

Care First⁺

CLINIC



FORMULA CATALOG



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

Note: If pregnant or nursing, consult your healthcare practitioner before using any nutritional supplement.

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Berberine Complex

With Gynostemma and CoQ10

Berberine Complex offers support for maintaining already healthy blood glucose metabolism, insulin and cardiovascular function.* Berberine has been found to aid in AMPK activation, a process which plays an important role in supporting a healthy metabolism.* With the addition of Gynostemma pentaphyllum and CoQ10, Berberine Complex provides powerful antioxidant support and supports optimal vascular, immune and gastrointestinal health.*

Specifications:

Available in
90 vegetable capsules

Serving Size 1 capsule

Servings Per Container 90

Directions:

Adults take one capsule 1-3 times per day or as directed by your healthcare practitioner.

Amount Per Serving

Berberine hydrochloride (<i>Berberis sp.</i>) (bark, root)	400 mg
Gynostemma (leaf) extract (<i>Gynostemma pentaphyllum</i>)	150 mg
CoQ10 (ubiquinone)	50 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, L-leucine, bamboo extract (stem and leaf).

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Warning: If you are on insulin treatment or taking hypoglycemic medications, consult with your healthcare practitioner before using this product.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



Independently Tested

GLUTEN-FREE



Suitable for

VEGETARIANS



Vegetable

CAPSULES

Cholesterol Support*

Supports Healthy Cholesterol Levels*

Cholesterol Support* is a comprehensive formula designed to support healthy blood lipid levels and liver function.* It contains nutrients to enhance fat metabolism, including choline, methionine and taurine.* Additionally, dandelion is included to support bile flow and healthy liver function.*

N-Acetyl L-Cysteine (NAC) is a unique form of the amino acid L-cysteine which has been found to support healthy tissue levels of glutathione (GSH).* Inositol hexanicotinate, a sustained release form of niacin, and guggul extract are included to support healthy blood lipid levels, including triglycerides.* Several studies on policosanol indicate it may also be beneficial for helping maintain healthy blood lipid levels.*

Amount Per Serving	
Niacin (as inositol hexanicotinate)	800 mg NE
Choline (as choline dihydrogen citrate)	320 mg
Guggul (<i>Commiphora mukul</i>) (gum resin) extract	600 mg
Red Yeast Rice (<i>Monascus purpureus</i>)	500 mg
L-Methionine	320 mg
L-Taurine	160 mg
Dandelion (<i>Taraxacum officinale</i>) (root) extract (4:1)	120 mg
N-Acetyl L-Cysteine (NAC)	80 mg
Coenzyme Q10 (ubidecarenone)	25 mg
Policosanol (from sugar cane wax)	16 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Sourced from non-GMO ingredients.

Specifications:

Available in

120 vegetable capsules

Serving Size 4 capsules

Servings Per Container 30

Directions:

Take four capsules once per day after a meal or as directed by your healthcare practitioner.



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Collagen

Highly Viable Peptides in a Flavorless Powder

This formula is a flavorless collagen powder that can be added to food or beverages, hot or cold. This formula contains vitamin C, zinc, magnesium and two highly viable types of collagen peptides from bovine skin:

FORTIGEL® – Optimized specific collagen peptides of FORTIGEL® have been proven to activate the growth of new cartilage by stimulating cells, helping to make the joints smooth and mobile.* The effectiveness of FORTIGEL® has been scientifically proven in numerous studies.

VERISOL® – VERISOL® can help stimulate skin metabolism and counteract the loss of collagenous extracellular matrix from the inside.* The specific peptides of VERISOL® are recognized by the fibroblast cells in the dermal layer of the skin as collagen fragments like those resulting from catabolic activities. Therefore, they are stimulated to increase their collagen metabolism to counter-balance collagen degradation in the dermis. The result is a considerably higher production of dermal collagen and overall extracellular matrix, replacing what is lost through aging and environmental influences.*

Specifications:

Available in 9.45 oz (268 g)

Serving Size 1 scoop (8.9 g)

Servings Per Container 30

Directions:

Mix 1 scoop (8.9 g) into your choice of beverage or food, hot or cold, once per day or as directed by your healthcare practitioner.

