

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 is 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

ProEnergy® Protein Powder is 100% whey isolate, the purest protein powder in existence today. It is made using the most scientifically advanced cold-filtration processing which ensures the highest-quality, highest-potency whey protein that is also lactose, fat, and cholesterol free. ProEnergy® Protein Powder is sweetened naturally with stevia leaf, which has a very low-glycemic index and will not adversely affect blood sugar levels. Research has shown that 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 is the amount of protein retained in the body per gram of protein absorbed.) ProEnergy® Protein Powder is perfect for fat loss and is safe for diabetics. Flavors: Ultimate Vanilla and Chocolate Decadence.

Recommended Use: We recommend that you put *ENERGYFIRST*® ProEnergy® Protein Powder in your daily *ENERGYFIRST* Breakfast Shake. The *ENERGYFIRST* Shake is also a great meal replacement or snack. Enjoy 1-3 times daily.

Recommended Scoops Per Shake: Men and women, 2 scoops; athletes, 3 scoops; children, ½-1 scoop.

ENERGYFIRST® ProEnergy® Whey Protein Isolate is:

- 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 in biological value (most easily absorbed protein available)

- The protein with the highest amount of immune-boosting lactoferrin
- Proven to significantly raise glutathione levels (a natural immune-boosting antioxidant)
- High in calcium
- Manufactured using cross-flow microfiltration – a process that does not use chemicals; produces 90% pure protein isolate that is 99% undenatured; and retains all-important sub-fractions of whey, including the immune-booster lactoferrin (most other whey protein is manufactured using ion exchange, a chemical process that destroys important sub-fractions of whey, including lactoferrin)
- Very easily mixed in water or milk
- A tasty treat!

Supplement Facts for Ultimate Vanilla

| | |
|------------------------|--------------------|
| Serving Size | 1 scoop (25 grams) |
| Servings Per Container | 36 |
| Calories | 90 |
| Calories from Fat | 0 g |
| Total Fat | 0 g |
| Cholesterol | 0 mg |
| Total Carbohydrates | 3 g |
| Sugars | 1 g |
| Protein | 20 g |

Typical Amino Acid Profile Per 25 g Serving

| | |
|---------------|--------|
| Alanine | 1.02 g |
| Arginine | 0.42 g |
| Aspartic Acid | 2.29 g |
| Cystine | 0.52 g |
| Glutamic Acid | 3.63 g |
| Glycine | 0.33 g |
| Histidine | 0.40 g |
| Isoleucine | 1.38 g |
| Leucine | 2.15 g |
| Lysine | 1.69 g |
| Methionine | 0.42 g |
| Phenylalanine | 0.60 g |
| Proline | 1.50 g |
| Serine | 1.02 g |
| Threonine | 1.54 g |
| Tryptophan | 0.36 g |
| Tyrosine | 0.61 g |
| Valine | 1.21 g |

Supplement Facts for Chocolate Decadence

| | |
|------------------------|--------------------|
| Serving Size | 1 scoop (25 grams) |
| Servings Per Container | 36 |
| Calories | 90 |
| Calorie from Fat | 0 g |
| Total Fat | 0 g |
| Cholesterol | 0 mg |
| Total Carbohydrates | 3 g |
| Sugars | 1 g |
| Protein | 20 g |

Typical Amino Acid Profile Per 25 g Serving

| | |
|---------------|--------|
| Alanine | 1.03 g |
| Arginine | 0.43 g |
| Aspartic Acid | 2.31 g |
| Cystine | 0.52 g |
| Glutamic Acid | 2.68 g |
| Glycine | 0.33 g |
| Histidine | 0.41 g |
| Isoleucine | 1.40 g |
| Leucine | 2.18 g |
| Lysine | 1.71 g |
| Methionine | 0.43 g |
| Phenylalanine | 0.60 g |
| Proline | 1.52 g |
| Serine | 1.03 g |
| Threonine | 1.56 g |
| Tryptophan | 0.37 g |
| Tyrosine | 0.62 g |
| Valine | 1.22 g |

Supplemental Facts for Strawberry Supreme

| | |
|-------------------------|--------------------|
| Serving Size | 1 scoop (25 grams) |
| Servings per container: | 36 |
| Calories | 90 |
| Calorie from fat | 0 g |
| Total fat | 0 g |
| Cholesterol | 0 mg |
| Total Carbohydrate | 2 g |
| Sugars | 0g |
| Protein | 20g |

Typical Amino Acid Profile Per 25 g Serving

| | |
|----------|--------|
| Alanine | 1.03 g |
| Arginine | 0.43 g |

| | |
|---------------|--------|
| Aspartic Acid | 2.31 g |
| Cystine | 0.52 g |
| Glutamic Acid | 2.68 g |
| Glycine | 0.33 g |
| Histidine | 0.41 g |
| Isoleucine | 1.40 g |
| Leucine | 2.18 g |
| Lysine | 1.71 g |
| Methionine | 0.43 g |
| Phenylalanine | 0.60 g |
| Proline | 1.52 g |
| Serine | 1.03 g |
| Threonine | 1.56 g |
| Tryptophan | 0.37 g |
| Tyrosine | 0.62 g |
| Valine | 1.22 g |

Ingredients:

Ultimate Vanilla: Whey protein isolate, natural flavors, guar gum, lecithin, stevia (leaf extract).

Chocolate Decadence: Whey protein isolate, natural flavors, cocoa powder (natural process) guar gum, lecithin, stevia (leaf extract).

