



# PROFESSIONAL CATALOG



Serving practitioners and their patients  
for over three decades





For over three decades, Metabolic Maintenance® has been steadfast in producing pure, high quality, preservative-free products with no added excipients, fillers or binders. Our products are manufactured per the highest standards with only the most conscientious sourcing of ingredients.



Ed Fitzjarrell, Founder/CEO

Kelly Fitzjarrell, M.S., President

## Purity

- Our products are free of preservatives, fillers, binders, artificial ingredients, and contain no added excipients or known allergens.
- Our raw materials and finished products are sent out for third-party testing.
- Metabolic Maintenance® only produces the highest caliber products from the best researched sources available.

## Quality

- We manufacture our own products based on current Good Manufacturing Practice (cGMP) created by the FDA.
- We use vegetarian, two-piece capsules and amber glass bottles to maintain integrity of the product while eliminating harmful toxins and BPA found in plastics.
- Our products are free of gluten, dairy, eggs, stevia, and peanuts.







## Value

- We offer innovative solutions that serve the healthcare needs of our growing population through multiple purchasing avenues.
- We package our capsules in amber glass bottles that are recyclable and help retain optimal potency.
- We manufacture our supplements on a constant rotating schedule to ensure optimal freshness.

## Experience

- Metabolic Maintenance® was one of the first companies of its kind in the industry and has been family owned for over three decades.
- Since 1984, superior customer service has been the foundation of our company. We are deeply committed to your patients' health and satisfaction.
- We believe in science-based formulas and have our own research and development team onsite.
- With knowledgeable physicians and nutrition experts on staff, we strive to provide you with answers and support every step of the way.



## Only Pure Active Ingredients

- **No** Preservatives
- **No** Binders
- **No** Fillers
- **No** Added Excipients





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EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE



# Category Product Listing

## New Products

BAM® Energy Powder  
BioMaintenance™ Prebiotic + Fiber  
BioMaintenance™ Shelf Stable Probiotic  
FemOne™ Silver  
NERVESustain™  
Restorative Cleanse™

## Amino Acids

5-HTP  
Acetyl L-Carnitine  
Amino Acid Base Powder  
BAM®  
BAM® Energy Powder + Sticks  
D, L-Phenylalanine  
GABA  
Glycine  
L-Arginine  
L-Carnitine  
L-Glutamine  
L-Glutathione  
L-Lysine  
L-Methionine  
L-Phenylalanine  
L-Theanine  
L-Tryptophan  
L-Tyrosine  
NAC  
SAME  
SAME w/Cofactors  
Taurine

## Antioxidants

Acetyl L-Carnitine  
Alpha Lipoic Acid  
Curcumin + C  
CoQ10 + Powder  
Deluxe Scavengers™  
L-Glutathione  
Metabolic Detox®  
NAC  
Resveratrol w/Piperine  
Selenium  
Silymarin  
VitalEyes™ Complete  
Vitamin C Buffered  
Vitamin C Powder (Pure)  
Vitamin C Powder (Reduced)  
Vitamin E Complex

## Cardio and Metabolic Health

Alpha Lipoic Acid  
BioMaintenance™ Prebiotic + Fiber  
BioMaintenance™ Shelf Stable Probiotic  
Cal/Mag 1:1  
Cal/Mag 1:2  
Cal/Mag Powder  
Cal/Mag Plus  
Chromium Plus  
CoQ10 + Powder  
Curcumin + C  
Deluxe Scavengers™  
L-Arginine  
L-Carnitine  
L-Methylfolate  
Mega Omega™  
NERVESustain™  
Organic Psyllium Husk Powder

Potassium/Magnesium Citrate  
Red Yeast Rice w/CoQ10  
Resveratrol w/Piperine  
Taurine  
Vitamin D-3  
Vitamin E Complex

## Children's Health

Little One™ Children's Multivitamin  
Pediatric Vitamin/Mineral Base Powder  
Spectrum Awakening

## Cognitive Support

Acetyl L-Carnitine  
B-Complex  
Brain Cell Support™  
Curcumin + C  
Deluxe Scavengers™  
L-Methylfolate  
Mega Omega™  
PS-100 (Phosphatidylserine)  
SAME  
SAME Plus Cofactors  
Spectrum Awakening

## Digestive Health

Betaine Hydrochloride with Pepsin  
BioMaintenance™ Prebiotic + Fiber  
BioMaintenance™ Shelf Stable Probiotic  
Bromelain  
GluDaZyme™  
Happy Belly®  
L-Glutamine  
Metabolic Detox®  
Metabolic Detox® Complete  
Organic Psyllium Husk Powder  
Restorative Cleanse™

## Energy

Alpha Lipoic Acid  
B-Complex  
BAM®  
BAM® Energy Powder + Sticks  
CoQ10 + Powder  
L-Carnitine  
L-Tyrosine  
Pantothenic Acid

## Fitness and Weight Management

5-HTP  
BAM®  
BAM® Energy Powder + Sticks  
BioMaintenance™ Prebiotic + Fiber  
L-Carnitine  
L-Glutamine  
Metabolic Detox®  
Metabolic Detox® Complete  
Restorative Cleanse™  
Spaz-Out®

## Men's Health

B-Complex  
DIM Complex  
Melatonin  
NAC  
ProState™  
Rebuild®  
Rebuild® Plus

Restorative Cleanse™  
Resveratrol w/Piperine  
The Big One® w/Iron  
The Big One® w/out Iron  
The Big One® Plus w/out Iron  
Zinc Picolinate

## Mood

5-HTP  
Anxiety Control®  
BAM®  
BAM® Energy Powder+ Sticks  
B-Complex  
Curcumin + C  
D, L-Phenylalanine  
GABA  
L-Methylfolate  
L-Phenylalanine  
L-Tryptophan  
L-Tyrosine  
Mega Omega™  
MetaCalm®  
R.E.M. Maintenance™  
SAME  
SAME w/Cofactors

## Multivitamins

B-Complex  
Basic Maintenance®  
FemOne™  
FemOne™ Silver  
Little One™ Children's Multivitamin  
Pediatric Vitamin/Mineral Base Powder  
The Big One® w/Iron  
The Big One® w/out Iron  
The Big One® Plus w/out Iron  
VitalEyes™ Complete  
Vitamin/Mineral Base Powder

## Musculoskeletal Health

Cal/Mag  
Cal/Mag/Zinc  
Curcumin + C  
Glucosamine Chondroitin  
w/Hyaluronic Acid  
NERVESustain™  
Potassium/Magnesium Citrate  
Rebuild®  
Rebuild® Plus  
Spaz-Out®  
Vitamin D-3

## Rest and Relaxation

5-HTP  
Anxiety Control®  
GABA  
Glycine  
L-Theanine  
L-Tryptophan  
Magnesium Citrate  
Magnesium Glycinate  
Melatonin  
MetaCalm®  
R.E.M. Maintenance™

## Skin Care

Naturally Clear® Cleansing Foam  
Naturally Clear® Facial Scrub  
Naturally Clear® Restoring Serum  
Naturally Clear® Topical Spray

## Vision

Deluxe Scavengers™  
NAC  
VitalEyes™ Complete  
Vitamin C Buffered  
Vitamin C Powder (Pure)  
Vitamin C Powder (Reduced)

## Vitamins/Minerals

B-Complex  
CalCitrate  
Cal/Mag 1:1  
Cal/Mag 1:2  
Cal/Mag Powder  
Cal/Mag Plus  
Cal/Mag/Zinc Complex  
Cal/Mag/Zinc w/D Plus  
Chromium Plus  
L-Methylfolate  
Magnesium Citrate  
Magnesium Glycinate  
Pantothenic Acid  
Pediatric Vitamin/Mineral Base Powder  
Potassium/Magnesium Citrate  
Pyridoxal 5' Phosphate  
Rebuild®  
Rebuild® Plus  
Selenium  
Spaz-Out®  
The Big One® w/Iron  
The Big One® w/out Iron  
The Big One® Plus w/out Iron  
Vitamin C Buffered  
Vitamin C Powder (Pure)  
Vitamin C Powder (Reduced)  
Vitamin D-3  
Vitamin E Complex  
Vitamin/Mineral Base Powder  
Zinc Picolinate

## Women's Health

Anxiety Control®  
Cal/Mag 1:2  
DIM Complex  
Evening Primrose Oil  
FemOne™  
FemOne™ Silver  
Melatonin  
NAC  
Natural Progesterone Cream  
Potassium/Magnesium Citrate  
Rebuild®  
Rebuild® Plus  
R.E.M. Maintenance™  
Restorative Cleanse™  
Resveratrol w/Piperine  
Vitamin E Complex



## BAM® Energy Powder

### Balanced Amino Maintenance

This natural strawberry flavored powder is formulated to support energy in people who want to get the most out of their day. Free-form essential amino acids are readily absorbed by the body, making them quickly available to support energy, incorporate into muscle protein, and enhance detoxification. This convenient powder can be used pre- or post-workout or any time throughout the day to boost energy\*.

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## BioMaintenance™ Prebiotic + Fiber

The gut microbiome is an essential contributor to both gastrointestinal and general health. BioMaintenance™ Prebiotic + Fiber keeps your microbiome happy by promoting beneficial forms of bacteria. The synergistic effects of prebiotics and fiber in this product equal a wide array of benefits. A greater sense of satiety, and positive effects on glycemic response can support weight management. Gastrointestinal effects may include increased regularity, improved nutritional absorption, and gut cellular health support. A healthful microbiome also assists in balancing immune function and inflammation status.

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## BioMaintenance™ Shelf Stable Probiotic

### 50 Billion/12 Strains

Our new probiotic offering provides powerful dosing and offers increased therapeutic diversity with 12 strains to rapidly replenish beneficial bacteria. Probiotics encourage bowel motility, balanced immune function, and resistance to infection. These 12 strains were carefully researched and chosen for therapeutic benefit, resistance to digestion, adherence to intestinal cells, and stability. Our product is formulated to have 50 billion viable CFU at the end of its two-year shelf life, verified by third-party testing. Unlike many probiotic supplements, BioMaintenance™ Shelf Stable Probiotic does not require refrigeration to maintain its potency.

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## FemOne™ Silver

Nutritional needs and health concerns change throughout our lifespan. FemOne™ Silver is designed specifically for postmenopausal women who are looking to maintain optimal health. With one capsule per day, FemOne™ Silver delivers key nutrients at optimal levels to support immune, cardiovascular and cognitive health. Unlike most daily multivitamin/mineral formulas, FemOne™ Silver provides activated B vitamins, such as L-methylfolate and methylcobalamin, and foundational amounts of antioxidants. The trace minerals vanadium and chromium aid in supporting normal blood sugar levels. Vitamin K and boron have been included to nourish bone health.

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## NERVEsustain™

### Peripheral Nerve Support

NERVEsustain™ for peripheral nerve support is designed to provide a full range of B vitamins associated with protecting and maintaining nerve health. Healthy nerves rely on adequate levels of certain B vitamins, but there are occasional roadblocks that stand in the way of attaining those levels. Functions that require the intake of specific vitamins may be negatively affected by common medications, which can deplete levels of certain B vitamins. Additionally, an MTHFR genetic polymorphism can affect the body's ability to properly process folate.

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## Restorative Cleanse™

### Twenty-one day kit

Metabolic Maintenance's® Restorative Cleanse™ includes three of our top products for gut health and detoxification support, helpful tips for preparing your body and pantry, and a self-care journal to guide, track, and support your progress.

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## 5-HTP (5-Hydroxytryptophan)

5-HTP plays a role in both sleep regulation and mood balance. 5-HTP is a precursor to serotonin, which can then be converted to melatonin (the hormone that helps us fall and stay asleep). However, 5-HTP bypasses the light-triggering system that regulates the release of melatonin, increasing both serotonin and melatonin release, regardless of light or time of day. Serotonin has a calming effect on brain chemistry, and may help to ease anxiety. Serotonin also plays an important role in many other bodily functions, including digestion, appetite, and pain perception. Our 5-HTP is naturally derived from the seeds of the African plant *Griffonia simplicifolia* and is combined with activated vitamin B-6 as active P-5-P, an important cofactor in serotonin metabolism. Consult with your physician if using SSRI's. \*

- Provides important precursor of serotonin and melatonin\*
- Nourishes proper gut function\*
- Supports healthy mood and sleep\*

### 5-HTP 50 mg #00100

Nutrient	Amount Per Capsule
Vitamin B-6 (as 5 mg Pyridoxal 5' Phosphate)	3 mg
5-Hydroxytryptophan	50 mg
Glycine	220 mg

60 capsules per bottle

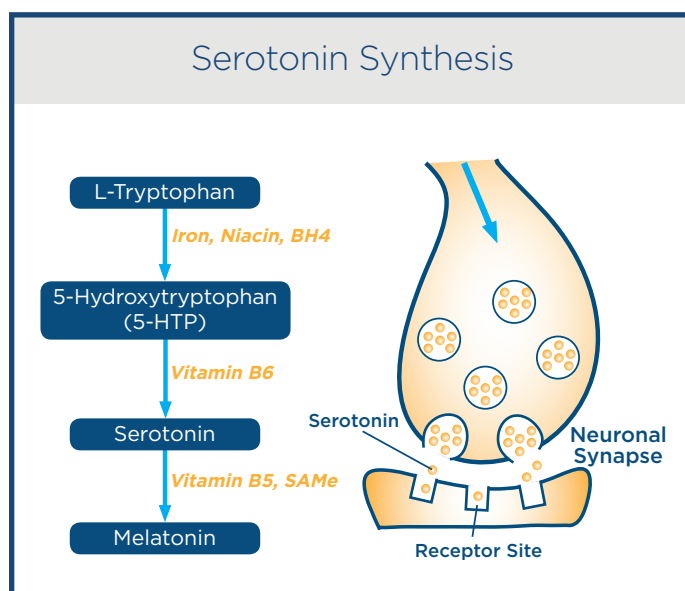
Use as directed by your healthcare professional.

### 5-HTP 100 mg #00101 60 caps / #00109 120 caps

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	100 mg
Vitamin B-6 (as 5 mg Pyridoxal 5' Phosphate)	3 mg
5-Hydroxytryptophan	100 mg
Glycine	440 mg

60 or 120 capsules per bottle

Use as directed by your healthcare professional.



Serotonin is synthesized in the central nervous system (and in the gut) from tryptophan, vitamins and minerals, and tetrahydrobiopterin (BH4). Serotonin is important for brain health, mood, sleep, cravings, behavior and gut health.



## Acetyl L-Carnitine 250 mg

Acetyl L-Carnitine can cross the blood-brain barrier where it acts as a powerful antioxidant. It is neuroprotective and supports normal blood flow to the brain. It aids with memory and neuropathy. \*

- Nourishes nerve health in the brain and body\*
- Aids in proper nerve signaling\*
- Supports memory and focus\*

### Acetyl L-Carnitine 250 mg #00102

Nutrient	Amount Per Capsule
Acetyl L-Carnitine (as 300 mg Acetyl L-Carnitine HCl)	250 mg

60 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.



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

## Alpha Lipoic Acid

Most antioxidants are either fat or water soluble. Alpha Lipoic Acid (ALA) is both, making it a flexible choice for supplementation. In cells, it works to regenerate antioxidants, such as glutathione, vitamin C, and vitamin E, while also taking part in mitochondrial energy production. It is also involved in insulin-mediated glucose utilization and endothelial function in ways that support nerve health. We source high-quality ALA from Europe where it has a long history of use.

- Versatile fat and water-soluble antioxidant\*
- Aids in healthy glucose metabolism\*
- Supports nerve and liver health\*

### Alpha Lipoic Acid 100 mg #00218

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	375 mg
Alpha Lipoic Acid (Thioctic Acid)	100 mg

Alpha Lipoic Acid product of Italy.

90 capsules per bottle

Use as directed by your healthcare professional.

### Alpha Lipoic Acid 300 mg #00241

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	60 mg
Alpha Lipoic Acid (Thioctic Acid)	300 mg

Alpha Lipoic Acid product of Italy

100 capsules per bottle

Use as directed by your healthcare professional.

## Amino Acid Base Powder 200 grams

Our base powder formula provides therapeutic levels of nine different essential amino acids and the cofactors needed for metabolism. Free-form amino acids can be readily absorbed and utilized by the body and provide the precursors for all other amino acids made by the body. The powder form allows for flexible dosing.

- Cost-effective amino acid formula promotes energy production\*
- Supports brain chemistry\*
- Important for muscle building and detoxification\*

### Amino Acid Base Powder 200 g #00110

Nutrient	Amount Per Scoop
Calories	12
Vitamin B-6 (as 8 mg Pyridoxal 5' Phosphate)	5 mg
Proprietary Blend:	2990 mg
L-Histidine HCl, L-Leucine, L-Phenylalanine, L-Lysine HCl, L-Arginine HCl, L-Valine, L-Isoleucine, L-Threonine, L-Methionine.	

67 servings per jar

Use as directed by your healthcare professional. Best taken between meals.