Amount Per Serving

Calories	35
Protein	9 g
Vitamin C (as ascorbic acid)	100 mg
Magnesium (as magnesium bisglycinate chelate) [†]	100 mg
Zinc (as zinc bisglycinate chelate) [†]	10 mg
Collagen Peptides (5,000 mg ^{††} , 2,500 mg ^{†††})	7,500 mg

Other Ingredients: None.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: If pregnant or nursing, please consult with your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



Enhanced Absorption Technologies™

Chelated Minerals for Superior Bioavailability

^{††}FORTIGEL® & ^{†††}VERISOL® are registered trademarks of GELITA AG.



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Comprehensive Immune Support*

Synergistic Blend of Ingredients to Support Immune Health*

This formula provides a synergistic blend of ingredients to support immune health.* Studies show that the ingredients found in this formula support white blood cell production, T1 and T2 balance, neutrophil migration and phagocytosis. Comprehensive Immune Support* also contains powerful antioxidants that support against oxidative stress and free radical damage.*

Amount Per Serving

Vitamin C (as ascorbic acid)	200 mg
Vitamin D (as cholecalciferol) (1,000 IU)	25 mcg
Vitamin B12 (as methylcobalamin)	50 mcg
Zinc (as zinc bisglycinate chelate) [†]	5 mg
Astragalus (<i>Astragalus membranaceus</i>) (root) extract	500 mg
Andrographis (<i>Andrographis paniculata</i>) (aerial parts) extract (50% andrographolides)	250 mg
European Elder (<i>Sambucus nigra</i>) (berry) extract	250 mg
<i>Echinacea angustifolia</i> (aerial parts) extract (5:1)	150 mg
<i>Echinacea purpurea</i> (root) extract (4:1)	150 mg
Quercetin (as quercetin dihydrate)	150 mg
Fisetin (from <i>Cotinus coggygia</i> (stem))	100 mg
Luteolin (from <i>Sophora japonica</i> (bud))	100 mg
Ginger (<i>Zingiber officinale</i>) (root, rhizome) extract (standardized to 5% gingerols and shogaols)	25 mg

Specifications:

Available in

90 vegetable capsules

Serving Size 3 capsules

Servings Per Container 30

Directions:

Take three capsules once per day or as directed by your healthcare practitioner.

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Comprehensive Thyroid Support*

Featuring 500 mg of L-Tyrosine

Comprehensive Thyroid Support* features targeted nutrients and herbs that support healthy thyroid function and facilitate the expression of thyroid hormone genes.* This formula includes the key ingredient L-Tyrosine, which serves as the foundation to nourish healthy levels of thyroxine.* L-Tyrosine and iodine play a key role in the synthesis of thyroid hormones.*

Additionally, riboflavin, flavin adenine dinucleotide (FAD), serves as the currency of energy in the cell and facilitates the metabolic production of energy from food.* Guggul and Ashwagandha may aid in the conversion of thyroxine to the more bioactive triiodothyronine (T4 to T3) and may aid in stimulating the thyroid gland.* These ingredients have also been known to aid in maintaining healthy blood lipid levels.* Rosemary has been added for its antioxidant properties and may aid in preventing free radical damage to thyroid tissue.*

Specifications:

Available in
120 vegetable capsules

Serving Size 4 capsules

Servings Per Container 30

Directions:

Take four capsules once per day or as directed by your healthcare practitioner.



Amount Per Serving

Vitamin A (as retinyl palmitate) (3,000 IU)	900 mcg RAE
Vitamin C (as ascorbic acid)	30 mg
Vitamin D3 (as cholecalciferol) (400 IU)	10 mcg
Vitamin E (as d-alpha tocopheryl succinate) (100 IU)	67 mg
Riboflavin (Vitamin B2)	3 mg
Niacin (as inositol hexanicotinate)	17 mg NE
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg
Iodine (from kelp (<i>Laminaria sp.</i>) (thallus) extract)	150 mcg
Magnesium (as di-magnesium malate, magnesium bisglycinate chelate ¹)	25 mg
Zinc (as zinc bisglycinate chelate ¹)	10 mg
Selenium (as selenium glycinate)	200 mcg
Potassium (as potassium glycinate complex)	25 mg
Guggul extract (<i>Commiphora mukul</i> , gum)	1,000 mg
L-Tyrosine	500 mg
Ashwagandha (<i>Withania somnifera</i>) (root) powder	100 mg
Rosemary (<i>Rosmarinus officinalis</i>) (leaf) extract 4:1	100 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, magnesium stearate, bamboo silica.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Warning: Contains ashwagandha. Do not use if pregnant or nursing. Keep out of reach of children.