Strawberry Supreme: Whey protein isolate, Natural flavor, Organic strawberry flavor, Guar gum, Citric acid, Soy lecithin, Red beet, Stevia leaf extract

Omega 3/6 Fats and Oils

OmegaEnergy® Mix Blend (ground raw seeds)

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

Recommended Use: Every day have 1 tablespoon of raw seeds for every 35 pounds of body weight. Raw seeds are an excellent supplement for all ages, including children over the age of four. Mix the raw seeds into your *ENERGYFIRST* Shake, sprinkle them on salads or oatmeal, or use them with other food combinations as desired.

Nutrition Facts

| | |
|------------------------|--------------------|
| Serving Size | 1 tablespoon (8 g) |
| Servings Per Container | 56 |
| Calories | 45 |
| Calories from Fat | 30 |
| Total Fat | 3 g |
| Saturated fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 0 mg |
| Total Carbohydrates | 2 g |
| Dietary Fiber | 1 g |
| Sugars | 0 g |
| Protein | 2 g |

Ingredients:

Contains a blend of raw, certified organic flax seeds, sesame seeds, sunflower seeds and pumpkin seeds with added rice bran.

Does not contain cholesterol, saturated fats, 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 raw flax, sesame, sunflower, and pumpkin seed oils. OmegaEnergy® Oil Blend contains the perfect ratio of omega 3 and omega 6 essential fatty acids, which help to maintain optimal energy levels and promote brain, joint, vascular, and heart health. OmegaEnergy® Oil Blend contains 1000 mg of essential fatty acids per serving; it also contains naturally occurring traces of vitamins and minerals and antioxidants known to support the immune system and to be essential for intercellular health. OmegaEnergy® Oil Blend is packaged in an opaque, glass bottle for optimal freshness. OmegaEnergy® Oil Blend should be kept refrigerated.

Recommended Use: Take 1 tablespoon 2-3 times daily with meals. Use this recommended dosage in your *ENERGYFIRST* Shake to ensure the optimum balance between protein, good fats, and good carbohydrates. You can also use the OmegaEnergy® Oil Blend as a dressing; mix it with balsamic vinegar, lemon juice, and garlic and put it on salads and steamed vegetables.

Do not heat or use in cooking. Heat, air, and light will turn the fats/oils rancid.

Supplement Facts

| | |
|----------------------------|----------------------|
| Serving Size | 1 tablespoon (15 ml) |
| Servings Per Container | 34 |
| Calories | 135 |
| Calories from Fat | 135 |
| Total Fat | 14.5 g |
| Saturated Fat | 1 g |
| Polyunsaturated Fat | 10 g |
| Monounsaturated Fat | 3 g |
| Omega-3 Fatty Acids | 6.5 g |
| Omega-6 Fatty Acids | 3.1 g |
| Omega-9 Fatty Acids | 3.1 g |
| Medium Chain Triglycerides | 233 mg |

Ingredients:

Flax seed oil*, sunflower seed oil*, sesame seed oil*, and pumpkin seed oil*.

*Certified organic by QAI

OmegaEnergy® Fish Oil

OmegaEnergy Fish Oil is a highly concentrated source of long-chain essential fatty acids, EPA and DHA. These two fatty acids are pivotal in preventing many diseases, and the human brain relies heavily on DHA. Routine consumption of essential fatty acids is highly encouraged.

Clinical studies suggest that EPA and DHA from high-dose fish oil are necessary for optimal growth and development, cardiovascular health, brain function, and visual acuity* and that they can help prevent breast, prostate, and colon cancers.

Low DHA levels have been linked to depression, schizophrenia, memory loss, and a higher risk of developing Alzheimer's disease. Deficiencies in both fatty acids have been linked to allergies, asthma, skin disorders (like eczema and psoriasis), premature birth, low birth weight, and hyperactivity in children.

OmegaEnergy Fish Oil is a naturally sourced, pure product that exceeds all government guideline levels for safety. The molecular distillation processing removes any and all dioxins that may be in the oil (tested at less than 1 part per trillion). 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. It was received 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.

Why take OmegaEnergy® Fish Oil?

- Research shows that 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 per serving, but OmegaEnergy Fish Oil has 1000 mg per serving.
- OmegaEnergy Fish Oil contains the perfect 40/20 ratio of EPA/DHA recommended by physicians for optimal heart and brain health.

Most fish oils are refined via fractional cooling, which doesn't remove harmful PCB's or bad fatty acids that can upset your stomach. On the other hand, OmegaEnergy Fish Oil is molecularly distilled for the highest purity.

**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 is conducted using amounts of 1,000 mg and up.*

Recommended Use: The recommended serving of OmegaEnergy® Fish Oil is 3 softgel capsules per day; always take with a meal. Keep tightly closed in a cool, dry place. For maximum freshness, keep refrigerated once opened.

Supplement Facts

| | |
|---|-------------------|
| Serving Size | 1 softgel capsule |
| Servings Per Container | 60 softgels |
| Calories | 10 |
| Calories from Fat | 10 |
| Total Fat | 1 g |
| Polyunsaturated Fat | 0.5 g |
| Vitamin E | 2 IU |
| Fish Oil Concentrate | 1000 mg |
| Omega-3 Fatty Acids (EPA and DHA total) | 600 mg |
| EPA (eicosapentaenoic acid) | 400 mg |
| DHA (docosahexaenoic acid) | 200 mg |

Ingredients:

Contains gelatin, glycerin, purified water. Contains fish (anchovies, mackerel, and sardines), and soy.

Does not contain milk, eggs, shellfish, tree nuts, wheat, and artificial colors, flavors or preservatives.

IMPORTANT: If you have a blood disorder, take an anti-coagulant medication, or are pregnant or lactating, consult your health care practitioner prior to adding omega-3 fatty acids to your diet. Also, since omega-3 fatty acids inhibit blood clotting, do not take this supplement two days before or after any type of surgery.