## Anxiety Control® Relaxation and Mood Support

Our most powerful GABA support product, Anxiety Control® combines the potent botanicals *Primula veris* and Passion Flower herb, with a synergistic mineral and amino acid blend. Research indicates that *Primula veris* dose-dependently activates the GABA receptor. GABA is used by the body to mitigate the effects of excitatory neurochemicals. This product can be used during the day to support a calm, relaxed sense of well-being, without causing drowsiness. In the evening, ingredients like magnesium and glycine help quiet the mind, relax muscles, and improve sleep quality.\*

- Lessens the effects of stress during the day\*
- Enhances sleep quality at night\*
- Calms and relaxes the mind\*

### Anxiety Control® #00602

Nutrient	Amount Per 2 Capsules
Vitamin B-6 (as Pyridoxine HCl)	10 mg
Magnesium (as Magnesium Citrate)	100 mg
GABA (Gamma Aminobutyric Acid)	400 mg
Glycine	100 mg
L-Glutamine	140 mg
Passion Flower Herb Powder	150 mg
<i>Primula Veris Officinalis</i> Herb Powder	150 mg

90 capsules per bottle

Anxiety Control® is a registered trademark of Pain & Stress Centers.

Use as directed by your healthcare professional.

## B-Complex Phosphorylated



The B-Complex provides essential nutrients needed for numerous systems and biochemical reactions. Our B-Complex contains the phosphorylated forms of B-2 (Riboflavin) and B-6 and the methylated forms of B-12 and L-methylfolate for superior bioavailability. B vitamins play many roles in the body including:

- Participating in cellular energy production\*
- Promoting conversion of homocysteine, supporting heart health\*
- Providing important nutritional elements for healthy nerve cells and neurotransmitter formation\*
- Aiding in healthy red blood cell formation\*

### B-Complex Phosphorylated #00500

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	15 mg
Thiamine (as Thiamine Mononitrate)	25 mg
Riboflavin (as Riboflavin 5' Phosphate)	25 mg
Niacin (as Niacinamide)	150 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	55 mg
Folate (800 mcg as L-5-Methylfolate, glucosamine salt)	1333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	1000 mcg
Biotin	400 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	150 mg
Choline (as Choline Bitartrate)	50 mg
Inositol	50 mg
PABA (Para Amino Benzoic Acid)	50 mg

100 capsules per bottle

Use as directed by your healthcare professional.



# BAM®

## Balanced Amino Maintenance

Balanced Amino Maintenance is a free-form amino acid formula that contains all the essential amino acids in ratios commonly found in nature. Because these amino acids are in their free form, they can be readily absorbed and utilized by the body. With these precursors, the body can make all other amino acids. Chromium niacin and vitamin B-6 (in the form of Pyridoxal 5' Phosphate) are included for optimal utilization. BAM® is an excellent adjunct for the support of normal energy and neuro-cognitive function. Slightly different from our amino acid base formula, BAM® contains tryptophan, alanine, and glutamine. BAM® is available in capsules, sticks and the new powder form.\*

- Cost-effective formula for mood and brain function\*
- Enhances energy production and detoxification\*
- Promotes muscle building and protein synthesis\*

### BAM® Capsules #00104 90 caps / #00106 180 caps

Nutrient	Amount Per Capsule
Vitamin B-6 (as 2 mg Pyridoxal 5' Phosphate)	1.2 mg
Chromium (as Chromium Niacinate)	50 mcg
Proprietary Blend:	745 mg
L-Histidine HCl, L-Leucine, L-Phenylalanine, L-Lysine HCl, L-Arginine HCl, L-Valine, L-Isoleucine, L-Alanine, L-Glutamine, L-Methionine, L-Threonine, L-Tryptophan (TryptoPure™)	

**TryptoPure™** is a registered trademark of Ajinomoto Aminoscience, LLC. 90 or 180 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.

# BAM® Energy Powder

## Balanced Amino Maintenance

Free-form essential amino acids are readily absorbed by the body, making them quickly available to support energy, incorporate into muscle protein, and enhance detoxification. Chromium niacin and vitamin B-6 (in the form of pyridoxal 5' phosphate) are included for optimal utilization. The amino acids are in powder form, enhanced with strawberry whole fruit powder. This powder gives you the support you need so you can maximize your workout, excel through the afternoon, or boost your energy any time of day.\*

- Cost-effective formula for mood and brain function\*
- Enhances energy production and detoxification\*
- Promotes muscle building and protein synthesis\*
- Natural flavor from whole fruit strawberry

### BAM® Energy Powder #00164

Nutrient	Amount Per Scoop
Calories	25
Carbohydrates	19
Vitamin B-6 (as 13 mg Pyridoxal 5' Phosphate)	8 mg
Chromium (as Chromium Niacinate)	337 mcg
Proprietary Blend:	4980 mg
L-Histidine HCl, L-Leucine, L-Phenylalanine, L-Lysine HCl, L-Arginine HCl, L-Valine, L-Isoleucine, L-Alanine, L-Glutamine, L-Methionine, L-Threonine	

Other ingredients: strawberry whole fruit powder, monk fruit extract.

30 servings per jar (No Tryptophan)

Use as directed by your healthcare professional. Best taken between meals.

# BAM® Energy Sticks

## Balanced Amino Maintenance

These portable single-serve packages make it convenient to supplement with BAM on-the-go so you can maximize your workout, excel through the afternoon, or boost your energy any time of the day.\*

- Portable for on-the-go
- Enhances energy production\*
- Promotes muscle building and protein synthesis\*
- Natural flavor from whole fruit strawberry

### BAM® Energy Sticks #00168

Nutrient	Amount Per Stick
Calories	25
Carbohydrates	19
Vitamin B-6 (as 13 mg Pyridoxal 5' Phosphate)	8 mg
Chromium (as Chromium Niacinate)	337 mcg
Proprietary Blend:	4980 mg
L-Histidine HCl, L-Leucine, L-Phenylalanine, L-Lysine HCl, L-Arginine HCl, L-Valine, L-Isoleucine, L-Alanine, L-Glutamine, L-Methionine, L-Threonine	

Other ingredients: strawberry whole fruit powder, monk fruit extract.

30 sticks per jar (No Tryptophan)

Use as directed by your healthcare professional. Best taken between meals.



EGG FREE



GLUTEN FREE



FREE OF NUTS



DAIRY FREE



## Basic Maintenance® Comprehensive Multivitamin



This daily multivitamin/mineral supplement is packed with a full complement of clinical-strength vitamins and minerals essential for organ function and protection. At a two-capsule dose, it provides 1,000 IU vitamin D-3 and 200 mcg of L-methylfolate, the only form of folate with the ability to cross the blood-brain barrier. Activated forms of B vitamins and a comprehensive list of nutrient minerals make it a valuable component of a daily nutritional regimen.\*

- Convenient daily nutrition in two capsules
- Activated forms of B vitamins
- Full spectrum mineral support, without iron

### Basic Maintenance®

#00521

Nutrient	Amount Per 2 Capsules
Vitamin A (as 2750 IU Beta Carotene and 1250 IU Palmitate)	1200 mcg RAE
Vitamin C (as Ascorbic Acid)	125 mg
Vitamin D-3 (1000 IU as Cholecalciferol)	25 mcg
Vitamin E (50 IU as d-Alpha Tocopheryl Succinate)	33 mg
Vitamin K (as K1 and K2 MK-7)	50 mcg
Thiamine (as Thiamine Mononitrate)	2.5 mg
Riboflavin (as Riboflavin 5' Phosphate)	2.5 mg
Niacin (as Niacinamide)	12.5 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	7.5 mg
Folate (200 mcg as L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	25 mcg
Biotin	50 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	12.5 mg
Calcium (as Calcium Citrate and Carbonate)	250 mg
Iodine (as Potassium Iodide)	37.5 mcg
Magnesium (as Magnesium Citrate)	125 mg
Zinc (as Zinc Citrate)	7.5 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Gluconate)	0.75 mg
Manganese (as Manganese Gluconate)	2.5 mg
Chromium (as Chromium Niacinate)	100 mcg
Molybdenum (as Molybdenum Glycinate)	12.5 mcg
Boron (as Boron Citrate)	0.5 mg

Other ingredient:s L-leucine.

Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.

120 capsules per bottle

Use as directed by your healthcare professional.



## Betaine Hydrochloride with Pepsin

Betaine hydrochloride with pepsin, taken with meals, supports normal digestion. Betaine hydrochloride may lower the pH (increase acidity) of stomach contents for more effective digestion of food and therefore increase the availability and absorption of otherwise bound nutrients. Pepsin is a protease that naturally aids in the breakdown of dietary protein into small peptides for absorption. Betaine hydrochloride should be avoided by those with hyperchlorhydria and stomach cancers.\*

- Optimizes stomach acidity
- Promotes proper protein breakdown
- May ease symptoms of suboptimal digestion

### Betaine Hydrochloride with Pepsin

#00604

Nutrient	Amount Per Capsule
Betaine Hydrochloride	648 mg
Pepsin (1: 3,000)	200 mg

Other ingredients: L-leucine

Contains animal pepsin.

100 capsules per bottle

Use as directed by your healthcare professional.



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## BioMaintenance™ Shelf Stable Probiotic

### 50 Billion/12 Strains

Our robust probiotic provides powerful dosing and offers diversity with 12 therapeutic strains to rapidly replenish beneficial bacteria. Probiotics encourage bowel motility, balanced immune function, and resistance to infection. These 12 strains were carefully researched and tested for resistance to digestion, adherence to intestinal cells, and stability. Our product is formulated to have 50 billion viable CFU at the end of its two-year shelf life when left unrefrigerated.

- Aids in the healthy digestion of lactose\*
- Supports a balanced immune response\*
- Positively shifts microbial balance in the gut\*
- Offers support during times of travel, medication use, or stress\*

## BioMaintenance™ Prebiotic + Fiber

The gut microbiome is an essential contributor to both gastrointestinal and general health. BioMaintenance™ Prebiotic + Fiber boosts your microbiome by promoting growth of beneficial forms of bacteria. The synergistic effects of prebiotics and fiber in this product lead to a wide array of benefits. A greater sense of satiety and positive effects on glycemic response, can support weight management. Gastrointestinal effects may include increased regularity, improved nutritional absorption, and support the health of gut cells. A healthful microbiome also assists in balancing immune function and inflammation status.

- Promotes beneficial bacteria\*
- Supports healthy weight management\*
- Nourishes gut cellular health\*
- Modulates immune function\*

### BioMaintenance™ Prebiotic + Fiber #00690

Nutrient	Amount Per Scoop
Calories	12
Total Carbohydrates	6 g
Dietary Fiber	5 g
Sugars	0.5 g
VitaFiber™ Isomalto-oligosaccharides	2 g
Alpha Galacto-oligosaccharides	1 g
PreticX™ Xylo-oligosaccharides	1 g
Inulin (Fructo-oligosaccharides)	1 g
Sunfiber® (Partially hydrolyzed guar gum)	1 g

VitaFiber™ is a trademark of BioNeutra North America, Inc.  
PreticX™ is a registered trademark of AIDP, Inc.  
Sunfiber® is a registered trademark of Taiyo International, Inc.  
60 servings per jar  
Use as directed by your healthcare professional.

### BioMaintenance™ Shelf Stable Probiotic #00707

Nutrient	Amount Per Capsule
A Proprietary Probiotic Blend:	50 billion CFU
<i>Lactobacillus acidophilus</i>	
<i>Bifidobacterium lactis</i>	
<i>Lactobacillus plantarum</i>	
<i>Lactobacillus paracasei</i>	
<i>Lactobacillus casei</i>	
<i>Lactobacillus brevis</i>	
<i>Lactobacillus rhamnosus</i>	
<i>Bifidobacterium breve</i>	
<i>Lactobacillus salivarius</i>	
<i>Bifidobacterium bifidum</i>	
<i>Bifidobacterium longum</i>	
<i>Lactobacillus gasseri</i>	

Other ingredients: Rice maltodextrin, vegetable delayed release capsule (Hypocellulose gellan gum), organic rice fiber, organic rice extract blend.  
60 capsules per bottle  
Use as directed by your healthcare professional.

## Brain Cell Support™

### With Cognizin®

### Memory and Focus Formula

Brain Cell Support™ - designed by Hyla Cass, MD - is one of the most potent combinations of nutrients and plant extracts for support of normal memory, mood, and focus. The powerful nutrient, Cognizin® citicoline, which has been the subject of research at Harvard University, is combined with acetyl L-carnitine, DMAE, phosphatidylserine, and the brain supporting botanicals Ginkgo biloba and Gotu kola to help support healthy production of neurotransmitters which contribute to normal mood.\* DMAE, in addition, may also increase levels of the memory neurotransmitter, acetylcholine. \*

- Maintains integrity of neuronal cell membranes\*
- Provides support for healthy neuronal signaling\*
- Supports normal memory, mood, and focus\*

### Brain Cell Support™ #00669

Nutrient	Amount Per 2 Capsules
Acetyl L-Carnitine (as 600 mg Acetyl L-Carnitine HCl)	500 mg
Cognizin® Citicoline (CDP-Choline)	200 mg
DMAE (Dimethylaminoethanol as 275 mg DMAE bitartrate)	100 mg
Phosphatidylserine (from soy)	100 mg
Ginkgo Biloba leaf extract (standardized to 24% ginkgolavonglycosides and 6% terpene lactones)	120 mg
Gotu Kola herb extract ( <i>Centella asiatica</i> , standardized to 10% asiaticoside and 30% triterpenes)	100 mg

Contains soy.  
Cognizin® is a trademark of Kyowa Hakko Bio Co., Ltd.  
60 capsules per bottle  
Use as directed by your healthcare professional.



## Bromelain

### 750 mg

Bromelain is an anti-inflammatory enzyme harvested from the core of the pineapple. When taken between meals, it helps support normal muscle recovery and inflammatory response. When taken with meals, it acts as a potent digestive enzyme. Use caution when taking prior to surgery, or combining with anticoagulants (such as coumadin), as bromelain is a natural blood thinner.\*

- Supports healthy digestion\*
- Modulates inflammatory processes\*
- Promotes joint and muscle comfort\*

### Bromelain 750 mg

#00606

Nutrient	Amount Per Capsule
Bromelain (2400 GDU per gram)	750 mg

60 capsules per bottle

Use as directed by your healthcare professional.



## CalCitrates

Calcium citrate is one of the most bioavailable forms of calcium. If calcium must be taken on an empty stomach, or if an individual has low levels of stomach acid, calcium citrate is the preferred form for proper absorption.\*

- Supports bone health\*
- Promotes healthy nerve, cardiovascular, and muscle function\*
- Provides highly bioavailable form of calcium

### CalCitrates

#00400

Nutrient	Amount Per Capsule
Calcium (as Calcium Citrate)	225 mg

100 capsules per bottle

Use as directed by your healthcare professional.



## Cal/Mag 1:1

### (Citrate/Malate)

Current research indicates that magnesium is essential for the body's proper absorption and use of calcium, since it keeps calcium dissolved in the blood. Calcium in the citrate/malate form is one of the most bioavailable forms of calcium. Proper levels of calcium and magnesium are important to maintain healthy bones as well as a healthy heart. In addition, this formula includes essential minerals, zinc, potassium, and boron.\*

- Supports bone health\*
- Promotes healthy nerve, cardiovascular, and muscle function\*
- Provides highly bioavailable form of calcium

### Cal/Mag 1:1

#00408

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Calcium (as Calcium Citrate/Malate)	100 mg
Magnesium (as Magnesium Citrate)	100 mg
Zinc (as Zinc Citrate)	5 mg
Potassium (as Potassium Citrate)	25 mg
Boron (as Boron Citrate and Aspartate)	500 mcg

120 capsules per bottle

Use as directed by your healthcare professional.

## Cal/Mag 1:2

### (Citrate/Malate)

Cal/Mag 1:2 formula offers a unique double amount of magnesium to address clinical deficiencies of this important mineral.\*

- Supports bone health\*
- Promotes healthy nerve and muscle function\*
- Supports cardiovascular health\*

### Cal/Mag 1:2

#00410

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Calcium (as Calcium Citrate/Malate)	63 mg
Magnesium (as Magnesium Citrate)	125 mg
Zinc (as Zinc Citrate)	5 mg
Potassium (as Potassium Citrate)	25 mg
Boron (as Boron Citrate and Aspartate)	500 mcg

120 capsules per bottle

Use as directed by your healthcare professional.



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# Cal/Mag Plus

with Vitamin D and Vitamin K2 MK-7

Cal/Mag Plus provides a complete, balanced supplement to deliver calcium to where it should go in the body. Our unique formula combines calcium and magnesium with two powerful calcium boosters: vitamins D-3 and K-2. Studies have shown that supplementing with magnesium can aide with bone mineralization and muscle relaxation. Vitamin D, most active in the D-3 form, is also essential to maximize absorption of calcium. Vitamin K-2 has been found to promote the synthesis of proteins involved with calcium utilization, helping to keep calcium out of arterial walls and in the muscles and bones where it belongs.\*

- Supports bone health\*
- Promotes healthy nerve and muscle function\*
- Supports cardiovascular health\*

## Cal/Mag Plus #00409

Nutrient	Amount Per Capsule
Vitamin D-3 (333 IU as Cholecalciferol)	8.3 mcg
Vitamin K-2 (as K2 MK-7)	7.5 mcg
Calcium (as Calcium Citrate/Malate)	167 mg
Magnesium (as Magnesium Citrate/Aspartate)	83 mg

Other ingredients: L-leucine.  
Vitamin D derived from lanolin.  
180 capsules per bottle  
Use as directed by your healthcare professional.



