

ENERGYFIRST Product Reference Guide

EnergyFirst offers a complete range of nutritional supplements, vitamin/mineral supplements, exercise tools, and health tracking tools. The following is a description of the EnergyFirst products. Please refer to www.energyfirst.com for more information including prices and ordering information.

The information contained in the following supplement descriptions are for information purposes only. None of the information herein should be construed as a claim for cure, treatment or prevention of any disease. All matters regarding physical health should be referred to a qualified health-care professional.

Natural Whey Protein

EnergyFirst ProEnergy Whey Protein Isolate

EnergyFirst ProEnergy Whey Protein Isolate contains only 100% whey isolate, the purest protein powder in existence today. The most scientifically advanced cold-filtration processing is used to produce the highest quality, highest potency, whey protein which is lactose, fat, and cholesterol free. This product is sweetened naturally with stevia leaf which has a very low glycemic index and will not adversely affect blood sugar levels. Research has shown the stevia helps stabilize blood sugar, and may reduce blood pressure. 100% whey protein isolate has the highest biological value of any protein source (Biological value means the amount of protein retained in the body per gram of protein absorbed). This product is perfect for fat loss and is safe for diabetics. *Flavors:* Ultimate Vanilla and Chocolate Decadence.

Recommended Use: Use in an *EnergyFirst Shake* as a meal replacement or snack, 1-3 times daily. Men: 2 scoops; Women: 2 scoops, Athletes: 3 scoops, Children: ½ to 1 scoop per shake.

- 100% pure whey protein isolate (purest form of whey protein with the most health enhancing properties)
- 100% lactose free
- 100% fat free
- 100% cholesterol free
- Naturally sweetened with stevia leaf extract
- High biological value (most easily absorbed of any source of protein available)
- Highest amount of immune boosting lactoferrin of any source of protein
- Proven to significantly raise glutathione levels – body's natural antioxidant which boosts immunity against disease

- High in calcium
- Manufactured using cross flow microfiltration – this process does not use chemicals, produces 90% pure protein isolate which is 99% undenatured – this processing technique retains all-important sub-fractions of whey including immune booster, lactoferrin (In contrast , most whey protein is manufactured using ion exchange – a chemical process that destroys important sub-fractions of whey including lactoferrin).
- Mixes very easily in water or milk
- Tastes great!

Supplement Facts for Ultimate Vanilla

Serving Size:	1 scoop (25 grams)
Servings per container:	36
Calories	90
Calorie from fat	0g
Total fat	0g
Cholesterol	0mg
Total Carbohydrate	3g
Sugars	2g
Protein	19 g

Supplement Facts for Chocolate Decadence

Serving Size: 1 scoop (25 grams)	
Servings per container:	36
Calories	97
Calorie from fat	0g
Total fat	0g
Cholesterol	0mg
Total Carbohydrate	4g
Sugars	2g
Protein	18 g

Typical Amino Acid Profile per 25 g serving

Alanine	1.03g
Arginine	0.49g
Aspartic Acid	2.24g
Cystine	0.53g
Glutamic Acid	2.58g
Glycine	0.39g
Histidine	0.41g
Isoleucine	1.30g
Leucine	2.28g
Lysine	1.89g
Methionine	0.43g
Phenylalanine	0.71g

Proline	1.17g
Serine	0.99g
Threonine	1.35g
Tryptophan	0.34g
Tyrosine	0.62g
Valine	1.24g

Ingredients

Ultimate Vanilla: Whey protein isolate, Natural flavors, guar gum, soy lecithin, stevia leaf extract.

Chocolate Decadence: Whey protein isolate, Stevia, de-fatted Cocoa and other natural flavors, Xanthan Gum.

Omega 3/6 Fats and Oils

OmegaEnergy Mix Blend (ground raw seed)

OmegaEnergy Mix is a blend of raw, certified organic flax, sesame, sunflower, and pumpkin seeds with added rice bran. OmegaEnergy Mix contains the perfect ratio of omega 3 and 6 essential fatty acids which are essential to maintain optimal energy levels and promote brain, joint, vascular, and heart health. It contains 1000mg omega 3 essential fatty acid per serving; as well as naturally occurring traces of vitamins, minerals, and antioxidants, known to be essential for intercellular health and to provide support for the immune system; and dietary fiber to promote a healthy digestive system. OmegaEnergy Mix is packaged in a re-sealable foil package for convenient use. Keep refrigerated.

Recommended Use: Recommended optimum intake per day is 1 tablespoon per 35lbs of body weight. An excellent supplement for all ages, including children over the age of four. Mix in your EnergyFirst Shake, sprinkle on salads or oatmeal, or use with other food combinations as desired.

Nutrition Facts

Serving Size: 1 tablespoon (8g)	
Servings per container: 56	
Calories	45
Calories from fat	30
Total fat	3g
Saturated fat	0g
Cholesterol	0mg
Sodium	0mg

Total carbohydrates	2g
Dietary fiber	1g
Sugars	0g
Protein	2g

Ingredients

Raw, certified organic sunflower seed, pumpkin seed, flax seed, sesame seed, and rice bran. No cholesterol, no saturated fats, free of fillers, wheat gluten, artificial colorings or flavorings, synthetics, or preservatives.

OmegaEnergy Oil Blend

OmegaEnergy Oil Blend is a unique blend of cold pressed, unrefined, certified organic blend of raw flax, sesame, sunflower, and pumpkin seed oils. OmegaEnergy Oil Blend contains the perfect ratio of omega 3 and 6 essential fatty acids which are essential to maintain optimal energy levels and promote brain, joint, vascular, and heart health. OmegaEnergy Oil. It contains 1000mg of essential fatty acids per serving; as well as naturally occurring traces of vitamins, minerals, and antioxidants, known to be essential for intercellular health and to provide support for the immune system. OmegaEnergy Oil Blend is packaged in an opaque, glass bottle for optimal freshness. Keep refrigerated.

Recommended Use: *Do not heat or use in cooking. Heat, air, and light will turn the fats/oils rancid.* Take 1 tablespoon two to three times daily with meals. Use recommended dosage in your EnergyFirst Shake to ensure the optimum balance between protein, good fats, and good carbohydrates. Also use in dressings blended with balsamic vinegar, lemon juice and garlic—a great addition to salads and steamed vegetables.

Supplement Facts

Serving Size:	1 tablespoon (15ml)
Servings per container	34
Calories	135
Calories from fat	135
Total fat	14.5g
Saturated fat	1g
Polyunsaturated fat	10g
Monounsaturated fat	3g
Omega-3 fatty acids	6.5g
Omega-6 fatty acids	3.1g
Omega-9 fatty acids	3.1g
Medium chain	
Triglycerides	233mg

Ingredients

Raw, certified organic flax seed oil, sunflower seed oil, sesame seed oil, pumpkin seed oil.

