kids, senior citizens, or anyone who does not like to take capsules, pills or unpleasant tasting liquid formulations. Also, Vitavescence™ is an easily dispensed powder perfect for practitioner and patient alike who want more exacting levels of nutrient supplementation. Dosing can range from one teaspoon daily up to four teaspoons daily. One teaspoon of Vitavescence™ daily is appropriate for most children under the age of twelve. After age twelve, dosing can be increased by one teaspoon for every thirty pounds of body weight not to exceed four teaspoons.

Just mix Vitavescence™ in water or your favorite beverage. Sweetened without fructose or any unfavorable sweeteners, Vitavescence™ MultiVitamin Mineral Powder turns into an effervescent, great tasting multivitamin drink. Taking your daily vitamins has never been easier.

**Recommended Use:** As a dietary supplement, take one packet (7 grams) per day or as recommended by your health care practitioner. Mix powder in a glass of water and stir well.

**Size:** 30 packets

**Serving Size:** 1 packet (7g)

#### One packet contains:

Vitamin A (as Beta-Carotene)	2000 IU
Vitamin C (as Ascorbic Acid)	1000 mg
Vitamin D (as Cholecalciferol)	200 IU
Vitamin E	25 IU
d-gamma tocopherol	50 mg
d-delta tocopherol	21 mg
d-alpha tocopherol	11 mg
d-beta tocopherol	1.5 mg
Vitamin K (as Phylloquinone)	20 mcg
Vitamin B1 (as Thiamine)	10 mg
Vitamin B2 (as Riboflavin)	10 mg
Vitamin B3 (as Niacinamide)	10 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg
Folates (NatureFolate™ blend)	400 mcg
Vitamin B12 (as Hydroxycobalamin)	100 mcg
Biotin (as d-Biotin)	100 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg
Calcium (as Calcium Citrate Malate)	30 mg
Magnesium (TRAACS® Magnesium Glycinate Chelate Buffered)	25 mg
Zinc (TRAACS® Zinc Glycinate Chelate)	7.5 mg
Selenium (as Selenium Glycinate Complex)	100 mcg
Manganese (TRAACS® Manganese Glycinate Chelate)	1 mg
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	100 mcg
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	75 mcg
Potassium (Bicarbonate)	135 mg
Trimethylglycine (TMG)	1000 mg
Phosphatidyl Choline (40%)	250 mg
N-Acetyl Cysteine (NAC)	50 mg
Green Tea ( <i>Camellia Sinensis</i> ) (leaves) [standardized to contain 50% EGCG]	40 mg
Quercetin	25 mg
Alpha Lipoic Acid	10 mg
Rosemary Extract ( <i>Rosmarinus officinalis</i> ) (leaves) [standardized to contain 7% Carnosic Acid]	10 mg
Boron (as Boron Glycinate Chelate)	1 mg

**Other Ingredients:** Xylitol, Natural Flavors, Citric Acid, Stevia Extract, Malic Acid, Tartaric Acid, and Aspartic Acid.



## Water Ease™

### Amino Acid/Protein Formulas • Blood Pressure Support

Water Ease™ blends taurine with vitamin B6 to provide healthy water balance, normalize blood pressure, promote heart health, and offer antioxidant defense. This safe diuretic does not cause any loss or imbalance of minerals in the body. DFH combines these two nutrients into the perfect balance to help rid excess water from the body without the loss of essential electrolytes.

**Recommended Use:** As a dietary supplement, take one to three capsules per day with meals or as directed by your health care practitioner.

**Size:** 100 vegetarian capsules

**Serving Size:** 1 capsule

#### One capsule contains:

Vitamin B6 (as Pyridoxine HCL)	50 mg
Taurine	700 mg

**Other Ingredients:** Microcrystalline cellulose, maltodextrin.

## Whey Cool™

### Amino Acid/Protein Formulas • Immune Support • Sports Nutrition

Whey Cool™ Natural Flavor unsweetened and Whey Cool™ Vanilla Flavor powder is the proprietary non-denatured whey protein concentrate used in PaleoMeal™. We do not use cross flow filtration, microfiltration, ultrafiltration, hydrolyzation or ion exchange methods, but instead a proprietary filtration and drying process. Whey Cool™ maintains the full range of the fragile immune-boosting and regenerative components naturally present in fresh raw milk and colostrum, such as immunoglobulins, lactoferrins and lactoferricin.

**Recommended Use:** As a dietary supplement, mix 30 grams (approx. 1 heaping scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.

**Size:** 900 grams

**Serving Size:** 30 grams (approx. 1 heaping scoop)

#### Whey Cool™ Plain Powder

##### 30 grams contain:

Calories	120
Calories from Fat	18
Total Fat	2 g
Saturated Fat	0.9 g
Cholesterol	24 mg
Sodium	60 mg
Potassium	180 mg
Total Carbohydrates	3 g
Dietary Fiber	0 g
Sugars Alcohols	0 g
Protein	24 g
Calcium	120 mg
Iron	0.72 mg
Phosphorus	90 mg
Beta-lactoglobulin	14.6 g
Alpha-lactalbumin	3.51 g
Immunoglobulins	3 g
Bovine Serum Albumin	860 mg
Lactoferrin	640 mg

**Ingredients:** Proprietary whey protein concentrate.

#### Whey Cool™ Vanilla Powder

##### 30 grams contain:

Calories	120
Calories from Fat	18
Total Fat	2 g
Saturated Fat	0.9 g
Cholesterol	36 mg
Sodium	60 mg
Potassium	180 mg
Total Carbohydrates	2.8 g
Dietary Fiber	0 g
Sugars Alcohols	1.1 g
Protein	24 g
Calcium	120 mg
Iron	0.72 mg
Phosphorus	90 mg
Beta-lactoglobulin	14.6 g
Alpha-lactalbumin	3.51 g
Immunoglobulins	3 g
Bovine Serum Albumin	860 mg
Lactoferrin	640 mg

**Ingredients:** Proprietary whey protein concentrate, natural vanilla flavor.



#### Amino Acid Profile

##### for both Whey Cool Vanilla & Plain

###### Amino Acids

Aspartic acid	2.6 g
Threonine	1.9 g
Serine	1.3 g
Glutamic acid	4.5 g
Proline	1.6 g
Glycine	0.7 g
Alanine	1.2 g
Valine	1.1 g
Isoleucine	1.3 g
Leucine	2.1 g
Tyrosine	0.8 g
Phenylalanine	0.8 g
Histidine	0.5 g
Lysine	2.4 g
Arginine	0.5 g
Cysteine	0.7 g
Tryptophan	0.5 g
Methionine	0.5 g



## XanthOmega™ Dark Red Krill Oil

Brain Wellness Support • Cardiovascular/Lipid Support • Fatty Acids • Inflammatory Response Support

XanthOmega™ krill oil contains exceptionally high levels of both esterified astaxanthin and phospholipids, which account for the dark red color of the softgels. XanthOmega™ also naturally contains several other antioxidants including, canthaxanthin, beta carotene, vitamin E and trans-retinol vitamin A. These antioxidants protect this nutrient-dense oil from oxidation. Designs for Health's XanthOmega™ krill oil is made using a unique cold-extraction process that converts it into stable oil. This process protects the lipids from alteration and avoids peroxidation. It is free of heavy metals and organohalide pollutants, making it extremely pure. This product does not cause reflux or regurgitation commonly experienced by those consuming regular fish oil supplements.

**Recommended Use:** As a dietary supplement, take two softgels for thirty days, and one softgel per day thereafter with the first meal, or as directed by your health care practitioner.

**Size:** 60 and 120 softgels

**Serving Size:** 2 softgels

### Two softgels contain:

Vitamin A	100 IU
Krill Oil ( <i>Euphasia superba</i> )	1000 mg
Phospholipids, omega-3 rich (90% as phosphatidylcholine & lysophosphatidylecholine; 10% as other phospholipids)	420 mg
Eicosapentaenoic acid (EPA)	150 mg
Docosahexaenoic acid (DHA)	90 mg
Omega-6 fatty acids	20 mg
Astaxanthin	1.5 mg
Transfat	0 mg

**Other Ingredients:** Gelatin, glycerin, water, and lemon oil.

## Xylitol Powder

### Weight Management

Xylitol is a safe and natural sweetener that comes from birch tree bark and corn husks. Though it tastes like sugar, it contains 40 percent less calories and does not raise insulin or blood sugar levels, nor does it feed intestinal yeast. Xylitol makes a perfect sugar alternative for diabetics, low-carbohydrate dieters, heart disease patients, and anyone who wants to avoid sugar and artificial sweeteners. While other xylitol products may contain fillers (such as ingredients to provide bulk), this product contains pure xylitol.

**Recommended Use:** As a dietary supplement, take 4 grams (approx. 1 teaspoon) per day or as directed by your health care practitioner.

