

EnergyFirst Product Catalog

"Feel the Difference."™

www.energyfirst.com

888-883-6374



EnergyFirst Product Reference Guide

EnergyFirst offers a complete range of educational products, nutritional supplements, vitamin/mineral supplements, exercise tools, and health tracking tools. To follow is a description of the EnergyFirst products currently available, as well as new products soon to be released. For pricing, please refer to www.EnergyFirst.com or a current EnergyFirst price list.

EDUCATION

EnergyFirst Shares

This 6-hour audio-tape series provides the perfect educational foundation for getting you on track to achieving your healthy lifestyle goals. The latest cutting edge research on nutrition, exercise, and supplementation for optimum health is revealed in a simple, highly motivating manner. This is a perfect complement to the **EnergyFirst Practical Guidebook**, which provides detailed insight into the topics discussed in this series. Listen to these tapes in your car or while working out for constant motivation!

Brand New Revised Edition!

EnergyFirst Practical Guidebook (230 pages).

This Guidebook is fully revised and updated with even more information on nutrition, exercise, and supplementation than its predecessor. It features extra 30 pages of new meal and shake recipes, 12 days of complete meal plans, an updated eating out guide, as well as nutritional healing protocols (based on the latest research) for cholesterol, diabetes, male and female hormonal health, fibromyalgia, and osteoporosis! Consider this your 'Bible' of Health Living! This Guidebook contains all the pertinent information you need to customize your personal nutrition, exercise, and supplement plan.

Producing Peak Performance CD or DVD (2-CD or DVD) 2.5 hours

Lisa Anne Leslie CCN reveals the keys to performing at your peak—personally and professionally—through balanced nutrition, effective exercise, strategic supplementation, and stress management. Learn how to thrive rather than simply survive with this entertaining, educational, and life-changing series. This is not to be missed!



NATURAL WHEY PROTEIN

EnergyFirst ProEnergy Whey Protein Concentrate – NEW, IMPROVED FORMULATION

- **100% PURE WHEY PROTEIN CONCENTRATE**
(a very pure form of whey protein with great health- enhancing properties)
- **97% LACTOSE FREE**
- **97% FAT FREE**
- **97% CHOLESTEROL FREE**
- **NATURALLY SWEETENED WITH STEVIA LEAF EXTRACT**
- **HIGH BIOLOGICAL VALUE**
(which means it is a very easily absorbed source of protein – protein is only as good as how much of it your body can absorb and utilize)
- 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** (Highest amount of calcium of any whey protein)
- Manufactured using **CROSS FLOW MICROFILTRATION** –
this process uses NO chemicals, produces 90% pure protein isolate which is 99% undenatured. Processing technique retains all-important sub-fractions of whey including immune booster, lactoferrin (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
(Only very high quality whey protein dissolves easily without blending)
- **TASTES FANTASTIC** (Most whey protein tastes like chalk)

EnergyFirst ProEnergy Whey Protein Concentrate (Veree Vanilla) contains 100% pure, natural whey protein concentrate, one of the highest quality protein powders on the market. It is low in fat, carbohydrates, and lactose. This product is sweetened naturally with stevia leaf extract 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. This product is perfect for fat loss and is safe for diabetics

Flavor: Veree Vanilla

Supplement Facts

Serving Size:	1 scoop (23 grams)
Servings per container	39
Calories	90
Calorie from fat	10
Total fat	1.5g
Cholesterol	30mg
Total Carbohydrate	3g
Dietary Fiber	<1g
Sugars	2g
Protein	16g

Typical Amino Acid Profile per 25 g serving

Alanine	0.9g
Arginine	0.4g
Aspartic Acid	2.0g
Cystine	0.4g
Glutamic Acid	3.1g
Glycine	0.6g
Histidine	0.3g
Isoleucine	1.1g
Leucine	2.0g
Lysine	1.6g
Methionine	0.5g
Phenylalanine	0.5g
Proline	1.3g
Serine	1.0g
Threonine	1.3g
Tryptophan	0.2g
Tyrosine	0.6g
Valine	0.9g

Ingredients: Veree Vanilla: Whey protein concentrate, natural flavor, guar gum, soy lethicin, Stevia Leaf.