# Cal/Mag Powder

419 g

Calcium and magnesium in powder form is the most economical method to obtain daily requirements of these important minerals. Cal/Mag Powder mixes easily into your favorite beverage.

- Supports bone health\*
- Promotes healthy nerve, cardiovascular, and muscle function\*
- Economical, easy-to-take powder form

## Cal/Mag Powder 419 g #00412

Nutrient	Amount Per 1/2 Teaspoon
Calcium (as Calcium Citrate/Malate reacted from Calcium Carbonate and Citric/Malic Acid)	333 mg
Magnesium (as Magnesium Glycinate and Magnesium Citrate)	167 mg

Other ingredients: Glycine  
180 servings per jar  
Use as directed by your healthcare professional.

# Cal/Mag/Zinc Complex

This formula is the best combination of the highest yielding sources of calcium and magnesium in the fewest number of capsules. These essential minerals and vitamins provide nutritional support to help maintain healthy bones.\*

- Supports bone health\*
- Promotes healthy nerve and muscle function\*
- Supports cardiovascular health\*

## Cal/Mag/Zinc Complex #00402 120 caps / #00404 240 caps

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Calcium (as Calcium Carbonate and Calcium Citrate)	250 mg
Magnesium (as Magnesium Citrate/Aspartate)	125 mg
Zinc (as Zinc Citrate)	6 mg
Boron (as Boron Citrate and Boron Aspartate)	500 mcg

120 or 240 capsules per bottle  
Use as directed by your healthcare professional.



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# Cal/Mag/Zinc Complex

with Vitamin D

#00406 120 caps

Cal/Mag/Zinc Complex with Vitamin D #00407 240 caps

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Vitamin D-3 (200 IU as Cholecalciferol)	5 mcg
Calcium (as Calcium Carbonate and Calcium Citrate)	250 mg
Magnesium (as Magnesium Citrate/Aspartate)	125 mg
Zinc (as Zinc Citrate)	6 mg
Boron (as Boron Citrate and Boron Aspartate)	500 mcg

Vitamin D derived from lanolin.  
120 or 240 capsules per bottle  
Use as directed by your healthcare professional.

# Cal/Mag/Zinc Complex

with Vitamin D Plus



These essential minerals and vitamins, with higher levels of vitamin D, provide nutritional support to help maintain healthy bones.\*

- Supports bone health\*
- Promotes healthy nerve and muscle function\*
- Supports cardiovascular health\*

Cal/Mag/Zinc Complex with Vitamin D Plus #00401

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Vitamin D-3 (500 IU as Cholecalciferol)	12.5 mcg
Calcium (as Calcium Carbonate and Calcium Citrate)	250 mg
Magnesium (as Magnesium Citrate/Aspartate)	125 mg
Zinc (as Zinc Citrate)	6 mg
Boron (as Boron Citrate and Boron Aspartate)	500 mcg

Vitamin D derived from lanolin.  
120 capsules per bottle  
Use as directed by your healthcare professional.

# Chromium Plus

Developed by Richard Anderson, Ph.D.

Chromium niacin is the result of a chemical reaction that combines chromium chloride with nicotinic acid (niacin), for improved absorption. Chromium helps support normal insulin action by increasing glucose transporters on the outside of cell membranes. Our unique formula combines a multi-mineral base for synergistic bioavailability and optimal absorption.\*

- Supports healthy glucose metabolism\*
- Aids in managing sugar cravings\*
- Promotes balanced lipid levels\*

Chromium Plus 500 mcg

#00418

Nutrient	Amount Per Capsule
Magnesium (as Magnesium Citrate)	40 mg
Zinc (as Zinc Citrate)	5 mg
Copper (as Copper Gluconate)	0.5 mg
Manganese (as Manganese Glycinate)	1 mg
Chromium (as Chromium Niacinate)	500 mcg

Other ingredients: L-leucine.  
300 capsules per bottle  
Use as directed by your healthcare professional.







## CoQ10 100 mg and 200 mg

The human body naturally produces CoQ10 (a natural nutrient) which is utilized by every cell for energy production, cell growth, and as a powerful antioxidant. Levels of CoQ10 naturally decrease with age and supplementation of CoQ10 has been shown through scientific research to be especially beneficial supporting the cardiovascular system of some patients who need additional nutritional support due to heart disease or other cardiovascular disorders.\* CoQ10 is available in 100 mg and 200 mg capsules.

- Promotes cellular energy production\*
- Benefits immune function\*
- Supports cardiovascular and neurological health\*

### CoQ10 100 mg #00210

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	120 mg
Coenzyme Q10 (Ubiquinone)	100 mg

Other ingredients: L-leucine.

60 capsules per bottle

Use as directed by your healthcare professional.

### CoQ10 200 mg #00212

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	200 mg
Coenzyme Q10 (Ubiquinone)	200 mg

Other ingredients: L-leucine.

60 capsules per bottle

Use as directed by your healthcare professional.

## Do you have patients taking statins?

CoQ10 is an important supplement for those taking statins. Cholesterol-lowering drugs like statins block the production of CoQ10.\*



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## CoQ10 Powder 110 g

We combine CoQ10 with other natural ingredients to create a unique water-dispersible powder with a pleasant orange flavor.

- Promotes cellular energy production\*
- Nourishes oral health\*
- Supports cardiovascular and neurological health\*

### CoQ10 Powder 110 g #00215

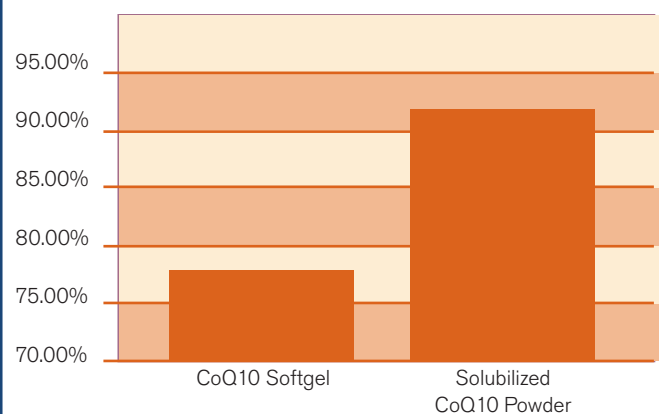
Nutrient	Amount Per Scoop
Coenzyme Q10 (Ubiquinone)	100 mg

Other ingredients: rice syrup solids, sunflower lecithin, glycine, natural flavors, citric acid, malic acid.

150 servings per jar

Use as directed by your healthcare professional. Best absorbed when taken with meals.

## Blood Increase of CoQ10 Daily dosing of 100 mg powder for 24 days



Our soluble CoQ10 powder is more easily absorbed than softgel capsules due to a greater surface area for absorption.

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## Curcumin + C 400 mg

Curcumin, the active compound extracted from turmeric root, is touted for its ability to mediate the body's natural response to physical, chemical, and emotional stressors. Longvida® makes use of a patented technology that permits maximal absorption of free-form curcumin into the bloodstream and target tissues, including the brain. This technology means we don't need to add extras like piperine to aid absorption. Because of this increased bioavailability, Longvida® has the greatest potential to impact a number of pathways affecting oxidative stress, inflammation, and the aggregation of proteins such as the amyloid-B peptide responsible for destructive brain plaques. Clinical data shows that curcumin supports a range of health issues.\*

- Supports healthy brain function\*
- Improves cognition, mood, and alertness\*
- Eases joint pain and the natural inflammatory response\*
- Supports healthy joint motility and function\*
- Supports healthy liver, colon, musculoskeletal, and cell function\*

### Curcumin + C 400 mg #00709

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	250 mg
Longvida® Optimized Curcumin ( <i>Curcuma longa</i> root)	400 mg

Longvida® Optimized Curcumin also contains: soy lecithin, stearic acid, dextrin, silicon dioxide.

60 capsules per bottle

Use as directed by your healthcare professional.

LONGVIDA® extract is patented under US 9192644 & EP 1993365 (other patents pending) and LONGVIDA® is a registered trademark of Verdure Sciences Inc.



## Deluxe Scavengers™ Powerful Antioxidants with CoQ10

Toxins and pollutants are abundant in our environment. For many, diet alone often cannot provide enough nutritional or antioxidant support for current lifestyles. Deluxe Scavengers™ provides optimum doses of the essential antioxidants, Vitamins A, C, and E as well as CoQ10, a naturally occurring nutrient utilized by cells for protection and energy production. Plant extracts such as Pomella® Pomegranate fruit extract, lutein and zeaxanthin provide extra free radical scavenging power.

- Essential antioxidant vitamins A, C, and E in dosages that complement a daily multivitamin\*
- CoQ10 for cellular protection\*
- Lutein and zeaxanthin for healthy vision and cognition\*

### Deluxe Scavengers™ with CoQ10 #00214

Nutrient	Amount Per 2 Capsules
Vitamin A (10000 IU as Natural Mixed Carotenoids)	3000 mcg RAE
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	500 mg
Vitamin E (400 IU as d-Alpha Tocopheryl Succinate and Mixed Tocopherols)	267 mg
Coenzyme Q10	100 mg
Setria® L-Glutathione (reduced form)	100 mg
Pomella® Pomegranate fruit extract (standardized to 30% punicalagins)	100 mg
Lutein (from Lutemax 2020)	10 mg
Zeaxanthin Isomers (from Lutemax 2020)	2 mg

Natural vitamin E is derived from soy oil.

60 capsules per bottle

Use as directed by your healthcare professional.

Setria® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

Pomella® is a registered trademark of Verdure Sciences, Inc. and U.S. Patent protected by 7,638,640, 7,897,791, 7,919,636.







## DIM Complex Diindolylmethane with Cofactors



Diindolylmethane, also known as DIM, is a gastric metabolite of indole compounds found in cruciferous vegetables. DIM promotes healthy estrogen metabolism by helping to break down estrogens in the body, shifting the estrogen balance towards the formation of beneficial metabolites, and away from harmful ones. This unique formula contains therapeutic dosages of Diindolylmethane (DIM) and its cofactors - a full array of nutrients that work synergistically to support normal estrogen ratios.\*

- Nourishes methylation processes for healthy metabolism of estrogen\*
- Protects estrogen and its metabolites from oxidative stress\*
- Provides nutrients to support the excretion of estrogen metabolites\*

### DIM Complex Diindolylmethane with Cofactors #00612

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	120 mg
Vitamin E (40 IU as d-Alpha Tocopheryl Acid Succinate)	27mg
Vitamin B-6 (as Pyridoxine HCl)	5 mg
Folate (200 mcg as L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	200 mcg
Diindolylmethane (DIM)	100 mg
NAC (as N-Acetyl-L-Cysteine)	100 mg
Lemon Bioflavonoids	100 mg
Calcium-d-Glucarate	100 mg

Other ingredients: L-leucine

Natural vitamin E is derived from soy oil.

60 capsules per bottle

Use as directed by your healthcare professional.

## D, L-Phenylalanine 750 mg

L-Phenylalanine is an essential amino acid that stimulates synthesis of catecholamines: dopamine, epinephrine (adrenaline), and norepinephrine. Adrenaline is converted into a brain chemical utilized to produce norepinephrine, which is responsible for promoting mental alertness and memory, while also elevating mood and suppressing appetite. D-Phenylalanine helps to naturally reduce pain signals in the nervous system. The combination of the two forms may help support both a normal mood and physical comfort. It should not be used with MAO inhibitors or tricyclic antidepressants, or by patients who have PKU, or hypertension.\*

- Provides building block for several neurotransmitters\*
- Supports balanced mood\*
- Promotes mental clarity and focus\*

### D, L-Phenylalanine 750 mg

#00114

Nutrient	Amount Per Capsule
Vitamin B-6 (as Pyridoxine HCl)	15 mg
D, L-Phenylalanine	750 mg

Other ingredients: L-leucine.

60 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.

## Evening Primrose Oil 500 mg

Evening primrose oil is a rich source of the omega-6 fatty acids linoleic acid (LA) and gamma-linolenic acid (GLA). LA is an essential fatty acid that cannot be synthesized by the body and must be obtained in foods. GLA is rare in foods, but can be biosynthesized from LA. These fatty acids are the precursors of prostaglandins - physiologically active lipid compounds that have diverse functions including vasodilatation and regulation of the inflammatory response.

- Supports overall hormonal function\*
- Helps to maintain healthy skin, joints, and weight\*
- May lessen premenstrual discomfort\*

### Evening Primrose Oil 500 mg

#00616

Nutrient	Amount Per Softgel
Evening Primrose Oil (GLA 38 mg)	500 mg

Other ingredients: gelatin, glycerin, purified water.

180 softgels per bottle

Use as directed by your healthcare professional.



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## FemOne™

### Women's Multivitamin/Mineral

Developed by Dr. Leslie Stone, MD

FemOne™ is designed specifically for women who may require more iron and essential nutrients during childbearing years. One capsule per day delivers key nutrients at optimal levels to support reproductive and immune health. Unlike most daily multivitamin/mineral formulas, FemOne™ provides activated B vitamins such as 1,000 mcg of L-methylfolate and 800 mcg of methylcobalamin, trace minerals, and foundational amounts of antioxidants. It also contains mixed carotenoids, tocopherols, and iodine to support thyroid and breast health.\*

- Provides iron in its most bioavailable form for women during childbearing years\*
- Provides balanced levels of activated B vitamins to support healthy methylation\*
- Provides significant levels of vitamin D and zinc for immune and reproductive health\*

#### FemOne™

#00504

Nutrient	Amount Per Capsule
Vitamin A (5000 IU as Natural Mixed Carotenoids)	1500 mcg RAE
Vitamin C (as Ascorbic Acid)	250 mg
Vitamin D-3 (2000 IU as Cholecalciferol)	50 mcg
Vitamin E	67 mg
(100 IU as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	
Thiamine (as Thiamine Mononitrate)	5 mg
Riboflavin (as Riboflavin 5' Phosphate)	5 mg
Niacin (as Niacinamide)	25 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	15 mg
Folate (1000 mcg as L-5-Methylfolate, glucosamine salt)	1667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	800 mcg
Biotin	100 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg
Iron (as Iron Bis-Glycinate)	25 mg
Iodine (as Potassium Iodide)	150 mcg
Zinc (as Zinc Citrate)	25 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Gluconate)	1.5 mg
Manganese (as Manganese Gluconate)	2.5 mg
Chromium (as Chromium Niacinate)	200 mcg
Molybdenum (as Molybdenum Glycinate)	25 mcg

Other ingredients: vegetarian cellulose capsule, L-leucine  
Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.  
100 capsules per bottle  
Use as directed by your healthcare professional.



## FemOne™ Silver

### Multivitamin for Women 50+

FemOne™ Silver is designed specifically for postmenopausal women who are looking to maintain optimal health. Our formula provides activated B vitamins such as L-methylfolate and methylcobalamin and foundational amounts of antioxidants. The trace minerals vanadium and chromium aid in supporting normal blood sugar levels. Vitamin K and boron have been included to nourish bone health.

- Provides a one-per-day multivitamin, free from iron and copper
- Features choline, lutein and zeaxanthin to support cognitive and eye health
- Provides balanced levels of B vitamins for healthy methylation and energy

#### FemOne™ Silver

#00553

Nutrient	Amount Per Capsule
Vitamin A (3000 IU as Natural Mixed Carotenoids)	900 mcg RAE
Vitamin C (as Ascorbic Acid)	225 mg
Vitamin D-3 (2000 IU as Cholecalciferol)	50 mcg
Vitamin E (67 IU as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	45 mg
Vitamin K (as K1 and K2 MK-7)	120 mg
Thiamine (as Thiamine Mononitrate)	5 mg
Riboflavin (as Riboflavin 5' Phosphate)	5 mg
Niacin (as Niacinamide)	25 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	15 mg
Folate (1000 mcg as L-5-Methylfolate, glucosamine salt)	1667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	800 mcg
Biotin	100 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg
Iodine (as Potassium Iodide)	150 mcg
Zinc (as Zinc Citrate)	25 mg
Selenium (as L-Selenomethionine)	100 mcg
Manganese (as Manganese Gluconate)	2.5 mg
Chromium (as Chromium Niacinate)	200 mcg
Molybdenum (as Molybdenum Glycinate)	45 mcg
Choline (as Choline Bitartrate)	50 mg
Boron (as Boron Citrate)	1 mg
Vanadium (as Vanadyl Sulfate)	50 mcg
Lutein (from Lutemax 2020)	5 mg
Zeaxanthin Isomers (from Lutemax 2020)	1 mg

Other ingredients: vegetarian cellulose capsule, L-leucine.  
Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.

"I feel good about my nutritional needs being met with FemOne™."



- Provides a significant source of vitamin D and zinc for immune and reproductive health\*
- Provides iron in its most bioavailable form for women during childbearing years\*
- Balanced levels of activated B-vitamins and folate to support healthy methylation\*



**METABOLIC**  
MAINTENANCE®



# GABA-750

## (Gamma Aminobutyric Acid)

Popularly known as the body's natural tranquilizer, gamma aminobutyric acid (GABA) is the major inhibitory neurotransmitter. It can reduce pain levels and hypersensitivities in the peripheral nervous system. Research shows GABA can cross the blood-brain barrier and helps support normal mood.\* Poor diet, oxidative stress, and other factors can deplete normal levels of GABA and may result in anxiety, irritability, and insomnia.\*

- Inhibits the effects of stress-producing neurotransmitters\*
- Aids in proper nerve signaling\*
- Promotes a relaxed mood and restful sleep\*

### GABA-750 (Gamma Aminobutyric Acid) #00116

Nutrient	Amount Per Capsule
GABA (Gamma Aminobutyric Acid)	750 mg

60 capsules per bottle  
Use as directed by your healthcare professional. Open capsule and add powder to liquid for best results. Best taken between meals.