Green Drink – Superfood

Greenergy™ Green Drink Powder

Greenergy is the ultimate superfood – each serving of Greenergy is equivalent to two pounds of green vegetables. This nutritional supplement is rich in vitamins, minerals, phyto-chemicals, chlorophyll, and plant fiber. It contains potent antioxidants that are essential for increasing energy, metabolizing fat, boosting the immune system, detoxifying the body, and optimizing overall health and well-being. Greenergy contains green tea extract, which is high in catechin polyphenols and has been shown to reduce the risk of stroke and certain cancers. It also contains probiotics and digestive enzymes. Greenergy should be stored in a cool place.

Recommended Use: Add 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 Carbohydrates | 6 g |
| Sugars | 1 g |
| Fiber | <0.5 g |
| Protein | 0.5 g |
| Vitamin A | 1000 IU |
| Vitamin C | 16 mg |
| Vitamin E | 70 IU |
| Calcium | 20 IU |
| Iron | 0.5 mg |
| Potassium | 30 mg |
| Phosphorus | 20 mg |
| Sodium | 10 mg |

Ingredients:

Proprietary Green and Herbal Blend (2.58 g): barley malt extract, spirulina powder, alfalfa leaf extract powder, barley grass juice powder, brown rice syrup solids, wheat grass juice powder, acerola cherry extract (malpighia glabra Vitamin C source), beta-carotene (Vitamin A source), monocalcium phosphate, alpha tocopherol succinate (Vitamin E source), licorice root powder, milk thistle extract, green tea extract (camellia sinesis), spinach powder, methyl-sulfonylmethane (MSM), chlorella powder, ginko biloba extract, blue green algae (aphanizomenon flos-aquae), echinacea purpurea extract, bilberry fruit extract (vaccinium myrtillus), grape seed extract, broccoli powder.

Proprietary Digestive Blend (720 mg): inulin, apple fiber, pectin, lactobacillus acidophilus, bromelain, bifidobacterium bifidum, papain, amylase.

Proprietary Energy Blend (385 mg): green tea extract (camellia sinesis), bee pollen,

royal jelly, Siberian ginseng root powder (eleutherococcus senticosus).

Essential Supplements

ENERGYFIRST® EnergyONE® Complete One Mega Multi

This multi-vitamin/mineral was developed exclusively for *ENERGYFIRST*. It is a high-potency, high-quality, broad-spectrum multi-vitamin/mineral mix. It combines the optimum amounts of each vitamin and mineral so they can work synergistically for maximum effectiveness. It has high amounts of broad-spectrum B vitamins that are often omitted from commercial multi-vitamins. **EnergyONE®** Mega Multi also contains the most important antioxidants in the optimum amounts – beta-carotene, natural vitamin E, and natural vitamin C. The ingredients contained in *ENERGYFIRST®* **EnergyONE®** Mega Multi provide broad-spectrum protection against the molecular mechanisms involved in degenerative disease and aging. *ENERGYFIRST®* **EnergyONE®** Mega Multi is different from other multi-nutrient formulas because it:

- Provides the optimal dose for most nutrients
- Provides the most bio-available form of each nutrient
- Contains only pharmaceutical-grade nutrients

Recommended Use: Take 1 tablet daily with food and water.

Supplement Facts

| | |
|---|------------------|
| Serving Size: | 1 tablet per day |
| Vitamin A (as 83% beta carotene, 17% palmitate) | 15,000 IU |
| Vitamin C (as ascorbic acid) | 250 mg |
| Vitamin D (as cholecalciferol) | 400 IU |
| Vitamin E (as d-alpha tocopherol) | 150 IU |
| Thiamin (as thiamin mononitrate) | 75 mg |
| Riboflavin | 75 mg |
| Niacin (as niacinamide) | 75 mg |
| Vitamin B6 (as pyridoxine HCl) | 75 mg |
| Folate (folic acid) | 400 mcg |
| Vitamin B12 (as cyanocobalamin) | 75 mcg |
| Biotin | 300 mcg |
| Pantothenic Acid (as D-calcium pantothenate) | 75 mg |
| Calcium (as mixed calcium complexes) | 20 mg |
| Iron (as iron amino acid chelate) | 1.3 mg |
| Iodine (as potassium iodide) | 159 mcg |
| Magnesium (as magnesium amino acid chelate) | 10 mg |
| Zinc (as zinc amino acid chelate) | 10 mg |
| Selenium (as selenomethionine) | 25 mcg |
| Copper (as copper amino acid chelate) | 1 mg |
| Manganese (as manganese amino acid chelate) | 1 mg |

| | |
|---|---------|
| Chromium (as chromium amino acid chelate) | 25 mcg |
| Molybdenum (as molybdenum amino acid chelate) | 27 mcg |
| Potassium (as potassium amino acid chelate) | 1.8 mg |
| Inositol | 75 mg |
| Para-aminobenzoic acid (PABA) | 75 mg |
| Choline (as choline bitartrate) | 31 mg |
| Betaine (as betaine HCl) | 25 mg |
| Citrus Bioflavonoids | 25 mg |
| Rutin | 25 mg |
| Hesperidin | 5 mg |
| Boron (as boron amino acid chelate) | 500 mcg |

Other Ingredients:

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

Chewable Kid’s Multi-Vitamin

Our Chewable Kid’s Multi-Vitamin is a broad-spectrum multi-vitamin that provides essential vitamins and minerals needed to support optimal health. It is a multi-vitamin that is also packed with food-based nutrients that provide extra nutritional support. Most children do not get the essential nutrients that they need from their diet alone. Our Chewable Kid’s Multi-Vitamin helps supply the nutrients necessary to build healthy, strong bodies, including 12 vitamins and 8 minerals that are recommended for children to take on a daily basis. The Chewable Kid’s Multi-Vitamin is a delicious-tasting chewable.