**Size:** 500 grams

**Serving Size:** 4 grams (approx. 1 teaspoon)

### One teaspoon contains:

Calories	10
Total Carbohydrate	4 g
Xylitol	4 g

## Zinc Challenge

### Minerals

Zinc Challenge allows patients to easily test the body's zinc levels while also receiving supplemental zinc. Unlike other zinc tests, this formula provides premium zinc sulfate monohydrate stored in an opaque, non-reactive container to preserve the product's integrity, and includes easy-to-determine results based on taste categories.

**Recommended Use:** As a dietary supplement, take two teaspoons of this solution and hold it in your mouth for ten to thirty seconds or as directed by your health care practitioner.

**Size:** 8 fl oz (237 mL)

**Serving Size:** 2 teaspoons (10 ml)

### Two teaspoons (10ml) contain:

Zinc (as Zinc Sulfate Monohydrate) 8 mg

**Other Ingredients:** Zinc sulfate monohydrate in a base of distilled water.

## Zinc Supreme™

Healthy Skin and Vein Support • Immune Support • Minerals

Zinc Supreme offers chelated minerals by Albion Advanced Nutrition, the leader in mineral technology. The zinc is zinc bis-glycinate chelate and the molybdenum is bis-glycinate chelate. Together they are ideal chelates with a 2:1 molar ratio of two amino acids of glycine chemically bonded in liquid to one mineral ion of zinc or molybdenum for optimal absorption. These minerals are combined with other nutrients like vitamins B6 and taurine to provide superior results.

\*See "How to do Zinc Challenge Test" form on [www.designsforhealth.com](http://www.designsforhealth.com) (in our library).

**Recommended Use:** As a dietary supplement, take one capsule daily with a meal or as directed by your health care practitioner.

**Size:** 90 vegetarian capsules

**Serving Size:** 1 capsule

### One capsule contains:

Vitamin B2 (as Riboflavin)	5 mg
Vitamin B6 (as Pyridoxine HCl)	50 mg
Zinc (as Zinc Chelazome® Bis-Glycinate Chelate)	30 mg
Molybdenum (as Bis-Glycinate Chelate)	250 mcg
Taurine	400 mg
Malic Acid	30 mg

**Other Ingredients:** Magnesium stearate, rice flour, microcrystalline cellulose.



# Packets

Designs for Health is proud to present our daily packet products, individually packaged combinations of 4 to 7 capsules, tablets and/or softgels. Our specialty packets are impossible to duplicate with Internet and store brand products. Daily packets not only mean more convenience, they result in greater compliance.

## Anti-Aging Support Packets™

### Comprehensive Wellness • Packets

As the general population continues to get older, what better way to age gracefully than with our anti-aging support packets? With the brain re-vitalizing nutrients found in Brain Vitale, the potent antioxidant, cardiovascular and cancer protective qualities found in the Resveratrol Synergy, the improved strength and stamina qualities of KreAlkalyn Pro, combined with the blood glucose balancing properties of Metabolic Synergy, aging gracefully has never been so easy.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

**One packet contains:**

Brain Vitale™ capsule (1)  
KreAlkalyn Pro capsule (1)  
Metabolic Synergy™ capsules (3)  
Resveratrol Synergy™ vegicap (1)

## Detoxification Support Packets™

### Comprehensive Wellness • Detoxification Support • Packets

We are being inundated with toxins on a daily basis. Our ability to handle these toxins is dependent on our body's ability to detoxify them. We recommend these packets as the starting point for detoxification programs, for those with multiple chemical sensitivities and for anyone who needs detoxification support, such as before amalgam removal and heavy metal chelation.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

**One packet contains:**

Detox Antiox™ capsule (1)  
LV-GB Complex™ capsule (1)  
Amino-D-Tox™ capsules (3)

## Back Packs™ **NEW!**

### Bone, Joint and Muscle Support • Packets

See description on the next page.

**One packet contains:**

Calcium Malate Chelate (1)  
Magnesium Malate Chelate (2)  
MyoSedate (2)  
OmegAvaill™ Synergy TG (1)  
K+2 Potassium (1)



## High Cholesterol Support Packets™

### Cardiovascular/Lipid Support • Packets

**NEW!**

Our new and improved High Cholesterol Support Packets™ is a powerful combination of products designed to support cholesterol management and optimize cardiovascular health.

**Lipotrienols RYR™** combines natural substances (Organic red yeast rice, high delta-fraction tocotrienols, and lycopene) to support blood lipid modulation and reduce LDL oxidation.

**Foresterol™** contains Reducol® a phytosterol mixture that inhibits absorption of dietary cholesterol. **OmegAvaill™ Ultra TG**, a high potency omega 3 oil, supports triglycerides, healthy blood lipid levels and overall cardiovascular health. **Pantethine Supreme™** combines pantethine and carnitine, which help to support the maintenance of healthy cholesterol levels and energy levels.

**Recommended Use:** As a dietary supplement, take one packet with morning and evening meal daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

**Each packet contains:**

Foresterol™ tablet (1)  
Lipotrienols RYR™ (1)  
OmegAvaill™ Ultra TG (1)  
Pantethine Supreme™ tablets (1)

# BackPacks™

A revolutionary approach to the complications of physical stress-induced back pain, a condition that plagues everyone from professional athletes to weekend warriors. Back Packs™ are designed to optimize core musculoskeletal physiology so as to limit stresses on the spine and associated tissues that may lead to back pain and injury.

Back Packs™ may help: maintain spinal stability and proper muscle tonus, provide natural pain reduction, muscles relax effect without performance loss or drowsiness, shorten muscle and soft-tissue recovery from sports injuries and trauma, reduce acute and chronic muscle spasm, and increase pain tolerance in chronic pain syndromes

How do Back Packs™ address the root causes of back pain?

Unlike many other common back pain therapies today, Back Packs™ do not just address the pain and/or inflammation associated with the condition, but instead deal with underlying foundational causes, at the tissue level, that often ultimately lead to injuries and the resultant pain and inflammation. Back Packs™ work to control the natural contraction and relaxation of muscles that influence the spine and support optimal neurological actions of the motor neurons which control muscle function.

Daily supplementation with BackPacks™ may not only provide quick relief from back pain, they may prevent it from recurring.

## Metabolic Syndrome Support Packets™

### Blood Sugar Support • Cardiovascular/Lipid Support • Packets

The blood sugar support of Metabolic Synergy and the weight loss support of EndoTrim address two of the biggest issues regarding Metabolic Syndrome. Omega Ultra Marine adds important anti-inflammatory qualities to round out this packet's ability to help those with this common problem.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

#### One AM packet contains:

Metabolic Synergy™ capsules (3)  
OmegAvail™ Ultra TG softgel (1)  
EndoTrim™ capsules (3)

#### One PM packet contains:

Annatto Tocotrienols™ (1)  
Metabolic Synergy™ capsules (3)  
OmegAvail™ Ultra TG softgel (1)  
EndoTrim™ capsule (1)

## Prenatal Twice Daily Essential™ Packets

### Female Health • Packets

We recommend starting these prior to trying to get pregnant to help ensure optimized nutrient levels before conception. Two packets daily should be consumed throughout the entire pregnancy and post-pregnancy as well, especially if lactating, in order to replenish the mother and to deliver needed nutrition to your baby.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

#### One packet contains:

Twice Daily Multi™ capsule (1)  
OsteoForce™ tablets (2)  
Ferrochel® Iron Chelate capsule (1)  
OmegAvail Ultra TG softgel (1)

## Twice Daily Essential™ Packets

### Comprehensive Wellness • Multivitamins/Vitamins • Packets

Twice Daily Essential™ Packets allow patients to get their daily essential nutrients in two easy packets. No need to count, sort, or measure. All the basics are here: Twice Daily Multi, Calcium Malate Chelate, and Magnesium Malate Chelate (both excluded from the Twice Daily Multi to allow for meaningful doses), and 1,100 mg of omega-3 fatty acids. Twice Daily Essential™ Packets are a perfect foundation for people just getting started on a vitamin regimen, those on maintenance, and as a starting point for weight loss programs and other health regimens.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

#### One packet contains:

Twice Daily Multi™ capsule (1)  
Calcium Malate Chelate capsule (1)  
Magnesium Malate Chelate tablet (1)  
OmegAvail™ Ultra TG softgel (1)

## Weight Loss Support™ Packets

### Packets • Weight Management

These packets provide additional support to help the body use fat for fuel, improve insulin sensitivity, modulate cortisol, reduce cravings, improve metabolism, increase energy and improve leptin resistance. They are a great booster for any weight loss program.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

#### One packet contains:

Carnitine Synergy™ capsules (2)  
EndoTrim™ capsules (2)  
Thyroid Synergy™ capsule (1)  
Pantethine Supreme™ tablet (1)



## Women's Twice Daily Essential™ Packets

Female Health • Packets

**with Iron!**

Now women can get all their essential nutrients in this convenient twice daily packet. The Twice Daily Multi helps meet most antioxidant and vitamin and mineral needs. The OsteoForce tablets help keep bones strong. The FemGuard + Balance helps keep hormones and especially estrogen balanced. The Omega Synergy helps decrease inflammation which can lead to other health problems. Ferrochel adds Albion chelated iron for those women who require help with maintaining healthy blood and energy levels.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

**One packet contains:**

- Twice Daily Multi™ capsule (1)
- OsteoForce™ tablets (2)
- FemGuard+Balance™ capsules (2)
- OmegAvail™ Synergy TG softgel (1)
- Ferrochel® Iron Chelate capsule (1)

## Women's Twice Daily Essential™ Packets

Female Health • Packets

**without Iron!**

For those women who have normal to high iron ferritin levels or are menopausal, we offer our Twice Daily Multi packets without iron.