OmegaEnergy™ Fish Oil

OmegaEnergy™ Fish Oil is a highly concentrated source of long-chain essential fatty acids, EPA and DHA. Clinical studies suggest that EPA and DHA from high-dose fish oil are necessary to achieve optimal cardiovascular health, brain function, visual acuity, and growth and development.* OmegaEnergy™ Fish Oil is a naturally-sourced, safe, and pure product, which exceeds all government guideline levels for safety. Our manufacturing, packaging, and encapsulation facilities have achieved pharmaceutical-level current Good Manufacturing Practices (cGMP) and Hazard Analysis and Critical Control Point (HACCP) certification, which ensure the quality of OmegaEnergy™ Fish Oil. Additionally, the manufacturer of OmegaEnergy™ Fish Oil is the first in the world to achieve the U.S. Pharmacopeia safety verification for the fish oil used in OmegaEnergy™ Fish Oil. The U.S. Pharmacopeia is the body that establishes the standards for the F.D.A, and has stringent requirements, that are very difficult to meet.

**Although there is no established RDA for Omega-3 Fatty Acids (EPA and DHA), much of the medical research on the health benefits of these nutrients are conducted using amounts of 1,000 mg and up.*

Recommended Use: Three (3) soft gel capsules per day. Dosage may be divided to take with each meal. Keep tightly closed in a cool, dry place. For maximum freshness, keep refrigerated once opened.

- Research shows you need 2,000 to 3,000 mg per day of omega-3 fatty acids (EPA and DHA) to experience the benefits.
- Most fish oils only have 500 mg of long-chain omega-3 fatty acids (EPA and DHA) per serving
- OmegaEnergy™ Fish Oil has 1063 mg. per serving.
- Contains the perfect 40/20 ratio of EPA/DHA recommended by physicians for optimal heart and brain health.
- One serving of EnergyFirst Omega 3 Fish Oil costs only 82 cents, including shipping.
- Other fish oils cost more and deliver less per serving
- Most fish oil is refined via fractional cooling, which doesn't remove harmful PCB's or bad fatty acids that can upset your stomach.
- OmegaEnergy™ Fish Oil is molecularly distilled for the highest purity.

Supplement Facts

Serving Size:	3 soft gel capsules
Servings per container	30
Calories	30
Calories from fat	30
Total fat	3.2g

Saturated fat	0g
Fish oil concentrate	3189mg
Omega-3 fatty acids	1890mg
EPA*	1260mg
DHA**	630mg

*Eicosapentaenoic Acid

**Docosahexaenoic Acid

Ingredients

Ultra-refined fish oil concentrate, gelatin, glycerin, purified mixed natural tocopherols.

Almonds (Raw) 1lb bag

Almonds are great as a snack in between meals, and provide you with the essential fatty acids your body needs. Satisfying and healthy - Crunchy, tasty, and full of natural flavor! Proven to reduce LDL cholesterol levels

Green Drink – Superfood

Greenergy

The ultimate superfood, each serving of Greenergy is equivalent to 2lbs. of green vegetables. This nutritional supplement is rich vitamins, minerals, phyto-chemicals, chlorophyll, and plant fiber. It contains potent anti-oxidants essential for increasing energy, metabolizing fat, boosting your immune system, detoxifying your system, and optimizing your health and well-being. Greenergy also contains 160 mg of green tea extract, which is high in catechin polyphenols, and has been shown to reduce the risk of stroke and certain cancers. Each container has 30 1-scoop servings. Store in cool temperatures.

Recommended Use: Add one (1) scoop to water, milk, or your EnergyFirst Shake 1-3 times per day.

Supplement Facts

Serving Size:	1 scoop (7g)
Servings per container:	33
Calories	25
Calories from fat	0

Total fat	0
Total carbohydrate	6g
Sugars	<1g
Fiber	<1g
Vitamin A	500 IU
Vitamin C	6mg
Vitamin E	88IU
Calcium	20mg
Iron	1.2mg
Sodium	10mg

Ingredients

Proprietary Green and Herbal Blend 2.43 grams: (Barley grass juice powder, spirulina powder, brown rice syrup solids, wheat grass juice powder, spinach powder, green tea leaf extract, chlorella powder, blue green algae powder, Echinacea purpea juice extract, broccoli powder, calcium phosphate, malted barley extract, alpha leaf extract, acerola juice extract, licorice root powder, milk thistle extract, dunaliella powder, ginkgo leaf extract, bilberry fruit extract).

Proprietary Digestive Blend 874 mg: (Inulin, apple fiber, lactobacillus acidophilus, bifidobacterium bifidum, pectin, amylase, bromelain, papain).

Proprietary Energy Blend 425mg: (Green tea leaf extract, royal jelly, bee pollen, eleuthero root powder (Siberian ginseng))

MSM 25 mg

Essential Supplements

EnergyFirst VitaEnergy

This multi-vitamin/mineral, developed exclusively for EnergyFirst, is a high potency, high quality, broad-spectrum multi-vitamin/mineral mix. It combines the optimum amounts of each vitamin and mineral that work synergistically for maximum effectiveness. It has high amounts of broad-spectrum B vitamins, often omitted from commercial multi's. We have also added the most important antioxidants in the optimum amounts—Beta-carotene (non-toxic form of vitamin A), Natural Vitamin E, and natural Vitamin C. The ingredients contained in the EnergyFirst VitaEnergy provide broad-spectrum protection against the molecular mechanisms involved in degenerative disease and aging. EnergyFirst VitaEnergy is different from other multi-nutrient formulas because it:

- Provides the optimal dose for most nutrients
- Provides the most bioavailable form of each nutrient

- Contains only pharmaceutical-grade nutrients

Recommended Use: 1 tab daily with food and water.

Supplement Facts

Serving size:

1 tab per day

Vitamin A (100% from beta carotene)	15,000iu
Vitamin C (as ascorbic acid)	250mg
Vitamin D (as cholecalciferol)	400iu
Vitamin E (as d-alpha tocopherol)	150iu
Thiamin (as thiamin mononitrate)	75mg
Riboflavin	75mg
Niacin (as niacinamide)	75mg
Vitamin B6 (as pyridoxine HCl)	75mg
Folate (folic acid)	400mcg
Vitamin B12 (as cyanocobalamin)	75mcg
Biotin	300mcg
Pantothenic Acid (as D-calcium pantothenate)	75mg
Calcium (as mixed calcium complexes)	20mg
Iron (as iron amino acid chelate)	1.3mg
Iodine (as potassium iodide)	159mcg
Magnesium (as magnesium amino acid chelate)	10mg
Zinc (as zinc amino acid chelate)	10mg
Selenium (as selenomethionine)	25mcg
Copper (as copper amino acid chelate)	1mg
Manganese (as manganese amino acid chelate)	1mg
Chromium (as chromium amino acid chelate)	25mcg
Molybdenum (as molybdenum amino acid chelate)	27mcg
Potassium (as potassium amino acid chelate)	1.8mg
Inositol	75mg
Para-aminobenzoic acid (PABA)	75mg
Choline (as choline bitartrate)	31mg
Betaine (as betaine HCl)	25mg
Citrus Bioflavonoids	25mg
Rutin	25mg
Hesperidin	5mg
Boron (as boron amino acid chelate)	500mcg
Lutein	250mcg

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, stearic acid, silicon dioxide, croscarmellose sodium, calcium stearate, ethylcellulose.