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

Supplement Facts

| | |
|--------------|-------------------|
| Serving Size | 2 tablets per day |
| Vitamin A | 5000 IU |
| Vitamin C | 60 mg |
| Vitamin D | 400 IU |
| Vitamin E | 30 IU |
| Vitamin K | 30 mcg |
| Vitamin B6 | 2 mg |
| Folic Acid | 10 mcg |
| Vitamin B12 | 6 mcg |
| Biotin | 50 mcg |
| Calcium | 20 mg |
| Iron | 5 mg |
| Iodine | 100 mcg |
| Riboflavin | 1.7 mg |
| Niacin | 20 mg |
| Thiamin | 1.5 mg |

| | |
|-------------------------------|---------|
| Panthenic Acid | 10 mg |
| Manganese | 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:

Fructose, sorbitol, beet juice, stearic acid, natural cherry flavors, citric acid, silicon dioxide, magnesium stearate, molasses, maple crystals, and 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. This means that they 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, vitamin 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 capsules with meals.

Supplement Facts

| | |
|-----------------------------------|--------------|
| Serving Size | 1 capsule |
| Servings Per Container | 120 capsules |
| Vitamin A (as beta carotene) | 25,000 IU |
| Vitamin C (as ascorbic acid) | 250 IU |
| Vitamin E(as d-alpha tocopherol) | 200 IU |
| Calcium (as dicalcium phosphate) | 40 mg |
| Zinc (as zinc monomethionine) | 15 mg |
| Selenium (as selenomethionine) | 75 mcg |
| Copper (as copper lysinate) | 2 mg |
| Manganese (as magnesium arginate) | 3.5 mg |
| N-Acetyl cysteine | 50 mg |
| Boldo (leaf) | 25 mg |
| Garlic | 25 mg |
| Milk Thistle (seed) | 25 mg |
| Quercetin | 25 mg |
| Red Grape (skin) | 25 mg |
| Rosemary (leaf) | 25 mg |
| Tumeric (root) | 25 mg |
| Alpha Lipoic Acid | 5 mg |
| Black Pepper (fruit) | 5 mg |
| Ginko (leaf) | 5 mg |
| Red Grape (seed) | 5 mg |

Other Ingredients:

Microcrystalline cellulose, stearic acid, magnesium stearate, and silicon dioxide.

CoQ10 (Coenzyme Q10)

Coenzyme Q10 is an antioxidant similar to vitamin E. It also plays a crucial role in the generation of cellular energy. It 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 1200 mg of CoQ10 may be effective in preventing and treating the disease. Also, those who are on statin drugs should take 100-200 mg of CoQ10 per day 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 CoQ10 deficiency. CoQ10 is also shown to prevent oxidation of LDL cholesterol. Each bottle contains 60 vegetarian capsules. Each capsule contains 100 mg of CoQ10.

Recommended Use: Take 1 capsule 1-2 times daily with meals

Supplement Facts

| | |
|------------------------|-------------|
| Serving Size | 1 capsule |
| Servings Per Container | 60 capsules |
| CoEnzyme Q10 | 100 mg |

Other Ingredients:

Rice powder, magnesium stearate, and cellulose.

Vitamin C with Bioflavonoids

Studies prove that vitamin C works better in combination with other nutrients, like 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. They also 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, stabilizing blood sugar, and strengthening collagen, a major component of connective tissue, including blood vessel walls. 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 essential for optimum health is 3,000 mg per day.

Recommended Use: Take 1 capsule 1-2 times daily with meals

Supplement Facts

| | |
|-------------------------------|--------------|
| Serving Size | 1 capsule |
| Servings Per Container | 100 capsules |
| Vitamin C (ascorbic acid) | 1000 mg |
| Calcium (dicalcium phosphate) | 48 mg |
| Bioflavonoids (from citrus) | 20 mg |

Other Ingredients:

Microcrystalline cellulose, stearic acid, silicon dioxide, magnesium stearate, and croscarmellose sodium.

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 that 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
- Is an 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 2 capsules per day. Split them up and take with two different meals.

Supplement Facts

| | |
|--|-------------------|
| Serving Size | 1 softgel capsule |
| Servings Per Container | 60 softgels |
| Vitamin E (as natural d-alphaTocopherol with natural mixed Tocopherols d-beta, d-delta, and d-gamma) | 400 IU |

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 antibody response to infection. Selenium's powerful antioxidant properties have been shown to effectively inhibit the development of cancers of the breast, liver, skin, and colon.

Recommended Use: Take one softgel one to two times daily with meals.

Supplement Facts

| | |
|------------------------|--------------|
| Serving Size | 1 softgel |
| Servings Per Container | 120 softgels |
| Selenium | 100 mcg |

Other Ingredients:

Rice powder, cellulose, and magnesium stearate.

Bones, Joints, and Inflammation

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 recommended 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 contains this 2:1 ratio of calcium to magnesium.

The coral calcium we use has been collected from above-ground fossilized coral reefs in Okinawa, Japan. In addition to the trace minerals found in the coral calcium, we have also added several other vital vitamins and minerals that are often lacking in our diets, including vitamin A, the B vitamins, folic acid, zinc, and chromium.

