

# PROFESSIONAL PRODUCT REFERENCE GUIDE

## 2022



Everything you need.  
Nothing you don't.

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

**pure**  
encapsulations®



30 years of developing  
nutritional supplements  
with a **pure commitment**  
to **pure ingredients.**



Printed on Recycled Paper.

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## Sustainable Goodness.

We are committed to a sustainable future, and that comes through not just in what we produce, but also in what we practice as a company. That's why we are constantly working to reduce our environmental footprint, with practices like decreasing the plastic wrapping on our bottles and eliminating hard-to-recycle and single-use plastic from our offices. **And we won't stop there.**

Learn more about our sustainability goals on page 10.

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## GOODNESS ENCAPSULATED

At Pure Encapsulations®, we know it's what's inside that counts. That's why we've spent the last 30 years researching, innovating, and developing our comprehensive line of premium supplements, made with high-quality, pure ingredients, backed by verifiable science to complement your plan of care. Everything your patients need and nothing they don't — that's goodness encapsulated.

### PURE DIFFERENCE

What makes us different is the promise of goodness that goes into every one of our supplements. We take high standards seriously, which is why we're the most recommended professional supplement brand, ranked highest in quality and trust.<sup>1</sup> Our supplements are made with only premium ingredients sourced from trusted suppliers and guided by our nutritional experts, then carefully manufactured and tested to ensure they are **FREE FROM** unnecessary additives and many common allergens.

**MORE HCPs  
CHOOSE PURE  
ENCAPSULATIONS**  
than any other  
supplement brand<sup>2</sup>

**Our door is always open.**

Visit our manufacturing facility in Sudbury, MA,  
anytime without notice.



# GOOD FROM START TO FINISH

What makes us different isn't just our process or what goes into our supplements — what we leave out matters, too.

Pure Encapsulations® products are **FREE FROM:**



Wheat, Soy,  
Dairy\*, Eggs



Tree Nuts  
& Peanuts



Gluten



Artificial Colors,  
Flavors &  
Sweeteners



Coatings  
& Shellacs



GMOs<sup>††</sup>



Unnecessary  
Binders, Fillers  
& Preservatives



Magnesium  
Stearate



Trans Fat &  
Hydrogenated Oils



GMP Registered



## QUALITY PROMISE

Our products don't go to market without meeting the most stringent criteria to ensure the highest quality. We ensure the integrity of every product with the promise of premium sourced ingredients, verifiable science, and significant testing by certified independent laboratories of our raw materials and final products, to verify their potency and purity. We have a comprehensive Allergen SOP (Standard Operating Procedure) that prevents ingredient cross-contamination by flagging allergen-containing ingredients. So you can feel confident knowing only the best of the best ever make it into your hands.

1. Among brands surveyed, Nutrition Business Journal® 2016, 2020; Kaiser Associates 2014.

2. Determined as most recommended among brands surveyed, Nutrition Business Journal® 2016, 2020.

<sup>††</sup>Visit PureEncapsulationsPro.com for more information on our GMO Policy.

\*Except where labeled.



Certified Gluten-Free by the Gluten-Free Certification Organization, [gluten.org](http://gluten.org)

## RESOURCES TO SUPPORT YOUR PRACTICE AND PATIENTS

At Pure Encapsulations® we're not only committed to the development of high-quality supplements, but we're also dedicated to providing resources at your fingertips to help guide and validate your plan of care as well as help you educate your patients on the products you recommend.

We look forward to supporting your commitment to patient wellness with:



**Comprehensive portfolio of over 400 individual and multi-nutrient products** across 16 health categories to empower you to customize supplementation based on patient presentation, lab results and other parameters.



**Live and on-demand learning** in partnership with medical experts who share effective clinical strategies for supporting a wide range of health categories, such as memory & mood, immune support, gastrointestinal, sleep, vision, and more.



**PureGenomics®** is a free service, on behalf of Pure Encapsulations®, dedicated to empowering healthcare providers with simple, reliable, and actionable DNA-based nutrition advice based on patients' unique genetic information from 23andMe® or Ancestry®.



**Practitioner resources & social media toolkits** developed in collaboration with medical experts to support your patients' specific health goals, educate them on your recommended products, and help you optimize assessment and supplement recommendations. The Social Media Toolkit offers tips on building engaging content, ideas, and assets to help customers create posts—as well as guidelines for talking about Pure Encapsulations online and information about various social media platforms.

Access ways to network and stay informed through our resources page for event, webinars, and blogs at **[PureEncapsulationsPro.com/resources](https://PureEncapsulationsPro.com/resources)**

## PURE EXCLUSIVES

We offer a series of Pure Exclusives — unique to Pure Encapsulations® — that are developed in collaboration with our medical experts. These Pure Exclusives include specially formulated products that focus on specific health needs, clinical protocols to support and guide your wellness decisions, and educational resources to support your practice.



### PureGI™

**Support upper and lower GI function, from digestion to elimination.‡**

- GI Microbial Defense Protocol
- Lower GI Support Protocol
- Microbiome Optimization Protocol
- Upper GI Support Protocol



### PureSYNAPSE™

**Support mood, sleep quality, stress, memory and healthy eating behavior.‡**

- Excessive Eating Support Protocol
- Foundational Mental Health Protocol
- Memory Support Protocol
- Mental Alertness & Concentration Protocol
- Mood Support Protocol
- Obsessive Thinking & Habits Protocol
- Restrictive Eating Support Protocol
- Sleep Support Protocol
- Stress Management & Relaxation Protocol



### PureLean®

**Support metabolic rate, energy expenditure, healthy glycemic control, and satiety.‡**

- Healthy Weight Management<sup>†</sup> Protocol



### PureResponse™

**Support immune balance and responsiveness.‡**

- Immune Defense and Resilience Protocol
- Self-Tissue Response Protocol



### PureWoman™

**Target breast and ovarian health, premenstrual and menopausal support, emotional well-being, and occasional stress.‡**

- Breast & Cellular Health Protocol
- Healthy Detoxification Protocol
- Menopausal Cardiometabolic Support Protocol
- Menopausal Cognitive Support Protocol
- Menopausal Comfort Protocol
- Musculoskeletal Support Protocol
- Ovarian & Metabolic Health Protocol
- Premenstrual Syndrome (PMS) Protocol

Download our protocols at [PureEncapsulationsPro.com/pure-exclusives](https://PureEncapsulationsPro.com/pure-exclusives)

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

23andMe® is the registered trademark of 23andMe, Inc. ANCESTRY.COM® is the registered trademark of Ancestry.com Operations Inc.

Pure Encapsulations is not affiliated with or endorsed by 23andMe® or ANCESTRY.COM®.

## MEDICAL ADVISORY BOARD<sup>+</sup>

Our strength lies in our partnerships with leaders in the most important nutritional health areas: Nutritional Genomics, Mental Health and Emotional Well-Being, Weight Management, Immunology, Gastrointestinal Health and more. We partner with medical experts who not only help us formulate products, but also help to develop clinical protocols based on their success with our products, which they test and validate through clinical practice while advancing our ongoing education initiatives.



Nathan Morris, M.D.  
Chief Medical Advisor



Paige Bourassa, LAc.



Caroline J. Cederquist, M.D.



Denise Furness, Ph.D.



Felice L. Gersh, M.D.



James Greenblatt, M.D.



Carl Hangee-Bauer, N.D., LAc.



Dr. Daniel Kalish, D.C.



Izabella Wentz,  
Pharm.D., FASCP



Penny Kendall-Reed, N.D.



Terry Wingo, R.Ph., FACA



Samuel F. Yanuck,  
D.C., FACFN, FIAMA

Learn more about the incredible individuals who make up our Medical Advisory Board at [PureEncapsulationsPro.com/meet-our-experts](https://PureEncapsulationsPro.com/meet-our-experts)





## COMMITMENT TO SCIENCE

Pure Encapsulations® is part of the Atrium Innovations family, a leader in nutritional science with a longstanding commitment to scientific innovation. From supporting key research initiatives and partnering with world-leading academic research institutions, to providing study products, matched placebos, and technical expertise, we are making significant contributions to the advancement of nutritional science.

Our investment in clinical research aims not only to promote product safety, efficacy, and innovation, but to elevate the status of nutrition science in general. These efforts have yielded key findings and resulted in a continuous output of publications in top scientific journals.

## PURE SCIENCE

Scientific research raises the bar for everything we do. Over the past several years, we at Atrium Innovations have published more than 50 product-specific clinical studies in leading peer-reviewed journals, highlighting our commitment to research and our collaboration with top academic institutions, including the Cleveland Clinic Foundation, Université Laval, and Brigham and Women's Hospital at Harvard Medical School.

Learn more about our commitment to science at  
**[blog.PureEncapsulationsPro.com/research-publications](https://blog.PureEncapsulationsPro.com/research-publications)**

\*Our Medical Consultants are retained advisors to Pure Encapsulations.

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## CLINICAL TRIALS

Scientific research is a top priority for Pure Encapsulations®. We continuously invest in studying both our ingredients and finished products. Learn more about some of the ongoing and completed trials involving Pure Encapsulations products below.\*\*

Product	Study Title	Institution
<b>Acetyl-L-Carnitine Alpha Lipoic Acid</b>	A Placebo-Controlled Trial of Acetyl-L-Carnitine and Alpha-Lipoic Acid in the Treatment of Bipolar Depression <span>P</span>	McLean Hospital, Belmont, Massachusetts
<b>Alpha Lipoic Acid R-Lipoic Acid</b>	Comparing the Gastrointestinal Tolerability and Absorption of Racemic Lipoic Acid and R-lipoic Acid in Progressive Multiple Sclerosis: A Cross-over Trial <span>P</span>	Oregon Health & Science University, Portland, Oregon
<b>Alpha Lipoic Acid</b>	Lipoic Acid for Treatment of Progressive Multiple Sclerosis	
	Lipoic Acid in Secondary Progressive MS: A Randomized Controlled Pilot Trial <span>P</span>	
	Lipoic Acid Pharmacokinetics at Baseline and 1 Year in Secondary Progressive Multiple Sclerosis <span>P</span>	
<b>Ashwagandha</b>	A Randomized Placebo Controlled Trial of Ashwagandha for Cognitive Dysfunction Associated with Breast Cancer Chemotherapy	Sutter Institute for Medical Research, Sacramento, California
<b>CurcumaSorb Vitamin D<sub>3</sub> O.N.E. Omega</b>	Correlative Analysis of the Genomics of Vitamin D, Omega-3 Fatty Acid Intake and Turmeric Curcumin in Men Managed with Active Surveillance of Prostate Cancer	Cleveland Clinic, Cleveland, Ohio
<b>DHA Ultimate</b>	Effect of DHA-rich Fish Oil on PPAR $\gamma$ Target Genes Related to Lipid Metabolism in Type 2 Diabetes: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial <span>P</span>	Tehran University of Medical Sciences, Tehran, Iran
<b>Ginger Extract</b>	Pilot Trial to Examine the Effect of Ginger on the Gut Microbiome	University of Minnesota, Minneapolis, Minnesota
	Phase II Trial of Encapsulated Ginger as a Treatment for Chemotherapy-Induced Nausea and Vomiting <span>P</span>	University of Michigan Medical Center, Ann Arbor, Michigan
	Phase II Study of the Effects of Ginger Root Extract on Eicosanoids in Colon Mucosa in Patients at Normal Risk for Colorectal Cancer <span>P</span>	
<b>Magnesium Glycinate</b>	Randomized Trial of Magnesium Glycinate Supplementation and Blood Pressure in Middle-Aged Adults <span>P</span>	Brigham and Women's Hospital, Boston, Massachusetts
<b>Melatonin</b>	High-Dose Melatonin Potentially Mediates Anti-Inflammatory and Immune-Related Factors and Outcomes	Cleveland Clinic, Cleveland, Ohio
<b>N-Acetyl-Cysteine (NAC)</b>	Assessment of N-Acetylcysteine as Therapy for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (NAC ME/CFS)	Weill Cornell Medicine, New York, New York

P = Published Trial

Product	Study Title	Institution
Melatonin Strontium (citrate) Vitamin D <sub>3</sub> Vitamin K <sub>2</sub> (MK7)	Melatonin-Micronutrients Osteopenia Treatment Study (MOTS): A Translational Study Assessing Melatonin, Strontium (Citrate), Vitamin D <sub>3</sub> and Vitamin K <sub>2</sub> (MK7) on Bone Density, Bone Marker Turnover and Health Related Quality of Life in Postmenopausal Osteopenic Women Following a One-Year Double-Blind RCT and on Osteoblast-osteoclast Co-cultures <span>P</span>	Duquesne University, Pittsburgh, Pennsylvania
Pregnenolone	An Open-Label Study of the Neurosteroid Pregnenolone in Adults with Autism Spectrum Disorder <span>P</span>	Stanford University, Stanford, California
	Randomized Controlled Pilot Trial of Pregnenolone in Autism	
Probiotic 50B	Effects of Probiotic Supplementation on Gastrointestinal Symptoms in Patients in the Late Postoperative Period of Roux-en-Y Gastric Bypass: A Randomized, Double-blind, Crossover, Placebo-Controlled Study	Federal University of Paraná, Curitiba, Brazil
Resveratrol	An Anti-inflammatory and Reactive Oxygen Species Suppressive Effect of an Extract of <i>Polygonum Cuspidatum</i> Containing Resveratrol <span>P</span>	State University of New York at Buffalo, Buffalo, New York
	Effects of <i>Polygonum cuspidatum</i> Containing Resveratrol on Inflammation in Male Professional Basketball Players <span>P</span>	Tehran University of Medical Sciences, Tehran, Iran
Resveratrol EXTRA Teavigo®	Combined Epigallocatechin-3-gallate and Resveratrol Supplementation for 12 Weeks Increases Mitochondrial Capacity and Fat Oxidation, but not Insulin Sensitivity, in Obese Humans: A Randomized Controlled Trial <span>P</span>	Maastricht University, Maastricht, Netherlands
	Gut Microbiota Composition in Relation to the Metabolic Response to 12-week Combined Polyphenol Supplementation in Overweight Men and Women <span>P</span>	
	Short-Term Supplementation with a Specific Combination of Dietary Polyphenols Increases Energy Expenditure and Alters Substrate Metabolism in Overweight Subjects <span>P</span>	
Saccharomyces boulardii	Effect of the Probiotic <i>Saccharomyces boulardii</i> on Cholesterol and Lipoprotein Particles in Hypercholesterolemic Adults: A Single-Arm, Open-Label Pilot Study <span>P</span>	National University of Natural Medicine, Portland, Oregon
Saw Palmetto	Saw Palmetto for Symptom Management During Radiation Therapy for Prostate Cancer <span>P</span>	Michigan State University, East Lansing, Michigan
Vitamin C	Hmong Microbiome And Gout, Obesity, Vitamin C (HMANGO-C) Study	University of Minnesota, Minneapolis, Minnesota
Vitamin D <sub>3</sub>	Hipbone Loss is Attenuated with 25 mcg (1000 IU) but not 10 mcg (400 IU) Daily Vitamin D <sub>3</sub> : A 1-year Double-Blind RCT in Postmenopausal Women <span>P</span>	University of Aberdeen, Aberdeen, Scotland
Various	The Impact of Functional Medicine on Wound Healing From Delayed Autologous Breast Reconstruction - A Feasibility Study	Cleveland Clinic, Cleveland, Ohio
Various	Assessment of Diabetes Control, Cost of Care, and Quality of Life Utilizing a Functional Medicine Approach in Addition to Usual Care vs. Usual Care Alone	
Various	Interventional: Functional Medicine in Asthma (FAst) Study	

\*Independent studies conducted by independent, academic researchers. Pure Encapsulations has no influence on study results. Study titles are provided for informational purposes only and are not intended as product claims or to imply a positive outcome.

P = Published Trial

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# Sustainable Goodness.



Pure Encapsulations® was built with the purest of hearts and a plan to improve the wellness of others. This heartfelt commitment now extends to the planet as we move forward in sustainability initiatives, supporting incredible organizations dedicated to global wellness.



LEARN MORE AT  
[PureEncapsulationsPro.com/sustainability](https://PureEncapsulationsPro.com/sustainability)





As part of our global sustainability objectives, we are working diligently to forge a future of purpose and become sustainable stewards to the world we live in. In a quest to achieve

**100% net zero greenhouse gas (GHG) emissions by 2050,**

we are dedicated day-by-day to paving the way for a more sustainable future.

## THE TERRACYCLE® PARTNERSHIP

**Bottle by bottle, we're making strides toward a greener planet.** We are proud to announce a big leap forward to a more sustainable future thanks to our new recycling partnership with TerraCycle®, the Pure Encapsulations & Beyond Recycling Program. TerraCycle® has discovered that nearly everything we touch can be collected and recycled. Their easy-to-follow program allows consumers like you to recycle typically hard-to-recycle items, like our packaging, through an innovative, national recycling platform.

**What does this mean for you?** You can now recycle our bottle-neck shrinks, inner seals, desiccants, bottle closures, plastic scoops, blister packs, pouches and more - at no cost to you!



**READY TO GET STARTED?**

Register today at:  
**[terracycle.com/pure](https://terracycle.com/pure)**



## OUR SUSTAINABILITY GOALS BY 2025



Fully recyclable packaging



Reduction of GHG emissions up to 20%



Reduction of virgin plastic packaging use by 33%

## HOW WE'RE GETTING THERE

- Reduction of bottle shrink has **saved over 9 tons of plastic annually.**
- TerraCycle®, an **innovative, national recycling program**, eliminates the idea of waste.
- Our cold shipper boxes are now **fully curbside recyclable.**
- Removal of cotton has saved **approximately 9 metric tons of CO<sub>2</sub>e.**
- We have **removed all single-use plastics** in our offices.
- All consumer printed materials contain **recycled content.**

**It's time to reimagine recycling.** With your help, we can make the world a greener, healthier place for the future generations.

**Prefer curbside recycling?** You can still recycle our bottles with the labels removed in your standard curbside bins.



## PURE GIVING

### GLOBAL LINKS

We're proud to support Global Links and the great work they do. Every day, they support health improvement initiatives in resource-poor communities and promote environmental stewardship in the U.S. healthcare system. Global Links' collaborative efforts include redirecting viable surplus materials to provide a socially and environmentally responsible alternative instead of landfills; sharing expertise and technical knowledge; and educating partners, volunteers, and the community on issues of global health and environmental stewardship.

Please visit [GlobalLinks.org](https://GlobalLinks.org) for more information or how to donate.

### SOS CHILDREN'S VILLAGES

We have the honor of supporting SOS Children's Villages – the world's largest nonprofit organization dedicated to protecting and supporting orphaned, abandoned and other vulnerable children. For 70 years, SOS has worked to build and strengthen families for children in need while equipping them with the tools to reach their full potential. At SOS Villages, children who lack parental care are welcomed into a loving and stable home, where they are integrated into a family environment, encouraged by their SOS mother, and provided with essential services like quality education, healthcare, and support to heal from trauma and loss.

Pure Encapsulations® is a committed SOS partner. We raised funds to construct an SOS village in Pachacamac, Peru, that is home to eight children. We have been fundraising to ensure the village can continue to provide the best care, including building a new family home to serve more children. We are also a proud sponsor of a little girl and boy, for whom we provide food, clothing, school supplies, and medical care.

For more information on SOS's life-changing work and to learn how to support their mission, visit [sos-usa.org](https://sos-usa.org)

### GLOBAL MEDICAL

We are a proud supporter of Global Medical, formerly Peace Possible™, the first non-profit medical group that provides care to refugees, disaster survivors and the poor, while also researching the underlying causes of radicalization, violence, and PTSD, in an effort to end the cycles of poverty and violence. These individuals will receive personalized support protocols that include Pure Encapsulations products.

For more information and to learn how to support their mission, visit [gmedical.org](https://gmedical.org)

## LEGEND

We know it's what's on the inside that counts, and it shows right on our labels. Every ingredient we put into our products, even if it's just a trace amount, is listed on the label. And if there's an ingredient sourced from a possible allergen, we call that out too. When you see these icons, you can be confident that the product is manufactured and tested to be FREE FROM GMOs<sup>††</sup>, dairy, gluten or soy allergens, and is vegetarian or vegan.



### CERTIFIED GLUTEN-FREE

Certified gluten-free from The Gluten-Free Certification Organization (GFCO). This internationally recognized, trusted symbol signifies that a product meets the highest standards in quality for gluten-free certification.



### SOY-FREE

For products with the potential to contain soy, in addition to sourcing allergen-free ingredients and employing strict manufacturing controls, we test each batch down to 2 ppm to assure the product is free from soy and soy derivatives.



### GMO

All Pure Encapsulations ingredients, including those derived from corn, are GMO-free. We obtain statements from each of our suppliers certifying that the ingredients do not contain GMOs. For some nutrients, we conduct PCR testing to confirm the absence of genetically modified material.



### DAIRY-FREE

For products with the potential to contain dairy, in addition to sourcing allergen-free ingredients and employing strict manufacturing controls, we test each batch down to 1 ppm to assure the product is free from lactose, milk or milk derivatives, including milk protein.



### VEGAN

Guaranteed to contain no animal, dairy or egg products or derivatives.

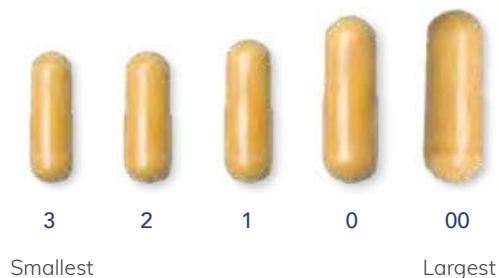


### VEGETARIAN

Guaranteed to contain no animal products.

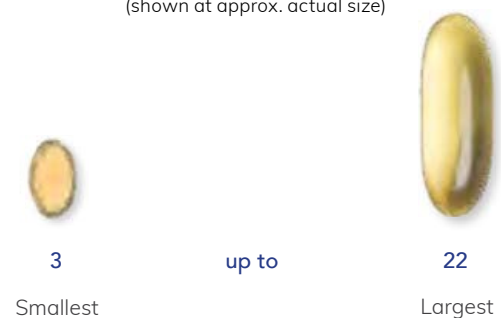
### CAPSULE SIZE

(shown at approx. actual size)



### SOFTGEL SIZE

(shown at approx. actual size)



Capsule information is located at the top of each supplement facts panel.  
Always refer to the product label for complete supplement facts.



Certified Gluten-Free by the Gluten-Free Certification Organization, [gluten.org](http://gluten.org)

<sup>††</sup>Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information on our GMO Policy.

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

## PRODUCT LISTING BY HEALTH CATEGORY

Pure Encapsulations® offers hundreds of nutritional supplements that are formulated to address a multitude of health categories, from mental health and immune function to bone & joint health and metabolism. So whatever the health need or goal, you can confidently turn to Pure Encapsulations for functional nutrition solutions and support.†

### Bones, Joints & Muscles

Pure Encapsulations supplements are formulated to facilitate and maintain healthy muscles, bones, cartilage, and joints. Products feature calcium, magnesium, and trace minerals to support bone health, along with vitamins D and K for mineral absorption and utilization. A range of herbal ingredients, enzymes, and essential fatty acids are included to promote joint comfort. In addition, our magnesium supplements provide muscle relaxation support, while our glucosamine, chondroitin, and MSM-based formulations support joint and cartilage health.†

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
+CAL+® with Ipriflavone.....	CP3	22	Glucosamine Complex.....	GSC1	85
A.I. Enzymes.....	AIE1	24	Glucosamine HCl + Chondroitin.....	GLC1	85
Black Currant Seed Oil.....	BL2	41	Glucosamine Sulfate 1,000 mg.....	GS13	86
Cal/Mag 2:1 (malate).....	CMM1	46	L-Glutamine 500 mg.....	LG59	87
Cal/Mag/D liquid.....	CML	46	L-Glutamine 850 mg.....	LG82	87
Calcium K/D.....	CKD1	47	L-Glutamine powder.....	LGP	87
Calcium with Vitamin D <sub>3</sub> <b>IMPROVED</b> .....	CVD1	48	Hyaluronic Acid.....	HYA1	94
Collagen JS.....	CJS1	55	Joint Complex (single dose)†.....	JC6	98
Curcumin.....	CUR1	61	Ligament Restore†.....	LR2	101
Curcumin 500 with Bioperine®.....	CUB51	61	MSM capsules.....	MSM3	123
Disc-Flex.....	DIS1	69	MSM powder.....	MSMP	123
Glucosamine + Chondroitin with MSM.....	GCMS3	84	Muscle Cramp/Tension Formula†.....	MCT1	124
Glucosamine/MSM with joint comfort herbs†.....	GM3	84	OsteoBalance†.....	OB35	134
Glucosamine Chondroitin with Manganese.....	GCM3	85	Uric Acid Formula.....	UAF1	198

### Cardiometabolic Health & Metabolism

Pure Encapsulations offers a range of products designed to support cardiovascular and metabolic health. Specially formulated with the heart in mind, functions include support for healthy glucose and/or fat metabolism, vascular health, blood flow, and heart muscle function. Products for healthy weight management† include support for healthy appetite, satiety, body composition, and metabolism.†

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
7-KETO™ DHEA 25 mg.....	KD21	23	CoQ <sub>10</sub> 30 mg.....	CQ31	56
7-KETO™ DHEA 50 mg.....	KD51	23	CoQ <sub>10</sub> 60 mg.....	CQ62	57
7-KETO™ DHEA 100 mg.....	KD11	23	CoQ <sub>10</sub> 120 mg.....	CQ11	57
Açai 600.....	ACA1	24	CoQ <sub>10</sub> 250 mg.....	CQ26	57
AdipoLean II.....	ADL9	26	CoQ <sub>10</sub> 500 mg.....	CQ56	57
Alpha Lipoic Acid 100 mg.....	AL11	28	CoQ <sub>10</sub> L-Carnitine fumarate.....	CQF1	57
Alpha Lipoic Acid 200 mg.....	AL21	28	EFA Essentials.....	EFA1	71
Alpha Lipoic Acid 400 mg.....	AL41	28	EmulsiSorb K <sub>2</sub> /D <sub>3</sub> liquid <b>NEW</b> .....	EKDL	72
Alpha Lipoic Acid 600 mg.....	AL61	28	EPA Ultimate.....	EPU1	75
Alpha Lipoic Acid with GlucoPhenol®.....	AGP1	29	Garlic Complex.....	GRC1	82
L-Arginine.....	LAR1	31	GlucoFunction†.....	GF1	83
BenfoMax.....	BFM9	39	Glucose Support Formula†.....	GSF1	86
CarbCrave Complex.....	CCC9	49	Grape Pip 500 mg.....	GP51	89
L-Carnosine.....	LCA1	50	Hawthorn extract.....	HA1	91
CholestPure†.....	CHO1	51	Homocysteine Factors†.....	HO1	93
CholestPure Plus II†.....	CHP21	52	Krill-plex.....	KP1	101
ChromeMate® GTF 600.....	CRG61	52	Metabolic Xtra.....	MX29	120
Chromium (picolinate) 200 mcg.....	CRP21	52	Niacitol® 500 mg.....	NI51	128
Chromium (picolinate) 500 mcg.....	CRP51	53	Niacitol® 650 mg.....	NI61	129
Cinnamon WS.....	CI1	53	NSK-SD™ 100 mg.....	NS11	130
CLA 1,000 mg.....	CL11	53	Policosanol 20 mg.....	PO21	141



## PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Product Name	Order Code	Pg. #
Pomegranate Plus.....	POM21	143
PureHeart® K <sub>2</sub> D.....	PHK26	158
PureLean® Fiber.....	PLFX3	159
PureLean® Protein.....	PLPV6	161
PureLean® Whey.....	PLW4	163
PureNutrients EPA/DHA Gummy.....	PNEGB3	165
Pycnogenol® 50 mg.....	PY51	169
Pycnogenol® 100 mg.....	PY16	169
Q-Gel® 100 (Hydrosoluble™ CoQ <sub>10</sub> ).....	QG16	172
R-Lipoic Acid (stabilized).....	RLA1	172
Relora®.....	RL1	173
ResCu-SR™.....	RCSR6	174
Resveratrol EXTRA.....	REE1	174

Product Name	Order Code	Pg. #
Resveratrol.....	RE1	174
Resveratrol VESIsorb®.....	RSV9	175
RevitalAge™ Nerve.....	RJN1	175
RevitalAge™ Ultra.....	RJU29	176
SR-CoQ <sub>10</sub> with PQQ.....	CQP6	182
Taurine 1,000 mg.....	TA11	184
Taurine 500 mg.....	TA56	184
Ubiquinol-QH 50 mg.....	UQ56	190
Ubiquinol-QH 100 mg.....	UQ16	190
Ubiquinol-QH 200 mg.....	UQ26	191
Ubiquinol VESIsorb®.....	UQV6	191
Vascular Relax†.....	VR21	198
XanthiTrim.....	XT6	210

### Children's Formulas

Pure Encapsulations® has supplements to support children's needs including multivitamins and probiotics. Made with only pure, premium ingredients, our children's formulas are FREE FROM GMOs, gluten, magnesium stearate, unnecessary additives, artificial colors, flavors, sweeteners and many common allergens—including wheat, egg, peanuts and tree nuts.<sup>‡</sup>

Product Name	Order Code	Pg. #
Digestive Enzyme chewables <b>NEW</b> .....	DGC1	67
EPA/DHA liquid.....	EDL2	75
Iron liquid.....	IRL	97
Junior Nutrients.....	JUN1	99
LiquiNutrients.....	LQN32	104
Magnesium liquid.....	ML2	113
Probiotic 123.....	PRO6	149
PureDefense chewables.....	PDK21	154
PureNutrients EPA/DHA Gummy.....	PNEGB3	165
PureNutrients Gummy.....	PNG1	166

Product Name	Order Code	Pg. #
PurePals chewable tablets.....	PUPC9	167
PurePals (with iron) chewable tablets.....	PUPI9	167
Vitamin C chewables.....	VCC6	201
Vitamin C Gummy <b>NEW</b> .....	VCG1	202
Vitamin D Gummy <b>NEW</b> .....	VDG1	202
Vitamin D <sub>3</sub> liquid.....	VDL	205
Zinc chewables.....	ZNC1	211
Zinc Gummy <b>NEW</b> .....	ZNG1	211
Zinc liquid 15 mg.....	Z15L	211

### Energy & Fitness

Pure Encapsulations energy support supplements are scientifically formulated to help support both cellular and physical fitness goals. These products provide nutrient cofactors for mitochondrial energy production and/or adaptogenic herbs to promote broad physiological balance. Discover a range of products to support adrenal and thyroid function, and promote athletic performance, endurance, and recovery.<sup>‡</sup>

Product Name	Order Code	Pg. #
ADR Formula®.....	AD1	27
Adrenal.....	AR6	27
Amino-NR <b>IMPROVED</b> .....	ANR41	29
Amino Replete.....	AMR2	30
Ashwagandha.....	ASH1	32
BCAA capsules.....	BCA2	38
BCAA powder.....	BCAP	39
CaffPhenol <b>NEW</b> .....	CPL6	46
L-Carnitine.....	LC1	49
L-Carnitine fumarate.....	LCF1	50
Creatine powder.....	CRM5	59
Daily Stress Formula†.....	DSF1	63
Electrolyte/Energy formula.....	EEF3	71
Energy Xtra.....	EX21	74

Product Name	Order Code	Pg. #
Essential Aminos.....	EA21	77
Growth Hormone Support†.....	GH9	90
KetoBrain Energy.....	KBE3	100
Maca-3.....	MAC1	110
Mitochondria-ATP.....	MATP21	122
Nitric Oxide Support.....	NOS16	129
Nitric Oxide Ultra (capsules).....	NXC1	129
Panax Ginseng.....	PG1	136
Phyto-ADR.....	PHY1	140
RENUAL.....	RNL6	173
Ribose.....	RI2	177
Systemic Enzyme Complex.....	SYC1	183
Thyroid Support Complex†.....	TS21	186
WheyBasics.....	WBV4	206

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

## PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

### Gastrointestinal

Pure Encapsulations® supplements are formulated with a range of ingredients to support gut health such as motility, microbial balance, digestion, and G.I. tract function. Our selection of proprietary probiotics maintain healthy intestinal microflora and contain digestive enzymes to aid in the digestion of protein, carbohydrate, fat, fiber, and gluten as well as dairy.<sup>†</sup>

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
A.C. Formula II.....	AC21	24	G.I. Integrity <sup>†</sup> .....	GII2	81
Betaine HCl Pepsin.....	BP22	40	Gluten/Dairy Digest <b>IMPROVED</b> .....	GDD21	87
Caprylic Acid.....	CAP2	48	Grapefruit Seed extract.....	GR1	89
DGL Plus®.....	DG1	65	Heartburn Essentials.....	HB1	91
Digestion GB.....	DGB1	66	MicroDefense w/ Oregano.....	MI31	121
Digestive Enzyme chewables <b>NEW</b> .....	DGC1	67	MotilPro.....	MOP1	122
Digestive Enzymes Ultra.....	DEU1	67	Pancreatic Enzyme Formula.....	PE1	136
Digestive Enzymes Ultra with Betaine HCl.....	DEUB1	68	Pancreatic VegEnzymes.....	PV1	137
Epi-Integrity powder.....	EIP1	76	Peptic-Care <sup>†</sup> (Zinc-L-Carnosine).....	PCZ6	138
G.I. Fortify (capsules) <sup>†</sup> .....	GIFC1	80	SunButyrate™-TG liquid.....	BTGL	182
G.I. Fortify <sup>†</sup> .....	GIF4	80			

### Hormone

Pure Encapsulations hormone support formulas are specifically designed to optimize levels of DHEA and pregnenolone, which serve as precursors for various hormones involved in metabolism, endocrine and reproductive function. Our pregnenolone supplements may also help support the immune system, mood, and memory. It is recommended that dosing be determined based on lab test results.<sup>†</sup>

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
DHEA 5 mg.....	DH1	65	Pregnenolone 10 mg.....	PR11	145
DHEA 10 mg.....	DH11	66	Pregnenolone 30 mg.....	PR31	145
DHEA 25 mg.....	DH21	66			

### Immune Support

Pure Encapsulations immune support supplements are designed to support diverse areas of immune function. Functions range from general immune support (with zinc, selenium, vitamin D and botanicals) to specialized actions, such as maintaining healthy mast cell function (with vitamin C, hesperidin, quercetin and others) or promoting microbial balance (with olive leaf, garlic and others). Other formulas support cytokine balance for tissue comfort (with bromelain, curcumin and boswellia).<sup>†</sup>

Product Name	Order Code	Pg. #	Product Name	Order Code	Pg. #
A.I. Formula®.....	AI1	25	Colostrum 40% IgG.....	COL41	56
Acerola/Flavonoid.....	ACP31	25	Coriolus extract.....	CRS6	58
Aller-Essentials.....	ALE21	27	Daily Immune.....	DI21	62
AntiOxidant Formula.....	AO21	30	Essential-C & flavonoids.....	ECF21	77
Arabinogalactan.....	ARA1	31	Ginger extract.....	GI1	82
Ascorbic Acid capsules.....	A12	31	Green Tea extract (decaffeinated).....	GT1	89
Ascorbic Acid powder.....	AAP	31	Hist Reset <b>NEW</b> .....	HRT1	92
Balanced Immune.....	BIM6	38	Innate Immune Support.....	IIS6	95
Boswellia.....	BW31	42	Liposomal Vitamin C liquid.....	LCL	103
Boswellia AKBA.....	BWA1	42	L-Lysine.....	LL2	108
Brain Reset <b>NEW</b> .....	BRT6	43	M/R/S Mushroom Formula.....	MRS1	110
Bromelain 2400 500 mg.....	BR51	44	Melatonin 20 mg.....	ME21	114
Buffered Ascorbic Acid capsules.....	AB22	44	Olive Leaf extract.....	OL1	133
Buffered Ascorbic Acid powder.....	ABP32	44	Perilla extract.....	PRL9	138
Cat's Claw.....	CCL1	51	Phyto-4.....	PH46	139

## PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Product Name	Order Code	Pg. #
Phyto UltraComfort <sup>†</sup> .....	PUC1	141
PureCell.....	PCE1	154
PureDefense chewables.....	PDK21	154
PureDefense w/NAC.....	PDN1	155
PureDefense w/NAC Travel Pack.....	PDNB2	155
PureResponse <sup>™</sup> Multivitamin.....	PRSM6	168
Quercetin.....	QU1	172
Teavigo <sup>®</sup> .....	TE1	184
Th1 Support.....	TH11	185
Th2 Modulator.....	TH2A1	185

Product Name	Order Code	Pg. #
UltraZin Zinc.....	UZ9	197
Vitamin A + Carotenoids.....	VA59	201
Vitamin A 3,000 mcg (10,000 IU).....	VAC1	201
Vitamin C chewables.....	VCC6	201
Zinc (citrate).....	ZC1	210
Zinc 15.....	Z11	210
Zinc 30.....	Z31	211
Zinc chewables.....	ZNC1	211
Zinc Gummy <b>NEW</b> .....	ZNG1	211
Zinc liquid 15 mg.....	Z15L	211

### Liver & Detoxification

Pure Encapsulations<sup>®</sup> liver & detoxification products promote liver health and/or detoxification functions in the liver and gastrointestinal tract. Key areas of detoxification support include phase I and II metabolism, cellular defenses and elimination of environmental substances.<sup>†</sup>

Product Name	Order Code	Pg. #
Calcium-D-Glucarate <sup>™</sup> .....	CG1	48
CurcumaSorb.....	MCU1	59
DIM Detox.....	DD6	68
DIMPRO <sup>®</sup> 100.....	DP1	69
HM Complex.....	HMC1	93
Indole-3-Carbinol 400 mg.....	I341	94
IP6.....	IP61	96
Liposomal Glutathione liquid.....	LGL	102
Liposomal Glutathione.....	LSG6	102
Lipotropic Detox.....	LD1	103

Product Name	Order Code	Pg. #
Liver-G.I. Detox <sup>†</sup> .....	LGD1	105
LVR Formula.....	LV1	108
L-Methionine.....	LM6	120
NAC (N-Acetyl-L-Cysteine) 600 mg.....	NA63	125
NAC (N-Acetyl-L-Cysteine) 900 mg.....	NA92	125
NAC + Glycine powder.....	NGY1	125
Nrf2 Detox.....	NRF6	130
Reduced Glutathione.....	RG1	172
Silymarin.....	SL1	180

### Memory & Mood

Pure Encapsulations offers a broad selection of science-based mental health products to support memory and cognition, emotional health, and stress management. Choose from a range of products that promote healthy blood flow to the brain, neurotransmitter synthesis, neuronal health, and post-synaptic response.<sup>†</sup>

Product Name	Order Code	Pg. #
5-HTP 50 mg.....	HYD51	22
5-HTP 100 mg.....	HYD11	22
Acetyl-L-Carnitine 250 mg.....	ALC26	25
Acetyl-L-Carnitine 500 mg.....	ALC56	25
Bacopa monnieri.....	BA1	38
CogniMag.....	CGM21	54
CogniPhos.....	CGP1	54
Cognitive Aminos.....	CA21	55
Cortisol Calm <sup>†</sup> .....	COR1	58
CurcumaSorb Mind.....	MCUM6	60
DHA Ultimate.....	DHU1	65
DL-Phenylalanine.....	LP1	70
DopaPlus.....	DOP1	70
Emotional Wellness <sup>†</sup> .....	EW1	72
EPA/DHA essentials.....	ED11	74
EPA/DHA liquid (lemon flavor).....	EDL2	75
EPA/DHA with lemon.....	EDC1	75
GABA.....	GAB1	81
Ginkgo 50 160 mg.....	GB11	83

Product Name	Order Code	Pg. #
Hemp CBD VESIsorb <sup>®</sup> .....	HEV3	91
Hemp extract VESIsorb <sup>®</sup> liquid <b>NEW</b> .....	HVL3	92
Lithium (orotate) 1 mg.....	LI19	104
Lithium (orotate) 5 mg.....	LI1	105
Memory Pro <sup>†</sup> .....	MEP21	116
NeuroPure.....	NOP1	127
O.N.E. <sup>™</sup> Omega.....	ONO6	133
Phosphatidylcholine (sunflower).....	PHC9	139
PS 100.....	PS1	151
PS Plus.....	PSP26	152
Pure Tranquility liquid.....	PTL	152
Rhodiola Rosea.....	RR1	176
SAME (S-Adenosylmethionine).....	SAM6	177
Sereniten Plus.....	SRP4	179
SeroPlus.....	SOP1	180
L-Theanine.....	LTH1	186
L-Tryptophan.....	TRY11	188
L-Tyrosine.....	LT59	188
Vinpocetine 20 mg.....	VI1	199

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

## PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

### Men's Formulas

Pure Encapsulations® produces a wide selection of supplements designed to help men achieve their health and wellness goals at every stage of life. Choose from a range of premium products to support men's health, from prostate health to healthy testosterone balance.<sup>†</sup>

Product Name	Order Code	Pg. #
Beta-sitosterol.....	BS2	40
Lycopene 20 mg.....	LY21	108
Men's Nutrients.....	MENN3	117
ProstaFlo.....	PRF1	151

Product Name	Order Code	Pg. #
Saw Palmetto 320.....	SP32	178
Saw Palmetto Plus.....	SP2	178
SP Ultimate.....	SPU21	181
Tribulus Formula.....	TBF9	188

### Multivitamins, Vitamins & Minerals

Pure Encapsulations offers dozens of high-quality multivitamin formulations to support a wide range of health needs. Like all our supplements, our multivitamins are made with pure, premium ingredients, and are FREE FROM unnecessary additives and many common allergens.<sup>†</sup>

Product Name	Order Code	Pg. #
Adenosyl/Hydroxy B <sub>12</sub> .....	AHB9	26
Adenosyl/Hydroxy B <sub>12</sub> liquid.....	AHBL	26
Ascorbyl Palmitate.....	ASP1	32
Athletic Nutrients.....	ATN21	33
Athletic Pure Pack.....	APP3B3	34
B-Complex liquid.....	BCL1	35
B-Complex Plus.....	BCP1	36
B <sub>6</sub> Complex.....	B6C21	36
B <sub>12</sub> 5,000 liquid.....	B125L	37
B <sub>12</sub> Folate.....	B12	37
B <sub>12</sub> liquid.....	B12L	37
Beta Carotene.....	BE9	40
Biotin 8 mg.....	BI1	41
Boron (glycinate).....	BO6	42
Calcium (citrate).....	CC1	47
Calcium Magnesium (citrate).....	CM1	47
Calcium (MCHA).....	CH31	47
Calcium (MCHA) with Magnesium.....	CHM1	47
Calcium Magnesium (citrate/malate).....	CMC1	48
Copper (citrate).....	CUC6	56
Copper (glycinate).....	CUG6	56
Detox Pure Pack.....	DPPB3	64
Energize Plus™ Pure Pack.....	EPPB3	73
Folate 400.....	FOL49	78
Folate 1,000.....	FOL19	78
Folate 5,000.....	FOL56	79
Folate 5,000 Plus.....	FLP56	79
Folic Acid.....	FO6	79
GlutenAssure Multivitamin.....	GAM9	88
Hair/Skin/Nails Ultra.....	HSN6	90
Inositol (powder).....	INP2	95
Iodine and Tyrosine.....	IT1	96
Iodine (potassium iodide).....	IO1	96
Iron-C.....	FC6	97
Iron liquid.....	IRL	97
Junior Nutrients.....	JUN1	99
LiquiNutrients.....	LQN32	104
Longevity Nutrients <b>IMPROVED</b> .....	LGN22	106
Magnesium (citrate).....	MC1	111
Magnesium (citrate/malate).....	MCM1	112
Magnesium (glycinate).....	MG3	112
Magnesium (powder).....	MGP1	112
Magnesium Glycinate liquid.....	MGL4	113
Magnesium liquid.....	ML2	113
Manganese (aspartate/citrate).....	MN6	113
Men's Pure Pack.....	MPPB3	118
MethylAssist.....	MAS9	120
Methylcobalamin 1,000 mcg.....	MT1	121
Mineral 650®.....	MF1	121

Product Name	Order Code	Pg. #
Mineral 650® (without copper & iron).....	MM1	122
Multi-Mineral liquid <b>NEW</b> .....	MML	123
Multi t/d.....	MTD21	124
NeuroMood Pure Pack.....	NMPPB3	126
Niacinamide.....	NIA29	128
Nutrient 950® A without copper & iron.....	MVMA	131
Nutrient 950®.....	MVF3	131
Nutrient 950® with NAC.....	MVN2	131
Nutrient 950® without copper, iron & iodine.....	MVI	132
Nutrient 950® without copper & iron.....	MVM1	132
Nutrient 950® without iron.....	MVC3	132
Nutrient 950® with Vitamin K.....	MVCK1	132
O.N.E.™ Multivitamin.....	ONE1	132
OptiFerin-C.....	OF26	134
P <sub>5</sub> P 50 (activated B <sub>6</sub> ).....	P51	136
Pantethine.....	PA1	137
Pantothenic Acid.....	PTA1	137
Polyphenol Nutrients.....	PHN3	142
Potassium (aspartate).....	PO9	144
Potassium (citrate).....	PC1	144
Potassium Magnesium (aspartate).....	PM1	144
Potassium Magnesium (citrate).....	PMC1	144
PreNatal Nutrients.....	PRN1	146
Pro-Resolve Omega <b>NEW</b> .....	PRVO6	147
PureGenomics® B-Complex.....	PGB1	155
PureGenomics® Multivitamin.....	PGM26	156
PureGenomics® UltraMultivitamin.....	PGU9	157
PureLean® Nutrients.....	PLN21	160
PureLean® Pure Pack.....	PPP2B3	162
Purely Complete Chocolate <b>NEW</b> .....	PCPC6	164
Purely Complete Vanilla <b>NEW</b> .....	PCPV6	164
PureMelt B <sub>12</sub> Folate.....	PMLB9	165
PureNutrients Gummy.....	PNG1	166
PurePals.....	PUPC9	167
PurePals (with iron).....	PUPI9	167
Selenium (citrate).....	SEC1	179
Selenium (selenomethionine).....	SE1	179
Strontium (citrate).....	STC1	182
Synergy K.....	SKD1	183
Trace Minerals.....	TRM26	187
Tri-Alkali.....	TRI3	187
Ultra B-Complex w/PQQ.....	BPQ26	192
Ultra Pure Pack.....	UPPB3	192
UltraDetox 10-Day Pure Pack.....	UDPPB1	194
UltraMag Magnesium.....	UM1	196
UltraNutrient®.....	UV3C	196
VisionPro Nutrients <sup>†</sup> .....	VPN9	200
Vitamin C Gummy <b>NEW</b> .....	VCG1	202
Vitamin D Gummy <b>NEW</b> .....	VDG1	202



## PRODUCT LISTING BY HEALTH CATEGORY (CONT.)

Product Name	Order Code	Pg. #
Vitamin D <sub>3</sub> 10 mcg (400 IU) .....	VD1	203
Vitamin D <sub>3</sub> 25 mcg (1,000 IU) .....	VD12	203
Vitamin D <sub>3</sub> 125 mcg (5,000 IU) .....	VD52	203
Vitamin D <sub>3</sub> 250 mcg (10,000 IU) .....	VD101	203
Vitamin D <sub>3</sub> (Vegan) <span>NEW</span> .....	VD3V1	204

Product Name	Order Code	Pg. #
Vitamin D <sub>3</sub> (Vegan) liquid .....	VD3VL	204
Vitamin D <sub>3</sub> liquid .....	VDL	205
Vitamin D <sub>3</sub> VESIsorb® .....	VDV6	205
Vitamin E (with mixed tocopherols) .....	DE1	206

### Probiotics & Prebiotics

Pure Encapsulations® probiotic and prebiotic supplements are designed to provide support for healthy immune function, digestive health, and gastrointestinal health. Explore a growing selection that features single, multi, and specialized strain formulations.<sup>†</sup>

Product Name	Order Code	Pg. #
Poly-Prebiotic powder .....	PPRP1	142
Probiotic-5 .....	PRB6	148
ProBioMood (Capsules) .....	PBM6	148
Probiotic 123 .....	PRO6	149
Probiotic 50B .....	PR56	149
Probiotic G.I. ....	PGI6	150

Product Name	Order Code	Pg. #
Probiotic IMM .....	PRI6	150
PureBi•Ome™ G.I. ....	BIOG6	153
PureBi•Ome™ Intensive .....	BIOI3	153
PureGG 25B .....	PGG6	158
PureProbiotic™ .....	PPA6	167
Saccharomyces boulardii .....	SB6	177

### Sleep

Pure Encapsulations offers products specially formulated to promote sleep quality and relaxation. Choose from our broad selection of sleep support products, such as melatonin to facilitate sleep, glycine to support sleep quality, and magnesium and herbal ingredients that promote relaxation.<sup>†</sup>

Product Name	Order Code	Pg. #
Best-Rest Formula .....	BRF1	39
Glycine .....	GL1	89
Melatonin 0.5 mg .....	ME51	114
Melatonin 3 mg .....	ME31	114

Product Name	Order Code	Pg. #
Melatonin liquid .....	MEL3	115
Melatonin-SR .....	MESR6	115
Sleep Solution (single dose liquid) .....	SLB6	181

### Vision

Pure Encapsulations supplements can help to promote healthy eyes. These supplements are formulated with eye-supportive nutrients, to support functions such as light-filtering support, healthy tear film, and macular support.<sup>†</sup>

Product Name	Order Code	Pg. #
Astaxanthin .....	AST1	32
Bilberry 160 mg .....	BB11	40
EyeProtect Basics <sup>†</sup> .....	EPB6	78
EyeProtect Basics without zinc <sup>†</sup> .....	EPB26	78

Product Name	Order Code	Pg. #
Lutein 20 mg .....	LU1	107
Lutein/Zeaxanthin .....	LZ1	107
Macular Support Formula <sup>†</sup> .....	MS21	111
VisionPro EPA/DHA/GLA <sup>†</sup> .....	VPE1	199

### Women's Formulas

Pure Encapsulations supplements are designed to support women's health and wellness goals across every stage of life, including products that support urinary tract health, comfort during menopause, breast and cervical health, as well as pregnancy and lactation.<sup>†</sup>

Product Name	Order Code	Pg. #
Black Cohosh 2.5 .....	BLC1	41
Borage Oil .....	BOG1	42
Chaste tree (Vitex) .....	CT1	51
Cranberry NS® .....	CN1	58
Cranberry/d-Mannose .....	CRD1	59
D-Mannose powder .....	DMP1	62

Product Name	Order Code	Pg. #
E.P.O. (evening primrose oil) .....	EPO2	70
MenoVive .....	MOV6	119
PhytoBalance II .....	PHB1	140
ProSoothe II .....	PMS21	151
Women's Nutrients .....	WN3	207
Women's Pure Pack .....	WPPB3	208

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

# PureGenomics®

**BETTER HEALTH FROM WITHIN**

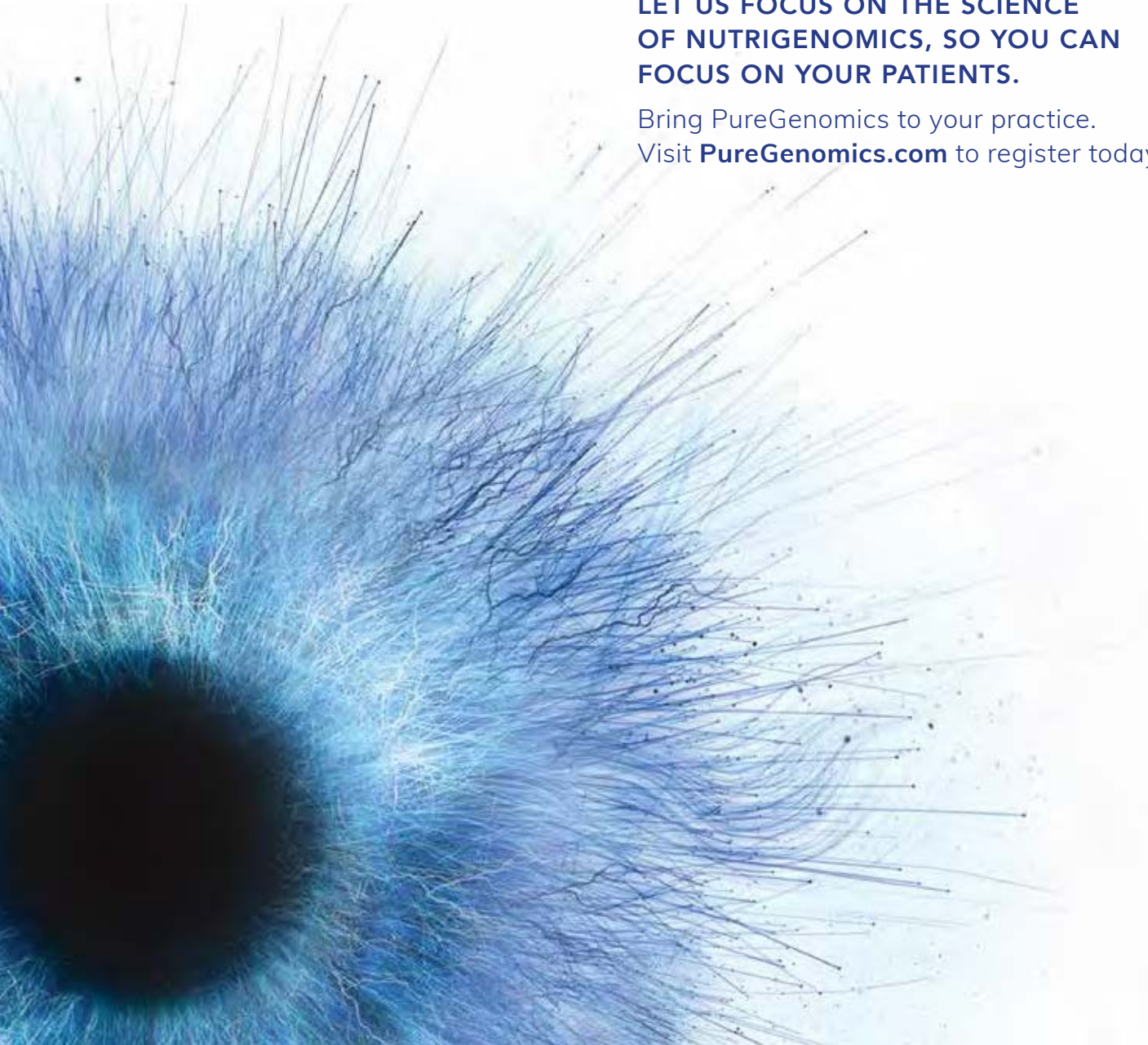
## **THERE'S GOODNESS IN OUR DNA**

PureGenomics® provides a personalized approach to nutrition—a complimentary nutrigenomics service on behalf of Pure Encapsulations® that empowers healthcare providers with tools, products, information, and education to help validate or guide strategies based on a patient's unique genetic needs.



**LET US FOCUS ON THE SCIENCE  
OF NUTRIGENOMICS, SO YOU CAN  
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Ongoing support through education and resources



**Nathan Morris, M.D.,<sup>†</sup>** is the Chief Medical Officer of Atrium Innovations Pro Brands. He resides in Monument, Colo., where he has a multidisciplinary functional medicine practice, Good Medicine, which focuses on making the complex simple.

Dr. Morris is certified by the Institute for Functional Medicine and has practiced root cause medicine for well over a decade. He is actively involved in the evolution of PureGenomics, which he envisioned and co-created with Kelly Heim, Ph.D.<sup>††</sup> He is also a partner with MBN Systems, which supports the implementation of systems based medical training in medical schools and residencies. He also co-hosts the podcast, "Good Medicine on the Go" where he explores personalization, technology, and practice implementation strategies.



## WE PROVIDE OUR SERVICE AT NO COST

It's easy to start using our complimentary PureGenomics® platform. All your patient needs is a DNA test kit, such as from 23andMe® or Ancestry®. The most basic kits are typically available for a one-time fee of under \$100.

# PURE

Genomics®

<sup>†</sup>Dr. Morris is a retained advisor to Pure Encapsulations.

<sup>††</sup>Dr. Kelly Heim is an employee of Pure Encapsulations.

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PureGenomics® nutritional information is not intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.