Prenatal Complete Multi-Vitamin

Our Prenatal Complete Multi-Vitamin is a comprehensive, high potency formula that provides essential vitamins and minerals needed for pregnant women. Pregnant women have special nutritional needs; it is of the utmost importance for expectant mothers to get the vitamins and minerals that are vital to the health of both the mother herself and the unborn child. The developing baby gets all of his/her nutrition through the mother, therefore, care must be exercised for what she eats and drinks, even what vitamins she takes. Our Prenatal Complete is specifically formulated to give expectant mothers the daily nutrition they need, in dosage levels that are safe for mother and child. In addition, certain problems can be linked to improper nutrition during pregnancy; Prenatal Complete has increased amounts of nutrients like folic acid, to help protect baby and mom from such problems.

Recommended Use: Take 3 tablets daily with meals.

Supplement Facts

Serving size: 4 tabs per day

Servings per container

Vitamin A	5000 IU
Vitamin C	60 mg
Vitamin D	400 IU
Vitamin E	30 IU
Thiamin	1.5 mg
Niacin	20 mg
Vitamin B6	2 mg
Folic Acid	10 mcg
Vitamin B12	6 mcg
Biotin	50 mcg
Panthenic Acid	10 mg
Calcium	20 mg
Iron	5 mg
Iodine	100 mcg
Magnesium	10 mg
Zinc	3 mg
Copper	50 mcg
Magnesium	50 mcg
Potassium	1 mg
Apple (fruit)	50 mg
Papaya (fruit)	50 mg
Pineapple (fruit)	50 mg
Lemon Bioflavonoids	20 mg
Spirulina	20 mg
Sunflower Oil (seed)	20 mg

Rice bran (seed)	10 mg
Beet greens (leaf)	5 mg
Broccoli	5 mg
Brown rice (seed)	5 mg
Carrot (root)	5 mg
Mango (fruit)	5 mg
Rose Hips (seed)	5 mg
Spinach (leaf)	5 mg
West Indian Cherry	5 mg
Para-aminobenzoic acid (PABA)	400 mcg
Choline	10 mcg
Inositol	10 mg

Other ingredients:

Microcrystalline cellulose, dicalcium phosphate, stearic acid, silicon dioxide, croscarmellose sodium, calcium stearate, ethylcellulose.

Kid's Chewable Multi-Vitamin

Our Kid's Chewable Multi-Vitamin is a broad spectrum multivitamin that provides essential vitamins and minerals needed to support optimal health. Our formula is a multivitamin that is also packed with food based nutrients that provide extra nutritional support. The majority of children do not get the essential nutrients they need from their diet alone. Our Kids Chewable Multi-Vitamin helps supply the nutrients necessary to build healthy, strong bodies. The formula is made up of 12 vitamins and 8 minerals that are recommended for children to take on a daily basis. Our Kids Chewable Multi-Vitamin is a delicious tasting chewable that tastes good and is good for kids.

Recommended Use: Take 1-2 tablets daily with meals.

Supplement Facts

Serving size: 4 tabs per day

Servings per container

Vitamin A	5000 IU
Vitamin C	60 mg
Vitamin D	100 IU
Vitamin E	30 IU
Vitamin K	30 mcg
Vitamin B6	10 mg
Folic acid	800 mcg
Vitamin B12	50 mcg
Biotin	300 mcg
Calcium	600 mg
Iodine	150 mcg
Riboflavin	10 mg



Niacin	20 mg
Thiamin	10 mg
Panthenic Acid	30 mg

Other ingredients:

Fructose, sorbitol, beet juice, stearic acid, natural cherry flavors, citric acid, silicon dioxide, magnesium stearate, molasses, maple crystals, honey.

Antioxidants

Antioxidant Complex

Antioxidants are essential components to optimal health. Antioxidant Complex is a formula that is comprised of the powerful cell protectors; antioxidants. It is important to take antioxidants in combination because they work synergistically, and are more beneficial together than they are alone.

Antioxidants are a group of nutrients that can reduce the risk of numerous disorders that may be caused by free radical damage. There is growing evidence that persons that supplement with antioxidants are more vigorous and less prone to disease. Our Antioxidant Complex is a comprehensive formula that will help protect the body from the damage caused by free radicals. Antioxidant Complex includes the popular staples of beta-carotene, vitamin C & E, and selenium. Also included are the free radical scavengers: N-Acetyl cysteine, Alpha Lipoic Acid and several herbs that contain flavonoids and have potent antioxidant potential.

Recommended Use: Take 2 tablets with meals.

Supplement Facts

Serving size: 1 capsule	
Servings per container: 120 capsules	
Vitamin A	25,000 IU
Vitamin C	250 IU
Vitamin E	200 IU
Calcium	40 mg
Zinc	15 mg
Selenium	75 mcg
Copper	2 mg
Manganese	3.5 mg

Other ingredients:

N-Acetyl cysteine, boldo (leaf), garlic, Milk Thistle, Quercetin, Red Grape (skin), Rosemary, Tumeric, Alpha Lipoic Acid, Black pepper, Ginko, and Red Grape (seed). As well as, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide.

Beta-Carotene

Beta-carotene, (the pre-cursor to vitamin A) is a powerful antioxidant that has been proven to reduce the risk of cancer and heart disease more effectively than vitamin A itself. Beta-carotene is absolutely non-toxic. Fat-soluble vitamin A is a very powerful anti-oxidant, but taken in excessive amounts can be toxic. Beta-carotene is converted into vitamin A by your body, so it provides double the anti-oxidant benefits in a safe form.

Recommended Use: Take 1 capsule daily with a meal. *Caution: Individuals with liver disorders should not take large doses of beta-carotene.*

Supplement Facts

Serving size: 1 capsule
Servings per container: 60 capsules
Vitamin A (as 100% Beta Carotene) 25,000 IU

Other ingredients:
Rice powder, gelatin, magnesium stearate.

CO-Q10

Coenzyme Q10 is an antioxidant similar to vitamin E. It also plays a crucial role in the generation of cellular energy, is a significant immunologic stimulant, increases circulation, has anti-aging effects and is beneficial for the cardiovascular system. Low levels of CoQ10 have been found in Parkinson's patients. Supplementing with 1200mg CoQ10 may be effective in preventing and treating the disease. Also those who are on statin drugs should take 100-200mg per day of CoQ10 because statin drugs block production of CoQ10 by the body causing muscle weakness, soreness, and liver enzyme elevation. When CoQ10 is orally administered, it is absorbed through the lymphatic canals and distributed throughout the body. Coenzyme Q10 should be taken with some form of fat, since absorption through the lymphatic canals is greatly enhanced in the presence of dietary fat. Research indicates that gum disease, muscular dystrophy, and obesity have all been linked to Co-Q10 deficiency. Co-Q10 is also shown to prevent oxidation of LDL cholesterol. Each bottle contains 60 vegetarian caps. Each cap contains 60 mg. of COQ10.