Caution: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 1,500 mcg RAE (5,000 IU) of preformed vitamin A (retinyl acetate or retinyl palmitate) per day.



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Female Hormone Balance*

Supports Sexual Health and Energy*

Female Hormone Balance* is a powerful blend of nine synergistic ingredients designed to help support healthy hormone metabolism in women.* Additionally, the select ingredients in this formula have been proven clinically effective in supporting sexual health and energy, promoting healthy cortisol levels and providing dopamine support.*

Amount Per Serving	
Ashwagandha (<i>Withania somnifera</i>) (root, stems, leaves) extract (5% withanolides)	250 mg
Ginseng (<i>Panax ginseng</i>) (aerial parts) extract (7% ginsenosides)	200 mg
Tribulus (<i>Tribulus sp.</i>) (fruit) extract (60% saponins)	200 mg
Diindolylmethane (DIM)	100 mg
Stinging Nettle (<i>Urtica dioica</i>) (root) extract (4:1)	100 mg
Velvet Bean (<i>Mucuna pruriens</i>) (seed) extract (97% L-Dopa)	100 mg
Longjack (<i>Eurycoma longifolia</i>) (root) extract (100:1)	50 mg
Grape (<i>Vitis vinifera</i>) (seed) extract (95% polyphenols)	10 mg
Betaine (as betaine hydrochloride)	7.5 mg

Specifications:

Available in

60 vegetable capsules

Serving Size 2 capsules

Servings Per Container 30

Directions:

Take two capsules twice per day or as directed by your healthcare practitioner.

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, magnesium stearate.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Warning: Contains ashwagandha root. Do not use if pregnant or nursing.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Female Hormone Balance*

Menopause Support*

This formula is designed to support hormone balance for women experiencing menopause and perimenopause.* A synergistic blend of Chasteberry, Ashwagandha, Black Cohosh, Grape, Wild Yam, Maritime Pine and Rhodiola developed by the well-respected compounding pharmacist Jim Meyer. With research-backed ingredients, this formula was created to help support hormone balance, temperature regulation, and mood in women.*

Specifications:

Available in

60 vegetable capsules

Serving Size 2 capsules

Servings Per Container 30

Directions:

Take two capsules once per day or as directed by your healthcare practitioner.

Amount Per Serving

Chasteberry (<i>Vitex agnus-castus</i>) extract	200 mg
Ashwagandha (<i>Withania somnifera</i>) (root, stem, leaf) extract (5% withanolides)	150 mg
Black Cohosh (<i>Actaea racemosa</i>) (root, rhizome) extract (2.5% triterpene glycosides)	100 mg
Grape (<i>Vitis vinifera</i>) (seed) extract (95% polyphenols)	100 mg
Wild Yam (<i>Dioscorea villosa</i>) (root, rhizome) extract (6% diosgenin)	100 mg
Maritime Pine (<i>Pinus pinaster</i>) (bark) extract (95% proanthocyanidins)	70 mg
Rhodiola (<i>Rhodiola rosea</i>) (root) extract (3% rosavins; 1% salidroside)	50 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsules), microcrystalline cellulose, L-leucine, bamboo silica.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: If pregnant or nursing, please consult with your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Warning: Contains ashwagandha. Do not use if pregnant or nursing. Keep out of reach of children.



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Female Hormone Balance*

Premenstrual Support*

This formula has a synergistic blend of ingredients designed to help support premenstrual health and wellbeing.* This formula helps support healthy estrogen metabolism in women.*

Specifications:

Available in

90 vegetable capsules

Serving Size 3 capsules

Servings Per Container 30

Directions:

Take three capsules once per day or as directed by your healthcare practitioner.