# Glucosamine Chondroitin

## with Hyaluronic Acid

We have combined our maximum potency glucosamine chondroitin formula with hyaluronic acid to provide a more complete supplement for maintaining joint health. These three closely related compounds are components of glycosaminoglycans (GAGS) found in articular cartilage. GAGS are vital for cartilage's resiliency and shock-absorption properties. Hyaluronic acid has been shown to support tissue hydration and joint lubrication.\*

- Provides support for joint comfort and mobility\*
- Supports healthy lubrication and shock absorption\*
- Promotes cartilage synthesis and joint integrity\*

### Glucosamine Chondroitin with Hyaluronic Acid #00624

Nutrient	Amount Per 2 Capsules
Glucosamine Sulfate (as 1350 mg of d-Glucosamine Sulfate 2KCl)	1000 mg
Chondroitin Sulfate (as 850 mg of Chondroitin Sulfate Na)	800 mg
Hyaluronic Acid (as Sodium Hyaluronate)	80 mg

Glucosamine sulfate derived from shellfish.  
60 capsules per bottle  
Use as directed by your healthcare professional.



# GluDaZyme™

## Enzymatic Breakdown of Gluten, Dairy, Sugar, Fat

GluDaZyme™ is a comprehensive digestive enzyme blend that helps to digest gluten, casein, complex carbohydrates, sugars, lactose, and fats. GluDaZyme™ contains a proprietary dipeptidyl peptidase IV (DPP-IV) enzyme blend. It is specially formulated to help support healthy digestion processes and normal response to gluten and casein peptides. GluDaZyme™ also aids in normal digestion for severe food sensitivities and helps mitigate repercussions of cross-contact.\*

- Optimizes digestion of proteins, fats, and carbohydrates\*
- Enhances nutrient availability\*
- May ease impact of common food sensitivities\*
- Created specifically to help those sensitive to gluten and dairy\*

### GluDaZyme™ #00705

Nutrient	Amount Per Capsule
Proprietary Enzyme Blend: Dipeptidyl Peptidase (DPP-IV) (Protease I, Protease II, Protease III, Protease IV, Protease V), Amylase I, Amylase II, Glucoamylase, Cellulase, Hemicellulase, Alpha Galactosidase, Xylanase, Lactase, and Lipase.	500 mg

Other ingredients: tapioca maltodextrin.  
60 capsules per bottle  
Use as directed by your healthcare professional.



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# Glycine

Glycine is the smallest of the amino acid molecules, yet extremely important in liver detoxification pathways and production of glutathione, DNA, and hemoglobin.

- Aids in joint and cartilage repair and protection\*
- Helps support healthy neurological function\*
- Provides an important component for healthy REM and delta sleep patterns\*
- Promotes healthy circadian rhythm.

Glycine has a sweet taste and can be used to sweeten drinks or powdered supplements without altering blood glucose levels.

## Glycine Capsules #00118

Nutrient	Amount Per Capsule
Glycine	500 mg

250 capsules per bottle  
Use as directed by your healthcare professional.

## Glycine Powder #00120

Nutrient	Amount Per 1/4 Teaspoon
Glycine	1000 mg

200 grams per jar  
Use as directed by your healthcare professional.

## Glycine Sticks #00125

Nutrient	Amount Per Stick
Glycine	3 g

30 sticks per jar  
Use as directed by your healthcare professional.



# Happy Belly® Dysbiosis Formula\*

The power of the gastrointestinal (GI) microbiome over human health is becoming increasingly apparent. Over 500 different microorganisms have been identified from the human gut. Beneficial microorganisms produce compounds including digestive enzymes and lactic acid that keep our bowels and body functioning well. Many pathogenic organisms also reside there, but will not overgrow and become a problem unless the bowel environment becomes imbalanced from stress, poor diet, introduction of more pathogens, or use of antibiotics. This is called dysbiosis. Dysbiosis can produce GI discomfort and interfere with proper nutrition and immune function. Happy Belly® was formulated in collaboration with Metamatrix Labs after examining over 3,000 stool tests. The ingredients chosen are the ones found most effective for ridding the gut of harmful organisms and restoring a normal balance of microorganisms to the GI tract.\*

- Provides effective herbal anti-microbials
- Supports intestinal and microbiome health
- Valuable when traveling to maintain digestive comfort

## Happy Belly® #00661

Nutrient	Amount Per 2 Capsules
Magnesium (from Magnesium Caprylate)	25 mg
Caprylic Acid (from Magnesium Caprylate)	300 mg
Proprietary Herbal Blend:	900 mg
Barberry ( <i>Berberis vulgaris</i> ) root extract standardized to 6% berberine	
Oregon Grape ( <i>Berberis aquifolium</i> ) root extract 4:1	
Garlic ( <i>Allium sativum</i> ) bulb extract standardized to 1% alliin	
Black Walnut ( <i>Juglans nigra</i> ) hull extract 4:1	
Olive ( <i>Olea europaea</i> ) leaf extract standardized to 18% oleuropein	

Other ingredients: L-leucine.  
90 capsules per bottle  
Use as directed by your healthcare professional.

# A Good Night's Sleep

According to a study from the Institute for Innovation in Kanagawa, Japan, results showed that sleep deprived people taking 3 grams of glycine had significantly less fatigue and sleepiness the next day, due to improved sleep quality and reduced time for sleep onset.

Bannai M, Kawai N, Ono K, et al: The effects of glycine on subjective daytime performance in partially sleep-restricted healthy volunteers. *Frontiers in Neurology* 2012;3:61.





## L-Arginine

### 500 mg and 750 mg

This workhorse nutrient performs numerous vital functions, including supporting the body's normal wound healing and the secretion of key hormones such as insulin and glucagon. L-Arginine is a valuable precursor to nitric oxide which promotes vasodilation and cardiovascular health. It also helps maintain normal systolic and diastolic blood pressure and total and LDL cholesterol.\*

- Promotes healthy blood flow\*
- Nourishes tissue healing\*
- Supports production of nitric oxide\*

#### L-Arginine 500 mg #00122

Nutrient	Amount Per Capsule
L-Arginine	500 mg

100 capsules per bottle  
Use as directed by your healthcare professional.

#### L-Arginine 750 mg #00123

Nutrient	Amount Per Capsule
L-Arginine	750 mg

120 capsules per bottle  
Use as directed by your healthcare professional.

## L-Carnitine

### 250 mg and 500 mg

Although the body can convert L-carnitine to acetyl-L-carnitine and vice versa, different forms of carnitine are effective for supporting different functions. L-Carnitine is essential for transporting long-chain fatty acids across the mitochondrial membrane for subsequent fat breakdown and energy generation. The heart gets 70% of its energy from fat breakdown. Because of its role in energy generation, L-carnitine has a broad array of health benefits including weight management, recovery after exercise, cardiovascular health, male fertility, and healthy aging.\*

- Supports normal fat metabolism\*
- Aids in exercise recovery\*
- Supports cardiovascular health\*

#### L-Carnitine 250 mg #00124

Nutrient	Amount Per Capsule
L-Carnitine (as 373 mg L-Carnitine Tartrate)	250 mg

60 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.

#### L-Carnitine 500 mg #00161

Nutrient	Amount Per Capsule
L-Carnitine (as 746 mg L-Carnitine Tartrate)	500 mg

60 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.



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## L-Glutamine

### 200 g and 500 g

L-Glutamine, the most abundant amino acid in the body, is classified as conditionally essential. Under conditions of stress, trauma, and disease, the body cannot synthesize enough L-glutamine to meet physiological demands. A versatile amino acid, L-glutamine is important for acid-base balance, supplying nitrogen to muscles, protein synthesis, and energy production. L-Glutamine plays a major role in protecting the integrity of the intestinal tract, making it a mainstay in gut healing protocols.\*

- Helps support normal blood circulation\*
- Supports immune function\*
- Improves exercise recovery and muscle soreness\*
- Available in capsules or in water-soluble, tasteless powder form for convenient, adjustable dosing

#### L-Glutamine Powder #00132 200 g / #00133 500 g

Nutrient	Amount Per Scoop
L-Glutamine	1000 mg

200 or 500 grams per jar  
Use as directed by your healthcare professional. Best taken between meals.

#### L-Glutamine Capsules #00130

Nutrient	Amount Per Capsule
L-Glutamine	500 mg

100 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.

## L-Glutathione (Reduced)

### 100 mg

L-Glutathione is a sulfur-containing tripeptide that is an important part of the body's antioxidant defense system. Because of its antioxidant properties, glutathione neutralizes damaging free radicals and peroxide molecules, and recharges oxidized vitamin C so that the body may reuse it. Optimal amounts of L-glutathione are necessary for supporting the immune system and helps the liver to detoxify chemicals. Reduced L-glutathione is the most active form.\*

- Aids in detoxification\*
- Supports proper immune function\*
- Boosts activity of other cellular antioxidants\*

#### L-Glutathione (Reduced) 100 mg #00134

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	120 mg
Setria® Glutathione (Reduced Form)	100 mg

Other ingredients: L-leucine.  
Setria® is a registered trademark of Kyowa Hakko Bio Co, Ltd.  
60 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.

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# L-Lysine

## 500 mg

L-Lysine is an essential amino acid and must be obtained from food or by supplementation. Vegetarians, and athletes who participate in frequent vigorous exercise, are at highest risk for a lysine deficiency. L-Lysine helps the body absorb and conserve calcium and it plays an important role in the formation of collagen, a substance important for bones and connective tissues including skin, tendons, and cartilage.\*

- Aids in calcium absorption\*
- Nourishes healthy collagen formation\*
- Supports the production of antibodies, hormones, and enzymes\*

### L-Lysine 500 mg #00136

Nutrient	Amount Per Capsule
L-Lysine (as 625 mg of L-Lysine HCl)	500 mg

100 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.

# L-Methionine

## 500 mg

The sulfur containing essential amino acid L-methionine is particularly important because it:

- Assists in the breakdown of fats\*
- Aids in maintaining healthy skin tone, well-conditioned hair, and strong nails\*
- Serves as an important antioxidant and detoxifying agent\*

### L-Methionine 500 mg #00140

Nutrient	Amount Per Capsule
L-Methionine	500 mg

100 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.



Offering innovative solutions  
for your **healthcare needs**





## L-Methylfolate from Extrafolate-S®



Folic acid, the most common form of folate in supplements and fortified foods, requires the enzyme methylenetetrahydrofolate reductase (MTHFR) to be converted to L-methylfolate, the activated form of folate used by the body for many biochemical reactions. About half of the population has genetic variations that reduce the ability of the MTHFR enzyme to make this conversion. For this population, L-methylfolate supplementation is far more effective in providing this form of folate.

- Supports healthy mood, cardiovascular, and nerve function\*
- Important for normal production of serotonin, norepinephrine, and dopamine\*
- Essential for converting homocysteine to methionine\*

### L-Methylfolate - 2.5 mg from Extrafolate-S® #00532

Nutrient	Amount Per Capsule
Folate (2.5 mg folate from 3.4 mg L-5-Methylfolate, calcium salt)	4.2 mg DFE
Glycine	270 mg

90 capsules per bottle

Use as directed by your healthcare professional.

### L-Methylfolate - 5 mg from Extrafolate-S® #00531

Nutrient	Amount Per Capsule
Folate (5 mg folate from 6.8 mg L-5-Methylfolate, calcium salt)	8.3 mg DFE
Glycine	265 mg

90 capsules per bottle

Use as directed by your healthcare professional.

### L-Methylfolate - 10 mg from Extrafolate-S® #00519

Nutrient	Amount Per Capsule
Folate (10 mg folate from 13.7 mg L-5-Methylfolate, calcium salt)	16.7 mg DFE
Glycine	260 mg

90 capsules per bottle

Use as directed by your healthcare professional.

### L-Methylfolate - 15 mg from Extrafolate-S® #00551

Nutrient	Amount Per Capsule
Folate (15 mg folate from 20.5 mg L-5-Methylfolate, calcium salt)	25 mg DFE
Glycine	250 mg

60 capsules per bottle

Use as directed by your healthcare professional.

Extrafolate-S® is a registered trademark of Gnosis S.p.A.



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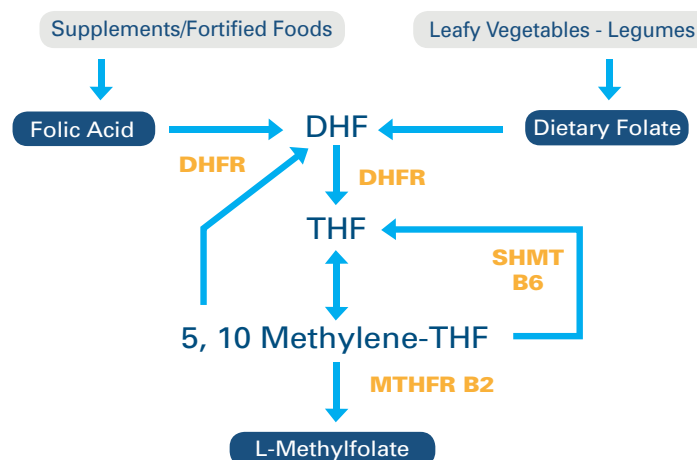
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## Folic Acid & Folate Metabolism



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## L-Phenylalanine

### 500 mg

L-Phenylalanine is an essential amino acid that converts to tyrosine. It follows the catecholamine pathway and is a precursor to thyroid hormone. L-Phenylalanine helps support the normal production of mood-elevating chemicals in the brain such as dopamine and norepinephrine. The L form may help support normal mood and attention. It should not be used with MAO inhibitors or tricyclic antidepressants, or by patients who have PKU, or hypertension.\*

- Supports balanced mood\*
- Promotes mental clarity and focus\*

L-Phenylalanine 500 mg #00144

Nutrient	Amount Per Capsule
Vitamin B-6 (as Pyridoxine HCl)	10 mg
L-Phenylalanine	500 mg

Other ingredients: L-leucine.

60 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.

## L-Theanine

### 100 mg and 200 mg

L-Theanine is a non-protein amino acid found naturally in the green tea plant (*Camellia sinensis*). It is an effective GABA precursor and supports healthy relaxation without drowsiness. Because it is able to cross the blood-brain barrier, L-theanine helps increase brain dopamine levels and helps support a normal immune system.\*

- Protects nerve cells\*
- Enhances focus and attention\*
- Reduces stress response\*

L-Theanine 100 mg #00146

Nutrient	Amount Per Capsule
L-Theanine (Suntheanine®)	100 mg
Glycine	300 mg

60 capsules per bottle

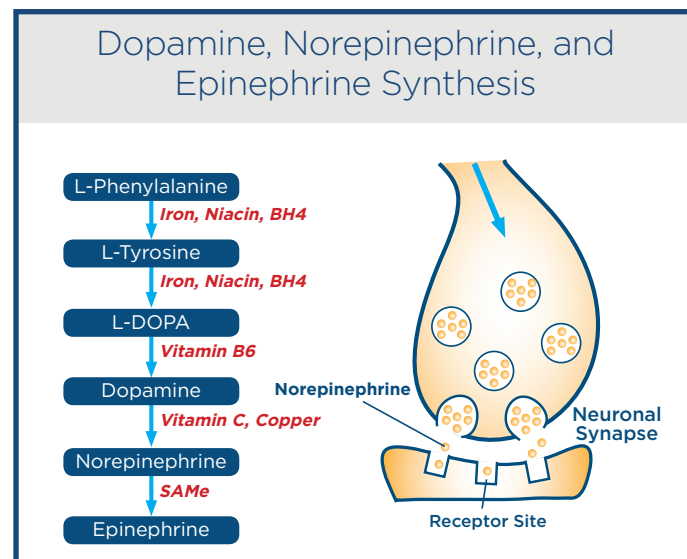
Use as directed by your healthcare professional. Best taken between meals.

L-Theanine 200 mg #00147

Nutrient	Amount Per Capsule
L-Theanine (Suntheanine®)	200 mg

120 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.



Dopamine, norepinephrine, epinephrine are synthesized in the central nervous system from amino acids, vitamins and minerals, and tetrahydrobiopterin (BH4). The catecholamine pathway is important for mood, energy, sleep, appetite changes, and stress response.

## L-Tryptophan

### 500 mg

L-Tryptophan is the essential amino acid that acts as a precursor to 5-HTP, serotonin, melatonin, and niacin. Tryptophan assists with normal sleep patterns, mood, and appetite. Use with care when combining with SSRI's or other substances that increase serotonin levels.\*

- Promotes healthy sleep onset, duration, and quality\*
- Supports healthy immune function\*
- Supports healthy mood\*
- Aids in appetite regulation\*

L-Tryptophan 500 mg #00149

Nutrient	Amount Per Capsule
Vitamin B-6 (as Pyridoxine HCl)	10 mg
L-Tryptophan (TryptoPure™)	500 mg

**TryptoPure™** is a registered trademark of Ajinomoto Aminoscience, LLC

60 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.