Supplement Facts

| | |
|--|--------------|
| Serving Size | 1 softgel |
| Servings Per Container | 120 softgels |
| Vitamin A (as beta carotene) | 3,000 IU |
| Vitamin C (as ascorbic acid) | 30 mg |
| Vitamin D (as cholecalciferol) | 820 IU |
| Vitamin E (as d-alpha tocopherol) | 30 IU |
| Vitamin K | 80mcg |
| Vitamin B1 (as thiamin HCl) | 1.5 mg |
| Vitamin B2 (riboflavin) | 1.7 mg |
| Vitamin B3 | 15 mg |
| Vitamin B6 | 2.0 mg |
| Folate (folic acid) | 400 mcg |
| Vitamin B12 (as cyanocobalamin) | 5 mcg |
| Pantothenic Acid (as d-calcium pantothenate) | 75 mg |
| Calcium (from coral calcium) | 1000 mg |
| Iodine (from kelp) | 50 mcg |

| | |
|--|---------|
| Magnesium (from coral calcium and citrate) | 500 mg |
| Zinc (as zinc citrate) | 8 mg |
| Selenium (as amino acide chelate) | 35 mcg |
| Copper (as copper gluconate) | 3 mg |
| Manganese (as manganese glycinate) | 1.5 mg |
| Chromium (as chromium picolinate) | 120 mcg |
| Boron (as amino acid chelate) | 1 mg |

Other Ingredients:

Gelatin, magnesium stearate, and trace minerals.

Glucosamine Complex with 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 relieve the stiffness, pain, and swelling associated with joint disorders and is used by medical practitioners in the treatment of joint disorders.

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

Supplement Facts

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|-----------------------------|-------------------|
| 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 |
| Boswella (leaf) | 100 mg |

Other Ingredients:

Magnesium stearate, silicon dioxide, and gelatin,

Pain & Inflammation Blend

Pain & 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 you just put too much stress on your body, Pain & Inflammation Blend will help your body respond to pain and swelling safely and effectively.

Pain & Inflammation Blend contains the following:

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, and quercetin, to mention a few. Bioflavonoids perform a wide range of functions, including protecting capillaries, preventing bruising, and providing 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," 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 the most potent. These compounds help prevent the buildup of excess free radicals. They also neutralize existing free radicals by scavenging them. Turmeric also has been shown to support healthy liver function, digestion, and inflammatory response.

Supplement Facts

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|---|------------------|
| Serving Size | 4 tablets |
| Servings per container | 62 (250 tablets) |
| Proprietary Enzyme Blend (Contains: 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, and 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; and decreases homocysteine levels involved in carbohydrate metabolism. The B vitamins comprising this B-complex synergistic mix include:

- **Vitamin B1 (thiamin).** This is a water-soluble vitamin essential for energy metabolism. Thiamin toxicity is zero.
- **Vitamin B2 (riboflavin).** This is also a water-soluble B vitamin. It helps the mitochondria of your cells to produce energy. There are no reports of toxicity with this vitamin.
- **Vitamin B3 (niacin).** This is another water-soluble B vitamin. It 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 is totally harmless. Toxicity is low.
- **Vitamin B5 (pantothenic acid).** This 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).** This is a water-soluble B vitamin that is 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).** This vitamin 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).** Folate 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.** Biotin forms part of the enzymes essential for making glycogen and fatty acids. Biotin has no reported side effects.

Recommended Use: Take 2 capsules per day with a meal.

Supplement Facts

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|---|-----------|
| Serving Size | 1 capsule |
| Servings Per Container | 90 |
| Vitamin C (as ascorbic acid) | 750 mg |
| Thiamin (as thiamine mononitrate) | 50 mg |
| Riboflavin | 50 mg |
| Niacin (as 91% niacinamide, 9% niacin) | 200 mg |
| Vitamin B6 (as pyridoxine HCL) | 100 mg |
| Folate (folic acid) | 400 mcg |
| Vitamin B12 (as cyanocobalamin) | 150 mcg |
| Biotin | 300 mcg |
| Pantothenic acid (as d-calcium pantothenate) | 200 mg |
| Calcium (as 86% dicalcium phosphate, 14% calcium pantothenate) | 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, and hydroxypropyl methylcellulose.

Fat Burners

Leanergy® Ephedra-Free Supplement

Our Leanergy® Ephedra-Free Supplement is a unique, ephedra-free combination of herbs and nutrients formulated to support healthy energy levels and healthy weight maintenance.

Our Leanergy Ephedra-Free Supplement includes:

Garcinia. Traditional Ayurvedic practitioners believe that sour flavors activate digestion, so garcinia has been widely used for this purpose for centuries. Researchers theorize that hydroxycitric acid (HCA) 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 vitamin E.

Guarana Seed Extract. Guarana plays a very important role in Ayurvedic 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. 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, thereby 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. It also is believed to have many tonic properties. Panax ginseng plant has been used for thousands of years in traditional Chinese medicine. The part of the plant that is 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. Whole-grain bee pollen is a superbly nutritious product collected by honey bees from the beehive and used worldwide as an energy-boosting supplement. Bee pollen, however, is not just about energy. Providing a vast array of vitamins and minerals, bee pollen also offers a tremendous range of health benefits. It is used to suppress food, nicotine, and caffeine cravings; regulate weight; combat allergies; and fight chronic fatigue. It 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 1970s. Recently, it has gained attention because of the role it plays in supporting healthy blood sugar balance. Vanadium is also important for building bones and teeth and supporting healthy cholesterol levels.

Supplement Facts

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| Serving Size | 1 tablet |
| Servings per container | 60 tablets |
| Proprietary Blend (Contains: Guarana seed extract, citrus aurantium (6% synephrine), green tea extract, panax ginseng root, garcinia cambogia extract (50% HCA), white willow bark powder, bee pollen, and vanadium (as vanadyl sulfate)) | 1035 mg |

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. There the mineral can 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 that chromium picolinate may also increase longevity and help fight osteoporosis.

Recommended Use: Take 1 capsule 1-2 times daily with meals.

Supplement Facts

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| Serving Size | 1 capsule |
| Servings Per Container | 100 |
| Chromium (as chromium picolinate) | 200 mcg |

Other Ingredients:

Rice powder, cellulose, and magnesium stearate.

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.

Recommended Use: Take 1 capsule 1-2 times daily with meals.