Amount Per Serving

Calcium	120 mg
Calcium D-Glucarate	1,000 mg
Chasteberry (<i>Vitex agnus-castus</i>) extract	225 mg
Diindolylmethane (DIM)	200 mg
Indole-3-Carbinol (I3C)	150 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, magnesium stearate, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: If you are pregnant or nursing, consult your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Fish Oil

EPA & DHA Essential Fatty Acids from Cold-Water Fish

This formula provides an ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from fish caught in cold, deep sea waters. This formula is molecularly distilled and is independently verified to ensure potency and purity according to the highest worldwide standards. The purity assay process includes testing for PCBs, heavy metals and pesticides.

EPA and DHA from fish oil promote cardiovascular health by supporting optimal triglyceride and cholesterol levels and reducing platelet aggregation.* Fish oil has also been shown to promote optimal joint function and overall brain and nervous system function.*

Amount Per Serving	
Calories	15
Total Fat	1.5 g
Polyunsaturated Fat	1.5 g
Cholesterol	5 mg
Vitamin E (as D-alpha tocopherol) (10 IU)	6.7 mg
Natural Marine Lipid Concentrate	1.36 g
EPA (eicosapentaenoic acid) (625 mg)	
DHA (docosahexaenoic acid) (245 mg)	
Other Omega-3 Fatty Acids (82 mg)	

Specifications:

Available in 60 softgels

Serving Size 1 softgel

Servings Per Container 60

Directions:

Take one softgel 1-3 times per day or as directed by your healthcare practitioner.

Other Ingredients: Gelatin (bovine), vegetable glycerin, purified water, mixed natural tocopherols.

Contains: Fish (anchovy, mackerel and sardine) ingredients

Does Not Contain: Milk, eggs, shellfish, tree nuts, peanuts, wheat, soy, artificial colors, sweeteners or preservatives.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

The omega-3 fatty acids in this formula are in the ethyl ester form.



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Iron & Ferritin Support*

Support for the Production of Hemoglobin and Red Blood Cells*

Iron & Ferritin Support* is an advanced iron formula supplying key nutrients to assist the body's production of hemoglobin and healthy red blood cells.*

It features Ferrochel®, Albion® Minerals' patented iron bisglycinate chelate. Ferrochel® is a well-tolerated, non-constipating iron that is much more highly absorbable than other forms of iron commonly used in dietary supplements.*

The 5-MTHF in this formula is the most biologically active form of folate, allowing rapid uptake into the bloodstream.* The 5-MTHF in this formula is also known as the "L" form of 5-MTHF since it is the reduced form of folate.

Specifications:

Available in
60 vegetable capsules

Serving Size 1 capsule

Servings Per Container 60

Directions:

Take one capsule once per day or as directed by your healthcare practitioner.

Amount Per Serving

Vitamin C (as calcium ascorbate)	100 mg
Thiamin (as thiamin hydrochloride)	5 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg
Folate (as 600 mcg L-5-methyltetrahydrofolate, calcium salt)	1,020 mcg DFE
Vitamin B12 (as methylcobalamin)	800 mcg
Iron (as ferrous bisglycinate chelate)†	29 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Storage: Keep tightly closed in a cool, dry place.

Sourced from non-GMO ingredients.



†Enhanced Absorption Technologies™

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Liver Detox*

Phase I & Phase II

Liver Detox* is designed to support balanced activity of the body's Phase I and Phase II detoxification processes.* It has been formulated to contain select ingredients to enhance the activities of hepatic detoxification enzymes and support healthy detoxification pathways.*

The 5-MTHF in this formula – Quatrefolic® – is the most biologically active form of folate, allowing rapid uptake into the bloodstream.* The 5-MTHF in this formula is also known as the “L” form of 5-MTHF since it is the reduced form of folate.