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

## +CAL+® with Ipriflavone

COMPREHENSIVE BONE SUPPORT FORMULA  
WITH IPRIFLAVONE<sup>†</sup>

This broad-spectrum combination of minerals and vitamins is formulated to aid in the formation and strengthening of the skeletal system. It provides a highly bioavailable form of calcium, a mineral essential not only for the maintenance of the functional integrity of the nervous, muscular and skeletal systems, but also cell membrane and capillary impermeability. This formula also provides substances that nutritionally support and enhance the absorption of calcium and the incorporation of calcium into bone, and provides nutrients essential to healthy bone structure and formation. Ipriflavone, an advanced addition to this formula, is a synthetic derivative of naturally occurring isoflavones. It supports healthy bone maintenance by promoting secretion of the hormone calcitonin, and maintaining healthy osteoclast activity. Ipriflavone also supports type I collagen and the formation of mineralized bone matrix. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Furthermore, +CAL+® is enhanced with 10.7 mcg (428 IU) of vitamin D<sub>3</sub> for optimal bone health.<sup>‡</sup>

**3 capsules, 1-2 times daily, with meals.**

**Three (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10.7 mcg (428 IU)
Vitamin K (as vitamin K <sub>1</sub> )	184 mcg
Calcium (as calcium citrate/malate)	400 mg
Magnesium (as magnesium aspartate)	49 mg
Zinc (as zinc picolinate)	12 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.1 mg
Vitamin K <sub>2</sub> (as menaquinone-7)	30 mcg
Boron (as boron glycinate)	0.85 mg
Ipriflavone	214 mg
Silica (from bamboo)	9 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood-thinning medication, consult your health professional before use.**

**Bones, Joints & Muscles**



NON  
GMO

VEG

+CAL+® with Ipriflavone	Quantity	Order Code
	351	CP3
	210	CP2

See also  
OsteoBalance<sup>‡</sup>

»page 134

## 5-HTP 50 mg (5-Hydroxytryptophan)

SUPPORTS BRAIN SEROTONIN LEVELS TO SUPPORT  
EMOTIONAL WELL-BEING, HEALTHY EATING BEHAVIOR  
AND HEALTHY SLEEP<sup>‡</sup>

5-Hydroxytryptophan (5-HTP) is an intermediate in the natural synthesis of the essential amino acid, tryptophan, to serotonin. The enzyme tryptophan hydroxylase adds a hydroxyl group (OH) to tryptophan, forming the 5-HTP intermediate. In the body, it converts to serotonin with the removal of a carboxyl group (COOH) by a second enzyme. Serotonin is an important neurotransmitter involved in the regulation of endocrine and brain activity responsible for emotion, appetite and sleep/wake cycles. In clinical studies, administration of 5-HTP supported serotonin production. The 5-HTP supplied in this supplement is derived from the *Griffonia simplicifolia* plant.<sup>‡</sup>

**1 capsule, 1-4 times daily, before meals, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

5-Hydroxytryptophan	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.**

**Memory & Mood**



NON  
GMO

V

VEG

5-HTP 50 mg	Quantity	Order Code
	180	HYD51
	60	HYD56

## 5-HTP 100 mg (5-Hydroxytryptophan)

**1 capsule, 1-3 times daily, before meals.**

**Each (size 3) vegetarian capsule contains:**

5-Hydroxytryptophan	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.**

**Memory & Mood**



NON  
GMO

V

VEG

5-HTP 100 mg	Quantity	Order Code
	180	HYD11
	60	HYD16



## 7-KETO® DHEA 25 mg

UNIQUE DHEA METABOLITE; SUPPORTS THERMOGENESIS AND HEALTHY BODY COMPOSITION†

7-KETO® DHEA, a safe and natural metabolite of DHEA, was the subject of research for over a decade at the University of Wisconsin in Madison. 7-Keto® exhibits a functional profile that is distinct from other forms of DHEA. Researchers discovered that 7-Keto® supports various physiological processes without converting to testosterone or estrogen. This minimizes the potential for androgenic and estrogenic activity. Preclinical data suggest that 7-Keto® is several times more potent than DHEA in stimulating the thermogenic enzymes of the liver. This thermogenic effect may contribute to increased basal metabolism, supporting a healthy lean/adipose ratio. 7-Keto® supports healthy weight management† as part of a healthy lifestyle with a reduced-calorie diet and regular exercise. In a double-blind study involving 30 overweight adults, 7-Keto® supported healthy body composition and BMI when combined with exercise.‡

7-KETO® DHEA is also known as DHEA-Acetate-7-one, 3-acetoxy-androst-5-ene-7, 17-dione, or 3-acetyl-7-oxo dehydroepiandrosterone.

**1 capsule, 1-4 times daily, with meals, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3 $\beta$ -acetate) 25 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3 $\beta$ -acetate.

**Not to be taken by pregnant or lactating women.**

Cardiometabolic Health & Metabolism



7-KETO® DHEA 25 mg	Quantity	Order Code
	120	KD21
	60	KD26

See also

DHEA 5 mg (micronized)

DHEA 10 mg (micronized)

DHEA 25 mg (micronized)

»page 65

»page 66

»page 66

## 7-KETO® DHEA 50 mg

**1 capsule, 1-4 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3 $\beta$ -acetate) 50 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3 $\beta$ -acetate.

**Not to be taken by pregnant or lactating women.**

Cardiometabolic Health & Metabolism



7-KETO® DHEA 50 mg	Quantity	Order Code
	120	KD51
	60	KD56

## 7-KETO® DHEA 100 mg

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

7-Keto® DHEA (7-oxo-dehydroepiandrosterone-3 $\beta$ -acetate) 100 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

7-Keto® & logo are trademarks of Lonza or its affiliates. 7-Keto® brand 7-oxo-dehydroepiandrosterone-3 $\beta$ -acetate.

**Not to be taken by pregnant or lactating women.**

Cardiometabolic Health & Metabolism



7-KETO® DHEA 100 mg	Quantity	Order Code
	120	KD11
	60	KD16



†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

## Açaí 600

### FRUIT BLEND FOR ANTIOXIDANT SUPPORT<sup>†</sup>

Açaí berry extract (*Euterpe oleracea*), native to Brazil, offers an exceptional nutritional composition of vitamins, minerals, fiber, essential fatty acids, amino acids and anthocyanins. Pure Encapsulations' açaí berry is harvested by hand in order to preserve the integrity of the palm tree and the delicate rain forest ecosystem. Berries are also hand sorted and selected for quality. In this formula, açaí is combined with blueberry, pomegranate, cranberry and raspberry for additional support.<sup>†</sup>

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 00) vegetarian capsule contains:**

Açaí ( <i>Euterpe oleracea</i> ) berry extract (whole fruit)	600 mg
Blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit)	15 mg
Pomegranate ( <i>Punica granatum</i> ) extract (fruit) (standardized to contain 40% punicosides)	25 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) concentrate (fruit)	10 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

### Cardiometabolic Health & Metabolism



Açaí 600	Quantity	Order Code
	180	ACA1

## A.C. Formula II

### PureGI™ product line

#### SUPPORTS INTESTINAL MICROBIAL BALANCE<sup>†</sup>

This combination of herbal extracts, caprylic acid and calcium undecylenate promotes a healthy environment for microflora in the colon and intestinal tract. Undecylenic acid and caprylic acid are fatty acids that promote a favorable environment for beneficial microflora. Calcium and magnesium act as buffers and may also help slow the dispersion and release of undecylenic acid and caprylic acid to support activity throughout the gastrointestinal tract. Grapefruit seed extract and berberine sulfate support microbial balance. Research suggests that they promote a healthy G.I. environment when exposed to a wide range of bacterial biotypes.<sup>†</sup>

**2 capsules, 1-3 times daily, just before meals, with 6-8 oz water.**

**Two (size 00) vegetarian capsules contain:**

Calcium (as calcium undecylenate and calcium caprylate)	44 mg
Magnesium (as magnesium caprylate)	17 mg
Caprylic acid (as calcium and magnesium caprylate)	400 mg
Bromelain (from pineapple stem) (2400 GDU/g)	250 mg
Undecylenic acid	125 mg
Grapefruit ( <i>Citrus x paradisi</i> ) extract (seed and fruit)	100 mg
Berberine sulfate	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**Not to be taken by pregnant or lactating women.**

### Gastrointestinal



A.C. Formula II	Quantity	Order Code
	120	AC21

## A.I. Enzymes

### BALANCED PLANT ENZYME FORMULA PROVIDES BROAD-SPECTRUM JOINT, MUSCLE AND DIGESTIVE SUPPORT<sup>†</sup>

A.I. Enzymes provides a superior combination of natural vegetarian-based enzymes precisely balanced for broad-spectrum support of digestive function, or to help maintain healthy joints and muscles. This formula contains enhanced levels of protease, amylase and lipase derived from the digestion of a nutrient source by *Aspergillus oryzae* and *Aspergillus niger*. Bromelain (from pineapple) and papain (from papaya) broaden the protease profile of this formula. The flavonoid rutin supports immune-mediator balance and antioxidant defenses. Taken between meals, A.I. Enzymes promotes healthy levels of kinins and fibrin, thereby helping to maintain normal muscle and joint function. Taken with meals, the plant enzymes help replace naturally occurring enzymes that are destroyed in highly processed and cooked foods. This plant enzyme blend promotes the breakdown of protein, carbohydrates and fat.<sup>†</sup>

**2 capsules, 1-3 times daily, with or between meals, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Bromelain (from pineapple stem) (2,400 GDU/gram)	240 mg
Papain (from papaya fruit) (800 TU/mg)	240 mg
Amylase (20,000 DU) <sup>‡</sup>	200 mg
Protease (60,000 HUT) <sup>‡</sup>	100 mg
Lipase (5,000 FIP) <sup>‡</sup>	100 mg
Rutin	120 mg
Other ingredients: vegetarian capsule (cellulose, water)	

<sup>‡</sup>FCC (food chemical codex) units

**Not to be taken by pregnant or lactating women.**

### Bones, Joints & Muscles



A.I. Enzymes	Quantity	Order Code
	120	AIE1

## A.I. Formula®

SUPPORTS HEALTHY CYTOKINE BALANCE, PROVIDING POTENTIAL SUPPORT FOR MUSCULOSKELETAL AND INTESTINAL COMFORT<sup>‡</sup>

A.I. Formula® is a broad-spectrum, synergistic combination of concentrated extracts that maintain healthy leukotriene, thromboxane, kinin and fibrin production.<sup>‡</sup>

**1 capsule, 1-2 times daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Quercetin	175 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	150 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	200 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Immune Support



A.I. Formula®

Quantity

Order  
Code

120

AI1

## Acerola/Flavonoid

CORN-FREE, PLANT-BASED VITAMIN C AND BIOFLAVONOIDS; PROVIDES ANTIOXIDANT SUPPORT<sup>‡</sup>

This corn-free vitamin C and bioflavonoid blend contains 32% vitamin C sourced from natural acerola extract combined with the bioflavonoids quercetin, naringin and rutin for antioxidant support. Vitamin C is an important dietary antioxidant that supports the immune system, in part by maintaining healthy mast cell function and lymphocyte formation. The bioflavonoids quercetin, rutin and naringin are free radical scavengers that complement the roles of vitamin C.<sup>‡</sup>

**2 capsules, 1-4 times daily, with or between meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (from 938 mg acerola ( <i>Malpighia glabra</i> ) extract (fruit))	300 mg
Quercetin	50 mg
Naringin	50 mg
Rutin	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Immune Support



Acerola/Flavonoid

Quantity

Order  
Code

120

ACP31

## Acetyl-L-Carnitine 250 mg

SUPPORTS COGNITIVE FUNCTION AND BRAIN HEALTH<sup>‡</sup>

Acetyl-L-carnitine is the acetylated form of L-carnitine, and the two compounds share similar energy and metabolism promoting properties. Found naturally in the body, acetyl-L-carnitine supports the availability of acetyl-CoA, an important energy generating metabolite. In addition, it supports healthy mitochondrial function and cell membrane stability. A multicenter trial of 481 volunteers indicated memory, behavioral and emotional support with acetyl-L-carnitine supplementation. In an evaluation of 28 elderly individuals using acetyl-L-carnitine or placebo, the supplemented group experienced enhanced emotional well-being.<sup>‡</sup>

**1-4 capsules daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

Acetyl-L-carnitine HCl	250 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Memory & Mood



Acetyl-L-Carnitine 250 mg

Quantity

Order  
Code

60

ALC26

## Acetyl-L-Carnitine 500 mg

**1 capsule, 1-2 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Acetyl-L-carnitine HCl	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Memory & Mood



Acetyl-L-Carnitine 500 mg

Quantity

Order  
Code

60

ALC56

## Adenosyl/Hydroxy B<sub>12</sub>

### PureGenomics® product line

BLEND OF UNMETHYLATED B<sub>12</sub> FORMS TO SUPPORT ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>‡</sup>

Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin. It is similar to cyanocobalamin without the cyanide moiety. Adenosylcobalamin is an activated form similar to methylcobalamin. While methylcobalamin is found in the cytosol of cells and predominates in blood and other fluids, adenosylcobalamin is the major form of vitamin B<sub>12</sub> stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism for the enzyme methylmalonyl-CoA mutase used to produce succinyl-CoA. Optimal levels also support healthy synthesis of neuronal myelin.<sup>‡</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Vitamin B<sub>12</sub> 2,000 mcg  
(as adenosylcobalamin and 50% hydroxycobalamin)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

#### Multivitamins, Vitamins & Minerals



Adenosyl/Hydroxy B <sub>12</sub>	Quantity	Order Code
	90	AHB9

## Adenosyl/Hydroxy B<sub>12</sub> liquid

### PureGenomics® product line

LIQUID BLEND OF UNMETHYLATED B<sub>12</sub> FORMS TO SUPPORT ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>‡</sup>

- Convenient liquid formula without flavorings or sweeteners

**1 ml (1 full dropper), 1-3 times daily, with meals.**

**1 ml (0.03 fl oz) (1 full dropper) contains:**

Vitamin B<sub>12</sub> 1,000 mcg  
(formulated as adenosylcobalamin and 50% hydroxycobalamin)  
Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate

#### Multivitamins, Vitamins & Minerals



Adenosyl/Hydroxy B <sub>12</sub> liquid	Quantity	Order Code
	30 ml (1 fl oz)	AHBL

## AdipoLean II

### PureLean® product line

PROMOTES ADIPONECTIN EXPRESSION TO SUPPORT NUTRIENT UTILIZATION AND HEALTHY WEIGHT MANAGEMENT<sup>†‡</sup>

AdipoLean II offers a combination of the clinically researched LOWAT® blend of Ayurvedic herbal extracts combined with Oligonol®, a lychee and green tea complex containing low molecular weight polyphenols for enhanced efficacy. Research indicates that both LOWAT® and Oligonol® help maintain healthy adiponectin expression, offering support for healthy insulin function, glucose uptake and fat utilization. LOWAT® (LI10903F) is a proprietary blend of Piper betle leaf extract and Dolichos biflorus seed extract combined in a specific ratio. Both herbs have been traditionally used to support healthy glucose metabolism and lipid metabolism. In vitro and animal research determined that this combination and ratio provided maximal efficacy. Research indicates that LOWAT® targets fat breakdown and helps maintain healthy weight management<sup>†</sup>, at least in part due to boosting adiponectin and moderating ghrelin production. In an eight-week, randomized, double-blind, placebo-controlled trial involving 50 overweight subjects following a standard 2,000-calorie-per-day diet, supplementation with 300 mg of the LOWAT® blend three times daily promoted healthy lean mass ratio and an average weight loss of 9.4 pounds, compared to 3.9 pounds in the placebo group (p=0.00005). Supplementation also resulted in an increase in serum adiponectin levels by 15.35% (p=0.0076) and a decrease in serum ghrelin levels by 20.85% (p=0.0066). Ghrelin is a peptide hormone associated with appetite. The mechanisms of action for Oligonol® include support for healthy insulin function, adiponectin synthesis and lipolysis. In a double-blind, placebo-controlled study involving 19 individuals, Oligonol® supported healthy visceral fat composition.<sup>‡</sup>

**1 capsule, 3 times daily, 30 minutes before meals.**

**Each (size 1) vegetarian capsule contains:**

LOWAT® proprietary blend of catjang cowpea (Dolichos biflorus) extract (seed) and betel (Piper betle) extract (leaf) 300 mg  
Oligonol® proprietary blend of lychee (Litchi chinensis) extract (fruit) and green tea (Camellia sinensis) extract (leaf) 17 mg  
(standardized to contain 10% total monomeric phenols)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

LOWAT® is exclusively distributed by Lonza or its affiliates.

Oligonol® is a registered trademark of the Amino Up Chemical Company, Sapporo, Japan.

#### Cardiometabolic Health & Metabolism



AdipoLean II	Quantity	Order Code
	90	ADL9

## ADR Formula®

### COMPREHENSIVE ADRENAL SUPPORT FORMULA<sup>†</sup>

This formula combines whole adrenal and adrenal cortex with a blend of herbs and nutrients to support the function of the adrenal glands. Whole adrenal and adrenal cortex nutritionally support the proper functioning of the adrenal glands. Both *Eleutherococcus senticosus* and *Panax ginseng* have adaptogenic properties to help balance physiological functions in the body, including adrenal gland function. Licorice extract helps to maintain healthy cortisol metabolism, while calcium pantothenate promotes healthy adrenal gland activity. *Eleutherococcus senticosus* and *Panax ginseng* also support a healthy stress response and immune function.<sup>‡</sup>

**1 capsule daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% total ginsenosides)	200 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) extract (root) (standardized to contain 20% glycyrrhizic acid)	100 mg
Whole adrenal (bovine)	150 mg
Adrenal cortex (bovine)	75 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Energy & Fitness



ADR Formula®	Quantity	Order Code
	120	AD1
	60	AD6

## Adrenal

### NUTRITIONAL SUPPORT FOR HEALTHY ADRENAL FUNCTION<sup>†</sup>

This formula offers a blend of whole adrenal and adrenal cortex. Whole adrenal and adrenal cortex are included for their potential to nutritionally support the adrenal gland.<sup>‡</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 3) vegetarian capsules contain:**

Whole adrenal (bovine)	300 mg
Adrenal cortex (bovine)	160 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Energy & Fitness



Adrenal	Quantity	Order Code
	60	AR6

See also  
Phyto-ADR

## Aller-Essentials

### SUPPORTS HEALTHY IMMUNE RESPONSE TO ENVIRONMENTAL FACTORS<sup>‡</sup>

Aller-Essentials contains a blend of nutrients and herbal extracts designed to maintain healthy seasonal immune function. EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune-enhancing bioactive metabolites designed to support both innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and salivary IgA levels. In a double-blind, placebo-controlled trial involving 96 subjects, EpiCor® supported nasal comfort during a 12-week period in the spring. Additionally, it supported salivary IgA levels, an important first-line defense produced by the mucosal tissue. In a randomized double-blind trial involving 75 individuals, *Tinospora cordifolia* provided significant support for a healthy immune response by maintaining normal nasal function as well as healthy neutrophil and eosinophil activity. A randomized double-blind, placebo-controlled trial involving apple polyphenols reveals support for maintaining a healthy nasal lining and nasal function. Quercetin, hesperidin and vitamin C provide additional support for stabilizing mast cells.<sup>‡</sup>

**2 capsules, 1-2 times daily, with or between meals, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	250 mg
Indian tinospora ( <i>Tinospora cordifolia</i> ) extract (aerial parts)	450 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i> )	250 mg
Quercetin	125 mg
Hesperidin methyl chalcone	100 mg
Apple ( <i>Malus pumila</i> ) extract (whole fruit) (standardized to contain 75% polyphenols)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), maltodextrin, ascorbyl palmitate	

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

Immune Support



Aller-Essentials	Quantity	Order Code
	120	ALE21
	60	ALE26

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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



## Alpha Lipoic Acid 100 mg

WATER AND LIPID SOLUBLE ANTIOXIDANT; SUPPORTS HEALTHY GLUCOSE METABOLISM AND NERVE HEALTH<sup>‡</sup>

Alpha lipoic acid is both water and fat soluble, allowing it to function in almost any part of the body as an antioxidant. A key component of the metabolic process, alpha lipoic acid produces energy in muscles and directs calories into energy production. In addition, it helps maintain healthy glucose metabolism, supports the nervous system and provides nutritional support for healthy liver function. In one study, alpha lipoic acid decreased serum lactate and pyruvate and promoted healthy glucose metabolism in lean and overweight individuals. Alpha lipoic acid supported nerve health in subjects who participated in a randomized, double-blind, placebo-controlled, multicenter trial. The ability of alpha lipoic acid to modulate nitric oxide metabolite activity and to promote healthy microcirculation accounted for its ability to promote nerve cell health in two separate studies.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 100 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Alpha Lipoic Acid 100 mg	Quantity	Order Code
	120	AL11
	60	AL16

## Alpha Lipoic Acid 200 mg

**1 capsule, 1-4 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 200 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Alpha Lipoic Acid 200 mg	Quantity	Order Code
	120	AL21
	60	AL26

## Alpha Lipoic Acid 400 mg

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 400 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Alpha Lipoic Acid 400 mg	Quantity	Order Code
	120	AL41
	60	AL46

## Alpha Lipoic Acid 600 mg

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid) 600 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Alpha Lipoic Acid 600 mg	Quantity	Order Code
	120	AL61
	60	AL66



## Alpha Lipoic Acid with GlucoPhenol®

SCIENCE-BASED APPROACH TO SUPPORT  
GLUCOSE METABOLISM<sup>†</sup>

- Delivers 200 mg alpha lipoic acid per serving for metabolic support and cardioprotection<sup>†</sup>
- Provides GlucoPhenol®, a novel, proprietary extract of cranberry and Orléans strawberry, developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)
- In a 6-week randomized, double-blind, placebo-controlled clinical trial, subjects receiving 300 mg polyphenols from GlucoPhenol® per day exhibited a 14% improvement over baseline in glucose homeostasis. Orléans strawberry extract was found to directly support glucose disposal into cultured skeletal muscle cells<sup>†</sup>
- Supports healthy glucose and fat metabolism<sup>†</sup>
- Supports cardiometabolic health<sup>†</sup>

**1 capsule, 1-4 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Alpha lipoic acid (thioctic acid)	200 mg
GlucoPhenol® proprietary blend	138 mg
providing 25 mg of polyphenols from Orléans strawberry ( <i>Fragaria x ananassa</i> ) extract (fruit) and cranberry ( <i>Vaccinium macrocarpon</i> ) extract (fruit)	

Other ingredients: vegetarian capsule (cellulose, water), rice maltodextrin, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silicon dioxide

GlucoPhenol® is a registered trademark used under license by Pure Encapsulations®.

**Cardiometabolic Health & Metabolism**



Alpha Lipoic Acid with GlucoPhenol®	Quantity	Order Code
	120	AGP1



## Amino-NR **Improved Formula**

NATURAL RATIO AMINO ACID COMPLEX TO SUPPORT  
DAILY WELLNESS AND ATHLETIC ACTIVITY<sup>†</sup>

Amino-NR is an amino acid dietary supplement that supports athletic activity, immune function, and daily wellness. Dietary amino acids provide important support for athletic training by promoting muscle performance and recovery.

From trained athletes to the elderly, dietary amino acids also play an important role in immune health, primarily attributed to support for healthy glutamine and glutathione levels. Alpha lipoic acid and adenosylcobalamin provide additional support for mitochondrial function and energy. Adenosylcobalamin is the form of vitamin B<sub>12</sub> active in mitochondria, promoting mitochondrial energy (ATP) production, in part by supporting MCM enzyme activity, which declines with age. Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, and stabilizes neuro-muscular junctions. Vitamin B<sub>6</sub> acts as a cofactor for healthy amino acid and energy metabolism.<sup>†</sup>

**3 capsules, 1-2 times daily, between meals.**

**Three (size 00) vegetarian capsules contain:**

Calories	10
Vitamin B <sub>6</sub>	3.3 mg
(as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	
Vitamin B <sub>12</sub> (as adenosylcobalamin)	1,000 mcg
Alpha lipoic acid	50 mg
L-Histidine (free-form)	77 mg
L-Isoleucine (free-form)	117 mg
L-Leucine (free-form)	207 mg
L-Lysine HCl monohydrate (free-form)	225 mg
L-Methionine (free-form)	158 mg
L-Phenylalanine (free-form)	86 mg
L-Threonine (free-form)	104 mg
L-Valine (free-form)	113 mg
L-Alanine (free-form)	41 mg
L-Arginine HCl	68 mg
L-Glutamine (free-form)	338 mg
Glycine (free-form)	68 mg
L-Proline (free-form)	135 mg
L-Serine (free-form)	68 mg
L-Tyrosine (free-form)	36 mg
L-Tryptophan (free-form)	33 mg
Taurine (free-form)	23 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

**Energy & Fitness**



Amino-NR	Quantity	Order Code
	180	ANR41

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

## Amino Replete

Without fructose

FREE-FORM AMINO ACID POWDER; SUPPORT FOR DAILY WELLNESS AND ATHLETIC ACTIVITY<sup>‡</sup>

- Offers a comprehensive blend of free-form amino acids, provided in the ratios found naturally in high biological value (BV) protein sources
- Maintains daily wellness with amino acid building blocks to support protein synthesis<sup>‡</sup>
- Supports athletic training, including muscle performance, energy production and recovery<sup>‡</sup>
- Enhances healthy neurotransmitter synthesis with amino acid precursors to support cognitive function and positive mood<sup>‡</sup>
- Promotes immune function, in part by supporting healthy glutamine and glutathione levels<sup>‡</sup>

**1 scoop daily, mixed with 8 oz of water or juice, between meals, or as directed by a health professional.**

**Serving size: 1 scoop (1 teaspoon, approximately 4 g)**

**Servings per container: approximately 60**

**Each scoop contains:**

Calories	15
Total carbohydrate	<1 g
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate)	2 mg
I-Histidine (from L-histidine HCl)	80 mg
I-Isoleucine (free-form)	200 mg
I-Leucine (free-form)	345 mg
I-Lysine (from L-lysine HCl)	250 mg
I-Methionine (free-form)	200 mg
I-Phenylalanine (free-form)	175 mg
I-Threonine (free-form)	160 mg
I-Valine (free-form)	300 mg
I-Alanine (free-form)	185 mg
I-Arginine HCl (free-form)	250 mg
I-Glutamine (free-form)	439 mg
Glycine (free-form)	102 mg
I-Serine (free-form)	88 mg
I-Tyrosine (free-form)	169 mg
I-Tryptophan (free-form)	60 mg

Other ingredients: natural vanilla, strawberry, and lemonade flavors with other natural flavors, citric acid, malic acid, purified stevia leaf extracts

**PHENYLKETONURICS: CONTAINS PHENYLALANINE**

Energy & Fitness



NON  
GMO

V

VEG

Amino Replete	Quantity	Order Code
	8.5 oz (222 g)	AMR2

## AntiOxidant Formula

BROAD-SPECTRUM ANTIOXIDANT SUPPORT<sup>‡</sup>

Free radicals are atoms, ions or molecules with one or more unpaired electrons that bind to and destroy cellular compounds. Dietary antioxidants disarm free radicals through a number of different mechanisms. Foremost, they bind to the free electrons, "pairing up" with them, creating an innocuous cellular compound that the body can eliminate as waste. The antioxidants in this formula also support and enhance the body's natural defense mechanisms against free radicals: the enzymes superoxide dismutase, catalase, and glutathione peroxidase.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Vitamin A (as beta carotene)	3,000 mcg
Vitamin E (as d-alpha tocopherol succinate)	67 mg
Riboflavin (vitamin B <sub>2</sub> )	25 mg
Zinc (as zinc picolinate)	5 mg
Selenium (as selenomethionine)	100 mcg
N-Acetyl-L-cysteine (NAC) (free-form)	100 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	100 mg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	500 mcg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



NON  
GMO

V

VEG

AntiOxidant Formula	Quantity	Order Code
	120	AO21



## Arabinogalactan

### PREBIOTIC FIBER FOR IMMUNE SUPPORT<sup>‡</sup>

Arabinogalactan (AG) is a fermentable prebiotic fiber found in high concentrations in North American larch trees. It is also a constituent of Echinacea. AG has potential to support immune cells involved with the body's first line of defense. AG may also promote healthy production of cytokines, which mediate cell-to-cell communication between cells involved in the immune response. A randomized, 4-week clinical trial in healthy adults suggested that AG also potentiates the complement system, another mechanism of defense in the body. Preliminary data suggest that AG also enhances the growth of friendly intestinal bacteria, including Lactobacilli and Bifidobacteria.<sup>‡</sup>

**1 capsule, 3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Arabinogalactan 500 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



NON  
GMO

V

VEG

Arabinogalactan	Quantity	Order Code
	180	ARA1
	90	ARA9

## L-Arginine

### SUPPORTS NITRIC OXIDE PRODUCTION AND HEALTHY BLOOD FLOW<sup>‡</sup>

L-Arginine supports nitric oxide formation, important for healthy dilation of blood vessels, circulation and blood flow. In trials, L-arginine has demonstrated the potential to support endothelial function in blood vessels, platelet function, exercise tolerance and sexual function. Because of its effect on nitric oxide production, L-arginine is theoretically best avoided by individuals with migraines, depression, autoimmune disorders and kidney or liver disease. L-Arginine is contraindicated for individuals with the herpes virus.<sup>‡</sup>

**2 capsules, 1-3 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

Calories 5

L-Arginine HCl (free-form) 1,400 mg

Other ingredients: vegetarian capsule (cellulose, water)

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

L-Arginine	Quantity	Order Code
	180	LAR1
	90	LAR9

## Ascorbic Acid capsules

### VITAMIN C SUPPORTS A WIDE RANGE OF PHYSIOLOGICAL FUNCTIONS, INCLUDING IMMUNE FUNCTION, ANTIOXIDANT DEFENSE AND VASCULAR INTEGRITY<sup>‡</sup>

Vitamin C, one of the most well-known sources of dietary antioxidants, offers a wide range of support for the human body. It is an antioxidant and free radical scavenger. It supports the body's defense system by promoting white blood cell function and activity, interferon levels, antibody responses, and secretion of thymic hormones. It is essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron and the metabolism of folate. It maintains healthy mast cell function and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Vitamin C (as ascorbic acid) 1,000 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Immune Support



NON  
GMO

V

VEG

Ascorbic Acid capsules	Quantity	Order Code
	250	A12
	90	A19

## Ascorbic Acid powder

**1 scoop daily, with a meal, or as directed by a health professional.**

**Serving size: 1 scoop (approximately 1.4 g)**

**Servings per container: approximately 162**

**Each scoop contains:**

Vitamin C (as ascorbic acid) 1,400 mg

Immune Support



NON  
GMO

V

VEG

Ascorbic Acid powder	Quantity	Order Code
	8 oz (227 g)	AAP

## Ascorbyl Palmitate

FAT-SOLUBLE VITAMIN C; ANTIOXIDANT SUPPORT<sup>‡</sup>

Ascorbyl palmitate is a fat-soluble derivative of ascorbic acid. Unlike the water-soluble form, ascorbyl palmitate is able to enter the lipid cell membrane. Vitamin C is an important antioxidant and free radical scavenger that plays well-established roles in immune function. These functions include maintaining healthy mast cell function and lymphocyte formation. Vitamin C is also essential for the formation and maintenance of collagen. It also aids in the absorption of iron and the formation of red blood cells.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Vitamin C (from 450 mg ascorbyl palmitate)	190 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Ascorbyl Palmitate	Quantity	Order Code
	180	ASP1
	90	ASP9

## Ashwagandha

SUPPORT FOR OCCASIONAL STRESS<sup>‡</sup>

Ashwagandha, *Withania somnifera*, is an adaptogenic herb that belongs to the pepper family. It has an extensive, 4,000-year history of traditional use and is one of the most revered and widely used Ayurvedic herbs. Withanolides are key constituents of this herb and play an important role in ashwagandha's overall ability to promote physical and mental health. In animal studies, ashwagandha has been shown to support the activity of lymphocytes and macrophages, moderate occasional stress, enhance memory and cognitive function, provide neuroprotection by scavenging free radicals, and support thyroid function. A small, human clinical trial demonstrated the ability of ashwagandha to support healthy glucose and lipid metabolism.<sup>‡</sup>

**1 capsule daily, with or between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	500 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women.**

Energy & Fitness



Ashwagandha	Quantity	Order Code
	120	ASH1
	60	ASH6

## Astaxanthin

STABLE, FAT-SOLUBLE ANTIOXIDANT; SKIN, JOINT AND EYE HEALTH<sup>‡</sup>

Derived from *Haematococcus pluvialis* microalgae cultivated under pristine conditions, esterified astaxanthin is a stable, fat-soluble antioxidant from the carotenoid family. Astaxanthin protects the phospholipid membranes of cells from oxidative damage. In studies, it has demonstrated the ability to cross the blood-brain barrier and protect the retina, suggesting its potential for supporting the brain and nervous system from free radical damage. Initial trials with astaxanthin suggest that it may support the skin's natural antioxidant defenses against free radicals induced by sun exposure. In a human clinical evaluation, supplementation with astaxanthin provided enhanced antioxidant protection for the skin. Research suggests that astaxanthin may support athletic performance, as well as joint function and comfort after strenuous exercise. Additional studies suggest astaxanthin's immune, cellular and cardiovascular support potential.<sup>‡</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 7.5) softgel capsule contains:**

Astaxanthin (from <i>Haematococcus pluvialis</i> microalgae)	4 mg
Other ingredients: extra virgin olive oil, gelatin capsule (gelatin, glycerin, water)	

Vision



Astaxanthin	Quantity	Order Code
	120	AST1
	60	AST6





# Athletic Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX FOR EXERCISE PERFORMANCE AND TRAINING<sup>†</sup>

## Indications:

- Support for athletic training and physical performance<sup>†</sup>
- Promotes energy, stamina and helps lessen muscle fatigue<sup>†</sup>

## Vitamin/Mineral Distinctions:

- Potassium phosphate combined with calcium and magnesium for healthy muscle function<sup>†</sup>
- Copper, manganese, selenium and zinc for healthy tendons, ligaments and joints<sup>†</sup>

## Special Features:

### EnergizeATP Factors<sup>†</sup>

- Supports stamina and buffers lactic acid with highly pure creatine monohydrate; research indicates the potential to increase optimal work output in activities such as weight-lifting and sprinting.<sup>†</sup>

### MuscleRestore Complex<sup>†</sup>

- Supports muscle recovery and comfort with NAC, alpha lipoic acid and L-carnosine.<sup>†</sup>

### PowerProtect Antioxidants<sup>†</sup>

- In a randomized, double-blind, placebo-controlled trial, 400 mg PowerGrape® promoted plasma antioxidant capacity during competition and supported performance in athletes. Protects muscles from oxidative stress with green tea and superfruit polyphenols.<sup>†</sup>

**2 capsules, twice daily, with meals, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Vitamin A (as beta carotene)	1,000 mcg
Vitamin C (as ascorbic acid)	83 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	8.3 mcg (333 IU)
Vitamin E (as d-alpha tocopherol succinate)	22 mg
Vitamin K (as vitamin K <sub>1</sub> )	33 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	8 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	11.1 mg
Niacin (as niacin and 67% niacinamide)	25 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	6.65 mg
Folate (as Metafolin®, L-5-MTHF)	222 mcg DFE (133 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	333 mcg
Biotin	266 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	16.5 mg
Choline (as choline bitartrate)	6.6 mg
Calcium (as calcium citrate)	66.5 mg
Iodine (as potassium iodide)	66.5 mcg
Magnesium (as magnesium citrate)	66.5 mg
Zinc (as zinc citrate)	5 mg
Selenium (as selenomethionine)	66.5 mcg
Copper (as copper glycinate)	650 mcg
Manganese (as manganese citrate)	650 mcg
Chromium (as chromium polynicotinate)	66.5 mcg

Potassium (as potassium phosphate)	33 mg
Boron (as boron glycinate)	650 mcg
Vanadium (as bis-glycinato oxo vanadium)	33 mcg
Proprietary mixed carotenoid blend (as lutein, lycopen, zeaxanthin)	192 mcg
Inositol	16.5 mg

### EnergizeATP Factors<sup>†</sup>

Creatine monohydrate	250 mg
Coenzyme Q <sub>10</sub>	16.5 mg
Alpha ketoglutarate	16.5 mg

### MuscleRestore Complex<sup>†</sup>

N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	33 mg
L-Carnosine	16.5 mg

### PowerProtect Antioxidants<sup>†</sup>

PowerGrape® grape ( <i>Vitis vinifera</i> ) extract (whole fruit)	66.5 mg
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	20 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

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ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

PowerGrape® is a registered trademark of Naturex.

**Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

## Multivitamins, Vitamins & Minerals



Athletic Nutrients	Quantity	Order Code
	180	ATN21



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

# Athletic Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

## Indications:

- Supports energy, muscle recovery and immune function for healthy athletic activity<sup>†</sup>

## Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Vitamin C to support nitric oxide activity and immune function<sup>†</sup>
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate for healthy red blood cell function<sup>†</sup>
- Trace minerals, including manganese and copper, for healthy connective tissue integrity<sup>†</sup>

## Special Features:

- Omega-3 fatty acids to support healthy cytokine balance<sup>†</sup>
- 1,200 mg BCAA, 375 mg creatine monohydrate, 145 mg CoQ<sub>10</sub> and 50 mg alpha lipoic acid to support metabolic acid buffering, ATP synthesis, and muscular adaptations to resistance and endurance training<sup>†</sup>
- Grape seed and superfruits help to moderate oxidative stress during training<sup>†</sup>
- 850 mg L-glutamine for healthy muscle preservation and immune function<sup>†</sup>
- Convenient, once-daily packet

## Each Packet Contains:

**Athletic Nutrients** 3 vegetarian capsules »See page 33

- Multivitamin/mineral complex for exercise performance and training<sup>†</sup>

**EPA/DHA essentials** 1 softgel capsule »See page 74

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support<sup>†</sup>

**BCAA capsules** 2 vegetarian capsules »See page 38

- Branched chain amino acids to support lean muscle mass and exercise recovery<sup>†</sup>

**Ascorbic Acid capsules** 1 vegetarian capsule »See page 31

- Potent antioxidant providing optimal nutritional support to all physiological functions<sup>†</sup>

**CoQ<sub>10</sub>** 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ<sub>10</sub>

**L-Glutamine** 1 vegetarian capsule »See page 87

- Muscle mass and gastrointestinal tract support<sup>†</sup>

Take 1 packet daily (9 capsules), with a meal.

## Nine capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,500 mcg
Vitamin C (as ascorbic acid)	1,125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	12.5 mcg (500 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	16.7 mg
Niacin (as niacin and 67% niacinamide)	38 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	10 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium phosphate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	289 mcg
Inositol	25 mg
Creatine monohydrate	375 mg
Coenzyme Q <sub>10</sub>	145 mg
Alpha ketoglutarate	25 mg
N-Acetyl-L-cysteine (free-form)	75 mg
Alpha lipoic acid (thioctic acid)	50 mg
L-Carnosine	25 mg
L-Glutamine (free-form)	850 mg
Branched chain amino acids	1,200 mg
Providing:	
L-Leucine (free-form)	600 mg
L-Isoleucine (free-form)	300 mg
L-Valine (free-form)	300 mg

PowerGrape® grape ( <i>Vitis vinifera</i> ) extract (whole fruit)	100 mg
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	30 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (decaffeinated) (standardized to contain 70% epigallocatechin gallate (EGCG))	25 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

PowerGrape® is a registered trademark of Naturex.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

**Contains fish (anchovies, sardines, mackerel)**

**Take with food. If you have liver problems, consult your healthcare practitioner before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Athletic Pure Pack	Quantity	Order Code
	30 packets	APP3B3

## B-Complex liquid

CONVENIENT LIQUID DELIVERY FORM; SUPPORTS ENERGY METABOLISM AND NERVOUS SYSTEM FUNCTION†

This balanced combination of functionally interrelated B vitamins provides wide ranging benefits. As a complex, the B vitamin group is essential for the proper functioning of the nervous system and perhaps the most important nutritional factor for healthy nerve cells. The B vitamins also play a role in the conversion of carbohydrates into energy and in the metabolism of fats and protein. They also support the integrity of the skin, hair and liver.†

**1 teaspoon (5 ml) daily, with a meal. Shake well before use.**

**Serving size: 5 ml (0.17 fl oz) (1 teaspoon)**

**Servings per container: 28**

**5 ml (0.17 fl oz) (1 teaspoon) contain:**

Thiamin (as thiamin HCl) (B <sub>1</sub> )	3.5 mg
Riboflavin (as riboflavin 5' phosphate) (activated B <sub>2</sub> )	3 mg
Niacin (formulated with niacinamide)	10 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	4 mg
Vitamin B <sub>12</sub> (formulated with methylcobalamin)	500 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg

Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, strawberry juice concentrate, natural lemonade and orange flavors, citric acid, xanthan gum, potassium sorbate, purified stevia leaf extract

Multivitamins, Vitamins & Minerals



NON  
GMO

VEG

B-Complex liquid	Quantity	Order Code
	140 ml (4.73 fl oz)	BCL1



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

## B-Complex Plus

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT†

This balanced combination of functionally interrelated B vitamins provides wide ranging benefits, including methylation, nerve support and cellular energy support.‡

- Universally supportive, comprehensive B-complex†
- Methylated folate (400 mcg)
- Methylated vitamin B<sub>12</sub> (400 mcg)
- Energy synthesis†

**1 capsule, 1-2 times daily, with meals.**

**Each (size 1) vegetarian capsule contains:**

Thiamin (as thiamin HCl) (B <sub>1</sub> )	100 mg
Riboflavin (as vitamin B <sub>2</sub> and 60% riboflavin 5' phosphate (activated B <sub>2</sub> ))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	16.7 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	400 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



B-Complex Plus	Quantity	Order Code
	120	BCP1
	60	BCP6

See also

PureGenomics® B-Complex  
Ultra B-Complex w/PQQ

»page 155  
»page 192



## B<sub>6</sub> Complex

With Metafolin® L-5-MTHF

BROAD-SPECTRUM B VITAMIN SUPPORT WITH  
ENHANCED VITAMIN B<sub>6</sub>†

Vitamin B<sub>6</sub> plays an important role in nerve impulse transmissions and healthy functioning of the nervous system. It is offered in this formula as both pyridoxine and the activated form pyridoxal-5-phosphate. Vitamin B<sub>12</sub> is offered as a combination of adenosylcobalamin and hydroxycobalamin. Optimal levels of adenosylcobalamin support healthy synthesis of neuronal myelin. Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form of vitamin B<sub>12</sub> and the major form stored in the mitochondria of cellular tissues.‡

**1 capsule daily, with a meal.**

**Each (size 00) vegetarian capsule contains:**

Thiamin (as thiamin HCl) (B <sub>1</sub> )	100 mg
Riboflavin (as vitamin B <sub>2</sub> and 67% riboflavin 5' phosphate (activated B <sub>2</sub> ))	15 mg
Niacin (as niacinamide and 9% inositol hexaniacinate (no-flush niacin))	110 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	200 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg
Choline (as choline bitartrate)	12 mg
Inositol	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



B <sub>6</sub> Complex	Quantity	Order Code
	120	B6C21
	60	B6C26

## B<sub>12</sub> 5,000 liquid

FORMULATED WITH METHYLCOBALAMIN; SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>‡</sup>

Research indicates that methylcobalamin, an active form of vitamin B<sub>12</sub>, supports neurological function and nerve cell health. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function, as well as memory and emotional well-being. Vitamin B<sub>12</sub> is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism.<sup>‡</sup>

**1 ml (one full dropper), with a meal, or as directed by a health professional.**

**Serving size: 1 ml (0.03 fl oz) (one full dropper)**  
**Servings per container: 30**

**1 ml (0.03 fl oz) (one full dropper) contains:**

Vitamin B<sub>12</sub> 5,000 mcg

Other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, citric acid, potassium sorbate, purified stevia leaf extract

Multivitamins, Vitamins & Minerals



B <sub>12</sub> 5,000 liquid	Quantity	Order Code
	30 ml (1 fl oz)	B125L

See also

Methylcobalamin 1,000 mcg

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## B<sub>12</sub> Folate

With Metafolin® L-5-MTHF

SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>‡</sup>

Vitamin B<sub>12</sub> and folate are interrelated in function. Folate is provided in this formula as Metafolin®, L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate. The B<sub>12</sub> in this formula is provided as methylcobalamin, an active form of the vitamin.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Folate (as Metafolin®, L-5-MTHF) 1,333 mcg DFE (800 mcg L-5-MTHF)

Vitamin B<sub>12</sub> (as methylcobalamin) 800 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



B <sub>12</sub> Folate	Quantity	Order Code
	60	B12

See also

PureMelt B<sub>12</sub> Folate

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## B<sub>12</sub> liquid

CONVENIENT LIQUID DELIVERY FORM; FORMULATED WITH METHYLCOBALAMIN; SUPPORTS RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>‡</sup>

Methylcobalamin, an active form of vitamin B<sub>12</sub>, supports neurological function and nerve cell health. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function as well as memory and emotional well-being. Vitamin B<sub>12</sub> is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism.<sup>‡</sup>

**1 dropper, 1-3 times daily, with meals, or as directed by a health professional. Shake well before use.**

**Serving size: 1 ml (0.03 fl oz) (one full dropper)**  
**Servings per container: 30**

**1 ml (0.03 fl oz) (one full dropper) contains:**

Vitamin B<sub>12</sub> 1,000 mcg

Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate, stevia leaf extract

Multivitamins, Vitamins & Minerals



B <sub>12</sub> liquid	Quantity	Order Code
	30 ml (1 fl oz)	B12L





## Bacopa monnieri

### TRADITIONAL SUPPORT FOR MENTAL CLARITY AND RELAXATION<sup>†</sup>

Ayurvedic medicine has utilized *Bacopa monnieri* traditionally for centuries to support the nervous system, cognitive capacity and memory. Over the last thirty years, preliminary clinical trials have suggested encouraging results. A three-month trial conducted by Australian scientists suggests that bacopa may support learning, moderate stress and support memory. An animal study suggests the potential for bacopa to support mental function under stress. In a double-blind, randomized, placebo-controlled investigation, bacopa supported memory retention in adult subjects. The effects of this extract may, in part, be explained by antioxidant protection of important processing centers in the brain, including the frontal cortex, striatum and hippocampus. Bacopa may also help to promote healthy synaptic activity and neurotransmission in the brain.<sup>‡</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Bacopa ( <i>Bacopa monnieri</i> ) extract (aerial parts) (standardized to contain 20% bacosides)	200 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate



Bacopa monnieri	Quantity	Order Code
	180	BA1

## Balanced Immune

### PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA<sup>+</sup>

### SUPPORTS HEALTHY CELLULAR IMMUNE RESPONSE AND CYTOKINE PRODUCTION<sup>†</sup>

- Supports immune balance and tissue integrity, in part by targeting the NLRPs (NOD-like receptor proteins) and NF-κB pathways to modulate cytokine production; NLRPs act as intracellular sensors to oxidative and environmental stressors<sup>†</sup>
- Promotes numerous enzyme and gene transcription pathways including SIRT1 and Nrf2<sup>†</sup>
- Promotes the health of joint, G.I. and thyroid tissue that is influenced by immunological factors<sup>†</sup>

Balanced Immune is designed to support immune balance and tissue integrity, in part by targeting the NLRP and NF-κB pathways to modulate cytokine production. NLRP act as intracellular sensors to oxidative and environmental stressors. Research suggests curcumin and vitamin D support healthy cellular responses by modulating this pathway. The formula also promotes multiple enzyme and gene transcription pathways implicated in nutrient metabolism in the liver, detoxification and cellular protection against oxidative stress. Black ginger and resveratrol promote healthy SIRT1 protein levels. SIRT1 supports cellular homeostasis, plays an important role in insulin secretion and glucose homeostasis, and affects glucose and lipid metabolism in the liver. In a double-blind, placebo-controlled, crossover study, 100 mg of Sirtmax® black ginger extract for seven weeks

supported healthy glucose metabolism and weight management<sup>†</sup>, while in vitro studies on its active constituents suggest a five-fold increase in SIRT1 activity compared to resveratrol. Sulforaphane and resveratrol support the activity of Nrf2, a transcription factor that supports cellular function by promoting cellular detoxification and protection against oxidative stress.<sup>‡</sup>

**1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Meriva® turmeric phytosome (Curcuma longa extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	200 mg
Broccoli ( <i>Brassica oleracea italica</i> ) sprout concentrate (whole plant) (standardized to contain 600 mcg sulforaphane)	150 mg
Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	100 mg
Sirtmax® black ginger ( <i>Kaempferia parviflora</i> ) extract (root)	50 mg
Quercetin	60 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

Sirtmax® is a registered trademark of Tokiwa Phytochemical Co., Ltd.



Balanced Immune	Quantity	Order Code
	60	BIM6

## BCAA capsules

### SUPPORTS LEAN MUSCLE MASS AND EXERCISE RECOVERY<sup>†</sup>

- Provides branched-chain amino acids, the only amino acids to be delivered directly to skeletal muscle for direct protein synthesis and repair<sup>†</sup>
- Has a sparing effect on muscle glycogen and helps to maintain muscle function during prolonged bouts of exercise; decreases lactate production<sup>†</sup>
- Moderates the progression of central nervous system fatigue during exertion, supporting mental performance<sup>†</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

Branched chain amino acids (free-form)	1,200 mg
Providing:	
I-Leucine	600 mg
I-Isoleucine	300 mg
I-Valine	300 mg
Other ingredients: vegetarian capsule (cellulose, water)	



BCAA capsules	Quantity	Order Code
	250	BCA2
	90	BCA9

## BCAA powder

1 scoop daily, mixed with 10 oz of water or juice.

Serving size: 3.3 g

Servings per container: 68

One rounded scoop (approximately 3.3 g) contains:

Branched chain amino acids (free-form)	3,000 mg
Providing:	
I-Leucine (free form)	1,500 mg
I-Isoleucine (free form)	750 mg
I-Valine (free form)	750 mg



BCAA powder	Quantity	Order Code
	8 oz (227 g)	BCAP

## BenfoMax

FAT-SOLUBLE VITAMIN B<sub>1</sub> (THIAMIN); MAINTAINS HEALTHY ADVANCED GLYCATION END PRODUCT (AGE) ACTIVITY\*

- Maintains healthy advanced glycation end product (AGE) activity and glucose metabolism†
- Supports optimal thiamine pyrophosphate activity with the lipid-soluble, enhanced-retention thiamin derivative benfotiamine†
- Promotes healthy transketolase activity, an important enzyme in glucose metabolism, to protect vascular tissues through three biochemical pathways†
- Promotes vascular, retinal, kidney and neuronal health†
- In a randomized crossover trial, benfotiamine supported healthy flow-mediated dilation and endothelial function in response to a heat-treated meal†
- In another randomized controlled study, benfotiamine supported healthy nerve conduction velocity and nerve comfort†
- Research suggests that benfotiamine may maintain healthy renal glomeruli and retinal function, as well as moderate protein kinase C enzyme activity, AGE production and protein glycation†
- Maintains healthy activity of the genomic regulator NF-κB to support cytokine balance†

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

BenfoPure® benfotiamine	200 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.



BenfoMax	Quantity	Order Code
	90	BFM9

## Best-Rest Formula

PROMOTES THE ONSET OF SLEEP AS WELL AS SLEEP QUALITY\*

This blend provides support for occasional sleeplessness. It contains the time-tested support of valerian, passionflower, chamomile, lemon balm and hops, which act to calm and relax the central nervous system. Double-blind trials involving valerian, valerian/lemon balm combinations and valerian/hops combinations have indicated the potential to support the onset of sleep as well as healthy sleep quality. Melatonin also facilitates the onset of sleep and sleep efficiency. GABA and L-theanine are included for their ability to promote alpha wave production in the brain, an indication of relaxation.†

2 capsules, 30-60 minutes before bedtime.

Two (size 00) vegetarian capsules contain:

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	3.3 mg
Melatonin	1 mg
GABA (gamma-aminobutyric acid)	300 mg
L-Theanine	50 mg
Valerian ( <i>Valeriana officinalis</i> ) extract (root) (standardized to contain 0.8% valerenic acids)	400 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	150 mg
Hops ( <i>Humulus lupulus</i> ) extract (aerial parts)	150 mg
Passionflower ( <i>Passiflora incarnata</i> ) extract (aerial parts) (standardized to contain 3.5% vitexins)	100 mg
Chamomile ( <i>Matricaria recutita</i> ) extract (flower)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica	

Suntheanine® is a registered trademark of Taiyo International, Inc.

**Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.**



Best-Rest Formula	Quantity	Order Code
	120	BRF1
	60	BRF6

See also

Melatonin 0.5 mg

Melatonin 3 mg

Melatonin 20 mg

Melatonin liquid

Melatonin-SR

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\*Dr. Yanuck is a retained advisor to Pure Encapsulations.