**Recommended Use:** As a dietary supplement, take two packets daily or as directed by your health care practitioner.

**Size:** 60 packets

**Serving Size:** 1 packet

**One packet contains:**

- Twice Daily Multi™ capsule (1)
- OsteoForce™ tablets (2)
- FemGuard+Balance™ capsules (2)
- OmegAvail™ Synergy TG softgel (1)



# Custom Packet Services

## Introducing New Designs for Health Custom Packet Formulations!

Now for your patients' convenience, Designs for Health is proud to offer our revolutionary customized packet service - a unique program that allows you, the practitioner, to personally select the supplements for your very own customized vitamin packs. Made exclusively for you, and evaluated by a team of Designs for Health nutritional experts, this service offers you the flexibility to formulate packet products specifically for your patients' needs. Additionally, our graphic design team will create your personalized private label package. We can use your pre-existing logo/graphics/vitamin label to create your package, or if you are new to private labeling, our graphic design team would be happy to help you get started!

Contact Designs for Health to find out more information on getting your own customized packs!

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

## DFH Nutritionist Placement Program

**Our Nutritionist Placement Program** was designed with your needs in mind. Our ultimate goal is to expand your health care offerings by adding a progressive and valuable service...without adding another salary. Nutritionist interventions include dietary modifications, non-invasive testing (the Designs for Health Comprehensive Metabolic Profile), and nutritional supplement recommendations.

### Benefits to your practice:

- **No Risk:** no investment is required by your health care practice.
- **Improved Profitability:** leverage available office space to maximize revenue.
- **Immediate Value:** nutritionists are pre-screened and pre-trained to save you time.
- **Improved Patient Retention:** nutritionists are trained to recommend long-term programs so that bad habits can be replaced with good habits for long-term success.
- **Increased Referrals:** word will quickly spread about the results obtained in your office as the nutritionist helps patients lose weight, lower their cholesterol, improve their diabetes, etc.

### Benefits to your patients:

- **Added Value:** patients will appreciate the offer of nutritional counseling services, viewing it as an effort to better fulfill their needs.
- **Improved Health:** a comprehensive approach to treatment can increase the likelihood of positive results.
- **Satisfaction:** ongoing consultations and customized programs fulfill patient needs and result in success.

### What does this service cost?

Designs for Health does not charge for this placement service, rather, we benefit as the provider of the nutritional supplements and testing services. We are also prepared to suggest several ways to structure the nutritionist's fees to avoid adding an extra salary to your payroll.

**A Customized Solution.**

**A Winning Proposition.**

As your patients spend countless hours searching the Internet, reading about their health concerns and the role of nutrition, they're reaching out to you for answers and advice. They want programs customized to their unique needs. They want to sleep well, eat well, and be well. Most of all, they want lasting solutions to their health problems.

The question is...are you prepared to fulfill their needs? Do you have the time to answer all of your patients' questions? To give them dietary advice? To go through their bag of supplements, look at all the labels and make recommendations?

The Designs for Health Nutritionist Placement Program is a complimentary service created specifically for the busy health care practitioner who prefers not to act as a dietary counselor. This program is designed to help you to satisfy the needs of today's patient while eliminating additional demands on your own time.

**Demand** for  
Nutritional Counseling Services  
is **Growing.**

## Success Stories

"Bringing a clinical nutritionist into my practice has helped me to increase greatly both patient compliance and satisfaction in disease prevention. The result is improved patient outcomes, additional revenue stream to the practice, and a phenomenal increase in my own diagnostic and treatment skills. This is a truly great service provided by DFH."

—Richard D. Lee, MD, Palo Alto, CA

"It's wonderful to have a nutritionist in my office without having to pay them a salary. It's a win-win situation for the nutritionist, my patients, and my practice. No wonder my patients are more satisfied than ever!"

—Neil Smerling, MD, Fairfield, CT

"Designs for Health made it easy for me to find a great fit within a doctor's office. They placed me in an office with three doctors whose patients had been asking for nutritional counseling services, and worked with us to assure a seamless transition. They also stayed in contact throughout the relationship to make sure that we both accomplished our goals of servicing patients and realizing profitability. They had as much of an interest in guaranteeing the success of the partnership as we did. I couldn't have asked for a better matchmaker!"

—Susan Mudd, MS, CNS, Gaithersburg, MD



# Coming Soon...

## CelerEASE™

Chronic joint and pain symptoms affect almost 70 million Americans...

CelerEASE™ contains a proprietary, standardized extract of Celery seed known to support a reduction in pain and inflammation associated with Arthritis, Rheumatism and Gout.

Celery Seed Extract acts by reducing the Prostaglandins responsible for inflammation.

Some of the constituents that are found in this special celery seed extract include: volatile oils (containing the terpenes-limonene, b-selinene and pthalides); *flavonoids* such as (apigenin and apiin); phenolic compounds and fatty acids.

The presence of these constituents is what gives CelerEASE™ its antispasmodic, anti-inflammatory and pain relieving properties. CelerEASE™ may provide a safe alternative to NSAIDs and prescription pain relievers.

## Emulsi-D3

*A pleasant tasting emulsified liquid Vitamin D3*

Emulsi-D3 is a concentrated, highly bioavailable liquid vitamin D formulation. Unlike most other liquid Vitamin D products available, Emulsi-D3 is a convenient, pleasant tasting and easily mixed formula. A natural self-emulsifying technology allows us to produce a 1000 IU per drop formula that quickly and completely disperses in liquid.

Our new Emulsi-D3 liquid comes in a 1 oz squeeze bottle, making dosing vitamin D very simple (can be dropped into any beverage or simply on the tongue), **accurate** (1 drop at a time) and, most importantly, **offer a broad range of dosages and titration possibilities.**

## P.B. Meal™

P.B. Meal™ (Peanut Butter Macro-Bar) is our newest, great tasting peanut butter/chocolate food bar which features, a balanced macronutrient blend of protein, carbohydrates and fats for sustained energy. It contains a mixture of high biologically value proteins from whey isolate and concentrate as well as easy to digest rice protein concentrate.

We have chosen Organic Tapioca Syrup as the main sweetener. With the introduction of P. B. Meal™ we continue to remain consistent in our efforts to keep our bars both Fructose and Sucrose free. We have also reduced the amount of polyols for people who are extremely sensitive to sugar alcohols.

## Periobiotic™

Periobiotic™ is a mild, non-irritating and fluoride-free toothpaste. Like probiotics in the human intestinal tract, beneficial flora in the mouth are critical to maintaining an oral environment conducive to health. Periobiotic™ Toothpaste contains Dental-Lac™, the functional lactobacillus dental hygiene probiotic. Research on Dental-Lac™ demonstrates its ability to kill off harmful strains of oral bacteria including streptococcus mutans, a significant contributor to tooth decay and periodontal disease. In addition Periobiotic™ contains three active ingredients that have been shown in research to promote dental and oral health, xylitol, calcium glycerophosphate, and zinc. Also of note are the potentially harmful ingredients not found in Periobiotic™, which are found in most other toothpastes, including fluoride, sodium lauryl sulfate (SLS), and saccharin.

## OmegAvail™ Ultra TG Liquid with D & K

This unique and novel fish oil product uses the same high potency omega-3 oil found in our OmegeAvail™ Ultra TG liquid but with the enhanced benefit of the fat soluble vitamins D and K. In addition, we've included two forms of vitamin K, K1 and K2 which is in the Menaquinone 7 form.

In the light of recent research, the increase in immune problems and the shockingly high number of patients showing up deficient in blood tests today, vitamin D supplementation has never been more important. Vitamin D contributes in multiple ways to the optimal function of the human body because virtually every cell has a receptor for it.

Absorption of vitamin K1 from a nutritional supplement taken with fat was found to be 3-6 times better than that from foods (raw or cooked), probably because the food matrix impairs the release of naturally occurring K1. Vitamin K works in synergy with vitamin D and in order for vitamin K to perform its functions efficiently, vitamin D status has to be optimized as well.