Amount Per Serving	
Vitamin B6 (as pyridoxal-5'-phosphate)	50 mg
Folate (as 400 mcg (6S)-5-methyltetrahydrofolic acid, glucosamine salt)†	680 mcg DFE
Vitamin B12 (as methylcobalamin)	200 mcg
Artichoke (<i>Cynara scolymus</i>) (aerial parts) extract (5% cynarin)	600 mg
Watercress (<i>Nasturtium officinale</i>) (whole herb) extract	500 mg
Milk Thistle (<i>Silybum marianum</i>) (seed) extract (80% silymarin)	250 mg
Alpha-Lipoic Acid	200 mg
N-Acetyl L-Cysteine (NAC)	200 mg
Sodium Sulfate Anhydrous	200 mg
Green Tea (<i>Camellia sinensis</i>) (leaf) extract (98% polyphenols, 75% catechins, 45% EGCG)	150 mg
Calcium D-Glucarate	100 mg
Methylsulfonylmethane (MSM)	100 mg
Pomegranate (<i>Punica granatum</i>) (hull) extract (40% ellagic acid)	100 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

†Quatrefolic® is a registered trademark of Gnosis S.p.A, U.S. Patent number 7,947,662.

Specifications:

Available in

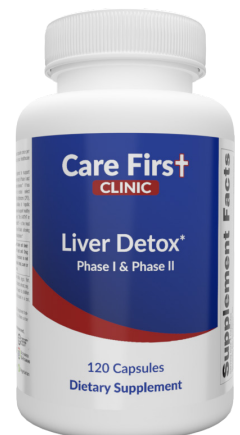
120 vegetable capsules

Serving Size 4 capsules

Servings Per Container 30

Directions:

Take four capsules once per day or as directed by your healthcare practitioner.



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Mag-Plus

Muscle, Nerve, and Energy Support*

Mag-Plus features the highly absorbable magnesium lysinate glycinate chelate and the patented di-magnesium malate from Balchem Corporation, the world leader in patented mineral amino acid chelate and organic mineral acid complex research and development.* We have chosen Balchem's Albion™ minerals technology to provide the highest quality minerals for optimal absorption and utilization.*

Magnesium is involved in over 300 enzyme-related processes including cardiac, muscle and nerve function and the production of ATP for energy.* Magnesium also plays a role in supporting optimal bone density and maintenance of blood glucose levels.*

Specifications:

Available in

120 vegetable capsules

Serving Size 1 capsule

Servings Per Container 120

Directions:

Take one capsule 2-3 times per day between meals or as directed by your healthcare practitioner.

Amount Per Serving

Magnesium (as di-magnesium malate and magnesium lysinate glycinate chelate)†	125 mg
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Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silica.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Methylated B-Complex

Comprehensive Methylation Support*

Methylated B-Complex is a comprehensive formula designed to support healthy homocysteine levels and optimal methylation.* The 5-MTHF in this formula – Quatrefolic® – is the most biologically active form of folate, allowing rapid uptake into the bloodstream.* The 5-MTHF in this formula is also known as the “L” form of 5-MTHF since it is the reduced form of folate. B vitamins are provided in their active forms to support enhanced methylation and cardiovascular health.*

Amount Per Serving	
Riboflavin (Vitamin B2) (as riboflavin-5'-phosphate)	25 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	25 mg
Folate (as 600 mcg (6S)-5-methyltetrahydrofolic acid, glucosamine salt†, and 600 mcg (6S)- methyltetrahydrofolic acid, calcium salt)	2,040 mcg DFE
Vitamin B12 (as methylcobalamin)	1,000 mcg
Trimethylglycine (as anhydrous betaine)	500 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Sourced from non-GMO ingredients.

†**Quatrefolic®** is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

Specifications:

Available in
60 vegetable capsules

Serving Size 1 capsule

Servings Per Container 60

Directions:

Take one capsule once per day with a meal or as directed by your healthcare practitioner.



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Mitochondrial Support*

Plus Improved Energy*

Mitochondrial Support* contains powerful, targeted ingredients, including super antioxidants, minerals and amino acids, to assist in the enhancement and restoration of the functional capability of mitochondria.* Mitochondria are responsible for producing energy (ATP) needed by cells to function properly. Methylation deficiency, toxic exposure and poor nutritional delivery can initiate functional deficiency in the mitochondria.*

Specifications:

Available in

90 vegetable capsules

Serving Size 3 capsules

Servings Per Container 30

Directions:

Take three capsules once per day or as directed by your healthcare practitioner.