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

## Beta Carotene (with mixed carotenoids)

FROM NATURAL D. SALINA; VITAMIN A PRECURSOR FOR ANTIOXIDANT SUPPORT<sup>‡</sup>

Beta carotene is a precursor to vitamin A. It supports immune health, enhances visual acuity and quenches free radicals. Beta carotene's antioxidant potential also supports healthy tissues and DNA integrity. As a precursor, the body converts beta carotene to vitamin A as needed.<sup>‡</sup>

Beta carotene is one of the major dietary antioxidants, offering free radical scavenger activity and provitamin A activity.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) softgel capsule contains:**

Vitamin A (as beta carotene)	7,500 mcg
(with alpha carotene, zeaxanthin and lutein)	
(from D. salina, 100% natural)	

Other ingredients: gelatin capsule (gelatin, glycerin, water, carob), sunflower oil, olive oil

Multivitamins, Vitamins & Minerals



Beta Carotene	Quantity	Order Code
	90	BE9

See also

Vitamin A + Carotenoids

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## Beta-sitosterol

PHYTOSTEROL COMPLEX FOR PROSTATE HEALTH AND URINARY FUNCTION<sup>‡</sup>

Plant sterols are a family of compounds similar in structure to cholesterol that have positive effects on prostate health, as demonstrated by multiple clinical trials. In a 6-month randomized, double-blind, placebo-controlled multicenter study with 200 male subjects, it was proposed that a mixed phytosterol complex providing beta-sitosterol supported healthy urinary flow. In an 18-month follow-up trial, beta-sitosterol maintained healthy urinary function.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Beta-sitosterol (from soy phytosterol complex)	60 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains soy

Men's Formulas



Beta-sitosterol	Quantity	Order Code
	270	BS2
	90	BS9

## Betaine HCl Pepsin

PureGI™ product line

PROMOTES HEALTHY DIGESTIVE FUNCTION<sup>‡</sup>

Betaine HCl and pepsin are gastric-juice components essential to the digestion of food and absorption of most nutrients. In particular, betaine HCl is necessary for adequate absorption of protein, calcium, vitamin B<sub>12</sub> and iron. The low pH of the stomach's hydrochloric acid destroys ingested bacteria and microorganisms. This formula can be beneficial for anyone seeking enhanced digestive function.<sup>‡</sup>

**1 capsule, 3 times daily, with each meal.**

**Each (size 00) vegetarian capsule contains:**

Betaine HCl	520 mg
Pepsin (1:10,000 USP units) (porcine)	21 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

**Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.**

Gastrointestinal



Betaine HCl Pepsin	Quantity	Order Code
	250	BP2

## Bilberry 160 mg

SUPPORT FOR HEALTHY VISION AND VASCULAR FUNCTION<sup>‡</sup>

Bilberry extract contains anthocyanidins with visual and vascular-enhancing properties. Bilberry moderates visual fatigue and supports light to dark adjustment through its affinity for the rhodopsin-opsin system, the pigment system that mediates both light and dark vision and visual adaptation to dimly lit spaces. In addition, the extract also promotes the retina's own enzymatic antioxidant defenses. In the vascular system the anthocyanidin extract supports the integrity of vascular walls by increasing vitamin C levels within cells, decreasing the permeabilizing effect of certain proteolytic/lysosomal enzymes, stabilizing cell membranes, and stimulating the synthesis of collagen and connective ground substance tissue.<sup>‡</sup>

**1 capsule, 1-4 times daily, between meals.**

**Each (size 2) vegetarian capsule contains:**

Bilberry ( <i>Vaccinium myrtillus</i> ) extract (fruit)	160 mg
(standardized to contain 25% anthocyanosides)	

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Vision



Bilberry 160 mg	Quantity	Order Code
	120	BB11

## Biotin 8 mg

### ESSENTIAL B VITAMIN

Biotin is a water-soluble B vitamin that is an essential co-factor for a number of metabolic carboxylation reactions involved in metabolism. Recent studies have expanded biotin's metabolic role, claiming that the vitamin maintains healthy genetic expression of the many enzymes for which it is a cofactor. Clinical studies have indicated that biotin may adjust the cellular arrangement of the nail bed, helping to reinforce the keratin structure, promote strength and thickness and reduce splitting.<sup>‡</sup>

**1 capsule, 1-2 times daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Biotin	8,000 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**



Biotin 8 mg	Quantity	Order Code
	120	BI1
	60	BI6

## Black Cohosh 2.5

### PureWoman™ product line

#### MENOPAUSAL SUPPORT AND COMFORT<sup>‡</sup>

Black cohosh, *Cimicifuga racemosa*, is well known for promoting comfort during menopause. Black cohosh functions by maintaining healthy levels of luteinizing hormone (LH), allowing for optimal comfort and physical well-being. The herb also exhibits mild estrogenic activity by binding to estrogen receptors. Black Cohosh 2.5 is standardized to contain 2.5% triterpene glycosides.<sup>‡</sup>

**1 capsule, 1-2 times daily, between meals.**

**Each (size 0) vegetarian capsule contains:**

Black cohosh ( <i>Cimicifuga racemosa</i> ) extract (root)	250 mg
(standardized to provide 2.5% triterpene glycosides)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	



Black Cohosh 2.5	Quantity	Order Code
	120	BLC1

## Black Currant Seed Oil

### CONTAINS 14% GLA FOR SKIN, MUSCULOSKELETAL HEALTH AND PROSTAGLANDIN PRODUCTION<sup>‡</sup>

Black currant seed oil contains gamma linolenic acid (GLA), a fatty acid that has multiple physiological roles, including support for joint health, immune function and premenstrual comfort. Studies have shown that GLA promotes healthy prostaglandin E1 (PGE1) production. A six-month clinical trial performed at the University of Massachusetts Medical Center found that GLA was effective in supporting joint comfort. These results aligned with previous clinical trial data showing clinically and statistically significant support for joint health. A randomized, double-blind, placebo-controlled trial performed at the Jean Mayer USDA Human Nutrition Research Center on Aging reported that black currant seed oil supplementation provided immune support in elderly subjects, mainly by supporting prostaglandin (PGE2) production and T-lymphocyte function. Preliminary evidence suggests GLA may also support healthy estrogen balance and premenstrual comfort.<sup>‡</sup>

**2 softgel capsules, 1-2 times daily, with meals.**

**Two (size 10) softgel capsules contain:**

Calories	10
Total fat	1 g
Vitamin E (as d-alpha-tocopherol)	13 mg
Black currant ( <i>Ribes nigrum</i> ) oil (seed)	1,000 mg
Providing:	
18:3 gamma linolenic acid (GLA)	140 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	



Black Currant Seed Oil	Quantity	Order Code
	250	BL2
	100	BL1



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

## Borage Oil

CONTAINS 20% GLA; SUPPORTS JOINT, IMMUNE, SKIN AND REPRODUCTIVE HEALTH<sup>‡</sup>

Studies have indicated that GLA promotes healthy prostaglandin E1 (PGE1) production, which helps support healthy joint function. Researchers at the University of Massachusetts Medical School, Worcester, reported that GLA helps support healthy cytokine activity, a mechanism that may be linked to both immune system support and joint health. A randomized, double-blind, placebo-controlled trial reported statistically significant support for joint health in subjects supplementing with GLA from borage seed oil. PGE1 has also been associated with supporting and soothing the skin when used topically or taken orally.<sup>‡</sup>

**1 softgel capsule, 1-4 times daily, with or between meals.**

**Each (size 20) softgel capsule contains:**

Calories	10
Total fat	1 g
Vitamin E (as mixed tocopherols)	1 mg
Borage ( <i>Borago officinalis</i> ) oil (seed) (cold-pressed)	1,000 mg
(standardized to contain 20% gamma-linolenic acid (GLA))	
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Women's Formulas



Borage Oil	Quantity	Order Code
	180	BOG1
	60	BOG6

## Boron (glycinate)

SUPPORT FOR NUTRIENT UTILIZATION<sup>‡</sup>

Boron supports calcium, phosphorous and magnesium metabolism and reduces the loss of these minerals through the urine. Boron also plays a role in the synthesis of estrogen, vitamin D and other steroidal hormones and may support healthy hormonal balance. In addition, boron strengthens the connective structure in bone matrix.<sup>‡</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Boron (as boron glycinate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Boron (glycinate)	Quantity	Order Code
	60	BO6

## Boswellia

HERBAL SUPPORT FOR MUSCULOSKELETAL, GASTROINTESTINAL AND CELLULAR HEALTH<sup>‡</sup>

*Boswellia serrata* is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the active terpenoid constituents of boswellia, may maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism. In addition, boswellic acids may maintain healthy human leukocyte elastase enzyme activity. As a result of its effect on 5-lipoxygenase, boswellia also plays a key role in supporting colon health.<sup>‡</sup>

**1 capsule, 3 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Indian frankincense ( <i>Boswellia serrata</i> ) extract (gum resin)	400 mg
(standardized to contain 60% boswellic acids)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**Not to be taken by pregnant or lactating women.**

Immune Support



Boswellia	Quantity	Order Code
	120	BW31
	60	BW36

## Boswellia AKBA

SUPPORT FOR MUSCULOSKELETAL, GASTROINTESTINAL AND IMMUNE HEALTH<sup>‡</sup>

5-LOXIN<sup>®</sup> is a patent-pending boswellia extract providing ten times as much AKBA as typical boswellia extracts. In studies, 5-LOXIN<sup>®</sup> has demonstrated the potential to support joint motility and comfort, in part by promoting a healthy immune response. It may also play a role in maintaining healthy matrix metalloproteinase (MMP) activity, supporting connective tissue structural composition. A randomized double-blind study involving 102 individuals revealed that AKBA supports gastrointestinal health. AKBA may provide gastrointestinal support by maintaining healthy lipid signaling in the epithelial lining of the digestive tract.<sup>‡</sup>

**1 capsule daily, with a meal.**

**Each (size 0) vegetarian capsule contains:**

5-LOXIN <sup>®</sup> Boswellia serrata extract Indian Frankincense ( <i>Boswellia serrata</i> ) extract (gum resin)	100 mg
(standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

5-LOXIN<sup>®</sup> is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

**Not to be taken by pregnant or lactating women.**

Immune Support



Boswellia AKBA	Quantity	Order Code
	120	BWA1
	60	BWA6



# Brain Reset

NEW

PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA\*

PROMOTES CONCENTRATION, MENTAL CLARITY AND  
MEMORY ASSOCIATED WITH BRAIN FOG†

Brain Reset is designed to promote concentration and memory with multi-faceted support for healthy blood flow, immune mediator production, neuroprotection and cognitive function. *Ginkgo biloba* and butcher's broom help sustain the strength and elasticity of blood vessels and capillaries, and may also promote the flow of oxygen and blood to the brain. *Ginkgo biloba* is included in this formula as Virtiva® ginkgo-phosphatidylserine phytosome complex. Phytosomes boost resistance to degradation in the digestive tract and promote efficient absorption across membranes for enhanced bioavailability. In a randomized, double-blind, placebo-controlled crossover study, phosphatidylserine-bound ginkgo extract enhanced secondary memory performance and significantly increased speed of memory task performance at 1, 2.5, 4 and 6 hours, compared to standard ginkgo extract or phosphatidylcholine-bound ginkgo extract. In another study, ginkgo extract promoted executive function in women. Preliminary research suggests that ginkgo may also support dopamine levels in the prefrontal cortex of the brain. Bacopa extract has over 35 years of clinical research focusing on support for memory and peak cognitive performance. In a randomized, controlled trial involving healthy adults, 320 mg of bacopa extract promoted performance on cognitively demanding tests. In another study, it promoted multi-tasking performance at 1 and 2 hours after administration, and supported positive mood. In a third trial, 90 days of supplementation with Bacopa promoted working memory performance, including spatial working memory accuracy and visual information processing accuracy. Riboflavin and feverfew have been studied for their ability to promote cranial comfort, with numerous randomized, double-blind, placebo-controlled trials exploring their supportive effects. Feverfew is thought to act in part by maintaining healthy cytokine, leukotriene and prostaglandin metabolism, as well as promoting healthy cranial vascular muscle function. Luteolin promotes neuronal health through antioxidant, immunomodulating, and mast cell stabilizing actions, helping to moderate the release of immune mediators. In a randomized, double-blind trial involving older men and women, daily supplementation with 3.2 grams of lion's mane powder (equivalent to 800 mg of lion's mane 30% polysaccharides extract) daily for 12 weeks promoted cognitive function, as assessed by the Mini mental state examination questionnaire (MMSE). It may also offer support for relaxation and mood. In vitro and animal research suggest that lion's mane promotes neuronal health by supporting nerve growth factor (NGF) synthesis.†

2 capsules daily, between meals.

Two (size 00) capsules contain:

Riboflavin	20 mg
Lion's Mane mushroom ( <i>Hericium erinaceus</i> ) extract (fruiting body)	400 mg
Bacopa ( <i>Bacopa monnieri</i> ) extract (aerial parts) (standardized to contain 20% bacosides)	320 mg
Virtiva® ginkgo-phosphatidylserine phytosome ( <i>Ginkgo biloba</i> extract (leaf) and sunflower phospholipid complex) (standardized to contain 5% ginkgoflavoglucosides and 12% phosphatidylserine)	120 mg
Butcher's broom ( <i>Ruscus aculeatus</i> ) extract (root)	150 mg
Feverfew ( <i>Tanacetum parthenium</i> ) extract (leaf)	150 mg
Luteolin	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Virtiva® is a registered trademark of Indena S.p.A., Italy.

Not to be taken by pregnant or lactating women.

Immune Support



Brain Reset	Quantity	Order Code
	60	BRT6



\*Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

## Bromelain 2400 500 mg

PROTEOLYTIC ENZYME FOR MUSCULOSKELETAL HEALTH AND DIGESTIVE SUPPORT<sup>†</sup>

Bromelain is a proteolytic enzyme from the stem of the pineapple plant. Taken with food, as a proteolytic enzyme bromelain aids in the healthy functioning of the digestive system. Taken between meals, bromelain maintains healthy kinin and fibrin production, supporting healthy musculoskeletal function. Research suggests that bromelain may promote muscle and joint comfort by providing support for healthy platelet function.<sup>†</sup>

**1 capsule, 1-4 times daily, with or between meals, as indicated.**

**Each (size 00) vegetarian capsule contains:**

Bromelain (from pineapple stem) (2,400 GDU/gram)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**



Bromelain 2400 500 mg	Quantity	Order Code
	180	BR51
	60	BR56

## Buffered Ascorbic Acid capsules

VITAMIN C AS MINERAL ASCORBATES FOR SENSITIVE INDIVIDUALS

Buffered ascorbic acid combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate to create a neutral pH vitamin C. This special form of ascorbic acid lessens possible gastric irritation in sensitive individuals. Vitamin C is an antioxidant and free radical scavenger with a wide range of functions. It supports the body's defense system by promoting white blood cell function and activity, interferon levels, antibody responses, and secretion of thymic hormones. It is also essential for the formation and maintenance of intercellular ground substance and collagen. Vitamin C aids in the absorption of iron, the formation of red blood cells and conversion of folic acid to active folinic acid. It also maintains healthy mast cell function and supports lymphocyte formation. Vitamin C is also required for the synthesis of carnitine and steroids.<sup>†</sup>

**1 capsule, 1-4 times daily, with or between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Vitamin C (as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	670 mg
Calcium (as calcium ascorbate)	15 mg
Magnesium (as magnesium ascorbate)	37 mg
Potassium (as potassium ascorbate)	20 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	



Buffered Ascorbic Acid capsules	Quantity	Order Code
	250	AB22
	90	AB29

## Buffered Ascorbic Acid powder

**1 rounded scoop (2.2 g) daily, or as directed by a health professional.**

**Serving size: 2.2 g (approximately 1 rounded scoop)**

**Servings per container: approximately 103**

**One rounded scoop (approximately 2.2 g) contains:**

Vitamin C (as calcium ascorbate, magnesium ascorbate, and potassium ascorbate)	1,220 mg
Calcium (as calcium ascorbate)	100 mg
Magnesium (as magnesium ascorbate)	60 mg
Potassium (as potassium ascorbate)	20 mg

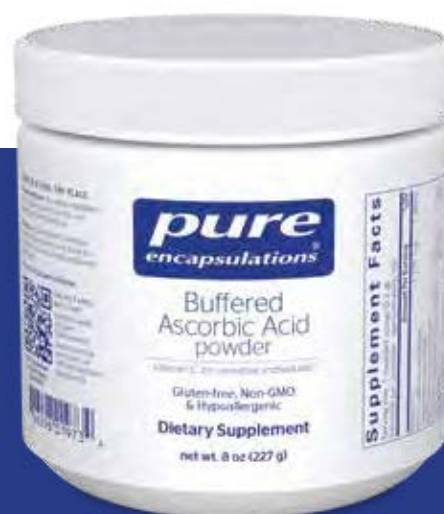


Buffered Ascorbic Acid powder	Quantity	Order Code
	8 oz (227 g)	ABP32

See also

Acerola/Flavonoid  
Ascorbic Acid capsules  
Ascorbic Acid powder  
Essential-C & flavonoids

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»page 31  
»page 31  
»page 77





# PureLean®

## A PROACTIVE PATH TO GOOD HEALTH<sup>‡</sup>

Body weight is influenced by multiple factors including genetics, diet, neurotransmitter function, physical activity, and stress. When excess weight is introduced, particularly in the midsection, complex interactions occur among these elements that can affect multiple aspects of health. Elevated adrenal stress hormones are also associated with being overweight. These hormones interact with brain neurotransmitters, negatively impacting mood and appetite control, which can often derail efforts toward healthy weight management.

Developed in collaboration with Caroline J. Cederquist, M.D.<sup>†</sup>, a board-certified family medicine physician, IFM-certified functional medicine provider, and weight management specialist, The PureLean® Healthy Weight Management<sup>†</sup> Protocol<sup>†</sup> was designed to support:

- Metabolic Rate<sup>‡</sup>
- Appetite and Mood Centers of the Brain<sup>‡</sup>
- Thermogenesis<sup>‡</sup>
- Energy Expenditure<sup>‡</sup>
- Healthy Glycemic Control<sup>‡</sup>
- Carbohydrate and Lipid Metabolism<sup>‡</sup>
- Satiety<sup>‡</sup>



**Caroline J. Cederquist, M.D.,<sup>†</sup>** is the founder and medical director of the Cederquist Medical Wellness Center in Naples, Florida, a comprehensive weight management and preventive medicine clinic. Her scientific understanding of medical weight management through proper nutrition has allowed her to help patients all over the world. Dr. Cederquist helped co-develop the PureLean™ protocols.

Learn more at [PureEncapsulationsPro.com/purelean](https://PureEncapsulationsPro.com/purelean)

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

<sup>‡</sup>Dr. Cederquist is a retained advisor to Pure Encapsulations.

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

## CaffPhenol NEW

WHOLE FRUIT COFFEE EXTRACT EXTRACT AND THEANINE TO PROVIDE BALANCED ENERGY AND COGNITIVE SUPPORT†

At low to moderate doses, caffeine has been shown to target the central nervous system (CNS) and act as cognitive support, promoting alertness, vigilance, attention and reaction time. Research indicates that it promotes the encoding of new information and delays fatigue. In a study of 88 young adults, the ingestion of 200 mg caffeine significantly enhanced problem-solving abilities, although it did not alter working memory or creativity. It is believed to exert its effects on the CNS via the adenosine receptors, promoting neurotransmitter release and dopamine concentration, motor unit firing rates, and comfort. In a study of 15 professional e-gamers, 3 mg/kg body weight caffeine promoted accuracy and decreased reaction time. Numerous studies on athletes suggest that caffeine promotes endurance and performance output likely through these same mechanisms. In an incremental exercise-cycling study conducted in recreationally active men, 4 mg/kg body weight caffeine improved time to exhaustion by 12% and significantly decreased perception of effort and subjective fatigue. L-theanine is a component of green tea that promotes normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect without drowsiness. It also has been shown to support positive mood and cognitive function, in part by promoting healthy neurotransmitter function and neuroprotection. In combination studies, L-theanine has been reported to moderate some of the effects of caffeine on the CNS, promoting vascular relaxation and local cognitive processing. CoffeeBerry® is a concentrated whole coffee fruit extract from *Coffea arabica* containing naturally occurring caffeine and polyphenols. Preliminary research suggests coffee fruit polyphenols support healthy vascular endothelial function and BDNF.†

### 2 capsules daily, with or between meals

#### Two (size 3) capsules contain:

CoffeeBerry® coffee ( <i>Coffea arabica</i> ) extract (whole fruit) (standardized to contain 100 mg caffeine)	143 mg
L-Theanine (Suntheanine®)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

CoffeeBerry® is a registered trademark of VDF FutureCeuticals, Inc. Pat. Fcpatent.com

Suntheanine® is a registered trademark of Taiyo International, Inc.

**Not to be taken by pregnant or lactating women. Not intended for children or those sensitive to caffeine. The recommended dose of this product contains 100 mg of caffeine, about as much as 1 cup of strong coffee. Monitor other sources of caffeine such as medications, foods or beverages while taking this product. Do not exceed the recommended serving. Do not use in combination with alcohol. If you have any health condition or are taking any medication, consult your health professional before use.**

#### Energy & Fitness



CaffPhenol	Quantity	Order Code
	60	CPL6

## Cal/Mag 2:1 (malate)

CALCIUM AND MAGNESIUM MALATES IN A 2:1 RATIO; DUAL MINERAL SUPPORT FOR HEALTHY BONES; MAY REDUCE THE RISK OF OSTEOPOROSIS\*\*\*

Combines di-calcium malate and di-magnesium malate for the highest elemental calcium and magnesium per capsule. These minerals are chelated with the krebs cycle intermediate malate for optimal absorption.

### 3 capsules, 1-2 times daily, with or between meals.

#### Three (size 00) vegetarian capsules contain:

Calcium (as DimaCal® di-calcium malate)	390 mg
Magnesium (as di-magnesium malate) (Albion®)	195 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal® and Albion® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

#### Bones, Joints & Muscles



Cal/Mag 2:1 (malate)	Quantity	Order Code
	180	CMM1

## Cal/Mag/D liquid

CALCIUM, MAGNESIUM AND VITAMIN D IN A CONVENIENT LIQUID FORM; SUPPORTS HEALTHY BONE MINERAL COMPOSITION; MAY REDUCE THE RISK OF OSTEOPOROSIS\*\*\*

- Highly bioavailable mineral citrates
- 2:1 ratio of calcium to magnesium combined with vitamin D<sub>3</sub>
- Great-tasting liquid formula

### 2 teaspoons daily, with a meal, or as directed by a health professional.

**Serving size: two teaspoons (10 ml/0.33 fl oz)**

**Servings per container: 48**

#### Two teaspoons (10 ml/0.33 fl oz) contain:

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Calcium (as calcium citrate)	350 mg
Magnesium (as magnesium citrate)	175 mg

Other ingredients: purified water, xylitol, natural raspberry flavor, citric acid, medium chain triglycerides, xanthan gum, purified stevia leaf extract, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

#### Bones, Joints & Muscles



Cal/Mag/D liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	CML

## Calcium (citrate)

HIGHLY ABSORBABLE AND RESEARCHED CHELATE FOR BONE HEALTH<sup>†</sup>

**2 capsules, 1-3 times daily, with or between meals.**

**Two (size 00) vegetarian capsules contain:**

Calcium (as calcium citrate) 300 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Calcium (citrate)	Quantity	Order Code
	180	CC1

## Calcium (MCHA)

SUPPORTS BONE MINERAL COMPOSITION<sup>†</sup>

Calcium microcrystalline hydroxyapatite is a calcium compound that contains bone minerals in their natural ratios, as well as residues of matrix, proteins and glycosaminoglycans.

**1 capsule daily, with or between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Calcium (from microcrystalline hydroxyapatite) (bovine) 250 mg

Other ingredients: vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Calcium (MCHA)	Quantity	Order Code
	180	CH31

## Calcium (MCHA) with Magnesium

HIGHLY ABSORBABLE FORM OF CALCIUM COMBINED WITH MAGNESIUM TO SUPPORT BONE MINERAL COMPOSITION<sup>†</sup>

Calcium microcrystalline hydroxyapatite contains a mixture of bone minerals in their natural ratios, as well as residues of matrix, proteins, and glycosaminoglycans. This formula provides a 2:1 ratio of calcium to magnesium.

**1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Calcium (from microcrystalline hydroxyapatite) (bovine) 140 mg

Magnesium (as magnesium citrate) 70 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Calcium (MCHA) with Magnesium	Quantity	Order Code
	180	CHM1

## Calcium K/D

HIGH ELEMENTAL CALCIUM PER CAPSULE WITH VITAMINS K AND D; SUPPORTS BONE AND CARDIOVASCULAR HEALTH; MAY REDUCE THE RISK OF OSTEOPOROSIS<sup>\*\*†</sup>

Calcium K/D combines di-calcium malate with vitamins D and K for optimal bone support and reduces the risk of osteoporosis<sup>\*\*</sup>. Di-calcium malate provides a high percentage of elemental calcium, fully chelated with the Krebs cycle intermediate malate for optimal absorption. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss. A 7-year study involving over 30,000 women indicates that combined calcium and vitamin D supplementation promotes healthy hip bones. Vitamin K enhances bone formation by carboxylating osteocalcin. This enables osteocalcin to bind to calcium and promote healthy bone mineralization. Adequate intake of vitamin K<sub>1</sub> and K<sub>2</sub> may be especially important for optimal carboxylation in aging individuals. By activating matrix Gla-protein (MGP), vitamin K also helps maintain healthy calcium metabolism in vascular tissues, supporting healthy vascular elasticity.<sup>‡</sup>

**2 capsules, 1-3 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 25 mcg (1,000 IU)

Vitamin K (as vitamin K<sub>1</sub>) 100 mcg

Calcium (as DimaCal® di-calcium malate) 400 mg

Vitamin K<sub>2</sub> (menaquinone-7) 30 mcg

Other ingredients: vegetarian capsule (cellulose, water)

DimaCal® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Bones, Joints & Muscles



Calcium K/D	Quantity	Order Code
	180	CKD1

## Calcium Magnesium (citrate)

HIGHLY ABSORBABLE FORM OF CALCIUM COMBINED WITH MAGNESIUM TO SUPPORT BONE HEALTH<sup>†</sup>

**3 capsules, 1-2 times daily, with or between meals.**

**Three (size 00) vegetarian capsules contain:**

Calcium (as calcium citrate) 240 mg

Magnesium (as magnesium citrate) 240 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Calcium Magnesium (citrate)	Quantity	Order Code
	180	CM1
	90	CM9

<sup>\*\*</sup>When providing adequate calcium throughout life as part of a well balanced diet.

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



## Calcium Magnesium (citrate/malate)

HIGHLY ABSORBABLE FORM OF CALCIUM COMBINED WITH MAGNESIUM TO SUPPORT HEALTHY BONES<sup>†</sup>

**3 capsules, 1-2 times daily, with or between meals.**

**Three (size 00) vegetarian capsules contain:**

Calcium (as calcium citrate/malate)	225 mg
Magnesium (as magnesium citrate/malate)	225 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Calcium Magnesium  
(citrate/malate)

Quantity

Order  
Code

180

CMC1

## Calcium with Vitamin D<sub>3</sub>

Improved Formula

Now Vegan

HIGHLY ABSORBABLE CALCIUM COMBINED WITH VITAMIN D<sub>3</sub> TO SUPPORT BONE AND COLON HEALTH; MAY REDUCE THE RISK OF OSTEOPOROSIS<sup>\*\*†</sup>

Several clinical trials reveal the positive effects of combined supplemental calcium and vitamin D for bone health. Vitamin D is important for its ability to promote intestinal calcium and phosphorous absorption, reduce urinary calcium loss and enhance healthy bone composition. In a large trial published in the New England Journal of Medicine involving over 3,000 women, supplementation with calcium and vitamin D daily for one and a half years supported bone composition of the femur. In another study, calcium and vitamin D supplementation promoted calcium utilization and maintained healthy bones in postmenopausal women. Calcium citrate/malate combined with vitamin D moderated the rate of bone loss for a separate group of postmenopausal women, maintaining support for the spine. Calcium and vitamin D also play a role in supporting colon health. Vitamin D is now derived from organic algae, produced in a multi-step process resulting in a vitamin D<sub>3</sub>, cholecalciferol with the same molecular structure as lanolin and fish oil derived cholecalciferol.<sup>†</sup>

**3 capsules, 1-2 times daily, with meals.**

**Three (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Calcium (as calcium citrate/malate)	450 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Bones, Joints & Muscles



Calcium with Vitamin D<sub>3</sub>

Quantity

Order  
Code

180

CVD1

## Calcium-D-Glucarate™

SUPPORTS DETOXIFICATION AND CELLULAR HEALTH<sup>†</sup>

Researchers at the University of Texas M.D. Anderson Cancer Center, Memorial Sloan-Kettering Cancer Center of New York, AMC Cancer Center in Colorado, and Ohio State University have extensively studied D-glucarate. Calcium-D-Glucarate™, a patented form of glucaric acid, is a nutrient with the potential to support healthy detoxification and cellular function. In the gut and liver, phase II detoxification includes an enzymatic process called glucuronidation, in which toxic compounds are bound to glucuronic acids so that they can be eliminated in a safe form from the body via the bile and/or urine. Beta-glucuronidase is a naturally occurring enzyme found in various organs and cells, which can cleave apart these neutral compounds. D-Glucarate has been shown to help modulate beta-glucuronidase enzyme activity, helping the glucuronide conjugates stay intact, so that they can leave the body. D-glucarate may also help to maintain healthy cell structure and function. An animal study suggests the promising role of D-glucarate in supporting healthy lipid metabolism.<sup>‡</sup>

**2 capsules, 1-3 times daily, with meals.**

**Two (size 0) vegetarian capsules contain:**

Calcium-D-glucarate	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water)	

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification



Calcium-D-Glucarate™

Quantity

Order  
Code

120

CG1

60

CG6

## Caprylic Acid

SUPPORTS HEALTHY MICROBIAL BALANCE<sup>†</sup>

Caprylic acid, also known as octanoic acid, is a naturally occurring fatty acid that promotes a favorable environment for beneficial microflora. Due to its fat solubility, it is believed to penetrate intestinal mucosal cells to exert its effects.<sup>†</sup>

**2 capsules, 30 minutes before each meal, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Calcium (as calcium caprylate)	60 mg
Magnesium (as magnesium caprylate)	36 mg
Caprylic acid (as calcium and magnesium caprylate)	800 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**

Gastrointestinal



Caprylic Acid

Quantity

Order  
Code

240

CAP2

120

CAP1

## CarbCrave Complex With Sensoril®

### PureLean® product line

MODERATES CARBOHYDRATE INTAKE AND HELPS LESSEN APPETITE BY SUPPORTING NEUROTRANSMITTER FUNCTION†

CarbCrave Complex is designed to help lessen appetite and curb excessive carbohydrate intake by supporting neurotransmitters involved in appetite and mood. 5-HTP is a precursor for serotonin, the same neurotransmitter released by the consumption of carbohydrates and associated with enhanced mood. At the same time, DL-phenylalanine supports dopamine and epinephrine production, responsible for the sensation of well-being. Vitamin B<sub>6</sub> is integral as a cofactor for neurotransmitter synthesis. Rhodiola and ashwagandha are believed to encourage the activities of these neurotransmitters while strengthening the body's resistance to stress and fatigue, common triggers for undesirable eating behaviors. Research indicates that Sensoril® ashwagandha promotes relaxation and maintains healthy cortisol response. It is these actions that may be responsible for its supportive effects on glucose and fat metabolism. Both chromium picolinate and Relora® have demonstrated the potential to promote more healthful patterns of carbohydrate and energy intake in adult subjects. In one study involving 49 volunteers prone to eating under stress, Relora® helped reduce stress-related snacking of sweets by 76%. In another trial, chromium picolinate supplementation helped reduce carbohydrate intake and mood fluctuations.‡

Cravings and appetite are influenced by many factors, only some of which may be affected by the ingredients in this formula.‡

**2 capsules, 3 times daily, with or before meals.**

**Two (size 1) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	3.3 mg
Chromium (as chromium picolinate)	200 mcg
5-Hydroxytryptophan	50 mg
DL-Phenylalanine	250 mg
Relora®	175 mg
Patented proprietary blend of:	
Magnolia ( <i>Magnolia officinalis</i> ) extract (bark) and phellodendron ( <i>Phellodendron amurense</i> ) extract (bark)	
Sensoril® ashwagandha ( <i>Withania somnifera</i> ) extract (root and leaf)	75 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	75 mg
Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide	

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

**Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.**

**PHENYLKETONURICS: CONTAINS PHENYLALANINE**

**Cardiometabolic Health & Metabolism**



CarbCrave Complex	Quantity	Order Code
	90	CCC9

\*\*When providing adequate calcium throughout life as part of a well balanced diet.

## L-Carnitine

HIGHLY STABILIZED FORM OF L-CARNITINE SUPPORTING CARDIOVASCULAR HEALTH AND RECOVERY FROM EXERCISE†

L-Carnitine is an amino acid found abundantly in skeletal and heart muscle. It functions primarily to support fat utilization, and also acts as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy. L-Carnitine also facilitates the removal of short and medium chain fatty acids from the mitochondria that accumulate during normal metabolic processes. A randomized double-blind, placebo-controlled trial of L-carnitine involving 101 volunteers indicated that L-carnitine maintained lipid peroxides and healthy cardiac enzymes including lactate dehydrogenase. In combination with other cardiovascular support agents, L-carnitine supported ventricular function and superoxide dismutase enzyme activity in human volunteers. Long-term L-carnitine supplementation indicated positive support for cardiovascular health after a 3-year follow-up in adult subjects. A placebo-controlled clinical study conducted at Ball State University in Indiana has found that L-carnitine-L-tartrate supplementation helps physical recovery from high intensity exercise. L-Carnitine-L-tartrate contains 68% pure L-carnitine and 32% natural L-tartaric acid.‡

**2 capsules, 1-2 times daily, between meals.**

**Two (size 0) vegetarian capsules contain:**

L-Carnitine (free-form) (from L-carnitine-L-tartrate)	680 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

**Energy & Fitness**



L-Carnitine	Quantity	Order Code
	120	LC1
	60	LC6



## I-Carnitine fumarate

SUPPORTS ENERGY PRODUCTION, ENDURANCE, AND FAT METABOLISM<sup>†</sup>

In studies, I-carnitine has demonstrated the ability to promote oxygenation of heart muscle, support cardiovascular energy, enhance endurance training, and maintain healthy lipid metabolism. Fumarate, or fumaric acid, is naturally present in the body as a component of the Krebs cycle (Citric Acid Cycle), where it contributes to energy production. L-carnitine fumarate has been shown to moderate cardiac lactate levels in laboratory animals. This unique formula supports cellular energy in tissues with high metabolic demands, such as the heart and skeletal muscle.<sup>‡</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

I-Carnitine (free-form) (from I-carnitine fumarate) 680 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

I-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

Energy & Fitness



I-Carnitine fumarate

Quantity

Order  
Code

120

LCF1

## I-Carnosine

VERSATILE ANTIOXIDANT SUPPORT FOR CELLULAR HEALTH AND LONGEVITY<sup>†</sup>

I-Carnosine (beta-alanyl-L-histidine) occurs naturally in the body's muscle and nervous tissues and is formed by the amino acids alanine and histidine. Levels of this dipeptide can decline with age. It is a water-soluble antioxidant and promotes cell health and cell longevity. In vitro, I-carnosine maintains healthy advanced glycation end-product, or AGE, activity. These end-products are formed when aldehydes (such as aldose and ketose sugars) and lipid peroxidation by-products bind to proteins. I-Carnosine plays a role in maintaining DNA integrity. I-Carnosine may also support superoxide dismutase activity. In addition, I-carnosine may help to maintain healthy peptide metabolism in the brain and its membrane stabilizing properties support cellular health in the cardiovascular system. The concentration of I-carnosine in muscle may prove to be an important factor in high-intensity exercise performance based on a recent human study.<sup>‡</sup>

**1 capsule, 1-3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

I-Carnosine (beta-alanyl-L-histidine) 500 mg

Other ingredients: vegetarian capsule (cellulose, water)

Cardiometabolic Health & Metabolism



I-Carnosine

Quantity

Order  
Code

120

LCA1

60

LCA6



## Cat's Claw

HERBAL SUPPORT FOR JOINT, CARDIOVASCULAR, IMMUNE AND GASTROINTESTINAL HEALTH<sup>‡</sup>

Cat's Claw, also known as *Uncaria tomentosa*, has been used traditionally in Peru for over 2,000 years. Alkaloids, phenols, sterols, and glycosides comprise some of the naturally occurring constituents of this herb. In a 52-week, randomized, double blind trial, cat's claw extract promoted joint comfort. Its mechanism of action is believed to involve modulation of key immune mediators, such as prostaglandins and cytokines, and antioxidant activity. This product may be contraindicated for individuals who are taking blood-thinning or antihypertensive medications due to a potential synergistic effect.<sup>‡</sup>

**1 capsule, 1-3 times daily, with meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

Cat's claw ( <i>Uncaria tomentosa</i> ) extract (inner vine bark) (standardized to contain 3% oxindole alkaloids)	450 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Immune Support



Cat's Claw	Quantity	Order Code
	180	CCL1
	90	CCL9

## Chaste tree (Vitex)

PureWoman™ product line

WIDE RANGE SUPPORT FOR FEMALE REPRODUCTIVE HEALTH<sup>‡</sup>

Chaste tree extract, also known as Vitex, contains flavonoids, iridoid glycosides and terpenoids. It has been associated with supporting breast comfort and positive mood during the menstrual cycle, as suggested by numerous randomized, double-blind, placebo-controlled trials. It has also been associated with promoting healthy menstrual luteal phase length and menstrual regularity for some women, helping to maintain healthy reproductive system function.<sup>‡</sup>

**1 capsule daily, with or between meals, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Chaste tree ( <i>Vitex agnus-castus</i> ) extract (fruit)	225 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**

Women's Formulas



Chaste tree (Vitex)	Quantity	Order Code
	120	CT1
	60	CT6

## CholestePure<sup>‡</sup>

HIGHLY RESEARCHED PHYTOSTEROLS TO SUPPORT HEALTHY LIPID METABOLISM<sup>‡</sup>

Phytosterols are sterol molecules, similar in structure to cholesterol, which are synthesized by plants and are present naturally in grains, nuts, seeds, fruits and vegetable oils. In studies, phytosterols have demonstrated the ability to maintain healthy enzyme function, thus supporting healthy lipid metabolism. Traditional Western diets only provide about 200 mg phytosterols per day (based on beta-sitosterol content), an amount too low to exert this action. Health conscious trends involve the incorporation of phytosterol esters into margarines and salad dressings to help promote optimal daily intake. CholestePure is a broad-spectrum balance of the most prized phytosterols, including beta-sitosterol, campesterol, stigmasterol, and brassicasterol. Furthermore, beta-sitosterol promotes healthy prostate function. This was demonstrated in a 6-month, randomized, placebo-controlled, double-blind study involving 200 participants, and in a 6-month, multicentric, placebo-controlled double-blind trial involving 177 subjects, both conducted in Germany.<sup>‡</sup>

**2 capsules with each meal, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Phytosterol complex	1,000 mg
(including betasitosterol, campesterol, stigmasterol, brassicasterol and sitostanol)	
Providing (typical):	
Total phytosterols	900 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

**Contains soy**

Cardiometabolic Health & Metabolism



CholestePure <sup>‡</sup>	Quantity	Order Code
	180	CHO1
	90	CHO9



## CholestePure Plus II<sup>†</sup>

Soy-Free

A UNIQUE BLEND OF PHYTOSTEROLS, BERBERINE AND CLINICALLY STUDIED BERGAMOT EXTRACT TO PROMOTE HEALTHY LIPID METABOLISM AND OVERALL CARDIOMETABOLIC HEALTH<sup>†</sup>

Phytosterols are structural homologs of cholesterol that occur naturally in many plant foods. Over 30 years of research and 40 clinical trials suggest that phytosterols provide significant support for healthy lipid profiles. Well-established benefits of phytosterols on lipid balance stem primarily from competition with cholesterol for occupancy in micelles, particles that carry cholesterol across the intestinal epithelium into the systemic circulation. Through this mechanism, phytosterols promote excretion of cholesterol in the form of bile acids. Research indicates that the pine-derived phytosterols offered in this formula are comparable to phytosterols from other sources. Bergamot is a citrus fruit containing two newly discovered derivatives of the flavonoids hesperidin and naringenin. These compounds are naturally conjugated to a moiety known as hydroxymethylglutarate (HMG). In the liver, this unique molecule binds and modulates an enzyme known as HMG CoA reductase, which plays a central role in lipid biosynthesis. These unique compounds also target enzymes, transcription factors and genes involved in lipid metabolism. In a study involving 192 volunteers, bergamot juice maintained healthy cholesterol levels in the normal range over a 30-day period. In a separate study of 80 subjects, 150 mg of flavonoids from Bergavit<sup>®</sup> 40 bergamot extract supported healthy lipid and glucose profiles over a 6-month period. Berberine supports cardiometabolic health through a variety of mechanisms, including support for glucose and lipid metabolism. Preclinical data suggest that berberine may have antioxidant activity and favorable effects on cytokine production. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for glucose and lipid metabolism. It also helps maintain endothelial function, potentially by promoting healthy vascular cell adhesion molecule-1 (VCAM-1) expression and healthy iNOS activity.<sup>†</sup>

**2 capsules, 1-2 times daily, with meals.**






**Two (size 00) vegetarian capsules contain:**

Phytosterols	500 mg
(from PhytoPin <sup>®</sup> pine ( <i>Pinus pinaster</i> ) phytosterol complex)	
Berberine HCl	400 mg
Bergavit <sup>®</sup> 40 bergamot ( <i>Citrus bergamia</i> ) extract (fruit)	160 mg
(standardized to contain 39% flavonoids)	
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**

Bergavit<sup>®</sup> 40 is a registered trademark of Bionap S.r.l.

PhytoPin<sup>®</sup> is a registered trademark DRT and licensed to Pure Encapsulations.

Cardiometabolic Health & Metabolism		
		   
CholestePure Plus II <sup>†</sup>	Quantity	Order Code
	120	CHP21

## ChromeMate<sup>®</sup> GTF 600

UNIQUE NIACIN-BOUND CHROMIUM COMPLEX;  
SUPPORTS HEALTHY GLUCOSE METABOLISM<sup>†</sup>





Chromium is a trace mineral that plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate<sup>®</sup> has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise. One study showed that ChromeMate<sup>®</sup> combined with exercise was more effective than exercise alone in supporting healthy glucose metabolism. A similar study at Georgetown University also suggested that ChromeMate<sup>®</sup> may support healthy weight management<sup>†</sup> while preserving lean muscle mass in overweight women. The potential for ChromeMate<sup>®</sup> to promote Glucose Tolerance Factor (GTF) activity contributes to its ability to maintain healthy glucose metabolism and to support healthy body composition.<sup>†</sup>

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Chromium (as chromium polynicotinate)	600 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> & logo are trademarks of Lonza or its affiliates.

Cardiometabolic Health & Metabolism		
		  
ChromeMate <sup>®</sup> GTF 600	Quantity	Order Code
	180	CRG61
	60	CRG66

## Chromium (picolinate) 200 mcg





HIGHLY UTILIZABLE FORM OF CHROMIUM, PROMOTING  
HEALTHY GLUCOSE AND LIPID METABOLISM<sup>†</sup>

Chromium is a trace mineral that plays an important role in glucose and lipid metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization.<sup>†</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Chromium (as chromium picolinate)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Cardiometabolic Health & Metabolism		
		  
Chromium (picolinate) 200 mcg	Quantity	Order Code
	180	CRP21
	60	CRP26



## Chromium (picolinate) 500 mcg

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Chromium (as chromium picolinate) 500 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Cardiometabolic Health & Metabolism



Chromium (picolinate) 500 mcg	Quantity	Order Code
	180	CRP51
	60	CRP56

## Cinnamon WS

PATENTED WATER-SOLUBLE EXTRACT FOR HEALTHY GLUCOSE METABOLISM\*

Cinnamon WS contains a patented, 100% water-soluble cinnamon (*Cinnamomum cassia*) extract standardized for polyphenols, which are the principal active constituents. Studies performed at the Beltsville USDA Human Nutrition Research Center suggest that these polyphenols are associated with the glucose metabolizing and antioxidant properties of cinnamon. A clinical trial reported that supplementation with cinnamon promoted healthy glucose balance and was well tolerated. The investigators also reported that cinnamon provided statistically significant support for healthy lipid metabolism. Additional studies indicate that cinnamon extract promotes glucose utilization in skeletal muscle cells.†

1 capsule, twice daily, with meals.

Each (size 3) vegetarian capsule contains:

Cinnamon (*Cinnamomum cassia*) extract (dried bark) 125 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

Cardiometabolic Health & Metabolism



Cinnamon WS	Quantity	Order Code
	120	CL1

## CLA (Conjugated Linoleic Acid) 1,000 mg

PROMOTES HEALTHY BODY COMPOSITION WHEN COMBINED WITH A HEALTHY DIET AND EXERCISE\*

CLA is a naturally occurring trans isomer of linoleic acid, which may support fat reduction and lean body mass. It is unique in structure because of the location of the double bonds in the linoleic acid molecule. Recent research shows that the specific isomers c9,t11 and t10,c12 play key roles in many of CLA's physiological properties. Tonalin® CLA contains the main isomers c9,t11 and t10,c12 in a 39:39 ratio. In a preliminary human study involving 60 overweight subjects, conjugated linoleic acid supported healthy body fat mass. Several animal studies explore possible mechanisms of CLA, including the ability to maintain healthy fat deposition, promote lipolysis in adipocytes, moderate energy intake and maintain healthy energy expenditure and metabolic rate.†

1 capsule, 3 times daily, before meals, or as directed by a health professional.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Vitamin E (as d-alpha tocopherol)	7 mg
Tonalin® conjugated linoleic acid complex	1,000 mg
Providing:	
Pure conjugated linoleic acid (CLA)	770 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water, carob)	

TONALIN® CLA is an exclusively licensed product of BASF Personal Care and Nutrition GmbH.

The use of CLA for nutritional purposes is covered under one or more of the following patents: 5,017,614; 5,428,072; 5,430,066.

Cardiometabolic Health & Metabolism



CLA (Conjugated Linoleic Acid) 1,000 mg	Quantity	Order Code
	180	CL11
	60	CL16

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

## CogniMag

MAGNESIUM-L-THREONATE AND POLYPHENOL BLEND TO SUPPORT COGNITIVE FUNCTION<sup>†</sup>

- Supports optimal brain magnesium levels to promote cognitive function, learning ability and working memory<sup>†</sup>
- Animal research suggests that magnesium-l-threonate may promote synaptic plasticity and density in the regions of the hippocampus correlated with learning and memory<sup>†</sup>
- In a clinical trial of 44 participants aged 50-70, magnesium l-threonate (Magtein™) provided significant support for cognitive processing speed, executive function, and overall cognitive ability after only 6 weeks<sup>†</sup>
- An in vitro study demonstrated that PhytoMemory, a blend of blueberry and strawberry extracts and spinach juice concentrate, maintained healthy activity of prolyl endopeptidase (PEP), a protein involved in learning and memory<sup>†</sup>
- Consumption of blueberries, strawberries and spinach has been associated with brain health in clinical studies<sup>†</sup>

**2 capsules, twice daily, with a meal and at bedtime.**

**Two (size 0) vegetarian capsules contain:**

Magnesium (from 1,000 mg Magtein™ magnesium-l-threonate)	72 mg
PhytoMemory proprietary blend	50 mg
Providing:	
Wild blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit),	
Orléans strawberry ( <i>Fragaria x ananassa</i> ) extract (fruit),	
and spinach ( <i>Spinacia oleracea</i> ) juice concentrate (leaf)	

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Magtein™ is a trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc. Magtein is protected under US patents 8,178,118; 8,142,803; 8,163,301; and other pending patents.

Memory & Mood



NON  
GMO

V

VEG

CogniMag	Quantity	Order Code
	120	CGM21



## CogniPhos

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.<sup>+</sup>

NEURONAL SUPPORT FOR COGNITIVE PERFORMANCE, MOOD AND BEHAVIOR<sup>†</sup>

Acetyl-L-carnitine (ALC) offers support for cellular energy, mood and neuronal function. A meta-analysis of 21 randomized controlled studies and 1,204 older subjects indicated that ALC offered statistically significant support for memory, performance and higher intellectual function. In other trials involving children, ALC promoted daily mental function and behavior in a subset of subjects. Citicoline and phosphatidylserine support healthy brain phospholipid composition. Phospholipids are essential for neuronal communication and protection. Research indicates that patented Cognizin® citicoline increases choline and phospholipid composition in the brain. Studies in children, middle-aged adults and elderly adults indicate that it supports healthy cognition across a wide age range. In two studies, one involving adolescent boys and another involving middle-aged women, 250-500 mg Cognizin® citicoline offered significant support for daily mental task performance. Numerous studies indicate phosphatidylserine promotes healthy mental acuity and behavior in elderly subjects, as well as children. Zinc and vitamin B<sub>6</sub> are important cofactors for neuronal function.<sup>†</sup>

**2 capsules, 1-2 times daily, with meals, or as directed by a health professional.**

**Two (size 0) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	10 mg
Zinc (as zinc citrate)	5 mg
Acetyl-L-carnitine (as Acetyl-L-Carnitine HCl)	500 mg
Cognizin® citicoline	125 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Cognizin® is a registered trademark of KYOWA HAKKO BIO., LTD.

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Memory & Mood



NON  
GMO

V

VEG

CogniPhos	Quantity	Order Code
	120	CGP1

## Cognitive Aminos

PROVIDES AMINO ACID PRECURSORS FOR HEALTHY NEUROTRANSMITTER ACTIVITY, SUPPORTING MENTAL FUNCTION AND HEALTHY MOOD<sup>†</sup>

Age-related decreases in levels of several amino acids may influence cognitive function. Amino acids are important intermediates in the production of neurotransmitters in the brain and are involved in neuromodulating activities. L-Tyrosine is an amino acid naturally synthesized in the body. It is the precursor of the neurotransmitters L-DOPA, dopamine, norepinephrine and epinephrine, supporting mood and mental clarity. DL-Phenylalanine provides a mixture of two essential amino acids, d-phenylalanine and l-phenylalanine. In the body, l-phenylalanine converts to tyrosine, enhancing neurotransmitter support. A separate pathway allows both d- and l-phenylalanine to support levels of the mood-elevating compound phenylethylamine, a function not provided by l-tyrosine. The serotonin precursor l-tryptophan is included to support emotional well-being, relaxation and restful sleep. In a double-blind, placebo-controlled study, l-tryptophan supported healthy emotional processing and promoted positive outlook in women. Taurine is considered an inhibitory amino acid, helping to maintain healthy glutamate and other excitatory amino acid activity in the brain. This provides neuroprotective action important for maintaining healthy brain cell function. Acetyl-l-carnitine plays an important role in multiple metabolic and neurotransmitter systems in the brain. It also contributes to the production of the neurotransmitter acetylcholine and may support dopamine receptor function. As a result, acetyl-l-carnitine plays a role in memory, attention, mental clarity and mood support.<sup>‡</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

DL-Phenylalanine (free-form)	250 mg
Taurine (free-form)	250 mg
L-Tyrosine (free-form)	250 mg
Acetyl-l-carnitine (free-form)	250 mg
L-Tryptophan (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

**PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

Memory & Mood



NON  
GMO

V

VEG

Cognitive Aminos	Quantity	Order Code
	120	CA21

## Collagen JS

PROVIDES PATENTED BIOCELL COLLAGEN® COMPLEX TO SUPPORT HEALTHY JOINTS AND SKIN<sup>†</sup>

This product contains BioCell Collagen®, a patented, hydrolyzed and denatured low molecular weight collagen. In addition to collagen, BioCell Collagen® provides the combined benefits of hyaluronic acid (HA), depolymerized low molecular weight chondroitin sulfate, glucosamine sulfate and amino acids including lysine, proline and hydroxyproline. These compounds promote cartilage synthesis and enhance synovial fluid, supporting the composition, integrity and motility of joints. A double-blind, placebo-controlled study involving 16 individuals supplementing with BioCell Collagen® for 8 weeks, indicated statistically significant support for joint function and comfort. In a peak absorption study, serum levels of HA increased gradually and with statistical significance after BioCell Collagen® supplementation, emphasizing the potential for this compound to provide important connective tissue support. The components of collagen also support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have suggested that BioCell Collagen® may help rejuvenate skin and modulate the appearance of fine lines and wrinkles.<sup>‡</sup>

**2 capsules, 1-2 times daily, with meals and 8-10 oz water.**

**Two (size 00) vegetarian capsules contain:**

BioCell Collagen® hydrolyzed collagen complex (from chicken sternal cartilage) Providing (typical):	1,000 mg
Hydrolyzed collagen 60%	600 mg
Chondroitin sulfate 20%	200 mg
Hyaluronic acid 10%	100 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

Bones, Joints & Muscles



NON  
GMO

Collagen JS	Quantity	Order Code
	120	CJS1
	60	CJS6

<sup>†</sup>Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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

## Colostrum 40% IgG

HIGHLY CONCENTRATED IMMUNE SUPPORT<sup>†</sup>

Colostrum is a highly concentrated source of immune and growth factors produced from mammary glands shortly after giving birth. Pure Encapsulations Colostrum is derived from BSE-, hormone-, pesticide- and antibiotic-free USDA certified dairy farms in the U.S. It is collected after the first 24 hours, defatted and standardized to contain 40% IgG. Colostrum contains immunoglobulins G (IgG), A (IgA), E (IgE), D (IgD), and M (IgM). Each has a specific role in immune health. IgG is naturally found in the highest concentration. Other naturally occurring immune support compounds include lactoferrin, proline-rich polypeptide (PRP), lymphokines, interferons, interleukins, oligosaccharides, lysozymes, insulin growth factors (IGF-1 and IGF-2) and transforming growth factors (TGF-A and TGF-B).<sup>‡</sup>

**2 capsules, 2-3 times daily, on an empty stomach or at least 30 minutes before a meal, with 8-12 oz water.**

**Two (size 00) vegetarian capsules contain:**

Colostrum (from bovine) 900 mg  
(standardized to contain 40% IgG)

Other ingredients: vegetarian capsule (cellulose, water), sunflower lecithin

Contains milk

Immune Support



Colostrum 40% IgG	Quantity	Order Code
	180	COL41
	90	COL49

## Copper (citrate)

HIGHLY BIOAVAILABLE FORM OF COPPER FOR WIDE-RANGING SUPPORT<sup>†</sup>

Copper activates a number of enzymes important to energy metabolism. It is the key mineral in lysyl oxidase, an enzyme which weaves together collagen and elastin. Copper assists in the formation of hemoglobin and red blood cells by facilitating iron absorption. It is involved in protein metabolism, the production of RNA, and the synthesis of phospholipids used in the formation of myelin sheaths.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Copper (as copper citrate) 2 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Copper (citrate)	Quantity	Order Code
	60	CUC6

## Copper (glycinate)

ESSENTIAL MINERAL WITH WIDE-RANGING SUPPORT<sup>†</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Copper (as copper glycinate) 2 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Multivitamins, Vitamins & Minerals



Copper (glycinate)	Quantity	Order Code
	60	CUG6

## CoQ<sub>10</sub> 30 mg

SUPPORTS CELLULAR ENERGY, CARDIOVASCULAR AND NEUROLOGICAL HEALTH<sup>†</sup>

CoQ<sub>10</sub> is a core component of cellular energy production and mitochondrial respiration, shuttling electrons down the electron transport chain to produce the key, energy-rich molecule adenosine triphosphate (ATP). As such, it provides energy support to the cells of the body and is especially supportive of tissues that require a lot of energy, such as the heart muscle. It also acts as an antioxidant, providing cellular protection from free radicals.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Coenzyme Q<sub>10</sub> 30 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Kaneka Q10<sup>®</sup> is a U.S. registered trademark of Kaneka Corporation.

Cardiometabolic Health & Metabolism



CoQ <sub>10</sub> 30 mg	Quantity	Order Code
	120	CQ31

## CoQ<sub>10</sub> 60 mg

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Coenzyme Q <sub>10</sub>	60 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.



CoQ <sub>10</sub> 60 mg	Quantity	Order Code
	250	CQ62
	120	CQ61
	60	CQ66

## CoQ<sub>10</sub> 120 mg

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Coenzyme Q <sub>10</sub>	120 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.



CoQ <sub>10</sub> 120 mg	Quantity	Order Code
	120	CQ11
	60	CQ16
	30	CQ13

See also  
[SR-CoQ<sub>10</sub> with PQQ](#)  
[Ubiquinol-QH 50 mg](#)

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## CoQ<sub>10</sub> 250 mg

1 capsule, 1-2 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Coenzyme Q <sub>10</sub>	250 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.



CoQ <sub>10</sub> 250 mg	Quantity	Order Code
	60	CQ26

## CoQ<sub>10</sub> 500 mg

1 capsule, 1-2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Coenzyme Q <sub>10</sub>	500 mg
Other ingredients: vegetarian capsule (cellulose, water), dicalcium phosphate	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.



CoQ <sub>10</sub> 500 mg	Quantity	Order Code
	60	CQ56

## CoQ<sub>10</sub> L-Carnitine fumarate

SUPPORTS CARDIOVASCULAR, METABOLIC AND NEUROLOGICAL HEALTH\*

- Combined with L-carnitine fumarate to support mitochondrial energy production and heart muscle energy†
- L-Carnitine has also demonstrated the potential to moderate lactate levels and promote oxygenation of heart tissue†

2 capsules, 1-2 times daily, with meals.

Two (size 00) vegetarian capsules contain:

L-Carnitine (free-form) (from L-carnitine fumarate)	680 mg
Coenzyme Q <sub>10</sub>	120 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

L-Carnitine Fumarate is a stable, highly bioavailable form of L-Carnitine from Sigma-tau HealthScience USA, Inc. (BIOSINT).

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.



CoQ <sub>10</sub> L-Carnitine fumarate	Quantity	Order Code
	120	CQF1



## Coriolus extract

### PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

#### HOT WATER MUSHROOM EXTRACT TO PROMOTE WHITE BLOOD CELL NUMBER AND FUNCTION+

*Coriolus versicolor*, also known as turkey tail mushroom, is used in traditional Chinese medicine, primarily to enhance immune function and energy. Research indicates an immunomodulatory effect and promotion of white blood cell number and function, including lymphocyte, macrophage and NK cells. It has also been shown to support antibody production, cytokine balance and a healthy gut microflora. The main bioactive compounds in this mushroom are polysaccharides, namely beta-glucan. Pure Encapsulations' Coriolus extract is wild-crafted and organic, produced using only carefully controlled hot water to break apart the cell walls for concentration of the soluble beta-glucans.†

**1 capsule, 1-2 times daily, between meals, or as directed by a health professional.**

#### Each (size 00) vegetarian capsule contains:

Turkey tails mushroom ( <i>Coriolus versicolor</i> ) extract (fruiting body) (certified organic) (standardized to contain 30% beta glucan)	500 mg
Other ingredients: vegetarian capsule (cellulose, water)	



Coriolus extract	Quantity	Order Code
	60	CRS6

## Cortisol Calm†

#### DESIGNED TO MAINTAIN HEALTHY CORTISOL RESPONSE AND SUPPORT RELAXATION, RESTFUL SLEEP AND POSITIVE MOOD DURING TIMES OF OCCASIONAL STRESS†

Cortisol, released in response to stress, is mainly produced by the adrenal cortex. Intra-abdominal adipocytes also produce cortisol. In a recent study, Sensoril® ashwagandha extract promoted relaxation and maintained healthy cortisol response. Subjects in this randomized, double-blind, placebo-controlled study reported support for healthy sleep, positive mood and cognitive function. The effects were most pronounced for subjects taking 500 mg per day compared to lesser doses. Rhodiola and magnolia may also maintain healthy adrenal cortisol activity and offer support for occasional stress, mood and emotional well-being. L-Theanine supports normal brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect. Recent research suggests that maintaining healthy vitamin D levels supports normal cortisol production within abdominal adipocytes.†

**1 capsule in the morning and 1 capsule in the evening, with meals.**

#### Each (size 0) vegetarian capsule contains:

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Sensoril® ashwagandha ( <i>Withania somnifera</i> ) extract (root and leaf)	250 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	125 mg
Magnolia ( <i>Magnolia officinalis</i> ) extract (bark) (standardized to contain 2% honokiol)	100 mg
L-Theanine	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

Suntheanine® is a registered trademark of Taiyo International, Inc.

**Not to be taken by pregnant or lactating women.**



Cortisol Calm†	Quantity	Order Code
	120	COR1
	60	COR6

## Cranberry NS®

#### NUTRITIONALLY SUPPORTS URINARY TRACT HEALTH WITHOUT UNWANTED SUGAR†

Cranberries have been used for hundreds of years as nutritional support for the urinary tract. Cranberry concentrate provides support without the unwanted sugar found in cranberry juice. The role of cranberry concentrate includes enhancing the acidity of urine and maintaining a healthy urinary tract ecology. Constituents of cranberry concentrate associated with its benefits include proanthocyanidins as well as d-mannose. Research has suggested the potential for cranberry juice to interact with lectin receptors and maintain a healthy bladder wall. At Brigham and Women's Hospital in Boston, a randomized double-blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. Our cranberry concentrate is made from 100% whole cranberry fruit solids through a proprietary process that concentrates the health benefiting components of cranberries without the use of solvents or sugars.†

**1 capsule, 1-3 times daily, between meals.**

#### Each (size 00) vegetarian capsule contains:

Cranberry ( <i>Vaccinium macrocarpon</i> ) concentrate (fruit)	500 mg
Other ingredients: cranberry fiber, vegetarian capsule (cellulose, water), cranberry seed oil, guar gum, sunflower lecithin	

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

**Each capsule has approximately 3 calories.**



Cranberry NS®	Quantity	Order Code
	180	CN1
	90	CN9

## Cranberry/d-Mannose

COMBINES CRANBERRY CONCENTRATE MADE FROM 100% CRANBERRY FRUIT SOLIDS AND D-MANNOSE FOR TIME-TESTED, CONCENTRATED SUPPORT OF URINARY TRACT HEALTH<sup>†</sup>

Cranberry concentrate provides urinary tract support without the unwanted sugar found in cranberry juice or juice cocktails. It enhances the acidity of urine and maintains a healthy urinary tract ecology. At Brigham and Women's Hospital in Boston, a randomized double-blind, placebo-controlled trial involving over 150 female volunteers reported positive support for a healthy urinary tract after administration of a cranberry beverage. d-Mannose, a simple sugar found in cranberries and other fruit, is included in this formula to provide enhanced support. One study suggested that d-Mannose may play a role in supporting healthy genitourinary function by maintaining a healthy mucosal surface.<sup>‡</sup>

**2 capsules, 1-3 times daily, with or between meals.**

**Two (size 00) vegetarian capsules contain:**

Cranberry ( <i>Vaccinium macrocarpon</i> ) concentrate (fruit)	200 mg
D-Mannose	900 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.