Vitamin D supplementation, in the presence of inadequate levels of vitamin K, can increase the risk of calcium deposition in arteries and soft tissue. Therefore, it is important to always supplement vitamin D with vitamin K.

Vitamin K2 (menaquinone) is the predominant form of vitamin K found in human and animal tissues and has been shown to reduce inflammation, autoimmune disease activity and may be able to reduce C-Reactive Protein. This property enhances the natural anti-inflammatory qualities inherent in fish oil.

# Designs for Health Metabolic Profiles

## Don't Guess...Test!

Designs for Health has teamed with Metametrix Clinical Laboratory to bring you the Designs for Health Metabolic Profiles<sup>SM</sup>. The profiles give you the tools you need to evaluate your patients' nutritional and metabolic health with no blood draw required! Combining organic acid, lipid peroxide, fatty acid, IgG food antibody, and amino acid testing, the profiles help you target each patient's needs. Patient-specific supplement recommendations based on individual test results help you select the most efficient combination of DFH products to meet those needs, which is consistent with the "Science First" philosophy at Designs for Health.

The systems of the body work together, not in isolation, so it is often difficult to know where to begin to treat a complex process. The Designs for Health<sup>TM</sup> Metabolic Profiles provide a roadmap that recognizes these interactions and can point to metabolic blockages that lead to disease. The Designs for Health Metabolic Profiles show essential nutrient and digestive system abnormalities that reveal root causes of symptoms. This metabolic map allows the targeted use of vitamins, minerals, and other essential nutrients, providing specific correction of nutritional imbalances. Avoiding costly, time-consuming, trial and error processes allow for nutritional support that is tuned to individual needs.



### Designs for Health Metabolic Profiles:

#### 4300 Comprehensive Metabolic Profile

- Organix<sup>SM</sup> Profile
- Lipid Peroxides
- Bloodspot<sup>SM</sup> Fatty Acids
- Bloodspot IgG Food Antibodies

#### 4310 Metabolic Profile

- Organix<sup>SM</sup> Profile
- Lipid Peroxides
- 4320 Metabolic Profile plus FA\*
- Organix<sup>SM</sup> Profile
- Lipid Peroxides
- Bloodspot<sup>SM</sup> Fatty Acids

#### 4330 Metabolic Profile plus AA\*

- Organix<sup>SM</sup> Profile
- Lipid Peroxides
- Bloodspot Amino Acids

#### 4335 Energy Essentials

- Focus on mitochondrial dysfunction and fatigue

#### 0094 D-Arabinitol Marker

- Marker for Candida over growth

The profiles, administered by our partner, Metametrix Clinical Laboratory, assess the following — and much more — through a combination of organic acid, lipid peroxide, fatty acid, IgG food antibody, and amino acid testing:

- Mitochondrial function / energy production
- Neurotransmitter metabolism
- Dysbiosis
- Detoxification
- Oxidative stress
- Essential fatty acid balance (including AA/EPA ratio)
- Food sensitivities due to leaky gut
- Yeast overgrowth (optional)
- Amino acid status

### Benefits to the Practitioner:

- Comprehensive, objective nutritional assessment
- Allows for optimization of metabolic function
- Cost-effective
- Highest quality lab available
- No blood draw required
- Better compliance and patient outcomes
- Free consults available from Metametrix

### Benefits to the Patient:

- Cost-effective
- Convenient (test can be administered at home)
- Easy to understand
- Better and faster results
- Easy-to-implement recommendations
- Peace of mind and commitment to the program

... Making Customized Nutrition a Reality



To order, or for more information, please contact your health care practitioner or call Designs for Health at 800.847.8302

# Ingredient Cross Reference

## 5-Hydroxytryptophan (5-HTP)

5-HTP Supreme  
5-HTP Synergy  
Crave Arrest  
NeuroLink

## A

### Acai Juice Powder (*Euterpe oleracea*)

PaleoReds

### Acerola (*Malpighia glabra*)

Stellar C  
Ultimate Antiox Full Spectrum

### Acetyl

#### Acetyl-L-Carnitine (hydrochloride)

Acetyl-L-Carnitine  
Brain Vitale Capsules  
Brain Vitale Powder  
Carnitine Synergy

#### n-Acetyl-Cysteine (NAC)

Amino-D-Tox  
ArthroSoothe  
Detox Antiox  
Homocystein Supreme  
HTN Complex  
N-Acetyl-Cysteine  
OcuForce  
PaleoCleanse  
Vitavescence

#### n-Acetyl Glucosamine

GI Revive

#### n-Acetyl -L Tyrosine

Adrenal Complex  
Adrenotone Plus  
EndoTrim  
Thyroid Synergy

### Acidophilus (*Lactobacillus acidophilus*)

PaleoFiber  
PaleoFiber Capsules  
Probiotic Supreme  
Probiotic Synergy

### Adrenal Cortex Glandular

Adrenal Complex

### Adrenal Whole Glandular

Adrenal Complex

### I-Alanine

Prostate Supreme  
Whey Cool

### Allspice Berries (*Pimenta dioica*)

Ultimate Antiox Full Spectrum

### Aloe Leaf Extract (*Aloe vera*)

Aloe 200x  
ArthroSoothe Cream  
GI Revive  
UT Synergy

### Alpha

#### Alpha-Ketoglutarate

Amino Acid Synergy  
Amino D-Tox

### Alpha-Lactalbumin

Whey Cool

### Alpha-Linolenic Acid (ALA)

OmegAval TG Synergy

### Alpha-Lipoic Acid

Coconut /Almond Crave Control PaleoBar-DF  
Detox Antiox  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free  
HTN Complex  
Lipoic Acid Supreme  
Lipoic Acid Synergy  
Metabolic Synergy  
OcuForce  
Twice Daily Multi  
Vitavescence

### American Ginseng (*Panax quinquefolius*)

#### root extract

Adrenotone Plus  
EndoTrim  
GlucoSupreme™ Herbal  
Thyroid Synergy

### Andrographis (*Andrographis paniculata*)

#### leaf extract

Immunitone Plus

### Arabinogalactan (*Larix* species)

Immunitone Plus

### L-Arginine

Amino Acid Synergy  
Arginine Capsules  
LibidoStim-M  
Whey Cool

### Arnica (*Arnica Montana*) flower extract

ArthroSoothe cream

### Artichoke (*Cynara scolymus*) leaf extract

LV-GB Complex

### Ashwagandha (*Withania somnifera*) root extract

Adrenotone Plus  
CatecholaCalm

### Aspartic acid

Whey Cool

### Astragalus (*Astragalus membranaceus*) root extract

Immunitone Plus  
ImmunoBerry Liquid

## B

### Banaba (*Musa paradisiaca*) leaf extract

EndoTrim

### Banaba (*Langerstroemia spp.*) leaf extract

GlucoSupreme™ Herbal

### Barberry (*Berberis vulgaris*) bark standardized to contain 6% berberine

GI Microb-X

### Bearberry (*Arctostaphylos uva ursi*) leaf

GI Microb-X

### Beet (*Beta vulgaris*) root extract

LV-GB Complex

### Benfothiamine

Carnosine Supreme  
Metabolic Synergy

### Berberine Sulfate (from *Berberis aquifolium*)

GI Microb-X

### Beta-1,3-Glucan

Immunitone Plus  
ImmunoBerry Liquid

### Betaine Hydrochloride

Betaine HCl  
Digestzymes

### d-Biotin

B-Supreme  
Detox Antiox  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free  
Lipoic Acid Supreme  
Metabolic Synergy  
PaleoCleanse  
PaleoMeal  
PaleoMeal-DF  
Stabilized R-Lipoic Acid Supreme  
Twice Daily Multi  
Vitavescence

### Bifidobacteria (*B. 12*, *B. infantis*, *B. lactis*,

#### *B. longum* BB536)

Probiotic Supreme  
Probiotic Synergy  
Probiotic Synergy powder  
PaleoFiber  
PaleoFiber Capsules

### Bilberry (*Vaccinium myrtillus*) berry extract

OcuForce

### Bile Extract

Digestzymes

### Black Cohosh (*Cimicifuga racemosa*) root extract

FemGuard+Balance

### Black Walnut (*Juglans nigra*) hull/leaves/bark

GI Microb-X

### Boron Glycinate Complex

Complete Mineral Complex  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free  
OsteoForce  
Twice Daily Multi  
Vitavescence

### Boswellia (*Boswellia serrata*) resin extract

ArthroSoothe  
Inflammatone

### Bovine Serum Albumin

Whey Cool Powder

### BroccoRaphanin® (*brassica oleracea italica*) seed

FemGuard + Balance  
OncoSGS

### Burdock (*Arctium lappa*) root

PaleoGreens capsules  
PaleoGreens powder

## C

### Caffeine

KreAlk-Alert 80 mg/4 caps

### Calcium

Buffered Vitamin C powder (ascorbate)