Amount Per Serving

Biotin	200 mcg
Zinc (as zinc bisglycinate chelate) [†]	35 mg
Acetyl L-Carnitine Hydrochloride	300 mg
L-Ornithine Hydrochloride	300 mg
Alpha-Lipoic Acid	200 mg
N-Acetyl L-Cysteine (NAC)	200 mg
Quercetin Dihydrate	200 mg
L-Arginine alpha-ketoglutarate (AAKG)	100 mg
L-Citrulline	100 mg
L-Methionine	100 mg
Japanese Knotweed (<i>Polygonum cuspidatum</i>) (root) extract (50% trans-resveratrol)	75 mg
Turmeric (<i>Curcuma longa</i>) (rhizome) (root) extract (95% curcuminoids)	50 mg
Coenzyme Q10 (as ubiquinone)	45 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), natural orange flavor, bamboo stem and leaf extract, magnesium stearate, microcrystalline cellulose, stevia leaf extract.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



†Enhanced Absorption Technologies™

Chelated Minerals for Superior Bioavailability



Independently Tested

GLUTEN-FREE



Suitable for

VEGETARIANS



Vegetable

CAPSULES

Muscle Discomfort

Supports Natural Muscle Relaxation*

Muscle Discomfort is a powerful nutritional supplement offering support for healthy muscle function.* The select ingredients in this formula support muscle health and flexibility as well as naturally promote muscle relaxation.*

Valerian Root acts as a calming and relaxing agent.* Passionflower provides a natural and gentle way to help the body to relax and may also help promote restful sleep.* Vitamin B6 has been added for its remarkable ability to function as a coenzyme which acts in concert with enzymes to speed up chemical reactions in the cells.* It is also important for myelin formation (a fatty sheath that covers nerves).* Vitamin B6 is required by the body to produce serotonin and norepinephrine and thus may additionally promote relaxation.*

Amount Per Serving	
Vitamin B6 (as pyridoxine hydrochloride)	30 mg
Calcium (as calcium lactate)	50 mg
Magnesium (as magnesium citrate and magnesium oxide)	100 mg
Passionflower (<i>Passiflora incarnata</i>) (whole herb) extract	40 mg
Valerian (<i>Valeriana officinalis</i>) (root) extract	20 mg

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Specifications:

Available in 60 tablets

Serving Size 2 tablets

Servings Per Container 30

Directions:

Take two tablets once per day or as directed by your healthcare practitioner.



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Note: If pregnant or nursing, consult your healthcare practitioner before using any nutritional supplement.

Prostate Support*

Nutritional Prostate Support*

Prostate Support* provides select nutrients and herbal extracts to support the prostate gland.* It includes a blend of amino acids proven by independent clinical trials to promote prostate health and normal urinary function.*

The saw palmetto supports proper urinary and prostate function by supporting male health.* Pumpkin seed oil extract provides essential fatty acids while nettle root extract helps maintain healthy hormone metabolism in the prostate cells.* Additionally, this formula contains lycopene, a potent antioxidant found in high concentrations in healthy prostate tissue.* Zinc has been added for its known role in healthy prostatic function.*

Sulforaphane Glucosinolate has been identified by many scientists as the strongest known inducer of Phase II enzymes.* These Phase II enzymes have the ability to neutralize the chemical toxins, electrophiles and free radicals.* Sulforaphane Glucosinolate activates the body's natural enzymes for detoxification and those with antioxidant properties, protecting cells from harmful free radical damage.*

Specifications:

Available in

60 vegetable capsules

Serving Size

2 capsules

Servings Per Container

30

Directions:

Take two capsules once per day or as directed by your healthcare practitioner.