Recommended Use: Take 1 capsule, one to two times daily with meals

Supplement Facts

Serving size 1 capsule
Serving size per container 60 caps
CoEnzyme Q10 60 mg

Other ingredients:
Rice powder, magnesium stearate, and cellulose.

Ester C w/Bioflavanoids

This formula is gently buffered and is a great alternative for persons that may experience stomach irritation with ascorbic acid. Ester C® is a patented, non-acidic source of vitamin C. Many physicians recommend taking a buffered form of vitamin C if you're taking it in higher doses. Studies prove that vitamin C works better in combination with other nutrients, such as bioflavonoids. Bioflavonoids are essential for total Vitamin C effectiveness. This formula contains lemon bioflavonoids, rutin and hesperidin, these bioflavonoids assist Vitamin C in keeping collagen healthy, are essential for proper absorption of Vitamin C and prevent Vitamin C from being destroyed in the body by oxidation.

The cells of the brain and spinal cord, which frequently incur free radical damage, can be protected by significant amounts of vitamin C. In addition to its role as an antioxidant, vitamin C detoxifies many harmful substances and plays a key role in immunity. It increases synthesis of interferon, a natural antiviral substance produced by the body, and stimulates the activity of certain key immune cells. It is also effective for lowering cholesterol and strengthening collagen, a major component of your connective tissue - including walls of blood vessels - and is helpful in stabilizing blood sugar. Vitamin C in the right dosages is highly effective in cancer prevention. Vitamin C is water soluble and therefore very safe. Whatever your body does not need it will simply wash out. The minimum amount of vitamin C we consider essential for optimum health is 3,000 mg per day.

Recommended Use: Take 1 capsule, one to two times daily with meals

Supplement Facts

Serving size 1 capsule	
Servings per container	120 capsules
Vitamin C (Ester C)	500 mg
Calcium	48 mg
Lemon bioflavonoids 35%	20 mg
Flavonoids	7mg
Rutin	10 mg
Hesperidin	10 mg

Other ingredients:
Rice powder, magnesium stearate, cellulose.

Vitamin E - Mixed Tocopherols

Vitamin E offers numerous health benefits, particularly disease prevention because of its powerful antioxidant properties.

A natural form of vitamin E is the most powerful and effective form of the antioxidant because it is the easiest form for your body to absorb. The Vitamin E used by our facility is derived from soybean oil and is significantly more potent than synthetic Vitamin E. Research indicates Vitamin E:

- Is a powerful antioxidant
- Assists in the formation of red blood cells
- Supports healthy immune system function
- Promotes healing of burns, eczema and other skin problems
- Supports healthy skin and hair growth
- May support healthy eyes
- Important nutrient for healthy cardio function
- Helps the body make optimal use of vitamin A and iron
- Protects fatty acids in the body
- Prevents oxidation of LDL cholesterol

Recommended Use: Take one capsule a day two times a day with a meal.

Supplement Facts

Serving size 1 softgel capsule
Servings per container 60 softgels
Vitamin E (as natural d-alpha 400 IU
Tocopherol, with natural mixed
Tocopherols: d-beta, d-delta, d-gamma)

Other ingredients:
Gelatin, soybean oil, glycerin, and water

Selenium Complex

A partner and synergist with vitamin E, selenium is an essential component of the antioxidant enzyme glutathione peroxidase. This enzyme targets harmful hydrogen peroxide in the body and converts it into water. It is a particularly important guardian of blood cells and of the heart, liver and lungs. Selenium also stimulates increased anti-body response to infection. Selenium's powerful anti-oxidant properties have been shown to effectively inhibit the development of cancers of the breast, liver, skin and colon.

Recommended Use: Take 1 capsule, one to two times daily with meals.

Supplement Facts

Serving size 1 capsule
Servings per container 120 softgels
Selenium 100 mcg

Other ingredients:
Rice powder, cellulose, magnesium stearate.

Alpha Lipoic Acid

Alpha Lipoic Acid acts as a powerful antioxidant which supports healthy energy levels, healthy glucose metabolism, and assists enzymes in conversion of food to energy. It's sometimes referred to as a "universal antioxidant" and is more effective in neutralizing free radicals than the majority of other antioxidants. In addition, it recycles other antioxidants, specifically vitamin C and vitamin E, enhancing their potency. Unlike other antioxidants, it has the unique ability to be active in both water and fat compartments in the body. It also plays an important role in the process that recycles glutathione which is another major antioxidant in the body. Finally, it assists B vitamins in converting carbohydrates, proteins, and fats into energy.

Recommended Use: Take 1 capsule, one to two times daily with meals.

Supplement Facts

Serving size 1 capsule
Servings per container 60 caps
Alpha Lipoic Acid 300 mg

Bones, Joints and Anti-inflammatory

Coral Calcium

Calcium is an essential mineral with a wide range of biological functions. Calcium absorption declines with age. If the body does not get enough calcium, it will rob it from the bones, causing them to become porous and fragile.

Calcium and magnesium are especially essential to many bodily functions, and a shortage of either can lead to problems with bone density and strength. Calcium and magnesium work together synergistically and the recommend ratio of calcium to magnesium is 2:1. When magnesium levels are inadequate, the calcium crystals are weaker thereby permitting fractures

to occur. Our Coral Calcium Plus does contain a 2:1 ratio of Calcium to Magnesium.

In addition to the trace minerals found in Coral Calcium, we have also added several other vital vitamins and minerals that are often lacking in the diet such as Vitamin A, the B Vitamins, Folic Acid, Zinc, and Chromium. Coenzyme Q10 is an antioxidant similar to vitamin E. It also plays a crucial role in the generation of cellular. Each capsule contains 1000 mg of Calcium and there are 120 capsules per container.

Supplement Facts

Serving size	1 capsule
Servings per container	120 softgels
Coral Calcium	1000 mg

Other ingredients:
Gelatin, magnesium stearate, trace minerals.

Glucosamine-Chondroitin-MSM

Glucosamine and Chondroitin are recognized as the leading supplements for maintenance of healthy joints. MSM is added to further support healthy joint function. Our Glucosamine, Chondroitin & MSM is a custom formulation that provides a balanced combination of these nutritional supplements.

The combination of glucosamine and chondroitin sulfate is more effective at slowing the progression of cartilage breakdown than either of these supplements alone. Glucosamine may also help to relieve the stiffness, pain and swelling associated with joint disorders. This used by medical practitioners in treatment of joint disorders.

Recommended Use: Take 3-4 capsules daily with meals.