EnergyFirst ProEnergy 100% Whey Protein Isolate – NEW, IMPROVED FORMULATION

- **100% PURE WHEY PROTEIN ISOLATE**
(the 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.**
- **HIGHEST BIOLOGICAL VALUE**
(which means it is the most easily absorbed of any source of protein available – protein is only as good as how much of it your body can absorb and utilize)
- 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** (Highest amount of calcium of any whey protein)
- Manufactured using **CROSS FLOW MICROFILTRATION** –
this process uses NO chemicals, produces 90% pure protein isolate which is 99% undenatured. Processing technique retains all important sub-fractions of whey including immune booster, lactoferrin (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
(Only very high quality whey protein dissolves easily without blending)
- **TASTES FANTASTIC** (Most whey protein tastes like chalk)

NEW! EnergyFirst ProEnergy 100% Whey Protein Isolate. This product 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.

Flavors: Ultimate Vanilla and Chocolate Decadence

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 & OILS

OmegaEnergy Mix

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. OmegaEnergy Mix is scientifically formulated to the specifications of Dr. Udo Erasmus PhD, CCN, author of *Fats that Heal, Fats that Kill*. 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.

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.

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

Recommended Use:

Recommended optimum intake per day is 1 TBS 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. You'll love its wholesome nutty flavor.

Keep refrigerated.



OmegaEnergy Oil Blend 17oz. (500ml)

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 Blend is scientifically formulated to the specifications of Dr. Udo Erasmus PhD, CCN, author of *Fats that Heal, Fats that Kill*. 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.

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

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

Recommended Use:

Do not heat or use in cooking. Heat, air, and light will turn the fats/oils rancid. Keep refrigerated at all times. Take 1 TBS 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.

OmegaEnergy™ Fish Oil – BRAND NEW PRODUCT!

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.**

Every recommended serving of 3 capsules of OMEGAENERGY™ FISH OIL contains: 1890 mg of Omega-3 Fatty Acids, comprising 1260 mg EPA and 630 mg DHA, the perfect 40/20 ratio of EPA/DHA recommended by physicians for optimal heart and brain health.

*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.

OmegaEnergy™ Fish Oil—Purity and Safety Guaranteed!

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.

With OMEGAENERGY™ FISH OIL you can rest assured that you are getting the purest, highest quality ingredients for the best health of you and your family.

ANTI-OXIDANTS

Greenergy – Now with more green tea extract, digestive blend, & MSM!

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.

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 purpurea 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

Supplement Facts:

Serving Size:	(7g) 1 scoop
Servings per container:	33
Calories	25
Calories from fat	0
Total fat	0
Total carbohydrate	6g
Sugars	Less than 1g
Fiber	Less than 1g
Vitamin A	500 IU
Vitamin C	6 mg
Vitamin E	88iu
Calcium	20 mg
Iron	1.2 mg
Sodium	10 mg

Recommended Use:



Add one (1) scoop to water, milk, or your *EnergyFirst shake* 1-3 times per day.

HEALTHY SNACKS

Almonds (Raw) 1lb bag

A great healthy snack, rich in omega 6 and 9 fats.



EnergyFirst VITAMIN/MINERAL SUPPLEMENT GUIDE

Please note:

- Unless otherwise stated, take vitamin and mineral supplements with food and lots of water and take herbal supplements on an empty stomach.
- Never take single vitamins or minerals. Supplementing with single nutrients does not work. Supplements only work properly when in correct synergy with each other. It is their multiple interactions that creates optimal protection for your body.
- Unless otherwise stated, people who are active, especially athletes, need a higher dosage of supplements, particularly anti-oxidants. (Oxidation is more rapid when exercising vigorously).

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.

ESSENTIAL SUPPLEMENTS

EnergyFirst VitaEnergy –NEW, IMPROVED FORMULATION

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. What makes EnergyFirst VitaEnergy so different from other multi-nutrient formulas is that it:

1. Provides the optimal dose for most nutrients
2. Provides the most bioavailable form of each nutrient
3. Contains only pharmaceutical-grade nutrients

Supplement Facts:

Serving size: 4 tabs per day

	Amount per serving
Vitamin A (as Retinyl Palmitate, Beta Carotene, and Mixed Carotenoids from Dualielle salina)	12,500 iu
Vitamin C (as ascorbic acid, Magnesium ascorbate, calcium Ascorbate, and Ascorbyl Palmitate)	1500mg
Vitamin D (as Cholecalciferol)	600iu
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	300 iu
Vitamin K (as Phytionadione)	120mcg
Vitamin B1 (from Thiamine HCl)	50mg
Vitamin B2 (as Riboflavin0)	50mg
Vitamin B3 (as Niacinimide & Niacin)	65mg
Vitamin B6 (as Pyridoxine HCl)	20mg
Folic acid	600mcg