Supplement Facts

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| Serving Size | 1 capsule |
| Servings Per Container | 30 |
| Conjugated Linoleic Acid Concentrate (76% CLA) | 1000 mg |

Other Ingredients:

Gelatin, glycerin, purified water, carob extract, vitamin E mixed tocopherols, titanium dioxide.

Immune Boosters

Immunity Formula

Immunity Formula combines key vitamins, minerals, and herbs that support the body’s immune system to promote overall health and wellness. The immune system is an intricate network of cells, organs, specialized tissues, and chemicals. The lymph nodes, spleen, bone marrow, thymus gland, and tonsils all play a role, as do antibodies and specialized white blood cells known as natural killer cells (NK cells), T cells, and B cells (collectively known as lymphocytes).

Two types of immunity protect the body: innate and adaptive. Innate immunity provides the first barrier against microorganisms and is present at birth. The skin, mucus, and stomach acids are examples of innate immunity that keep unwanted germs, viruses, bacteria, and parasites from vulnerable tissues. Adaptive immunity is acquired throughout life, such as after immunizations or successfully fighting off an infection.

Symptoms of decreased immune function include frequent colds and flus, recurring parasitic infections, infections that escalate from mild to serious, as well as infections that are usually well-controlled by a healthy immune system. Dietary and health factors also affect immune function. For instance, all forms of sugar interfere with the ability of white blood cells to destroy bacteria; studies suggest diets high in sucrose (table sugar) impair immune function. Alcohol intake, including single occurrences of moderate consumption, also interferes with a wide variety of immune defenses. Moreover, excessive thinness and obesity are associated with impaired immune responses.

Our Immunity Formula includes:

Vitamin A. Because vitamin A helps cells reproduce normally, a vitamin A deficiency impairs innate immunity by threatening regeneration of protective cells and organs damaged by infection. Vitamin A also plays a role in adaptive immunity because a deficiency diminishes the body's ability to produce antibodies, which fight infection.

Vitamin C. Vitamin C is a powerful antioxidant and cell protector that stimulates the immune system by both elevating and enhancing the activity of certain immune cells. Studies show that vitamin C, when taken at the onset of a cold, significantly reduces the duration of a cold.

Vitamin E. As an antioxidant that protects cell membranes and other fat-soluble parts of the body, vitamin E also enhances some measures of immune cell activity. Researchers have shown improved immune function when vitamin A, vitamin C, and vitamin E are taken together.

Riboflavin. Riboflavin (also known as vitamin B2) is needed to process amino acids and fats, activate vitamin B6 and folic acid, and help convert carbohydrates into adenosine triphosphate (ATP), which is the fuel the body runs on. In some instances, riboflavin can also act as an antioxidant.

Magnesium. Magnesium is an essential mineral to the human body. It is needed for bone, protein, and fatty acid formation, activating B vitamins, relaxing muscles, clotting blood, forming ATP, and making new cells.

Zinc. Among many other functions, zinc is an essential mineral and is needed to boost immunity. Zinc interferes with viral replication and therefore may stop viruses from entering cells, may help immune cells fight colds, and may relieve cold symptoms.

Selenium. Selenium is an essential trace mineral that supports healthy immune function. Researchers have shown that selenium, when taken with zinc, boosts immunity by reducing infections. Studies suggest that trace minerals like selenium

may be the most important micronutrients for enhancing immunity and preventing infections.

Echinacea. Studies have found that echinacea stimulates the function of a variety of immune cells, particularly NK cells. Evidence from studies also suggests that echinacea speeds recovery from the common cold through immune stimulation (as opposed to killing the cold virus directly).

Astragalus. The complex polysaccharides in astragalus seem to act as “immunomodulators.” Immunomodulators have the natural ability to increase the body’s production of messenger cells that regulate the immune system. The overall effect is a more efficient immune system. Studies on astragalus show that it can prevent white blood cell numbers from falling in people getting chemotherapy and radiotherapy and can elevate antibody levels in healthy people.

Garlic. Garlic has powerful immune-boosting qualities and has been shown to aid the process of phagocytosis (when white blood cells engulf or “eat” invaders).

Korean Ginseng. Panax ginseng, commonly known as Korean or Chinese ginseng, is a member of the Araliaceae family, which also includes the closely related American ginseng (panax quinquefolius) and less similar Siberian ginseng (eleutherococcus senticosus), also known as eleuthero. Research suggests that ginseng boosts immunity by supporting the adrenal glands, thymus, and spleen.

Eleutherococcus Senticosus (Eleuthero). Common names for this herb include Siberian ginseng, Touch-me-not, and Devil’s shrub. Eleuthero has been shown to improve athletic performance, stimulate the nervous system, enhance memory and concentration, as well as support the immune system.

Reishi Mushroom. Though used in traditional Chinese medicine for at least 2,000 years, only recently has the reishi mushroom received attention for its apparent immune-enhancing activities. Studies have shown that the reishi mushroom may transform many components of the immune system, including NK cells.

If you are pregnant or lactating, consult your health care practitioner prior to taking this product.

Recommended Use: Take 2 capsules daily.

Supplement Facts

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| Serving Size | 2 capsules |
| Servings Per Container | 30 capsules |
| Vitamin A (as vitamin A palmitate) | 5000 IU |
| Vitamin C (as magnesium ascorbate) | 60 mg |
| Vitamin E (as vitamin E acetate) | 30 IU |
| Riboflavin | 3 mg |
| Magnesium (as magnesium oxide, magnesium ascorbate) | 40 mg |
| Zinc (as zinc gluconate) | 10 mg |

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| Selenium (as selenium amino acid chelate) | 17.5 mcg |
| Echinacea Purpurea (aerial parts) | 325 mg |
| Astragalus (root) | 300 mg |
| Odorless Garlic | 200 mg |
| Korean Ginseng (panax ginseng) | 175 mg |
| Eleutherococcus Senticosus (root) | 75 mg |
| Reishi Mushroom | 50 mg |

Other Ingredients:

Vegetable capsule, silicon dioxide, and magnesium stearate.