Calcium Malate Chelate (dicalcium malate, bis-glycinate chelate)  
 Complete Mineral Complex (dicalcium malate)  
 DFH Complete Multi (bis-glycinate chelate)  
 DFH Complete Multi Copper and Iron Free (bis-glycinate chelate)  
 MyoSedate (dicalcium malate)  
 OsteoForce (ascorbate)  
 PaleoCleanse (dicalcium malate)  
 PaleoGreens  
 PaleoReds  
 PerioMint (glycerophosphate)  
 Stellar C (ascorbate)  
 Vitavescence (citrate malate)

**Calcium d-Glucarate**

Amino-D-Tox

**Camu Camu Berry (Mycraria dubia)**

PaleoReds  
 ArthroSoothe cream

**Capsicum (Capsicum annuum)**

ArthroSoothe cream

**Carnitine**

**I-Carnitine**

Brain Power Sours  
 CarniClear  
 Chocolate/Almond Anabolic PaleoBar-DF  
 Ribo-CarniClear Liquid

**I-Carnitine Fumarate**

EndoTrim  
 Pantethine Supreme

**I-Carnitine Tartrate**

Carnitine Synergy  
 Carnitine Tartrate Powder

**I-Carnosine**

Carnosine Supreme  
 Metabolic Synergy

**Carotenoids**

**Alpha Carotene**

DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 OcuForce  
 PaleoCleanse  
 Twice Daily Multi  
 Ultimate Antioxidant Full Spectrum

**Astaxanthin**

XangthOmega

**Beta Carotene**

DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 LV-GB Complex  
 OcuForce  
 PaleoCleanse  
 PaleoGreens capsules  
 PaleoGreens Lemon Lime Flavor Powder  
 PaleoGreens Mint Flavor Powder  
 PaleoReds  
 Twice Daily Multi  
 Ultimate Antiox Full Spectrum  
 Vitavescence

**Lutein Esters**

OcuForce  
 Ultimate Antiox Full Spectrum

**Lycopene**

Prostate Supreme

**Mixed Carotenoids (Palm fruit)**

Metabolic Synergy  
 Twice Daily Multi

**Zeaxanthin Esters**

OcuForce

**Cats Claw (Uncaria tomentosa ) TOA free**

**bark extract**

GI Revive

**Celadrin-R**

ArthroSoothe Cream

**Celaandine**

PaleoCleanse

**Cetyl Myristoleate**

ArthroSoothe

**Chamomile (Matricaria chamomilla)**

ArthroSoothe cream  
 GI Revive

**Chaste Tree (Vitex agnus castus) berry extract**

FemGuard+Balance

**Chinese Ginseng (Panax ginseng) root extract**

Libido Stim-F

**Chlorella**

PaleoGreens capsules  
 PaleoGreens powder

**Chocamine® (Theobroma cacao)**

KreAlk-Alert

**Choline**

B-Supreme  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Homocysteine Supreme  
 PaleoCleanse

**Chromium (Nicotinate-Glycinate Chelate)**

Chromium Synergy  
 Coconut /Almond PaleoBar-DF Crave Control Bar  
 Complete Mineral Complex  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 EndoTrim  
 Metabolic Synergy  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 Thyroid Synergy  
 Twice Daily Multi  
 Vitavescence

**Chrysin**

FemGuard + Balance  
 Libido Stim  
 Prostate Supreme

**Cinnamon (Cinnamomum spp.)**

Glucosupreme™ Herbal

**Cinnamon (Cinnamomum zeylanicum) bark extract**

Chromium Synergy

**Citrus Bioflavonoids**

Stellar C

**Citrus Pectin**

GI Revive

**Clove buds (Syzygium aromaticum)**

Ultimate Antiox Full Spectrum

**CoEnzyme Q10**

Q Avail Cream  
 Q Avail 60mg Capsules  
 Q Avail 100mg Capsules

Q Avail Nano  
 Q Avail Nano Powder

**Collagen Type II**

ArthroSoothe

**Colostrum (Tegricel)**

Cocommune Bar  
 Tegricel Colostrum

**Conjugated Linoleic Acid (CLA)**

Conjugated Linoleic Acid (CLA)  
 PaleoMeal  
 PaleoMeal-DF

**Copper (Chelazome Bis-Glycinate Chelate)**

ArthroSoothe  
 Complete Mineral Complex  
 DFH Complete Multi  
 OsteoForce  
 PaleoCleanse  
 Thyroid Synergy

**Cordyceps (Cordyceps sinensis) mushroom extract**

Immunitone Plus

**Creatine**

Chocolate /Almond Anabolic PaleoBar-DF

**Creatine monohydrate (Kre-Alkalyn™)**

KreAlk-Alert  
 KreAlkalyn Pro

**Curcumin extract**

C3 Curcumin Complex  
 Migranol  
 Ultimate Antioxidant Full Spectrum

**I-Cysteine**

PaleoCleanse  
 Whey Cool

**D**

**Damiana (Turnera aphrodisiaca) extract**

Libido Stim-F

**Dandelion (Taraxacum officinale) root extract**

LV-GB Complex  
 PaleoCleanse

**Deer Antler**

Libido Stim-F

**Deglycyrrhizinated Licorice (DGL)**

GastroMend  
 GI Revive

**DHA (Docosahexaenoic acid)**

Genuine Norwegian Cod Liver Oil  
 OmegAvail Marine TG Liquid  
 OmegAvail Marine TG Softgels  
 OmegAvail Synergy TG  
 OmegAvail Ultra TG  
 OmegAvail Ultra-EE  
 XangthOmega

**DHEA (Dehydroepiandrosterone)**

DHEA 5mg  
 DHEA 25 mg  
 Libido Stim-F

**Dicalcium Malate**

Complete Mineral Complex  
 FemGuard + Balance  
 MyoSedate  
 PaleoCleanse

**Diindolemethane (DIM)**

DIM-Avail  
 FemGuard+Balance  
 Libido Stim-F  
 Libido Stim-M  
 Prostate Supreme

**Dimagnesium Malate**

CatecholaCalm  
Complete Mineral Complex  
HTN Complex  
Magnesium Malate Chelate  
MyoSedate  
OsteoForce

**Dipotassium Phosphate**

PaleoCleanse

**E****Echinacea (Echinacea angustifolia) root extract**

Immunitone Plus

**Elderberry (Sambucus nigra) flower extract**

Immunitone Plus  
ImmunoBerry Liquid

**Emu Oil**

ArthroSoothe Cream

**Enzymes****Alpha-Galactosidase**

LeguGest  
Plant Enzyme Digestive Formula

**Amylase (vegetable)**

Digestzymes  
LeguGest  
PaleoGreens capsules  
PaleoGreens powder  
PaleoMeal  
PaleoMeal-DF  
PaleoReds  
Plant Enzyme Digestive Formula

**Beta-Glucanase**

LeguGest

**Cellulase (vegetable)**

LeguGest  
PaleoGreens capsules  
PaleoGreens powder  
Plant Enzyme Digestive Formula

**CereCalase**

Plant Enzyme Digestive Formula

**Chymotrypsin**

Inflammatone

**Glucoamylase**

LeguGest  
Plant Digestive Enzyme Formula

**Hemicellulase**

LeguGest

**Invertase**

Digestzymes  
Plant Enzyme Digestive Formula

**Lactase (vegetable)**

DairyGest  
PaleoMeal

**Lipase (vegetable)**

DairyGest  
PaleoGreens capsules  
PaleoGreens powder  
Plant Enzyme Digestive Formula

**Malt Diastase**

Digestzymes  
Plant Enzyme Digestive Formula

**Nattozimes**

Natto-Serrazime

**Pancreatin (5X tested for Amylase, Protease and Lipase)**

Digestzymes

**Papain**

Digestzymes

**Pectinase**

LeguGest

**Peptidase**

AllerGzyme

**Proteases (vegetable)**

AllerGzyme  
DairyGest  
Inflammatone  
PaleoGreens capsules  
PaleoGreens powder  
PaleoMeal  
PaleoMeal-DF  
PaleoReds  
Plant Enzyme Digestive Formula

**Serrazimes**

Allergyzyme  
Inflammatone  
Natto-Serrazime

**Trypsin**

Inflammatone

**Xylanase**

LeguGest

**EPA (Eicosapentaenoic acid)**

Genuine Norwegian Cod Liver Oil  
OmegAvail Marine TG Liquid  
OmegAvail Marine TG Softgels  
OmegAvail Synergy TG  
OmegAvail Ultra TG  
OmegAvail Ultra-EE  
XangthOmega