Supplement Facts

Serving Size	3 capsules
Servings per container	40 (120 capsules)
Glucosamine Sulfate	1000 mg
Chondroitin Sulfate	500 mg
Methylsulfonylmethane (MSM)	500 mg
Bromelain (from pineapple)	100 mg
Boswellia (leaf)	100 mg

Other ingredients:
Magnesium stearate, silicon dioxide, gelatin,



Pain & Inflammation Blend

Pain and Inflammation Blend is a comprehensive formula consisting of enzymes, herbs and bioflavonoids designed to naturally support your body's inflammatory response. Whether you suffer from chronic pain or just overworked it on the weekend, Pain and Inflammation Blend will help your body respond to pain and swelling safely and effectively.

Proprietary Enzyme Blend: Our proprietary enzyme blend contains pancreatin, papain, bromelain, trypsin and chymotrypsin and is designed to support your body's natural response to inflammation. When taken on an empty stomach it is believed that enzymes will help manage inflammation by supporting healthy blood flow to the irritated area.

Rutin: Rutin is a potent bioflavonoid that is derived from the fava tree. Bioflavonoids are water-soluble plant pigments. The term bioflavonoid refers to many different ingredients and includes hesperidin, citrus bioflavonoids, rutin, quercetin, to mention a few. They perform a wide range of functions, for example: they protect capillaries, prevent bruising, and provide support for a number of other biological functions.

White Willow Bark: White Willow (*Salix alba*) is a tall tree that thrives in damp areas and is native to Europe. It is most famous as the 'original source of salicylic acid' which is the precursor to aspirin. White Willow has been used since ancient times for its pain relieving and fever reducing properties, and has regained prominence in modern times as an alternative to synthetic forms of aspirin. White willow is also thought to help support a healthy inflammatory response.

Turmeric: Turmeric (*Curcuma longa*) is an herb that has been used in Ayurvedic Medicine for many years. It is a member of the ginger family. Turmeric possesses antioxidant compounds known as curcuminoids, of which curcumin has been found to be most potent. These compounds help prevent the buildup of excess free radicals. They also neutralize existing free radicals by scavenging them. It also has been shown to support healthy liver function, digestion and inflammatory response.

Supplement Facts

Serving size	4 Tablets
Servings per container	___ (250 Tablets)
Proprietary Enzyme Blend	1485 mg
(Pancreatin 4 x USP, Papain, bromelain, trypsin, chymotrypsin)	
Rutin	400 mg
White Willow Bark	100 mg
Turmeric	100 mg

Other ingredients:

Magnesium stearate, dicalcium phosphate, microcrystalline cellulose, stearic acid,

magnesium stearate.

Stress Busters

Ultimate B-Complex

This synergistic blend of B vitamins helps increase your resistance to stress and enhances your cell's energy production. It also is vital for neuron growth and vitality; slows brain aging by increasing energy production in the brain; decreases Homocysteine levels, involved in carbohydrate metabolism. The B vitamins comprising this B-complex synergistic mix include:

- Vitamin B1 (thiamin) is a water-soluble vitamin essential for energy metabolism. Thiamin toxicity is zero. Vitamin B2 (riboflavin) also a water-soluble B-vitamin helps the mitochondria of your cells to produce energy. There are no reports of toxicity with this vitamin.
- Vitamin B3 (niacin) another water-soluble B-vitamin works in the energy cycle and in tissue respiration. This vitamin may cause a histamine release that may cause your skin to flush, burn and itch. However, this is a temporary reaction and totally harmless. Toxicity is low.
- Vitamin B5 (Pantothenic Acid) is a water-soluble B vitamin essential for the body to make glycogen and fatty acids, your main fuels. It is also essential for making neurotransmitter chemicals that transfer information in your brain between nerves and is essential for the body to make steroid hormones such as testosterone and estrogen. This vitamin is non-toxic even in large amounts.
- Vitamin B6 (Pyridoxine) is a water-soluble B vitamin essential for all stages of protein and amino acid metabolism, and in making hemoglobin. Pyridoxine is essential for muscle mass and tone. Large doses can cause nerve damage in sensitive people.
- Vitamin B12 (Cyanocobalamin) is essential for every cell in your body, especially rapid turnover cells, including red blood cells and the lining of your intestinal tract. It is totally non-toxic.
- Folate (Folic Acid), forms part of the transport coenzymes that control amino acid metabolism in your body. Deficiency of folate inhibits cell growth, especially growth of rapid turnover cells. Large amounts of folate can mask the symptoms of pernicious anemia. However, studies have shown no ill effects from dosages as high as 10,000 mg per day over extended periods.
- Biotin, forms part of enzymes essential for making glycogen and fatty acids. Biotin has no reported side effects.

Recommended Use: Take 2 capsules daily with a meal.

Supplement Facts

Serving Size 1 capsule
Servings per container 90

Vitamin B1 (Thiamin)	50 mg
Vitamin B2 (Riboflavin)	50 mg
Vitamin B3 (Niacin)	200 mg
Vitamin B5 (Pantothenic Acid)	200 mg
Vitamin B6 (Pyridoxine)	100 mg
Folic Acid	400 mcg
Vitamin B-12 (as Cyanocobalamin)	150 mcg
Biotin	300 mcg
Vitamin C (as ascorbic acid)	700 mg
Calcium	117 mg
Magnesium (as magnesium oxide)	100 mg
Phosphorus (as dicalcium phosphate)	77 mg
Chromium (as Chromium Chloride)	50 mcg
Choline (as choline bitartrate)	100 mg
Inositol	100 mg
Para-aminobenzoic Acid (PABA)	50 mg
Passionflower (flower)	10 mg
Skullcap (leaf)	10 mg
Valerian (root)	10 mg

Other ingredients:

Microcrystalline cellulose, stearic acid, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose.

Fat Burners

Chromium Picolinate

Because it is involved in the metabolism of glucose, chromium is essential for energy. It is also vital in the synthesis of cholesterol, fats and protein. This essential mineral maintains stable blood sugar levels through proper insulin utilization, and can be helpful both for people with diabetes and those with hypoglycemia. Studies have shown that low plasma chromium levels can be an indication of coronary heart disease. The average American diet is chromium deficient. Researchers estimate that two out of every three Americans are hypoglycemic or diabetic. The ability to maintain normal blood sugar levels is jeopardized by the lack of chromium in our soil and water supply and by a diet high in refined white sugar, flour and junk foods. A deficiency of chromium can lead to anxiety, fatigue, glucose intolerance, inadequate metabolism of amino acids, and an increased risk of arteriosclerosis. Chromium is best absorbed by the body when taken in Picolinate form - a naturally occurring amino acid metabolite. Picolinate enables chromium to readily enter the body's cells, where the mineral can then help insulin do its job much more efficiently. Chromium picolinate has been used successfully to control blood cholesterol, and blood glucose levels. It also promotes the loss of fat (up to 22% in one study) and an increase in lean muscle tissue. Studies show chromium picolinate may also increase longevity and help to fight osteoporosis.

Recommended Dosage: Take 1 capsule, one to two times daily with meals.