Vitamin B12 (as Cyanocobalamin)	150mcg
Biotin	600mcg
Vitamin B5 (as d-Calcium Pantothenate)	80mg
Calcium (as carbonate, phosphate, citrate, and ascorbate)	250mg
Iodine (from Potassium Iodide)	150mcg
Magnesium (as oxide, aspartate, and ascorbate)	200mg
Zinc (as Zinc oxide)	20mg
Copper (as copper citrate)	2mg
Manganese (as manganese citrate)	4mg
Selenium (as L-selenomethione)	50mcg
Chromium (as chromium amino acid chelate)	200mcg
Molybdenum (as molybdenum citrate)	75mcg
Potassium (as aspartate)	50mg
Boron (as boron chelate)	2mg
Citrus Fruit Peel Bioflavonoids complex 10%	100mg
Inositol	100mg
N-Acetyl-L-Cysteine	4mg
Phosphatidyl Choline	25mg
Alpha Lipoic Acid	4mg
Silica (from Shavegrass Whole plant extract)	700mcg
Lutein	400mcg
Lycopene	400mcg
Vanadium (from vanadium chelate)	50mcg
Black pepper extract (Bioperine)	200mcg

Other ingredients:

Cellulose, croscarmellose sodium, stearic acid, magnesium stearate, hydroxy propylmethyl cellulose, and silicon dioxide.

Recommended Use:

4 tabs daily with food and water.

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.

Supplement Facts:

Serving size: 4 tabs per day

	Amount per serving
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.

Recommended Use:

Take 3 tablets daily with meals.

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!!!

Supplement Facts:

Serving size: 4 tabs per day

	Amount per serving
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.

Recommended Use:

Take 1-2 tablets daily with meals.

ANTI-OXIDANTS

The evidence is now irrefutable that correct use of the right anti-oxidants can prevent and even reverse many forms of cancer, heart disease, atherosclerosis, adult-onset diabetes, and a host of other diseases whose primary cause is excess oxidation. These include cataracts, lung disorders, liver disorders, and degenerative diseases of the brain. Anti-oxidants Vitamins A (beta-carotene), C and E are absolutely essential for maintaining health. The other anti-oxidants are discussed in order of importance. When exercising regularly oxidation occurs more rapidly. For highly active people, particularly athletes, we have recommended higher dosages of the following anti-oxidants, in addition to the amounts included in **EnergyFirst VitaEnergy**.

Anti-Oxidant 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.

Supplement Facts:

Serving size: 1 capsule

Servings per container: 100 capsules

	Amount per serving
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.

Recommended Use:

Take 2 tablets meals.

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.

Supplement Facts:

Serving size: 1 capsule

Servings per container: 60 capsules

Amount per serving

Vitamin A (as 100% Beta Carotene) 25,000 IU

Other ingredients: Rice powder, gelatin, magnesium stearate.

Recommended Use:

Take 1 capsule daily with a meal.

Caution: Individuals with liver disorders should not take large doses of beta-carotene.

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.

Supplement Facts

Serving size 1 capsule

Serving size per container 60 caps

Amount per serving

CoEnzyme Q10 60 mg
Other ingredients: Rice powder, magnesium stearate, and cellulose.

Recommended Use:

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

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.

Supplement Facts:

Serving size 1 capsule

Servings per container 120 capsules

Amount per serving

Vitamin C (Ester C)	500 mg
Calcium	48 mg
Lemon bioflavonoids 35% Flavonoids, 7mg	20 mg
Rutin	10 mg
Hesperidin	10 mg
Other ingredients: Rice powder, magnesium stearate, cellulose.	

Recommended Use:

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

Vitamin E Mixed

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

Supplement Facts

Serving size 1 softgel capsule

Servings per container : 60 softgels

Amount per serving

Vitamin E (as natural d-alpha Tocopherol, with natural mixed Tocopherols: d-beta, d-delta, d-gamma) 400 IU
Other ingredients: gelatin, soybean oil, glycerin, and water

Recommended Use:

Take one capsule a day two times a day with a meal

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.