Prostate Health

Prostate Health

Prostate Health is a unique combination of key vitamins, minerals, and herbs that help support the natural function of the prostate.

The prostate gland is a small, donut-shaped, walnut-sized gland surrounding the urethra (at the point where it leaves the bladder). It produces an alkaline substance that makes up the largest part of the seminal reproductive fluid.

As men mature into their 40s, the cells in the prostate gland often become enlarged; this is known as Benign Prostatic Hyperplasia or BPH for short. BPH is the non-cancerous enlarging of the prostate, which is harmless in some cases. Often times, however, the enlargement of the prostate gland squeezes the urethra to interfere with urinary flow; this, in turn, can lead to urological symptoms associated with the bladder. Numerous studies show that more than half of all men over age 50 suffer from an enlarged prostate and its symptoms. As men continue to age, up to 80% suffer from uncomfortable symptoms that may include increased frequency and urgency of urination, sleep-disturbing nighttime urination, and lower back pain.

While aging contributes to an enlarged prostate gland, hormones may also play a role. In the prostate cells, testosterone is converted into another, more powerful male hormone: dihydrotestosterone (DHT). DHT is responsible for triggering the division of prostate cells so their numbers increase. Levels of DHT are known to be 5 times higher in enlarged prostate glands than in those of normal size. If the conversion of testosterone to DHT is prevented, BPH does not occur and in some cases can even be reversed once it has developed.

Men in their mid to late 40s and beyond should look to their healthcare provider for information on the prostate and for preventative measures.

Our Prostate Health formula promotes overall prostate, bladder, and urinary tract health, and research shows that it can help healthy prostate function, reduce the urgency and frequency of urine flow associated with a swollen prostate gland, and reduce delayed urine flow associated with a swollen prostate gland.

Here are some of the ingredients in our Prostate Health formula:

Saw Palmetto. Saw palmetto is especially helpful to men suffering from prostate gland problems. Saw palmetto relieves symptoms of BPH, such as urinary frequency and urgency, excessive nighttime urination, or delayed urination.

Additionally, saw palmetto promotes optimum anti-inflammatory responses in the prostate to reduce swelling and promote normal urine flow. Moreover, saw palmetto has been shown to inhibit conversion of testosterone to DHT, which contributes to swelling and enlargement of the prostate.

Cayenne Pepper. Cayenne pepper has traditionally been used to promote prostate and urinary health because it contains capsaicin and saponins that stimulate blood flow.

Beta Sitosterol. Beta sitosterol are plant hormones (phytosterols) found in the oil of certain plants. Studies show that beta sitosterol (at a minimum of 20 mg per day) can increase urine flow and decrease residual urine volume significantly. Research also suggests that beta sitosterol inhibits prostaglandin synthesis thus reducing inflammation.

Pygeum Africanum. Pygeum africanum is native to the high-forested regions of Africa where it has been used for centuries for maintaining and improving prostate health. Today it is widely used in both Germany and France where it has been approved to support a healthy prostate. The bark of this tall African tree is an excellent source of beta sitosterol and has been shown to reduce inflammation. Additionally, research supports that pygeum africanum is more effective in the presence of saw palmetto.

Green Tea Extract. Green tea extract can help promote prostate health in men who are at a high risk of developing prostate cancer. This was shown in a recent study where men with precancerous changes in the prostate were given green tea extract for one year. The results showed a favorable, statistically significant difference for these men versus those who got the placebo.

Pumpkin. Pumpkin is native to North America, tropical regions of Africa, and South Asia. The origins of its use can be traced back to Native American healers. Several years ago, researchers noticed that men who live in areas where pumpkin seeds are a diet staple have a lower incidence of prostate problems. This may be due to the essential fatty acid content in pumpkin, as EFAs have been found to be useful for optimal prostate health. Also a good source of zinc, pumpkin contains nutrients that promote prostate, bladder, and urinary tract health. Pumpkin is most effective when combined with nettle and/or saw palmetto (both of which are found in this formulation).

Nettle. Nettle is gaining recognition for its positive effects in supporting prostate, bladder, and urinary tract health. It also promotes urine flow and supports less frequent urination.

L-Glycine and L-Glutamic Acid. In a recent controlled trial, men with BPH were given a supplement containing three amino acids: glycine, glutamic acid, and alanine. After three months, about half of these men reported reduced urgency and frequency of urination and/or less of a delay in starting urine flow thanks to a reduction in the amount of swelling in the prostate. Other similar controlled trials of this amino acid combination have produced similar results.

Lycopene. Lycopene is one of the most widely studied compounds today and has been shown in numerous studies to promote prostate health. It is highly regarded as an important ingredient in promoting men's health and is the subject of ongoing studies on anti-carcinogenic effects. Lycopene is the most abundant carotenoid present in the prostate gland and serves as an antioxidant by protecting against free radical attacks in the prostate.

Recommended Use: Take 2 capsules daily with an 8-ounce glass of water.