**F****Fennugreek**

GlucoSupreme™ Herbal

**Feverfew (Tanacetum parthenium) flower extract**

Migranol

**Fiber**

PaleoBars  
PaleoFiber  
PaleoFiber caps  
PaleoGreens  
PaleoMeal  
PaleoReds

**Flaxseed Meal, Defatted (Linum usitatissimum)**

PaleoMeal

**Flaxseed Oil (Linum usitatissimum)**

Flaxseed Oil

**Folate (NatureFolate™ blend)**

B-Supreme  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free  
FemGuard+Balance  
Homocysteine Supreme  
HTN Complex  
Metabolic Synergy  
PaleoCleanse  
Twice Daily Multi  
Ultra B12-Folate  
Vitavescence

**Folinic Acid**

Homocysteine Supreme  
Super Liquid Folate

**ForsLean® (Coleus forskholii) extract**

EndoTrim  
Libido Stim-M  
Thyroid Synergy  
UT Synergy

**Fringe Tree Bark (Chionanthus virginicus) extract**

LV-GB Complex  
PaleoCleanse

**Fructooligosaccharides (FOS)**

Chocolate PaleoBar  
Mixed Berry PaleoBar  
Vanilla Almond PaleoBar

**G****Garlicillin™**

Allicillin  
Allicillin Pro

**Gamma-Aminobutyric Acid (GABA)**

EndoTrim  
NeuroLink  
StressArrest

**Gamma-Linolenic Acid (GLA)**

GLA  
OmegAvail Synergy TG

**Garcinia (Garcinia cambogia) fruit extract**

EndoTrim

**Garlic (Allium sativum) fruit extract**

Ultimate Antioxidant Full Spectrum

**Ginger (Zingiber officinale) root extract**

Ginger Tussin syrup  
Inflammatone

**Ginkgo Biloba Extract**

Brain Vitale Capsules  
Brain Vitale Powder  
Libido Stim-F  
Libido Stim-M  
OcuForce  
Ultimate Antioxidant Full Spectrum

**Glucosamine-chondroitin complex**

ArthroSoothe cream

**Glucosamine Sulfate**

ArthroSoothe  
Glucosamine Sulfate

**I-Glutamic Acid**

Prostate Supreme  
Whey Cool

**I-Glutamine**

Amino-D-Tox  
Chocolate PaleoBar  
GI Revive  
Glutamine Capsules  
Glutamine Powder  
NeuroLink  
Mixed Berry PaleoBar  
PaleoMeal  
PaleoMeal-DF  
Vanilla Almond PaleoBar

**I-Glutathione**

Amino-D-Tox  
Glutathione Powder  
PaleoCleanse

**GlyceroPhosphoCholine (GPC)**

Brain Power Sours  
Brain Vitale Caps  
Brain Vitale Powder  
GPC

**I-Glycine**

Amino-D-Tox  
PaleoCleanse  
Prostate Supreme  
StressArrest  
Whey Cool

**Goldenseal (*Hydrastis canadensis*) Aerial Extract**  
Immunitone Plus

**Grape seed (*Vitis vinifera*) extract (LeucoSelect Phytosome)**

Detox Antiox  
FemGuard+Balance  
Grape Seed Supreme  
PaleoGreens capsules  
PaleoGreens powder  
PaleoReds  
Ultimate Antioxidant Full Spectrum

**Grape (*Vitis vinifera*) whole fruit extract**  
Grape Seed Supreme

**Grape (*Vitis vinifera*) skin extract**  
Grape Seed Supreme

**Grapefruit Seed Extract (*Citrus paradish*) Seed**  
GI Microb-X

**Greater Celandine (*Chelidonium majus*) whole plant extract**  
LV-GB Complex  
PaleoCleanse

**Green Lipped Mussel**  
ArthroSoothe

**Green Tea (*Camellia sinensis*) extract**  
Detox Antiox  
EGCg  
EndoTrim  
FemGuard+Balance  
Immunitone Plus  
Metabolic Synergy  
OcuForce  
PaleoCleanse  
Vitavescence

**Gymnema (*gymnema sylvestri*)**  
Glucosupreme™ Herbal

**Gugulipid (*Commiphora mukul*)**  
Policosanol + Gugulipid

**H**

**Hawthorne (*Crataegus oxyacantha*) flower/leaf extract**  
HTN Complex

**Hesperidin**  
C + Bio Fizz  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free

**Hibiscus**  
UT Synergy

**I- Histidine**  
Amino Acid Synergy  
Whey Cool

**Horny Goat Weed (*Epimedium grandiflorum*) extract**  
Libido Stim-F  
Libido Stim-M

**Horsetail (*Equisetum arvense*)**  
UT Synergy

**Hyaluronic Acid**

ArthroSoothe  
ArthroSoothe cream

**Immunoglobulins**

PaleoMeal  
Whey Cool

**Inositol**

Brain Vitale Caps  
Brain Vitale Powder  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free  
Inositol Capsules  
Inositol Powder  
LV-GB Complex  
Metabolic Synergy  
NeuroLink  
PaleoCleanse  
PaleoMeal  
PaleoMeal-DF

**Iodine**

**Kelp**  
Complete Mineral Complex  
DFH Complete Multi  
DFH Complete Multi Copper and Iron Free  
Twice Daily Multi

**Potassium Iodide**

Iodine Synergy  
Metabolic Synergy  
PaleoCleanse  
Thyroid Synergy  
Vitavescence Powder

**Iron (*Bis Glycinate Chelate*)**

DFH Complete Multi  
Ferrochel Iron Chelate

**I-Isoleucine**

Amino Acid Synergy  
Whey Cool

**K**

**Krill Oil**

XanthOmega

**Kudzu (*Puerariaia Lobata*) root**

Glucosupreme™ Herbal

**L**

**Lactase**

DairyGest  
PaleoMeal-DF  
PaleoReds

**Lactobacillus**

**Lactobacillus acidophilus**

PaleoFiber  
Probiotic Supreme  
Probiotic Synergy

**Lactobacillus paracasei**

Probiotic Synergy Powder

**Lactobacillus plantarum**

Probiotic Synergy Powder

**Lactoferrin**

PaleoMeal  
Whey Cool Powder

**Lecithin**

C3 Curcumin Complex  
Lipotrienols RYR  
LV-GB Complex

Milk Thistle  
Phosphatidyl Choline 40% Powder  
Phosphatidyl Choline Softgels  
Phosphatidyl Serine Capsules  
Phosphatidyl Serine Powder  
Pregnenolone CRT  
Resveratrol  
Tri-K

**Lemon Balm (*Melissa officinalis*) extract**

CatecholaCalm  
MyoSedate

**I-Leucine**

Amino Acid Synergy  
Detox Antiox  
Whey Cool

**Licorice Root (*Glycyrrhiza glabra*)**

Adrenotone Plus  
GI Revive

**Lithium Orotate**

Lithium Synergy

**LongJax (*Eurycoma Longifolia*) extract**

Libido Stim-M

**Lutein E**

Ultimate Antiox Full Spectrum

**Lycopene**

Lipotrienols RYR  
Prostate Supreme  
Ultimate Antioxidant Full Spectrum

**I-Lysine**

Amino Acid Synergy  
Lysine Capsules  
PaleoCleanse  
Whey Cool

**M**

**Maca (*Lepidium meyenii*) root extract**

Libido Stim-M

**Magnesium**

**Magnesium Ascorbate**

Vitamin C Powder, Buffered

**Magnesium Aspartate**

Migranol

**Magnesium Chelazome Bis-Glycinate Chelate**

Homocysteine Supreme  
Metabolic Synergy  
UT Synergy

**Magnesium Creatine Chelate**

Chocolate/Almond PaleoBar-DF

**Magnesium (Buffered) Glycinate Chelate**

HTN Complex  
Magnesium Glycinate Chelate  
Magnesium Malate Chelate  
OsteoForce  
Vitavescence

**Magnesium Oxide**

Magnesium Ascorbate

**Maitake (*Grifola frondosa*) mushroom extract**

Immunitone Plus  
ImmunoBerry Liquid

**Malic Acid**

Zinc Supreme

**Manganese Chelazome Bisglycinate Chelate**

ArthroSoothe  
Chromium Synergy  
Complete Mineral Complex  
Detox Antiox  
DFH Complete Multis

DFH Complete Multi Copper and Iron Free  
Metabolic Synergy  
OsteoForce  
PaleoCleanse  
Thyroid Synergy  
Twice Daily Multi  
Vitavescence