## L-Tyrosine

### 500 mg

L-Tyrosine has many varied functions. It is needed to make epinephrine, norepinephrine, and dopamine; all of which work to regulate mood. It aids in the production of melanin, in the regulation of the adrenal, thyroid, and pituitary glands, and is involved in the synthesis of enkephalins, the body's natural pain relievers. L-Tyrosine should not be used with MAO inhibitors.\*

- Benefits overall metabolism\*
- Provides building block for energizing neurotransmitters\*
- Promotes focus and mental clarity\*

L-Tyrosine 500 mg #00148

Nutrient	Amount Per Capsule
Vitamin B-6 (as Pyridoxine HCl)	10 mg
L-Tyrosine	500 mg

Other ingredients: L-leucine.

100 capsules per bottle

Use as directed by your healthcare professional. Best taken between meals.



# Little One™

## Children's Multivitamin

This one-a-day multivitamin is created specifically for children's unique nutritional needs from ages 6-12. Each dose contains the finest ingredients, in the most bioavailable forms, in a kid-sized capsule.\*

- Activated forms of B vitamins
- A well-tolerated form of iron from Albion®, an industry leader in mineral amino acid chelates
- Trace minerals such as iodine and zinc
- Vitamin D for immune function and bone health\*
- Powder dissolves easily in water if capsules are not well tolerated



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# Little One™

#00522

Nutrient	Amount Per Capsule
Vitamin A (as 2500 IU Natural Mixed Carotenoids and 2500 IU Palmitate)	1500 mcg RAE
Vitamin C (as Ascorbic Acid)	100 mg
Vitamin D-3 (800 IU as Cholecalciferol)	20 mcg
Vitamin E (60 IU as d-Alpha Tocopheryl Acid Succinate)	40 mg
Thiamine (as Thiamine Mononitrate)	5 mg
Riboflavin (as Riboflavin 5' Phosphate)	5 mg
Niacin (as Niacinamide)	25 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	5 mg
Folate (400 mcg as L-5-Methylfolate, glucosamine salt)	667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	10 mcg
Biotin	300 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg
Iron (as Iron Bis-Glycinate)	9 mg
Iodine (as Potassium Iodide)	100 mcg
Zinc (as Zinc Citrate)	15 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Gluconate)	2 mg
Manganese (as Manganese Gluconate)	1 mg
Chromium (as Chromium Nicinate)	100 mcg
Molybdenum (as Molybdenum Glycinate)	25 mcg

Vitamin D derived from lanolin. Natural vitamin E derived from soy oil.  
100 capsules per bottle

Use as directed by your healthcare professional.



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# Magnesium Citrate

Magnesium makes up the center of every ATP (energy) molecule in the body. This form can improve gastrointestinal motility.\*

- Aids in bowel regularity\*
- Supports a calm mood and healthy sleep\*
- Assists in maintaining muscle comfort\*

Magnesium Citrate #00428 120 caps / #00430 250 caps

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Magnesium (as Magnesium Citrate)	167 mg

120 or 250 capsules per bottle  
Use as directed by your healthcare professional.



# Magnesium Glycinate

Magnesium Glycinate is the most absorbable form of magnesium and helps support healthy muscle, nerve, and heart function.\*

- Highly absorbable form of this essential mineral
- Supports a calm mood and healthy sleep\*
- Assists in maintaining muscle comfort\*

Magnesium Glycinate #00439

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	25 mg
Magnesium (as Magnesium Glycinate)	125 mg

180 capsules per bottle  
Use as directed by your healthcare professional.





# Mega Omega™

## Extra Strength 450 EPA/340 DHA

Mega Omega™ Extra Strength fish oil supplement is a rich source of the omega-3 fatty acids EPA and DHA. Omega-3 fatty acids have been well studied and play a major role in human health. They provide protective effects for the immune, neurological, and cardiovascular systems and have been shown to promote healthy insulin and glucose metabolism. Our fish oils are concentrated, purified, and thoroughly tested by a third-party lab to give the benefits of omega-3s without the risk of contaminants common in fish, such as mercury and arsenic. Mega Omega™ Extra Strength offers 1000 mg of concentrated fish oil providing 450 mg of EPA and 340 mg of DHA per softgel.\*

- Promotes a healthy immune response\*
- Supports cardiovascular health\*
- Promotes healthy insulin and glucose metabolism

### Mega Omega™ Extra Strength #00686

Nutrient	Amount Per Softgel
Calories	10
Total Fat	1 g
Concentrated Fish Oil	1000 mg
EPA (Eicosapentaenoic Acid)	450 mg
DHA (Docosahexaenoic Acid)	340 mg

Other ingredients: capsule (gelatin, glycerin, purified water). Contains oil from one or more of the following fish species: sardines, anchovies, mackerel, sprat, salmon, culpea.  
100 softgels per bottle  
Use as directed by your healthcare professional.

# Melatonin

## 2 mg

Melatonin, a hormone we all produce naturally, is intimately involved in synchronizing the body's hormone secretions, setting the brain's internal clock, and generating circadian rhythms. Preliminary findings suggest it may help support normal nerve function and healthy blood pressure.

- Promotes restorative sleep\*
- Supports healthy blood pressure\*
- Aids in protecting nerve health\*

### Melatonin 2 mg #00634

Nutrient	Amount Per Capsule
Melatonin	2 mg
Glycine	210 mg

180 capsules per bottle  
Use as directed by your healthcare professional.



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Only pure active ingredients for optimal health and longevity of life.





**Toxins are everywhere** - in the air, diet, drugs, smoke, alcohol, and even normal metabolic by-products. Accumulated toxins eventually result in health challenges. Luckily, the body can neutralize and eliminate toxins through two pathways. Balancing Phase I and Phase II pathways is essential for effective detoxification because compounds created in Phase I can be harmful if not eliminated in Phase II. Our Metabolic Detox® products are designed to optimize detoxification by providing the nutrients, precursors, and cofactors to support the entire process.



## Metabolic Detox®

Our Metabolic Detox® capsules combine the active ingredient silymarin (isolated from the classic liver-supporting botanical, milk thistle), as well as naturally-occurring thiol antioxidants, N-acetyl-cysteine (NAC) and alpha lipoic acid (ALA). Silymarin expresses membrane-stabilizing and antioxidant activities, promotes regeneration of the liver, reduces inflammatory reactions, and inhibits fibrogenesis. NAC inhibits hepatocyte apoptosis and oxidative stress pathways and is a precursor for (and regulator of) glutathione synthesis. ALA is an amphipathic, metabolic antioxidant and detoxification agent, and decreases lipogenesis in the liver.\*

- Supports liver function\*
- Provides antioxidant protection\*
- Supports the production of glutathione\*
- Supports Phase I and Phase II detoxification

### Metabolic Detox Capsules®

#00217

Nutrient	Amount Per Capsule
Silymarin (from Milk Thistle Seed Extract, <i>Silybum marianum</i> , standardized to 80% silymarin)	200 mg
Alpha Lipoic Acid	200 mg
NAC (N-Acetyl-L-Cysteine)	200 mg

Other ingredients: L-leucine.  
60 capsules per bottle  
Use as directed by your healthcare professional.



## Metabolic Detox® Complete

1.05 kg

Metabolic Detox® Complete, in chocolate or vanilla, is an excellent supplement for comprehensive detoxification programs and elimination diets. It contains a hypoallergenic blend of pea, rice, and hemp non-GMO proteins, beneficial medium chain triglycerides, and omega-3 fatty acids. Metabolic Detox® Complete also includes a balanced combination of vitamins, minerals, essential amino acids, and other beneficial nutrient cofactors to simplify and support both Phase I and Phase II detoxification. With 20 grams of protein per serving, it makes an excellent meal replacement or a daily protein shake.\*

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



## Metabolic Detox<sup>®</sup> Complete Chocolate

- Natural chocolate flavor
- Provides 20 grams of clean protein for sustained energy\*
- Nourishes Phase I and II detoxification pathways\*
- Enhanced with liver protective silymarin and green tea plant extracts\*

### Metabolic Detox<sup>®</sup> Complete

#00680 Chocolate

Nutrient	Amount Per 2 Scoops
Calories	165
Calories from Fat	40
Total Fat	5.5 g
Saturated Fat	3.5 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium (naturally occurring)	225 mg
Total Carbohydrate	10 g
Dietary Fiber	7 g
Soluble Fiber	5 g
Sugars	0.5 g
Protein	20 g
Vitamin A (as 4000 IU Beta Carotene and 1500 IU Palmitate)	1650 mcg RAE
Vitamin C (as Calcium Ascorbate)	500 mg
Vitamin D (800 IU as Cholecalciferol)	20 mcg
Vitamin E (200 IU as Mixed Tocopherols and d-Alpha Tocopherol Acetate)	133 mg
Vitamin K (as K1 and K2 MK-7)	70 mcg
Thiamin (as Thiamin Mononitrate)	3 mg
Riboflavin (as Riboflavin 5 Phosphate)	3 mg
Niacin (as Niacinamide)	15 mg NE
Vitamin B-6 (as Pyridoxal 5' Phosphate)	10 mg
Folate (200 mcg as L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	25 mcg
Biotin	150 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	20 mg
Calcium (from Calcium Citrate and Calcium Ascorbate)	200 mg
Iron (naturally occurring)	3 mg
Phosphorus (naturally occurring)	340 mg
Iodine (from Potassium Iodide)	100 mcg
Magnesium (from Magnesium Glycinate)	150 mg
Zinc (from Zinc Glycinate)	10 mg
Selenium (from L- Selenomethionine)	70 mcg
Copper (from Copper Bis-glycinate)	1 mg
Manganese (as Manganese Glycinate)	2 mg
Chromium (from Chromium Niacinate)	70 mcg
Molybdenum (from Molybdenum Glycinate)	100 mcg
Potassium (from Potassium Citrate and naturally occurring)	200 mg
Choline (as Choline Bitartrate)	50 mg
Boron (as Boron Citrate)	500 mcg
Vanadium (as Vanadyl Sulfate)	100 mcg
Inositol	50 mg
Ground Flax Seed	2000 mg
Medium Chain Triglycerides	3000 mg
Omega-3 Fatty Acids (naturally occurring)	500 mg
Inulin	2000 mg
Glycine	1500 mg
L- Glutamine	1000 mg
L-Lysine (as L-Lysine HCl)	250 mg
Taurine	250 mg
NAC (N-Acetyl-L-Cysteine)	250 mg
L-Methionine	100 mg
L-Tyrosine	100 mg
MSM (Methylsulfonylmethane)	100 mg
Silymarin (from Milk Thistle Seed Extract)	100 mg
TMG (Trimethylglycine)	200 mg
Calcium D-Glucarate	100 mg
Green Tea Leaf Extract	50 mg

Other ingredients: pea protein isolate, rice protein concentrate, hemp protein concentrate, acacia fiber, natural flavors (chocolate), cocoa powder, tapioca maltodextrin, xanthan gum, monk fruit extract.  
Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.  
21 servings per jar

## Metabolic Detox<sup>®</sup> Complete Vanilla

- Natural vanilla flavor
- Provides 20 grams of clean protein for sustained energy\*
- Nourishes Phase I and II detoxification pathways\*
- Enhanced with liver protective silymarin and green tea plant extracts\*

### Metabolic Detox<sup>®</sup> Complete

#00671 Vanilla

Nutrient	Amount Per 2 Scoops
Calories	165
Calories from Fat	40
Total Fat	5 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium (naturally occurring)	230 mg
Total Carbohydrate	11 g
Dietary Fiber	7 g
Soluble Fiber	5 g
Sugars	1 g
Protein	20 g
Vitamin A (as 4000 IU Beta Carotene and 1500 IU Palmitate)	1650 mcg RAE
Vitamin C (as Calcium Ascorbate)	500 mg
Vitamin D (800 IU as Cholecalciferol)	20 mcg
Vitamin E (200 IU as Mixed Tocopherols and d-Alpha Tocopherol Acetate)	133 mg
Vitamin K (as K1 and K2 MK-7)	70 mcg
Thiamin (as Thiamin Mononitrate)	3 mg
Riboflavin (as Riboflavin 5 Phosphate)	3 mg
Niacin (as Niacinamide)	15 mg NE
Vitamin B-6 (as Pyridoxal 5' Phosphate)	10 mg
Folate (200 mcg as L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	25 mcg
Biotin	150 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	20 mg
Calcium (from Calcium Citrate and Calcium Ascorbate)	200 mg
Iron (naturally occurring)	3 mg
Phosphorus (naturally occurring)	340 mg
Iodine (from Potassium Iodide)	100 mcg
Magnesium (from Magnesium Glycinate)	150 mg
Zinc (from Zinc Glycinate)	10 mg
Selenium (from L- Selenomethionine)	70 mcg
Copper (from Copper Bis-glycinate)	1 mg
Manganese (as Manganese Glycinate)	2 mg
Chromium (from Chromium Niacinate)	70 mcg
Molybdenum (from Molybdenum Glycinate)	100 mcg
Potassium (from Potassium Citrate and naturally occurring)	190 mg
Choline (as Choline Bitartrate)	50 mg
Boron (as Boron Citrate)	500 mcg
Vanadium (as Vanadyl Sulfate)	100 mcg
Inositol	50 mg
Ground Flax Seed	2000 mg
Medium Chain Triglycerides	3000 mg
Omega-3 Fatty Acids (naturally occurring)	500 mg
Inulin	2000 mg
Glycine	1500 mg
L- Glutamine	1000 mg
L-Lysine (as L-Lysine HCl)	250 mg
Taurine	250 mg
NAC (N-Acetyl-L-Cysteine)	250 mg
L-Methionine	100 mg
L-Tyrosine	100 mg
MSM (Methylsulfonylmethane)	100 mg
Silymarin (from Milk Thistle Seed Extract)	100 mg
TMG (Trimethylglycine)	200 mg
Calcium D-Glucarate	100 mg
Green Tea Leaf Extract	50 mg

Other ingredients: pea protein isolate, rice protein concentrate, hemp protein concentrate, acacia fiber, natural flavors (vanilla), rice syrup solids, tapioca maltodextrin, xanthan gum, monk fruit extract.  
Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.  
21 servings per jar

# MetaCalm®

## Stress Regulation Formula

Current lifestyles can be stressful and the standard American diet does not always provide needed nutrients. MetaCalm® provides the amino acid building blocks and the necessary vitamin and mineral cofactors to help the body's synthesis of both mood enhancing and calming neurotransmitters. Amino acids like L-theanine can help induce an alert state of relaxation without drowsiness, while GABA and glycine can soothe the effects of excitatory neurotransmitters. 5-HTP is a building block of serotonin, an important mood and stress regulating neurotransmitter. MetaCalm® is a full-spectrum nutritional product to encourage relaxation of the central and peripheral nervous system.\*

- Provides B vitamin cofactors and amino acids for neurotransmitter synthesis\*
- Calms without sedating\*
- Supports both calming and mood balancing neurotransmitter pathways\*

MetaCalm® #00670

Nutrient	Amount Per 3 Capsules
Vitamin C (as Ascorbic Acid)	40 mg
Vitamin B-6 (as Pyridoxal 5' Phosphate)	25 mg
Folate (200 mcg folate as L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	30 mcg
Magnesium (as Magnesium Glycinate)	300 mg
Zinc (as Zinc Glycinate)	10 mg
Selenium (as L-Selenomethionine)	70 mcg
Proprietary Blend:	900 mg
GABA (Gamma Aminobutyric Acid), Taurine, Inositol, 5-HTP (5-Hydroxytryptophan), L-Theanine (Suntheanine®)	

Other ingredient: L-leucine.  
120 capsules per bottle  
Use as directed by your healthcare professional.



# NAC

## 600 mg

N-Acetyl-L-Cysteine (NAC) is an amino acid that supports detoxification, reduces oxidative stress, and helps stabilize blood sugar. NAC aids the body's phase II detoxification pathways, glutathione conjugation, and sulphation. By providing the limiting factor in glutathione synthesis, NAC helps to restore intracellular glutathione levels. Since NAC plays a major role in detoxification, it may offer protection against daily exposure to environmental contaminants and toxins.\*

- Promotes healthy glutathione levels\*
- Supports detoxification pathways\*
- Helps loosen and clear mucous\*

NAC 600 mg #00150

Nutrient	Amount Per Capsule
NAC (N-Acetyl-L-Cysteine)	600 mg

60 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.



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## Natural Progeste Cream

Paraben Free

Our Natural Progeste Cream is designed to help women feel balanced and rejuvenated, and it now contains more sweet almond oil for a smoother consistency. The pump system administers the same 20 mg dosage of bio-identical micronized progesterone for a consistent application each time. Rotate the area of application daily between abdomen, chest, inner arms, and thighs for optimal results.\*

- Supports balanced mood\*
- Eases hormonal shifts\*
- Provides easy administration of bio-identical progesterone

### Natural Progeste Cream

#00643

#### Ingredients

Purified water, sweet almond oil, USP natural progesterone, candelilla jojoba/ rice bran polyglyceryl-3 esters\*\*, glyceryl stearate\*\*, cetearyl alcohol\*\*, sodium stearyl lactylate\*\*, aloe vera leaf juice, panthenol (pro vitamin B-5), xanthan gum, maltodextrin, Caprifolium\*\*\*.

\*\*Natural vegetable-derived emulsifier

\*\*\*Natural preservative

90 doses per bottle

For topical use only.