Supplement Facts

Serving size 1 capsule
Servings per container 100
Chromium (as chromium picolinate) 200 mcg
Other ingredients:
Rice powder, cellulose, magnesium stearate.

Fat Trapper

Our Fat Complex is a unique combination of Chitosan and Psyllium Husks formulated to support a healthy weight maintenance program.

Chitosan is a form of dietary fiber. According to research, Chitosan may have the unique ability to bind to fats in the stomach, thus preventing the fats from being absorbed into the body. Scientists think this characteristic is linked to Chitosan's strong positive magnetic charge, which enables it to attract and bind to fats, which are negatively charged. The most common anecdotal applications for Chitosan are healthy weight maintenance and cholesterol balance.

Psyllium, an odorless and tasteless seed husk, have the best quality and highest fiber content. Psyllium husks are pure dietary fiber, composed mostly of hemicellulose. They are not digested in the small intestine, but are partially broken down in the colon, where they act as a food source for friendly flora. Mostly, psyllium acts as a sponge in the intestinal tract, swelling as it absorbs water and waste material in the bowels. This forms a soft, bulky mass that passes through the colon more quickly (keeping potentially toxic waste moving in the colon) and evacuates more smoothly and easily. According to the Food and Drug Administration, psyllium may also help lower the risk of heart disease. Research indicates that psyllium may support a healthy blood sugar balance, support healthy cholesterol balance, and assists in normal bowel function.

Note: Psyllium should be taken with one to two additional glasses of water as it can expand in the throat and cause an uncomfortable sensation.

Recommended dosage: As a dietary supplement, take three to six capsules with at least 8 ounces of water just prior to eating a high-fat meal. Take fat-soluble vitamins (such as A, D, E, or K), or fat soluble medication at least two hours before or two hours after taking this product.

Supplement Facts

Serving size: 3 capsules
Servings per container 40 (120 capsules)
Chitosan 1050mg

Psyllium husks 150 mg

Other ingredients:

Gelatin and magnesium silicate.

L-Carnitine

L-Carnitine transports fat from fat cells to mitochondria cells of the muscles, heart and other body tissues, may support healthy cardio function, healthy weight maintenance, health in people undergoing regular kidney dialysis, and healthy thyroid function.

Carnitine helps the body produce energy by transporting fat from fat cells to the mitochondria of cells to be burned for energy. Not only can this energy be utilized by the muscles, but also is used by the heart and other body tissues. Due to this, Carnitine is especially important to optimal cardiovascular health. Our formula uses the “L” form of Carnitine because it is closer to that which is manufactured by the body. It is chemically synthesized.

Recommended dosage: As a dietary supplement, take two capsules, two times daily on an empty stomach. If stomach upset occurs, take with food.

Supplement Facts

Serving size: 1 capsules

Servings per container 60

L-Carnitine (as L-Carnitine tartrate) 250mg

Other ingredients:

Rice powder, magnesium stearate, cellulose.

CLA (Conjugated Linoleic Acid)

CLA is a potent blend that research suggests may be one of the most effective fat-burning supplements available. Studies show that CLA can be used as an excellent tool for weight management because of its ability to reduce body fat and at the same time maintain lean muscle mass. Benefits of CLA:

- Increases metabolic rate -- This would obviously be a positive benefit for thyroid patients, as hypothyroidism -- even when treated -- can reduce the metabolic rate in some people.
- Enhances immune system – Since most cases of thyroid disease are autoimmune in nature, enhancing the immune system’s ability to function properly is a positive benefit.
- Decreases abdominal fat -- Adrenal imbalances and hormonal shifts that are common in

thyroid patients frequently cause rapid accumulation of abdominal fat, so this benefit could be quite helpful.

- Enhances muscle growth -- Muscle burns fat, which also contributes to increased metabolism, which is useful in weight loss and management.
- Lowers cholesterol and triglycerides -- Since many thyroid patients have elevated cholesterol and triglyceride levels, even with treatment, this benefit can have an impact on a thyroid patient's health.
- Lowers insulin resistance -- Insulin resistance is a risk for some hypothyroid patients, and lowering it can also help prevent adult-onset diabetes and make it easier to control weight.
- Reduces food-induced allergic reactions -- Since food allergies can be at play when weight loss becomes difficult, this can be of help to thyroid patients.

There are 60 capsules in each bottle.

Complete Metabolic Enhancer

Our Complete Metabolic Enhancer is a unique, ephedra-free combination of herbs and nutrients formulated to support healthy energy levels and healthy weight maintenance.

Traditional Ayurvedic practitioners believe that sour flavors activate digestion, so Garcinia has been widely used for this purpose for centuries. Researchers theorize that HCA, or hydroxycitric acid, is the active constituent in Garcinia. Studies indicate that HCA may support healthy cholesterol balance, healthy appetite, healthy weight maintenance, and the healthy conversion of carbohydrates to fat.

Green Tea: Green tea contains several compounds that have antioxidant and potential thermogenic properties. The active constituents are the polyphenols called catechins and tannins. The catechin epigallocatechin gallate (EGCG) may be a much more potent antioxidant than Vitamin C and E.

Guarana seed extract: Guarana plays a very important role in their culture, as this herb is believed to be magical, a cure for bowel complaints and a way to regain strength. The main ingredient of guarana is guaranine, which is chemically identical to caffeine. This is the reason for the energy boost people get after taking guarana.

Citrus Aurantium: Is widely used for stimulating the breakdown of fat, by causing the release of noradrenaline (a stress hormone) at beta-3 receptor sites creating chemical reactions that increase fat breakdown. Beta-3 receptors in the body increase the rate at which fat is released from the body stores (lipolysis) and increase resting metabolic rate (thermogenesis). Physical activity will increase this thermogenic effect and further enhance the thermogenic effect of Citrus Aurantium towards healthy and permanent weight loss.

Panax Ginseng: Ginseng is considered to be an adaptogen (a therapeutic and restorative tonic generally considered to produce a balancing effect on the body), and is believed to have many tonic properties. Panax ginseng plant has been used for thousands of years in Traditional

Chinese Medicine. The plant part used is the root and the active constituents are ginsenosides.

White Willow Bark: White Willow has been used since ancient times for its pain relieving and fever reducing properties, and has regained prominence in modern times as an alternative to synthetic forms of aspirin. White willow is also thought to help support a healthy inflammatory response.

Bee Pollen: Wholegrain bee pollen is a superbly nutritious product collected by honeybees from the beehive and used world-wide as an energy boosting supplement. Bee Pollen is not just about energy however. Providing a vast array of vitamins and minerals, bee pollen may provide a tremendous range of health benefits. It is used to suppress food, nicotine and caffeine cravings, regulate weight, combat allergies and fight chronic fatigue may also help reduce the effects of stress and aid digestive system function.

Vanadium: Vanadium is a trace mineral that was discovered to be essential to human nutrition in the 1970's. Recently, it has gained attention because it may support healthy blood sugar balance. Vanadium may also play a role in building bones and teeth, and it may support healthy cholesterol levels.