Cranberry/d-Mannose	Quantity	Order Code
	180	CRD1
	90	CRD9

## Creatine powder

SUPPORTS ATP AND MUSCLE CONDITIONING<sup>†</sup>

- Increases optimal work output, strength and conditioning during short-duration, high-intensity exercise; encourages lean muscle mass<sup>†</sup>
- Regenerates the primary energy molecule, ATP, which is immediately available to muscles<sup>†</sup>
- Serves as a buffer during exercise, delaying the point at which lactic acid causes muscle fatigue and discomfort<sup>†</sup>

**1 heaping scoop daily, mixed with a beverage, or as directed by a health professional.**

**Serving size: 4 g (1 heaping scoop)**

**One heaping scoop (approximately 4 g) contains:**

Creatine monohydrate	4 g
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Creatine powder	Quantity	Order Code
	500 g	CRM5
	250 g	CRM2

## CurcumaSorb

**Soy-Free**

WITH MERIVA® BIOAVAILABLE CURCUMIN PHYTOSOME; ENHANCED ABSORPTION FOR JOINT, TISSUE AND CELLULAR HEALTH<sup>†</sup>

Curcumin has been the subject of over 3,000 studies over the past 30 years and has an extensive history of use. The remarkable breadth of applications of curcumin stem from its multifocal mechanisms involving diverse intracellular signaling pathways and the regulation of hundreds of genes involved in cytokine balance, detoxification and cellular health. CurcumaSorb provides the patented curcumin-phosphatidylcholine complex Meriva® for enhanced absorption and bioavailability. The proprietary phytosome technology combines curcumin and phosphatidylcholine at a 1:2 ratio promoting resistance to degradation in the digestive tract and efficient absorption across membranes. This produces significantly higher peak plasma concentrations and larger area under concentration-time curves (AUC). In a single-dose pharmacokinetic animal study, plasma curcumin levels were 20-fold greater with Meriva® than standard curcumin. A preliminary human pharmacokinetic study demonstrated elevations in plasma curcumin from 450 mg Meriva® were similar to values obtained from 4,000 mg of a standard curcumin extract. Meriva® delivers a highly bioavailable curcumin phytosome, providing support for musculoskeletal, digestive, liver, brain, cellular and cardiovascular health. The efficacy of a low dose was demonstrated in a 3-month clinical trial, in which 200 mg of curcuminoids from Meriva® per day maintained healthy C-reactive protein levels and provided significant benefit in joint comfort, mobility and quality of life.<sup>‡</sup>

**2 capsules, 1-3 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

Meriva® turmeric phytosome	500 mg
(Curcuma longa extract (root) and sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable® is a trademark of Indena S.p.A.



CurcumaSorb	Quantity	Order Code
	180	MCU1

<sup>†</sup>Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

## CurcumaSorb Mind Soy-Free

### PureSYNAPSE™ product line

#### CURCUMIN AND POLYPHENOL BLEND TO PROMOTE MOOD, MEMORY AND MENTAL SHARPNESS\*

CurcumaSorb Mind offers a broad range of polyphenol compounds, including flavonoids, EGCG and oligomeric proanthocyanidins (OPCs) to promote daily cognitive function and emotional wellness. Curcumin and other polyphenols support neuronal stability and function, in part by promoting healthy cytokine balance and antioxidant defenses. Numerous clinical studies indicate that curcumin supports positive mood through these actions, as well as through the promotion of healthy levels of serotonin and dopamine. Animal research suggests that polyphenols may also offer support for occasional stress and mental alertness. In a randomized, double-blind, placebo-controlled trial involving obese individuals, 1,000 mg of a standard curcumin extract promoted relaxation. Curcumin is offered in this formula as the highly bioavailable Meriva® curcumin-phosphatidylcholine complex, which utilizes proprietary phytosome technology to increase resistance to degradation in the digestive tract and enhance absorption. Neurophenol® is a proprietary blend providing flavonoids from standardized extracts of wild blueberry and whole grape. Animal research suggests a synergistic effect between the grape and blueberry extracts on plasma uptake. These fruits contain neuroprotective polyphenolic compounds that support healthy cognitive function and memory, targeting both vascular strength and elasticity to support healthy neuronal blood flow, as well as synaptic density and plasticity in the brain. Cell and animal studies suggest that Neurophenol® supports neuronal function and healthy aging, at least in part by supporting antioxidant defenses, cytokine balance and healthy gene expression. In a multi-centered, placebo-controlled, randomized, double-blind study on 200 healthy men and women between the ages of 60-70, supplementation with 600 mg Neurophenol® per day for 6 months provided significant support for episodic memory and verbal recognition memory. Green tea supports healthy neuronal function through antioxidant properties, cytokine balance and receptor function, and is theorized to promote healthy hypothalamic-pituitary-adrenal (HPA) function. In a double-blind, placebo-controlled study, supplementation with green tea powder was associated with positive mood.\*

**2 capsules, 1-2 times daily, with meals.**

**Two (size 0) vegetarian capsules contain:**

Meriva® turmeric phytosome (turmeric ( <i>Curcuma longa</i> ) extract (root) sunflower phospholipid complex) (standardized to contain 18% curcuminoids)	300 mg
Neurophenol® proprietary blend providing 85 mg of flavonoids (monomers, oligomers, flavonols, anthocyanidins and phenolic acids) from grape ( <i>Vitis vinifera</i> ) extract (fruit) and wild blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit)	300 mg
Monterey pine ( <i>Pinus radiata</i> ) extract (bark)	50 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

NEUROPHENOL® is a registered trademark used by Pure Encapsulations under license.

**Take with food. If you have liver problems, consult your health professional before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Memory & Mood



NON  
GMO

V

VEG

CurcumaSorb Mind

Quantity

Order  
Code

60

MCUM6



## Curcumin

HIGHLY RESEARCHED CURCUMIN C3 COMPLEX®; SUPPORTS JOINT, TISSUE, LIVER, COLON AND CELLULAR HEALTH†

Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to maintain healthy cell cycle function and provides important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with support for cellular health in separate trials.‡

**2 capsules, 1-3 times daily, between meals.**

**Two (size 0) vegetarian capsules contain:**

Turmeric (*Curcuma longa*) extract (root) 500 mg  
(standardized to contain 95% curcuminoids)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

**Bones, Joints & Muscles**



NON  
GMO

V

VEG

Curcumin	Quantity	Order Code
	120	CUR1
	60	CUR6



## Curcumin 500 with BioPerine®

CURCUMIN PIPERINE COMBINATION FOR ENHANCED ABSORPTION; SUPPORTS JOINT, TISSUE, LIVER, COLON AND CELLULAR HEALTH†

Curcumin has a long history of use for supporting healthy cyclooxygenase, prostaglandin and leukotriene metabolism. It also appears to provide important antioxidant defense. Furthermore, it supports the body's natural detoxification system and helps maintain healthy hepatic function. These actions are associated with its beneficial effects, including support for healthy liver, colon, musculoskeletal and cellular function. Curcumin C3 Complex® has been the subject of scientific investigations at a number of hospitals and universities. Most recently, it has demonstrated the potential to maintain healthy tissue in the brain by supporting macrophage activity and has been associated with support for cellular health in separate trials. BioPerine® is a black pepper extract that contains the alkaloid piperine. Research reveals that it has the potential to enhance the bioavailability of curcumin, promoting its absorption.‡

**1 capsule, 1-3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Turmeric (*Curcuma longa*) extract (root) 500 mg  
(standardized to contain 95% curcuminoids)

BioPerine® black pepper (*Piper nigrum*) extract (fruit) 5.3 mg  
(standardized to contain 95% piperine)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

BioPerine® is a registered trademark and patented product of Sabinsa Corporation.

**Bones, Joints & Muscles**



NON  
GMO

V

VEG

Curcumin 500 with BioPerine®	Quantity	Order Code
	120	CUB51
	60	CUB56

## D-Mannose powder

CONCENTRATED SUPPORT FOR PROPER URINARY FUNCTION<sup>‡</sup>

D-Mannose is a simple sugar found naturally in cranberries and pineapples. It is metabolized in small amounts, the remainder of which is excreted via the urine. As it is flushed out of the body, D-mannose maintains a healthy environment for the mucosal surface of the urinary tract.<sup>‡</sup>

**1 scoop, 3 times daily, mixed with water, with or between meals.**

**Serving size: 1 scoop**

**One scoop (approximately 0.9 g) contains:**

D-Mannose 0.9 g



D-Mannose powder	Quantity	Order Code
	100 g	DMP1
	50 g	DMP5



## Daily Immune<sup>‡</sup>

VITAMIN, MINERAL AND HERBAL SUPPORT FOR IMMUNE HEALTH<sup>‡</sup>

Vitamin C and zinc form a foundation for overall health by supporting immune system function. Vitamin D receptors are found in a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Elderberry and lemon balm extracts offer immune-supportive anthocyanins, flavonoids and polyphenols. Polysaccharides from arabinogalactan, aloe and maitake provide complementary support for healthy immune activity. Quercetin plays an important role in mast cell function. Astragalus and eleuthero have been added for their adaptogenic potential.<sup>‡</sup>

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	200 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Zinc (as zinc citrate)	10 mg
Quercetin	200 mg
European elder (elderberry) ( <i>Sambucus nigra</i> ) extract (fruit)	150 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	200 mg
Arabinogalactan	200 mg
Aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
Maitake mushroom ( <i>Grifola frondosa</i> ) extract (fruiting body)	150 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	75 mg
Eleutherococcus ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	75 mg
Other ingredients: vegetarian capsule (cellulose, water)	



Daily Immune <sup>‡</sup>	Quantity	Order Code
	120	DI21



## Daily Stress Formula<sup>†</sup>

BROAD-SPECTRUM FORMULA DESIGNED TO PROMOTE MENTAL RELAXATION AND MODERATE THE EFFECTS OF OCCASIONAL STRESS<sup>†</sup>

In addition to promoting memory and cognitive function, preclinical investigation shows *Bacopa monnieri* maintains healthy enzyme activity in the brain, supporting the ability to deal with stress. In several clinical studies, bacopa supported learning and memory. A double-blind crossover trial suggested that rhodiola may help to moderate mild fatigue under stressful conditions. In a separate, double-blind, placebo-controlled pilot study, rhodiola provided support for physical and mental stress in students. Similarly, the amino acid l-tyrosine has indicated the potential to promote cognitive function and memory under stressful conditions. *Eleutherococcus senticosus*, or eleuthero, is used as an adaptogen to help bolster adrenal function and stress resistance. Like ashwagandha, it is highly revered for promoting energy, vitality and immune defense. Chamomile and lemon balm provide traditional support for calmness and relaxation. B vitamins and magnesium are included to help counter the effects of stress on healthy nutritional status. B-complex vitamins have also been associated with healthy neurotransmitter function and energy metabolism. Vitamin B<sub>5</sub> is especially important for boosting healthy adrenal gland function to strengthen the body's ability to withstand stress. Vitamin C provides important support for neutralizing free radicals generated by the stress response.<sup>‡</sup>

3 capsules daily, with or between meals.

Three (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	20 mg
Riboflavin (as vitamin B <sub>2</sub> and 44% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.7 mg
Niacin (as niacinamide)	35 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	16.7 mg
Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	200 mg
Magnesium (as magnesium citrate)	50 mg
L-Tyrosine (free-form)	250 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	200 mg
Bacopa ( <i>Bacopa monnieri</i> ) extract (aerial parts) (standardized to contain 20% bacosides)	200 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	200 mg
Chamomile ( <i>Matricaria recutita</i> ) extract (flower)	100 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	100 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Not to be taken by pregnant or lactating women.

Energy & Fitness



NON  
GMO

V

VEG

Daily Stress Formula <sup>†</sup>	Quantity	Order Code
	180	DSF1
	90	DSF9



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

# Detox Pure Pack

**Daily Packet**
**With Metafolin® L-5-MTHF**
**Indications:**

- Support for healthy detoxification†

**Vitamin/Mineral Distinctions:**

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

**Special Features:**

- Promotes phase II detoxification in the liver with broccoli, curcumin, silymarin and amino acids†
- Maintains liver health with glutathione, NAC, alpha lipoic acid and other antioxidant nutrients†
- Enhances healthy hepatic fat metabolism and bile flow with artichoke and taurine†
- Supports G.I. cell health and detoxification with L-glutamine, omega-3 fatty acids and chlorella†
- Convenient, once-daily packet

**Each Packet Contains:**
**UltraNutrient®** 3 vegetarian capsules »See page 196

- Best-selling multivitamin/mineral complex with enhanced support for healthy detoxification and liver cell function†

**EPA/DHA essentials** 1 softgel capsule »See page 75

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support†

**Liver-G.I. Detox†** 2 vegetarian capsules »See page 105

- Dual support for both liver and gastrointestinal detoxification†

**NAC (N-Acetyl-L-Cysteine)** 1 vegetarian capsule »See page 125

- Promotes glutathione synthesis to support detoxification and liver health†

**Taurine** 1 vegetarian capsule »See page 184

- Amino acid for cardiovascular and detoxification support†

**1 packet daily (8 capsules), with a meal for gentle, daily detoxification support.†**
**1 packet (8 capsules) contains**

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	3,750 mcg
Vitamin C (as ascorbyl palmitate)	30 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	134 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	50 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinate (no-flush niacin))	86 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	20.9 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg

Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	200 mg
Calcium (as calcium citrate/malate)	150 mg
Magnesium (as magnesium aspartate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	250 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
Coenzyme Q <sub>10</sub>	25 mg
Hawthorn ( <i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	50 mg
Setria® glutathione (reduced form)	25 mg
Alpha lipoic acid (thioctic acid)	150 mg
N-Acetyl-L-cysteine (free-form)	700 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	175 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	200 mg
Broccoli ( <i>Brassica oleracea italica</i> ) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
Artichoke ( <i>Cynara scolymus</i> ) extract (leaf)	125 mg
Taurine (free-form)	1,225 mg
Glycine (free-form)	225 mg
L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	100 mg
Chlorella ( <i>Chlorella</i> spp.) powder (cracked cell wall)	200 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water)	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Setria® is a registered trademark of KYOWA HAKKO BIO CO., Ltd.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

**Contains fish (anchovies, sardines, mackerel)**
**Multivitamins, Vitamins & Minerals**


Detox Pure Pack	Quantity	Order Code
	30 packets	DPPB3

**See also**
**UltraDetox 10-Day Pure Pack**
**»page 194**

## DGL Plus®

### NUTRITIONAL SUPPORT FOR A HEALTHY STOMACH LINING†

This combination of deglycyrrhized licorice (DGL) and herbal extracts provides nutritional support to the gastrointestinal tract. DGL Plus® supports the body's natural defense mechanisms by stimulating the mass, quality and production of mucous, a major component of the stomach's protective lining. DGL is free of side effects typically associated with licorice.‡

**1 capsule daily, before a meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains**

Deglycyrrhized licorice ( <i>Glycyrrhiza glabra</i> ) extract (root)	300 mg
Aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
Slippery elm ( <i>Ulmus fulva</i> ) powder (bark)	100 mg
Marshmallow ( <i>Althaea officinalis</i> ) extract (root)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Gastrointestinal



DGL Plus®	Quantity	Order Code
	180	DG1
	60	DG6

## DHA Ultimate

### ECO-FRIENDLY, SUPERCRITICAL CO<sub>2</sub>-EXTRACTED DHA FISH OIL FOR CARDIOMETABOLIC AND COGNITIVE HEALTH†

The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function. Research indicates that a high intake of DHA is associated with healthy cognitive function in adults as well as infants born to mothers with a diet high in DHA. DHA-rich diets have been shown to support neurons via healthy gene expression, cell cycle function, and arachidonic acid metabolism. Fish oil containing DHA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.‡

**2 softgel capsules daily, with a meal.**

**Two (size 11) softgel capsules contain:**

Calories	10
Total fat	1 g
Fish oil concentrate (from anchovies, sardines, mackerel)	1,200 mg
Providing:	
DHA (docosahexaenoic acid)	790 mg
EPA (eicosapentaenoic acid)	188 mg
Other ingredients: fish (tilapia), gelatin capsule (gelatin, glycerin, water), natural tocopherols, rosemary leaf extract	

**Contains fish ( anchovies, sardines, mackerel, tilapia)**

Memory & Mood



DHA Ultimate	Quantity	Order Code
	120	DHU1
	60	DHU6

## DHEA 5 mg (micronized)

### MICRONIZED; SUPPORTS HEALTHY DHEA LEVELS†

DHEA, dehydroepiandrosterone, is the most abundant adrenal steroid hormone in the body. After it is made by the adrenal glands, it travels into cells throughout the body, where it is converted into androgens and estrogens. These hormones regulate fat and mineral metabolism, endocrine and reproductive function, and energy levels. The amount of each hormone to which DHEA converts depends on an individual's biochemistry, age and sex. DHEA levels peak around age 25 and then decline steadily. DHEA supplementation supports emotional well-being and immune function.‡

**1 capsule, 1-2 times daily, with meals, or as directed by your health professional.**

**Each (size 3) vegetarian capsule contains:**

DHEA (dehydroepiandrosterone, C <sub>19</sub> H <sub>28</sub> O <sub>2</sub> ) (micronized)	5 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse event call 1-800-332-1088.

**CAUTION ATHLETES:** DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.

Hormone



DHEA 5 mg (micronized)	Quantity	Order Code
	180	DH1
	60	DH6



## DHEA 10 mg (micronized)

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C <sub>19</sub> H <sub>28</sub> O <sub>2</sub> ) (micronized)	10 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse event call 1-800-332-1088.

**CAUTION ATHLETES:** DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.



DHEA 10 mg (micronized)	Quantity	Order Code
	180	DH11
	60	DH16

## DHEA 25 mg (micronized)

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

DHEA (dehydroepiandrosterone, C <sub>19</sub> H <sub>28</sub> O <sub>2</sub> ) (micronized)	25 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

**NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. **KEEP OUT OF REACH OF CHILDREN.** To report any adverse event call 1-800-332-1088.

**CAUTION ATHLETES:** DHEA is classified as a prohibited substance by certain sports organizations, as well as the World Anti-Doping Association (WADA). Please consult the rules of your specific organization to determine if DHEA is prohibited.



DHEA 25 mg (micronized)	Quantity	Order Code
	180	DH21
	60	DH26

## Digestion GB

PureGI™ product line

A UNIQUE MIX OF ENZYMES, BILE SALTS, TAURINE AND HERBALS TO PROMOTE HEALTHY GALLBLADDER FUNCTION AND LIPID UTILIZATION IN ADDITION TO GENERAL DIGESTIVE FUNCTION<sup>†</sup>

Digestion GB contains gallbladder digestive enzymes, bile salts, taurine and herbal extracts to promote healthy gall bladder function and fat utilization. The metabolism of fats involves emulsification and digestion in a complex process that requires healthy liver, gallbladder and pancreas function. Milk thistle, curcumin and taurine promote liver and gallbladder health and stimulate production and secretion of bile acids. Bile acids, also provided in the form of ox bile salts, support the emulsification of fats necessary for digestion. The digestive enzymes included in this formula are active in a broad pH range to support fat, carbohydrate and protein digestion to complement pancreatic enzyme activity. This formula has enhanced lipase for extra fat digestion support.<sup>†</sup>

2 capsules, with each meal, or as directed by a health professional.

Two (size 0) vegetarian capsules contain:

Proprietary enzyme blend	160 mg
Providing:	
Protease	16,000 HUT
Lipase	6,000 FIP
Amylase	600 DU
Ox bile powder (bovine)	225 mg
Taurine (free-form)	250 mg
Milk thistle (Silybum marianum) extract (seed)	150 mg
(standardized to contain 80% silymarin)	
Turmeric (Curcuma longa) extract (root)	100 mg
(standardized to contain 95% curcuminoids)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	



Digestion GB	Quantity	Order Code
	180	DGB1
	90	DGB9

# Digestive Enzyme chewables NEW

CHEWABLE ENZYME BLEND TO SUPPORT PROTEIN, CARBOHYDRATE, FIBER AND DAIRY DIGESTION\*

Digestive Enzymes chewable contains a blend of vegetarian digestive enzymes to promote digestion and GI comfort. Protease facilitates the normal breakdown of proteins and di- and tri-peptides. Lipase promotes lipid (fat) breakdown. Amylase stimulates polysaccharide breakdown of starch, while lactase supports the digestion of the dairy sugar lactose. Cellulase acts to break down cell wall components, promoting nutrient bioavailability of fiber-containing foods.†

Adults and children ages 4 and up, chew 1 tablet with each meal, 1-3 times daily, or as directed by a health professional.

One chewable tablet contains:

DigeZyme® Multienzyme complex	50 mg
Providing:	
Protease	300 PC
Lipase	10 LU
Alpha-amylase	1,200 DU
Lactase	200 ALU
Cellulase	55 CU

Other ingredients: xylitol, mannitol, maltodextrin, cellulose, ascorbyl palmitate, organic natural mixed berry flavor

DigeZyme® is a registered trademark of Sabinsa Corporation.

Gastrointestinal

NON GMO

VEG

Digestive Enzyme chewables	Quantity	Order Code
	100	DGC1



# Digestive Enzymes Ultra

PureGI™ product line

COMPREHENSIVE BLEND OF VEGETARIAN DIGESTIVE ENZYMES; SUPPORT FOR PROTEIN, CARBOHYDRATE, FAT FIBER AND DAIRY DIGESTION\*

Digestive Enzymes Ultra contains an extensive profile of vegetarian digestive enzymes. Proteases included in this formula provide optimal activity across a wide pH range. They facilitate the normal breakdown of proteins and di- and tri-peptides. Lipase promotes lipid breakdown, while amylase and glucoamylase are included to stimulate polysaccharide breakdown of starch and glycogen. Invertase and lactase support digestion of carbohydrate disaccharides, including the dairy sugar lactose. This formula also offers numerous enzymes to support fiber breakdown, including cellulase, hemicellulase, beta-glucanase and phytase. These enzymes act to break down cell wall components and phytic acid, promoting nutrient bioavailability of fiber-containing foods. Additionally, alpha-galactosidase promotes the breakdown of certain complex carbohydrates, such as raffinose and stachyose, found in some vegetables, grains and legumes—helping to relieve occasional bloating or gas.†

2 capsules with each meal, or as directed by a health professional.

Two (size 3) vegetarian capsules contain:

Proprietary enzyme blend	391 mg
Providing:	
Amylase	24,000 DU
Protease	60,000 HUT
Protease 6.0	20,000 HUT
Glucoamylase	30 AGU
Lactase	1,600 ALU
Lipase	3,000 FIP
Beta-glucanase	20 BGU
Invertase	900 SU
Cellulase	800 CU
Alpha-galactosidase	120 GalU
Protease 3.0	20 SAPU
Phytase	10 FTU
Hemicellulase	200 HCU

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)

Gastrointestinal

NON GMO

VEG

Digestive Enzymes Ultra	Quantity	Order Code
	180	DEU1
	90	DEU9

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 67



## Digestive Enzymes Ultra with Betaine HCl

HIGH-STRENGTH MIXTURE OF BETAINE HCL WITH VEGETARIAN ENZYMES TO SUPPORT ENHANCED PROTEIN, CARBOHYDRATE, FAT, FIBER AND DAIRY DIGESTION<sup>†</sup>

- Offers a broad-spectrum combination of vegetarian digestive enzymes designed to provide optimal activity across a wide pH range<sup>†</sup>
- Supports optimal gastric pH with betaine HCl, important for the enhanced digestion of protein and other nutrients to support daily wellness and neurotransmitter synthesis<sup>†</sup>
- Facilitates the normal breakdown of proteins, peptides, fats, polysaccharides and disaccharides<sup>†</sup>

**2 capsules with each meal, or as directed by a health professional.**

**Two (size 0) vegetarian capsules contain:**

Proprietary enzyme blend	391 mg
Providing:	
Amylase	24,000 DU
Protease	60,000 HUT
Protease 6.0	20,000 HUT
Glucoamylase	30 AGU
Lactase	1,600 ALU
Lipase	3,000 FIP
Beta-glucanase	20 BGU
Invertase	900 SU
Cellulase	800 CU
Alpha-galactosidase	120 GalU
Protease 3.0	20 SAPU
Phytase	10 FTU
Hemicellulase	200 HCU
Betaine HCl	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**Discontinue immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers.**

Gastrointestinal



NON  
GMO

VEG

Digestive Enzymes Ultra with Betaine HCl	Quantity	Order Code
	180	DEUB1
	90	DEUB9

## DIM Detox

SUPPORT FOR DETOXIFICATION, HORMONE METABOLISM AND CELLULAR HEALTH<sup>†</sup>

The glucosinolates in broccoli, including indole-3-carbinol and sulforaphane, help support healthy detoxification. BioResponse DIM<sup>®</sup> provides 25 mg per serving of a highly absorbable form of diindolylmethane, an important metabolite of indole-3-carbinol. These compounds promote healthy estrogen metabolism and cell cycle activity. Calcium-D-glucarate targets beta-glucuronidase enzyme activity, promoting healthy hormone detoxification through the glucuronidation pathway. Lignans, such as 7-hydroxymatairesinol (HMR), are converted in the body to enterolactone. Research indicates that dietary intake of lignans and healthy serum enterolactone levels provide support for cellular, heart, breast, bone and cognitive health. Silymarin, alpha lipoic acid and n-acetyl-L-cysteine act to support phase II detoxification enzyme activity in the liver and offer antioxidant support for cellular protection. Taurine, glycine and methionine promote phase II detoxification pathways and healthy cell metabolism.<sup>†</sup>

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

BioResponse DIM <sup>®</sup> diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
Calcium-D-glucarate	100 mg
Broccoli ( <i>Brassica oleracea italica</i> ) sprout concentrate (whole plant) (standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
HMRlignan <sup>™</sup> (from Norway spruce knot wood) (containing 7-hydroxymatairesinol)	10 mg
Alpha lipoic acid (thioctic acid)	200 mg
N-Acetyl-L-cysteine (free-form)	200 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	150 mg
L-Methionine (free-form)	200 mg
Glycine (free-form)	100 mg
Taurine (free-form)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

HMRlignan<sup>™</sup> is a trademark of Linnea Inc.

BioResponse DIM<sup>®</sup> and DIMPRO<sup>®</sup> are trademarks of BioResponse, L.L.C., Boulder, CO.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

Liver & Detoxification



NON  
GMO

V

VEG

DIM Detox	Quantity	Order Code
	60	DD6

## DIMPRO® 100

HIGHLY ABSORBABLE FORM OF DIINDOLYLMETHANE  
TO SUPPORT BREAST, CERVICAL AND PROSTATE HEALTH†

DIMPRO® 100 contains BioResponse DIM® (diindolylmethane complex). Diindolylmethane is a metabolite of indole-3-carbinol (I3C). Both are found naturally in cruciferous vegetables like broccoli, kale and Brussels sprouts. Upon contact with gastric acid in the stomach, I3C is converted to a number of active compounds, predominantly diindolylmethane. Research indicates that diindolylmethane supports healthy cell cycle function and signal transduction to maintain breast, cervical and prostate cell health. In a double-blind, randomized clinical trial, BioResponse DIM® revealed potential support for maintaining the function of healthy breast cells. Another randomized placebo-controlled crossover trial found that it promoted statistically significant breast comfort. Furthermore, an additional double-blind randomized clinical trial with 52 women found that BioResponse DIM® supported cervical cell health. Diindolylmethane in its pure form is highly insoluble. Patented, microencapsulated BioResponse DIM® has been specially developed for enhanced absorption. This form may be more supportive than I3C in cases of low gastric acidity.‡

**1 capsule, 1-3 times daily, with or between meals.**

**Each (size 0) vegetarian capsule contains:**

Diindolylmethane complex	100 mg
(complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica)	
(standardized to contain 25% diindolylmethane)	25 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

Liver & Detoxification



DIMPRO® 100	Quantity	Order Code
	120	DP1
	60	DP6

## Disc-Flex

SUPPORTS SPINAL DISC INTEGRITY†

This formula addresses the unique nutritional needs of intervertebral cartilage (IVC). IVC is avascular, wears differently, and is affected by different nutritional factors compared to articular cartilage. The basics of healthy disc composition involve glucosamine, chondroitin and collagen. Studies indicate that glucosamine supports spinal disc integrity and has the potential to support the strength of the disc under compressive loads. In postmenopausal women, the healthy composition of the lumbar spine is directly related to collagen content. The advanced nature of this product involves its potential ability to support healthy advanced glycation end product activity, healthy immune mediator activity and healthy calcium metabolism. Advanced glycation end products may reduce the ability of the intervertebral disc to produce proteoglycans, which comprise healthy disc matrix. The age-related increase in advanced glycation end products may also contribute to stiffening of the spine. L-Carnosine, alpha lipoic acid and grape seed extract help to maintain healthy advanced glycation end product metabolism and provide antioxidant protection. Cartilage end plate calcification also affects disc function and longevity. Vitamin K<sub>2</sub> as menaquinone-7 maintains a healthy balance of calcium uptake into extra-skeletal tissues. Vitamin D is a synergist with vitamin K<sub>2</sub> to help maintain healthy cartilage end plate calcium metabolism. Devil's claw supports day to day spinal comfort†

**2 capsules daily, with meals, or as directed by a health professional. Individual results may vary.**

**Two (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin K <sub>2</sub> (menaquinone-7)	10 mcg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Glucosamine HCl (from crab and shrimp)	500 mg
L-Carnosine (beta-alanyl-L-histidine)	75 mg
Alpha lipoic acid (thioctic acid)	50 mg
Devil's claw ( <i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i> ) extract (root) (standardized to contain 5% harpagosides)	150 mg
Indian frankincense ( <i>Boswellia serrata</i> ) extract (gum resin) (standardized to contain 70% boswellic acids)	100 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

**Contains shellfish (crab, shrimp)**

**Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood-thinning medication, consult your health professional before use.**

Bones, Joints & Muscles



Disc-Flex	Quantity	Order Code
	120	DIS1

## DL-Phenylalanine

SUPPORTS EMOTIONAL WELL-BEING AND MUSCULOSKELETAL RELAXATION<sup>‡</sup>





DL-Phenylalanine is a combination of the well-tolerated essential amino acids, d-phenylalanine and l-phenylalanine. Together, these compounds help promote mental functioning and support positive outlook. l-Phenylalanine is a precursor to l-tyrosine, which converts to the neurotransmitters norepinephrine, epinephrine, dopamine and tyramine. l-Tyrosine and its metabolites may support emotional well-being, memory and learning. d-Phenylalanine may promote the levels of certain endorphins, thereby calming stressed muscles and joints.<sup>‡</sup>

**2 capsules, 2-3 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

DL-Phenylalanine (free-form)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**PHENYLKETONURICS: CONTAINS PHENYLALANINE**

<div>Memory &amp; Mood</div> <div>     </div>		
DL-Phenylalanine	Quantity	Order Code
	180	LP1
	90	LP9

## DopaPlus

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.<sup>+</sup>

SUPPORTS DOPAMINE PRODUCTION AND MAINTAINS HEALTHY REUPTAKE FOR DAILY MENTAL FUNCTION AND SHARPNESS<sup>‡</sup>

- Promotes the production of dopamine to support daily cognitive function and mental tasks<sup>‡</sup>
- Provides the dopamine precursors l-tyrosine and L-DOPA from *Mucuna pruriens*
- In a randomized, controlled, double-blind, crossover trial, *Mucuna pruriens* supplementation promoted L-DOPA plasma concentrations<sup>‡</sup>
- Includes the cofactors vitamin B<sub>6</sub>, Metafolin® L-5-MTHF and zinc to support dopamine production<sup>‡</sup>
- Promotes the stability of dopamine and maintains healthy dopamine reuptake with rhodiola and green tea polyphenols<sup>‡</sup>
- Supports cognitive function and mental sharpness with grape seed proanthocyanidins<sup>‡</sup>
- Protects neuronal health and function with green tea and grape seed polyphenols<sup>‡</sup>
- Supports optimal serum levels of zinc and folate to promote positive mood<sup>‡</sup>

**3 capsules, 1-2 times daily, with low protein foods.**

**Three (size 00) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	6.7 mg
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg L-5-MTHF)

Zinc (as zinc picolinate)	10 mg
l-Tyrosine (free-form)	1,000 mg
Velvet bean ( <i>Mucuna pruriens</i> ) extract (seed) (standardized to contain 15% L-DOPA)	200 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	100 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 90% total tea catechins and 70% EGCG)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants, antipsychotics, or drugs used to treat Parkinson's disease.**

Memory & Mood



NON  
GMO

V

VEG

DopaPlus	Quantity	Order Code
	180	DOP1

## E.P.O. (evening primrose oil)

COLD-PRESSED EVENING PRIMROSE SEED FOR SKIN HEALTH AND MUSCULOSKELETAL COMFORT; CONTAINS 9% GLA<sup>‡</sup>

Evening primrose oil (E.P.O.) is cold-pressed and produced without the use of any solvents. Used for centuries as nutritional support for a wide range of physiological functions, several studies have indicated that E.P.O. may help support the look and feel of healthy skin. A clinical trial reported that E.P.O. supported healthy skin through a modulation of IFN-gamma. Another study revealed that E.P.O. promoted skin health and led to a more favorable shift in eicosanoid metabolism. Other studies suggest that E.P.O. may support healthy lipid metabolism and may provide oxidative protection by promoting glutathione reductase and transferase activities. A clinical trial reported that GLA in combination with EPA/DHA significantly promoted healthy cardiovascular function in women. Additionally, E.P.O. may potentially be supportive of premenstrual comfort.<sup>‡</sup>

**1 softgel capsule, 1-4 times daily, with or between meals.**

**Each (size 10) softgel capsule contains:**

Calories	5
Total fat	0.5 g
Evening primrose ( <i>Oenothera biennis</i> ) oil (seed) (cold-pressed) (standardized to contain 9% gamma-linolenic acid (GLA))	500 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

Women's Formulas

NON  
GMO

E.P.O. (evening primrose oil)	Quantity	Order Code
	250	EPO2
	100	EPO1

EFA Essentials

TRIGLYCERIDE-FORM FISH OIL AND BORAGE OIL BLEND TO SUPPORT JOINT, SKIN AND EYE HEALTH\*

Extensive clinical research has indicated that essential fatty acids support the health of joints, skin and eyes. EPA, DHA and GLA support joint, skin and eye health through a broad range of mechanisms involving cytokine balance, protease activity, immune mediator activity and blood flow. The importance of GLA has been underscored by clinical studies with favorable musculoskeletal and dermatologic outcomes. While omega-3 fatty acids are utilized for the biosynthesis of prostaglandin E3, the omega-6 fatty acid, GLA, is an important precursor of prostaglandin E1. Together, EPA, DHA and GLA help to balance eicosanoid production in diverse cell types, including chondrocytes in joints, keratinocytes of the skin, and epithelial cells of the eye. EPA, DHA and GLA support joint health by maintaining healthy cytokine activity and matrix protease expression. GLA also supports skin elasticity and hydration through promoting peripheral blood flow and nutrient delivery. Clinical research has indicated important roles of fish oil and GLA-rich oils in maintaining moisture retention in the epithelia of the eyes. Large studies have indicated that EPA and DHA support ocular hydration through promoting healthy tear production and tear film osmolarity in normally functioning eyes. GLA provides additional support for ocular health by maintaining mucin production and healthy tear film characteristics.†

2 softgel capsules, 1-2 times daily, with meals.

Two (size 20) softgel capsules contain:

Calories	20
Total fat	2 g
Fish oil concentrate (from anchovies, sardines)	1,914 mg
Providing:	
EPA (eicosapentaenoic acid)	570 mg
DHA (docosahexaenoic acid)	430 mg
Other omega-3 fatty acids	130 mg
Borage ( <i>Borago officinalis</i> ) oil (seed)	300 mg
Providing:	
GLA (gamma-linolenic acid)	50 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (rosemary leaf extract, natural tocopherols, ascorbyl palmitate)

Contains fish (anchovies, sardines)

Cardiometabolic Health & Metabolism



EFA Essentials	Quantity	Order Code
	120	EFA1

Electrolyte/Energy formula

SUPPORTS HYDRATION, STAMINA AND ELECTROLYTE REPLETION\*

- Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function, retains hydration, may lessen the perception of exertion†
- Provides glucose and maltodextrin, important pre-exercise sources of rapidly available energy; spares glycogen stores and delays fatigue†
- Contains the energizing cofactors malic acid and alpha ketoglutarate, both Krebs cycle intermediates†
- Includes vitamin C to protect muscles from free radicals generated during exercise and enhance tissue recovery†
- Supports mental focus under stressful conditions and may also help promote physical endurance with the amino acid l-tyrosine, a neurotransmitter precursor†
- Especially for strenuous or prolonged exercise at least 1-2 hours in length

1 scoop mixed in 8-10 oz water, 20 minutes before intense exercise, or as directed by a health professional.

Serving size: 1 scoop (approximately 8.5 g)  
Servings per container: 40

Each scoop (approximately 8.5 g) contains:

Calories	30
Total carbohydrate	7 g
Total sugars	3.5 g
Includes 3.5 g of added sugars	
Vitamin C (as ascorbic acid)	100 mg
Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate)	50 mg
Chloride (as sodium chloride)	75 mg
Sodium (as sodium chloride)	60 mg
Potassium (as potassium phosphate)	50 mg
Alpha ketoglutarate	100 mg
Malic acid	100 mg
l-Tyrosine (free-form)	250 mg
Other ingredients: maltodextrin, glucose, natural lemon-lime flavor	

Energy & Fitness



NON  
GMO

V

VEG

Electrolyte/Energy formula	Quantity	Order Code
	12 oz (340 g)	EEF3

\*Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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

## Emotional Wellness<sup>†</sup>

SUPPORTS EMOTIONAL AND MENTAL WELL-BEING AND MODERATES OCCASIONAL STRESS<sup>†</sup>

5-hydroxytryptophan and L-tyrosine are key precursors for the synthesis of several neurotransmitters responsible for a healthy emotional outlook, including serotonin, dopamine, epinephrine and norepinephrine. These neurotransmitters are involved in the regulation of endocrine and brain activity in addition to sleep/wake cycles. Research suggests that L-tyrosine may also support cognitive function and memory under stressful conditions. A healthy level of the inhibitory neurotransmitter GABA is also associated with positive mood. Research suggests that both GABA and L-theanine enhance alpha wave production in the brain, promoting relaxation. Complementary support for relaxation is provided by passionflower, while *Rhodiola rosea* supports cognitive and mental function under stressful conditions. Vitamin B<sub>6</sub> is a cofactor that plays an important role in supporting positive emotional health.<sup>†</sup>

**1 capsule, 1-3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	6.7 mg
5-Hydroxytryptophan	100 mg
L-Tyrosine (free-form)	100 mg
GABA (gamma-aminobutyric acid)	200 mg
L-Theanine	100 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Passionflower ( <i>Passiflora incarnata</i> ) extract (aerial parts) (standardized to contain 3.5% vitexins)	85 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Suntheanine® is a registered trademark of Taiyo International, Inc.

**Not to be taken by pregnant or lactating women. Do not use concurrently with antidepressants.**

Memory & Mood



Emotional Wellness <sup>†</sup>	Quantity	Order Code
	120	EW1
	60	EW6

## EmulsiSorb K<sub>2</sub>/D<sub>3</sub> liquid

NEW

ENHANCED ABSORPTION EMULSIFIED VITAMIN K<sub>2</sub> AND VITAMIN D<sub>3</sub> TO SUPPORT VASCULAR HEALTH<sup>†</sup>

EmulsiSorb K<sub>2</sub>/D<sub>3</sub> liquid offers a combination of micellized vitamin K<sub>2</sub> and Vitamin D<sub>3</sub> produced in a unique emulsification process, minimizing bile dependency and enhancing bioavailability for optimal absorption. Vitamin K<sub>2</sub>, menaquinone-7, promotes healthy vascular calcium balance and cardiovascular function. In a systematic review involving five studies, higher intakes of vitamin K<sub>2</sub> were associated with cardiovascular health. Research indicates that it supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. Unlike vitamin K<sub>1</sub>, which promotes bone health, menaquinone-7 targets vascular tissue to support healthy arterial blood flow and vascular elasticity. In an observational study involving 564 postmenopausal women, higher intake of vitamin K<sub>2</sub> was associated with calcium balance in the vascular tissue. Research indicates that vitamin D potentiates the activity of MGP and that the combination of vitamins K and D provides synergistic support for blood vessel function. Vitamin D enhances immune cell activation and optimal serum levels have been positively associated with immune function. A meta-analysis of 25 trials indicates vitamin D supplementation supports respiratory health. Preliminary evidence suggests that optimal vitamin K<sub>2</sub> status may work synergistically to promote respiratory tissue health through MGP activation effects on elasticity and healthy blood flow.<sup>†</sup>

**5 drops (0.16 ml) daily, with a meal, or as directed by a health professional.**

**Serving size: five drops (0.16 ml)**

**Servings per container: approximately 122**

**Five drops (0.16 ml) contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin K <sub>2</sub> (as menaquinone-7)	90 mcg

Other ingredients: purified water, glycerin, cellulose, lemon oil, xanthan gum, extra virgin olive oil, citric acid, potassium sorbate, organic stevia leaf extract, rosemary leaf extract, natural mixed tocopherols

**Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

**CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per serving.**

Cardiometabolic Health & Metabolism



EmulsiSorb K <sub>2</sub> /D <sub>3</sub> liquid	Quantity	Order Code
	20 ml (0.7 fl oz)	EKDL



# Energize Plus™ Pure Pack

**Daily Packet**
**With Metafolin® L-5-MTHF**

## Indications:

- Support for mitochondrial energy production and nutrient metabolism†

## Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 37.5 mcg (1,500 IU) vitamin D<sub>3</sub>
- Easily tolerated magnesium glycinate for sensitive individuals

## Special Features:

- Enhances energy production in the mitochondria†
- B vitamins, CoQ<sub>10</sub> and magnesium act as cofactors in the energy production pathway†
- Carnitine shuttles fatty acids into the mitochondria for oxidation and conversion into energy†
- Promotes nutrient metabolism†
- Omega-3-fatty acids support healthy gene expression to enhance glucose and lipid homeostasis†
- Vitamin D promotes healthy nutrient metabolism†
- Magnesium and B vitamins help counter the effects of stress on healthy nutritional status†
- Convenient, once-daily packet

## Each Packet Contains:

**Multi t/d** 1 vegetarian capsule »See page 124

- Multivitamin/mineral complex with activated B vitamins, antioxidants and trace minerals

**EPA/DHA essentials** 2 softgel capsules »See page 75

Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support†

**Vitamin D<sub>3</sub>** 1 vegetarian capsule »See page 203

- Cholecalciferol (vitamin D<sub>3</sub>) to support healthy nutrient metabolism†

**L-Carnitine** 1 vegetarian capsule »See page 49

- Free-form amino acid to support fatty acid oxidation and promote energy production†

**Magnesium (glycinate)** 1 vegetarian capsule »See page 112

- Highly bioavailable form of magnesium to support energy production and emotional well-being†

**CoQ<sub>10</sub>** 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ<sub>10</sub>

**1 packet daily (7 capsules), with a meal.**

## Seven capsules contain:

Calories	20
Total fat	2 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	675 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	37.5 mcg (1,500 IU)
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	34 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	25 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% as riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium glycinate)	120 mg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	50 mcg
Chromium (as chromium polynicotinate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Coenzyme Q <sub>10</sub>	30 mg
L-Carnitine (free-form) (from L-carnitine-L-tartrate)	340 mg
Fish oil concentrate (anchovies, sardines, mackerel)	2,000 mg
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

## Contains fish (anchovies, sardines, mackerel)

**Multivitamins, Vitamins & Minerals**

NON  
GMO

Energize Plus™ Pure Pack	Quantity	Order Code
	30 packets	EPPB3

## Energy Xtra

### ADAPTOGEN FORMULA FOR PHYSICAL AND MENTAL STAMINA<sup>†</sup>

Adaptogens have long been associated with promoting energy, enhancing stamina and reducing mild fatigue. They encourage physical work capacity and mental performance. Often referred to as tonics, they have far-reaching effects on overall physiological health, supporting immune, cardiovascular and endocrine functions. At the same time, they help the body to adapt to and cope with occasional stress, primarily by supporting the hypothalamic-pituitary-adrenal (HPA) axis. Panax ginseng promotes endurance and stamina, while also promoting cognitive, cardiovascular and immune function. Ashwagandha is recognized for supporting immune function and cognitive function. Rhodiola and eleuthero are traditionally associated with rejuvenating effects and the ability to promote endurance.<sup>‡</sup>

**1 capsule daily, with or between meals, or as directed by a health professional.**

#### Each (size 00) vegetarian capsule contains:

Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	200 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% ginsenosides)	200 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**Not to be taken by pregnant or lactating women.**

Energy & Fitness



NON  
GMO

V

VEG

Energy Xtra	Quantity	Order Code
	120	EX21
	60	EX26

## EPA/DHA essentials

### ULTRA-PURE, MICROFILTERED FISH OIL CONCENTRATE; SUPPORT FOR CARDIOVASCULAR HEALTH AND DAILY WELLNESS<sup>‡</sup>

Fish oil and omega-3 fatty acids EPA/DHA (eicosapentaenoic acid/docosahexaenoic acid) have been associated with numerous benefits, including healthy lipid metabolism, cytokine balance, joint comfort, blood flow, cognitive function and skin health.<sup>‡</sup>

**1-2 softgel capsules daily. Consume with food.**

#### Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water), natural tocopherols	

**Contains fish (anchovies, sardines, mackerel)**

Memory & Mood

NON  
GMO

EPA/DHA essentials	Quantity	Order Code
	180	ED11
	90	ED19



# EPA/DHA liquid (lemon flavor)

Suitable for Children

ULTRA-PURE, MICROFILTERED FISH OIL; SUPPORTS CARDIOVASCULAR HEALTH AND DAILY WELLNESS\*

Children ages 3-8, take 1/2 teaspoon daily, with a meal. Adults and children ages 9 and up, take 1 teaspoon daily, with a meal, or as directed by a health professional.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)  
Servings per container: 40

Each teaspoon (5 ml/0.17 fl oz) provides:

Calories	40
Total fat	4.5 g
Saturated fat	1 g
Polyunsaturated fat	2 g
Monounsaturated fat	1 g
Cholesterol	15 mg
Fish oil concentrate (from anchovies, sardines)	4,600 mg
Providing (typical):	
EPA (eicosapentaenoic acid)	740–825 mg
DHA (docosahexaenoic acid)	460–550 mg
Other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary leaf extract, ascorbyl palmitate, natural tocopherols)	

Contains fish (anchovies, sardines)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

Memory & Mood



EPA/DHA liquid (lemon flavor)	Quantity	Order Code
	200 ml (7 fl oz)	EDL2



# EPA/DHA with lemon

ULTRA-PURE, MICROFILTERED FISH OIL ENHANCED WITH LEMON FLAVOR; SUPPORTS CARDIOVASCULAR HEALTH AND DAILY WELLNESS\*

1-2 softgel capsules daily. Consume with food.

Each (size 20) softgel capsule contains:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Fish oil concentrate (from anchovies, mackerel, sardines)	900 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

Contains fish (from anchovies, mackerel, sardines)

Memory & Mood



EPA/DHA with lemon	Quantity	Order Code
	120	EDC1

# EPA Ultimate

ECO-FRIENDLY, SUPERCRITICAL CO<sub>2</sub> EXTRACTED EPA FISH OIL CONCENTRATE FOR CARDIOVASCULAR HEALTH AND EMOTIONAL WELLNESS\*

The omega-3 essential fatty acid EPA is primarily associated with healthy arachidonic acid metabolism. In an 8-week, double-blind study using high EPA, supercritical extracted fish oil, subjects reported support for healthy emotional well-being. In observational and epidemiological studies, higher plasma levels of EPA have been associated with healthy mood. Fish oil containing EPA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.\*

2 softgel capsules daily, with a meal.

Two (size 11) softgel capsules contain:

Calories	10
Total fat	1 g
Vitamin E (as mixed tocopherols)	1 mg
Fish oil concentrate (from anchovies and sardines)	1,350 mg
Providing:	
EPA (eicosapentaenoic acid)	798 mg
DHA (docosahexaenoic acid)	266 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water)

Contains fish (anchovies, sardines)

Cardiometabolic Health & Metabolism



EPA Ultimate	Quantity	Order Code
	120	EPU1

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

## Epi-Integrity powder Shelf-Stable

### PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

PROMOTES HEALTHY MODULATION OF MUCOSAL IMMUNE RESPONSES TO SUPPORT GI INTEGRITY IN A GREAT-TASTING POWDER†

Epi-Integrity powder combines glutamine, prebiotic fiber and herbal extracts to promote healthy modulation of mucosal immune response to support gastrointestinal (G.I.) integrity and function. Th2 modulation may be indicated when addressing immune balance in the G.I. tract. L-glutamine is an essential fuel for enterocytes (the cells that line the small intestine and colon), supporting cellular renewal, glutathione production and healthy, everyday tissue repair, while promoting healthy villous function. Arabinogalactan is a prebiotic fiber found in high concentrations in North American larch trees. It has been shown to increase the concentration of beneficial bacteria, such as *Bacteroidetes* and *Faecalibacterium prausnitzii*. Beneficial microflora are crucial for proper gut-associated lymphoid tissue (GALT) function and development. Research suggests higher levels of *F. prausnitzii* are associated with healthy cytokine balance and G.I. function. In clinical trials, arabinogalactan has been shown to promote immune cell function. In a randomized three-week trial involving healthy adults, arabinogalactan potentiated the innate immune system, supporting key first-line defenses. Perilla supports cytokine homeostasis of the G.I. mucosal tissue. In a randomized, controlled trial involving 50 individuals, 150 mg of Benegut® *Perilla frutescens* extract twice daily offered statistically significant support for G.I. comfort. Research suggests that perilla also helps maintain cytokine balance and stabilize mast cells. Astragalus promotes cytokine balance and supports macrophage, natural killer (NK) cell and T-cell activity. Adaptogens like astragalus support physiological and cellular homeostasis and have positive effects on immune function and antioxidant defenses. Deglycyrrhizinated licorice (DGL) maintains intestinal comfort by supporting the protective mucosal lining.†

1 scoop, 1-2 times daily. Add 1 serving to 8 oz of water or juice. Shake or stir until dissolved.

Serving size: 1 scoop (approximately 5.7 g)

Servings per container: approximately 30

One scoop (approximately 5.7 g) contains:

Calories	15
Total Carbohydrate	2.5 g
Sodium (naturally occurring)	25 mg
Arabinogalactan	2.4 g
L-Glutamine (free form)	2.4 g
Benegut® Perilla ( <i>Perilla frutescens</i> ) extract (leaf)	150 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	200 mg
Deglycyrrhizinated licorice ( <i>Glycyrrhiza glabra</i> ) extract (root)	50 mg
Other ingredients: citric acid, natural strawberry and lemonade flavors, malic acid, purified stevia leaf extract	

Benegut® is a trademark of Vital Solutions GmbH, Germany.

Gastrointestinal



NON  
GMO

V

VEG

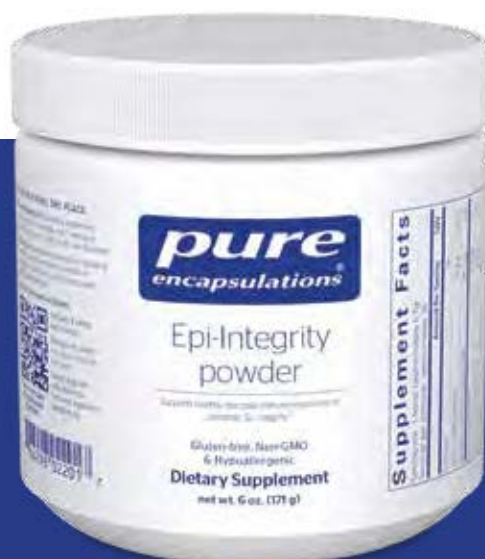
Epi-Integrity powder

Quantity

Order  
Code

6 oz  
(171 g)

EIP1



## Essential-C & flavonoids

VITAMIN C ENHANCED WITH FLAVONOIDS FOR ANTIOXIDANT, IMMUNE AND VASCULAR SUPPORT†

Essential-C & flavonoids offers a blend of ChelaMax® vitamin C and flavonoid compounds to provide vitamin C support for healthy immune and cellular function, as well as blood vessel integrity. ChelaMax® offers scientifically formulated, rigorously tested, and fully chelated calcium ascorbate. The process of chelation wraps this non-acidic, water-soluble nutrient in a protective shell to enhance bioavailability. A unique three-step quality assurance and verification process ensures full chelation, purity and efficacy. This process includes X-Ray diffraction (XRD), to confirm the actual structure of the compound; Fourier Transform Infrared (FT-IR) spectroscopy, which creates a unique fingerprint specific to this material; and Thermogravimetric analysis (TGA) to confirm purity. The bioflavonoids quercetin and rutin are free radical scavengers that complement the roles of vitamin C. Quercetin helps maintain healthy mast cell function and moderates healthy leukotriene and prostaglandin metabolism. Rutin provides important support for blood vessel integrity and healthy cell function.†

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 00) vegetarian capsule contains:**

Vitamin C (from ChelaMax® calcium ascorbate)	619 mg
Calcium (from ChelaMax® calcium ascorbate blend)	68 mg
Quercetin	50 mg
Rutin	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChelaMax® is a registered trademark of Innophos, LLC.

Immune Support



NON  
GMO

V

VEG

Essential-C & flavonoids	Quantity	Order Code
	180	ECF21
	90	ECF29



## Essential Aminos

A BALANCED RATIO OF ESSENTIAL AMINO ACIDS FOR MUSCLE, BRAIN AND TISSUE HEALTH†

Amino acids are the building blocks for all proteins, making them essential for a number of body functions, including fluid balance, enzyme production, cellular repair and energy metabolism. Amino acids also provide a readily available form of nitrogen, a critical element that forms various compounds such as neurotransmitters and creatine. In humans, protein is composed of 20 amino acids, only some of which the body is able to produce. Those that need to be obtained from exogenous sources are referred to as the essential amino acids. Pure Encapsulations' Essential Aminos formula is based on the ratios of essential amino acids from high biological value (BV) protein sources. Proper intake of these amino acids is important for the synthesis, repair and metabolism of muscle, cells and tissues.†

**1 capsule, 1-3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

I-Histidine (free-form)	50 mg
I-Isoleucine (free-form)	79 mg
I-Leucine (free-form)	138 mg
I-Lysine HCl (free-form)	110 mg
I-Methionine (free-form)	70 mg
I-Phenylalanine (free-form)	115 mg
I-Threonine (free-form)	68 mg
I-Valine (free-form)	75 mg
I-Tryptophan	20 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Energy & Fitness

Essential Aminos	Quantity	Order Code
	180	EA21

†Dr. Yanuck is a retained advisor to Pure Encapsulations.

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



## EyeProtect Basics<sup>‡</sup>

CLINICALLY RESEARCHED LEVELS OF KEY ANTIOXIDANTS TO SUPPORT EYE HEALTH<sup>‡</sup>

EyeProtect Basics<sup>‡</sup> contains the key antioxidants vitamin C, vitamin E, zinc, copper, lutein and zeaxanthin to support healthy vision and the integrity of the eye. A large randomized, double-blind, placebo-controlled clinical trial involving 3,600 individuals indicates that these nutrients are critical to maintain the health of the retina and macula. EyeProtect Basics<sup>‡</sup> contains clinically researched levels of these nutrients in optimally bioavailable forms.<sup>‡</sup>

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as d-alpha tocopherol succinate)	268 mg
Zinc (as zinc citrate)	25 mg
Copper (as copper glycinate)	2 mg
FloraGLO® lutein	10 mg
Zeaxanthin	2 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.



EyeProtect Basics <sup>‡</sup>	Quantity	Order Code
	60	EPB6

## EyeProtect Basics without zinc<sup>‡</sup>

OFFERS THE SAME EYEPROTECT BASICS<sup>‡</sup> FORMULA, WITHOUT ZINC

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	500 mg
Vitamin E (as d-alpha tocopherol succinate)	268 mg
Copper (as copper glycinate)	2 mg
FloraGLO® lutein	10 mg
Zeaxanthin	2 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.



EyeProtect Basics without zinc <sup>‡</sup>	Quantity	Order Code
	60	EPB26

## Folate 400

With Metafolin® L-5-MTHF

UNIVERSALLY METABOLIZED FORM OF FOLATE

Folate 400 provides 400 mcg per capsule of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



Folate 400	Quantity	Order Code
	90	FOL49

## Folate 1,000

With Metafolin® L-5-MTHF

UNIVERSALLY METABOLIZED FORM OF FOLATE

Folate 1,000 provides 1,000 mcg per capsule of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Folate (as Metafolin®, L-5-MTHF) 1,667 mcg DFE (1,000 mcg L-5-MTHF)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



Folate 1,000	Quantity	Order Code
	90	FOL19

## Folate 5,000

### UNIVERSALLY METABOLIZED FORM OF FOLATE

Folate 5,000 provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate.