Supplement Facts

Serving size 1 capsule

Servings per container : 120 softgels

Amount per serving

Selenium 100 mcg
Other ingredients: Rice powder, cellulose, magnesium stearate.

Recommended Use:

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

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.

Supplement Facts

Serving size 1 capsule

Servings per container : 60 caps

Amount per serving

Alpha Lipoic Acid	300 mg
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Recommended Use:

Take 1 capsule, one to two times daily with meals

BONES, JOINTS & 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

Amount per serving

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 is used by medical practitioners in treatment of joint disorders.

Supplement Facts

Each serving 3 capsule

Each bottle contains 120 capsules

Amount per serving

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,

Recommended Use:

Take 3-4 capsules daily with meals.

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 chromotrypsin 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

Each serving 4 Tablets

Each bottle contains 250 Tablets

	Amount per serving
Proprietary Enzyme Blend (Pancreatin 4 x USP, Papain, bromelain, trypsin, chymotrypsin)	1485 mg
Rutin	400 mg
White Willow Bark	100 mg
Turmeric	100 mg

Other ingredients:

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

SAMe (S-Adenosyl Methionine)

SAMe (S-Adenosylmethionine) is a dietary supplement that has been clinically shown to promote and support joint health and comfort as well as emotional well-being. SAMe is a naturally occurring compound that serves as a major source for the production of chemicals in the brain and protects DNA from the genetic mutations associated with aging and disease. SAMe has been used in clinical studies to treat depression, dementia, demyelination diseases, liver disease, schizophrenia, arthritis and other conditions.

SAMe has been confirmed by several studies to potentially be more effective in the treatment of depression than traditional pharmaceutical anti-depressants. SAMe can possibly increase the levels of the important neurotransmitters: serotonin, dopamine, norepinephrine and phosphatidylserine. SAMe has been used to counteract depression and anxiety during the detoxification of drug dependent patients.

SAMe has also been used in Europe in the treatment of alcohol related liver damage and cirrhosis. SAM-e also may inactivate estrogens that cause liver damage and promotes bile flow to aid in the digestion of fat. SAMe may promote cartilage and the formation of connective tissue in joints while a deficiency of SAMe in the joints can result in the loss of integrity of cartilage.

Each tab contains 200 mg. of SAMe.

Recommended Use:

Clinical studies demonstrate that 2 tablets (400 mg) daily is an effective level of supplementation for most people of good health or as directed by your qualified health consultant. The best time to take SAM-e is before meals on an empty stomach. Depending on the condition of the individual, some people may achieve greater benefits with a higher level of supplementation. When taking SAM-e be sure to follow the directions of your physician. For use in the treatment of joint pain, or depression, recommended dosage is one tablet in the morning and two tablets in the afternoon and an additional tablet in the evening. After two weeks a maximum dose of two tablets in the morning, two in the afternoon and two in the evening can be taken.

Always use as recommended by your health care practitioner.

Note: Evidence indicates that SAMe will not work when B12 and folate levels are low. It is suggested to take these supplements while supplementing your diet with SAMe: 1000 mcg Vitamin B12 and 800 mcg Folic Acid are sufficient.

Caution: Those patients suffering from Manic Depression should not take SAMe. The antidepressant properties of SAMe may heighten the manic phase.

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. Dr Colgan recommends 30-200 mg per day.
- 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. Dr Colgan recommends 25-200 mg per day.
- 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. Dr Colgan recommends 30-100 mg per day.
- 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. Dr Colgan recommends 200 up to 1000 mg per day.
- 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. Dr Colgan recommends 10-50 mg per day.

- 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. Dr Colgan recommends 250 up to 1000 mcg per day.
- 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. Dr Colgan recommends 800-3400 mcg per day.
- Biotin, forms part of enzymes essential for making glycogen and fatty acids. Biotin has no reported side effects. Dr Colgan recommends 300 up to 5000 mcg per day.

Supplement Facts

Each serving 1 capsule

Each bottle contains 90 capsules

Amount per serving

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.

Recommended Use:

Take 2 capsules daily with a meal.

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. Each bottle contains 250 caps. Each cap contains 200 mcg.

Supplement Facts

Each serving 1 capsule

Each bottle contains 100 capsules

Amount per serving

Chromium (as chromium picolinate) 200 mcg

Other ingredients: Rice powder, cellulose, magnesium stearate.