## NERVEsustain™

Peripheral Nerve Support



The rise in Type 2 Diabetes diagnoses has been accompanied by an increase in the number of people living with peripheral neuropathy, a painful, long-term consequence of dysregulated blood sugar levels. NERVEsustain™ nourishes nerve health with an array of bioactive B vitamins known to be integral in maintaining proper nerve function. In addition, a combination of these vitamins also supports healthy homocysteine levels, which are also possible risk factors in diminished nerve health, along with associated MTHFR polymorphisms. Certain common medications prescribed for blood glucose balance have been shown to cause depletion of important B vitamins. NERVEsustain™ has been designed to replenish these vitamins while protecting nerve health, with optimized levels of supportive nutrients delivered in a single, convenient daily capsule.

- Nourishes healthy nerve function and structure
- Provides key nutrients for homocysteine metabolism
- Delivers bioactive forms of B vitamins, including L-methylfolate
- Supplies optimal amounts of nerve-supporting nutrients in a single daily capsule

## Natural Progeste Cream Menopause Relief\*

Menopause is a natural part of a woman's life - why not treat it in a natural way? Until recently, hormone replacement therapy (HRT) using synthetic estrogen and progestins was standard for menopausal women, but we now know HRT increases the risk of breast cancer and heart disease. Natural bio-identical progesterone can normalize hormone imbalances without side effects. The advantage of a cream product over an oral form is that a much lower dose is needed since it does not have to be metabolized by the liver. Our Natural Progeste Cream is free of parabens, mineral oil, and petroleum.

Another product that may help with hormone imbalance is our DIM Complex. Diindolylmethane (DIM) promotes healthy estrogen metabolism by helping to breakdown estrogens in the body. It promotes the production of the beneficial form of estrogen-2-hydroxy - which can help stimulate progesterone production from ovarian cells. This balancing effect can benefit disorders associated with estrogen-progesterone imbalance.\* page 19



### NERVEsustain™

#00525

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	15 mg
Thiamine (as Thiamine Mononitrate)	50 mg
Riboflavin (as Riboflavin 5' Phosphate)	40 mg
Vitamin B-6 (as Pyridoxal 5' Phosphate)	70 mg
Folate (6 mg folate from 8.25 mg L-5-Methylfolate, calcium salt)	10 mg DFE
Vitamin B-12 (as Methylcobalamin)	4 mg
Magnesium (as Magnesium Citrate)	50 mg

Other ingredients: vegetarian cellulose capsule

30 capsules per bottle

Use as directed by your healthcare professional.

## Organic Psyllium Husk Powder



Our Organic Psyllium Husk Powder comes from the finest source in India. Psyllium husk is a natural bulking agent that can be used daily for regularity or with detox protocols.\*

- Excellent source of soluble fiber
- Aids in bowel regularity\*
- Supports healthy lipid balance\*

### Organic Psyllium Husk Powder

#00644

Nutrient	Amount Per Scoop
Calories	9
Total Carbohydrate	2.5 g
Dietary Fiber	2.5 g
Soluble Fiber	2.2 g
Organic Psyllium Seed Husk Powder	3 g

150 servings per jar

Use as directed by your healthcare professional.



## Pantothenic Acid

Pantothenic acid (vitamin B-5) is a component of coenzyme A, which plays an important role in the utilization of fats and carbohydrates in energy metabolism, detoxification, and synthesis of folate derivatives, hormones, and vitamins A and D. Pantothenic acid (as Calcium D-Pantothenate) supports adrenal function and is often used as part of an adrenal health protocol.\*

- Supports adrenal function\*
- Nourishes production of acetylcholine\*
- Promotes cellular energy production\*

### Pantothenic Acid

#00636 100 caps / #00638 250 caps

Nutrient	Amount Per Capsule
Pantothenic Acid (as Calcium D-Pantothenate)	500 mg

Other ingredients: L-leucine

100 or 250 capsules per bottle

Use as directed by your healthcare professional.



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# Pediatric Vitamin/Mineral Base Powder

Nutritional support is important to help children reach their full health potential. Our Pediatric Vitamin/Mineral Base Powder is specifically formulated to meet children's growing needs at this important time of life. It contains all the required vitamins and minerals, in balanced amounts, in their most bioavailable forms. Activated B vitamins, amino acid chelated minerals, and 1000 IU of vitamin D combine to make a safe and foundational nutritional formula for children.\*

- Activated forms of B vitamins
- High-quality minerals without iron
- Water soluble and flavorless
- Pure, clean ingredients for safe pediatric nutritional support

## Pediatric Vitamin/Mineral Base Powder #00530

Nutrient	Amount Per 3 Scoops
Vitamin A (as 1000 IU Palmitate and 500 IU Beta Carotene)	450 mcg RAE
Vitamin C (as Ascorbic Acid)	125 mg
Vitamin D-3 (1000 IU as Cholecalciferol)	25 mcg
Vitamin E (50 IU as d-Alpha Tocopheryl Acetate and Mixed Tocopherols)	33 mg
Vitamin K-1	50 mcg
Thiamine (as Thiamine Mononitrate)	2 mg
Riboflavin (as Riboflavin 5' Phosphate)	2 mg
Niacin (as Niacinamide)	6 mg NE
Vitamin B-6 (as Pyridoxal 5' Phosphate)	7 mg
Folate (200 mcg folate as L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	10 mcg
Biotin	100 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	5 mg
Calcium (as Calcium Citrate)	500 mg
Iodine (as Potassium Iodide)	70 mcg
Magnesium (as Magnesium Glycinate)	120 mg
Zinc (as Zinc Glycinate)	5 mg
Selenium (as L-Selenomethionine)	25 mcg
Copper (as Copper Bis-Glycinate)	0.5 mg
Manganese (as Manganese Glycinate)	1.5 mg
Chromium (as Chromium Niacinate)	25 mcg
Molybdenum (as Molybdenum Glycinate)	25 mcg
Boron (as Boron Citrate)	1 mg

Other ingredients: glycine.  
Vitamin D derived from lanolin. Natural vitamin E derived from soy oil.  
60 servings per jar  
Use as directed by your healthcare professional.



# Potassium/Magnesium Citrate

Potassium and magnesium promote healthy blood pressure, bone and nervous system function. Our highly bioavailable potassium and magnesium are combined into one capsule. Potassium is present in its highest non-prescription dose, 99 mg elemental. Magnesium is provided at 125 mg elemental per capsule.\*

- Supports cardiovascular health\*
- Aids in healthy nerve function\*
- Supports normal muscle contraction and relaxation\*

## Potassium/Magnesium Citrate #00426

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Magnesium (as Magnesium Citrate)	125 mg
Potassium (as Potassium Citrate)	99 mg

250 capsules per bottle  
Use as directed by your healthcare professional.



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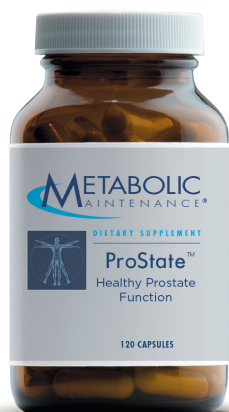
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## ProState™ Healthy Prostate Function

ProState™ is an evidence-based formula designed to promote men's reproductive and urinary health without side effects. Saw palmetto enhances prostate health and healing after surgery. It works together with pygeum and stinging nettle to support healthy urine flow and bladder emptying. Pygeum and stinging nettle also promote male sexual and reproductive health. Working on similar pathways that support prostate health, these herbs also support pathways that maintain normal hair growth.\*

- Supports hair growth and integrity\*
- Evidence-based herbal components for prostate health\*
- Promotes healthy urine flow\*

### ProState™ #00702

Nutrient	Amount Per 2 Capsules
Saw Palmetto ( <i>Serenoa serrulatta</i> ) Berry Extract (Standardized to >45% total fatty acids)	320 mg
Pygeum ( <i>Prunus africana</i> ) Bark Extract (Standardized to >15% Phytosterols)	650 mg
Stinging Nettle ( <i>Urtica dioica</i> ) Root Extract 4:1	240 mg
ProState™ Proprietary Blend: Graminex Flower Pollen Extract ( <i>Secale cereale</i> ), Glycine, L-Alanine, L-Glutamine	200 mg

120 capsules per bottle

Use as directed by your healthcare professional.

## PS-100 (Phosphatidylserine) 100 mg

Phosphatidylserine (PS) is a phospholipid that is critical to the maintenance of cellular function. PS is particularly concentrated in the brain, and helps to keep heartbeat coordination, hormone secretion, and memory-related pathways functioning smoothly. Research indicates that when PS levels naturally decline with age, memory and learning ability tend to decline in parallel. Supplementation can help to counteract this loss, supporting a healthy brain and cellular function throughout the aging process.

PS also helps to reduce unhealthy, elevated cortisol levels in the body, thereby reducing physiological stress and allowing for more restful, sustained sleep.\*

- Maintains neuron health and communication\*
- Promotes sustained, restful sleep\*
- Modulates cortisol response\*
- Supports normal memory and cognition\*

### PS-100 (Phosphatidylserine) 100 mg #00640

Nutrient	Amount Per Softgel
Calories	5
Total Fat	0.5 g
Phosphatidylserine	100 mg
Phosphatidylcholine	25 mg
Phosphatidylethanolamine	2.5 mg

Other ingredients: gelatin, glycerin, polyglycitol syrup, water.

Contains soy.

60 softgels per bottle



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## Pyridoxal 5' Phosphate (P-5-P)

Pyridoxal 5' Phosphate, the phosphorylated form of vitamin B-6, is the most bioavailable form of this critical nutrient. Vitamin B-6 is involved in countless metabolic steps in the body including manufacturing the brain chemicals known as neurotransmitters.\*

- Aids in the metabolism of amino acids and lipids\*
- Essential nutrient for proper nerve function\*
- Supports the normal formation of neurotransmitters\*

### Pyridoxal 5' Phosphate (P-5-P) #00648

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	250 mg
Vitamin B-6 (as 50 mg of Pyridoxal 5' Phosphate)	30 mg

100 capsules per bottle

Use as directed by your health care professional.

## Rebuild® Bone Health Support\*

Maintaining bone health is a critical factor in maintaining mobility and independence as we age. Rebuild® is a full-spectrum nutritional product designed to support bone health in patients at risk of osteoporosis. In addition to calcium and magnesium, Rebuild® contains vitamin D, vitamin K, zinc, and trace minerals important to bone health. Deficiencies of these nutrients can slow bone production or accelerate bone loss.

- Research-based formula to support bone mineral density\*
- Contains key nutrients important for bone synthesis\*
- Full spectrum nutritional product\*

### Rebuild® #00432

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Vitamin D-3 (136 IU as Cholecalciferol)	67 IU
Vitamin K (as K1 and K2 MK-7)	17 mcg
Calcium (as Calcium Citrate/Malate)	167 mg
Magnesium (as Magnesium Citrate)	83 mg
Zinc (as Zinc Citrate)	2.5 mg
Copper (as Copper Gluconate)	0.8 mg
Manganese (as Manganese Glycinate)	0.4 mg
Boron (as Boron Citrate)	0.3 mg

Vitamin D derived from lanolin.

180 capsules per bottle

Use as directed by your healthcare professional.





## Rebuild® Plus Bone Health Support\*



Rebuild® Plus contains additional vitamin D-3 for those who need a higher dosage of this important vitamin.\*

- Research-based formula to support bone mineral density\*
- Formula contains additional vitamin D\*
- Our most potent formula to support bone health\*

### Rebuild® Plus #00437

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbyl Palmitate)	10 mg
Vitamin D-3 (333 IU as Cholecalciferol)	8 mcg
Vitamin K (as K1 and K2 MK-7)	17 mcg
Calcium (as Calcium Citrate/Malate)	167 mg
Magnesium (as Magnesium Citrate)	83 mg
Zinc (as Zinc Citrate)	2.5 mg
Copper (as Copper Gluconate)	0.8 mg
Manganese (as Manganese Glycinate)	0.4 mg
Boron (as Boron Citrate)	300 mcg

Vitamin D derived from lanolin.

180 capsules per bottle

Use as directed by your healthcare professional.



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## Red Yeast Rice with CoQ10



We've combined two clinically proven ingredients into one powerful formula to support cardiovascular health. Red yeast rice has been used as an herbal medicine for centuries. Red yeast rice concentrate is well tolerated and has been shown to help maintain healthy levels of cholesterol and blood lipids.\* The biochemical structure of CoQ10 makes it perfectly suited to transfer electrons for ATP production and to clean up free radicals. Because of its role in the mitochondria, CoQ10 supports energy production and healthy function of the heart, blood vessels, muscles, and kidneys.

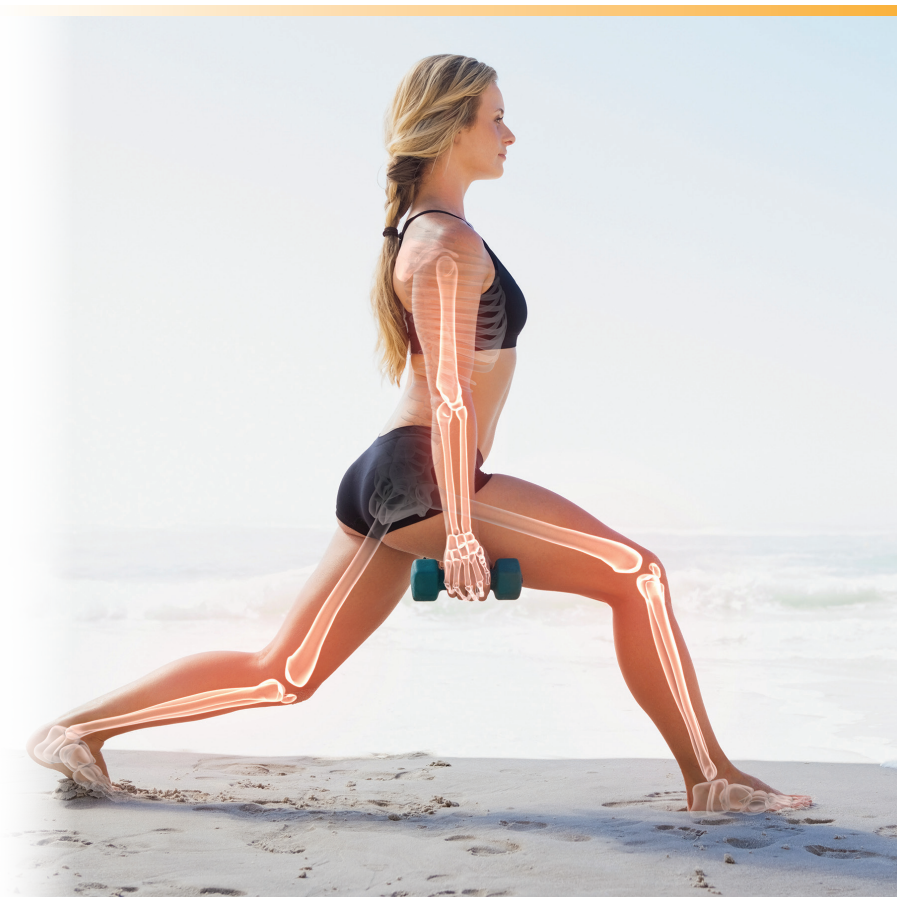
- Promotes healthy cholesterol and blood lipid levels\*
- Supports cardiovascular function\*
- Enhances energy production\*
- Reduces oxidative stress\*
- Well-tolerated formula\*

### Red Yeast Rice with CoQ10 #00649

Nutrient	Amount Per 2 Capsules
Red Yeast Rice Concentrate ( <i>Monascus purpureus</i> , 10:1)	1,200 mg
Coenzyme Q10 (Ubiquinone)	200 mg

120 capsules per bottle

Use as directed by your health care professional.







## R.E.M. Maintenance™ Natural Sleep Support\*

Recent research emphasizes the importance of sleep for cognition, cardiometabolic health, and balanced mood. However, for many, restful sleep remains elusive. R.E.M. Maintenance™ is non-habit forming and provides nutrients that support both physical and mental relaxation. Melatonin and 5-HTP are provided to enhance sleep onset while the minerals magnesium and potassium aid muscle relaxation. Glycine enhances sleep quality while both glycine and inositol ease nervous tension.

- Enhances sleep onset\*
- Promotes restful sleep\*
- Supports normal muscle relaxation\*

R.E.M. Maintenance™ #00681

Nutrient	Amount Per Scoop
Calories	10
Vitamin C (as Ascorbic Acid)	250 mg
Magnesium (as Magnesium Glycinate)	250 mg
Potassium (as Potassium Citrate)	75 mg
Glycine	3500 mg
Inositol	500 mg
5-Hydroxytryptophan	100 mg
Melatonin	1 mg

60 servings per bottle  
Use as directed by your healthcare professional.

## Resveratrol with Piperine

Resveratrol is a powerful antioxidant that supports cardiovascular health, healthy platelet function, and healthy arachidonic acid metabolism. It may help to improve the metabolic profile of obese patients in a manner similar to caloric restriction and aid in their weight-loss journey by increasing stamina for exercise. Resveratrol also supports normal levels of both estrogen and testosterone production, thereby promoting fertility in women and men.