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Folate 8,333 mcg DFE (5,000 mcg L-5-MTHF)  
(as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

#### Multivitamins, Vitamins & Minerals



Folate 5,000	Quantity	Order Code
	60	FOL56

## Folate 5,000 Plus

### ACTIVATED FOLATE, VITAMIN B<sub>12</sub> AND B<sub>6</sub> COMBINATION

Folate 5,000 Plus provides 5,000 mcg of folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, combined with activated vitamin B<sub>12</sub> and B<sub>6</sub>. Optimal levels of these B vitamins have been associated with cellular, cardiovascular, neurological and emotional health. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. Research suggests that B vitamins help maintain healthy nervous system function. In a randomized controlled study, a combination of methylfolate, methylcobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort. These vitamins also enhance healthy endothelial function and play a vital role in the metabolism of homocysteine.†

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 1) vegetarian capsule contains:**

Vitamin B<sub>6</sub> (as pyridoxal 5' phosphate (activated B<sub>6</sub>)) 25 mg  
Folate 8,333 mcg DFE (5,000 mcg L-5-MTHF)  
(as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)  
Vitamin B<sub>12</sub> (as methylcobalamin) 1,000 mcg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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

#### Multivitamins, Vitamins & Minerals



Folate 5,000 Plus	Quantity	Order Code
	60	FLP56

## Folic Acid

### SUPPORT FOR HEALTHY FETAL NEURAL DEVELOPMENT†

Folic Acid is essential for healthy fetal neural development. It is necessary for the growth and reproduction of red and white blood cells, the formation of nucleic acids, the conversion of homocysteine to methionine, and the production of gastric HCl.†

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 250% of the DV (1,000 mcg).

1,333 mcg DFE (800 mcg) folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in foods in common form. FDA does not endorse this claim. Public health authorities recommend that women consume 600 mcg DFE (360 mcg) folic acid daily from fortified foods or dietary supplements or both to reduce the risk of neural tube defects.

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Folate (as folic acid) 1,333 mcg DFE (800 mcg folic acid)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

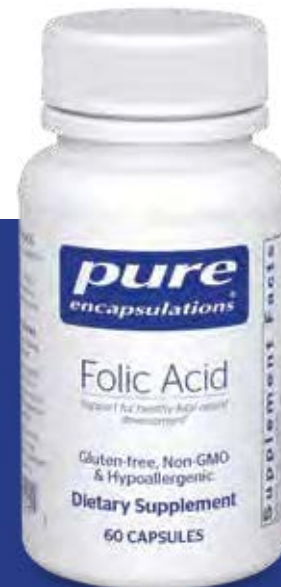
#### Multivitamins, Vitamins & Minerals



Folic Acid	Quantity	Order Code
	60	FO6

See also  
[PureMelt B<sub>12</sub> Folate](#)

»page 165



## G.I. Fortify<sup>†</sup> (capsules)

### PureGI™ product line

DESIGNED TO SUPPORT A HEALTHY G.I. ENVIRONMENT, BOWEL REGULARITY, COLON CELL FUNCTION AND DETOXIFICATION<sup>†</sup>

- Maintains bowel regularity and supports healthy bowel movement frequency with psyllium and flax<sup>†</sup>
- Supports short chain fatty acid (SCFA) production to promote a healthy G.I. environment, microflora balance and colon cell health<sup>†</sup>
- Promotes healthy intestinal cellular integrity and enhances the protective mucosal lining with L-glutamine, an important energy source for the G.I. tract in times of stress or increased metabolic demand<sup>†</sup>
- Enhances healthy G.I. detoxification with fiber and chlorella<sup>†</sup>

**3 capsules daily, between meals with 8-12 oz water, or as directed by a health professional. Daily water intake should be increased when consuming this product.**

**Three (size 00) vegetarian capsules contain:**

Calories	5
Total carbohydrate	1 g
Dietary fiber	1 g
Psyllium powder (husk)	1,100 mg
Flax ( <i>Linum usitatissimum</i> ) powder (seed)	400 mg
L-Glutamine (free-form)	500 mg
Aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
Chlorella ( <i>Chlorella</i> spp.) powder (cracked cell wall)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Gastrointestinal



NON  
GMO

V

VEG

G.I. Fortify <sup>†</sup> (capsules)	Quantity	Order Code
	120	GIFC1



## G.I. Fortify<sup>†</sup>

### PureGI™ product line

SUPPORTS INTESTINAL BARRIER FUNCTION AND DIGESTIVE HEALTH.<sup>†</sup>

This product is a blend of high-impact fiber, herbs and nutrients, supporting overall gastrointestinal function and occasional constipation. Psyllium is a valued source of soluble fiber, helping to promote larger and softer stools for healthy bowel movement frequency. It is fermented in the intestines, producing short chain fatty acids (SCFAs) that provide an energy source for the colon to maintain healthy colon cell function and promote beneficial microflora. Flaxseed provides a source of lignans, fatty acids, and both soluble and insoluble fibers, enhancing the gut health potential of this complex. In times of stress or increased metabolic demand, glutamine is an especially important source of energy for the G.I. tract. It also maintains the integrity of the intestinal barrier. G.I. Fortify<sup>†</sup> provides a combination of deglycyrrhizinated licorice (DGL), aloe, slippery elm and marshmallow root to support gut integrity and provide a soothing effect. Triphala is a standardized blend of three fruit extracts, *Terminalia chebula*, *Terminalia bellerica* and *Embolica officinalis*. It is an Ayurvedic blend prized for supporting intestinal detoxification, occasional constipation, and overall colon health.<sup>†</sup>

**Add 1 serving to 8-12 oz water. Shake, stir or blend briskly and drink immediately. Drink an additional 8-12 oz serving of water following. Daily water intake should be increased when consuming this product.**

**Serving size: 1 heaping scoop (approximately 8.9 grams)**

**Servings per container: approximately 45**

**Each heaping scoop (approximately 8.9 g) contains:**

Calories	25
Total carbohydrate	5 g
Dietary fiber	4 g
Total sugars	<1 g
Protein	1 g
Psyllium powder (husk)	4 g
Flax ( <i>Linum usitatissimum</i> ) powder (seed)	2.25 g
L-Glutamine (free-form)	1 g
Deglycyrrhizinated licorice ( <i>Glycyrrhiza glabra</i> ) extract (root)	600 mg
Marshmallow ( <i>Althaea officinalis</i> ) extract (root)	400 mg
Aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet) (standardized to contain 10% polysaccharides)	100 mg
Slippery elm ( <i>Ulmus fulva</i> ) extract (bark)	200 mg
Triphala (a proprietary blend of chebula myrobalan ( <i>Terminalia chebula</i> ), belleric myrobalan ( <i>Terminalia bellerica</i> ), and amla ( <i>Embolica officinalis</i> ) extracts (fruit))	90 mg
Other ingredients: stevia leaf extract, ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Gastrointestinal



NON  
GMO

V

VEG

G.I. Fortify <sup>†</sup>	Quantity	Order Code
	14.1 oz (400 g)	GIF4

## G.I. Integrity<sup>†</sup>

### PureGI™ product line

#### ENHANCED SUPPORT FOR GASTROINTESTINAL INTEGRITY AND FUNCTION<sup>†</sup>

Glutamine, the most abundant amino acid in the body, promotes healthy everyday tissue repair. In the gut, it maintains intestinal integrity by supporting the protective mucosal lining and maintaining healthy villous function. It is also an important metabolic fuel for the enterocytes and immune cells in the small intestine. N-acetyl-d-glucosamine is a component of glycosaminoglycans and glycoproteins found in the gut's mucosal surface. Gamma oryzanol has a history of use in gastrointestinal applications, with preclinical data supporting its potential to moderate gastric secretions and promote gut function. The polysaccharide-rich inner fillet of aloe vera maintains healthy prostaglandin metabolism, immune-mediator activity and antioxidant defenses. In a randomized, double-blind clinical trial, improvements in intestinal symptom scores were significant compared to placebo after 4 weeks of aloe vera supplementation.<sup>‡</sup>

#### 2 capsules, twice daily, with or between meals.

##### Two (size 00) vegetarian capsules contain:

I-Glutamine (free-form)	1,000 mg
N-Acetyl-d-glucosamine (from crab, shrimp)	500 mg
Gamma oryzanol (from rice bran)	150 mg
Aloe vera ( <i>Aloe barbadensis</i> ) extract (inner fillet) (standardized to contain 10% polysaccharides)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

#### Gastrointestinal



G.I. Integrity <sup>†</sup>	Quantity	Order Code
	240	GII2
	120	GII1

## GABA

#### PROMOTES POSITIVE MOOD, SUPPORTS RELAXATION AND MODERATES OCCASIONAL STRESS<sup>†</sup>

GABA is the primary inhibitory neurotransmitter in the central nervous system, playing a central role in regulating cell-to-cell communication. Healthy levels have been associated with positive mood. A recent study indicates that GABA also enhances alpha wave production in the brain to promote relaxation and moderate occasional stress. In the same study, it supported healthy IgA levels, suggesting that it may support immune health during occasional stress.<sup>‡</sup>

#### 1 capsule daily, between meals, or as directed by a health professional.

##### Each (size 00) vegetarian capsule contains:

GABA (gamma-aminobutyric acid)	700 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

#### Memory & Mood



GABA	Quantity	Order Code
	120	GAB1
	60	GAB6



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

## Garlic Complex

UNIQUE COMBINATION OF GARLIC AND AGED FERMENTED BLACK GARLIC EXTRACT TO SUPPORT ANTIOXIDANT DEFENSES, CARDIOVASCULAR AND IMMUNE HEALTH<sup>†</sup>

Garlic Complex provides a unique combination of aged fermented black garlic extract and garlic extract. This combination offers cardiovascular and immune-support properties, while also reducing the odor and sharp taste typically associated with raw garlic and garlic extracts. The health-promoting effects of garlic are derived from its sulfur-containing compounds, including allicin and S-allyl-cysteine (SAC). The fermentation and aging process utilized in the production of black garlic increases the levels of SAC and other bioactive compounds, including phenols and flavonoids. These compounds act as antioxidants in the body to protect tissues and support cellular function. Animal and cell studies suggest that the cardiometabolic effects from aged black garlic are due primarily to antioxidant and cytokine balance support, stemming partly from alterations in gene expression. In a randomized, double-blind trial involving 60 adults, 12 weeks of supplementation with 6 grams of aged black garlic revealed support for healthy lipid metabolism. Standard garlic extract is included to promote broad-spectrum cardiovascular health, including support for healthy blood flow and platelet function, healthy lipid and triglyceride metabolism, and healthy arterial function. Garlic has also demonstrated support for maintaining a healthy gut ecology and promoting healthy immune system function.<sup>†</sup>

**2 capsules, 1-2 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Aged fermented black garlic ( <i>Allium sativum</i> ) extract (bulb) (standardized to contain 0.1% S-Allyl cysteine)	600 mg
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Garlic ( <i>Allium sativum</i> ) extract (bulb) (standardized to contain 2,000 mcg/g allicin yield)	400 mg
--	--------

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

ABG10+® is a trademark owned by Pharmactive Biotech Products, SL.

**Cardiometabolic Health & Metabolism**



NON  
GMO

V

VEG

Garlic Complex	Quantity	Order Code
	120	GRC1

## Ginger extract

SUPPORTS DIGESTIVE, MUSCULOSKELETAL AND CARDIOVASCULAR HEALTH<sup>†</sup>

The volatile oil components of ginger are responsible for its nutritional activity. Ginger helps to stimulate digestive enzymes and increases the production and secretion of bile from the liver and gallbladder. Ginger supports the cardiovascular system by maintaining healthy leukotriene and thromboxane production, supporting healthy platelet function<sup>†</sup>

**1 capsule, 1-4 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	500 mg
--	--------

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

**Immune Support**



NON  
GMO

VEG

Ginger extract	Quantity	Order Code
	120	GI1





## Ginkgo 50 160 mg

SUPPORTS HEALTHY BLOOD CIRCULATION AND MENTAL ACUITY<sup>‡</sup>

Ginkgo biloba provides time-tested support for healthy blood flow and cognitive function.<sup>‡</sup>

**1 capsule, 1-2 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

Ginkgo (*Ginkgo biloba*) extract (leaf) 160 mg  
(standardized to contain 24% ginkgoheterosides and 6%  
terpene lactones)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Memory & Mood



NON  
GMO

V

VEG

Ginkgo 50 160 mg

Quantity

Order  
Code

120

GB11



## GlucoFunction<sup>‡</sup>

COMBINES KEY NUTRIENTS, ANTIOXIDANTS AND HERBAL EXTRACTS TO PROMOTE BROAD-SPECTRUM SUPPORT FOR HEALTHY GLUCOSE METABOLISM<sup>‡</sup>

Minerals including chromium, magnesium and zinc are associated with healthy glucose metabolism and may be synergistic with biotin. Bis-glycinato oxo vanadium is a bioavailable organic complex of glycine and vanadium. Vanadium promotes healthy glucose metabolism by supporting healthy liver and skeletal muscle function. The water-soluble polyphenol polymers found in CinSulin<sup>®</sup> cinnamon extract promote healthy glucose function, lipid metabolism and blood flow. *Momordica charantia*, or bitter melon, and *Gymnema sylvestre* provide traditional support for healthy pancreas and glucose function. Vitamin C maintains healthy red blood cell sorbitol levels. Alpha lipoic acid supports healthy glucose metabolism by promoting healthy mitochondrial function.<sup>‡</sup>

**1 capsule, 3 times daily, before meals.**

**Each (size 00) vegetarian capsule contains:**

Vitamin C (as ascorbic acid)	66 mg
Biotin	2,000 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	5 mg
Chromium (as chromium polynicotinate)	133 mcg
Vanadium (as bis-glycinato oxo vanadium (BGOV))	500 mcg
Alpha lipoic acid (thioctic acid)	100 mg
Cinnamon ( <i>Cinnamomum cassia</i> ) extract (dried bark)	83 mg
Gymnema ( <i>Gymnema sylvestre</i> ) extract (leaf)	50 mg
Bitter melon ( <i>Momordica charantia</i> ) extract (fruit)	75 mg
Other ingredients: vegetarian capsule (cellulose, water)	

ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> & logo are trademarks of Lonza or its affiliates.

CinSulin<sup>®</sup> is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

**Not to be taken by pregnant or lactating women.**

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

GlucoFunction<sup>‡</sup>

Quantity

Order  
Code

180

GF1

90

GF9

## Glucosamine + Chondroitin with MSM

SUPPORTS CONNECTIVE TISSUE HEALTH AND JOINT COMFORT<sup>‡</sup>

Sulfur-containing methylsulfonylmethane (MSM) is included in this glucosamine and chondroitin combination to provide an enhanced spectrum of nutrients for optimal cartilage matrix composition, connective tissue strength, and joint comfort. Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin sulfate. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. In addition, chondroitin sulfate may maintain healthy enzyme activity. An important role of sulfur from MSM is to enhance the structure and integrity of proteoglycans.<sup>‡</sup>

**1 capsule, 3 times daily, with meals. Individual results may vary.**

**Each (size 00) vegetarian capsule contains:**

Glucosamine HCl (from crab, shrimp)	300 mg
Chondroitin sulfate (from bovine)	300 mg
MSM (methylsulfonylmethane)	300 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine + Chondroitin with MSM	Quantity	Order Code
	360	GCMS3
	240	GCMS2
	120	GCMS1
	60	GCMS6

## Glucosamine/MSM with joint comfort herbs<sup>‡</sup>

PROMOTES HEALTHY CARTILAGE AND JOINT TISSUE<sup>‡</sup>

Glucosamine sulfate and MSM provide intrinsic compounds essential for healthy cartilage formation, including glycosaminoglycans and elemental sulfur, respectively. MSM has also been attributed with enhancing healthy immune cell activity, thereby supporting tissues surrounding the joints. These important cartilage matrix constituents are complemented with additional factors for supporting a healthy immune response. In studies, ginger promotes healthy prostaglandin and leukotriene biosynthesis. Curcumin helps maintain healthy neutrophil function and scavenges free radicals.<sup>‡</sup>

**2 capsules, 1-3 times daily, with meals. Individual results may vary.**

**Two (size 00) vegetarian capsules contain:**

Glucosamine sulfate (from crab, shrimp)	500 mg
MSM (methylsulfonylmethane)	500 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	250 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	250 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine/MSM with joint comfort herbs <sup>‡</sup>	Quantity	Order Code
	360	GM3
	180	GM1



## Glucosamine Chondroitin with Manganese

### ENHANCED CARTILAGE SYNTHESIS AND ANTIOXIDANT SUPPORT<sup>†</sup>

This convenient formula combines two of the most important cartilage building blocks, glucosamine and chondroitin, with manganese ascorbate for enhanced connective tissue support. In a study, the combination of glucosamine HCl, chondroitin sulfate and manganese ascorbate demonstrated the ability to promote joint function. The combination of glucosamine and chondroitin may also provide support for healthy hyaluronic acid content and synovial fluid. The trace mineral manganese plays a key role in supporting glycosaminoglycan and mucopolysaccharide production and encourages the antioxidant activity of superoxide dismutase. Vitamin C, as ascorbate, is a vital nutrient for proper collagen formation and also serves as an antioxidant.<sup>‡</sup>

**Initial dose: 1 capsule, 3 times daily, with meals, for 2-3 weeks.**  
**Maintenance dose: 1 capsule, 2 times daily, with meals. Individual results may vary.**

#### Each (size 00) vegetarian capsule contains:

Manganese (as manganese ascorbate)	2 mg
Glucosamine HCl (from crab, shrimp)	500 mg
Chondroitin sulfate (from bovine)	400 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

#### Bones, Joints & Muscles



Glucosamine + Chondroitin with Manganese	Quantity	Order Code
	360	GCM3
	120	GCM1



## Glucosamine Complex

### CARTILAGE SUPPORT WITH MANGANESE<sup>‡</sup>

This formula combines three forms of glucosamine: glucosamine HCl, glucosamine sulfate and n-acetyl-d-glucosamine. These naturally occurring substances build and maintain the matrix of collagen and connective tissue that forms the ground substance of cartilage.<sup>‡</sup>

**1 capsule daily, with a meal, or as directed by a health professional. Individual results may vary.**

#### Each (size 00) vegetarian capsule contains:

Manganese (as manganese ascorbate)	2 mg
Glucosamine sulfate (from crab, shrimp)	250 mg
Glucosamine HCl (from crab, shrimp)	250 mg
N-Acetyl-d-glucosamine (from crab, shrimp)	250 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Contains shellfish (crab, shrimp)

#### Bones, Joints & Muscles



Glucosamine Complex	Quantity	Order Code
	180	GSC1

## Glucosamine HCl + Chondroitin

### SHELLFISH-FREE GLUCOSAMINE AND CHONDROITIN COMBINATION FOR DAILY JOINT SUPPORT<sup>‡</sup>

Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin. Studies have indicated that glucosamine HCl has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. In addition, it maintains healthy enzyme activity in the cartilage matrix, supporting cartilage integrity, and may provide synergistic support when combined with glucosamine. Studies suggest that the combination of glucosamine HCl and chondroitin sulfate have positive effects on joint mobility and comfort.<sup>‡</sup>

**1 capsule, 3 times daily, with meals, or as directed by a health professional. Individual results may vary.**

#### Each (size 00) vegetarian capsule contains:

Glucosamine HCl (shellfish-free)	400 mg
Chondroitin sulfate (from bovine)	300 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

#### Bones, Joints & Muscles



Glucosamine HCl + Chondroitin	Quantity	Order Code
	120	GLC1

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

## Glucosamine Sulfate 1,000 mg

ENHANCES AND UTILIZES THE INTRINSIC COMPOUNDS IN CARTILAGE IN ORDER TO SUPPORT HEALTHY CARTILAGE AND JOINTS<sup>†</sup>

Glucosamine sulfate supports healthy joints and connective tissue. Glucosamine is a naturally occurring compound present in joint cartilage that is necessary for the synthesis of proteoglycans, the protein molecules responsible for giving cartilage its strength and resilience. Sulfate, another component of proteoglycans, works synergistically with glucosamine in cartilage metabolism.<sup>†</sup>

**1 capsule, 1-2 times daily, with meals, or as directed by a health professional. Individual results may vary.**

**Each (size 00) vegetarian capsule contains:**

Glucosamine sulfate (from crab, shrimp) 1,000 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Contains shellfish (crab, shrimp)

Bones, Joints & Muscles



Glucosamine Sulfate 1,000 mg	Quantity	Order Code
	360	GS13
	180	GS11
	60	GS16



## Glucose Support Formula<sup>†</sup>

SUPPORTS OPTIMAL PANCREAS FUNCTION AND HEALTHY GLUCOSE METABOLISM<sup>†</sup>

This formula provides a helpful combination of essential nutrients for healthy glucose support. The leaves of *Gymnema sylvestre* have been used for over 2,000 years in India. *Gymnema sylvestre* has been shown to nutritionally support the insulin-producing cells of the pancreas. Alpha lipoic acid is a versatile nutrient that provides antioxidant activity and supports healthy glucose metabolism. As adaptogens, *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, promote healthy glucose balance. Research has indicated that maitake mushroom extract has a potential role in healthy glucose utilization. This formula also combines chromium with nicotinic acid, promoting healthy glucose and fat metabolism.<sup>†</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Chromium (as chromium polynicotinate)	200 mcg
Gymnema ( <i>Gymnema sylvestre</i> ) extract (leaf)	75 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% ginsenosides)	100 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Maitake mushroom ( <i>Grifola frondosa</i> ) extract (fruiting body)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Cardiometabolic Health & Metabolism



Glucose Support Formula <sup>†</sup>	Quantity	Order Code
	120	GSF1
	60	GSF6

See also

GlucoFunction<sup>†</sup>  
Metabolic Xtra

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»page 120

## I-Glutamine 500 mg

NUTRITIONALLY SUPPORTS THE MUCOSAL LINING AND THE HEALTHY FUNCTIONING OF THE GASTROINTESTINAL TRACT, AS WELL AS LEAN MUSCLE MASS<sup>‡</sup>

I-Glutamine is the most abundant amino acid in the body. In times of metabolic stress, glutamine is utilized by the body for tissue repair and gastrointestinal tract support. Glutamine plays a large role in maintaining healthy intestinal integrity by enhancing the intestine's protective mucosal lining. In addition, glutamine is important in the preservation of muscle mass.<sup>‡</sup>

**1 capsule, 1-4 times daily, between meals, or as directed by a health professional.**

**Each (size 1) vegetarian capsule contains:**

I-Glutamine (free-form) 500 mg  
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Bones, Joints & Muscles



I-Glutamine 500 mg	Quantity	Order Code
	90	LG59

## I-Glutamine 850 mg

**1 capsule, 1-3 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

I-Glutamine (free-form) 850 mg  
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Bones, Joints & Muscles



I-Glutamine 850 mg	Quantity	Order Code
	250	LG82
	90	LG89

## I-Glutamine powder

**1 heaping scoop mixed with water or juice, 1-3 times daily, between meals, or as directed by a health professional.**

**Serving size: approximately 3.1 g (1 heaping scoop)  
Servings per container: approximately 73**

**Each heaping scoop (approximately 3.1 g) contains:**

I-Glutamine (free-form) 3 g

Bones, Joints & Muscles



I-Glutamine powder	Quantity	Order Code
	8 oz (227 g)	LGP

## Gluten/Dairy Digest

Improved Formula

A UNIQUE MIX OF ENZYMES TO SUPPORT HEALTHY GLUTEN AND DAIRY DIGESTION<sup>‡</sup>

Gluten/Dairy Digest contains a blend of digestive enzymes targeting gluten and dairy digestion. Gluten/Dairy Digest includes a blend of proteases specially formulated with the scientifically researched prolyl-endopeptidase enzyme targeting gluten breakdown. In a randomized, double-blind, placebo-controlled trial, individuals consuming prolyl-endopeptidase enzyme and gluten showed lower  $\alpha$ -gliadin (a main component of gluten) concentration in the stomach and duodenum. In another randomized, placebo-controlled, crossover study, 18 gluten-sensitive subjects consumed a mixed meal containing 0.5 g gluten. Tolerase® G (83,300 PPI) significantly degraded gluten concentrations in both the stomach and duodenum. In the stomach, median gluten levels were reduced from 176.9 mcg (range of 73.5-357.8 mcg) to 25.4 mcg (16.4-43.7 mcg,  $p=0.001$ ). In the duodenum, median gluten levels were reduced from 14.1 mcg (range of 8.3-124.7) to 7.4 mcg (3.8-12 mcg,  $p=0.015$ ). The enzyme specifically degrades the immunogenic parts of the gluten protein. Research reveals that gluten-sensitive T-cells no longer react after gluten has been degraded with the enzyme. Additionally, this formula provides a unique mixture of protease enzymes and lactase to assist digestion of multiple constituents of milk and dairy products. Protease enzymes targeting casein and beta-lactoglobulin proteins support dairy protein digestion. Casein is the predominant protein in milk and cheese. Beta-lactoglobulin occurs primarily in the whey fraction of milk. It is an acid-stable protein and therefore may not be broken down by pepsin and pancreatin. Lactase breaks down the milk sugar lactose, helping to relieve occasional bloating or gas that some people can experience from dairy consumption.<sup>‡</sup>

**1 capsule daily, with food.**

**Each (size 1) vegetarian capsule contains:**

Tolerase® G Prolyl Endopeptidase	83,300 PPI
BioCore® Dairy	105 mg
Protease (endo/exopeptidase)	630 BLGU
Lactase	1,000 ALU

Other ingredients: vegetarian capsule (cellulose, water)

BioCore® is a trademark of National Enzyme Company.

Tolerase® G is a trademark of DSM.

Tolerase® G is not intended to replace a gluten-free diet.

Tolerase® G is not intended to treat or prevent Celiac disease.

Gastrointestinal



Gluten/Dairy Digest	Quantity	Order Code
	120	GDD21
	60	GDD26



# GlutenAssure Multivitamin

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX DESIGNED TO SUPPORT NUTRITIONAL NEEDS OF THOSE AVOIDING GLUTEN<sup>†</sup>

## Indications:

- Men and women ages 18 and up

## Vitamin Distinctions:

- Provides enhanced levels of fat-soluble vitamins to meet increased needs
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers activated vitamin B<sub>12</sub> in a blend of adenosylcobalamin and methylcobalamin
- Includes vitamin K<sub>1</sub> and K<sub>2</sub> (menaquinone-7) to support healthy calcium metabolism<sup>†</sup>

## Special Features:

- Contains unique, clinically researched Tolerase® G prolyl-endopeptidase enzyme at the level designed to target the breakdown of 500 mg gluten over 3 capsules<sup>†a</sup>
- Convenient 3-capsule dosing designed to be taken at each meal to target inadvertent dietary gluten<sup>†</sup>
- Offers calcium, magnesium, folate, and vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub> and D, nutrients that can be low in individuals following a gluten-free diet<sup>†</sup>
- Provides lutein to support macular health<sup>†</sup>
- Contains the concentrated 5-LOXIN® boswellia extract to promote healthy immune activity in the epithelial lining of the digestive tract and cytokine balance<sup>†</sup>

Nutrition surveys indicate that gluten-free diets are often low in fiber and micronutrients, particularly B vitamins and certain minerals. GlutenAssure Multivitamin is specially formulated with higher levels of key B vitamins, as well as magnesium, calcium, zinc and selenium. Enhanced levels of fat-soluble vitamins A, D, E, K<sub>1</sub> and K<sub>2</sub> help support optimal serum levels of these nutrients, which can be difficult to absorb. 5-LOXIN® boswellia extract is concentrated to provide 10 times as much AKBA as typical boswellia extracts. Research suggests that AKBA promotes cytokine balance to support joint and gastrointestinal health, in part by maintaining healthy immune activity in connective tissue and in the epithelial lining of the digestive tract. This multivitamin also includes the scientifically researched prolyl-endopeptidase enzyme targeting gluten breakdown. Research suggests that individuals following a gluten-free diet are exposed to an average of 150 to 400 mg of gluten daily. This unique formulation is designed to be taken with meals and target this inadvertent gluten exposure. In a randomized, double-blind, placebo-controlled trial, individuals consuming prolyl-endopeptidase enzyme and gluten showed lower α-gliadin (a main component of gluten) concentration in the stomach and duodenum. The enzyme specifically degrades the immunogenic parts of the gluten protein. Research reveals that gluten-sensitive T-cells no longer react after gluten has been degraded with the enzyme.<sup>†</sup>

1 capsule with each meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and as 20% beta carotene)	500 mcg
Vitamin C (as ascorbic acid)	33 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	8.3 mcg (333 IU)
Vitamin E (as d-alpha tocopherol succinate)	6.6 mg
Vitamin K (as vitamin K <sub>1</sub> )	30 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3.3 mg
Riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B <sub>2</sub> ))	1.3 mg
Niacin (as niacin and 75% niacinamide)	6.6 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 50% pyridoxal-5-phosphate (activated B <sub>6</sub> ))	8.3 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin and 50% adenosylcobalamin)	333 mcg
Biotin	33 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	2 mg
Choline (as choline bitartrate)	10 mg
Calcium (as di-calcium malate) (DimaCal®)	50 mg
Iodine (as potassium iodide)	50 mcg
Magnesium (as di-magnesium malate) (Albion®)	50 mg
Zinc (as zinc picolinate)	5 mg
Selenium (as selenomethionine)	23 mcg
Copper (as copper bis-glycinate)	0.3 mg
Manganese (as manganese citrate)	0.8 mg
Chromium (as chromium picolinate)	33 mcg
Vitamin K <sub>2</sub> (menaquinone-7)	10 mcg
Inositol	10 mg
FloraGLO® lutein	666 mcg
5-LOXIN® Boswellia serrata extract Indian frankincense (Boswellia serrata) extract (gum resin)(standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	33 mg
Tolerase® G Prolyl endopeptidase	29,000 PPI
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Albion® and DimaCal® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

Tolerase® G is a trademark of DSM.

Multivitamins, Vitamins & Minerals



GlutenAssure Multivitamin	Quantity	Order Code
	90	GAM9

See also  
Gluten/Dairy Digest

»page 87

## Glycine

SUPPORTS RESTFUL SLEEP AND DETOXIFICATION<sup>‡</sup>

Glycine is the simplest amino acid; its side chain consists of just a single hydrogen atom. Supplementation with glycine has been shown to support healthy kidney and liver function as well as nervous system health. Animal studies and a small human study indicate that glycine has the potential to support memory and mental function. In another human trial, glycine, acting as an inhibitory amino acid, had neuroprotective effects. Animal studies suggest that glycine plays a protective role for the kidneys and liver, particularly by supporting detoxification of certain chemicals.<sup>‡</sup>

**3 capsules, 1-2 times daily, between meals.**

**Three (size 1) vegetarian capsules contain:**

Calories	5
Glycine (free-form)	1,500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	



Glycine	Quantity	Order Code
	180	GL1

## Grapefruit Seed extract

PROMOTES THE BALANCE OF INTESTINAL MICROORGANISMS AND SUPPORTS HEALTHY MICROBIAL BALANCE IN THE GASTROINTESTINAL TRACT<sup>‡</sup>

Grapefruit Seed extract is a highly concentrated G.I.-balancing extract promoting healthy microflora and gut ecology. A preliminary clinical trial reported that grapefruit seed extract supplements helped support healthy G.I. function and comfort. An in vitro study indicated that grapefruit seed extract promoted healthy microbial balance. Other studies support these findings, citing that grapefruit seed extract promotes a healthy environment when exposed to a wide range of bacterial biotypes.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals and 6-8 oz of water.**

**Each (size 2) vegetarian capsule contains:**

Grapefruit ( <i>Citrus x paradisi</i> ) extract (seed and fruit)	250 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**



Grapefruit Seed extract	Quantity	Order Code
	120	GR1
	60	GR6

## Grape Pip 500 mg

PROVIDES UNIQUE ANTIOXIDANT PROTECTION AND SUPPORTS VASCULAR HEALTH<sup>‡</sup>

Grape pips (seeds) are a superior source of flavonoids, polyphenols and oligomeric procyanidin complexes (OPC). Polyphenols have been shown to maintain healthy collagenase, elastase and hyaluronidase enzyme activity, supporting vascular endothelial integrity. As these compounds are relatives of the anthocyanins in bilberry, they also support visual adaptation and acuity.<sup>‡</sup>

**1 capsule daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Grape ( <i>Vitis vinifera</i> ) extract (seed)	500 mg
(standardized to contain 92% polyphenols)	
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Cardiometabolic Health & Metabolism**



Grape Pip 500 mg	Quantity	Order Code
	120	GP51

## Green Tea extract (decaffeinated)

CONTAINS A HIGH EPIGALLOCATECHIN GALLATE (EGCG) CONTENT, PROVIDING IMPORTANT ANTIOXIDANT SUPPORT FOR ALL CELLS IN THE BODY<sup>‡</sup>

This decaffeinated green tea extract is a herbal extract containing catechins, a class of antioxidant compounds known as polyphenols. It contains a minimum of 90% catechins, with EGCG making up a minimum of 70% of the content.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Green tea ( <i>Camellia sinensis</i> ) extract (leaf)	100 mg
(standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Take with food. If you have liver problems, consult your healthcare practitioner before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

**Immune Support**



Green Tea extract	Quantity	Order Code
	120	GT1
	60	GT6

<sup>‡</sup>This product is not intended to replace a gluten-free diet or to treat or prevent celiac disease.

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

## Growth Hormone Support<sup>‡</sup>

### SUPPORTS HEALTHY GROWTH HORMONE LEVELS<sup>‡</sup>

The amino acids arginine and ornithine have been shown to support healthy growth hormone production. Growth hormone is naturally released by the pituitary gland in response to sleep and exercise in order to help replenish tissues. It supports muscle protein synthesis, moderates the breakdown of muscle tissue and promotes fat utilization for energy. Arginine supports healthy growth hormone synthesis and is also a precursor for protein synthesis. Ornithine alpha-ketoglutarate (OKG) has indicated the ability to support healthy nitrogen balance, important for healthy muscle function. OKG also promotes healthy polyamine, arginine and glutamine levels, important metabolites for muscle protein support. One study suggested the potential for arginine and ornithine in combination to support lean muscle mass when combined with physical training. A second study also suggests a possible role of arginine and ornithine in supporting lean muscle mass and strength training when combined with a high intensity exercise program.<sup>‡</sup>

Taken one hour before physical activity or bedtime, arginine and OKG may support healthy growth hormone production and may also promote healthy muscle protein synthesis, muscle recovery and lean muscle mass when combined with physical training.<sup>‡</sup>

**2 capsules, 1-2 times daily, on an empty stomach, before bedtime or 1 hour before a workout, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

L-Arginine HCl	1,000 mg
Ornithine alpha-ketoglutarate	500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Energy & Fitness



Growth Hormone Support <sup>‡</sup>	Quantity	Order Code
	90	GH9

## Hair/Skin/Nails Ultra

With Metafolin® L-5-MTHF

### SUPPORTS SKIN ELASTICITY AND HYDRATION, HEALTHY HAIR, AND NAIL STRENGTH AND THICKNESS<sup>‡</sup>

Vitamin C, zinc, copper, manganese and silica are integral collagen and keratin cofactors, promoting skin elasticity. Optimal levels of these nutrients, as well as folate, have been associated with healthy hair, skin and nails. Vitamin C supports skin resiliency and helps counter the effects of oxidative stress along with sustained-release CoQ<sub>10</sub> complex. Niacinamide and zinc promote immune function in the skin. The proanthocyanidins in grape seed extract help to stabilize collagen and elastin by moderating the proteolytic enzymes collagenase and elastase. Clinical studies indicate that biotin may help reinforce the

keratin structure of the nails, promoting strength and thickness. PABA supports the appearance of healthy hair through its effects on melanin metabolism. BioCell Collagen® is a patented, hydrolyzed and denatured low molecular weight collagen, providing a naturally occurring matrix of hyaluronic acid (HA), chondroitin sulfate and amino acids including lysine, proline and hydroxyproline. These structural components support the elasticity and firmness of skin. Furthermore, HA attracts water, promoting hydration and moisture retention within the dermal matrix. Case reports have revealed that BioCell Collagen® helped moderate the appearance of wrinkles and blemishes in the skin.<sup>‡</sup>

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	250 mg
Niacin (as niacinamide)	20 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Biotin	6,000 mcg
Zinc (as zinc citrate)	30 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Silica (from bamboo)	30 mg
PABA (para-aminobenzoic acid)	150 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	500 mg
Providing (typical):	
Hydrolyzed collagen 60%	300 mg
Chondroitin sulfate 20%	100 mg
Hyaluronic acid 10%	50 mg
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	140 mg
CoQ <sub>10</sub> (as CoQ <sub>10</sub> and as 33% from MicroActive® CoQ <sub>10</sub> -cyclodextrin complex)	60 mg
Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by US and International Patents).

MicroActive® is a registered trademark of BioActives, LLC.

**Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Hair/Skin/Nails Ultra	Quantity	Order Code
	60	HSN6

## Hawthorn extract

### CARDIOVASCULAR SYSTEM SUPPORT<sup>†</sup>

Hawthorn extract provides nutritional support for healthy cardiovascular function. This herbal formula supports coronary flow, healthy heart tissue and myocardial function.<sup>†</sup>

**1 capsule, 1-4 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Hawthorn (*Crataegus* spp.) extract (flower and leaf) 500 mg  
(standardized to contain 2% vitexins)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

#### Cardiometabolic Health & Metabolism



Hawthorn extract	Quantity	Order Code
	120	HA1

## Heartburn Essentials<sup>†</sup>

### PureGI™ product line

#### MAINTAINS HEALTHY GASTRIC SECRETION, SUPPORTS DIGESTION AND SOOTHES THE DIGESTIVE TRACT<sup>†</sup>

For years, gamma oryzanol has been associated with maintaining healthy gastric secretion, even under occasionally stressful conditions. It is likely that gamma oryzanol does this by influencing the autonomic nervous system. DGL, marshmallow and slippery elm provide traditional support for soothing the gastrointestinal tract and promote the integrity of the mucosal lining. Artichoke helps to stimulate the digestive process. Plant enzymes further promote digestive function.<sup>†</sup>

**1 capsule at the start of each meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Gamma oryzanol (from rice bran)	125 mg
Deglycyrrhizinated licorice ( <i>Glycyrrhiza glabra</i> ) extract (root)	100 mg
Marshmallow ( <i>Althaea officinalis</i> ) extract (root)	100 mg
Slippery elm ( <i>Ulmus fulva</i> ) extract (bark)	100 mg
Artichoke ( <i>Cynara scolymus</i> ) extract (leaf)	75 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Proprietary enzyme blend	61 mg
Providing:	
Amylase	6,000 DU
Lipase	81 FIP
Cellulase	22 CU

Other ingredients: vegetarian capsule (cellulose, water), tapioca dextrin, ascorbyl palmitate

**Not to be taken by pregnant or lactating women.**

#### Gastrointestinal



Heartburn Essentials <sup>†</sup>	Quantity	Order Code
	180	HB1
	90	HB9

## Hemp CBD VESIsorb®

### ENHANCED-BIOAVAILABILITY, BROAD-SPECTRUM EXTRACT

Hemp, also known as *Cannabis sativa*, is an annual herb of the family Cannabinaceae with a long history of use. This extract is derived from 100% U.S.-sourced agricultural hemp and extracted without solvents, using super critical carbon dioxide. VESIsorb® offers a unique self-assembling colloidal system to enhance absorption by promoting the ability of the hemp extract to dissolve readily in an aqueous environment.

**1 softgel capsule daily, with or between meals, or as directed by a health professional.**

**1 softgel capsule contains:**

VESIsorb® hemp (*Cannabis sativa*) oil extract (aerial parts) 334 mg  
(standardized to contain 35 mg of phytocannabinoids and terpenes including beta-caryophyllene)

Other ingredients: VESIsorb® colloidal delivery system (medium chain triglycerides, vitamin E [tocophersolan], mono and diglycerides, fatty acids, natural flavor), gelatin softgel (gelatin, glycerin, carob, water)

Broad-spectrum hemp extract is made from CO<sub>2</sub>-extracted, U.S.-sourced agricultural hemp.

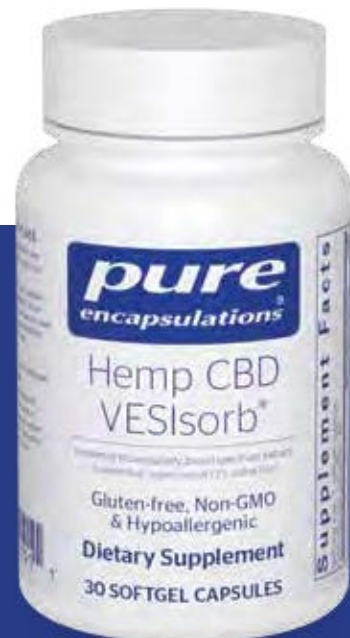
VESIsorb® is a registered trademark of SourceOne Global Partners.

**Not to be taken by pregnant or lactating women. Do not consume if you have liver disease.**

#### Memory & Mood



Hemp CBD VESIsorb®	Quantity	Order Code
	30	HEV3



# Hemp extract VESIsorb® liquid **NEW**

ENHANCED BIOAVAILABILITY, BROAD-SPECTRUM EXTRACT;  
SOLVENT-FREE, SUPERCRITICAL CO<sub>2</sub> EXTRACTION

## Special Features:

- Derived from 100% US-sourced, field-grown agricultural hemp
- Extracted using solvent-free, clean CO<sub>2</sub> technology, an environmentally friendly and efficient method
- Each batch is tested to ensure THC levels are <0.3%
- Patented VESIsorb® delivery system, a unique, self-assembling colloidal system to enhance absorption by promoting the ability of the hemp extract to dissolve readily in an aqueous environment
- Natural cinnamon mint flavor

**1 dropper (1 ml), 1-2 times daily, with or between meals**

## Each dropper (1 ml) contains

VESIsorb® hemp (*Cannabis sativa*) oil extract (aerial parts) 56 mg  
(standardized to contain phytocannabinoids and terpenes, including beta-caryophyllene and 10 mg of cannabidiol (CBD))

Other ingredients: vegetable glycerin, purified water, VESIsorb® colloidal delivery system (medium-chain triglycerides, polysorbate 80, polyglycerol esters), natural cinnamon and peppermint flavors

VESIsorb® is a registered trademark of Source One Global Partners

**Store in a cool, dry place. Shake well before use.**

**Not to be taken by pregnant or lactating women. Do not consume if you have liver disease.**

## Memory & Mood



Hemp extract VESIsorb® liquid	Quantity	Order Code
	30 ml (1 fl oz)	HVL3



# Hist Reset **NEW**

PureResponse™ product line

Co-Formulated by Dr. Samuel Yanuck<sup>+</sup> and Dr. Nathan Morris<sup>+</sup>

## MODERATES MAST CELL AND IMMUNE MEDIATOR ACTIVATION<sup>+</sup>

Histamine is a substance found in many foods such as meat, spinach, avocados, nuts, tomatoes and chocolate, or released as part of the local immune response by immune cells, primarily mast cells, upon exposure to an immune trigger. Some individuals have difficulty breaking down histamine. This formula is designed to modulate mast cell and immune-mediator activation, support healthy histamine metabolism and promote respiratory and tissue health. Quercetin, luteolin and rutin are flavonoids known to exhibit antioxidant and immune-modulating activity. In vitro studies involving mast cells suggest that these compounds help to stabilize mast cells and modulate the release of immune mediators, including histamine, leukotrienes and prostaglandins. The mechanism of action is believed to be in part due to modulating extracellular signal-regulated kinases, including PKC. Animal studies suggest that these flavonoids can moderate IgE antibody-mediated response in skin. Bromelain (from pineapple) acts as a protease, promoting healthy levels of kinins to support tissue comfort. Research suggests that bromelain also supports healthy T cell function and cytokine production. Riboflavin, niacinamide and molybdenum are included as cofactors for aldehyde dehydrogenase, a key enzyme in the breakdown of histamine. Preliminary research suggests that supplementation with vitamin C modulates bronchial responsiveness to histamine in sensitive subjects. Optimal vitamin C serum levels have been associated with lower blood histamine levels. NAC promotes immune and lung defense through mucolytic and antioxidant actions. It acts as a free radical scavenger by supporting glutathione production. Due to its sulfur content, NAC is able to disrupt disulfide bonds within mucus, thinning and easing its expulsion, along with the trapped particles, from the lungs<sup>+</sup>

**2 capsules daily, between meals.**

## Two (size 0) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	250 mg
Riboflavin	5 mg
Niacin (as niacinamide)	20 mg
Molybdenum (as molybdenum glycinate)	100 mcg
N-Acetyl-L-cysteine	100 mg
Quercetin	300 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	200 mg
Luteolin	100 mg
Rutin	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**

## Immune Support



Hist Reset	Quantity	Order Code
	120	HRT1



# HM Complex

PROMOTES THE BODY'S NATURAL, HEALTHY DETOXIFICATION PROCESS FOR COMMON, MILD ENVIRONMENTAL HEAVY METAL EXPOSURE WHILE SUPPORTING ANTIOXIDANT DEFENSES†

The unique characteristic of PectaSol-C® modified citrus pectin versus other pectins is its low molecular weight. This allows it to pass through the intestinal barrier and work systemically where it has the potential to bind to low levels of heavy metals from common, mild environmental exposure and facilitate their excretion. Modified citrus pectin does not appear to alter excretion of other minerals, including calcium, magnesium and zinc. Chlorella has a long history of traditional use in supporting the body's natural detoxification process, particularly helping to regulate common heavy metal exposure and distribution in tissues. Sulforaphane, from broccoli sprout concentrate, promotes Nrf2-mediated signaling. Nrf2 controls the expression of numerous genes responsible for detoxification and protection against oxidative stress. As part of a cysteine-rich metal-binding protein, zinc exhibits similar properties. In addition, NAC provides important support for detoxification by maintaining glutathione concentrations. L-Methionine also plays a role in glutathione production and phase II detoxification pathways in the liver. Preclinical studies suggest that alpha lipoic acid may help to moderate heavy metal induced oxidative stress.†

3 capsules daily, between meals, or as directed by a health professional.

Three (size 00) vegetarian capsules contain:

Zinc (as zinc citrate)	10 mg
Selenium (as selenomethionine)	100 mcg
Sodium (as part of modified citrus pectin)	50 mg
Potassium (as part of modified citrus pectin)	70 mg
PectaSol-C® modified citrus pectin	1,000 mg
Chlorella (Chlorella spp.) powder (cracked cell wall)	300 mg
Broccoli (Brassica oleracea italica) sprout concentrate (whole plant)(standardized to contain a minimum of 1,000 mcg sulforaphane)	250 mg
N-Acetyl-L-cysteine (free-form)	300 mg
L-Methionine (free-form)	200 mg
Alpha lipoic acid (thioctic acid)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

PectaSol-C® is a registered trademark of EcoNugenics®, Inc.

Liver & Detoxification



HM Complex	Quantity	Order Code
	180	HMC1
	90	HMC9

# Homocysteine Factors†

With Metafolin® L-5-MTHF

SUPPORTS HEALTHY HOMOCYSTEINE METABOLISM AND CARDIOVASCULAR HEALTH†

Clinical studies show that folate, vitamin B12, and vitamin B6 are vital in the metabolism of homocysteine. Vitamin B12 and folate (L-5-MTHF) are required by the enzyme that converts homocysteine back to methionine. Vitamin B6 is required in each of the two enzymatic reactions that convert homocysteine to cysteine. Betaine, in the form of trimethylglycine, is included in this supplement to promote the absorption of these important nutrients. Homocysteine Factors provides vitamin B6, vitamin B12, folate and betaine, a highly bioavailable combination of nutrients integral to maintaining healthy homocysteine metabolism and cardiovascular health.†

1 capsule, 2 times daily, with meals.

Each (size 00) vegetarian capsule contains:

Vitamin B6 (as pyridoxal 5' phosphate) (activated B6)	25 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B12 (as methylcobalamin)	200 mcg
Trimethylglycine (anhydrous betaine)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

This formula requires refrigeration after opening.

Cardiometabolic Health & Metabolism		
Homocysteine Factors†	Quantity	Order Code
	180	HO1
	60	HO6





†Dr. Yanuck & Dr. Morris are retained advisors to Pure Encapsulations.

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

## Hyaluronic Acid

SUPPORTS SKIN HYDRATION, JOINT LUBRICATION AND COMFORT<sup>†</sup>

Hyaluronic acid, or HA, is a naturally occurring polymer found in every tissue of the body. It is particularly concentrated in the skin and in synovial fluid but decreases with aging. Many sources of HA consist of large molecular weight compounds that are too large to be absorbed in the intestines. HyaMax<sup>®</sup> sodium hyaluronate provides a low molecular weight source of hyaluronic acid produced through fermentation. In a pharmacokinetic study conducted in animals, orally administered HyaMax<sup>®</sup> hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints. HA functions include attracting and retaining water in the extracellular matrix of tissues. For skin cells, this is essential for proper cell-to-cell communication, hydration, nutrient delivery and waste and toxin elimination. It also appears to support the skin by promoting healthy turnover and renewal of keratinocytes. For joints, HA is especially supportive of healthy lubrication and shock absorption. Furthermore, in vitro studies indicate that HA modulates prostaglandin production, providing additional support for joint function.<sup>†</sup>

**1 capsule, 1-2 times daily, with or between meals, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Hyaluronic acid (low molecular weight)	70 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

HyaMax<sup>®</sup> is a U.S.A. registered trademark of Fenchem.

**Bones, Joints & Muscles**



NON  
GMO

V

VEG

Hyaluronic Acid	Quantity	Order Code
	180	HYA1
	60	HYA6

## Indole-3-Carbinol 400 mg

SUPPORTS HEALTHY BREAST, CERVICAL AND PROSTATE CELLS<sup>‡</sup>

Indole-3-carbinol (I3C), naturally found in vegetables including broccoli, Brussels sprouts and cabbage, supports the function of healthy breast cells. Furthermore, a placebo-controlled trial indicated that I3C supports cervical cell health. In recent years, I3C has shown a promising ability to support prostate cell metabolism.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Indole-3-carbinol	400 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**This formula requires refrigeration.**

**Not to be taken by pregnant or lactating women.**

**Liver & Detoxification**

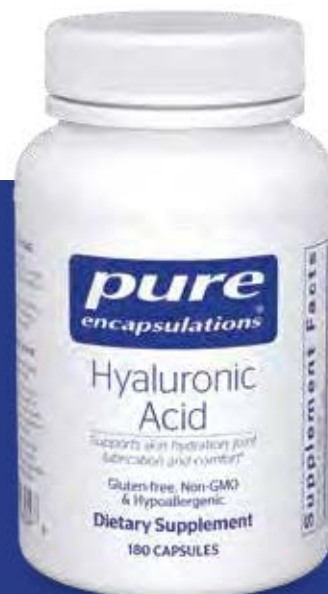


NON  
GMO

V

VEG

Indole-3-Carbinol 400 mg	Quantity	Order Code
	120	I341
	60	I346



## Innate Immune Support

### PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA\*

PROMOTES HEALTHY CELLULAR IMMUNE RESPONSE TO SUPPORT INNATE IMMUNITY‡

- Promotes NK cell and macrophage activity†
- Supports natural defenses†
- Contains clinically researched, biologically standardized AP-Bio™ andrographis, along with astragalus and reishi mushroom beta glucans, to promote immune function†

Innate Immune Support is designed to promote cell-mediated immune response, including NK cell and macrophage activity, and may be indicated for enhancement of natural defenses and mucosal health. In vitro and animal studies suggest that astragalus supports NK cell activity, as well as IgA and IgG levels in serum, key antibodies that play a critical role in mucosal immune defense. The formula also includes clinically researched andrographis extract standardized for andrographolide and other bioactive diterpene lactones. In a randomized, double-blind, placebo-controlled study, supplementation with 200 mg of AP-Bio™ andrographis for five days promoted immune function and supported respiratory comfort. Reishi mushroom offers a rich source of polysaccharides to promote cell-mediated immunity from both reishi mushroom extract and a unique, highly purified, reishi mushroom-derived beta 1,3/1,6-D glucan extract.†

**1 capsule, 1-2 times daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	240 mg
AP-Bio™ andrographis ( <i>Andrographis paniculata</i> ) extract (leaf) (standardized to contain 31.5% andrographolide)	200 mg
Mushroom beta glucan (from reishi ( <i>Ganoderma lucidum</i> ) extract (mycelia))(standardized to contain 70% beta 1,3/1,6 glucan)	100 mg
Reishi ( <i>Ganoderma lucidum</i> ) extract (fruiting body)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

AP-Bio™ is a registered trademark of Natural Remedies PVT. LTD.

Immune Support



NON  
GMO

V

VEG

Innate Immune Support	Quantity	Order Code
	60	IIS6

## Inositol (powder)

SUPPORTS HEALTHY CENTRAL NERVOUS SYSTEM FUNCTION, INCLUDING EMOTIONAL WELLNESS AND MOOD; MAY ALSO SUPPORT OVARIAN HEALTH†

Inositol is a component of the B-complex family. Myo-inositol is the primary form of inositol found in the central nervous system. It plays an important role in cell membrane formation and serves as part of the phosphatidylinositol secondary messenger system, supporting serotonin, norepinephrine and cholinergic receptor function. As a result, inositol may support healthy mood, emotional wellness and behavior, and help lessen occasional nervous tension. Research also suggests that myo-inositol may help to support healthy ovulatory activity, ovarian function and reproductive system function.†

**2 scoops, 1-2 times daily, with or between meals, or as directed by a health professional.**

**Serving size: 4.2 g (2 scoops)**

**Servings per container: 60**

**Two scoops (approximately 4.2 g) contain:**

Inositol (as myo-inositol) 4.1 g

Multivitamins, Vitamins & Minerals



NON  
GMO

V

VEG

Inositol (powder)	Quantity	Order Code
	8.8 oz (250 g)	INP2



\*Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

## Iodine (potassium iodide)

PROVIDES SUPPORT FOR THE THYROID GLAND<sup>‡</sup>

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Iodine (as potassium iodide)	225 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



NON  
GMO

V

VEG

Iodine (potassium iodide)	Quantity	Order Code
	120	IO1

## Iodine and Tyrosine

PROVIDES ENHANCED SUPPORT FOR THYROID HORMONE SYNTHESIS<sup>‡</sup>

Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, especially in tissues and organs such as muscle and the liver. L-Tyrosine plays an important role in the production of thyroid hormones. Studies show that tyrosine interacts with iodine for thyroid hormone formation.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Iodine (as potassium iodide)	225 mcg
L-Tyrosine (free-form)	500 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



NON  
GMO

V

VEG

Iodine and Tyrosine	Quantity	Order Code
	120	IT1

## IP6

ANTIOXIDANT SUPPORT FOR PROSTATE, BREAST, COLON AND LIVER CELL HEALTH<sup>‡</sup>

Inositol hexaphosphate (IP6), also known as phytic acid, is a natural antioxidant component of fiber-rich foods such as whole grains and legumes and is found in almost every cell of the body. Related to the B vitamin inositol, IP6 differs by the presence of six phosphate groups, influencing various cellular mechanisms. In studies, IP6 promotes healthy cell metabolism and maintains proper enzyme activity in cells. The unique conformation of IP6 also gives it the specific ability to modulate hydroxyl radical formation, supporting natural defense mechanisms.<sup>‡</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

IP6 (inositol hexaphosphate)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Liver & Detoxification



NON  
GMO

V

VEG

IP6	Quantity	Order Code
	180	IP61



# Iron-C

IRON AND VITAMIN C FORMULA DESIGNED TO ENHANCE  
INTESTINAL ABSORPTION; SUPPORTS RED BLOOD CELL  
FUNCTION AND ENERGY PRODUCTION<sup>‡</sup>

Iron is an important component of hemoglobin, a protein in red blood cells that delivers oxygen to tissues throughout the body. It is also a part of myoglobin, a protein that helps muscle cells store oxygen and ferritin, the body's main iron storage protein found in the intestines, liver and spleen. Optimal serum levels have been associated with mental health and moderating fatigue in women of childbearing age.<sup>‡</sup>

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin C (as ascorbic acid)	175 mg
Iron (as iron glycinate and 50% as iron aspartate)	15 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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

Multivitamins, Vitamins & Minerals



Iron-C	Quantity	Order Code
	60	FC6

See also  
OptiFerin-C

»page 134



# Iron liquid

GREAT-TASTING LIQUID IRON FORMULA TO SUPPORT  
HEMOGLOBIN AND MYOGLOBIN FUNCTION<sup>‡</sup>

Iron liquid contains SunActive® Fe, a micronized water-soluble form of iron with high bioavailability. Research indicates SunActive® Fe iron pyrophosphate bioavailability is similar to ferrous sulfate. In a 16-week randomized, double-blind, placebo-controlled study involving 122 women, supplementation promoted healthy iron status, including hemoglobin, ferritin and transferrin saturation. A blend of cranberry and blueberry fruit extracts offers antioxidant protection and additional microvascular support.<sup>‡</sup>

Children ages 4-18, take 1 teaspoon daily, with a meal.  
Adults, take 1 teaspoon, 1-2 times daily, with meals, or as directed by a health professional.

Serving size: 1 teaspoon (5 ml/0.17 fl oz)  
Servings per container: 24

One teaspoon (5 ml/0.17 fl oz) contains:

Iron (as iron ferric pyrophosphate)	15 mg
CranBlue proprietary blend	30 mg
Providing cranberry ( <i>Vaccinium macrocarpon</i> ) extract (fruit) and wild blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit)	
Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, maltodextrin, natural pomegranate with other natural flavors, xanthan gum, potassium sorbate, sunflower lecithin	

SunActive® Fe is a registered trademark of Taiyo International, Inc.