**d-Mannose**

UT Synergy

**Marshmallow (Althea officinalis) Root**

GI Revive

**Mastic Gum (Pistacia lentiscus) Gum & Resin**

GastroMend-HP

**Melatonin**

Melatonin

**I-Methionine**

Amino Acid Synergy

Amino-D-Tox

LV-GB Complex

PaleoCleanse

Whey Cool

**Methylmethioninesulfonium**

GastroMend-HP

**Methylsulfanylmethane (MSM)**

Amino-D-Tox

ArthroSoothe

ArthroSoothe cream

GI Revive

MSM Capsules

MSM Lemon-AID powder

MSM Raspberry Flavored powder with Vitamin C

MSM Unflavored powder

PaleoCleanse

**Milk Thistle (Silybum marianum) seed extract**

LV-GB Complex

Milk Thistle

PaleoCleanse

**MirtoSelect**

OcuForce

**Molybdenum Bis-Glycinate Chelate**

Complete Mineral Complex

Detox Antiox

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

Metabolic Synergy

PaleoCleanse

Twice Daily Multi

Vitavescence

Zinc Supreme

**Monolaurin (Lauric Acid)**

Immunitone Plus

**Mucin**

GI Revive

**Muira Puama (Ptychopetalum olacoides)****bark extract**

Libido Stim-M

**N****Niacin**

Niacin CRT

**Nettle (Urtica dioica) leaf extract**

Libido Stim-F

PaleoGreens

Prostate Supreme

**Nettle (Urtica dioica) root extract**

Quercetin + Nettles

UT Synergy

**O****Oil of Oregano (Origanum vulgare) extract**

ArthroSoothe cream

Oil of Oregano

**Okra (Abelmoschus esculentus) root**

GI Revive

**Olive Leaf (Olea europaea) extract**

Olive Leaf Extract

**Omega-3-Fatty Acids**

Chocolate PaleoBar

Flaxseed Oil

Genuine Norwegian Cod Liver Oil

Mixed Berry PaleoBar

OmegAvail Marine TG Liquid

OmegAvail Marine TG Softgels

OmegAvail Synergy TG

OmegAvail Ultra TG

OmegAvail Ultra-EE

Vanilla Almond PaleoBar

XangthOmega

**Omega-6-Fatty Acids**

GLA

XangthOmega

**Omega-9-Fatty Acids**

XangthOmega

**I-Ornithine**

Amino-D-Tox

**Osha (Ligusticum porteri) root extract**

Ginger-Tussin

**Ox Bile**

Digestzymes

LV-GB Complex

**P****PABA (Para-Aminobenzoic Acid)**

Adrenal Complex

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

**Pantethine**

Pantethine Supreme

**Parsley (Petroselinum crispum) Powder**

UT Synergy

**Passion Flower (Passiflora incarnate) Extract**

CatecholaCalm

MyoSedate

**Pepsin**

Digestzymes

**I-Phenylalanine**

Amino Acid Synergy

Whey Cool

**Phosphatidyl Choline**

FemGuard + Balance

Libido Stim-F

Libido Stim-M

PaleoMeal

PaleoMeal-DF

Phosphatidyl Choline 40% Powder

Phosphatidyl Choline Softgels

Phosphatidyl Serine

Vitavescence

XangthOmega

**Phosphatidyl Ethanolamine**

XangthOmega

**Phosphatidyl Inositol**

Phosphatidyl Serine

**Phosphatidyl Serine**

Brain Vitale Capsules

Brain Vitale Powder

CatecholaCalm

Phosphatidyl Serine

**Phosphorus**

PaleoCleanse (dipotassium phosphate)

Whey Cool

**Plant Sterols/Stanols (Reducool)**

Foresterol

**Policosanol**

Policosanol + Gugulipid

**Polygonum Cuspidatum**

Ultimate Antiox Full Spectrum

**Pomegranate (Punica granatum) fruit/skin extract**

HTN Complex

PaleoReds

**Potassium**

Buffered Vitamin C Powder (ascorbate)

Complete Mineral Complex (glycinate)

K+2 Potassium (glycinate, bicarbonate)

DFH Complete Multi (aspartate)

DFH Complete Multi Copper and Iron Free (aspartate)

Electrolyte Synergy

HTN Complex (bicarbonate)

Metabolic Synergy (glycinate)

OsteoForce (glycinate)

PaleoMeal

Vitavescence (bicarbonate)

Whey Cool

**Pregnenolone**

Pregnenolone CRT

**Proline**

Whey Cool

**Prune (Prunus) Concentrate**

GI Revive

**Pumpkin (Cucurbita pepo) seed extract**

Prostate Supreme

**Pygeum (Pygeum africanum) bark extract**

Prostate Supreme

**Q****Quercetin**

C + Bio Fizz

GI Revive

Inflammatone

OcuForce

PaleoCleanse

Quercetin Ascorbate

Quercetin + Nettles

Stellar C

Ultimate Antiox Full Spectrum

Vitavescence

**Quercetin Dihydrate**

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

Resveratrol Synergy

**R****R-Lipoic Acid**

R-Lipoic Acid Supreme (Stabilized)

**Red Clover (Trifolium pratense) flower****blossom extract**

Libido Stim-F

**Red Yeast Rice**

Lipotrienols RYR

**Reishi Mushroom (*Ganoderma lucidum*) extract**

Immunitone Plus

**Resveratrol (*Polygonum cuspidatum*) extract**

ArthroSoothe

FemGuard+Balance

Inflammatone

Resveratrol Synergy

Ultimate Antiox Full Spectrum

**Rhodiola (*Rhodiola rosea*) root extract**

Adrenotone Plus

CraveArrest

**d-Ribose**

d- Ribose Powder

Electrolyte Synergy

Ribo-CarniClear Liquid

**Rice Protein**

Chocolate Almond PaleoBar

Coconut Almond PaleoBar

PaleoCleanse

PaleoMeal (Dairy-Free)

**Rosemary (*Rosmarinus officinalis*) flower extract**

FemGuard+Balance

Inflammatone

Migranol

Ultimate Antiox Full Spectrum

Vitavescence

**Rutin**

C + Bio Fizz

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

Inflammatone

Stellar C

Ultimate Antiox Full Spectrum

**S**

**Saccharomyces boulardii**

FloraMyces

**Sage (*Salvia officinalis*) leaves**

Ultimate Antiox Full Spectrum

**Salacia (*salacia oblonga*)**

GlucoSupreme™ Herbal

**SamE**

SamE

**Saw Palmetto (*Serenoa repens*) extract**

Libido Stim-M

Prostate Supreme

**Selenium**

Complete Mineral Complex

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

Metabolic Synergy

OcuForce

PaleoCleanse

Vitavescence

**I-Selenomethionine**

ArthroSoothe

Detox Antiox

Iodine Synergy

Thyroid Synergy

Twice Daily Multi

**I-Serine**

Homocysteine Supreme

Whey Cool

**Shitake mushroom (*Lentinula edodes*) extract**

Immunitone Plus

ImmunoBerry Liquid

**Siberian Ginseng (*Eleutherococcus senticosus*) root**

Adrenotone Plus

**Skullcap (*Scutellaria laterifolia*)**

MyoSedate

**Slippery Elm (*Ulmus fulvus*) powder**

GI Revive

**Sodium**

Niacin CRT

Whey Cool

**Sodium Ascorbate**

PaleoCleanse

**Sodium Bicarbonate**

Pregnenolone CRT

**Sodium Chloride**

Electrolyte Synergy

**Sodium Molybdate**

MSM Raspberry Powder with Vitamin C

**Sodium Sulfate**

PaleoCleanse

**Streptococcus thermophilus**

Probiotic Supreme

Probiotic Synergy

**Sweet Basil**

Ultimate Antiox Full Spectrum

**Sweet Wormwood**

GI Microb X

**Stem and leaves**

GI-MicrobX

**Stevia**

RiboCarniClear

**T**

**I-Taurine**

Amino-D-Tox

CatecholaCalm

Chromium Synergy

CraveArrest

Electrolyte Synergy

HTN Complex

Lipoic Acid Supreme

LV-GB Complex

Metabolic Synergy

NeuroLink

OcuForce

PaleoCleanse

PaleoMeal

PaleoMeal-DF

R-Lipoic Acid Supreme (Stabilized)