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

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 assist 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.

Supplement Facts:

Serving size: 3 capsules

Serving size per container: 120 caps

Amount per serving

Chitosan 1050mg
Psyllium husks 150 mg
Other ingredients: Gelatin and magnesium silicate.

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.

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.

Supplement Facts:

Serving size: 1 capsules

Serving size per container: 60 caps

Amount per serving

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

Other ingredients: Rice powder, magnesium stearate, cellulose.

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

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. See below for more information on the specific ingredients of this product.

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

Serving size per container: 60 tabs

Amount per serving

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, ginko 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.

Supplement Facts

Each serving 1 capsule

Each bottle contains 60 capsules

Amount per serving

Ginko	60 mg
Other ingredients: Rice powder, magnesium stearate, cellulose.	

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



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.

Supplement Facts

Each serving 1 capsule

Each bottle contains 120 capsules

Amount per serving

St. John's Wort 900 mg
Other ingredients: Rice powder, magnesium stearate, cellulose.

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

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

Each serving 1 capsule

Each bottle contains 60 capsules

Amount per serving

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. Each bottle contains 60 caps. Each cap contains 416 mg. of Saw Palmetto with Nettle Root.

Supplement Facts:

Serving size: 1 capsules

Serving size per container: 240 softgels

Amount per serving

Saw Palmetto 160 mg
Other ingredients: Olive oil, gelatin, glycerin, water.

Recommended Use:

Take 1 softgel, two times daily with meals.

PRE-HORMONE THERAPY

DHEA (dehydroepiandrosterone)

The most abundant hormone found in the bloodstream, DHEA is produced by the adrenal glands. Much like Human Growth hormone (HGH) and melatonin - two other hormones now known to have anti-aging properties - DHEA is produced abundantly during youth, with production peaking around age 25. After this, though, production wanes. By the age of eighty, people are thought to only have 10 to 20 per cent of the DHEA they had at 20. Research has shown that DHEA has many functions in the body pertaining to health and longevity. Among other things, it helps to generate the sex hormones estrogen and testosterone; increase the percentage of muscle mass; decreases the percentage of body fat; and stimulates bone deposition, thereby helping to prevent osteoporosis. As the production of DHEA declines with age, the structures and systems of the body appear to decline with it. This leaves the body vulnerable to various cancers, including cancer of the breast, prostate, and bladder as well as to atherosclerosis, high blood pressure, Parkinson's disease, diabetes, nerve degeneration and other age-related conditions. Research suggests that DHEA replacement therapy can have a number of highly beneficial effects. In a 1986 study based on 12 years of research involving 242 middle-aged and elderly men, small doses of DHEA appeared to be linked with a 48 per cent reduction in death from heart disease and a 36 percent reduction in death from other causes. In a 28-day study, DHEA therapy enabled subjects to lose 31 percent of mean body fat without losing muscle mass. DHEA is thought to have caused this loss of fat by blocking an enzyme that is known to produce fat tissue and promote cancer cell growth. In another study, subjects taking DHEA for 1 year experienced a markedly greater sense of well-being including a better ability to cope with stress, increased mobility, decreased pain and higher quality sleep. Research also indicates DHEA supplements can help prevent cancer, arterial disease, Multiple sclerosis, and Alzheimer's disease; treat lupus, and osteoporosis; enhance the activity

of the immune system, and improve memory. Laboratory studies in animals have indicated that DHEA can increase life span by as much as 50 percent. Each bottle contains 100 tabs. Each tab contains 25 mg.

Recommended Use:

FOR MEN: 25 mg three times a day, or as recommended by your health care practitioner.

FOR WOMEN: 15 mg three times a day, or as recommended by your health care practitioner.

Caution: High doses of DHEA may suppress the body's natural ability to synthesize the hormone. Animal studies have indicated that high doses can lead to liver damage. For this reason it is important to take supplements of antioxidants vitamin C, vitamin E, and selenium to prevent oxidative damage to the liver

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

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.

Each bottle contains 90 Caps.

Supplement Facts:

Serving size: 2 capsules

Serving size per container: 90 caps

	Amount per serving
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.

Recommended Use:

Take 1 capsule, one to two times daily.

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.

Supplement Facts:

Serving size: 2 capsules

Serving size per container: 90 caps

Amount per serving

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.

Recommended Use:

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