Keep refrigerated after opening. Shake well before use.

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

Multivitamins, Vitamins & Minerals



Iron liquid	Quantity	Order Code
	120 ml (4.1 fl oz)	IRL

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



## Joint Complex (single dose)<sup>†</sup>

SUPPORTS JOINT FUNCTION AND COMFORT IN  
CONVENIENT, ONCE-DAILY DOSING<sup>†</sup>

Joint Complex (single dose) contains UC-II® undenatured type-II collagen complex, hyaluronic acid and MSM to support joint health, flexibility and comfort. In a randomized, double-blind trial involving 52 subjects, 40 mg of UC-II® was more than twice as effective in promoting joint health as 1,500 mg of glucosamine and 1,200 mg of chondroitin as rated by WOMAC, VAS and the Lequesne functional index. Another study involving five women supplemented with 40 mg of UC-II® for 42 days, indicated statistically significant support for joint comfort and flexibility. MSM provides sulfur to enhance the structure and integrity of proteoglycans. A randomized, double-blind, placebo-controlled trial indicates that MSM promotes joint comfort and function. Research suggests that MSM may also support antioxidant capacity during exercise. Hyaluronic acid helps maintain tissue hydration to support joint lubrication. HyaMax® sodium hyaluronate provides a low molecular weight source of hyaluronic acid produced through fermentation. In a pharmacokinetic study, orally administered HyaMax® hyaluronic acid was incorporated into joints, connective tissue, and skin, with a particular affinity for cartilaginous joints. Lastly, 5-LOXIN® AKBA boswellia and enhanced absorption Meriva® turmeric extracts help maintain healthy 5-lipoxygenase and cyclooxygenase-2 enzyme activity and cytokine metabolism to offer additional joint comfort support.<sup>†</sup>



**1 capsule daily, with a meal.**

**Each (size 00) vegetarian capsule contains:**

UC-II® standardized cartilage (from chicken sternal cartilage) (standardized to contain 10 mg total collagen)	40 mg
Hyaluronic acid (low molecular weight)	70 mg
MSM (methylsulfonylmethane)	400 mg
Meriva® turmeric phytosome (turmeric ( <i>Curcuma longa</i> ) extract (root) and sunflower phospholipid complex)(standardized to contain 18% curcuminoids)	100 mg
5-LOXIN® - <i>Boswellia serrata</i> extract	100 mg
Indian frankincense ( <i>Boswellia serrata</i> ) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	
Other ingredients: vegetarian capsule (cellulose, water), potassium chloride, ascorbyl palmitate	

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International patents pending.

UC-II® & logo are trademarks of Lonza or its affiliates

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

HyaMax® is a U.S.A. registered trademark of Fenchem.

OptiMSM® is a registered trademark of Bergstrom Nutrition.

**Not to be taken by pregnant or lactating women.**

**Bones, Joints & Muscles**



Joint Complex (single dose) <sup>†</sup>	Quantity	Order Code
	60	JC6
	30	JC3

## Junior Nutrients With Metafolin® L-5-MTHF

COMPREHENSIVE MULTIVITAMIN/MINERAL BLEND  
WITHOUT IRON FOR CHILDREN AGES 4 AND UP†

### Indications:

- Children ages 4 and up

### Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

### Special Features:

- Vitamin A and mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection†
- Helps maintain macular and retinal health with lutein and zeaxanthin†
- Choline and inositol for healthy cognitive function†

**Consult a physician for children under the age of 4. Ages 4 to 13, take 2 capsules daily, with a meal. Ages 14 and up, take 2 capsules, twice daily, with meals.**

### Two (size 2) vegetarian capsules contain:

Vitamin A (as vitamin A acetate and 75% beta carotene)	750 mcg
Vitamin C (as ascorbic acid)	137 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	23 mg
Vitamin K (as vitamin K <sub>1</sub> )	45 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	1.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))	1.5 mg
Niacin (as niacinamide)	10 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	2 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	100 mcg
Biotin	150 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	5 mg
Choline (as choline bitartrate)	10 mg
Calcium (as DimaCal® di-calcium malate)	42 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as di-magnesium malate) (Albion®)	42 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	60 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	37.5 mcg
Inositol	25 mg
Proprietary mixed carotenoid blend	246 mcg
FloraGLO® lutein	1.5 mg
Zeaxanthin	250 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Albion®, DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.**

### Multivitamins, Vitamins & Minerals



Junior Nutrients	Quantity	Order Code
	120	JUN1



\*Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

## KetoBrain Energy

### PureLean® product line

OFFERS A BLEND OF KETOGENIC MINERAL COMPOUNDS TO SUPPORT HEALTHY BRAIN FUNCTION, WEIGHT MANAGEMENT<sup>†</sup> AND ATHLETIC ENDURANCE<sup>‡</sup>

- Great-tasting strawberry-lemonade powder
- 10 grams of beta-hydroxybutyrate per serving
- Designed for use with a low-carbohydrate ketogenic diet
- Supports brain and muscle function<sup>‡</sup>

Ketones are important respiratory fuel created from fatty acids and act as the main reserve fuel for the brain when glucose is low or in times of very high energy demand, such as a low-carbohydrate diet, prolonged exercise, or lactation. In fact, when ketones are abundant in the blood, such as during caloric restriction or a ketogenic diet, the brain can obtain up to 60% of its energy from their oxidation. This condition, known as nutritional ketosis, can be maintained for years, and is quite different from metabolic acidosis/pathological ketosis, which can arise in type I diabetes due to severe insulin deficiency. Ketones do cross the blood-brain barrier and have been shown to be neuroprotective, promoting oxidative defense, NAD<sup>+</sup>/NADH ratio and enhancing mitochondrial respiration. In addition to acting as an energy source for the brain, ketones also enhance cerebral blood flow. In a human intervention study involving 20 elderly subjects and young controls, administration of 30 g MCT to increase ketone concentration resulted in an increased overall brain energy metabolism by 3%, without altering brain glucose consumption. It has been shown in animals that ketone bodies also can replace glucose as a cellular signal in the central nervous system. Fasting in humans is associated with an increase in ketones. Conversely, administering ketones directly into the brain of rats results in body weight loss without changing food intake, nor affecting blood glucose levels or liver glycogen levels. Subcutaneous injections result in decreased food intake, specifically targeting a decrease in meal frequency and the time between meals.

In a randomized, controlled, crossover trial involving 15 healthy subjects, consumption of ketogenic esters after an overnight fast resulted in significantly decreased ghrelin, glucagon-like peptide 1 (GLP-1) and peptide tyrosine (PYY) compared to a dextrose control. Subjects also reported decreased hunger and desire to eat. Research studies involving athletes indicate that ketones also increase fat oxidation in the muscle during exercise, acting as an alternative fuel, even in the presence of carbohydrate and insulin. Additionally, they result in decreased plasma lactate concentrations, suggesting support for athletic endurance and muscle comfort.<sup>‡</sup>

**Add 1 serving to 8 oz of water, milk or juice. Shake or stir until dissolved.**

**Serving size: approximately 15 g (2 scoops)**

**Servings per container: approximately 20**

**Two scoops (approximately 15 g) contain:**

Calories	5
Total carbohydrate	1 g
Calcium (from calcium beta-hydroxybutyrate)	600 mg
Magnesium (from magnesium beta-hydroxybutyrate)	350 mg
Sodium (from sodium beta-hydroxybutyrate)	900 mg
Beta-hydroxybutyrate	10 g
(from a blend of calcium beta-hydroxybutyrate, magnesium beta-hydroxybutyrate, and sodium beta-hydroxybutyrate)	

Other ingredients: citric acid, natural strawberry and lemonade flavors, malic acid, purified stevia leaf extract

Energy & Fitness



KetoBrain Energy

Quantity

Order Code

10.6 oz  
(300 g)

KBE3



## Krill-plex

UNIQUE SOURCE OF OMEGA-3 FATTY ACIDS, PHOSPHOLIPIDS AND ANTIOXIDANTS TO SUPPORT HEALTHY PROSTAGLANDIN PRODUCTION FOR CARDIOVASCULAR, JOINT, COGNITIVE AND SKIN HEALTH<sup>†</sup>

Krill oil is unique in that it offers a naturally occurring complex of omega-3 and omega-6 fatty acids, phospholipids and astaxanthin. This phospholipid-fatty acid molecule closely resembles that of human brain phospholipids, providing potential support for cognitive function. The essential fatty acids in krill oil may also mediate hormone, prostaglandin and neurotransmitter function to support menstruating women. A double-blind, randomized clinical trial suggested that krill oil promoted physical and emotional well-being during the menstrual cycles of women volunteers. Krill oil also provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function. A prospective phase II randomized, double-blind, clinical trial suggested that krill oil supports healthy lipid and glucose metabolism. A prospective controlled pilot clinical trial reported that krill oil supplementation helped promote joint flexibility and comfort. In addition, a randomized, controlled pre-clinical trial investigated the effects of krill oil on skin health and reported that it supports the body's natural response to sun exposure.<sup>‡</sup>

**2 softgel capsules daily, with a meal, or as directed by a health professional.**

**Two (size 13) softgel capsules contain:**

Calories	5
Total fat	0.5 g
Cholesterol	10 mg
Krill oil	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	148 mg
DHA (docosahexaenoic acid)	66 mg
Other omega-3 fatty acids	62 mg
Phospholipids	496 mg
Astaxanthin	396 mcg

Other ingredients: gelatin capsule (gelatin, glycerin, water, sorbitol, ethyl vanillin)

The krill oil in Krill-plex is NKO®, which is a registered trademark of Aker BioMarine Antarctic AS.

**Contains shellfish (krill)**

**Cardiometabolic Health & Metabolism**



Krill-plex	Quantity	Order Code
	120	KP1
	60	KP6

## Ligament Restore<sup>‡</sup>

HELPS MAINTAIN HEALTHY TENDONS, LIGAMENTS AND JOINTS<sup>†</sup>

Glucosamine is required for the synthesis of proteoglycans, the molecules responsible for providing tendons, ligaments and cartilage their resiliency and strength. It also helps protect cartilage from the effects of mechanical stress. Sulfate, another component of proteoglycans, works synergistically with glucosamine to enhance cartilage repair and regeneration. BioCell Collagen® provides hydrolyzed and denatured low molecular weight collagen. Additionally, it provides a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity. A double-blind, placebo-controlled study involving 16 individuals supplementing with BioCell Collagen® for eight weeks indicated statistically significant support for joint function and comfort. To further encourage collagen formation, this formula is enhanced with L-lysine and L-proline. These amino acids are hydroxylated to form hydroxyproline and hydroxylysine in a reaction involving vitamin C, forming the "glue" that holds collagen together. In the body, silica is found primarily in connective tissue and plays a role in collagen tissue formation. Devil's claw and curcumin are included to support joint flexibility, function and comfort, in part by maintaining healthy eicosanoid metabolism.<sup>‡</sup>

**2 capsules, 2 times daily, with 8-10 oz water, with meals. Individual results may vary.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	100 mg
Glucosamine sulfate (from crab, shrimp)	750 mg
BioCell Collagen® hydrolyzed collagen complex (chicken sternal cartilage)	200 mg
Providing (typical):	
Hydrolyzed collagen 60%	120 mg
Chondroitin sulfate 20%	40 mg
Hyaluronic acid 10%	20 mg
L-Proline (free-form)	250 mg
L-Lysine HCl (free-form)	250 mg
Silica (from bamboo)	7.5 mg
Devil's claw ( <i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i> ) extract (root)(standardized to contain 5% harpagosides)	50 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

BioCell Collagen® is a registered trademark of BioCell Technology LLC, Irvine, California USA (Protected by Patents).

**Contains shellfish (crab, shrimp)**

**Refrigerate after opening.**

**Bones, Joints & Muscles**



Ligament Restore <sup>‡</sup>	Quantity	Order Code
	240	LR2
	120	LR1

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

# Liposomal Glutathione

Shelf-Stable

SUPPORTS ANTIOXIDANT DEFENSES AND DETOXIFICATION  
IN AN INNOVATIVE LIPOSOMAL FORM†

- Offers the key antioxidant glutathione in a liposomal form
- Purified phosphatidylcholine delivery system offers natural liposomal formation due to the hydrophobic and hydrophilic nature of phospholipids
- Liposomal form protects glutathione bonds from the degradation that can occur in digestion
- Protects the body from free radicals to support cellular function and homeostasis†
- Glutathione is found in virtually every cell of the body and plays a critical role in protein synthesis, enzyme function, transport and cell maturation†
- Optimal levels of glutathione have been associated with physical and mental health†
- Supports liver health and detoxification†
- Offers antioxidant support for liver tissue protection; highest concentration of glutathione is found in the liver†
- Promotes p450 phase II conjugation pathways in the liver to support detoxification†
- Maintains healthy lipid metabolism and oxidative status†

**1 softgel capsule, 1-2 times daily, with meals, or as directed by a health professional.**

**Each (size 16) softgel capsule contains:**

BioGlute™ proprietary blend of glutathione and essential phospholipids	375 mg
Providing:	
Setria® glutathione	250 mg
Phospholipid complex	125 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water, calcium carbonate), extra virgin olive oil, beeswax

BioGlute™ is a registered trademark of Essential Nutraceuticals, LLC.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Contains soy

Liver & Detoxification



Liposomal Glutathione	Quantity	Order Code
	60	LSG6
	30	LSG3

# Liposomal Glutathione liquid

ENHANCED-ABSORPTION LIPOSOMAL GLUTATHIONE TO  
SUPPORT ANTIOXIDANT DEFENSE, DETOXIFICATION AND  
CELLULAR FUNCTION†

Liposomal Glutathione liquid offers the antioxidant glutathione in an enhanced-absorption liposomal form to target cellular health and function. Glutathione is a large molecule composed of glutamine, cysteine and glycine. It is found in virtually every cell of the body and plays a critical role in protein synthesis, enzyme function and transport, and cell maturation. It is also one of the main endogenous antioxidants, acting to recycle other antioxidants and protect the body from free radicals. Optimal levels of glutathione have been associated with physical and mental health. The digestive process can compromise efforts to achieve beneficial glutathione levels from supplementation. This advanced liposomal form helps protect the glutathione bonds from degradation that can occur in digestion, utilizing phosphatidylcholine from non-GMO sunflower oil and tight manufacturing control to ensure glutathione encapsulation for optimal performance. The controlled processing procedure results in very small, higher-stability, spherical liposomes. These small-sized liposomes allow for increased diffusion across mucus membranes and absorption†

**2 pumps by mouth, 2 times daily, or as directed by a health professional.**

**Hold in mouth 30 seconds before swallowing.**

**Take on an empty stomach, at least 10 minutes before meals.**

**Serving size: 2 pumps (approximately 1 ml)**

**Servings per container: 50**

**2 pumps contain:**

Glutathione	100 mg
Phosphatidylcholine (from purified sunflower seed lecithin)	75 mg
Other ingredients: purified water, glycerin, ethanol, vitamin E (as tocopherols), natural citrus and mint oils	

**KEEP REFRIGERATED.**

Liver & Detoxification



Liposomal Glutathione liquid	Quantity	Order Code
	50 ml (1.7 fl oz)	LGL

See also

[Reduced Glutathione](#)

»page 172



## Liposomal Vitamin C liquid

ENHANCED-ABSORPTION LIPOSOMAL VITAMIN C TO SUPPORT CELLULAR FUNCTION, ANTIOXIDANT DEFENSES AND IMMUNE HEALTH\*

Liposomal Vitamin C liquid offers the antioxidant vitamin C in an enhanced-absorption liposomal form to target cellular health and function, as well as immune defense. This liposomal liquid delivery system utilizes phospholipids from non-GMO sunflower oil and tight manufacturing control to ensure vitamin C encapsulation for optimal performance. The controlled processing procedure results in very small, higher-stable, spherical liposomes. These small-sized liposomes allow for increased absorption and diffusion across mucus membranes.†

**1 teaspoon daily, or as directed by a health professional. Hold in mouth for 30 seconds.**

**Serving size: 5 ml (approximately 1 teaspoon)**  
**Servings per container: 24**

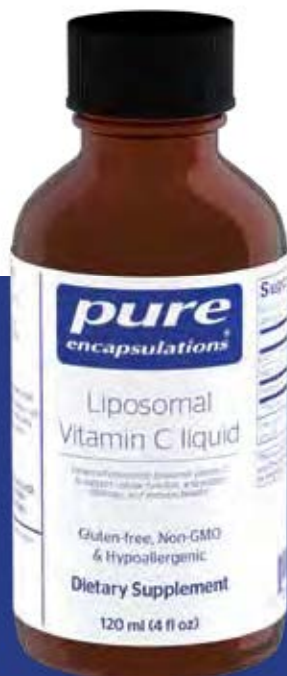
**1 teaspoon contains:**

Vitamin C (as sodium ascorbate)	1,000 mg
Sodium (as sodium ascorbate)	125 mg
Phospholipids (from purified sunflower seed lecithin)	250 mg
Other ingredients: purified water, glycerin, ethanol, natural citrus oils	

**REFRIGERATE AFTER OPENING.**

**Immune Support**   

Liposomal Vitamin C liquid	Quantity	Order Code
	120 ml (4 fl oz)	LCL



## Lipotropic Detox

**With Metafolin® L-5-MTHF**

PROMOTES THE BREAKDOWN OF FATS IN THE LIVER, ALLOWING FOR HEALTHY BILE FLOW AND TOXIN METABOLISM\*

The lipotropic agents choline, betaine, methionine, vitamin B<sub>6</sub>, vitamin B<sub>12</sub> and folate (L-5-MTHF) support healthy hepatic fat metabolism and bile flow. Efficient processing and breakdown of fats in the liver maintains healthy overall liver function and detoxification. As methyl donors, these same nutrients are also critical for methylation, a widespread biochemical process in the body that involves transferring a methyl group to another compound. Methylation of DNA supports healthy DNA integrity and stability, important for liver, colon and overall cell health. Taurine, curcumin, silymarin and artichoke have been added for their abilities to support healthy bile flow, gene expression and the body's normal toxin metabolism.†

**2 capsules, 3 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxine HCl)	5 mg
Folate (as Metafolin®, L-5-MTHF)	167 mcg DFE (100 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	50 mcg
Choline (as choline bitartrate)	120 mg
Inositol	150 mg
L-Methionine (free-form)	150 mg
Taurine (free-form)	100 mg
Trimethylglycine (anhydrous betaine)	100 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	75 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	75 mg
Artichoke ( <i>Cynara scolymus</i> ) extract (leaf)	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Liver & Detoxification**









Lipotropic Detox	Quantity	Order Code
	120	LD1

## LiquiNutrients Natural lemon crème flavor

LIQUID MULTIVITAMIN/MINERAL COMPLEX ENHANCED WITH ORGANIC FRUITS AND VEGETABLES FOR DAILY WELLNESS\*

### Indications:

- Adults and children over 4

### Vitamin/Mineral Distinctions:

- Extensive blend of vitamins and carotenoids
- Chelated minerals for optimal absorption
- Vegan formula, including vegan vitamin D

### Special Features:

- Natural beta carotene, lutein, organic berries and vegetables to support daily wellness\*
- Great-tasting, naturally flavored and sweetened liquid formula
- Vegan

Children ages 4-13, take 1 teaspoon daily, with a meal.

Adults and children ages 14 and up, take 2 teaspoons daily, with a meal.

Two teaspoons (10 ml/0.34 fl oz) contain:

Calories	15
Total carbohydrate	4 g
Vitamin A (as beta carotene)	300 mcg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> ) (from lichen)	20 mcg (800 IU)
Vitamin E (as d-alpha tocopherol acetate)	20 mg
Thiamin (as thiamin HCl)	7.5 mg
Riboflavin (as riboflavin-5-phosphate)	4 mg
Niacin (as niacinamide)	25 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	5 mg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	20 mg
Calcium (as calcium citrate)	40 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium citrate)	20 mg
Zinc (as zinc gluconate)	12 mg
Manganese (as manganese gluconate)	1 mg
Chromium (as chromium nicotinate glycinate)	200 mcg
Boron (as boron glycinate)	0.7 mg
FloraGLO® lutein	3 mg
Fruit and vegetable powder blend (organic)	150 mg

strawberry fruit, tart cherry fruit, blackberry fruit, blueberry fruit, raspberry fruit, beet root, carrot root, spinach leaf, broccoli stem and floret, tomato fruit, kale leaf, cabbage leaf, parsley leaf, Brussels sprout edible head, green bell pepper fruit, cucumber whole fruit, celery stalk, garlic bulb, ginger root, green onion, cauliflower curd, asparagus stalk

Other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, lemon crème flavor with other natural flavors, medium chain triglycerides, xanthan gum, purified stevia leaf extract, citric acid, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

Made with Vitashine.

\*FloraGLO is a registered trademark of Kemin Industries, Inc.

### Multivitamins, Vitamins & Minerals



NON  
GMO

V

VEG

LiquiNutrients

Quantity

Order  
Code

230 ml  
(7.8 fl oz) LQN32

## Lithium (orotate) 1 mg

PureSYNAPSE™ product line

OFFERS THE ESSENTIAL TRACE ELEMENT LITHIUM TO SUPPORT HEALTHY MENTAL FUNCTION, INCLUDING MOOD, EMOTION, MEMORY AND BEHAVIOR\*

Lithium is an essential micronutrient with some chemical properties similar to calcium and magnesium. It is present in all organs and tissues in the body. Lithium has a long history of clinical use for supporting healthy mood and behavior, the mechanisms for which involve promoting dopamine and serotonin neurotransmitter activity. Lithium also plays a role in gene expression of natural detoxification enzymes in the brain, including glutathione-s-transferase (GST). This offers important neuron antioxidant protection, which may also contribute to healthy spatial memory. Lithium may support healthy brain receptor function and brain-signaling cascades to maintain healthy mental function.\*

1 capsule daily, with a meal, or as directed by a health professional.

Each (size 1) vegetarian capsule contains:

Lithium (as lithium orotate) 1 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women. Consult your health professional before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder or depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the dose recommended by your health professional.**

### Memory & Mood



NON  
GMO

V

VEG

Lithium (orotate) 1 mg

Quantity

Order  
Code

90

LI19



## Lithium (orotate) 5 mg

### PureSYNAPSE™ product line

OFFERS THE ESSENTIAL TRACE ELEMENT LITHIUM TO SUPPORT HEALTHY MENTAL FUNCTION, INCLUDING MOOD, EMOTION, MEMORY AND BEHAVIOR<sup>‡</sup>

This formula offers 5 mg elemental lithium combined with N-acetyl-L-cysteine (NAC). Lithium is an essential micronutrient with a long history of use for supporting healthy mood and behavior by promoting dopamine and serotonin neurotransmitter activity. NAC is a precursor to glutathione, the major antioxidant in the brain, and is included for enhanced protection of brain cell membranes.<sup>‡</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 1) vegetarian capsule contains:**

Lithium (as lithium orotate)	5 mg
N-Acetyl-L-cysteine (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

**Not to be taken by pregnant and lactating women. Consult your health professional before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the dose recommended by your health professional.**

#### Memory & Mood



NON  
GMO

V

VEG

Lithium (orotate) 5 mg	Quantity	Order Code
	180	LI1
	90	LI9



## Liver-G.I. Detox<sup>‡</sup>

### DUAL SUPPORT FOR LIVER AND GASTROINTESTINAL DETOXIFICATION<sup>‡</sup>

The ingredients in this formula are combined to stimulate both liver and gastrointestinal detoxification. N-acetyl-L-cysteine and alpha lipoic acid are antioxidants that boost tissue glutathione levels. The combined actions of curcumin and silymarin include enhancing phase II detoxification enzymes, supporting glutathione synthesis and promoting gastric, colon and liver cell functions. Sulforaphane, from broccoli sprout concentrate, is considered one of the most powerful inducers of phase II enzyme activity and has also demonstrated a role in maintaining healthy colon cell function. The amino acids glycine, taurine and methionine support detoxification pathways in the liver. L-Glutamine helps to maintain healthy intestinal integrity, ensuring proper nutrient utilization while limiting the amount of toxins that pass through the intestinal barrier. Artichoke extract aids the digestive process by promoting healthy bile flow and intestinal motility while also supporting hepatic cell function and blood flow in the liver. Chlorella, the most studied "green food," is traditionally celebrated for its digestive, cleansing and blood purifying properties. Furthermore, its nutrient rich matrix includes vitamins, minerals, protein, carotenoids and flavone compounds.<sup>‡</sup>

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Alpha lipoic acid (thioctic acid)	100 mg
N-Acetyl-L-cysteine (free-form)	100 mg
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle (Silybum marianum) extract (seed) (standardized to contain 80% silymarin)	125 mg
Broccoli (Brassica oleracea italica) sprout concentrate (whole plant)(standardized to contain a minimum of 400 mcg sulforaphane)	100 mg
Artichoke (Cynara scolymus L.) extract (leaf)	125 mg
Taurine (free-form)	225 mg
Glycine (free-form)	225 mg
L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	100 mg
Chlorella (Chlorella spp.) powder (cracked cell wall)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

#### Liver & Detoxification



NON  
GMO

Liver-G.I. Detox <sup>‡</sup>	Quantity	Order Code
	120	LGD1
	60	LGD6

# Longevity Nutrients

With Metafolin® L-5-MTHF

Improved Formula

MULTIVITAMIN/MINERAL COMPLEX FOR HEALTHY AGING<sup>†</sup>

## Indications:

- Support for men and women over 40

## Vitamin/Mineral Distinctions:

- Vitamin A as a blend of pre-formed vitamin A and beta carotene
- Vitamin E as a blend of d-alpha tocopherol and mixed tocopherols
- Vitamin B<sub>12</sub> as a blend of activated methylcobalamin and adenosylcobalamin
- Vitamins K<sub>1</sub>, 80 mcg K<sub>2</sub> and 25 mcg (1,000 IU) vitamin D<sub>3</sub> to support cellular, bone and heart health<sup>†</sup>
- Enhanced levels of ChromeMate® chromium polynicotinate and biotin for metabolic support<sup>†</sup>

## Special Features:

- Easy-to-swallow capsule size
- Convenient 4-capsule daily dose
- Promotes cellular energy production with adenosylcobalamin and CoQ<sub>10</sub>; adenosylcobalamin is the form of vitamin B<sub>12</sub> active in mitochondria, boosting mitochondrial energy (ATP) production. Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, and stabilizes neuro-muscular junctions.<sup>‡</sup>

## CognitivePro Complex<sup>‡</sup>

- Cognizin® citicoline promotes choline and phospholipid composition in the brain, essential for neuronal communication and protection, as well as daily mental task performance. Provides targeted support for healthy brain cell function with Curcumin C3 Complex.<sup>‡</sup>

## Cardio Polyphenol Complex<sup>‡</sup>

- Maintains healthy blood vessel function with polyphenols from pomegranate and grape seed extract.<sup>‡</sup>

## MacularSynergy Extra<sup>‡</sup>

- Offers advanced macular and retinal protection with lutein, zeaxanthin and synergistic cofactors vitamin C, vitamin E, zinc and carotenoids.<sup>‡</sup>

**2 capsules, 2 times daily, with meals.**

**Two (size 0) vegetarian capsules contain:**

Vitamin A (as vitamin A acetate and 50% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	33.5 mg
Vitamin K (as vitamin K <sub>1</sub> )	42.5 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	5 mg
Riboflavin (as vitamin B <sub>2</sub> and 61% riboflavin 5' phosphate (activated B <sub>2</sub> ))	6 mg
Niacin (as niacin and 56% niacinamide)	22.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 57% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	5.85 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin and 50% adenosylcobalamin)	500 mcg

Biotin	1,000 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc citrate)	12 mg
Selenium (as selenomethionine)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS®)	75 mcg
Vitamin K <sub>2</sub> (menaquinone-7)	80 mcg
Mixed tocopherols	20 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid (thioctic acid)	37.5 mg
Coenzyme Q <sub>10</sub>	30 mg

## MacularSynergy Extra<sup>‡</sup>

FloraGLO® lutein	5 mg
Zeaxanthin	1 mg

## CognitivePro Complex<sup>‡</sup>

Cognizin® citicoline	50 mg
Turmeric (Curcuma longa) extract (root) (standardized to contain 95% curcuminoids)	50 mg

## Cardio Polyphenol Complex<sup>‡</sup>

Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	37.5 mg
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Cognizin® is a registered trademark of KYOWA HAKKO BIO, LTD.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking any blood thinning medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Longevity Nutrients	Quantity	Order Code
	240	LGN22
	120	LGN21

## Lutein 20 mg

ANTIOXIDANT AND LIGHT-FILTERING PROTECTION FOR HEALTHY VISUAL FUNCTION<sup>‡</sup>

Lutein is a carotenoid found in a vast number of fruits and vegetables. Pure Encapsulations' free-form Lutein is structurally identical to the lutein found naturally in spinach and other leafy greens. Like other carotenoids, lutein has antioxidant activity in various tissues but is one of only two that are stored within the retina, where lutein promotes the integrity and density of the macular pigment, a key component of ocular health. Multiple clinical studies suggest a direct relationship between lutein supplementation and macula lutein concentration. Lutein uptake reportedly occurs in the receptor layer of the eye through a soluble carotenoid-binding protein called tubulin. Clinical trials have indicated that lutein specifically supports vision health through a combination of pigment associated antioxidant protection and light-screening mechanisms. Furthermore, a two-year, double-blind, placebo-controlled pilot study reported that lutein may support healthy visual function in older individuals more efficiently than alpha tocopherol.<sup>‡</sup>

**1 softgel capsule, 1-2 times daily, with meals.**

**Each (size 6) softgel capsule contains:**

FloraGLO® lutein	20 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water), safflower oil, beeswax, mixed tocopherols	

<sup>‡</sup>FloraGLO is a registered trademark of Kemin Industries, Inc.

Vision

NON  
GMO

Lutein 20 mg	Quantity	Order Code
	120	LU1
	60	LU6



## Lutein/Zeaxanthin

UNIQUE CAROTENOIDS THAT SPECIFICALLY SUPPORT THE MACULA AND OVERALL VISUAL FUNCTION<sup>‡</sup>

Lutein and zeaxanthin are the two major carotenoid pigments stored in the macula, the central part of the retina. They are believed to promote the integrity and density of the macular pigment through antioxidant properties. In addition, they help form a protective layer that filters light, maintaining healthy photoreceptor function in the macula. Increased intake of these carotenoids is associated with increased macular concentration. Numerous double-blind, placebo-controlled trials indicate that lutein and zeaxanthin support the health of the optical lens as well as the retina. Additionally, recent research has revealed that the combination may target different areas in the retina to enhance total retinal health, photoreceptor health and color vision.<sup>‡</sup>

**1 capsule daily, with a meal.**

**Each (size 0) vegetarian capsule contains:**

FloraGLO® lutein	10 mg
Zeaxanthin	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), red beet root powder, vegetarian capsule (cellulose, water)	

<sup>‡</sup>FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Vision



NON  
GMO

V

VEG

Lutein/Zeaxanthin	Quantity	Order Code
	120	LZ1
	60	LZ6



## LVR Formula

PROTECTS AND PROMOTES LIVER CELL HEALTH AND TISSUE FUNCTION<sup>†</sup>

LVR Formula helps support liver function with antioxidants designed to offer multifaceted liver cell protection. The flavonoid components in silymarin, curcumin and artichoke have free radical scavenging activities, helping to protect and promote liver cell health. Studies indicate that silymarin supports healthy liver metabolism, hepatocyte protein synthesis and DNA integrity within the liver cells. Curcumin offers additional cellular protection support. Luteolin is a key component found in artichoke. Research suggests that it promotes healthy matrix metalloproteinase activity to support healthy liver tissue. N-Acetyl-L-cysteine (NAC) is a precursor of the endogenous antioxidant glutathione. In the body, NAC supports healthy detoxification processes. Experimental models suggest that the antioxidant properties of alpha lipoic acid provide further liver cell protection.<sup>‡</sup>

**1 capsule, 2 times daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	150 mg
Artichoke ( <i>Cynara scolymus</i> ) extract (leaf)	100 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	150 mg
N-Acetyl-L-cysteine	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Luteolin	5 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Liver & Detoxification



LVR Formula	Quantity	Order Code
	120	LV1
	60	LV6



## Lycopene 20 mg

TOMATO CAROTENOID FOR ANTIOXIDANT AND CELLULAR SUPPORT<sup>†</sup>

Pure Encapsulations' Lycopene provides a natural tomato extract rich in lycopene, various carotenoids, vitamin E and other important phytochemicals. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health. In another study involving 30 male subjects, supplementation with lycopene promoted healthy prostate function. This was one of the first randomized, prospective clinical trials to suggest that a lycopene supplement, rather than dietary tomato consumption, supported prostate health. Research compiled in a multi-center study involving ten European countries revealed that the antioxidant properties of dietary lycopene supported cardiovascular health. Fifty-seven epidemiological studies indicate that lycopene from tomato consumption or tomato-based products may help digestive, lung, cervical and breast cell health. Lycopene has also demonstrated potential for promoting retinal and macular health.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 12) softgel capsule contains:**

Lycopene	20 mg
Other ingredients: rice bran oil, gelatin capsule (gelatin, glycerin, water), beeswax, soy lecithin	

Contains soy

Men's Formulas



Lycopene 20 mg	Quantity	Order Code
	120	LY21
	60	LY26

## L-Lysine

MAINTAINS HEALTHY ARGININE PRODUCTION AND SUPPORTS THE BODY'S NATURAL DEFENSES<sup>†</sup>

L-Lysine, an amino acid, provides nutritional support for the body's natural defenses. L-Lysine is particularly helpful in maintaining healthy gum and lip tissue.<sup>‡</sup>

**1 capsule, 2 times daily, between meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

L-Lysine HCl	500 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



L-Lysine	Quantity	Order Code
	270	LL2
	90	LL9



# PureWoman™

## TARGETING THE WHOLE WOMAN AT EVERY STAGE OF LIFE†

What makes women unique? The complex interplay of hormones, their receptors, and dietary, lifestyle, and environmental factors as they converge on every organ system in the female body. PureWoman™ recognizes these complex relationships and the science behind them, empowering practitioners with nutritional supplements and education to bring a new level of health and wellness to female patients at all stages of life.†

Developed in collaboration with integrative gynecologist Felice L. Gersh, M.D.,† PureWoman™ offers product protocols that address:

- Premenstrual and Menopausal Support†
- Breast and Ovarian Health†
- Emotional Well-Being and Occasional Stress†
- Cardiovascular Support†
- Metabolic Health†
- Reproductive Support†

Learn more at  
[PureEncapsulationsPro.com/purewoman](https://PureEncapsulationsPro.com/purewoman)



Felice L. Gersh, M.D.,† is an award-winning integrative gynecologist. She has special expertise in women's hormones and the impact of environmental toxins, medications, nutrition, and aging on hormone receptors and production. Dr. Gersh graduated from Princeton University and the University of Southern California School of Medicine. Dr. Gersh co-developed the PureWoman™ protocols.

†Dr. Gersh is a retained advisor to Pure Encapsulations.

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

## M/R/S Mushroom Formula

COMBINATION OF IMMUNOMODULATING MUSHROOMS TO SUPPORT IMMUNE FUNCTION<sup>†</sup>

There are over 20,000 different mushroom species, and at least 50 of which have been determined to influence immune responses. The common attribute consistent among these species appears to be the polysaccharides, constituents shown to achieve additional immune system support. Polysaccharides from maitake, reishi and shiitake are believed to be among the most nutritionally supportive for healthy immune function. Wide-ranging health properties of mushroom supplementation include liver, cardiovascular, healthy glucose metabolism and cellular health support.<sup>†</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Maitake mushroom ( <i>Grifola frondosa</i> ) extract (fruiting body)	200 mg
Reishi mushroom ( <i>Ganoderma lucidum</i> ) extract (fruiting body)	200 mg
Shiitake mushroom ( <i>Lentinus edodes</i> ) extract (fruiting body)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



NON  
GMO

V

VEG

M/R/S Mushroom Formula	Quantity	Order Code
	120	MRS1



## Maca-3

COMBINES VARIOUS MACA EXTRACTS TO PROVIDE THE SYNERGY OF CONSTITUENTS PRIZED FOR PROMOTING MALE AND FEMALE LIBIDO AND HEALTHY REPRODUCTIVE SYSTEM FUNCTION<sup>†</sup>

Maca, cultivated in the highlands of Peru, has long been considered the ginseng of the Andes, supporting energy, stamina and vitality. For centuries, it has been associated with supporting healthy libido and sexual performance. Studies indicate that this effect appears independent of any influence on testosterone or other hormones, further supporting the safety of maca. In addition to traditional use, several recent trials involving male subjects indicate its potential for supporting healthy sexual desire and performance. Maca has also been associated with promoting healthy female sexual interest and healthy reproductive system function.<sup>†</sup>

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 00) vegetarian capsule contains:**

Maca ( <i>Lepidium meyenii</i> ) extract (tuber) (standardized to contain 0.6% macamides and macaenes)	225 mg
Maca ( <i>Lepidium meyenii</i> ) extract (tuber) (standardized to contain 0.1% glucosinolates)	225 mg
Maca ( <i>Lepidium meyenii</i> ) extract (tuber)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

MacaPure® is a registered trademark of Naturex.

Energy & Fitness



NON  
GMO

V

VEG

Maca-3	Quantity	Order Code
	120	MAC1
	60	MAC6

# Macular Support Formula†

COMPREHENSIVE ANTIOXIDANT FORMULA FOR HEALTHY EYES†

Macular Support Formula is a combination high in antioxidants and botanicals designed to protect and support the macula, the central area of the retina responsible for sharp vision. Since the macula is extremely susceptible to free radical damage, research emphasizes the importance of antioxidant supplementation in maintaining and improving macular health. N-acetyl-L-cysteine, a glutathione precursor, has been shown to protect against oxidative damage to the lens and to support healthy glutathione levels. Glutathione is one of the natural antioxidants found in retinal tissues. Bilberry, containing anthocyanidins, may help moderate visual fatigue and improve light to dark adjustments. Combined with these cofactors, grape seed extract helps provide antioxidant balance in the retina. This formula is also enhanced with lutein and zeaxanthin, the only two carotenoids found in macular pigment. Lutein and zeaxanthin promote the integrity and density of the macular pigment, as well as help maintain the health of the optical lens. The antioxidant activity of carotenoids and vitamin C provide optimal macular protection and ocular health.†

2 capsules daily, with a meal.

Two (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	7,500 mcg
Vitamin C (as ascorbic acid)	800 mg
N-Acetyl-L-Cysteine (free-form)	250 mg
Setria® glutathione (reduced)	50 mg
Bilberry (Vaccinium myrtillus) extract (fruit) (standardized to contain 25% anthocyanosides)	80 mg
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
FloraGLO® lutein	10 mg
Zeaxanthin	2 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	1,445 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Vision



Macular Support Formula†	Quantity	Order Code
	120	MS21
	60	MS26

# Magnesium (citrate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body. In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass. Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium and potassium. In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups. This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C and vitamin E.†

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium citrate)	150 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Magnesium (citrate)	Quantity	Order Code
	180	MC1
	90	MC9



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

## Magnesium (citrate/malate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

**1-4 capsules daily. Consume with food.**

**Each (size 00) vegetarian capsule contains:**

Magnesium (as magnesium citrate/malate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Magnesium (citrate/malate)	Quantity	Order Code
	180	MCM1
	90	MCM9

## Magnesium (powder)

CONVENIENT, TASTE-FREE MAGNESIUM POWDER

This formula offers an enhanced solubility form of the highly bioavailable magnesium citrate in a convenient powder form without sweeteners or flavors.

**1 scoop 1-2 times daily, with meals, mixed with 8 oz water.**

**Serving size: 1.7 g (1 scoop)**

**Servings per container: 60**

**Each scoop contains:**

Magnesium (as magnesium citrate) 250 mg

Multivitamins, Vitamins & Minerals



Magnesium (powder)	Quantity	Order Code
	3.7 oz (107 g)	MGP1

## Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE FOR SENSITIVE INDIVIDUALS

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.<sup>†</sup>

**1-4 capsules daily. Consume with food.**

**Each (size 00) vegetarian capsule contains:**

Magnesium (as magnesium glycinate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Multivitamins, Vitamins & Minerals



Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9





# Magnesium Glycinate liquid

## MAGNESIUM GLYCINATE IN A CONVENIENT LIQUID FORM

Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.<sup>†</sup>

**2 teaspoons daily, with a meal, or as directed by a health professional.**

**Serving size: 2 teaspoons (10 ml/0.34 fl oz)**  
**Servings per container: 48**

**Two teaspoons contain:**

Calories	20
Total carbohydrate	2 g
Total sugars	<1 g
Sugar alcohols	0.5 g
Protein	1 g
Magnesium (as magnesium glycinate)	165 mg
Other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange and other natural flavors, potassium sorbate	

**Shake well before use.**

Multivitamins, Vitamins & Minerals



Magnesium Glycinate liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	MGL4

# Magnesium liquid

## MAGNESIUM AND VITAMIN B<sub>6</sub> LIQUID COMBINATION TO SUPPORT MUSCULOSKELETAL, CARDIOMETABOLIC AND EMOTIONAL HEALTH<sup>†</sup>

Offered with vitamin B<sub>6</sub> to support intracellular accumulation of magnesium.<sup>†</sup>

**Children ages 4-8, take 1/2 teaspoon daily, with a meal.**

**Adults and children ages 9 and up, take 1 teaspoon daily, with a meal, or as directed by a health professional.**

**Serving size: 1 teaspoon (5 ml/0.17 fl oz)**  
**Servings per container: 48**

**One teaspoon contains:**

Vitamin B <sub>6</sub> (as pyridoxine HCl)	20 mg
Magnesium (as magnesium citrate)	215 mg
Other ingredients: purified water, natural glycerin, apple juice concentrate, xylitol, natural pomegranate flavor with other natural flavors, xanthan gum, citric acid, potassium sorbate, purified stevia leaf extract	

**Shake well before use.**

Multivitamins, Vitamins & Minerals



Magnesium liquid	Quantity	Order Code
	240 ml (8.1 fl oz)	ML2

# Manganese (aspartate/citrate)

## TRACE MINERAL FOR CONNECTIVE TISSUE AND BONE SUPPORT<sup>†</sup>

Manganese supports numerous enzymes necessary for the utilization of biotin, thiamine and ascorbic acid. It is a catalyst in the synthesis of fatty acids and cholesterol, and plays a part in protein, carbohydrate and fat production. It is also a necessary cofactor for the endogenous antioxidant superoxide dismutase. Manganese is necessary for normal skeletal development and maintenance of connective tissue and cellular integrity. In addition, it influences the synthesis of mucopolysaccharides, which comprise an important component of connective tissue<sup>†</sup>

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Manganese (as manganese aspartate and 50% as manganese citrate)	8 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Manganese (aspartate/citrate)	Quantity	Order Code
	60	MN6



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

## Melatonin 0.5 mg

SUPPORTS THE BODY'S NATURAL SLEEP CYCLE<sup>†</sup>

Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.<sup>†</sup>

**1 capsule daily, 1/2 to 1 hour before bedtime.**

**Each (size 3) vegetarian capsule contains:**

Melatonin	0.5 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.**



Melatonin 0.5 mg	Quantity	Order Code
	180	ME51
	60	ME56

## Melatonin 3 mg

**1 capsule daily, 1/2 to 1 hour before bedtime.**

**Each (size 3) vegetarian capsule contains:**

Melatonin	3 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.**



Melatonin 3 mg	Quantity	Order Code
	180	ME31
	60	ME36

## Melatonin 20 mg

**Not Intended for Sleep Support**

PROMOTES HEALTHY CELLS AND TISSUES<sup>†</sup>

Scientific advances suggest that it may play a role in cellular health. More than a dozen preliminary clinical trials have examined the role of melatonin in supporting healthy cells and tissues, promoting immune cell activity and scavenging free radicals. Randomized studies have revealed the potential for melatonin to positively support colon, breast, prostate and lung tissues.<sup>†</sup>

**1 capsule daily, 30-60 minutes before bedtime.**

**Each (size 3) vegetarian capsule contains:**

Melatonin	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**This product is not intended for sleep support. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.**



Melatonin 20 mg	Quantity	Order Code
	180	ME21
	60	ME26



# Melatonin liquid

NUTRITIONALLY AUGMENTS THE NATURAL FUNCTIONING OF THE PINEAL GLAND SUPPORTING THE BODY'S NATURAL SLEEP CYCLE<sup>†</sup>

- 2.5 mg of micronized melatonin per 1 ml dropper
- Convenient liquid formula for easy dispensing
- Great-tasting and naturally flavored with apple and black currant juice concentrates

1 dropper daily, 1/2 to 1 hour before bedtime, or as directed by a health professional.

Serving size: 1 ml (0.03 fl oz) (one full dropper)  
Servings per container: 30

One ml contains:

Melatonin (micronized)	2.5 mg
Other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, black currant juice concentrate, xanthan gum, potassium sorbate, citric acid, purified stevia leaf extract	

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Sleep



Melatonin liquid	Quantity	Order Code
	30 ml (1 fl oz)	MEL3



# Melatonin-SR

SUSTAINED-RELEASE MELATONIN TO SUPPORT HEALTHY SLEEP<sup>†</sup>

Melatonin-SR provides sustained-release MicroActive<sup>®</sup> melatonin to promote healthy sleep. Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency. MicroActive<sup>®</sup> is an innovative, patented delivery system that offers both improved absorption and sustained release. A pharmacokinetic study of MicroActive<sup>®</sup> melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose.<sup>‡</sup>

1 capsule 30-60 minutes before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin (as MicroActive <sup>®</sup> melatonin sustained-release complex)	3 mg
Other ingredients: microcrystalline cellulose, vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl methyl cellulose, sodium alginate, carnauba wax	

MicroActive<sup>®</sup> is a registered trademark of BioActives, LLC.

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

Sleep



Melatonin-SR	Quantity	Order Code
	60	MESR6

See also

Best-Rest Formula

Sleep Solution (single dose liquid)

»page 39

»page 181

## Memory Pro<sup>†</sup>

COMPREHENSIVE MEMORY SUPPORT FORMULA; WITH LUTEIN/ZEAXANTHIN AND SOY-FREE<sup>‡</sup>

This formula combines acetyl-L-carnitine, phospholipids and herbal extracts to promote neural health, cognitive function and memory. Research suggests that acetyl-L-carnitine supports memory in older adults. Phosphatidylserine is an important cell membrane component critical for neuron function and communication. Research suggests that it promotes healthy neurotransmitter levels and spatial memory. The Ayurvedic herb *Bacopa monniera* promotes memory as well as mental function and information processing. *Ginkgo biloba* promotes cerebral blood flow, vascular integrity and healthy red blood cell and platelet function in the brain. Lutein and zeaxanthin are the primary carotenoids in the macula, but have also recently been identified as the primary carotenoids in the brain. Research studies have found a positive association between lutein and zeaxanthin intake, macular pigment density and cognitive function. This association is believed to be due to antioxidant defense and cytokine balance properties, helping to promote neuronal membrane stability and function. Curcumin, resveratrol and lemon balm extracts help to protect neurons from oxidative stress. Additionally, curcuminoids and resveratrol support healthy vascular tissue in the brain by promoting phagocytosis and proteasome activity. The soothing properties of lemon balm are highlighted in one double-blind, randomized, placebo-controlled trial, indicating that it promoted relaxation and cognitive function in elderly individuals.<sup>‡</sup>

**3 capsules daily, with or between meals, or as directed by a health professional.**

**Three (size 00) vegetarian capsules contain:**

Acetyl-L-carnitine	750 mg
Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	50 mg
<i>Ginkgo biloba</i> extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	60 mg
FloraGLO® lutein	6 mg
Zeaxanthin	1 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	250 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	125 mg
Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	20 mg
Bacopa ( <i>Bacopa monnieri</i> ) extract (aerial parts) (standardized to contain 20% bacosides)	100 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

Sharp-PS® is a registered trademark of Enzymotec Ltd.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Memory & Mood



Memory Pro <sup>†</sup>	Quantity	Order Code
	180	MEP21
	90	MEP29



# Men's Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX FOR MEN OVER 40

## Indications:

- Men over 40

## Vitamin/Mineral Distinctions:

- Yeast-derived selenium, vitamin D, and zinc for optimal prostate health<sup>†</sup>

## Special Features:

- MacularSynergy Complex<sup>†</sup>**  
Enhances the integrity of the macula and retina with 6 mg lutein and 1 mg zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.<sup>‡</sup>
- ProstaProtect Plus<sup>†</sup>**  
Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea. Synergistic cofactors include selenium, vitamin D and zinc.<sup>‡</sup>
- Cardio Polyphenol Complex<sup>†</sup>**  
Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.<sup>‡</sup>
- EnduraBoost Blend<sup>†</sup>**  
Combines astragalus and maca to promote cellular energy, endurance and stamina.<sup>‡</sup>

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg

Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg

## MacularSynergy Complex<sup>†</sup>

FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg

## ProstaProtect Plus<sup>†</sup>

Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) (standardized to contain 45% total fatty acids)	160 mg
Pygeum ( <i>Pygeum africanum</i> ) extract (bark) (standardized to contain 2.5% total sterols)	25 mg
Lycopene	500 mcg
Green tea ( <i>Camellia sinensis</i> ) (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg

## Cardio Polyphenol Complex<sup>†</sup>

Red wine grape ( <i>Vitis vinifera</i> ) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg

## EnduraBoost Blend<sup>†</sup>

Maca ( <i>Lepidium meyenii</i> ) extract (tuber)	100 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Men's Formulas



Men's Nutrients	Quantity	Order Code
	360	MENN3
	180	MENN1



# Men's Pure Pack

**Daily Packet**
**With Metafolin® L-5-MTHF**

## Indications:

- Supports energy and stamina<sup>†</sup>
- Supports cardiovascular, macular and prostate health<sup>†</sup>
- For men over 40

## Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 37.5 mcg (1,500 IU) vitamin D<sub>3</sub> and yeast-derived selenium to support prostate health<sup>†</sup>

## Special Features:

- Maintains healthy cardiovascular function with omega-3 fatty acids, CoQ<sub>10</sub> and polyphenols from pomegranate, red wine concentrate and grape seed extract<sup>†</sup>
- Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea<sup>†</sup>
- Combines astragalus and maca with nutrient cofactors to promote energy, endurance and stamina<sup>†</sup>
- Enhances the integrity of the macula and retina with lutein, zeaxanthin and nutrient cofactors<sup>†</sup>
- Convenient, once-daily packet

## Each Packet Contains:

**Men's Nutrients** 3 vegetarian capsules »See page 117

- Multivitamin/mineral complex for men over 40

**EPA/DHA essentials** 1 softgel capsule »See page 75

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support<sup>†</sup>

**Vitamin D<sub>3</sub>** 1 vegetarian capsule »See page 203

- Support for bone, prostate, cardiovascular, colon and immune health<sup>†</sup>

**CoQ<sub>10</sub>** 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ<sub>10</sub>

**Saw Palmetto Plus** 1 softgel capsule »See page 178

- Wide range support for prostate health<sup>†</sup>

**Magnesium (citrate)** 1 vegetarian capsule »See page 111

- Highly bioavailable magnesium chelate for heart and muscle function<sup>†</sup>

**Take 1 packet daily (8 capsules), with a meal.**

## Eight capsules contain:

Calories	20
Total fat	2 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	37.5 mg (1,500 IU)
Vitamin E	40 mg
(as d-alpha tocopherol succinate and natural tocopherols)	

Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	250 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Coenzyme Q <sub>10</sub>	60 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg
Red wine grape ( <i>Vitis vinifera</i> ) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Maca ( <i>Lepidium meyenii</i> ) extract (tuber)	100 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	50 mg
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) (standardized to contain 212 mg total fatty acids)	320 mg
Pumpkin ( <i>Cucurbita pepo</i> ) oil (seed) (fresh pressed)	320 mg
Nettle ( <i>Urtica dioica</i> ) extract (root)	200 mg
Pygeum ( <i>Pygeum africanum</i> ) extract (bark)	45 mg
Fish oil concentrate (anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, sunflower lecithin, beeswax, carob	

Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

Contains fish (anchovies, sardines, mackerel)

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.

Multivitamins, Vitamins & Minerals



Men's Pure Pack	Quantity	Order Code
	30 packets	MPPB3

MenoVive

PureWoman™ product line  
Formulated with Felice Gersh, M.D.\*

BROAD-RANGE SUPPORT FOR MENOPAUSAL HEALTH AND COMFORT, MOOD, LIBIDO, MENTAL SHARPNESS AND CARDIOVASCULAR FUNCTION†

HMRlignan™ contains the lignan 7-hydroxymatairesinol, a precursor to enterolactone, which has been associated with a healthy estrogen-to-progesterone ratio and cellular health. As a result, lignans have demonstrated supportive roles in moderating hot flashes as well as promoting breast, uterine, cervical, bone and cognitive health. Importantly, dietary intake of lignans and healthy serum enterolactone levels are also positively associated with healthy cardiovascular function. Lifenol® hops extract contains 8-prenylnaringenin (8-PN), offering support for menopausal comfort, antioxidant defense and bone health. Two randomized, double-blind, placebo-controlled studies indicated that Lifenol® hops extracts provided support for general menopausal discomfort, night sweats and hot flashes. Questionnaire results scored at six to eight weeks after supplementation suggest that hot flashes were reduced by three to four times compared to placebo. Ashwagandha, rhodiola and maca extracts are adaptogens offering support for positive mood and relaxation. Two randomized controlled trials indicated that ashwagandha offers support for occasional stress and promotes healthy sleep, cognitive function and relaxation. In addition to promoting emotional well-being, maca also offers support for sexual function. While rhodiola has long been known to support endurance, recent research suggests that it may act as a selective estrogen receptor modulator to support cognitive, cardiovascular and bone

health related to menopause. Grape seed extract and resveratrol support menopausal comfort, as well as bone, cognitive and cardiovascular health. In a randomized controlled trial, resveratrol supplementation decreased menopausal symptom intensity in 78.6% of patients. Numerous studies suggest grape seed polyphenols promote healthy blood vessel relaxation and antioxidant defenses to promote cardiovascular health.†

1 capsule, twice daily, with meals.

Each (size 00) vegetarian capsule contains:

HMRlignan™ (containing 7-hydroxymatairesinol) (from Norway spruce knot wood)	36 mg
Lifenol® hops (Humulus lupulus) extract (female cone) (standardized to contain 0.15% 8-prenylnaringenin)	42.5 mg
Ashwagandha (Withania somnifera) extract (root) (standardized to contain 2.5% withanolides)	125 mg
Maca (Lepidium meyenii) extract (tuber)	250 mg
Rhodiola (Rhodiola rosea) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg
resVida® resveratrol (as trans-resveratrol)	12.5 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Not to be taken by pregnant or lactating women.

HMRlignan™ is a trademark of Linnea Inc.

Lifenol® is a trademark of Naturex.

resVida® is a trademark of DSM.

Women's Formulas



MenoVive	Quantity	Order Code
	60	MOV6



\*Dr. Gersh is a retained advisor to Pure Encapsulations.

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

## Metabolic Xtra

### PureLean® product line

#### SUPPORTS HEALTHY GLUCOSE METABOLISM<sup>†</sup>

Metabolic Xtra is a powerful combination of nutrients that helps support insulin receptor function as well as healthy glucose metabolism. The natural plant alkaloid berberine enhances the expression and function of insulin receptors. In a randomized, placebo-controlled trial involving 116 subjects, berberine provided statistically significant support for healthy glucose and lipid metabolism. Resveratrol promotes healthy AMPK and SIRT1 protein levels to support cellular metabolism and glucose homeostasis. In a randomized, double-blind, placebo-controlled, four-week study, resveratrol supported healthy insulin signaling and antioxidant defenses. The trace mineral chromium plays an important role in nutrient metabolism, as well as enzyme activation. Optimal levels of chromium promote healthy carbohydrate and fat utilization. ChromeMate® has been clinically studied for its potential role in supporting healthy body composition when combined with a healthy diet and exercise. Alpha lipoic acid supports healthy receptor function and glucose metabolism.<sup>†</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Chromium (as ChromeMate® chromium polynicotinate)	200 mcg
Berberine HCl	350 mg
Alpha lipoic acid (thioctic acid)	100 mg
resVida® resveratrol (as trans-resveratrol)	20 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

resVida® is a trademark of DSM.