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Amount Per Serving

Zinc (as zinc bisglycinate chelate) [†]	5 mg
Saw Palmetto (<i>Serenoa repens</i>) (berry) extract	250 mg
Pumpkin (<i>Cucurbita pepo</i>) (seed) extract 4:1	250 mg
Broccoli (<i>Brassica oleracea L. italica</i>) (seed) extract (Sulforaphane Glucosinolate ^{††} , 15 mg)	150 mg
L-Glycine	100 mg
L-Alanine	100 mg
L-Glutamic Acid	100 mg
Stinging Nettle (<i>Urtica dioica</i>) (root) extract (4:1)	100 mg
Ginseng (<i>Panax ginseng</i>) (root)	50 mg
Lycopene	15 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, bamboo silica, L-leucine.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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^{††}Sulforaphane Glucosinolate is produced under U.S. patents: 5,725,895; 5,968,567; 6,177,122; 6,242,018; 7,303,770 and patents pending.

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Sac Boulardii

During and After Antibiotics*

Sac Boulardii is a lactose free, dairy free, DNA verified strain of *Saccharomyces boulardii* from Gnosis S.p.A. *Saccharomyces boulardii* has been extensively researched in American and European universities and has been published in many major scientific journals. This formula has been shown to promote overall intestinal health.*

Amount Per Serving

<i>Saccharomyces boulardii</i>	250 mg
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Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, magnesium stearate, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

DNA verified *Saccharomyces boulardii*

Specifications:

Available in
60 vegetable capsules

Serving Size 1 capsule

Servings Per Container 60

Directions:

Take one capsule twice per day or as directed by your healthcare practitioner.



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Seasonal Immune Support*

With Histamine Support*

Seasonal Immune Support* is an advanced, broad-spectrum nutritional formula providing comprehensive support for seasonal environmental challenges.* The select nutrients in this formula – Vitamin C, Vitamin D3 and Zinc – have been chosen for their synergistic ability to support the body's immune response.*

Key ingredients in this formula include Quercetin, Bromelain and Nettle extract, which have been found to help promote healthy mucus viscosity and provide histamine support.* Additionally, N-Acetyl L-Cysteine (NAC) is a unique form of the amino acid l-cysteine, which has been found to support healthy tissue levels of glutathione (GSH).*

Specifications:

Available in

120 vegetable capsules

Serving Size 4 capsules

Servings Per Container 30

Directions:

Take four capsules once per day or as directed by your healthcare practitioner.

Amount Per Serving

Vitamin C (as ascorbic acid)	200 mg
Vitamin D3 (as cholecalciferol) (1,000 IU)	25 mcg
Zinc (as zinc methionate)	25 mg
Quercetin Dihydrate	500 mg
Indian Frankincense (<i>Boswellia serrata</i>) (resin) extract (65% boswellic acids)	300 mg
Nettle (<i>Urtica dioica</i>) (root) extract	300 mg
N-Acetyl L-Cysteine (NAC)	250 mg
Citrus Bioflavonoids (<i>Citrus spp.</i>) (from citrus (fruit) extract)	222 mg
Bromelain (2,400 GDU/g)	200 mg
Grape (<i>Vitis vinifera</i>) (seed) extract (95% polyphenols)	20 mg
Betaine (as betaine hydrochloride)	15 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Vegetable
CAPSULES

Targeted Immune Support*

A Dietary Support Path to a Healthy Immune Environment*

Targeted Immune Support* provides a powerful combination of herbs to naturally support a healthy immune environment in a convenient dietary support formula.*

Amount Per Serving	
Monolaurin (<i>Glycerol monolaurate</i>) (palm kernel oil)	200 mg
L-Lysine Hydrochloride	150 mg
Bee Propolis Extract (60% propolis)	100 mg
Cinnamon (<i>Cinnamomum verum</i>) (bark)	100 mg
Grape (<i>Vitis vinifera</i>) (seed) extract (95% proanthocyanidins)	100 mg
Grapefruit (<i>Citrus x paradisi</i>) (seed) extract (4:1)	100 mg
Olive (<i>Olea europaea</i>) (leaf) extract (15% oleuropein)	50 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), natural orange flavor, microcrystalline cellulose, stevia extract, l-leucine, bamboo silica.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Specifications:

Available in
120 vegetable capsules

Serving Size 2 capsules

Servings Per Container 60

Directions:

Take two capsules once per day or as directed by your healthcare practitioner.