Taurine Capsules

Taurine Powder

WaterEase

Zinc Supreme

**I-Theanine**

CatecholaCalm

**I-Threonine**

Amino Acid Synergy

PaleoCleanse

Whey Cool

**Tocotrienols**

Annatto TocoTrienols

Lipotrienols RYR

Ultimate Antiox Full Spectrum

**Tribulus (*Tribulus terrestris*) [standardized to contain 40% furostanol saponins]**

GI Microb-X

Libido Stim-F

Libido Stim-M

**Trimethylglycine (TMG)**

B Supreme

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

Homocysteine Supreme

Vitavescence

**Turmeric (*Curcuma longa*) extract**

ArthroSoothe

Detox Antiox

FemGuard+Balance

Inflammatone

OcuForce

**Tryptophan**

Whey Cool

**I-Tyrosine**

Brain Power Sours

CraveArrest

NeuroLink

Tyrosine powder

Tyrosine 1 g Tablets

Whey Cool

**U**

**Ubiquinol**

CoQnol 50mg

**UTIRose™ hibiscus (flower) extract**

UT Synergy

**Uva Ursi (*Arctostaphylos uva-ursi*) leaf extract**

UT Synergy

**V**

**Valerian (*Valeriana officinalis*) root extract**

CatecholaCalm

MyoSedate

**I-Valine**

Amino Acid Synergy

Whey Cool

**Vanadium (*Vanadium Nicotinate Glycinate Chelate*)**

Chromium Synergy

Complete Mineral Complex

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

EndoTrim

HTN Complex

Metabolic Synergy

PaleoCleanse

**Vitamin A**

DFH Complete Multi

DFH Complete Multi Copper and Iron Free

OcuForce

Genuine Norwegian Cod Liver Oil

Metabolic Synergy

PaleoCleanse

Thyroid Synergy

Twice Daily Multi

Ultra Anitox Full Spectrum

XangthOmega





**Vitamin B1 (Pyrophosphate)**

OcuForce

**Vitamin B1 (Thiamin)**

Adrenal Complex  
 B Supreme  
 CatecholaCalm  
 DFH Complete Multi s  
 DFH Complete Multi Copper and Iron Free  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 Twice Daily Multi  
 Vitavescence

**Vitamin B2 (Riboflavin)**

Adrenal Complex  
 Adrenotone Plus  
 B Supreme  
 CatecholaCalm  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Homocysteine Supreme  
 Metabolic Synergy  
 Migranol  
 OcuForce  
 PaleoCleanse  
 Thyroid Synergy  
 Twice Daily Multi  
 Zinc Supreme

**Vitamin B3****Inositol Hexanicotinate**

B Supreme

**Niacinamide**

ArthroSoothe  
 B Supreme  
 CraveArrest  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 StressArrest  
 Twice Daily Multi  
 Vitavescence

**Nicotinic acid**

Niacin CRT

**Vitamin B5 (Pantothenic Acid)**

Adrenal Complex  
 Adrenotone Plus  
 B Supreme  
 CarniClear Liquid  
 CatecholaCalm  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 EndoTrim  
 Metabolic Synergy  
 PaleoCleanse  
 Pantothenic Acid  
 Ribo-CarniClear Liquid  
 StressArrest  
 Twice Daily Multi  
 Vitavescence

**Vitamin B6****Pyridoxine Hydrochloride**

B Supreme  
 CraveArrest  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 FemGuard+Balance  
 Homocysteine Supreme  
 HTN Complex  
 Melatonin  
 Metabolic Synergy  
 OcuForce  
 PaleoMeal  
 PaleoMeal-DF  
 Prostate Supreme  
 SAMe  
 StressArrest  
 Sublingual B6  
 Twice Daily Multi  
 Vitavescence  
 WaterEase  
 Zinc Supreme

**Pyridoxyl-5-Phosphate**

Adrenal Complex  
 Adrenotone Plus  
 Amino Acid Synergy  
 B Supreme  
 CatecholaCalm  
 CraveArrest  
 EndoTrim  
 FemGuard+Balance  
 Homocysteine Supreme  
 HTN-Complex  
 5-HTP Supreme  
 5-HTP Synergy  
 LV-GB Complex  
 Metabolic Synergy  
 Neurolink  
 PaleoCleanse  
 Sublingual B6  
 UT Synergy

**Vitamin B12 (Adenosylcobalamin, Cyanocobalamin, Hydroxycobalamin Methylcobalamin)**

B-Supreme  
 CarniClear Liquid  
 CatecholaCalm  
 CraveArrest  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 FemGuard + Balance  
 Homocysteine Supreme  
 LV-GB Complex  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 Ribo-CarniClear Liquid  
 SAMe  
 Super Liquid Folate  
 Twice Daily Multi  
 Ultra B12 Folate  
 Vitavescence

**Vitamin C**

PaleoGreens  
**Ascorbic Acid**  
 Adrenal Complex

Adrenotone Plus  
 Buffered Vitamin C Powder  
 C+ Bio Fizz  
 Catecholacalm  
 CraveArrest  
 Detox Antiox  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 EndoTrim  
 GastroMend HP  
 Lemon-AID MSM  
 Magnesium Ascorbate  
 Metabolic Synergy  
 MSM Raspberry Powder with Vitamin C  
 PaleoFiber  
 PaleoMeal  
 PaleoMeal-DF  
 PaleoReds  
 Quercetin Ascorbate  
 Stellar C  
 Twice Daily Multi  
 Tyrosine  
 Vitavescence

**Ascorbyl Palmitate**

OcuForce

**Calcium Ascorbate**

Buffered Vitamin C Powder  
 C+ Bio Fizz  
 OsteoForce

**Magnesium Ascorbate**

Buffered Vitamin C Powder  
 C + Bio Fizz

**Vitamin D (Cholecalciferol)**

Calcium Malate Chelate  
 Chromium Synergy  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Genuine Norwegian Cod Liver Oil  
 Metabolic Synergy  
 OsteoForce  
 PaleoCleanse  
 Twice Daily Multi  
 Vitamin D Supreme  
 Vitamin D Synergy  
 Vitavescence

**Vitamin E****d-alpha Tocopherol**

Detox Antiox  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 Q Avail Nano  
 Q Avail Nano Powder  
 Twice Daily Multi  
 Ultra Gamma Vitamin E  
 Vitavescence

**d-beta Tocopherol**

Detox Antiox  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse

PaleoMeal  
 PaleoMeal-DF  
 Twice Daily Multi  
 Ultra Gamma Vitamin E  
 Vitavescence

**d-delta Tocopherol**

Detox Antiox  
 DFH Complete Multi s  
 DFH Complete Multi Copper and Iron Free  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 Twice Daily Multi  
 Vitavescence

**d-gamma Tocopherol**

Detox Antiox  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 Metabolic Synergy  
 OcuForce  
 PaleoCleanse  
 PaleoMeal  
 PaleoMeal-DF  
 Twice Daily Multi  
 Ultimate Antiox Full Spectrum  
 Ultra Gamma Vitamin E  
 Vitavescence

**mixed tocopherols**

OmegAvail Synergy TG

**tocotrienols**

Annatto Tocotrienols

**Vitamin K**

OsteoForce  
 Tri-K 2050  
 Vitamin D Supreme  
 Vitamin D Synergy  
 Vitavescence

**W**

**Whey**

Mixed Berry PaleoBar  
 Vanilla Almond PaleoBar  
 Chocolate PaleoBar  
 Whey Cool

**White Willow (Salix alba ) bark extract**

ArthroSoothe Cream

**Wild Cherry (Prunus serotina) bark extract**

Ginger Tussin syrup  
 ImmunoBerry Liquid

**Wild Yam (Dioscorea villosa) root extract**

Libido Stim-F

**X**

**Xangold (Lutein Esters)**

OcuForce

**Xylitol**

Brain Power Sours  
 MSM Raspberry Powder with Vitamin C  
 Xylitol

**Z**

**Zeaxanthin Esters**

OcuForce

**Zinc**

PaleoMeal  
 PaleoMeal-DF  
 Sublingual B6

**Zinc-Carnosine (PepZin GI®)**

GastroMend-HP  
 GI Revive

**Zinc Chelazome Bis-Glycinate Chelate**

ArthroSoothe  
 Chromium Synergy  
 Complete Mineral Complex  
 DFH Complete Multi  
 DFH Complete Multi Copper and Iron Free  
 EndoTrim  
 Homocysteine Supreme  
 HTN Complex  
 Metabolic Synergy  
 OcuForce  
 OsteoForce  
 PaleoCleanse  
 Prostate Supreme  
 Thyroid Synergy  
 Twice Daily Multi  
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 Zinc Supreme

**Zinc Monomethionine**

Detox Antiox

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Zinc Challenge



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# 2009/2010 Product Catalog

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## *CoQno1™*

The reduced, antioxidant form of CoQ10, that plays a primary role of decreasing oxidative damage caused by lipid peroxidation within mitochondria. *page 28*

## *GlucoSupreme™ Herbal*

A unique formula combines well-researched botanicals along with two up and coming herbs that have demonstrated impressive efficacy in the optimization of blood sugar control, resulting in a truly synergistic effect. *page 35*

## *LipoTrienols RYR™*

A powerful combination of natural substances intended to support normal blood lipid levels and optimize cardiac and vascular health, featuring USDA certified organic red yeast rice. *page 42*

## *MagneDerm™*

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A high potency omega 3 oil, featuring our TruTG™ fish oil in the form found in nature, with unmatched TG potency. *pages 49-50*

## *Q-Avail™ Nano Powder*

For the first time, a “truly bioavailable” and highly absorbed powder form of CoQ10 with unlimited dosing applications. *page 63*

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