**Not to be taken by pregnant or lactating women.**

#### Cardiometabolic Health & Metabolism



Metabolic Xtra	Quantity	Order Code
	90	MX29

## L-Methionine

#### LIVER AND TISSUE SUPPORT<sup>†</sup>

L-Methionine is an essential amino acid that contains sulfur, which is an important component of cartilage building blocks such as proteoglycans and glycosaminoglycans. L-Methionine is incorporated into tissue proteins and enzymes and is a component of active peptides, including L-methionine enkephalin and various endorphins. One of the main roles of L-methionine is as a methyl donor, contributing to numerous physiological pathways in the body including formation of myelin components. In one such pathway, L-methionine converts to S-adenosylmethionine. Studies have indicated that L-methionine may promote healthy cellular metabolism, enzyme activity and glutathione concentration. L-Methionine, like choline and betaine, is also a lipotropic compound supporting lipid metabolism and healthy hepatic function. In combination with antioxidants, L-methionine may play a role in healthy pancreas function.<sup>†</sup>

**1 capsule, 2-3 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

L-Methionine (free-form)	375 mg
Other ingredients: vegetarian capsule (cellulose, water)	

#### Liver & Detoxification



L-Methionine	Quantity	Order Code
	60	LM6

## MethylAssist

#### PROVIDES ACTIVATED B VITAMINS TO SUPPORT HEALTHY METHYLATION, CARDIOVASCULAR, NEURONAL AND EMOTIONAL HEALTH<sup>†</sup>

Folate, vitamin B<sub>12</sub>, and vitamin B<sub>6</sub> offer cardiovascular support by promoting healthy endothelial function and the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor used in methylation reactions. Methylation involves the transfer of a methyl group (CH<sub>3</sub>) from one molecule to another. This methyl group acts as a signal throughout the body, regulating genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with neurological and psychological health. Folate is provided in this formula as Metafolin®, the naturally occurring, universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF). L-5-MTHF is the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations. Research suggests that folate and benfotiamine enhance healthy endothelial function, vascular dilation and nitric oxide status, as well as help maintain healthy nervous system function and comfort. In a randomized, controlled study, benfotiamine supported healthy nerve conduction velocity and nerve comfort. In another trial, a combination of L-methylfolate, methylcobalamin and pyridoxal-5-phosphate promoted healthy epidermal nerve fiber density and nerve comfort.<sup>†</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	16 mg
Folate (as Metafolin®, L-5-MTHF) 1,667 mcg DFE (1,000 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> (as methylcobalamin)	1,000 mcg
BenfoPure® benfotiamine	75 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

#### Multivitamins, Vitamins & Minerals



MethylAssist	Quantity	Order Code
	90	MAS9

## Methylcobalamin 1,000 mcg

SUPPORTS ENERGY PRODUCTION, NEUROLOGICAL HEALTH AND EMOTIONAL WELLNESS<sup>‡</sup>

Vitamin B<sub>12</sub> is an important cofactor for energy metabolism. It works with folate in the methionine synthase pathway, which supports healthy homocysteine metabolism in the synthesis of S-adenosyl-methionine (SAME), an important methyl donor. As such, it supports methylation for key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. Through this pathway, Vitamin B<sub>12</sub> is required for proper red blood cell formation, neurological function and DNA synthesis. The activated and methylated form methylcobalamin is the primary form found in the cytosol of cells and predominates in blood and other fluids. This is the form of vitamin B<sub>12</sub> primarily used for SAME production, making it an important nutrient for healthy cell development, including red blood cells.<sup>‡</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Vitamin B <sub>12</sub> (as methylcobalamin)	1,000 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Methylcobalamin 1,000 mcg	Quantity	Order Code
	180	MT1
	60	MT6

See also

Adenosyl/Hydroxy B<sub>12</sub> liquid  
B<sub>12</sub> 5,000 liquid  
B<sub>12</sub> liquid

»page 26  
»page 37  
»page 37

## MicroDefense w/ Oregano

PureGI™ product lines

COMBINATION OF PLANT EXTRACTS DESIGNED TO SUPPORT HEALTHY GASTROINTESTINAL TRACT FUNCTION AND MICROBIAL BALANCE<sup>‡</sup>

Artemisia, which contains artemisinin, has been used traditionally for thousands of years to promote healthy microbial balance within the body. Oregano oil powder offers antioxidant and microbial-balancing properties. In vitro and animal research suggests that oregano oil and clove can diffuse through microbial cell membranes, promoting membrane permeability. Berberine sulfate is a highly concentrated microbial-balancing compound. Olive leaf extract contains the active constituent oleuropein, a phenolic glucoside that helps maintain healthy G.I. microorganism balance and may help support immune function.<sup>‡</sup>

**1 capsule, 1-3 times daily, just before a meal, with 6-8 oz water, for 2-3 months, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Berberine sulfate	100 mg
Olive ( <i>Olea europaea</i> ) extract (leaf) (standardized to contain 15% oleuropein)	100 mg
Sweet wormwood ( <i>Artemisia annua</i> ) extract (aerial parts)	150 mg
Clove ( <i>Syzygium aromaticum</i> ) powder (bud)	50 mg
Oregano ( <i>Origanum vulgare</i> ) oil extract (leaf and flower)	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**

Gastrointestinal



MicroDefense w/ Oregano	Quantity	Order Code
	180	MI31
	90	MI39

## Mineral 650®

COMPLETE CHELATED-MINERAL FORMULA; COMPREHENSIVE MINERAL SUPPORT FOR DAILY WELLNESS<sup>‡</sup>

This is a highly absorbable, balanced combination of chelated minerals. By providing minerals in a controlled ratio, this formula prevents minerals from competing with each other for absorption in the digestive tract.<sup>‡</sup>

**3 capsules, 1-2 times daily, with meals.**

**Three (size 0) vegetarian capsules contain:**

Calcium (as calcium citrate)	150 mg
Iron (as iron glycinate)	5 mg
Iodine (as potassium iodide)	50 mcg
Magnesium (as magnesium citrate)	125 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	100 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	50 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Mineral 650®	Quantity	Order Code
	180	MF1

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

## Mineral 650® (without copper & iron)

Multivitamins, Vitamins & Minerals



Mineral 650® (without copper & iron)	Quantity	Order Code
	180	MM1

See also  
Trace Minerals

»page 187

## Mitochondria-ATP

SUPPORTS CELLULAR ENERGY AND MITOCHONDRIAL HEALTH<sup>‡</sup>

CoQ<sub>10</sub> is a component of the mitochondria and plays a key role in the synthesis of ATP. Ubiquinol is the activated form of CoQ<sub>10</sub>. B vitamins are important cofactors needed to fuel the Krebs cycle, while optimal serum levels of magnesium are associated with healthy mitochondrial metabolism and nutrient transport. Acetyl-L-carnitine provides carnitine to transport long chain fatty acids into the mitochondria for energy as well as an acetyl group for the synthesis of the Krebs cycle precursor acetyl-CoA. Highly pure creatine monohydrate helps enhance the production of the ATP by acting as a precursor. This formula provides antioxidant support from vitamins C and E, as well as additional antioxidant support from grape seed extract, resveratrol, alpha lipoic acid and n-acetyl-L-cysteine. These nutrients and bioactives neutralize the free radicals generated during energy production in the mitochondria. In a double-blind, placebo-controlled crossover study, the combination of creatine, CoQ<sub>10</sub> and alpha lipoic acid supported energy production and antioxidant status within the mitochondria.<sup>‡</sup>

**2 capsules, 2 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	100 mg
Vitamin E (as d-alpha tocopherol succinate)	17 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	10 mg
Riboflavin (vitamin B <sub>2</sub> )	7.5 mg
Niacin (as niacinamide)	17.5 mg
Magnesium (as magnesium citrate/malate)	50 mg
Creatine monohydrate	375 mg
Acetyl-L-carnitine (free-form)	250 mg
Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	25 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	50 mg
Kaneka ubiquinol™ (active antioxidant form of coenzyme Q <sub>10</sub> )	25 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Energy & Fitness



Mitochondria-ATP	Quantity	Order Code
	120	MATP21

## MotilPro

PureGI™ product line

ADVANCED GUT-SIGNALING SUPPORT FORMULA,  
SUPPORTING SEROTONERGIC AND CHOLINERGIC  
FUNCTION FOR HEALTHY GUT MOTILITY<sup>‡</sup>

MotilPro supports serotonergic and cholinergic neurotransmission in the G.I. tract. 5-HTP is absorbed by enterochromaffin cells in the epithelium, in which it is decarboxylated to serotonin using pyridoxal 5' phosphate as a cofactor. 5-HTP stimulates enteric neurons through activation of 5HT4 receptors. Ginger modulates serotonin signaling by additional 5HT4 stimulation and by binding type 3 (5HT3) receptors in the enteric nervous system and brain stem, supporting gastric emptying, intestinal transit, healthy visceral sensation and upper G.I. comfort. Acetyl-L-carnitine supports autonomic neuronal health and contributes acetyl groups for the synthesis of acetylcholine, supporting neurotransmission of signals to encourage healthy motility.<sup>‡</sup>

**3 capsules, 1-2 times daily, between meals.**

**Three (size 00) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	6.7 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	1,000 mg
Acetyl-L-carnitine (free-form)	500 mg
5-Hydroxytryptophan	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.**

Gastrointestinal



MotilPro	Quantity	Order Code
	180	MOP1





# MSM capsules (methylsulfonylmethane)

PROVIDES SULFUR TO SUPPORT JOINT, IMMUNE AND RESPIRATORY HEALTH<sup>‡</sup>

Pure Encapsulations' MSM (methylsulfonylmethane or dimethylsulfone) is a source of organic sulfur found naturally in the human body. MSM, the major metabolite of DMSO (dimethyl sulfoxide), is 34% elemental sulfur, a compound which is crucial in maintaining healthy tissues. While sulfur supports many functions, it is well-known for maintaining connective tissue health. Sulfur also supports tissue containing significant amounts of collagen and keratin, including hair, skin and nails. Sulfur is essential in methionine, cysteine and serum protein metabolism. Preliminary evidence suggests that MSM may also provide potential support for healthy immune and respiratory function.<sup>‡</sup>

2 capsules, 1-4 times daily, with meals.

Two (size 00) vegetarian capsules contain:

Methylsulfonylmethane (MSM)	1,700 mg
Other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bones, Joints & Muscles



MSM capsules	Quantity	Order Code
	360	MSM3
	250	MSM2

# MSM powder

UNSWEETENED, UNFLAVORED POWDER TO SUPPORT JOINT, IMMUNE AND RESPIRATORY HEALTH<sup>‡</sup>

1 scoop, 1-2 times daily, in a beverage, with meals.

Serving size: 3 g (1 scoop)

Servings per container: 75

Each scoop contains:

Methylsulfonylmethane	3 g
Other ingredients: vegetarian capsule (cellulose, water)	

OptiMSM® is a registered trademark of Bergstrom Nutrition.

Bones, Joints & Muscles



MSM powder	Quantity	Order Code
	8 oz (227 g)	MSMP

# Multi-Mineral liquid



OFFERS A BLEND OF NATURALLY DERIVED MINERALS TO SUPPORT CELLULAR FUNCTION<sup>‡</sup>

Multi-Mineral liquid contains a concentrated seawater mineral complex sourced from the Great Salt Lake in Utah. As a unique inland sea without outlets, this lake has been a mineral depository for thousands of years similar to the natural enrichment of mineral water from soil and rocks. This concentrate contains a blend of naturally occurring minerals, and is particularly rich in magnesium, boron and lithium. Minerals act as cofactors for numerous physiological and cellular functions, including cellular energy production and the synthesis of hormones, neurotransmitters and DNA. Magnesium serves numerous vital functions throughout the body, including nutrient metabolism, cytokine balance, energy production and musculoskeletal health. Boron plays a role in both mineral metabolism and hormone synthesis. Lithium is typically obtained in the diet from water and foods grown in lithium-rich soil, and associated with cognitive health. Optimal mineral intake has been associated with antioxidant enzyme function, as well as bone, immune and cardiometabolic health. In a prospective study involving 50 subjects ages 50 and above, supplementation with 2.5 ml of a comparable mineral liquid supplement for one year promoted joint comfort, as measured by composite WOMAC score. Supplementation promoted walking comfort during a six-minute walking test in 41% of subjects and cartilage thickness in 21% of subjects.<sup>‡</sup>

2 ml (2 full droppers) daily, by dropper or mixed into water, with a meal, or as directed by a health professional.

Serving size: two full droppers (2 ml)

Servings per container: approximately 58

two full droppers (2 ml) contain:

Magnesium (as mineral complex)	200 mg
Chloride (as mineral complex)	660 mg
Sodium (as mineral complex)	5 mg
Potassium (as mineral complex)	2 mg
Sulfate (as mineral complex)	32 mg
Lithium (as mineral complex)	1.4 mg
Boron (as mineral complex)	1 mg
Other ingredients: concentrated seawater mineral complex	

**Warning: Not to be taken by pregnant or lactating women. Consult your health professional before use. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder or depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Do not exceed the recommended dose.**

Multivitamins, Vitamins & Minerals



Multi-Mineral liquid	Quantity	Order Code
	116 ml (3.9 fl oz)	MML

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

## Multi t/d <sup>With Metafolin® L-5-MTHF</sup>

### TWICE-DAILY MULTIVITAMIN/MINERAL COMPLEX FOR DAILY WELLNESS<sup>†</sup>

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials. Enhanced with lutein and zeaxanthin, this formula couples fundamental support with convenience. Furthermore, Multi t/d provides chelated minerals and active vitamin cofactors found in Nutrient 950® and UltraNutrient® for optimal bioavailability and utilization.<sup>†</sup>

#### Indications:

- For improved compliance with convenient two-per-day dosing
- For sensitive individuals

#### Vitamin/Mineral Distinctions:

- Provides core vitamin and mineral support<sup>†</sup>

#### Special Features:

- **MacularSynergy Complex<sup>†</sup>**  
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.<sup>†</sup>

**1 capsule, 2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Vitamin A (as beta carotene)	675 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	25 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% as riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	50 mcg
Chromium (as chromium polynicotinate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

#### Multivitamins, Vitamins & Minerals



Multi t/d	Quantity	Order Code
	120	MTD21
	60	MTD26

## Muscle Cramp/Tension Formula<sup>†</sup>

### HELPS LESSEN OCCASIONAL NIGHTTIME OR EXERCISE-RELATED LEG MUSCLE CRAMPS AND EASE MUSCLE TENSION<sup>†</sup>

The electrolytes magnesium, calcium and potassium are important for maintaining healthy muscle contractile function. In several trials, magnesium supported leg muscle comfort by helping to lessen occasional nighttime cramping while relieving occasional sleeplessness. The traditionally soothing botanicals lemon balm, passion flower and chamomile also help to relieve occasional muscle tension. Additionally, these herbal extracts moderate occasional stress and promote overall relaxation.<sup>†</sup>

**2 capsules, 1-2 times daily, with or between meals.**

**Two (size 00) vegetarian capsules contain:**

Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate and 33% as magnesium glycinate)	150 mg
Potassium (as potassium citrate)	50 mg
Passionflower ( <i>Passiflora incarnata</i> ) extract (aerial parts)	100 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf)	50 mg
Chamomile ( <i>Matricaria recutita</i> ) extract (flower)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

#### Bones, Joints & Muscles



Muscle Cramp/Tension Formula <sup>†</sup>	Quantity	Order Code
	180	MCT1
	60	MCT6

## NAC (N-Acetyl-L-Cysteine) 600 mg

SUPPORTS RESPIRATORY FUNCTION, GLUTATHIONE PRODUCTION AND DETOXIFICATION<sup>†</sup>

N-Acetyl-L-Cysteine (NAC) is a derivative of the dietary amino acid L-cysteine. NAC has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. NAC supports tissue levels of glutathione, a key component of the antioxidant defense system.<sup>†</sup>

**1 capsule, 1-3 times daily, between meals.**

**Each (size 0) vegetarian capsule contains:**

N-Acetyl-L-cysteine (free-form) 600 mg  
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Liver & Detoxification



NON  
GMO

V

VEG

NAC 600 mg	Quantity	Order Code
	360	NA63
	180	NA61
	90	NA69

## NAC (N-Acetyl-L-Cysteine) 900 mg

**1 capsule, 1-2 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

N-Acetyl-L-cysteine (free-form) 900 mg  
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Liver & Detoxification



NON  
GMO

V

VEG

NAC 900 mg	Quantity	Order Code
	240	NA92
	120	NA91

## NAC + Glycine powder

N-ACETYL-L-CYSTEINE AND GLYCINE COMBINATION TO SUPPORT GLUTATHIONE PRODUCTION, IMMUNE DEFENSE AND DETOXIFICATION<sup>†</sup>

Glutathione is one of the main endogenous antioxidants, acting in the body to recycle other antioxidants and protect the body from free radicals, as well as support detoxification. It is found in virtually every cell of the body and plays a critical role in cell function. Increased glutathione levels have been linked to supporting a reduction in oxidative stress and DNA damage. Cysteine and glycine are necessary precursors for glutathione (GSH) synthesis, and co-supplementation of these nutrients promotes intracellular glutathione levels. The body requires amounts of cysteine and glycine that may not be met by dietary intake alone, particularly as we age. In a small study involving older individuals, two weeks of supplementation with N-acetylcysteine (NAC) and/or glycine indicated that the combination NAC + glycine raised red blood cell (RBC) glutathione levels more effectively than either amino acid alone. In one study, supplementation with the combination of NAC and glycine resulted in 32% higher RBC glycine, 46% higher RBC cysteine and a 53% increase in RBC GSH concentration. There was also a significant improvement in the ratio of reduced (active) GSH to oxidized glutathione (GSSG). Increased GSH was associated with improvement in antioxidant status as measured by F2-isoprostanes, as well as mitochondrial fatty acid oxidation. In another study comparing young and older subjects, elderly subjects had 55% lower RBC glycine, 24% lower RBC cysteine and 46% lower RBC glutathione at baseline, as well as lower reduced (active) GSH to GSSG ratios. Supplementation with NAC and glycine in elderly subjects resulted in RBC levels of glycine, cysteine and glutathione, as well as GSH:GSSG ratio, comparable to young unsupplemented subjects. NAC and glycine have been shown to maintain healthy cytokine release during times of metabolic stress. Research suggests that glycine may moderate TNF-α and promote IL-10 to support cytokine balance, and intake has been associated with cardiometabolic health. Studies indicate that supplementation with NAC supports mood and social functioning. It is believed that cysteine influences the reward-reinforcement pathway by modulating the glutamate system. NAC also promotes immune defense and supports respiratory health, acting as a free radical scavenger to support epithelial cell health and healthy cilia activity in the respiratory tract. It has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. Due to its sulfur content, NAC is able to disrupt disulfide bonds within mucus, thinning and easing its expulsion. In a randomized, double-blind trial involving mostly older individuals, 600 mg of NAC twice-daily showed significant support for respiratory and immune function.<sup>†</sup>

**1 scoop daily, mixed with 8 oz water, between meals.**

**Each scoop (approximately 5.3 g) contains:**

N-Acetyl-L-cysteine (free-form) 1,800 mg

Glycine (free-form) 1,800 mg

Other ingredients: natural peach, mango, orange and ginger flavors with other natural flavors, potassium citrate, tri-magnesium citrate, purified stevia leaf extracts

Liver & Detoxification



NON  
GMO

V

VEG

NAC + Glycine powder	Quantity	Order Code
	5.6 oz (159 g)	NGY1

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

# NeuroMood Pure Pack

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.\*

Daily Packet

With Metafolin® L-5-MTHF

## Indications:

- Support for healthy neurotransmitter function, positive mood and emotional wellness†

## Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 50 mcg (2,000 IU) vitamin D<sub>3</sub>
- Easily tolerated magnesium glycinate for sensitive individuals

## Special Features:

- Promotes positive mood and relaxation with omega-3-fatty acids, folate, vitamin B<sub>6</sub>, zinc and magnesium†
- Maintains healthy immune function and emotional balance with omega-3 fatty acids and curcumin†
- Enhances neurotransmitter function with curcumin, activated B vitamins and chromium†
- Curcumin promotes healthy levels of serotonin and dopamine, and offers support for neuronal health and function†
- Activated B vitamins, including Metafolin® L-5-MTHF, pyridoxal 5' phosphate and methylcobalamin, are critical for proper biosynthesis of the monoamine neurotransmitters serotonin, epinephrine and dopamine†
- Taurine helps facilitate cell communication and acts as an inhibitory amino acid to support relaxation and positive mood†
- Chromium supports serotonin receptor sensitivity†
- Supports cognitive function and healthy eating behavior†
- Omega-3 essential fatty acids promote healthy cholecystokinin (CCK) release to moderate appetite†
- Optimal levels of zinc help maintain healthy eating behaviors, possibly by supporting healthy neuropeptide Y (NPY) and ghrelin levels, key compounds for appetite regulation†
- Chromium supports memory and cognitive function as well as healthful patterns of carbohydrate and energy intake†
- Convenient, once-daily packet

## Each Packet Contains:

**O.N.E.™ Multivitamin** 1 vegetarian capsule »See page 132

- Blend of vitamins, minerals and sustained-release CoQ<sub>10</sub> to promote cellular and neurotransmitter function†

**EPA/DHA essentials** 1 softgel capsule »See page 75

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support†

**NeuroPure** 1 vegetarian capsule »See page 127

- Comprehensive neurotransmitter support to promote emotional well-being†

**Magnesium (glycinate)** 1 vegetarian capsule »See page 112

- Highly bioavailable form of magnesium to support neurotransmitter synthesis and neuronal function†

**Taurine** 1 vegetarian capsule »See page 184

- Support for relaxation and healthy brain function†

## 1 packet daily (5 capsules), with a meal.

### Five capsules contain:

Calories	10
Total Fat	1 g
Cholesterol	< 5 mg
Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	20 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 67% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	7.5 mg
Folate (as Metafolin®, L-5-MTHF)	1,083 mcg DFE (650 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium glycinate)	120 mg
Zinc (as zinc citrate and 17% zinc picolinate)	30 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
Coenzyme Q <sub>10</sub> (as CoQ <sub>10</sub> and as 18% from MicroActive® CoQ <sub>10</sub> -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg

FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
DL-Phenylalanine (free-form)	350 mg
5-Hydroxytryptophan	50 mg
Meriva® turmeric phytosome (turmeric ( <i>Curcuma longa</i> ) extract (root) and phospholipid complex) (standardized to contain 18% curcuminoids)	125 mg
Quercetin	50 mg
Taurine (free-form)	1,000 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	1,000 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A.

FloraGLO® is a registered trademark of Kemin Industries, Inc.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is trademark of DSM.

Microactive® is a registered trademark of Bioactives, LLC

**Contains fish (anchovies, sardines, mackerel)**

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.**

**PHENYLKETONURICS: CONTAINS PHENYLALANINE.**

Multivitamins, Vitamins & Minerals



NeuroMood Pure Pack	Quantity	Order Code
	30 packets	NMPPB3

## NeuroPure Soy-Free

PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.+

OFFERS KEY NUTRIENTS TO SUPPORT OVERALL NEUROTRANSMITTER FUNCTION, NEURONAL HEALTH AND EMOTIONAL BALANCE‡

- Provides enhanced support for emotional balance and mood stability‡
- Promotes the production of both serotonin and dopamine‡
- Includes the serotonin and dopamine neurotransmitter precursors 5-HTP and DL-phenylalanine‡
- Contains the cofactors vitamin B<sub>6</sub>, Metafolin® L-5-MTHF and zinc to support neurotransmitter production‡
- Supports phenylethylamine (PEA) activity, which plays important roles in emotional wellness‡
- Supports healthy serotonin receptor and monoamine oxidase enzyme function with curcumin‡
- Maintains healthy cytokine balance with curcumin and quercetin to support neurotransmitter synthesis and emotional balance‡
- Supports optimal serum levels of zinc and folate to promote positive mood‡

**2 capsules, 1-2 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	6.7 mg
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (500 mcg L-5-MTHF)
Zinc (as zinc picolinate)	10 mg
DL-Phenylalanine (free-form)	700 mg
5-Hydroxytryptophan	100 mg
Meriva® turmeric phytosome (turmeric ( <i>Curcuma longa</i> ) extract (root) and sunflower phospholipid complex (standardized to contain 18% curcuminoids)	250 mg
Quercetin	100 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Meriva® is a trademark of Indena S.p.A.

Phytosome More Bioavailable is a trademark of Indena S.p.A., Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.**

**PHENYLKETONURICS: CONTAINS PHENYLALANINE**

Memory & Mood



NeuroPure	Quantity	Order Code
	120	NOP1

+Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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



## Niacinamide

SUPPORTS GLUCOSE METABOLISM AND METABOLIC FUNCTION<sup>‡</sup>

Niacinamide does not cause the vasodilation ("flush") associated with niacin. Research indicates that niacinamide may support healthy glucose metabolism and protect pancreatic beta cell function. In a meta-analysis of 10 randomized controlled trials, niacinamide supplementation promoted healthy C-peptide levels, insulin metabolism and beta cell function. In another study, niacinamide helped maintain healthy C-peptide levels and glucose metabolism. In a 12-week, randomized double-blind trial involving 72 subjects, niacinamide provided statistically significant support for joint flexibility.<sup>‡</sup>

**2 capsules, 1-3 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Niacin (as niacinamide)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Multivitamins, Vitamins & Minerals



Niacinamide	Quantity	Order Code
	90	NIA29

## Niacitol® 500 mg (no-flush niacin)

WELL TOLERATED NIACIN FORM TO SUPPORT CARDIOVASCULAR HEALTH<sup>‡</sup>

Niacitol® provides inositol nicotinate, a form of no-flush niacin (vitamin B<sub>3</sub>) with a history of use in Europe for healthy cardiovascular support. Niacitol® is a well-tolerated form of vitamin B<sub>3</sub> and is unlikely to cause the flushing or other side effects that are associated with niacin. Inositol nicotinate is composed of one molecule of inositol and six molecules of niacin.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Niacin (as inositol nicotinate)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



Niacitol® 500 mg	Quantity	Order Code
	120	NI51



## Niacitol® 650 mg (no-flush niacin)

1 capsule, 1-4 times daily, with meals, or as directed by a health professional.

Each (size 00) vegetarian capsule contains:

Niacin (as inositol nicotinate) 650 mg  
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

### Cardiometabolic Health & Metabolism



Niacitol® 650 mg	Quantity	Order Code
	180	NI61

## Nitric Oxide Support

SUPPORTS NITRIC OXIDE PRODUCTION AND HEALTHY BLOOD FLOW<sup>†</sup>

- Contains arginine, a nitric oxide precursor, to support healthy circulation and delivery of oxygen to working muscle<sup>†</sup>
- Provides citrulline to delay the onset of muscle fatigue, maintain acid-base balance, promote aerobic energy production in muscle cells during exercise and enhance arginine and nitric oxide production<sup>†</sup>
- Includes vitamin C to enhance nitric oxide activity and provide blood vessel endothelial antioxidant protection<sup>†</sup>

1 scoop daily, mixed with water, 20 minutes before exercise.

Serving size: 5.4 g (1 scoop)

Servings per container: 30

One scoop contains:

Vitamin C (as ascorbic acid) 200 mg  
L-Arginine (from arginine alpha ketoglutarate (2:1)) 2,050 mg  
Citrulline (from citrulline malate) 715 mg  
Other ingredients: xylitol, stevia leaf extract, luu han guo (*Momordica grosvenorii*) extract (fruit), natural lemon and lime flavors

### Energy & Fitness



Nitric Oxide Support	Quantity	Order Code
	5.7 oz (162 g)	NOS16

## Nitric Oxide Ultra (capsules)

CITRULLINE AND RESEARCHED FRUIT EXTRACTS TO SUPPORT NITRIC OXIDE PRODUCTION AND HEALTHY BLOOD FLOW<sup>†</sup>

Nitric Oxide Ultra (capsules) offers a blend of CranLoad® and citrulline to support healthy blood flow by targeting nitric oxide production and flow-mediated dilation. The formula centers around CranLoad®, a fruit blend developed as part of an extensive research program with the Institute of Nutrition and Functional Foods (INAF) and Université Laval in Quebec, Canada. CranLoad® delivers a unique cranberry and grape seed blend that has been the subject of several trials. Cranberries and grapes are particularly generous sources of proanthocyanidins and other polyphenols. In addition to being antioxidants, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. Research indicates that CranLoad® provides statistically significant support for healthy flow-mediated dilation (FMD), an effect similar to arginine administration. FMD reflects blood vessel dilation mediated by nitric oxide synthase (NOS), an enzyme that generates the endogenous vasodilator, nitric oxide. In one study, the peak increase in brachial artery diameter following CranLoad® supplementation was 2.8% at 60 minutes. A similar physiological effect has been demonstrated with arginine. Citrulline is included to support nitric oxide production in the blood vessel endothelium and other tissues. Research indicates that citrulline increases plasma arginine in a dose-dependent manner and to a greater degree than arginine supplementation.<sup>†</sup>

2 capsules, 1-2 times daily, between meals.

Two (size 00) vegetarian capsules contain:

L-Citrulline (free-form) 1,000 mg  
CranLoad® proprietary blend 382 mg  
providing cranberry (*Vaccinium macrocarpon*) extract (fruit) and grape (*Vitis vinifera*) extract (seed)  
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

CranLoad® is a registered trademark used by Pure Encapsulations® under license.

### Energy & Fitness



Nitric Oxide Ultra (capsules)	Quantity	Order Code
	120	NXC1

## Nrf2 Detox

### PureGenomics® product line

#### TARGETS NRF2 TO SUPPORT DETOXIFICATION AND ANTIOXIDANT DEFENSES†

Cruciferous vegetables of the brassica family have long been recognized for their ability to support detoxification thereby maintaining healthy cells and tissues. Cruciferous vegetables, like broccoli, cauliflower, Brussels sprouts and kale, are the richest sources of glucosinolates, which are considered to be the most bioactive constituents. Glucosinolates are converted in the body to isothiocyanates after they are ingested and hydrolyzed. The isothiocyanate sulforaphane is one of the most powerful activators of phase II enzyme function in the liver, supporting toxin elimination. Sulforaphane and resveratrol promote the activity of nuclear factor erythroid 2-related factor 2 (Nrf2), a transcription factor that supports robust, long-lasting expression of numerous genes responsible for detoxification and protection against oxidative stress. Among these genes are glutathione peroxidase, superoxide dismutase and various phase II enzymes, such as glutathione sulfotransferases. Nrf2 also supports expression of glutathione glutamylcysteinyl ligase, which is responsible for a critical step in the biosynthesis of glutathione, a vital component of cellular antioxidant and detoxification systems. Found in virtually every cell of the body, glutathione plays essential roles in protein synthesis and repair of DNA, enzyme function, transport and cell maturation. Optimal levels of glutathione have been associated with physical and mental health. The highest concentration of glutathione is found in the liver, where it offers antioxidant support, protects tissue and maintains detoxification. In a randomized clinical trial, supplementation with 250 and 1,000 mg of Setria® glutathione per day increased glutathione levels in the blood after one, three and six months. At six months, mean glutathione levels in the high-dose group increased 30-35% in erythrocytes, plasma and lymphocytes, and 260% in buccal cells (P<0.05). In the low-dose group, mean glutathione levels increased 17% and 29% in blood and erythrocytes, respectively (P<0.05). Both glutathione dose groups showed support for antioxidant defenses, indicated by decreases in the oxidized-to-reduced-glutathione ratio in whole blood after six months.†

**1 capsule, 1-3 times daily, with meals.**

#### Each (size 0) vegetarian capsule contains:

Broccoli ( <i>Brassica oleracea italica</i> ) sprout concentrate (whole plant) (standardized to contain 1,000 mcg sulforaphane)	250 mg
Setria® glutathione (reduced form)	250 mg
resVida® resveratrol (as trans-resveratrol)	15 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

resVida® is a trademark of DSM.

#### Liver & Detoxification



Nrf2 Detox	Quantity	Order Code
	60	NRF6

## NSK-SD® (Nattokinase) 100 mg

PROMOTES HEALTHY FIBRINOLYTIC ACTIVITY FOR HEALTHY BLOOD FLOW AND CARDIOVASCULAR FUNCTION; STANDARDIZED TO CONTAIN A MINIMUM OF 20,000 FU (FIBRINOLYTIC UNITS) PER GRAM‡

Nattokinase, a fibrinolytic enzyme isolated from Japanese natto, helps to maintain healthy activity of the body's natural clotting and fibrinolytic processes. In an animal study conducted by Biotechnology Research Laboratories and JCR Pharmaceuticals of Kobe, Japan, nattokinase promoted healthy blood flow. Furthermore, researchers from JCR Pharmaceuticals, Oklahoma State University and Miyazaki Medical College indicated that nattokinase supports healthy clotting function compared to placebo. In 1995, scientists at the Miyazaki Medical College and Kurashiki University in Japan demonstrated the potential for nattokinase to support blood vessel health in human subjects. This product is contraindicated for individuals with a history of bleeding tendency or with conditions associated with bleeding. Due to potential synergistic effects, concurrent use with anticoagulant and blood pressure medications should be closely supervised by a health professional.‡

**1 capsule, 2 times daily, 12 hours apart, with or between meals.**

#### Each (size 2) vegetarian capsule contains:

NSK-SD® nattokinase (2,000 FU) (soy)	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

NSK-SD® is a registered trademark of Japan Bio Science Laboratories.

**Contains soy**

**Not to be taken by pregnant or lactating women.**

#### Cardiometabolic Health & Metabolism



NSK-SD® 100 mg	Quantity	Order Code
	120	NS11
	60	NS16

## Nutrient 950®

All variations with Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL FORMULA FOR OPTIMAL HEALTH†

### Indications for Nutrient 950® series:

- Men and women ages 18 and over

### Vitamin/Mineral Distinctions:

- Activated vitamins and chelated minerals for optimal absorption
- 500 mg vitamin C for enhanced immune support†
- Formulas with and without iron, copper, iodine and vitamin K

### Special Features:

- Mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection†

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	2,250 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	50 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	34.75 mg
Niacin (as niacinamide and 42% inositol hexaniacinatate)	86 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 39% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	20.5 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	200 mg
Calcium (as calcium citrate)	150 mg
Iron (as iron glycinate)	5 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	100 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49.5 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	425 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

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

### Multivitamins, Vitamins & Minerals



Nutrient 950®	Quantity	Order Code
	360	MVF3
	180	MVF1
	90	MVF9

## Nutrient 950® A without copper & iron

Contains 3,750 mcg (12,500 IU) of vitamin A as 60% (2,250 mcg/7,500 IU) beta carotene and 40% (1,500 mcg/5,000 IU) vitamin A acetate per 3 capsule serving.

### Multivitamins, Vitamins & Minerals

Nutrient 950® A without copper & iron	Quantity	Order Code
	180	MVMA

## Nutrient 950® with NAC

Four capsules contain 500 mg NAC (n-acetyl-L-cysteine). This formula does not contain boron, copper, iron or iodine.

### Multivitamins, Vitamins & Minerals

Nutrient 950® with NAC	Quantity	Order Code
	240	MVN2

## Nutrient 950® with Vitamin K

Three capsules contain 125 mcg vitamin K<sub>1</sub>, 7.5 mcg vitamin K<sub>2</sub> as menaquinone-7, and 250 mcg vitamin K<sub>2</sub> as menaquinone-4. Also provides 12.5 mcg (500 IU) vitamin D<sub>3</sub>. This formula does not contain iron.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood-thinning medication, consult your health professional before use.

### Multivitamins, Vitamins & Minerals

Nutrient 950® with Vitamin K	Quantity	Order Code
	180	MVCK1

## Nutrient 950® without copper & iron

### Multivitamins, Vitamins & Minerals

Nutrient 950® without copper & iron	Quantity	Order Code
	180	MVM1
	90	MVM9

## Nutrient 950® without copper, iron & iodine

### Multivitamins, Vitamins & Minerals

Nutrient 950® without copper, iron & iodine	Quantity	Order Code
	180	MVI

## Nutrient 950® without iron

### Multivitamins, Vitamins & Minerals

Nutrient 950® without iron	Quantity	Order Code
	360	MVC3
	180	MVC1

## O.N.E.™ Multivitamin

### With Metafolin® L-5-MTHF

ONCE-DAILY NUTRIENT ESSENTIALS WITH SUSTAINED-RELEASE COQ<sub>10</sub>

### Indications:

- Men and women age 18 and over

### Vitamin Distinctions:

- Provides vitamins A, B, C, D and E in highly bioavailable forms
- Includes Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

### Special Features:

- Convenient one-capsule-per-day dosing
- Antioxidant complex includes alpha lipoic acid and a blend of CoQ<sub>10</sub> and sustained-release water-soluble MicroActive® Q<sub>10</sub>
- Choline and inositol for healthy cognitive function<sup>†</sup>
- Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D<sup>†</sup>
- Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin<sup>†</sup>

### 1 capsule daily, with a meal.

### Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
CoenzymeQ <sub>10</sub> (as CoQ <sub>10</sub> and as 18% from MicroActive® CoQ <sub>10</sub> -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch	



Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

MicroActive® is a registered trademark of BioActives, LLC.

Multivitamins, Vitamins & Minerals

O.N.E.™ Multivitamin	Quantity	Order Code
	120	ONE1
	60	ONE6
	30	ONE3

## O.N.E.™ Omega

1,000 MG SUPERCRITICAL CO<sub>2</sub>-EXTRACTED, TRIGLYCERIDE-FORM EPA AND DHA IN A CONVENIENT, ONCE-DAILY DOSE

O.N.E.™ Omega offers 1,000 mg of EPA/DHA in each softgel, twice the potency of other fish oils, providing powerful omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health. Each softgel contains fish oil produced through a unique solvent-free, supercritical CO<sub>2</sub>-based extraction method. This method utilizes a low-temperature, oxygen-free process to prevent oxidation reactions, resulting in a pure, concentrated fish oil.<sup>‡</sup>

**1 capsule daily, with a meal.**

**Each (size 22) softgel capsule contains:**

Calories	10
Total fat	1 g
Fish oil concentrate	1,250 mg
(from anchovies, jack, herring, smelt, salmon, mackerel, squid)	
Providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water), natural mixed tocopherols	

**Contains fish (anchovies, jack, herring, smelt, salmon, mackerel, squid)**

Memory & Mood

O.N.E.™ Omega	Quantity	Order Code
	60	ONO6
	30	ONO3

## Olive Leaf extract

SUPPORTS THE IMMUNE SYSTEM AND PROMOTES A HEALTHY INTESTINAL ENVIRONMENT<sup>‡</sup>

The Mediterranean olive tree, *Olea europaea*, defends itself against bacteria, fungi, parasites and insects through the eutrophic compounds it produces. Its leaf extract is popular in herbal and folk remedies and has benefited individuals for 150 years. The active nutrient in the olive leaf is oleuropein, a phenolic glucoside (structurally classified as an iridoid). The olive leaf also contains the bioflavonoids rutin, luteolin and hesperidin, which work synergistically with oleuropein to enhance its natural activity. Olive Leaf extract provides natural protection and a healthy environment for cells, without suppressing immune system function or harming beneficial microflora.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Olive ( <i>Olea europaea</i> ) extract (leaf)	500 mg
(standardized to contain 15% oleuropein)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Immune Support

Olive Leaf extract	Quantity	Order Code
	120	OL1
	60	OL6



## OptiFerin-C

SUPPORTS RED BLOOD CELL FUNCTION AND ENERGY PRODUCTION<sup>†</sup>

OptiFerin-C is an iron-based supplement formulated to support red blood cells in order to help effectively transport oxygen and ferritin in the body. Ferrochel® brand iron bis-glycinate was developed using unique patented chemistry, allowing rapid absorption from the lumen of the intestines into mucosal cells and then released for transport throughout the body. The intestinal mucosal tissue tightly controls the release of Ferrochel®, supporting the safety profile of this iron amino acid chelate. In a double-blind, randomized, placebo-controlled trial, iron supplementation supported healthy ferritin levels as well as enhanced energy and well-being in female subjects. Research emphasizes the importance of maintaining healthy serum ferritin for optimal performance in elite female athletes. This formula includes buffered vitamin C (as calcium ascorbate) to help enhance the absorption of iron.<sup>†</sup>

**1 capsule, 1-3 times daily, with meals.**

**Each (size 2) vegetarian capsule contains:**

Vitamin C (from calcium ascorbate)	100 mg
Calcium (from calcium ascorbate)	11 mg
Iron (as iron bis-glycinate)	28 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, hypoallergenic plant fiber (cellulose)	

Ferrochel is a registered trademark of Albion Laboratories, Inc. Covered by U.S. Patent 7,838,042.

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

Multivitamins, Vitamins & Minerals



NON  
GMO

V

VEG

OptiFerin-C	Quantity	Order Code
	60	OF26

See also  
Iron-C

»page 97

## OsteoBalance<sup>†</sup>

COMPREHENSIVE, HIGH CALCIUM BONE SUPPORT FORMULA<sup>†</sup>

OsteoBalance provides 514 mg of calcium per serving from calcium citrate/malate and calcium malate, along with a comprehensive profile of important bone-building nutrients. Calcium citrate/malate has excellent bioavailability and provided bone mass support for postmenopausal women with low dietary calcium intake in a two-year, double-blind placebo-controlled trial. One study indicated that concomitant supplementation of the trace minerals zinc, copper and manganese with calcium citrate/malate helped to promote healthy bone metabolism in postmenopausal subjects. Magnesium supports healthy bone mineral density and boron plays an important role in reducing urinary calcium and magnesium excretion. Like boron, vitamin D<sub>3</sub> reduces urinary calcium loss but is also a key nutrient because it enhances calcium absorption.<sup>†</sup>

**3 capsules, 1-2 times daily, with meals.**

**Three (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10.7 mcg (428 IU)
Calcium (as DimaCal® di-calcium malate and 50% as calcium citrate/malate)	514 mg
Magnesium (as di-magnesium malate) (Albion®)	64 mg
Zinc (as zinc picolinate)	12 mg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2.1 mg
Boron (as boron glycinate)	0.85 mg
Silica (from bamboo)	10.7 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

DimaCal® and Albion® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Bones, Joints & Muscles



NON  
GMO

VEG

OsteoBalance <sup>†</sup>	Quantity	Order Code
	351	OB35
	210	OB2



# PureSYNAPSE™

## CONNECTING MINDS WITH SUPPLEMENTS

Mental and emotional health can depend on the availability of nutrient building blocks and cofactors, such as amino acids, essential fatty acids, vitamins and minerals for the biosynthesis of neurotransmitters. PureSYNAPSE™ was developed to incorporate these nutrients for neurotransmitter function and integrative mental health support.<sup>†</sup>

The PureSYNAPSE™ product line was developed in collaboration with James Greenblatt, MD,<sup>‡</sup> nationally renowned integrative psychiatrist, to provide individualized integrative support for:

- Mood<sup>†</sup>
- Sleep Quality<sup>†</sup>
- Stress<sup>†</sup>
- Memory<sup>†</sup>
- Healthy Eating Behavior<sup>†</sup>



**James Greenblatt, M.D.,<sup>‡</sup>** integrates both medical and complementary therapies to support mental health and well-being. In addition to serving as the chief medical officer and vice president of medical services at Walden Behavioral Care in Waltham, Mass., Dr. Greenblatt is a clinical faculty member at Tufts University School of Medicine. Dr. Greenblatt also helped co-develop the PureSYNAPSE™ protocols.

Learn more at [PureEncapsulationsPro.com/puresynapse](https://PureEncapsulationsPro.com/puresynapse)

<sup>‡</sup>Dr. Greenblatt is a retained advisor to Pure Encapsulations.  
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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

**pure**  
encapsulations®

## P<sub>5</sub>P 50 (activated B<sub>6</sub>)

ACTIVATED B<sub>6</sub>; SUPPORTS ENERGY METABOLISM, CARDIOVASCULAR AND NEUROLOGICAL HEALTH<sup>†</sup>

Pyridoxal 5' phosphate (P<sub>5</sub>P) is the active metabolite of pyridoxine and is the predominant form of plasma B<sub>6</sub>. P<sub>5</sub>P is required for proper absorption of B<sub>12</sub> and magnesium, and for the production of gastric HCl. It is an important coenzyme in the metabolism of carbohydrates, fats and proteins, and the elongation of essential fatty acids. It is required for the production of antibodies and red blood cells. P<sub>5</sub>P facilitates the release of glycogen (used in energy production) from the liver and muscles. In addition, P<sub>5</sub>P helps maintain the balance of sodium and potassium, which regulates body fluids and promotes the healthy functioning of the nervous and musculoskeletal systems.<sup>†</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Vitamin B<sub>6</sub> (as pyridoxal 5' phosphate) (activated B<sub>6</sub>) 50 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

### Multivitamins, Vitamins & Minerals



P <sub>5</sub> P 50 (activated B <sub>6</sub> )	Quantity	Order Code
	180	P51
	60	P56

## Panax Ginseng

SUPPORT FOR MILD STRESS; PROVIDES 12% GINSENOSES TO PROVIDE SUPPORT FOR MILD STRESS<sup>†</sup>

*Panax ginseng* has long been utilized to assist the body in adapting to physical and emotional stress. During prolonged exercise, *Panax ginseng* promotes endurance and stamina to support energy production. *Panax ginseng* also encourages adrenal gland health in times of occasional stress by maintaining healthy levels of certain adrenal hormones, most notably, corticosterone. This versatile herb has shown potential support for testosterone and spermatozoa levels in animal studies, and has also shown support for male reproductive health in human studies. In addition, *Panax ginseng* promotes memory and learning, and nutritionally supports immune function and cardiovascular health.<sup>†</sup>

**1 capsule, 2-3 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

Asian ginseng (*Panax ginseng*) extract (root) 250 mg  
(standardized to contain 12% total ginsenosides)  
Other ingredients: vegetarian capsule (cellulose, water)

### Energy & Fitness



Panax Ginseng	Quantity	Order Code
	120	PG1

## Pancreatic Enzyme Formula

### Acid-resistant capsules

ENZYME SUPPORT FOR DIGESTIVE FUNCTION<sup>†</sup>

This formula is designed to aid the body's natural digestive process. It provides a highly concentrated form of enzymes naturally secreted by the pancreas which are essential to the digestion of food and absorption of nutrients. The formula contains lipase, which digests fat; proteases, which digest protein; and amylases, which digest starch. This formula is offered in acid-resistant capsules to maximize delivery to the G.I. tract.<sup>†</sup>

**1 capsule, 3 times daily, with each meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Pancreatin (from porcine) (lactose free) 500 mg  
Providing:  
Lipase 17,500 USP units  
Protease 110,000 USP units  
Amylase 120,000 USP units

Other ingredients: vegetarian capsule (cellulose, gellan gum, water), hypoallergenic plant fiber (cellulose)

### Gastrointestinal



Pancreatic Enzyme Formula	Quantity	Order Code
	180	PE1
	60	PE6



## Pancreatic VegEnzymes

### VEGETARIAN ENZYME SUPPORT FOR DIGESTIVE FUNCTION<sup>†</sup>

This enzyme blend provides a broad-acting formulation derived from the plant sources *Aspergillus oryzae* and *Aspergillus niger*. It is a vegetarian alternative to Pancreatic Enzyme Formula for carbohydrate, lipid and protein digestion. These enzymes have several unique properties that enhance their ability to promote the optimal breakdown of foods and nutrients, including broad substrate specificity. This means that these enzymes have the ability to recognize and help digest a large number of target molecules. Plant enzymes are also active in a wide pH range, from about 3.5-8.5, indicating that their actions begin in the stomach and continue in the small intestine, promoting complete digestion. Pancreatic VegEnzymes is designed to be comparable in amylase, protease and lipase profile to Pancreatic Enzyme Formula (500 mg pancreatin).<sup>†</sup>

**1 capsule, 3 times daily, with each meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Proprietary enzyme blend	200 mg
Providing:	
Protease 4.5	40,000 HUT
Lipase	5,000 FIP
Amylase	1,500 DU

Other ingredients: vegetarian capsule (cellulose, water), tapioca dextrin, ascorbyl palmitate

Gastrointestinal



NON  
GMO

V

VEG

Pancreatic VegEnzymes	Quantity	Order Code
	180	PV1



## Pantethine

### SUPPORTS HEALTHY LIPID METABOLISM<sup>†</sup>

Pantethine is the active form of the B vitamin pantothenic acid and is a major component of coenzyme A (CoA). In cells, CoA is essential for fatty acid transport and fatty acid metabolism. Several human studies demonstrate the ability of pantethine to maintain healthy utilization and metabolism of various lipids, promoting healthy cardiovascular function.<sup>†</sup>

**2 capsules, 1-2 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Pantesin® pantethine	500 mg
Other ingredients: silica, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd.

Multivitamins, Vitamins & Minerals



NON  
GMO

V

VEG

Pantethine	Quantity	Order Code
	120	PA1
	60	PA6

## Pantothenic Acid

### D-ISOMER PANTOTHENIC ACID FOR CELLULAR ENERGY AND ADRENAL FUNCTION<sup>†</sup>

Pantothenic acid is a precursor of coenzyme A (CoA), an important cofactor and acyl group carrier in cells. One of the main functions for CoA is the formation of acetyl-CoA, vital for cellular respiration and the metabolism of carbohydrates and fatty acids through the Krebs cycle. Distribution studies indicate that tissues with the highest retention of pantothenic acid are the kidneys, pituitary gland, heart, muscle, liver and adrenal glands. Additionally, pantothenic acid is required for the synthesis of fatty acids and membrane phospholipids, the amino acids leucine, arginine and methionine, and isoprenoid derivatives, including steroid hormones, vitamin A and vitamin D.<sup>†</sup>

**1 capsule daily, with a meal.**

**Each (size 00) vegetarian capsule contains:**

Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



NON  
GMO

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VEG

Pantothenic Acid	Quantity	Order Code
	120	PTA1



## Peptic-Care<sup>‡</sup> (Zinc-L-Carnosine)

### PureGI<sup>™</sup> product line

PROVIDES PATENTED SUPPORT FOR GASTRIC HEALTH AND COMFORT FOR STRENGTHENING THE STOMACH'S MUCOSAL DEFENSES, BUFFERING GASTRIC ACID, MAINTAINING GASTRIC INTEGRITY AND PROVIDING ANTIOXIDANT SUPPORT FOR OVERALL GASTRIC HEALTH AND COMFORT<sup>‡</sup>

This patented, 1:1 chelate of zinc and l-carnosine provides a unique configuration that is important to this compound's activity. Zinc-carnosine has a slow disassociation rate and adheres to the stomach lining, allowing for prolonged protection. Once dissociated, zinc and carnosine provide synergistic antioxidant protection, support the stomach's mucosal defenses, buffer gastric acid and maintain healthy cytokine release. Studies have suggested that this combination has greater effects on the integrity of the gastric lining than either ingredient alone. One Japanese multi-center, double-blind study involving 299 subjects described a positive effect of zinc-carnosine on objective and subjective parameters of normal gastric health and repair functions, especially after 8 weeks. Seven additional clinical evaluations with more than 550 volunteers indicate similar results. In recent in vitro and in vivo studies, zinc-carnosine stimulated healthy gut repair by supporting healthy colon cell reproduction and maintaining healthy villous function. In a double-blind, randomized, crossover trial, zinc-carnosine maintained healthy gut permeability. Extensively studied and utilized in Japan, this zinc-carnosine combination has an excellent safety profile.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

#### Each (size 3) vegetarian capsule contains:

Zinc (from 75 mg zinc-l-carnosine complex)	16 mg
Carnosine (from 75 mg zinc-l-carnosine complex)	58 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

#### Gastrointestinal

NON  
GMO

V

VEG

Peptic-Care<sup>‡</sup>  
(Zinc-L-Carnosine)

Quantity	Order Code
60	PCZ6

## Perilla extract

### PureResponse<sup>™</sup> product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA<sup>+</sup>

SUPPORTS HEALTHY MODULATION OF TH2 CYTOKINES AND MUCOSAL HEALTH<sup>‡</sup>

Perilla seed offers a concentrated source of polyphenols (including rosmarinic acid and luteolin), along with other beneficial compounds. This herb has traditionally been used to promote healthy respiratory and immune function. In animal models of Th2 dominance, perilla helped maintain healthy upper respiratory cytokine levels. Perilla extract helps support healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. It also helps maintain healthy modulation of mucosal immune responses to environmental factors and cytokine homeostasis of GI mucosal tissue.<sup>‡</sup>

**1 capsule, 1-2 times daily, between meals, or as directed by a health professional.**

#### One (size 2) capsule contains:

Perilla ( <i>Perilla frutescens</i> L.) extract (seed)	150 mg
(standardized to contain 3% polyphenols)	
Other ingredients: vegetarian capsule (cellulose, water)	

#### Immune Support

NON  
GMO

V

VEG

Perilla extract	Quantity	Order Code
	90	PRL9



## Phosphatidylcholine (sunflower)

### PureGenomics® product line

PHOSPHOLIPID-BOUND CHOLINE TO SUPPORT CELLULAR FUNCTION, COGNITIVE FUNCTION AND LIVER HEALTH<sup>†</sup>

Phosphatidylcholine (PC) is a naturally occurring, integral component of the cellular membrane, adding fluidity and strength to cells. It serves as a source of choline, an important nutrient for methylation, cell-to-cell communication, cognition and liver function. Choline and its metabolites are the major source of methyl groups in the diet. Methylation plays many roles, including neurotransmission, vitamin assimilation, DNA synthesis and gene regulation. Choline is required for the synthesis of phospholipids and acetylcholine, a neurotransmitter involved in attention, learning, memory and neuromuscular function. Animal research suggests an adaptogenic effect when exposed to stress. Certain genetic variations in MTHFR and PEMT, enzymes that play critical roles in methylation and choline synthesis, respectively, have been associated with increased dietary choline needs. Research indicates that choline intake is important for pregnant women, particularly those with PEMT and MTHFR genetic variations. One clinical trial showed that women who consumed 480 mg of choline daily during pregnancy had offspring with faster processing speed than those who did not. PC also plays a significant role in the healthy transport and metabolism of lipids. A randomized, double blind, placebo-controlled trial suggested that choline-containing lecithin may help support healthy hepatic fat metabolism. Animal studies indicate that PC promotes healthy liver and pancreatic antioxidant activity.<sup>‡</sup>

#### 2 capsules daily, with a meal.

#### Two (size 22) softgels contain:

Calories	15
Total fat	1.5 g
Total phosphatidylcholine	550 mg
Other ingredients: gelatin capsule (gelatin, glycerin, water, carob), sunflower lecithin, medium-chain triglycerides	

#### Memory & Mood



Phosphatidylcholine (sunflower)	Quantity	Order Code
	90	PHC9

## Phyto-4

CLINICALLY RESEARCHED BOTANICALS TO SUPPORT CELLULAR AND MUSCULOSKELETAL HEALTH<sup>‡</sup>

Perluxan® is a clinically studied extract of hops specifically developed to promote joint health. In a randomized, double-blind placebo-controlled trial of 36 subjects, the benefits of Perluxan® on joint comfort reached statistical significance within two hours of the first dose and were sustained over the 14-day period. Perluxan® is free of sleep-inducing and phytoestrogenic compounds typically associated with hops extracts. The alpha and iso-alpha acids in Perluxan® maintain healthy NF-kappa B-associated expression of COX-2 and cytokines such as IL-6 and TNFα in connective tissue. Curcumin complements Perluxan® through its extensively characterized effects on cytokine-mediated signal transduction, matrix metalloproteinase (MMP) expression and multiple components of the arachidonic acid cascade. Curcumin C3 Complex® is the subject of extensive ongoing clinical investigations at numerous hospitals and universities. Ginger promotes joint health through maintaining healthy cytokine signaling in cartilage and the synovium. 5-LOXIN® Boswellia serrata extract provides the highly bioactive triterpenoid AKBA, which supports connective tissue structural composition and comfort through supporting healthy immune responses, 5-lipoxygenase activity and synovial matrix metalloproteinase 3 (MMP-3) levels. In a 3-month double-blind, placebo-controlled study of 75 subjects, significant functional support and comfort scores were evident as early as day 7.<sup>‡</sup>

#### 2 capsules daily, with a meal.

#### Two (size 00) vegetarian capsules contain:

Perluxan® hops ( <i>Humulus lupulus</i> ) extract (cone)	500 mg
Curcumin C3 Complex® turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	200 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	200 mg
5-LOXIN® Boswellia serrata extract Indian	100 mg
Frankincense ( <i>Boswellia serrata</i> ) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	
Other ingredients: vegetarian capsule (cellulose, water), maltodextrin, silica, ascorbyl palmitate	

Perluxan® trademark is used with permission.

Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

5-LOXIN® AKBA boswellia serrata extract. 5-LOXIN® is a registered trademark of PL Thomas & Co., Inc. International patents pending.