Supplement Facts

Serving size: 1 tablet
Servings per container 60 tabs
Proprietary Blend 1035 mg
(Guarana seed extract, citrus aurantium,
Green tea extract, panax ginseng root,
Garcinia cambogia extract, white willow bark
Powder, bee pollen, and vanadium)

Brain Function

Ginko Biloba

Ginko gently opens up blood vessels, improving blood delivery through arteries and capillaries alike. Laboratory research indicates that it is through this process that ginkgo sends more blood to the brain and throughout the body. In studies, ginkgo has been shown to sharpen memory, boost concentration, lessen the distressing symptoms of Alzheimer's disease, and improve circulation to the extremities. Herbalists call GBE the perfect remedy for aging because it strengthens organs that degenerate with disease.

Recommended use: Take 1 capsule, one to three times daily.

Supplement Facts

Serving size 1 capsule
Servings per container 60
Ginko 60 mg

Other ingredients:
Rice powder, magnesium stearate, cellulose.

St. John's Wort

Today, St. John's wort is one of the best-documented herbal treatments, with a scientific record approaching that of many prescription drugs. Today, St. John's wort is one of the best-documented herbal treatments, with a scientific record approaching that of many prescription drugs. It is a prescription antidepressant in Germany, covered by the national health-care system, and is prescribed more frequently for treating depression than any synthetic drug. Researchers have identified at least 3 substances that dispel mild depression. Hypericin, for one, protects the brain's natural "feel-good" chemicals, such as serotonin. Evidence also suggests that St John's wort stimulates secretions of dopamine, which is known as the pleasure hormone. The herb also affects various neurotransmitters that maintain good spirits.

Recommended use: Take 1 capsule, one to two times daily.

Supplement Facts

Serving size 1 capsule
Servings per container 120 capsules
St. John's Wort 900 mg

Other ingredients:
Rice powder, magnesium stearate, cellulose.

Immune Boosters

Panax Ginseng

Ginseng is considered to be an adaptogen (a therapeutic and restorative tonic generally considered to produce a balancing effect on the body), and is believed to have anti-stress and endurance-enhancing effects. In addition, Ginseng helps support healthy immune and respiratory functions

Supplement Facts

Serving size 1 capsule
Servings per container 60 capsules
Oriental Ginseng 200 mg

Other ingredients:

Rice powder, magnesium stearate, cellulose.

Prostate Health

Saw Palmetto

For most men, prostate enlargement is an inevitable consequence of aging. Saw Palmetto may prevent benign prostatic hypertrophy and possibly reduce the risk of prostate cancer. Saw palmetto extract by itself is effective in alleviating symptoms of benign prostate disease in most men. However, newly published studies reveal evidence that men over age fifty should add nettle root extract to the new saw palmetto extract for prevention purposes. As men age, their ratio of estrogen to testosterone increases, thus making it important to inhibit the effects of estrogens, sex hormone binding globulin and dihydrotestosterone. While saw palmetto protects against prostate enlargement caused by dihydrotestosterone, nettle root is required to inhibit the proliferation of prostate cells in response to estrogen and sex hormone binding globulin. Since we now have a molecular understanding of how nettle functions in the body, it would appear that most men could both prevent and effectively treat benign prostate hyperplasia by taking Super Saw Palmetto/Nettle Root. Super Saw Palmetto/Nettle Root contains a new methanolic nettle root extract, which is more effective than the ethanolic extract.

Recommended Use: Take 1 softgel, two times daily with meals.

Supplement Facts

Serving size: 1 softgel

Serving size per container 240

Saw Palmetto 160 mg

Other ingredients:

Olive oil, gelatin, glycerin, water.

Pre-Hormone Therapy

Women's Hormone Balance

Our Woman's Complete Hormone Balance products is a comprehensive formula designed to support healthy hormonal balance. It features a blend phytoestrogenic herbs, vitamins and minerals all combined to provide targeted nutrition meeting Women's needs.

Below is the list of ingredients in Women's Hormone Balance.

Vitamin E: Vitamin E is a potent fat soluble antioxidant that prevents the oxidation of lipids. Since cell membranes are composed of lipids, it is vital to the stability and integrity of cellular tissues and membranes in the body. Its effectiveness is increased when taken with other antioxidants, especially Beta Carotene, Vitamin C and Selenium. There are numerous studies that support the claim that Vitamin E is beneficial to cardiovascular health.

Thiamin: Vitamin B1 is also known as Thiamin. It is found in the skeletal muscle, the heart, liver, kidney and brain. Thiamin is a water-soluble (just as all B complexes), therefore, any excess will be eliminated in the urine and must be replaced daily. Needs for Vitamin B1 increase during illness and stressful situations such as surgical procedures. It is essential for the energy production from carbohydrates and fats. It is also necessary for the functioning of the nervous system. The needs of B1 are increased by the use of caffeine, alcohol, estrogen (birth control pill), high sugar diet, sulfur drugs and food additives.

Riboflavin : Vitamin B2 is also known as Riboflavin. Since it cannot be stored in the body, it must be supplied on a daily basis. The primary function of riboflavin is that of a coenzyme for many metabolic processes in the body including red blood cell formation and normal function of the nervous system. Therefore, it is essential for normal growth and development. Riboflavin is also crucial to the metabolism of amino acids and fatty acids. It also supports healthy immune system function and works as an antioxidant. Riboflavin maintains the mucous membranes of the body, including the digestive tract, respiratory tract and excretory tract. Use of antibiotics, oral contraceptives and alcohol interferes with the absorption of B2.

Niacin: Niacin is also known as Vitamin B3 or Niacinamide, it is heat stable and water soluble. The human body uses niacin in more than 50 chemical reactions, which is absorbed in the small intestine and excreted in the urine. It is needed by the body to extract energy from fat, carbohydrate and protein. This formula uses nicotinic acid, the form of niacin that is commonly recognized as supporting healthy cholesterol balance. Like all members of the B family, niacin plays a key role in energy metabolism.

Vitamin B6: Vitamin B6 is also known as Pyridoxine and is a water-soluble member of the B vitamin family. Vitamin B6 is primarily a coenzyme, which means that it works with other enzymes to support chemical reactions in the cells. The US government estimates that nearly a third of all adults are deficient in this nutrient and nearly half of all women do not get the RDA of Vitamin B6 (this could be due to the fact that oral contraceptives will deplete this vitamin). B6 is also involved in the formation of red blood cells, helps cells make proteins, manufactures neurotransmitters (brain chemicals) such as serotonin, and helps to release stored energy.

Folic Acid: Folic acid is a member of the water soluble B vitamin family, it is also known as folacin or folate. It should be replenished daily due to the fact that the body cannot store it for long periods of time. Folic acid is of particular importance for women of childbearing age as there can be serious consequences for the fetus when folic acids levels are too low. Low folic acid levels are linked to an increased risk of heart disease through an increase in homocysteine. Folic acid deficiency is the most common vitamin deficiency in the world. Half of the folic acid in foods is depleted through cooking, processing and long-term storage, thus supplementation of this vital nutrient is highly recommended.