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Note: If pregnant or nursing, consult your healthcare practitioner before using any nutritional supplement.



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Testosterone Builder*

Performance Formula Supporting Male Health*

Testosterone Builder* is a synergistic blend of natural ingredients designed to support the body's ability to balance hormones including testosterone.* Chasteberry is a key ingredient in this formula and may help support the body in maintaining healthy levels of prolactin.* Healthy prolactin levels allow the body to naturally rebalance hormones. DIM (Diindolylmethane) supports the liver's Phase I detoxification process while Calcium D-Glucarate helps to support Phase II detoxification.* Excess hormones and various toxins are neutralized via Phase II liver detoxification through a process called glucuronidation.

By supporting these natural detoxification processes in the body as well as glucuronidation, a healthy balance of hormones may be achieved.* In addition to hormone support, this all-natural formulation may help support prostate health, dopamine activity and promote libido.*

Amount Per Serving	
Zinc (as zinc bisglycinate chelate) [†]	10 mg
Longjack (<i>Eurycoma longifolia</i>) (root) extract (100:1)	300 mg
Ashwagandha (<i>Withania somnifera</i>) (root, stems, leaves) extract (5% withanolides)	250 mg
Tribulus (<i>Tribulus sp.</i>) (fruit) extract (60% saponins)	200 mg
Ginseng (<i>Panax ginseng</i>) (aerial parts) extract (7% ginsenosides)	200 mg
Stinging Nettle (<i>Urtica dioica</i>) (root) extract (4:1)	100 mg
Velvet Beans (<i>Mucuna pruriens</i>) (seed) extract (97% L-Dopa)	100 mg
Grape (<i>Vitis vinifera</i>) (seed) extract (95% polyphenols)	10 mg

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, microcrystalline cellulose.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Warning: Contains ashwagandha extract. Do not use if pregnant or nursing.

Caution: If pregnant or nursing, please consult with your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Specifications:

Available in
60 vegetable capsules

Serving Size 2 capsules

Servings Per Container 30

Directions:

Take two capsules twice per day or as directed by your healthcare practitioner.



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Urinary Tract Support*

1,000 mg of D-Mannose

Urinary Tract Support* features the simple sugar d-mannose which occurs naturally in cranberries and pineapple. Tiny amounts of d-mannose are metabolized and the remainder is excreted via the urine. As it is flushed from the body, d-mannose coats E. coli so it no longer sticks to urinary tract walls and is washed away with normal urination.* This helps to maintain a healthy environment for the urinary tract's mucosal surface.* Since d-mannose is absorbed in the upper gastro-intestinal tract, it does not affect friendly E. coli or other beneficial bacteria normally present in the colon.*

Specifications:

Available in

90 vegetable capsules

Serving Size 2 capsules

Servings Per Container 45

Directions:

Take two capsules three or four times per day or as directed by your healthcare practitioner.

Amount Per Serving

D-Mannose	1,000 mg
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Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, L-leucine, bamboo silica.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.



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Vitamin D3-5,000 + K2

Bioidentical Vitamin D

This formula is a natural, soy-free, bioidentical vitamin D supplement. Vitamin D, considered both a hormone and a vitamin, is manufactured in response to skin's exposure to sunlight and is essential to the body's absorption of calcium.

This formula includes a natural vitamin K2 (as VitaMK7®[†]) which supports enhanced utilization of calcium in the bloodstream.* It is an all-trans natural menaquinone 7 with the highest bioavailability and longest half-life in the blood.*

Amount Per Serving

Vitamin D3 (as cholecalciferol) (5,000 IU)	125 mcg
Vitamin K2 (as menaquinone 7) [†]	200 mcg

Other Ingredients: Gelatin (bovine), extra virgin olive oil, glycerin, purified water.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: If pregnant or nursing, please consult with your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

[†]vitaMK7® is a registered trademark of Gnosis S.p.A.

Specifications:

Available in 60 softgels

Serving Size 1 softgel

Servings Per Container 60

Directions:

Take one softgel once per day or as directed by your healthcare practitioner.



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Care First+

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