Poor bioavailability and rapid metabolism of resveratrol have been the barriers to realizing its potential health benefits, until now. Based on recent scientific studies, we've combined resveratrol with piperine to significantly enhance absorption. Our formula contains the same resveratrol and piperine ratio that was demonstrated to slow the breakdown of resveratrol before reaching the site of absorption, thereby increasing dose efficiency and circulating resveratrol.

- Offers improved bioavailability with the addition of piperine\*
- Supports and protects cardiovascular health\*
- Provides potent antioxidant and anti-inflammatory properties\*
- Promotes healthy metabolism and exercise stamina for weight loss\*

Resveratrol with Piperine 200 mg #00314

Nutrient	Amount Per Capsule
Resveratrol (from 400 mg <i>Polygonum cuspidatum</i> root extract standardized to 50% resveratrol)	200 mg
Piperine (from Black Pepper, <i>Piper nigrum</i> , fruit extract standardized to 95% Piperine)	20 mg

60 capsules per bottle

Use as directed by your healthcare professional.



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# Restorative Cleanse™

#00708

## Kit Includes

Metabolic Maintenance's Restorative Cleanse™ is here with a nutritional boost for your body. This kit includes three of our top products for gut health and detoxification support, helpful tips for preparing your body and pantry, and a self-care journal to guide, track, and support your progress.

### Metabolic Detox® Complete, Vanilla Page 31

A meal replacement and a well-rounded supplement, Metabolic Detox® Complete provides 20 grams of vegetarian protein for sustained energy throughout the day. It also contains a complete multivitamin, amino acids, and plant extracts to promote optimal liver function during detoxification processes. The natural vanilla flavor makes it easy to mix up a variety of delicious smoothies or to simply enjoy on its own.

### BioMaintenance™ Prebiotic + Fiber Page 13

The fiber provided by BioMaintenance™ Prebiotic + Fiber supports gastrointestinal elimination while leaving you feeling satisfied. As a prebiotic, it provides food to establish and maintain beneficial bacteria in the GI tract.

### BioMaintenance™ Shelf Stable Probiotic Page 13

The microbiome is a major contributor to optimal health. Our Shelf Stable Probiotic provides rapid replenishment of beneficial gut species and needs no refrigeration. Beneficial gut species promote optimal uptake of nutrients and support immune function.

### Literature Support Includes:

- Restorative Cleanse™ Protocol: A complete guide to your 21-day journey. It provides dietary recommendations, tips for success, and information about the process of detoxifying.
- Self-Care Journal: Track your health progress and gain insight into the mind-body changes that may occur during the cleanse process.
- Shopping List: Separate shopping list makes it easy to shop for the most healthful foods during your cleanse.

## 21 days to a more healthful you!



(Restorative Cleanse™ products, shaker cup included #00708)





# SAMe

## 200 mg

Naturally occurring in our bodies, SAMe is one versatile molecule. It is used as a critical methyl donor throughout the body aiding in cellular protection. SAMe crosses the blood-brain barrier and contributes to the formation of dopamine, serotonin, and norepinephrine, supporting balanced mood. It has also been shown to promote healthy joint function and liver health. Though versatile and effective, the molecule can be unstable. Our form combines SAMe with calcium making it less sensitive to humidity and temperature. This means you can get the benefits of SAMe without ingesting the chemicals involved in a coated tablet or hassling with refrigeration. To promote maximum efficacy, we provide our clean version of SAMe in acid-resistant capsules for release in the intestine.\*

- Promotes positive mood\*
- Improves brain function\*
- Supports healthy joints\*
- Stable, acid-resistant formulation

### SAMe 200 mg #00154

Nutrient	Amount Per Capsule
Calcium (as Calcium Citrate)	20 mg
Magnesium (as Magnesium Citrate)	20 mg
SAMe	200 mg
(from 444 mg S-Adenosyl-L-methionine disulfate p-toluenesulfonate, calcium chloride, calcium oxide)	

Other ingredients: L-leucine, (capsule contains gellan gum).  
60 capsules per bottle  
Use as directed by your health care professional. Best taken between meals.



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# SAMe

## Plus Cofactors

SAMe is a critical methyl donor for several important reactions in the body including the formation of healthy levels of neurotransmitters. Other nutrients contribute to the cycle of methylation reactions as well. We offer SAMe with its nutrient cofactors to provide an easy-to-take product to support methylation processes in the body.

- Promotes the conversion of homocysteine back to SAMe\*
- Nourishes healthy neurotransmitter formation\*
- Supports balanced mood\*

### SAMe Plus Cofactors #00156

Nutrient	Amount Per Capsule
Vitamin B-6 (as Pyridoxal 5' Phosphate)	2 mg
Folate (200 mcg from L-5-Methylfolate, glucosamine salt)	333 mcg DFE
Vitamin B-12 (as Methylcobalamin)	500 mcg
Calcium (as Calcium Citrate)	20 mg
Magnesium (as Magnesium Citrate)	20 mg
SAMe	200 mg
(from 444 mg S-Adenosyl-L-methionine disulfate p-toluenesulfonate, calcium chloride, calcium oxide)	

Other ingredients: L-leucine, (capsule contains gellan gum).  
60 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.





# Selenium

## 200 mcg

Selenium is required to produce glutathione and helps with immune system function. Selenium is a trace mineral that is incorporated into important antioxidant enzymes. These enzymes aid the body in fighting cellular damage from free radicals. Our selenium is in the amino acid form L-selenomethionine, which research indicates is better absorbed and more bioavailable compared to other forms of selenium.\*

- Potent mineral antioxidant
- Valuable cofactor in detoxification pathways\*
- Nourishes and protects the immune system\*

Selenium 200 mcg #00433

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	250 mg
Selenium (as L-Selenomethionine)	200 mcg

Other ingredients: L-leucine.  
90 capsules per bottle  
Use as directed by your healthcare professional.

# Silymarin

## 300 mg

### Standardized Milk Thistle Extract

Our Silymarin capsule provides 300 mg of silymarin from 360 mg of standardized milk thistle (*Silybum marianum*) extract. Silymarin complex, particularly the silybum component, helps to support the liver through antioxidant activity and stabilization of the cell membranes. Use with Alpha Lipoic Acid 300 mg (see page 10) for a complete hepatic protective protocol.\*

- Supports liver tissue and function\*
- Potent liver protective botanical extract\*
- Aids in liver detoxification processes\*

Silymarin 300 mg #00304 60 caps / #00312 180 caps

Nutrient	Amount Per Capsule
Silymarin (From Milk Thistle Seed Extract, <i>Silybum marianum</i> , standardized to 80% silymarin)	300 mg

60 or 180 capsules per bottle  
Use as directed by your healthcare professional.

# Spaz-Out®

## Mineral Muscle Recovery\*

Spaz-Out® is designed to replenish the mineral electrolytes sometimes found to be depleted in patients with muscle cramping. An excellent choice for the physically active, this balanced mineral formula targets the minerals most at risk of deficiency after heavy exercise. Best when taken before or after strenuous athletic activity and/or at bedtime.

- Synergistic multi-mineral formula
- Provides minerals necessary for proper muscle function\*
- Supports normal muscle contraction and relaxation\*

Spaz-Out® #00434

Nutrient	Amount Per Capsule
Calcium (as Calcium Citrate/Malate)	100 mg
Magnesium (as Magnesium Citrate)	100 mg
Zinc (as Zinc Citrate)	5 mg
Chromium (as Chromium Niacinate)	50 mcg
Potassium (as Potassium Citrate)	50 mg
Boron (as Boron Citrate)	500 mcg

Other ingredients: L-leucine.  
90 capsules per bottle  
Use as directed by your healthcare professional.



## Spaz-Out®: Minerals in. Muscle spasms out.

Mineral deficiency is a common cause of muscle cramping, from sweat loss during strenuous exercise, sub-optimal diets, or medical conditions that inhibit absorption of food. Spaz-Out® helps replenish these minerals to support normal muscle contraction and relaxation.

**Calcium:** Calcium is essential for the normal contraction of muscles. Diets low in dairy, hormonal imbalances, kidney disease, and celiac disease can result in calcium deficiency.\*

**Potassium:** Potassium plays a key role in skeletal and smooth muscle contraction and the transmission of nerve impulses. Diets lacking in fruits and vegetables, kidney disorders, and diuretic use can result in low potassium levels.\*

**Magnesium:** Magnesium helps muscles recover from the contracted state and relax. Whole grains, legumes, fruits, and vegetables are good sources of magnesium, but can be missing from the diet.\*

**Zinc:** Often overlooked in electrolyte formulas, zinc has been shown to support normal muscle contraction in some patients. Zinc intake is often sub-optimal in the elderly. This, combined with certain prescription drugs or diseases, can result in zinc deficiency.\*

**Chromium:** A 2006 study demonstrated that chromium helps insulin receptor sites on muscle cells to work more efficiently. This allows muscles to metabolize glucose, thereby helping to support normal muscle contractions.\*

Spaz-Out® does not contain the sodium, sugar, artificial colors, flavors, or sweeteners found in many electrolyte formulas. While sodium is a necessary electrolyte, the typical diet provides more than enough.



# Spectrum Awakening

69 g



Developed by Jared M. Skowron, ND

Noted naturopathic pediatrician Jared Skowron has used his experience in clinical practice to fine-tune this unique formula. Designed to support methylation, neurotransmitter synthesis, and calm the brain, Spectrum Awakening contains a blend of activated B vitamins, minerals, and amino acids to support optimal nervous system functioning, normal mood, and emotional well-being. Now with higher levels of GABA (750 mg/2 scoops), an inhibitory neurotransmitter researched for its role in normal neurodevelopment, and methylcobalamin (1000 mcg/2 scoops), the active, methylated form of B-12. B-12 and L-methylfolate are essential for maintaining the integrity of the nervous system and participate in key methylation reactions. 5-HTP is an immediate precursor to serotonin, a reaction catalyzed by B-6. Magnesium affects serotonin receptors and zinc influences brain homeostasis. L-Theanine, found in green tea, reduces neuronal overstimulation. Taurine has been added for its neuroprotective properties. This formula is easily mixed into food or drinks.

- Supports healthy nervous system functioning\*
- Provides nutrients to support balanced neurotransmitter production\*
- Promotes calm and focus\*

## Spectrum Awakening 69 g #00650

Nutrient	Amount Per 2 Scoops
Vitamin B-6 (as Pyridoxal 5' Phosphate)	25 mg
Folate (1000 mcg as L-5-Methylfolate, glucosamine salt)	1667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	1000 mcg
Magnesium (as Magnesium Glycinate)	100 mg
Zinc (as Zinc Glycinate)	30 mg
GABA (Gamma Aminobutyric Acid)	750 mg
Taurine	250 mg
L-Theanine (Suntheanine®)	200 mg
5-Hydroxytryptophan	50 mg

Other ingredients: glycine.  
30 servings per jar  
Use as directed by your healthcare professional.



# Taurine

500 mg

Because it can cross the blood-brain barrier, taurine acts as an inhibitory neurotransmitter, calming over-excited neurons and neurological symptoms, protecting against glutamate toxicity, and aiding in magnesium intracellular transport. It helps with the absorption of calcium. Taurine is also essential in helping the body form the bile salts sodium taurocholate and sodium taurochenode-oxycholate, which are important for the digestion of fats. Taurine is part of normal adipose tissue regulation in the body.\*

- Provides key component of bile\*
- Protects heart and brain\*
- Promotes a calm relaxed mood\*

## Taurine 500 mg #00158

Nutrient	Amount Per Capsule
Taurine	500 mg

100 capsules per bottle  
Use as directed by your healthcare professional. Best taken between meals.



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



## The BIG ONE® Multivitamin/Mineral

The BIG ONE® is designed for those who prefer a convenient, one-per-day multivitamin/mineral. One single capsule is packed with key nutrients at optimal levels, providing a solid framework for further individualized supplementation. The BIG ONE® delivers activated B vitamins and trace minerals as well as foundational amounts of antioxidants, including mixed carotenoids and tocopherols. The BIG ONE® with Iron provides iron as ferrous bis-glycinate, a well-tolerated, bioavailable form. The BIG ONE® Plus offers 2,000 IU of Vitamin D-3, consistent with recommendations made by the The Endocrine Society.

### The BIG ONE® is offered in three different formulations for your unique needs:

- The BIG ONE® with Iron
- The BIG ONE® without Iron
- The BIG ONE® Plus without Iron

#### The BIG ONE® with Iron

#00518

Nutrient	Amount Per Capsule
Vitamin A (as 5000 IU Natural Mixed Carotenoids and 3000 IU Palmitate)	2400 mcg RAE
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	150 mg
Vitamin D-3 (1000 IU as Cholecalciferol)	25 mcg
Vitamin E (100 IU as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	67 mg
Vitamin K (as K1 and K2 MK-7)	100 mcg
Thiamine (as Thiamine Mononitrate)	25 mg
Riboflavin (as Riboflavin 5' Phosphate)	25 mg
Niacin (as Niacinamide)	100 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	25 mg
Folate (400 mcg as L-5-Methylfolate, glucosamine salt)	667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	100 mcg
Biotin	200 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg
Iron (as Iron Bis-Glycinate)	10 mg
Iodine (as Potassium Iodide)	100 mcg
Zinc (as Zinc Citrate)	15 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Gluconate)	1 mg
Manganese (as Manganese Gluconate)	5 mg
Chromium (as Chromium Niacinate)	100 mcg
Molybdenum (as Molybdenum Glycinate)	50 mcg
Betaine HCl	25 mg
Boron (as Boron Citrate)	1 mg
Vanadium (as Vanadyl Sulfate)	50 mcg

Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.

100 capsules per bottle

Use as directed by your healthcare professional.



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#### The BIG ONE® without Iron

#00520

Nutrient	Amount Per Capsule
Vitamin A (as 5000 IU Natural Mixed Carotenoids and 3000 IU Palmitate)	2400 mcg RAE
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	150 mg
Vitamin D-3 (1000 IU as Cholecalciferol)	25 mcg
Vitamin E (100 IU as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	67 mg
Vitamin K (as K1 and K2 MK-7)	100 mcg
Thiamine (as Thiamine Mononitrate)	25 mg
Riboflavin (as Riboflavin 5' Phosphate)	25 mg
Niacin (as Niacinamide)	100 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	25 mg
Folate (400 mcg as L-5-Methylfolate, glucosamine salt)	667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	100 mcg
Biotin	200 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg
Iodine (as Potassium Iodide)	100 mcg
Zinc (as Zinc Citrate)	15 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Gluconate)	1 mg
Manganese (as Manganese Gluconate)	5 mg
Chromium (as Chromium Niacinate)	100 mcg
Molybdenum (as Molybdenum Glycinate)	50 mcg
Betaine HCl	25 mg
Boron (as Boron Citrate)	1 mg
Vanadium (as Vanadyl Sulfate)	50 mcg

Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.

100 capsules per bottle

Use as directed by your healthcare professional.

#### The BIG ONE® Plus without Iron

#00523

Nutrient	Amount Per Capsule
Vitamin A (as 5000 IU Natural Mixed Carotenoids and 3000 IU Palmitate)	2400 mcg RAE
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	150 mg
Vitamin D-3 (2000 IU as Cholecalciferol)	50 mcg
Vitamin E (100 IU as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	67 mg
Vitamin K (as K1 and K2 MK-7)	100 mcg
Thiamine (as Thiamine Mononitrate)	25 mg
Riboflavin (as Riboflavin 5' Phosphate)	25 mg
Niacin (as Niacinamide)	100 mg NE
Vitamin B-6 (as Pyridoxal 5' Phosphate)	25 mg
Folate (400 mcg as L-5-Methylfolate, glucosamine salt)	667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	100 mcg
Biotin	200 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg
Iodine (as Potassium Iodide)	100 mcg
Zinc (as Zinc Citrate)	15 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Gluconate)	1 mg
Manganese (as Manganese Gluconate)	5 mg
Chromium (as Chromium Niacinate)	100 mcg
Molybdenum (as Molybdenum Glycinate)	50 mcg
Betaine HCl	25 mg
Boron (as Boron Citrate)	1 mg
Vanadium (as Vanadyl Sulfate)	50 mcg

Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.

100 capsules per bottle

Use as directed by your healthcare professional.



## VitalEyes™ Complete Ocular Formula\*



Maintaining vision correlates with increased independence in advancing age. VitalEyes™ Complete is a research-based ocular support multivitamin/mineral formula, with potent antioxidant protection important to visual health. Updates to VitalEyes™ Complete include zinc levels that reflect effective amounts in recent studies and enhancement with OmniActive's Lutemax® 2020, a lutein/zeaxanthin blend which acts in the eye to filter blue light from modern devices and aid in photo-stress recovery.