Calcium: Calcium is the most abundant mineral in the body. It is essential to optimal health and has numerous health benefits. Calcium helps with many metabolic processes.

Magnesium: Magnesium is essential for hundreds of chemical reactions in the body. It functions as a coenzyme (it

participates in over 300 enzymatic reactions!) for proper function of nerves and muscles, formation of bones and energy metabolism. Recent studies suggest that is of particular importance for proper heart function. Magnesium works synergistically with calcium by increasing its absorption and may increase bone density as well. In fact, the body stores 60% of its magnesium in the bones, 26% is in the muscle tissues and the remaining magnesium is stored in the soft tissues of the body.

Boron: Boron is a trace mineral that has only recently been recognized as being important for human nutrition. Recent research suggests that Boron is important for metabolism and bone health; it may help prevent bone loss and support healthy joint function. The highest concentration of boron is found in the bones and tooth enamel. Boron appears to affect the metabolism of calcium, magnesium, copper, phosphorus, and vitamin D.

Selenium: Selenium is a trace mineral and potent antioxidant. It works synergistically with Vitamin E to protect cells from free radicals; this team may support immune and cardiovascular health. Selenium is an important part of the antioxidant enzyme glutathione peroxidase, which works with Vitamin E to help prevent free radical damage to cell membranes. Selenium also protects the body from heavy metal toxicity. It is important to note that Selenium is toxic at doses of more than one milligram per day.

Soy Isoflavones: Because of their estrogen-like effects, isoflavones have been studied for a wide spectrum of health benefits. Soybeans and soy foods like tofu are the best dietary source of isoflavones. However, many soy protein concentrates and soy products processed with alcohol may not contain isoflavones. All of our Soy products are processed using only water and are derived from Soy that has not been genetically engineered.

Gamma-Oryzanol: Gamma oryzanol is a mixture of compounds, which occur in rice bran oil and function as natural antioxidants in the plants where they occur. Studies conducted primarily in Japan report that gamma oryzanol supplementation is beneficial in supporting healthy hormone balance, cholesterol levels and digestive function.

Red Clover: Red clover, just as soy, is a member of the legume family. The unique point of difference between isoflavones derived from red clover and those extracted from soybeans is that red clover extracts contain all 4 different isoflavones (genistein, daidzein, biochanin, and formononetin), while soybeans contain only 2 (genistein and daidzein). Red clover also contains flavonoid compounds called coumestans, which some studies suggest have six times more estrogen like activity than soy isoflavones.

Black Cohosh: Black Cohosh (*Actaea racemosa*, *Cimicifuga racemosa*) is also known as black snakeroot, bugbane, bugwort, rattleroot, rattletop, rattleweed, and macrotys. Rich in calcium, potassium, magnesium and iron, Black Cohosh root is also an abundant source of phytoestrogens.

Dong Quai: Dong Quai (*Angelica sinensis*), a member of the parsley family, is an herb that is recognized as one of the most important remedies in Chinese medicine. Commonly referred to by herbalists as the "female ginseng", Dong Quai is believed to have many tonifying properties that may support women's health. Dong Quai's key active ingredients include Ligustilide and ferulic acid, research suggests that these compounds may be responsible for a number of potential health benefits. Dong Quai also contains compounds that may support healthy central nervous system function and is also rich in vitamins and minerals including vitamins A, B12, and E. Plant part used is the root and the primary active constituents are ligustilides.

Eleuthero: Eleuthero is also known as Siberian Ginseng and has been used for over 2000 years in china, primarily as an energy tonic. Although it is a member of the ginseng family, it is of a different genus than other popular ginsengs. The active ingredients, eleutherosides are glycosides, which provide the adaptogenic properties. Research indicates that the glycosides may support healthy adrenal function.

Vitex: Chastetree (*vitex agnus-castus*) grows in subtropical areas throughout the world and has a long history of use in women's health. It is thought to have a mild hormonal-type action and therefore has been used traditionally by herbalists for a variety of female health concerns.

Recommended Use: Take 2 tablets daily, preferably with meals.

Digestive Aids

Digestive Enzyme Blend

Digestive Enzyme Complex is a vegetarian sourced digestive enzyme blend. Products classified as digestive enzymes help facilitate digestion, the absorption of nutrients, help maintain the proper pH in the gastrointestinal tract, and act as a barrier against invasion of viruses and bacteria. Poor digestive function has been linked to many symptoms and a wide variety of clinical digestive conditions. There are seven basic types of digestive enzymes each with various sub-classifications and differing functions. The basic enzymes and their specific functions are as follows: amylase digests starches, cellulase digests fibers, lactase digests dairy products, lipases digest fats, oils and triglycerides, maltase digests starch and grains, proteases digest proteins and sucrase digests sugars.

Recommended Use: Take 1 capsule, one to two times daily.

Supplement Facts

Serving size: 2 capsules	
Serving size per container	45 (90 capsules)
Digestive Enzyme Blend	104 mg
Bromelain	120 GDU
Papain	600,000 FCCPU
Protease	10 SAPU
Amylase	400 DU
Lipase	60 FCCLU
Protease	400 HUT
Lactase	20 ALU
Cellulase	10 CU
Hemicellulase	10 HCU

Other ingredients:

Rice powder, cellulose, rice bran.

General Health

Hair, Skin, and Nails

Hair, Skin and Nails is a unique combination of several key vitamins, minerals, essential fatty acids, herbs and other nutrients that will support and maintain the health of an individual's hair, skin and nails. This formulation will provide the extra nourishment needed to keep hair, skin and nails strong and beautiful. Optimal health of hair, skin and nails starts from the inside, and requires the proper nutrients to insure their beauty and nourishment.

The majority of Americans do not get the essential nutrients they need from diet alone, and our soil is depleted of vital vitamins and minerals. In addition, today's stressful lifestyle can deplete the body of the vitamins, minerals and nutrients it needs to stay in optimal health. This formula will provide the optimal health necessary for strong and beautiful hair, skin and nails.

Recommended Use: For best results, take 2 capsules daily with a meal. Do not exceed 4 capsules daily.

Supplement Facts

Serving size: 2 capsules	
Servings per container	45 (90 capsules)
Vitamin A	5500 IU
Vitamin C	70 mg
Vitamin E	35 IU
Biotin	350 mcg
Iodine	155 mcg
Selenium	75 mcg
L-Cysteine	50 mg
L-Methionine	50 mg
Borage Oil	25 mg
Flaxseed Oil	14 mg
Silica	2 mg
Collagen Type II	250mg
Zinc	15 mg
MSM	50 mg
74 Trace Mineral Blend	5 mg
Astaxanthin	250 mcg
Proprietary Blend:	
White tea extract, Oat, Milk thistle	52.5 mg

Other ingredients:

Gelatin, rice flour, magnesium stearate, and silica.