Supplement Facts

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| Serving Size | 2 capsules |
| Servings Per Container | 30 capsules |
| Vitamin D (as cholecalciferol) | 1000 IU |
| Vitamin E (as acetate) | 100 IU |
| Thiamin (as thiamine mononitrate) | 1.5 mg |
| Riboflavin | 1.7 mg |
| Niacin (as niacinamide) | 20 mg |
| Vitamin B6 (as pyridoxine HCl) | 50 mg |
| Folic Acid | 400 mcg |
| Vitamin B12 (as cyanocobalamin) | 6 mcg |
| Pantothenic Acid (as d-calcium pantothenate) | 10 mg |
| Zinc (as zinc amino acid chelate) | 15 mg |
| Selenium (as selenomethionine) | 100 mcg |
| Copper (as copper amino acid chelate) | 2 mg |
| Saw Palmetto Extract (berry-serenoa repens) | 500 mg |
| Cayenne Pepper (powder) | 100 mg |
| Beta Sitosterol | 50 mg |
| Pygeum Africanum Bark Extract | 50 mg |
| Green Tea Extract (powder) | 50 mg |
| Pumpkin (seed powder) | 50 mg |
| Nettle (leaf powder) | |
| L-Glycine | 25 mg |
| L-Glutamic Acid | 25 mg |
| Lycopene | 10 mg |

Other Ingredients:

Gelatin, silicon dioxide, and magnesium stearate.

Heart Health

Heart-Cholesterol Support

Heart disease is one of the leading causes of death in the United States and a major cause of disability. In 2009, it is estimated that 785,000 Americans will have a new coronary attack and approximately 470,000 will have a recurrent episode. High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and second hand smoke are associated risk factors of heart disease. The chance of developing heart disease can be reduced by controlling these risk factors.

A healthy lifestyle that includes a healthy diet and exercise is the best weapon to combat heart disease. But since most diets lack fundamental nutritional elements, supplements are recommended to help control the risk factors of heart disease. Our Heart-Cholesterol Support formula contains phytosterols, or plant sterols, to help reduce these risks. Research has shown that consuming two grams of phytosterols daily can slash the risk of heart disease by as much as 25%!

The FDA has also agreed that: supplements or food containing at least 400 mg per serving of free phytosterols eaten twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering blood cholesterol.

Our Heart-Cholesterol Support formula contains 400 mg of phytosterols as well as salicin, a natural anti-inflammatory agent similar to aspirin, and nattokinase, an enzyme traditionally used to support healthy blood flow and minimize the chances of developing heart and vascular diseases.

Recommended Use: Take 2 capsules daily with meals. Dosage may be split between two meals.

Supplement Facts:

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| Serving Size | 2 capsules |
| Servings Per Container | 60 |
| Phytosterols (from soy) | 400 mg |
| Salicin (from white willow bark extract) | 81 mg |
| Nattokinase 20,000 FU's/g | 50 mg |

Other Ingredients:

Cellulose, rice flour, silicon dioxide, magnesium stearate, and soy.

If you are taking prescription blood thinners or any heart medication; have a family history of heart disease; are susceptible to cardiovascular events, like heart attacks or strokes; or are pregnant or lactating, consult a health care practitioner prior to using this product. Also, do not take this product if you are allergic to aspirin or salicylates.

Digestive Aids

Enerzyme® Digestive Enzyme Complex

Enerzyme® Digestive Enzyme Complex is a vegetarian-sourced digestive enzyme blend. Products classified as digestive enzymes help facilitate digestion, help with 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 1-2 times daily.

Supplement Facts

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| Serving Size | 2 capsules |
| Servings Per Container | 45 (90 capsules) |
| Digestive Enzyme Blend | 104 mg |
| Bromelain (from pineapple) | 120 GDU |
| Papain (from papaya fruit) | 600,000 FCCPU |
| Protease 4.5 (from <i>Asperilla oryzae</i>) | 10 SAPU |
| Amylase (from <i>Asperilla oryzae</i>) | 400 DU |
| Lipase (from <i>Asperilla niger</i>) | 60 FCCLU |
| Protease 4.5 (from <i>Asperilla oryzae</i>) | 400 HUT |
| Lactase (from <i>Asperilla oryzae</i>) | 20 ALU |
| Cellulase (from <i>Trichoderma longbrachiatum</i>) | 10 CU |
| Hemicellulase (from <i>Asperilla niger</i>) | 10 HCU |

Other Ingredients:

Rice powder, cellulose, and 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 support and maintain hair, skin, and nail health.

The majority of Americans do not get the essential nutrients they need from their diets alone. The soil is depleted of vital vitamins and minerals, and today's stressful lifestyle can deplete the body of the vitamins, minerals and nutrients it needs.

This formulation provides the extra nourishment needed to keep hair, skin, and nails strong and beautiful. Maintaining optimal health for your hair, skin, and nails starts from the inside and requires the proper nutrients to insure their beauty and nourishment.

Recommended Use: Take 2 capsules daily with a meal. Do not exceed 4 capsules per day.

Supplement Facts

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|---|------------------|
| Serving Size | 2 capsules |
| Servings Per Container | 45 (90 capsules) |
| Vitamin A (as beta carotene) | 5500 IU |
| Vitamin C (as Ester C-MV grade) | 70 mg |
| Vitamin E (as d-alpha tocopherol succinate) | 35 IU |
| Biotin | 350 mcg |
| Iodine (from kelp) | 155 mcg |
| Selenium (as amino acid complex) | 75 mcg |
| L-Cysteine (from L-cysteine HCl) | 50 mg |
| L-Methionine | 50 mg |
| Borage Oil (naturally occurring essential fatty acids) | 25 mg |
| Flaxseed Oil (naturally occurring essential fatty acids) | 14 mg |
| Silica (from horsetail extract) | 2 mg |
| Collagen Type II (hyaluronic acid, chondroitin complex) | 250 mg |
| Zinc (as amino acid chelate) | 15 mg |
| MSM | 50 mg |
| 74 Trace Mineral Blend | 5 mg |
| Astaxanthin | 250 mcg |
| Proprietary Blend (Contains: white tea extract oat (bran), milk thistle (seed), bioperine) | 52.5 mg |

Other Ingredients:

Gelatin, rice flour, magnesium stearate, and silica.