- Provides research-backed ocular support within a full spectrum multivitamin\*
- Lutemax® 2020, bilberry extract and zinc aid healthy visual function\*
- Delivers essential B vitamins for healthy methylation and energy processes\*
- Supplies a broad spectrum of antioxidants for ocular and overall health

### VitalEyes™ Complete Ocular Formula\*

#00229

Nutrient	Amount Per 3 Capsules
Vitamin A (18000 IU as Natural Mixed Carotenoids)	5400 mcg RAE
Vitamin C (as Ascorbic Acid)	500 mg
Vitamin D-3 (3000 IU as Cholecalciferol)	75 mcg
Vitamin E (200 IU as d-Alpha Tocopheryl Acid Succinate)	133 mg
Thiamine (as Thiamine Mononitrate)	10 mg
Riboflavin (as Riboflavin 5' Phosphate)	15 mg
Niacin (as Niacinamide)	25 mg NE
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal 5' Phosphate)	15 mg
Folate (400 mcg as L-5-Methylfolate, glucosamine salt)	667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	100 mcg
Biotin	300 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg
Zinc (as Zinc Citrate)	30 mg
Selenium (as L-Selenomethionine)	200 mcg
Copper (as Copper Bis-glycinate)	2 mg
Manganese (as Manganese Glycinate)	10 mg
Chromium (as Chromium Niacinate)	200 mcg
Molybdenum (as Molybdenum Glycinate)	25 mcg
Taurine	100 mg
Lemon Bioflavonoids	100 mg
Lipoic Acid	100 mg
Bilberry fruit extract (Vaccinium myrtillus standardized to 32% anthocyanosides)	75 mg
Coenzyme Q10	30 mg
Lutein (from Lutemax 2020)	20 mg
Zeaxanthin Isomers (from Lutemax 2020)	4 mg

Other ingredient: L-leucine.

Vitamin D derived from lanolin.

Natural vitamin E is derived from soy oil.

90 capsules per bottle

Use as directed by your healthcare professional.



\* Lutemax 2020 is a trademark of OmniActive Health Technologies Ltd.



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

# Buffered Vitamin C

## with Bioflavonoids

A powerful antioxidant, vitamin C is a water-soluble vitamin necessary to form collagen in bones, cartilage, muscle, and blood vessels. It also aids in the absorption of iron. We use only USP-quality (99.5% or higher purity) vitamin C, with a pH equal to 2.4. For patients who want to supplement their diet with additional vitamin C without increasing stomach acidity, our buffered formulas combine low-acidity potassium/magnesium ascorbate with lemon bioflavonoids including hesperidin and rutin.

- Nourishes tissue growth and repair
- Supports adrenal and immune function\*
- Powerful antioxidant
- Gentler on sensitive stomachs

### Buffered Vitamin C - 500 mg (with Bioflavonoids) #00230

Nutrient	Amount Per Capsule
Vitamin C (as Potassium Magnesium Ascorbate)	500 mg
Magnesium (as Potassium Magnesium Ascorbate)	18 mg
Potassium (as Potassium Magnesium Ascorbate)	45 mg
Lemon Bioflavonoids (includes 50 mg of Rutin and 50 mg of Hesperidin)	120 mg

100 capsules per bottle  
Use as directed by your healthcare professional.

### Buffered Vitamin C - 1000 mg (with Bioflavonoids) #00232

Nutrient	Amount Per Capsule
Vitamin C (as Potassium Magnesium Ascorbate)	1000 mg
Magnesium (as Potassium Magnesium Ascorbate)	38 mg
Potassium (as Potassium Magnesium Ascorbate)	94 mg
Lemon Bioflavonoids (includes 80 mg of Rutin and 80 mg of Hesperidin)	200 mg

90 capsules per bottle  
Use as directed by your healthcare professional.



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## Vitamin C Powder

### 454 grams

The need for additional vitamin C (ascorbic acid) rises during periods of emotional, psychological, or physiological stress as urinary excretion of the nutrient increases. The functions of vitamin C in the human body are very diverse.

- Participates in the synthesis of collagen\*
- Acts as an antioxidant\*
- Nourishes the adrenal glands and helps with stress response\*
- Works to optimize absorption of nonheme iron\*
- Supports normal immune function\*

### Vitamin C Powder (Pure) #00234

Nutrient	Amount Per 1/4 Teaspoon
Vitamin C (as Ascorbic Acid)	1000 mg

454 servings per jar  
Use as directed by your healthcare professional.

### Vitamin C Powder (Reduced Acidity) #00236

Nutrient	Amount Per 1/4 Teaspoon
Vitamin C (as 67% Sodium Ascorbate and 33% Ascorbic Acid)	925 mg

454 servings per jar  
Use as directed by your healthcare professional.





## Vitamin D-3

As our knowledge increases of ways vitamin D is vital to our health, it is also increasing as to how lifestyle factors have created higher levels of vitamin D insufficiency. Diminished time outside, frequent use of sunscreen, and living at latitudes with scarce winter sunlight can all negatively affect vitamin D levels. Vitamin D's role in helping the body absorb and retain both calcium and phosphorus is critical to building bone.

- Supports bone health\*
- Supports normal immune response\*
- Assists with balanced mood\*
- Plays a role in cardiovascular health\*

### Vitamin D-3, 2000 IU

#00664

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	250 mg
Vitamin D-3 (2000 IU as Cholecalciferol)	50 mcg

Other ingredients: L-leucine.

Vitamin D derived from lanolin.

120 capsules per bottle

Use as directed by your health care professional. Take with a meal to optimize absorption.



### Vitamin D-3, 5000 IU

#00515

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	300 mg
Vitamin D-3 (5000 IU as Cholecalciferol)	125 mcg

Other ingredients: L-leucine.

Vitamin D derived from lanolin.

90 capsules per bottle

Use as directed by your healthcare professional. Take with a meal to optimize absorption.

### Vitamin D-3, 10000 IU

#00511

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid)	300 mg
Vitamin D-3 (10000 IU as Cholecalciferol)	250 mcg

Other ingredients: L-leucine.

Vitamin D derived from lanolin.

60 capsules per bottle

Use as directed by your healthcare professional. Take with a meal to optimize absorption.

### Vitamin D-3, 25000 IU with Vitamin K2 MK-7

#00529

Nutrient	Amount Per Capsule
Vitamin D-3 (25000 IU as Cholecalciferol)	625 mcg
Vitamin K-2 (as K2 MK-7)	45 mcg

Other ingredients: L-leucine.

Vitamin D derived from lanolin.

60 capsules per bottle

Use as directed by your healthcare professional. Take with a meal to optimize absorption.

- Recommended for those whose 25(OH)D3 levels are extremely low\*
- Contains vitamin K-2, an essential nutrient for promoting bone density and proper bone nutrition\*



## Vitamin E Complex 400 IU (Mixed Tocopherols)

Our Vitamin E Complex is a blend of natural tocopherols, including 80% d-alpha and 20% mixed tocopherols. Vitamin E, a powerful chain-breaking antioxidant, plays an important role in protecting heart health and provides protection for cellular membranes. Vitamin E has also been shown to support healthy blood vessel function, protein metabolism, and hormone production. Many women find relief of premenstrual symptoms when taking additional vitamin E.

Take with food for optimal absorption. Due to the increased risk of hemorrhage, use caution if combining vitamin E with anticoagulant therapy (blood thinners) or if you are vitamin K deficient\*.

- Fat-soluble antioxidant
- Optimal form of vitamin E (mixed tocopherols)
- Promotes cardiovascular, reproductive, and neurological health\*

### Vitamin E Complex 400 IU

#00238

Nutrient	Amount Per Softgel
Vitamin E (400 IU as mixed tocopherols)	267 mg

Other ingredients: d-alpha, d-beta, d-gamma, and d-delta tocopherols, soybean oil, gelatin, glycerin, purified water.

Natural vitamin E is derived from soy oil.

100 softgels per bottle

Use as directed by your healthcare professional.



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# Vitamin/Mineral Base Powder

Our highly soluble Vitamin/Mineral Base Powder contains all the required vitamin and minerals in balanced amounts and in their most bioavailable forms. Along with the active vitamin forms of riboflavin 5' phosphate, pyridoxal 5' phosphate, L-5-methylfolate, and methylcobalamin, our powder contains chelated mineral glycinate of magnesium, zinc, copper, manganese, and molybdenum. Chromium niacinate (polynicotinate) and L-selenomethionine are superior forms of these minerals, and calcium is provided as fully-reacted citrate with a very fine particle size for less grittiness.

- Provides key nutrients in bioavailable forms
- Contains beneficial trace minerals
- Tasteless and easily dissolved in liquids

## Vitamin/Mineral Base Powder #00508

Nutrient	Amount Per Scoop
Vitamin A (as 5500 IU Beta Carotene and 2500 IU Palmitate)	2400 mcg RAE
Vitamin C (as Ascorbic Acid)	250 mg
Vitamin D-3 (1000 IU as Cholecalciferol)	25 mcg
Vitamin E	67 mg
(100 IU as d-Alpha Tocopheryl Acetate and Mixed Tocopherols)	
Vitamin K-1	100 mcg
Thiamine (as Thiamine Mononitrate)	5 mg
Riboflavin (as Riboflavin 5' Phosphate)	5 mg
Niacin (as Niacinamide)	25 mg NE
Vitamin B-6 (as Pyridoxal 5' Phosphate)	15 mg
Folate (400 mcg as L-5-Methylfolate, glucosamine salt)	667 mcg DFE
Vitamin B-12 (as Methylcobalamin)	50 mcg
Biotin	100 mcg
Pantothenic Acid (as Calcium D-Pantothenate)	25 mg
Calcium (as Calcium Citrate)	500 mg
Iodine (as Potassium Iodide)	75 mcg
Magnesium (as Magnesium Glycinate)	250 mg
Zinc (as Zinc Glycinate)	15 mg
Selenium (as L-Selenomethionine)	100 mcg
Copper (as Copper Glycinate)	1 mg
Manganese (as Manganese Glycinate)	5 mg
Chromium (as Chromium Niacinate)	200 mcg
Molybdenum (as Molybdenum Glycinate)	25 mcg
Boron (as Boron Citrate)	1 mg

Other ingredients: glycine.  
Vitamin D derived from lanolin. Natural vitamin E is derived from soy oil.  
60 servings per jar  
Use as directed by your healthcare professional.



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# Zinc Picolinate 30 mg

Zinc is critical for immune function, growth, wound healing, and healthy DNA structure. Our zinc picolinate is one of the most bioavailable forms of zinc currently available. When compared to zinc gluconate in a double-blind experiment, zinc picolinate was shown to be significantly better absorbed. Our zinc picolinate is combined with vitamin C to increase bioavailability.\*

- Nourishes normal immune response\*
- Supports reproductive health\*
- Important for proper enzyme function\*

## Zinc Picolinate 30 mg #00436

Nutrient	Amount Per Capsule
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	150 mg
Zinc (as Zinc Picolinate)	30 mg

100 capsules per bottle  
Use as directed by your healthcare professional.





# Naturally Clear® Skin Nourishment System

## Key Components:

- Niacinamide is the active form of vitamin B-3 (niacin). Topical niacinamide has been shown to help reduce yellowing, wrinkling, red blotchiness, and hyperpigmentation in facial skin. Topical niacinamide also provides potent anti-inflammatory activity. It is clinically proven to reduce sebum production (the pore-clogging, oily substance secreted by the skin), making it effective in alleviating symptoms of mild to moderate acne. Skin cell studies suggest niacinamide may stimulate collagen production and facilitate wound healing.\*
- Na-PCA, or sodium pyrrolidone carboxylic acid, is an amino acid moisturizer naturally occurring in skin. Younger skin contains more Na-PCA than aging skin. Na-PCA is added to Naturally Clear® products to help the skin retain moisture and give skin a youthful glow.\*
- Aloe vera is a popular ingredient in skin care products because of its well-known skin soothing, anti-fungal, and anti-inflammatory properties. Studies have shown topical aloe vera to be effective in healing minor skin infections, and therefore making scarring less likely. Gibberellin in aloe vera acts as a growth hormone, stimulating the growth of new cells. Aloe vera also improves skin's hydration and elasticity while providing a refreshing sensation.

Naturally Clear® products are most effective when used as a system.

### Step One

Step one of the Naturally Clear® skin nourishment system includes gentle cleansers.

#### Naturally Clear® Facial Scrub - 6 oz.

This facial scrub contains niacinamide, aloe vera, a mild cleanser, apricot kernel oil, and powdered walnut shells. Exfoliating facial skin has been shown to increase blood circulation, break down surface toxins, and encourage the production of new skin cells. The ingredients of the Facial Scrub work together to cleanse, moisturize, and exfoliate facial skin. #00001

#### Naturally Clear® Cleansing Foam - 8 oz.

Naturally Clear® Cleansing Foam is a product designed for individuals with sensitive skin or for those who simply prefer a cleanser free of exfoliants. This hypoallergenic cleansing foam is specifically designed to cleanse skin naturally, without harsh or drying chemicals. Niacinamide and aloe vera provide a refreshing gentle cleanser, and the amino acid moisturizer leaves skin soft and hydrated. It is oil-free, soap-free, alcohol-free, and all natural. #00010

### Step Two

Step two of the Naturally Clear® skin nourishment system includes products to treat and protect the skin from outside contaminants.

#### Naturally Clear® Topical Spray - 4 oz.

This hypoallergenic spray contains niacinamide, aloe vera, and Na-PCA (an amino acid moisturizer). Together they decrease blemishes, pore size, inflammation, and redness. The spray should be used on clean skin to treat and seal the skin from outside contaminants. #00003

#### Naturally Clear® Restoring Serum - 2 oz.

The restoring serum is specifically designed for people with fine lines, wrinkles, and uneven skin. Like the Topical Spray, the formula contains the active ingredients niacinamide, aloe vera, and Na-PCA (an amino acid moisturizer). Additionally, a combination of hyaluronic acid, vitamin C, and CoQ10 help to moisturize skin and correct imperfections. When applied topically, hyaluronic acid can penetrate the skin to boost hydration, elasticity, and strengthen skin's barrier. The Restoring Serum is lightweight enough for oily skin, and gentle enough for sensitive skin. #00016



# Professional Resale Options

Metabolic Maintenance® is dedicated to helping our health care professionals provide the most comprehensive patient care possible. Therefore, we have developed a few distinctly different resale options to support your business and enhance patient care.

You can choose to participate in multiple options and there is no restriction as to which option you use or for how long. Metabolic Maintenance® understands the needs of your practice may change over time. Our goal is to provide you and your patients with quality nutritional products in a manner best suited to your current style of practice.

## IN-OFFICE DISPENSARY

Setting up an in-office dispensary allows your office to take advantage of our larger purchase incentives. You purchase Metabolic Maintenance® products at the professional price and provide them to your patients at retail price. Please keep in mind we have a Unilateral Minimum Pricing Program that prohibits advertising Metabolic Maintenance® products online for less than the full suggested retail price. However, you can sell our products at whatever price you deem appropriate when retailing out of your physical office space.

## DROP SHIP DISPENSING

Drop ship dispensing is a good option for offices with limited retail space and/or unpredictable purchasing patterns. Not always able to predict what you need to have in stock? Order only exactly what your patients need by first setting up a professional account with our customer service team. Then, purchase product at a professional price and have Metabolic Maintenance® drop ship the order directly to your patient. No invoice is sent with the shipment, so you are able to charge your patient whatever you deem appropriate. There is no additional charge to drop ship an order.

## PATIENT DIRECT

Practitioners who do not want to be involved with sales but want to be assured that their patients are receiving 100% guaranteed Metabolic Maintenance® products, can refer patients to order direct from Metabolic Maintenance® by phone, email, fax, or online at [metabolicmaintenance.com](http://metabolicmaintenance.com). Our retail price will be charged for all patient direct orders. Although this option does not allow you to pass your professional price on to your patient, or collect income for the sale, you can be assured that your patient is receiving top quality product and customer service from Metabolic Maintenance® and not an unauthorized dealer.

## SHIPPING POLICY

Metabolic Maintenance® is happy to pay shipping for healthcare professional orders over \$200.00. Your package will ship UPS Ground and arrive in 3 to 7 business days. (NOTE: Holidays may affect duration of shipping time.) All retail orders over \$50.00 will ship free. Packages will arrive in 3 to 10 business days via USPS priority mail. (NOTE: Holidays may affect duration of shipping time.) Free shipping valid for orders placed online and shipped within the continental United States. Metabolic Maintenance® reserves the right to change our policy and the method utilized for free shipping at will.

### Serving Healthcare Professionals since 1984

- **Only** pure active ingredients
- **No** added excipients
- **No** preservatives
- **No** fillers
- **No** binders







## NUTRITION ALERT

Sign up at **MetabolicMaintenance.com** for the **Nutrition Alert newsletter** by Metabolic Maintenance® for monthly promotions, product updates, webinars, and industry events.



## Contact Us

601 N Larch Street | Sisters OR 97759

MetabolicMaintenance.com | info@metabolicmaintenance.com | 800.772.7873

## Purchase Incentives

### Healthcare Professionals

- Free ground shipping on all orders over \$200
- 5% discount plus free shipping on orders over \$500
- 10% discount plus free shipping on orders over \$1,000

## Shipping

### Retail Customers

- FREE Shipping with orders over \$50
- All orders ship within 24 business hours
- Package ships USPS priority mail
- Package arrival (3 - 10 business days)

### Healthcare Professionals

- FREE Shipping with orders over \$200
- All orders ship within 24 business hours
- Package ships UPS ground
- Package arrival (3 - 7 business days)

### International Shipping Policy

- We offer online ordering for shipments going to the United States. For international orders, call customer service at **+1-800-772-7873**.

## Returns

### Please contact Customer Service to initiate a return

- All products being returned must be unopened.
- We only accept returns on products purchased directly from our company.
- Returns must be authorized within 5 days of receiving product.
- No returns after 35 days from the date of purchase.
- Authorized returns are subject to a 15% restocking fee.



601 N Larch Street

Sisters OR 97759

[MetabolicMaintenance.com](http://MetabolicMaintenance.com)

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800.772.7873