#### Not to be taken by pregnant or lactating women.

#### Immune Support



Phyto-4	Quantity	Order Code
	60	PH46

<sup>†</sup>Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

## Phyto-ADR

### VEGETARIAN ADRENAL SUPPORT FORMULA<sup>‡</sup>

This vegetarian formula provides wide range herbal and nutritional support for the adrenal glands. *Panax ginseng* and *Eleutherococcus senticosus*, or eleuthero, are highly recognized adaptogens, promoting physiological balance and moderating occasional stress. In part, they help to moderate the production of adrenocorticotrophic hormone (ACTH) and ultimately corticosterone activity. Corticosterone promotes the conversion of amino acids into carbohydrates and glycogen by the liver and stimulates glycogen formation in the tissues, supporting optimal energy reserves. *Rhodiola rosea*, containing rosavins and salidroside, also acts to balance hypothalamic-pituitary-adrenal activity. *Rhodiola* can have a calming effect on the central nervous system and supports healthy thyroid, thymus, and adrenal gland function. In particular, *rhodiola* may moderate the effects of occasional physical and emotional stress. Recently, a double-blind, crossover study suggested that *rhodiola* may help to moderate mild fatigue under stressful conditions. *Astragalus* and *ashwagandha* promote immune function and complement the adaptogenic activity of this formula. Calcium pantothenate, a vitamin B<sub>5</sub> derivative, is essential for activating the adrenals. Collectively, these ingredients support the health and activity of the adrenal glands.<sup>‡</sup>

**1 capsule daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	150 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% total ginsenosides)	150 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	100 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	150 mg
<i>Rhodiola</i> ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
<i>Astragalus</i> ( <i>Astragalus membranaceus</i> ) extract (root)	150 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women.**



Phyto-ADR	Quantity	Order Code
	180	PHY1
	60	PHY6

## PhytoBalance II

### PureWoman™ product line

#### COMPREHENSIVE SUPPORT FOR HOT FLASHES, HORMONES, AND MENOPAUSAL COMFORT<sup>‡</sup>

This blend of standardized herbal extract provides multifaceted support for the body during the hormonal changes that occur during menopause. PhytoBalance II contains phytoestrogens, natural substances in plants that bind to estrogen receptor sites and exhibit weak estrogen-like activity. Black cohosh helps maintain healthy levels of luteinizing hormone, allowing for optimal comfort and physical well-being. Preliminary studies suggest that sage extract helps support menopausal comfort, including hot flashes and night sweating. Vitex helps maintain healthy prolactin secretion, and may also promote healthy dopamine levels. Grape seed extract is included to support cardiovascular and cognitive health. Research suggests the proanthocyanidins from grape seed promote menopausal comfort, as well as vascular integrity to support healthy blood flow.<sup>‡</sup>

**1 capsule daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Black cohosh ( <i>Cimicifuga racemosa</i> ) extract (root) (standardized to contain 2.5% triterpene glycosides)	100 mg
Sage ( <i>Salvia officinalis</i> ) extract (leaf) (standardized to contain 4% rosmarinic acid)	140 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) extract (root) (standardized to contain 20% glycyrrhizic acid)	80 mg
Motherwort ( <i>Leonurus cardiaca</i> ) extract (herb)	80 mg
Chaste tree ( <i>Vitex agnus-castus</i> ) extract (berry)	40 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	120 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin, tri-calcium phosphate	

**Not to be taken by pregnant or lactating women. If you have any health condition, particularly a liver condition, or are taking any medication, consult your health professional before use. Your health professional may decide to monitor liver function while taking this product.**

Women's Formulas



PhytoBalance II	Quantity	Order Code
	120	PHB1

## Phyto UltraComfort<sup>†</sup>

PROMOTES MUSCULOSKELETAL COMFORT AND FUNCTION<sup>†</sup>

Willow bark has a long history of traditional use for musculoskeletal comfort. Several randomized human trials illustrate its actions due to salicin, a source of salicylic acid. Additionally, it helps to maintain healthy prostaglandin metabolism and blood flow. *Boswellia serrata* also has revealed the potential to provide statistically significant support for joint comfort. AKBA, or 3-acetyl-11-keto-beta-boswellic acid, may be particularly supportive in maintaining healthy 5-lipoxygenase enzyme activity and leukotriene metabolism to maintain tissue comfort. Curcumin maintains healthy cyclooxygenase-2 enzyme activity while supporting healthy prostaglandin, leukotriene and thromboxane metabolism. Devil's claw promotes both healthy cyclooxygenase-2 and 5-lipoxygenase enzyme activity. A review of 12 human studies indicates that devil's claw may promote musculoskeletal comfort and function. DL-Phenylalanine supports enkephalin activity.<sup>†</sup>

**2 capsules, 1-3 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

White willow ( <i>Salix alba</i> ) extract (bark) (standardized to contain 15% salicin)	535 mg
Indian frankincense ( <i>Boswellia serrata</i> ) extract (gum resin) (standardized to contain 70% boswellic acids)	200 mg
5-LOXIN® - <i>Boswellia serrata</i> extract Indian frankincense ( <i>Boswellia serrata</i> ) extract (gum resin) (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	25 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Devil's claw ( <i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i> ) extract (root) (standardized to contain 5% harpagosides)	300 mg
DL-Phenylalanine (free-form)	120 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.

**Warning: This product contains salicylates. Do not take if allergic to aspirin. Do not combine with aspirin or other products containing salicylates. Not to be used by pregnant or lactating women. Not to be used by children (ages 18 and under). Do not take with anticoagulant or antiplatelet drugs. If you have any health condition, particularly stomach problems or ulcers, or are taking any other medications, consult your health professional before use.**  
**PHENYLKETONURICS: CONTAINS PHENYLALANINE**



Phyto UltraComfort <sup>†</sup>	Quantity	Order Code
	120	PUC1

## Policosanol 20 mg

SUPPORTS HEALTHY LIPID METABOLISM AND CARDIOVASCULAR HEALTH<sup>†</sup>

Policosanol is a mixture of long-chain aliphatic alcohols that naturally occur in sugar cane. Over a decade of short-term and long-term clinical research involving thousands of subjects reveals the efficacy, safety and tolerability of policosanol. The promising results of randomized, double-blind, placebo-controlled trials, including comparative studies, suggest that policosanol supports cardiovascular health. Though the mechanism for cardiovascular support of this substance remains unclear, policosanol may act in part by providing antioxidant protection, promoting healthy platelet function, and supporting healthy lipid metabolism. At the highest dosage recommended by Pure Encapsulations, policosanol may support healthy lipid metabolism in some individuals<sup>†</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Policosanol	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

LesstanoL® is a registered trademark of Garuda International, Inc

**Cardiometabolic Health & Metabolism**



Policosanol 20 mg	Quantity	Order Code
	120	PO21



## Polyphenol Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL FORMULA WITH ADDED  
POLYPHENOLS FOR ADVANCED CELLULAR PROTECTION<sup>†</sup>

### Indications:

- Enhanced antioxidant support<sup>†</sup>
- Wide range support for cellular, macular, cognitive, skin, heart, nerve and liver health<sup>†</sup>

### Vitamin/Mineral Distinctions:

- With choline and inositol for comprehensive B-complex support<sup>†</sup>

### Special Features:

- Cell Health Polyphenols<sup>†</sup>**  
Includes polyphenols from blueberry, grape seed, olive fruit, pomegranate, green tea and quercetin for optimal cell health. Alpha lipoic acid and n-acetyl-L-cysteine act as complementary cofactors for added antioxidant protection.<sup>†</sup>
- MacularSynergy Complex<sup>†</sup>**  
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.<sup>†</sup>

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	25 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	150 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	75 mg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	50 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg

N-Acetyl-L-cysteine (free-form)	50 mg
Inositol	50 mg
Alpha lipoic acid (thioctic acid)	50 mg
<b>MacularSynergy Complex<sup>†</sup></b>	
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
<b>Cell Health Polyphenols<sup>†</sup></b>	
Quercetin	25 mg
Blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit)	50 mg
Olive ( <i>Olea europaea</i> ) extract (fruit) (standardized to provide 1% hydroxytyrosol)	25 mg
Pomegranate ( <i>Punica granatum</i> ) extract (fruit) (standardized to contain 40% punicosides)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	25 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins, 23% epigallocatechin (EGCG))	50 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**Take with food. If you have liver problems, consult your healthcare professional before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Polyphenol Nutrients	Quantity	Order Code
	360	PHN3
	180	PHN1

## Poly-Prebiotic powder

PureGI™ product line

A UNIQUE POWDERED BLEND OF RESEARCHED PREBIOTIC FIBERS AND POLYPHENOLS TO SUPPORT GASTROINTESTINAL, CELLULAR AND IMMUNE FUNCTION BY BOOSTING BIFIDOBACTERIA AND MICROBIOME DIVERSITY<sup>†</sup>

Prebiotics are nondigestible components of food that act to modulate and support the gut microbiota. Emerging evidence suggests that they may play an even more significant role than probiotics, performing beneficial metabolic, trophic and protective functions within the gut, leading to overall cellular, immune and metabolic support. High-microbiome diversity has been linked to optimal health and resilience. PreticX™ XOS (xylooligosaccharide) and BioEcolians® α-GOS (alpha-glucooligosaccharide) both promote short-chain



fatty acid (SCFA) production in the colon and Bifidobacteria in the G.I. tract. In one study, 1.4 grams or 2.8 grams of PreticX™ XOS increased Bifidobacterium count 21% and 17% at four and eight weeks, respectively. In an in vitro study using clinical isolates from hospital patients, XOS was found to stimulate growth in all 35 Bifidobacterium strains tested. In another study, supplementation with 2 grams of α-GOS supported abdominal comfort by Day 7 and offered increased support throughout the 28-day period, including bowel motility and stool consistency. A significant increase in *B. longum*, *B. animalis* and lactobacilli was also reported. In addition, BioEcolians® supplementation increased secretion in the mucosa of the antimicrobial peptides β-defensins. These molecules moderate the adhesion of bacteria to the intestinal wall and support healthy cytokine balance in the intestine. The health benefits of polyphenols may be due to their effects on the microflora. These compounds are generally not absorbed, but pass through the G.I. tract, where they are biotransformed to enhance bioavailability and support healthy gut microbial composition. In an animal study involving mice, supplementation with cranberry polyphenols promoted healthy fat metabolism in the liver, insulin sensitivity and cytokine balance. It was also shown to markedly increase *Akkermansia muciniphila*. Animal models indicate a role for *Akkermansia* on gut barrier function, including increased mucus layer thickness and production of occludin, an essential component of tight junctions. Polyphenols from blueberry and pomegranate support the growth of lactobacilli and bifidobacterium in the colon, as well as cytokine balance in the G.I. tract. In contrast to many common prebiotics, XOS, α-GOS and polyphenols report very low incidence of gas, bloating or other intestinal side effects.<sup>‡</sup>

**1 serving, 1-2 times daily, mixed with a beverage or into food.**

**Serving size: 1 scoop (approximately 4.6 g)**

**Servings per container: Approximately 30**

**One scoop contains:**

Calories	10
Total carbohydrate	3 g
Total sugars	2 g
PreticX™ xylooligosaccharide (XOS)	1.4 g
BioEcolians® α-glucooligosaccharide (α-GOS)	1 g
Cranberry ( <i>Vaccinium macrocarpon</i> ) extract (fruit) (standardized to contain 12 mg proanthocyanidins [PACs])	1.2 g
Blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit) (standardized to contain 4% polyphenols)	100 mg
Pomegranate ( <i>Punica granatum</i> ) juice powder (fruit)	500 mg
Other ingredients: citric acid, malic acid, stevia leaf extract	

Xylooligosaccharide. PreticX™ is covered by registered and pending patents. PreticX™ is a trademark of AIDP, Inc. PreticX™ is distributed exclusively by AIDP, Inc.

BioEcolians® is a registered trademark of Solabia.

**Probiotics & Prebiotics**



Poly-Prebiotic powder

Quantity

Order  
Code

4.9 oz  
(138 g)

PPRP1

## Pomegranate Plus

ANTIOXIDANT SUPPORT FOR VASCULAR AND  
CELLULAR HEALTH<sup>‡</sup>

Pomegranate Plus offers the clinically researched Pomella® pomegranate extract, manufactured using patented technology to concentrate punicalagin and other polyphenols. These components, as well as their metabolites in the body, contribute to the antioxidant and cellular support properties of pomegranate. In vitro, Pomella® pomegranate was shown to rank highest in antioxidant activity across ORAC, TEAC, FRAP and DPPH assays compared to 26 other antioxidant products, including other pomegranate preparations, green tea, grape seed extract, resveratrol and goji. Antioxidant efficacy was also demonstrated in a human pharmacokinetic study, in which 800 mg of Pomella® pomegranate increased ORAC (oxygen radical absorbance capacity) by 32% after 0.5 hours. Preliminary research also suggests that the gut-derived metabolites called urolithins may penetrate the blood-brain barrier, offering potential neuroprotective properties. These same metabolites may support healthy glucose metabolism in the vascular tissue. Through a variety of mechanisms, pomegranate supports vascular endothelial function, healthy blood flow and cardiovascular health. PhytoCardio proprietary blend provides fruit extracts from cranberry and blueberry. Dietary intake of these fruits has been associated with healthy endothelial function and gene expression. The prized palm berry açai of Brazil, where it is known as “the fruit of life,” is a dynamic addition to this formulation. Açai berries are rich in anthocyanins, vitamins, minerals, amino acids and essential fatty acids. In a university study, açai berry revealed important support for maintaining cell health.<sup>‡</sup>

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 0) vegetarian capsule contains:**

Pomella® pomegranate ( <i>Punica granatum</i> ) extract (fruit) (standardized to contain 50% polyphenols and 30% punicalagin)	200 mg
Açai ( <i>Euterpe oleracea</i> ) berry extract (whole fruit)	100 mg
PhytoCardio proprietary blend providing wild blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit) and cranberry ( <i>Vaccinium macrocarpon</i> ) extract (fruit)	120 mg
Other ingredients: vegetarian capsule (cellulose, water)	

POMELLA® is a trademark of Verdure Sciences, Inc.

Patents: [www.vs-corp.com/ip.html](http://www.vs-corp.com/ip.html)

**Cardiometabolic Health & Metabolism**



Pomegranate Plus

Quantity

Order  
Code

120

POM21

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

## Potassium (aspartate)

ESSENTIAL MINERAL FOR VASCULAR FUNCTION AND OVERALL HEALTH<sup>†</sup>

Potassium activates many enzymatic reactions and is essential to a number of physiologic processes, including transmission of nerve impulses, muscle contraction, gastric secretions, renal function, tissue synthesis and carbohydrate metabolism. Potassium is the major cation of intracellular fluid and is essential for maintenance of acid-alkaline balance, isotonicity and electrodynamic characteristics of the cell. In addition, it works with sodium to maintain healthy water balance, heart rhythm and nerve and muscle function. Research suggests that adequate potassium intake may support healthy blood flow and cardiovascular health.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Potassium (as potassium aspartate)	99 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium-sparing diuretics.**

Multivitamins, Vitamins & Minerals



Potassium (aspartate)	Quantity	Order Code
	90	PO9

## Potassium (citrate)

ESSENTIAL MINERAL TO SUPPORT VASCULAR FUNCTION, BONE MINERALIZATION, ALKALINE BALANCE AND OVERALL HEALTH<sup>†</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 1) vegetarian capsule contains:**

Potassium (as potassium citrate)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium-sparing diuretics.**

**Natural color variations may occur.**

Multivitamins, Vitamins & Minerals



Potassium (citrate)	Quantity	Order Code
	180	PC1
	90	PC9

## Potassium Magnesium (aspartate)

ESSENTIAL MINERAL FOR VASCULAR FUNCTION AND OVERALL HEALTH<sup>†</sup>

Potassium and magnesium are both essential for healthy nerve impulse function, muscle contraction, cardiovascular function, acid/alkaline balance and carbohydrate and nutrient metabolism. Magnesium also plays an important role in facilitating potassium utilization, helping to provide optimal support.<sup>‡</sup>

**1 capsule, 1-4 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Magnesium (as magnesium aspartate)	70 mg
Potassium (as potassium aspartate)	99 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium-sparing diuretics.**

Multivitamins, Vitamins & Minerals



Potassium Magnesium (aspartate)	Quantity	Order Code
	180	PM1
	90	PM9

## Potassium Magnesium (citrate)

ESSENTIAL MINERALS TO SUPPORT CARDIOVASCULAR HEALTH, MUSCLE FUNCTION, BONE MINERALIZATION AND ALKALINE BALANCE<sup>†</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Magnesium (as magnesium citrate)	70 mg
Potassium (as potassium citrate)	140 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium-sparing diuretics.**

Multivitamins, Vitamins & Minerals



Potassium Magnesium (citrate)	Quantity	Order Code
	180	PMC1

## Pregnenolone 10 mg

HORMONE PRECURSOR TO SUPPORT MOOD AND MEMORY<sup>‡</sup>

Pregnenolone, 3-beta-hydroxy-5-pregnen-20-one, is a natural steroid hormone produced in the body from cholesterol. It has been described as the "Grandmother of all Steroid Hormones," since all steroid hormones, over 150 of them, are derived from pregnenolone. Pregnenolone has been linked with positive support of the immune system, mood and memory. In the body, it is converted to DHEA and/or progesterone. It is likely that the body will convert pregnenolone appropriately, according to its needs. Studies show that the body makes 60% less of this hormone at age 75 than it does at age 35.<sup>‡</sup>

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one) 10 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.**



Pregnenolone 10 mg	Quantity	Order Code
	180	PR11
	60	PR16

## Pregnenolone 30 mg

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Pregnenolone (3-beta-hydroxy-5-pregnen-20-one) 30 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Consult a physician or licensed qualified healthcare professional before using this product if you have, or have a family history of, breast cancer, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified healthcare professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. KEEP OUT OF REACH OF CHILDREN. To report any adverse event call 1-800-332-1088.**



Pregnenolone 30 mg	Quantity	Order Code
	180	PR31
	60	PR36



## PreNatal Nutrients

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX FOR PREGNANCY AND LACTATION<sup>‡</sup>

### Indications:

- Women of child-bearing age, pregnant women, lactating women
- Best when combined with EPA/DHA

### Enhanced With:

- 1 mg of folate from 40% folic acid and 60% Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Increased vitamin D based on revised RDA requirements for pregnancy
- Vitamin K to support healthy carboxylation of proteins for blood clotting and bone<sup>‡</sup>
- 100 mg of choline to support fetal central nervous system development<sup>‡</sup>

### Vitamin Distinctions:

- 1 mg of folate from 40% folic acid and 60% L-5-MTHF for optimal neural and cellular development<sup>‡</sup>
- 27 mg of iron and 150 mcg of iodine to meet enhanced requirements during pregnancy<sup>‡</sup>
- 100 mg of choline to support hormone, neurotransmitter, DNA, protein and energy production<sup>‡</sup>

### Special Features:

- Specially formulated based on accepted scientific recommendations for nutrient requirements during pregnancy

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Vitamin A (as beta carotene)	2,400 mcg
Vitamin C (as ascorbic acid)	70 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	15 mcg (600 IU)
Vitamin E (as d-alpha tocopherol succinate)	12 mg
Vitamin K (as vitamin K <sub>1</sub> )	90 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	1.6 mg
Riboflavin (vitamin B <sub>2</sub> )	1.7 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2.2 mg
Folate (as Metafolin®, L-5-MTHF, and 40% folic acid)	1,667 mcg DFE (600 mcg L-5-MTHF; 400 mcg folic acid)
Vitamin B <sub>12</sub> (as methylcobalamin)	2.6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	6 mg
Choline (as choline bitartrate)	100 mg
Calcium (as DimaCal® di-calcium malate)	200 mg
Iron (as iron glycinate)	27 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	80 mg
Zinc (as zinc citrate)	15 mg

Selenium (as selenomethionine)	70 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	120 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	450 mcg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

\*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

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

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking any blood-thinning medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



PreNatal Nutrients	Quantity	Order Code
	120	PRN1
	60	PRN6



## Pro-Resolve Omega

NEW

SPECIALIZED PRO-RESOLVING MEDIATORS (SPMS) TO ENHANCE AND SUSTAIN IMMUNE RESOLUTION AND RESTORATION OF HOMEOSTASIS<sup>†</sup>

Pro-Resolve Omega offers a unique blend of marine oils concentrated in Specialized Pro-Resolving Mediators (SPMs). SPMs are a group of compounds derived from marine oils, and play a critical role in resolution of the inflammatory process, including cytokine production and immune cell recruitment and function. Not all inflammation is associated with disease states. The body's inflammation response to life's occasional, normal stressors is important for optimal health. The body produces SPMs from fish oil; however, this multi-step process is inefficient and can be compromised. In two studies involving healthy subjects, supplementation with 4-17 grams of fish oil daily did not produce significant increases in SPMs. Different families of resolvins are derived from EPA, DHA, DPA and AA, and each mediator exerts unique biological actions, such as regulating platelet activation (resolvin E1), regulating immune function (protectins), or promoting tissue health (maresins). Research has focused primarily on the E-series resolvins from 18-HEPE derived from EPA, and the protectins, maresins and D-series resolvins from 17-HDHA derived from DHA. The omega-3 fatty acid DPA (docosapentaenoic acid) is a precursor for T-series resolvins and has long been associated with vascular health. In a pool of 19 studies and over 45,000 individuals, DPA was the long-chain essential fatty acid most associated with cardiovascular health. Mechanistic examinations suggest that 15-lipoxygenase (15-LOX), an enzyme that converts DHA and EPA to SPMs, may be critical for SPM production. While levels of EPA and DHA were comparable in immune cells isolated from subjects supplemented with fish oil, cells from obese subjects had compromised levels of 15-LOX and SPM production. Another study indicated that metabolic factors may influence levels of SPM precursors in response to fish oil supplementation. In healthy volunteers, supplementation of fish oil with SPM increased immune cell efficacy and decreased expression of adhesion molecules and platelet activation.<sup>‡</sup>

1 daily, with meals.

One softgel capsule contains:

Calories	10
Total Fat	1 g
Cholesterol	5 mg
Marine oil concentrate (from anchovy, sardine herring, mackerel, squid)	1,090 mg
Providing:	
Total omega-3 fatty acids	560 mg
EPA (eicosapentaenoic acid)	225 mg
DHA (docosahexaenoic acid)	200 mg
DPA (docosapentaenoic acid)	45 mg
Specialized pro-resolving mediators (SPMs) (including 18-hydroxyeicosapentaenoic acid (18-HEPE), 17-hydroxydocosahexaenoic acid (17-HDHA), and 14-hydroxydocosahexaenoic acid (14-HDHA))	300 mcg
Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, natural mixed tocopherols	

Contains: fish (anchovy, sardine, herring, mackerel, squid).

**Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Pro-Resolve Omega	Quantity	Order Code
	60	PRVO6



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



## ProbioMood (capsules)

Shelf-Stable

PROBIOTIC SUPPORT FOR MOOD AND EMOTIONAL WELL-BEING<sup>†</sup>

ProbioMood offers a clinically researched probiotic combination of strains developed using an innovative, patented microencapsulation process. This technology protects the probiotic strains from harsh conditions, including gastric acidity. ProbioMood offers unique support for emotional well-being and relaxation. Research suggests that *Lactobacillus helveticus* Rosell-52 and *Bifidobacterium longum* Rosell-175 support emotional health, in part by supporting healthy cytokine balance and intestinal integrity. In a randomized, double-blind, placebo-controlled trial, supplementation with the combination maintained healthy urinary cortisol levels, indicating the potential to lessen occasional stress. In a separate analysis, supplemented subjects reported positive mood, relaxation and enhanced cognitive function. In another randomized, double-blind, placebo-controlled trial, *L. helveticus* Rosell-52 and *B. longum* Rosell-175 moderated the normal gastrointestinal stress response by 49%.<sup>‡</sup>

**1 capsule daily, with or between meals.**

**Each capsule contains:**

Probiotic blend	3 billion CFU
Providing:	
<i>Lactobacillus helveticus</i> Rosell-52 ME	
<i>Bifidobacterium longum</i> Rosell-175 ME	
Other ingredients: maltodextrin, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Contains milk, soy

Probiotics & Prebiotics



NON  
GMO

VEG

ProbioMood (Capsules)	Quantity	Order Code
	60	PBM6

## Probiotic-5

Allergen-Free

5-STRAIN BLEND; BROAD-SPECTRUM PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA<sup>‡</sup>

This dairy-free and soy-free formula provides 10 billion CFU of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Bifidobacterium bifidum* and *Bifidobacterium lactis*. *L. acidophilus* and *B. longum* promote healthy cytokine production in the colon and maintain healthy G.I. barrier function, in part by supporting the mucosal lining of the G.I. tract. Several trials have also revealed that mixed probiotic supplementation helps maintain intestinal flora, support healthy yeast balance, and promote G.I. comfort. Studies also suggest that probiotics support immune health, enhancing B cell, T cell and NK cell function.<sup>‡</sup>

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 0) vegetarian capsule contains:**

Probiotic blend	10 billion CFU
Providing:	
<i>Bifidobacterium lactis</i> (BI-04)	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	
<i>Bifidobacterium longum</i> (BI-05)	
<i>Bifidobacterium bifidum</i> (Bb-06)	
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**This formula requires refrigeration to maintain culture viability.**

Probiotics & Prebiotics



NON  
GMO

V

VEG



Probiotic-5	Quantity	Order Code
	60	PRB6



## Probiotic 123

Allergen-Free

POWDER FORMULA: PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA<sup>†</sup>

- For children ages 1 and up
- Dairy-free and soy-free blend of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* (formerly known as *Bifidobacterium infantis*)
- Supports the mucosal lining of the G.I. tract and healthy G.I. barrier function<sup>†</sup>
- Maintains healthy immune system function<sup>†</sup>
- Promotes intestinal comfort<sup>†</sup>

Children ages 1-3, take 1/2 scoop daily.

Adults and children ages 4 and up, take 1 scoop daily, or as directed by a health professional. Mix with applesauce or yogurt.

Serving size: 0.37 g (1 scoop)

Servings per container: 160

Each scoop (approximately 0.37 grams) contains:

Probiotic blend 2.25 billion CFU

Providing:

*Bifidobacterium bifidum* (Bb-06)

*Bifidobacterium lactis* (BI-04)

*Lactobacillus acidophilus* (La-14)

Other ingredients: hypoallergenic plant fiber (cellulose)

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



Probiotic 123

Quantity

Order  
Code

2.1 oz  
(60 g)

PRO6

## Probiotic 50B

Allergen-Free

ACID-RESISTANT CAPSULES WITH PH-TARGETED RELEASE; HIGH-POTENCY PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA<sup>†</sup>

Probiotic 50B offers seven researched probiotic strains that promote healthy intestinal ecology to support gastrointestinal and immune health. Clinical studies indicate that *Lactobacilli* and *Bifidobacteria* supplementation supports intestinal epithelial integrity and a healthy immune response. *Lactobacillus rhamnosus* GG is one of the most characterized and utilized probiotic strains, having been studied in numerous clinical trials on immune, GI and overall health across all ages.<sup>†</sup>

1 capsule daily, with or between meals.

Each (size 00) vegetarian capsule contains:

Probiotic blend 50 billion CFU

Providing:

*Lactobacillus plantarum* (Lp-115)

*Lactobacillus acidophilus* (La-14)

*Lactobacillus rhamnosus* GG

*Lactobacillus gasseri* (Lg-36)

*Bifidobacterium lactis* (BI-04)

*Bifidobacterium longum* (BI-05)

*Bifidobacterium bifidum* (Bb-06)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, gellan gum, water)

This formula requires refrigeration to maintain culture viability.

Probiotics & Prebiotics



Probiotic 50B

Quantity

Order  
Code

60

PR56



## Probiotic G.I.

Shelf-Stable; Allergen-Free

PROBIOTIC BLEND TO SUPPORT HEALTHY GUT-ASSOCIATED LYMPHOID TISSUE TO PROMOTE HEALTHY BARRIER INTEGRITY, CELL HEALTH AND IMMUNE FUNCTION IN THE G.I. TRACT<sup>‡</sup>

Probiotic G.I. provides 10 billion CFU per capsule of the beneficial bacteria *Lactobacillus acidophilus*, *Lactobacillus salivarius*, *Lactobacillus casei*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Streptococcus thermophilus*. Research indicates that these strains provide support for healthy immune balance within the G.I. tract. Beneficial microflora are crucial for proper gut-associated lymphoid tissue (GALT) function and development. The GALT helps protect intestinal mucosa from allergens and toxins and is a major component of the body's immune system. It is estimated that more than 70% of the body's B lymphocytes are found in the GALT. Probiotics are believed to support healthy GALT composition, and in turn, support barrier function, G.I. epithelial cell health and T cell function within the G.I. tract. Some probiotic strains may also modulate local production of cytokines in the G.I. epithelium. Research also suggests that metabolites produced from *Streptococcus thermophilus* may cross the intestinal barrier to support healthy cytokine production and immune function.<sup>‡</sup>

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 0) vegetarian capsule contains:**

Probiotic blend 10 billion CFU

Providing:

*Bifidobacterium lactis* (BI-04)

*Lactobacillus acidophilus* (La-14)

*Lactobacillus salivarius* (Ls-33)

*Lactobacillus casei* (Lc-11)

*Streptococcus thermophilus* (St-21)

*Bifidobacterium bifidum* (Bb-06)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Refrigeration may prolong product viability.

Probiotics & Prebiotics



Probiotic G.I.	Quantity	Order Code
	60	PGI6

## Probiotic IMM

Shelf-Stable; Allergen-Free

PROBIOTIC BLEND TO SUPPORT IMMUNE FUNCTION AND MAINTAIN EYE, NOSE AND THROAT HEALTH, INCLUDING HEALTHY CYTOKINE PRODUCTION, IGE FUNCTION AND MAST CELL INTEGRITY<sup>‡</sup>

Probiotics are integral to immune health, stimulating antibody production and cell-mediated immunity. A meta-analysis involving 9 randomized controlled trials has revealed that probiotics maintain healthy immune and nasal function. Probiotic IMM provides 5 billion CFU per serving of the beneficial bacteria *Bifidobacterium longum* BB536, *Bifidobacterium lactis*, *Lactobacillus acidophilus*, *Lactobacillus casei* and *Lactobacillus plantarum*. These strains provide particular support for a healthy immune response and immunoglobulin function. *B. longum* BB536 is a shelf stable, top-selling probiotic in Japan, supported in the literature by over 25 human trials and 30 animal studies. Double-blind, placebo-controlled trials indicate that *B. longum* BB536 supplementation maintains G.I. bacteria balance, supporting immune function and maintaining eye, nose and throat health. In another randomized double-blind, placebo-controlled trial, *L. acidophilus* and *B. lactis* showed support for nasal function and maintained healthy eosinophil activity within the nasal lining. Research involving *L. casei* and *L. plantarum* also suggests that these strains maintain healthy cytokine production, IgE function and mast cell integrity.<sup>‡</sup>

**1 capsule, 1-2 times daily, with or between meals.**

**Each (size 3) vegetarian capsule contains:**

Probiotic blend 5 billion CFU

Providing:

*Bifidobacterium longum* (BB536)

*Bifidobacterium lactis* (BI-04)

*Lactobacillus acidophilus* (La-14)

*Lactobacillus plantarum* (Lp-115)

*Lactobacillus casei* (Lc-11)

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), tapioca starch, calcium phosphate

Refrigeration may prolong product viability.

Probiotics & Prebiotics



Probiotic IMM	Quantity	Order Code
	60	PRI6

See also

*Saccharomyces boulardii*

PureBi•Ome™ G.I.

PureBi•Ome™ Intensive

»page 177

»page 153

»page 153

## ProSoothe II

### PureWoman™ product line

SUPPORTS MENSTRUAL COMFORT AND MOOD, AND HELPS LESSEN FATIGUE AND CRAVINGS<sup>‡</sup>

ProSoothe II provides a comprehensive nutrient and botanical approach to support mood, cravings, cramps and bloating associated with the menstrual cycle. Calcium plays a role in healthy smooth muscle function and menstrual comfort. Vitamin D has similar effects, attributed to its ability to promote healthy calcium levels, cyclic hormone function and neurotransmitter activity. Healthy intracellular magnesium levels have been associated with maintaining positive mood during the luteal phase. Magnesium also plays an important role in nervous system sensitivity, providing support for muscle comfort, breast comfort and emotional well-being associated with the menstrual cycle. Studies indicate the positive effect of vitamin B<sub>6</sub> on premenstrual mood as well as its crucial role in enhancing the effect of magnesium. Vitamin E research suggests that it helps lessen breast tenderness as well as nervous tension and fatigue associated with the menstrual cycle. Traditionally used and clinically studied, chaste tree provides significant beneficial support for the hypothalamus and pituitary via its balancing effects. Relora® may help diminish stress-related sugary snack cravings and support emotional wellness while rhodiola supports energy and mental function.<sup>‡</sup>

**2 capsules, 1-2 times daily, with meals. May be used daily or during the luteal phase only, as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	33 mg
Calcium (as DimaCal® di-calcium malate)	100 mg
Magnesium (as di-magnesium malate)(Albion®)	100 mg
Chaste tree ( <i>Vitex agnus-castus</i> ) extract (fruit)	200 mg
Relora®	270 mg
Patented proprietary blend of:	
magnolia ( <i>Magnolia officinalis</i> ) extract (bark) and	
phellodendron ( <i>Phellodendron amurense</i> ) extract (bark)	
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root)	50 mg
(standardized to contain 3% total rosavins and 1% salidroside)	
Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide	

Albion® and DimaCal® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

**Not to be taken by pregnant or lactating women. If you are taking any psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.**

#### Women's Formulas



NON

GMO

VEG

ProSoothe II

Quantity

Order  
Code

120

PMS21

## ProstaFlo

SWEDISH FLOWER EXTRACT FOR URINARY AND PROSTATE HEALTH<sup>‡</sup>

First developed in Sweden and used for over forty years in numerous countries, flower pollen extract contains a highly concentrated, 20:1 combination of water-soluble to fat-soluble flower pollen extracts (the allergenic outer husk is removed) from rye. The fat-soluble constituents of this extract promote healthy leukotriene and prostaglandin production in vitro. An animal study indicates that the water-soluble fraction plays a synergistic role in maintaining healthy urethra smooth muscle function. A multiple-center, double-blind study and a separate clinical evaluation of long-term consumption indicated that flower pollen extract supported healthy urinary function and prostate health in volunteers.<sup>‡</sup>

**1 capsule, 3 times daily, with meals.**

**Each (size 1) vegetarian capsule contains:**

Rye ( <i>Secale cereale</i> ) extract (flower pollen)	320 mg
Other ingredients: vegetarian capsule (cellulose, water)	

#### Men's Formulas



NON

GMO

V

VEG

ProstaFlo

Quantity

Order  
Code

180

PRF1

## PS 100 (phosphatidylserine)

SUPPORTS MENTAL ACUITY, MEMORY AND HEALTHY PHOSPHOLIPID BALANCE IN CELL MEMBRANES<sup>‡</sup>

Phosphatidylserine is a phospholipid found in all cells, but is most concentrated in brain cells. This familiarly-called "brain nutrient" supports cognitive function, emotional well-being and behavioral performance. It has also been shown to support healthy memory. In a double-blind, placebo-controlled, multicenter study of 425 individuals, daily supplementation of phosphatidylserine over six months resulted in statistically significant support of behavioral and cognitive parameters. In a placebo-controlled investigation of 149 subjects, the group receiving phosphatidylserine scored higher than placebo in performance tests related to memory tasks of daily life.<sup>‡</sup>

**1 capsule, 3 times daily, with meals.**

**Each (size 0) vegetarian capsule contains:**

Phosphatidylserine (from soy)	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Contains soy.

#### Memory & Mood



NON

GMO

VEG

PS 100 (phosphatidylserine)

Quantity

Order  
Code

120

PS1

60

PS6

## PS Plus

SOY-FREE PHOSPHATIDYLSERINE FORMULA TO SUPPORT MEMORY, MENTAL PROCESSING AND OVERALL COGNITIVE FUNCTION<sup>‡</sup>

PS Plus provides Sharp-PS® GREEN, a soy-free, sunflower lecithin-derived phosphatidylserine. Phosphatidylserine (PS) is the most abundant phospholipid in the brain, where it supports neuron membrane fluidity, signal transduction and cell-to-cell communication for healthy neurocognitive function. PS provides support for normal age-associated memory decline in the elderly as well as support for overall learning, recall and processing capacity. These effects on cognitive performance were also observed in a study of young adults. The efficacy of Sharp-PS® supporting mental capabilities in elderly persons with mild, age-related memory loss was explored in an open label study. The results suggest support for memory recognition, memory recall, verbal recognition and verbal recall. PhytoMemory proprietary blend provides an antioxidant and phytochemical complex from blueberry, strawberry and spinach.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Sharp-PS® GREEN phosphatidylserine (from sunflower lecithin) (soy-free)	150 mg
PhytoMemory proprietary blend providing wild blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit), Orléans strawberry ( <i>Fragaria x ananassa</i> ) extract (fruit), and spinach ( <i>Spinacia oleracea</i> ) juice concentrate (leaf)	150 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), maltodextrin, silicon dioxide, tricalcium phosphate, ascorbyl palmitate

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Memory & Mood



PS Plus

Quantity

Order  
Code

60

PSP26

## Pure Tranquility liquid

GABA, GLYCINE AND L-THEANINE COMBINED TO SUPPORT RELAXATION AND MODERATE OCCASIONAL STRESS IN A GREAT-TASTING LIQUID<sup>‡</sup>

- Offers calming support with the main inhibitory neurotransmitters GABA and glycine<sup>‡</sup>
- Enhances alpha wave production in the brain with GABA and l-theanine to promote relaxation and moderate occasional stress<sup>‡</sup>
- In an open trial, GABA promoted alpha waves and moderated beta waves within 1 hour of administration<sup>‡</sup>
- Several studies indicate l-theanine enhances alpha wave production in the occipital and parietal regions of the brain, an indicator of relaxation, without causing drowsiness<sup>‡</sup>
- Maintains healthy IgA levels with GABA and l-theanine, suggesting support for immune health during occasional stress<sup>‡</sup>

**4 ml (4 full droppers), 1-2 times daily, between meals.**

**Serving size: 4 ml (0.13 fl oz)**

**Servings per container: 29**

**4 ml (0.13 fl oz) (4 full droppers) contain:**

GABA (gamma-aminobutyric acid)	100 mg
Suntheanine® l-theanine	100 mg
Glycine (free-form)	50 mg

Other ingredients: purified water, natural vegetable glycerin, evaporated cane sugar, citric acid, natural apple flavor, potassium sorbate, purified stevia leaf extract

Suntheanine® is a registered trademark of Taiyo International, Inc.

Memory & Mood



Pure Tranquility liquid

Quantity

Order  
Code

116 ml  
(3.92 fl oz)

PTL





## PureBi•Ome™ G.I.

Allergen-Free

4-STRAIN, CLINICALLY RESEARCHED PROPRIETARY PROBIOTIC BLEND COMBINED WITH L-GLUTAMINE FOR G.I. COMFORT AND HEALTH<sup>‡</sup>

PureBi•Ome™ G.I. offers four clinically researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172), combined with L-glutamine to support microflora balance and gastrointestinal (G.I.) function. The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function and GI comfort. L-Glutamine is a conditionally essential amino acid utilized by the body for tissue repair, gastrointestinal tract support and natural defense system function in times of metabolic stress. In studies, glutamine supplementation supports intestinal integrity and barrier function.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Probiotic blend	12.5 billion CFU
Providing:	
<i>Lactobacillus acidophilus</i> (NCIMB 30157)	
<i>Lactobacillus acidophilus</i> (NCIMB 30156)	
<i>Bifidobacterium lactis</i> (NCIMB 30172)	
<i>Bifidobacterium bifidum</i> (NCIMB 30153)	
L-Glutamine	450 mg
Other ingredients: vegetarian capsule (cellulose, water), potato maltodextrin, hypoallergenic plant fiber (cellulose), silica	

**This formula requires refrigeration to maintain culture viability.**

**Warning: Probiotics may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your health professional before use**

Probiotics & Prebiotics



PureBi•Ome™ G.I.	Quantity	Order Code
	60	BIOG6

## PureBi•Ome™ Intensive

Allergen-Free

HIGH-POTENCY, 4-STRAIN, CLINICALLY RESEARCHED PROPRIETARY PROBIOTIC BLEND COMBINED WITH *SACCHAROMYCES BOULARDII* TO SUPPORT INTESTINAL MICROBIAL BALANCE AND HELP LESSEN THE OCCURRENCE OF OCCASIONAL DIARRHEA<sup>‡</sup>

PureBi•Ome™ Intensive offers 25 billion CFU per capsule of four clinically researched probiotic strains, *Lactobacillus acidophilus* (NCIMB 30157), *Lactobacillus acidophilus* (NCIMB 30156), *Bifidobacterium bifidum* (NCIMB 30153) and *Bifidobacterium lactis* (NCIMB 30172), combined with 5 billion CFU *Saccharomyces boulardii*. The 4-strain blend is the focus of numerous clinical trials, showing support for healthy microflora, bowel function and GI comfort. *Saccharomyces boulardii* is included as additional support for healthy bowel function. In a double-blind, controlled trial involving 151 individuals, *S. boulardii* supplementation lessened the occurrence of occasional diarrhea and supported overall bowel health. Research suggests that *S. boulardii* may stimulate enzyme secretions to support normal digestive functions and neutralize toxins for a healthy G.I. tract.<sup>‡</sup>

**1 capsule daily, with a meal.**

**Each (size 00) vegetarian capsule contains:**

Probiotic blend	30 billion CFU
Providing:	
<i>Saccharomyces boulardii</i>	
<i>Lactobacillus acidophilus</i> (NCIMB 30157)	
<i>Lactobacillus acidophilus</i> (NCIMB 30156)	
<i>Bifidobacterium lactis</i> (NCIMB 30172)	
<i>Bifidobacterium bifidum</i> (NCIMB 30153)	
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), silica	

**This formula requires refrigeration to maintain culture viability.**

**Warning: Probiotics may be contraindicated for immunocompromised individuals. If you are pregnant or lactating, have any health condition or are immunocompromised, or are taking any medication, consult your health professional before use**

Probiotics & Prebiotics



PureBi•Ome™ Intensive	Quantity	Order Code
	30	BIOI3

<sup>‡</sup>Dr. Morris is a retained advisor to Pure Encapsulations.

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

## PureCell

Formulated with Steve Morris, N.D., A.H.G.\*

ADVANCED ANTIOXIDANT AND ADAPTOGEN CELLULAR HEALTH FORMULA; MAINTAINS HEALTHY CELL FUNCTION AND PROTECTS HEALTHY TISSUE<sup>‡</sup>

This formula offers advanced antioxidant and adaptogen support for maintaining cell health and protecting healthy tissue. Antioxidant vitamins and minerals promote healthy cell function and cell longevity, as indicated in numerous trials involving over 8,500 individuals. Adaptogens are important for physiological and cellular homeostasis and have positive effects on immune function and oxidative stress. This product was designed to:<sup>‡</sup>

- Offer intracellular as well as extracellular antioxidant protection with alpha lipoic acid<sup>‡</sup>
- Target superoxide anion, hydrogen peroxide and hydroxyl radicals with coenzyme Q<sub>10</sub>, maintaining the integrity of cellular membranes<sup>‡</sup>
- Replenish glutathione, scavenge free radicals and promote liver function with n-acetyl-L-cysteine and selenium<sup>‡</sup>
- Support healthy cyclooxygenase enzyme activity with curcumin<sup>‡</sup>
- Support macrophage, natural killer cell and T-cell activity with astragalus<sup>‡</sup>
- Promote healthy cell signaling and gene expression at the cellular level while encouraging overall energy and vitality with ashwagandha and Panax ginseng<sup>‡</sup>

**2 capsules, 1-2 times daily, with meals.**

**Two (size 0) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Selenium (as selenomethionine)	100 mcg
Coenzyme Q <sub>10</sub>	100 mg
N-Acetyl-L-cysteine (free-form)	100 mg
Alpha lipoic acid (thioctic acid)	75 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	180 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	150 mg
Asian ginseng ( <i>Panax ginseng</i> ) extract (root) (standardized to contain 5% ginsenosides)	150 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (decaffeinated) (standardized to contain 90% total tea catechins and 70% epigallocatechin gallate (EGCG))	100 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	87 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

**Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health professional before use.**

Immune Support



NON  
GMO

VEG

PureCell

Quantity

Order  
Code

120

PCE1

## PureDefense chewables

CHEWABLE TABLETS FOR IMMUNE DEFENSE AND UPPER RESPIRATORY HEALTH<sup>‡</sup>

PureDefense chewables provide a comprehensive blend of nutrients and herbal extracts designed to support immune function in a convenient, great-tasting chewable tablet. EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune-enhancing bioactive metabolites designed to support both the innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and secretory IgA levels. In two randomized, double-blind, placebo-controlled trials, EpiCor® provided statistically significant support for upper respiratory tract health and overall immune health. Elderberry extract provides anthocyanins, flavonoids and other polyphenols that have been shown to support immune function. Studies have shown statistically significant immune support throughout the lifespan. Quercetin maintains healthy mast cell function by supporting healthy enzyme activity. Zinc and vitamin C help to promote immune defense by supporting immune cell proliferation, activation and function, as well as healthy antioxidant enzyme function.<sup>‡</sup>

**Children age 3, take 2 chewable tablets daily, with a meal. Adults and children ages 4 and up, take 2 chewable tablets, 1-2 times daily, with a meal.**

**Two chewable tablets contain:**

Vitamin C (from calcium ascorbate)	30 mg
Calcium (from calcium ascorbate)	3 mg
Zinc (as zinc citrate)	7.5 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i> )	125 mg
European elder (elderberry) ( <i>Sambucus nigra</i> ) extract (fruit)	100 mg
Quercetin dihydrate	30 mg
Other ingredients: xylitol, cellulose, natural mango flavor with other natural flavors, ascorbyl palmitate, silica, luo han guo ( <i>Momordica grosvenorii</i> ) extract (fruit)	

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

**If you are pregnant or lactating, have any health condition or are taking any medications, particularly immunosuppressants, consult your health professional before use.**

Immune Support

NON  
GMO

VEG

PureDefense chewables

Quantity

Order  
Code

120

PDK21

## PureDefense w/NAC

SUPPORTS IMMUNE FUNCTION AND UPPER RESPIRATORY HEALTH<sup>†</sup>

Natural killer cells are part of the body's innate, or first-line, immune response. They respond more quickly than the adaptive immune system comprised of B cells and T cells. Once activated, natural killer cell activity peaks in as quickly as several hours, providing rapid support and wide-range immune defense. EpiCor® is a fermentate of *Saccharomyces cerevisiae* containing various bioactive metabolites. These nutrient metabolites are produced in a specialized fermentation process and enhance immune cell production. In one cellular study, EpiCor® promoted natural killer cell activation, as well as that of B cells and T cells. In two randomized, double-blind, placebo-controlled trials, EpiCor® provided statistically significant support for upper respiratory tract health and overall immune health. A separate open label, in-house trial indicated a strong potential for EpiCor® supplementation to enhance secretory IgA levels after 30 days. These various actions demonstrate the ability of EpiCor® to address both innate and adaptive immune responses. NAC (n-acetyl-L-cysteine) promotes endogenous glutathione production for antioxidant protection and provides lung defense mechanisms for healthy respiratory function. In a randomized double-blind trial involving mostly older individuals, NAC showed support for respiratory health. Quercetin and elderberry provide flavonoids that offer additional support for immune and respiratory function while vitamin C, vitamin D and zinc play important roles in immune cell activation.<sup>†</sup>

**2 capsules, twice daily, with meals.**

**Two (size 0) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Zinc (as zinc citrate)	7.5 mg
N-Acetyl-L-cysteine (free-form)	450 mg
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i> )	250 mg
European elder (elderberry) ( <i>Sambucus nigra</i> ) extract (fruit)	200 mg
Quercetin	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

**If you are pregnant or lactating, have any health condition or are taking any medications, particularly immunosuppressants, consult your health professional before use.**

Immune Support



PureDefense w/NAC	Quantity	Order Code
	120	PDN1

## PureDefense w/NAC

Travel Pack

- Offered in a convenient, 20-count blister pack designed for travel or short-term dosing

**2 capsules, twice daily, with meals, or as directed by a health professional.**

Immune Support



PureDefense w/NAC	Quantity	Order Code
	20 (1 card)	PDNB2

## PureGenomics® B-Complex

PureGenomics® product line

BROAD-SPECTRUM B VITAMIN SUPPORT FOR COMMON GENETIC VARIATIONS<sup>†</sup>

PureGenomics® B-Complex is designed to address the nutrient requirements of common genetic variations in the methylation pathway with a unique blend of B vitamins in highly researched and activated forms. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Vitamin B<sub>12</sub> is offered as a combination of hydroxycobalamin and adenosylcobalamin. Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism and healthy synthesis of neuronal myelin. Benfotiamine is a lipid-soluble, enhanced-retention thiamin derivative.<sup>†</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Thiamin (as thiamin HCl) (B <sub>1</sub> )	25 mg
Riboflavin (as vitamin B <sub>2</sub> and 67% riboflavin 5' phosphate (activated B <sub>2</sub> ))	15 mg
Niacin (as niacinamide)	50 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 20% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	50 mg
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg
Choline (as choline bitartrate)	40 mg
Inositol	25 mg
BenfoPure® benfotiamine	3 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate	

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

**BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.**

Multivitamins, Vitamins & Minerals



PureGenomics® B-Complex	Quantity	Order Code
	120	PGB1

See also

B-complex Plus

B<sub>12</sub> Liquid

Ultra B-Complex w/PQQ

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# PureGenomics® Multivitamin

With Metafolin® L-5-MTHF

## PureGenomics® product line

MULTIVITAMIN/MINERAL FORMULA TARGETING COMMON GENETIC POLYMORPHISMS TO SUPPORT DAILY WELLNESS†

### Indications:

- Men and women age 18 and over

### Vitamin Distinctions:

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Includes activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B<sub>12</sub> in unique blend of adenosylcobalamin and hydroxycobalamin
- Contains 25 mcg (1,000 IU) vitamin D to support healthy VDR activity†

### Special Features:

- Convenient, one-capsule-per-day dosing
- Addresses the nutrient requirements of common genetic variations in the methylation pathway with B vitamins and choline†
- Enhanced choline levels for healthy cognitive function†
- Supports macular and retinal health with lutein and zeaxanthin†



1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and 27% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Vitamin K (as vitamin K <sub>1</sub> )	60 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	4 mg
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	56 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Vitamin K <sub>2</sub> (as menaquinone-7)	20 mcg
BenfoPure® benfotiamine	3 mg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), trimagnesium citrate, ascorbyl palmitate	

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood-thinning medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



PureGenomics® Multivitamin	Quantity	Order Code
	60	PGM26

# PureGenomics® UltraMultivitamin

With Metafolin® L-5-MTHF

## PureGenomics® product line

COMPREHENSIVE MULTIVITAMIN/MINERAL FORMULA  
WITH ENHANCED SUPPORT FOR COMMON GENETIC  
POLYMORPHISMS<sup>‡</sup>

### Indications:

- Men and women age 18 and over

### Vitamin Distinctions:

- Contains enhanced levels of fat-soluble vitamins, including vitamin A, 4,000 IU vitamin D, vitamin E with mixed tocopherols, and both vitamin K<sub>1</sub> and K<sub>2</sub>
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B<sub>12</sub> in a blend of adenosylcobalamin and hydroxycobalamin
- Includes 250 mg of vitamin C
- Enhanced-absorption, liposomal-like form of magnesium

### Special Features:

- Offers pre-formed vitamin A for individuals with decreased conversion efficacy of carotenoids due to genetic variations in the enzyme BCMO1
- Supports healthy VDR activity with 4,000 IU vitamin D<sup>‡</sup>
- Includes 100 mg of choline to support healthy methylation and cognitive function, particularly for individuals with MTHFR or PEMT genetic variations<sup>‡</sup>
- Supports healthy brain signaling and emotional balance with lithium and vitamin B<sub>12</sub> as adenosylcobalamin and hydroxycobalamin<sup>‡</sup>
- Promotes cellular function with antioxidants: vitamin C, ALA and CoQ<sub>10</sub>, as well as NAC to support endogenous glutathione production<sup>‡</sup>
- Moderates healthy estrogen metabolism and cell cycle activity with DIM<sup>‡</sup>
- Promotes macular health with a blend of lutein and zeaxanthin<sup>‡</sup>
- Convenient three-capsule-per-day dosing

### Three (size 00) vegetarian capsules contains:

Vitamin A (as vitamin A acetate)	1,500 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	100 mcg (4,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Vitamin K (as vitamin K <sub>1</sub> )	100 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B <sub>2</sub> ))	3.4 mg
Niacin (as niacinamide)	20 mg
Vitamin B6 (as pyridoxine HCl and 76% pyridoxal-5-phosphate (activated B <sub>6</sub> ))	5 mg
Folate (as Metafolin®, L-5-MTHF) (800 mcg L-5-MTHF)	1,333 mcg DFE
Vitamin B <sub>12</sub> (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg

Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	100 mg
Calcium (as di-calcium malate) (DimaCal™)	60 mg
Iodine (as potassium iodide)	300 mcg
Magnesium (as Sucrosomial® magnesium)	150 mg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	70 mcg
Copper (as copper glycinate)	2 mg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS™))	75 mcg
Lithium (as lithium orotate)	500 mcg
Boron (as boron glycinate)	1 mg
BenfoPure® benfotiamine	3 mg
Mixed tocopherols	20 mg
Vitamin K <sub>2</sub> (menaquinone-7)	20 mcg
Inositol	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Coenzyme Q <sub>10</sub>	50 mg
Alpha lipoic acid (thioctic acid)	90 mg
N-Acetyl-L-cysteine (free-form)	145 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), sucrosomial magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), trimagnesium citrate, ascorbyl palmitate

Sucrosomial® is a registered trademark of Alesco S.r.l.

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

DimaCal™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

**Warning: Not to be taken by pregnant and lactating women. Consult your health professional before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Vitamin K may be contraindicated with Coumadin (Warfarin). Do not exceed the dose recommended by your health professional.**

### Multivitamins, Vitamins & Minerals



PureGenomics® UltraMultivitamin	Quantity	Order Code
	90	PGU9

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



## PureGG 25B

Shelf-Stable; Allergen-Free

HIGHLY RESEARCHED *LACTOBACILLUS RHAMNOSUS* GG TO SUPPORT IMMUNE, G.I. AND OVERALL HEALTH ACROSS ALL AGES<sup>†</sup>

*Lactobacillus rhamnosus* GG is one of the most characterized and utilized probiotic strains, with numerous clinical trials across all ages. It is a human origin strain, identified for its resistance to gastric acidity, adhesion properties and ability to support healthy gut microflora. Studies involving infants and children suggest that supplementation with *L. rhamnosus* GG supports healthy G.I. colonization, G.I. function and immune function, particularly related to skin and respiratory health. In a study involving children ages 1-7 attending day care, *L. rhamnosus* GG offered statistically significant support for respiratory and immune health. Studies involving pregnant women suggest supplementation supports healthy gut microflora in the infant, and nutrient metabolism during pregnancy. In one study, infants whose mothers had received *L. rhamnosus* GG during pregnancy showed increased bifidobacterial diversity at Day 5 after birth. *L. rhamnosus* GG is well known for its effects on bowel function, particularly abdominal comfort, bowel motility and occasional diarrhea. It also promotes cytokine balance in the G.I. tract at the level of gene expression, and overall immunomodulatory support. In a double-blind, crossover study, *L. rhamnosus* GG supplementation moderated the neutrophil and monocyte immune response in dairy-challenged, milk-sensitive subjects, while promoting immune function in non-sensitive subjects. In another study, *L. rhamnosus* GG promoted healthy gene expression to support white blood cell (WBC) function. Elderly subjects supplemented for 28 days showed 95 differentially expressed genes related to cellular movement, cell-to-cell signaling and cytokine response.<sup>‡</sup>

**1 capsule daily, with or between meals.**

**Each (size 00) vegetarian capsule contains:**

<i>Lactobacillus rhamnosus</i> GG	25 billion CFU
Other ingredients: vegetarian capsule (cellulose, water)	

Probiotics & Prebiotics



PureGG 25B

Quantity

Order  
Code

60

PGG6

## PureHeart® K<sub>2</sub>D

OFFERS VITAMIN K<sub>2</sub> (MK-7) TO HELP MAINTAIN HEALTHY VASCULAR CALCIUM HOMEOSTASIS TO SUPPORT CARDIOVASCULAR FUNCTION<sup>†</sup>

Vitamin K<sub>2</sub> menaquinone-7 promotes healthy vascular calcium balance and cardiovascular function. In a systematic review involving 5 studies, higher intakes of vitamin K<sub>2</sub> were associated with cardiovascular health. Research indicates that it supports the carboxylation of matrix Gla-protein (MGP), a key protein involved in calcium balance. Unlike vitamin K<sub>1</sub>, which promotes bone health, menaquinone-7 targets vascular tissue to support healthy arterial blood flow and vascular elasticity. In an observational study involving 564 postmenopausal women, higher intake of vitamin K<sub>2</sub> was associated with calcium balance in the vascular tissue. Optimal serum levels of vitamin D are also important to maintain healthy calcium balance in vascular tissues, in part by supporting the activity of MGP. Studies indicate that the combination of vitamin K and D provides synergistic support. Vitamin K supplementation may be contraindicated for those taking Coumadin/warfarin anticoagulant medication.<sup>‡</sup>

**1 capsule, 1-2 times daily, with a meal.**

**Each (size 2) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin K <sub>2</sub> (menaquinone-7)	240 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**This product contains Vitamin K, which interferes with the prescription drug Coumadin (Warfarin). If you are taking blood-thinning medications, consult your health professional before use.**

Cardiometabolic Health & Metabolism



PureHeart® K<sub>2</sub>D

Quantity

Order  
Code

60

PHK26



## PureLean® Fiber

### PureLean® product line

POWDERED BLEND OF FIBER AND PREBIOTICS TO PROMOTE WEIGHT MANAGEMENT<sup>†</sup> BY SUPPORTING HEALTHY MICROFLORA BALANCE, GLYCEMIC RESPONSE, SATIETY AND REGULARITY<sup>‡</sup>

The gut microflora is now recognized as an important factor in overall health, with potential roles ranging from cellular and immune health to metabolic function and weight management. Studies indicate that obese individuals possess lower levels of Bacteroidetes microorganisms and higher levels of Firmicutes bacteria in the GI tract compared to lean individuals. In one study, germ-free mice inoculated with bacteria from obese mice showed increased Firmicutes bacteria and an increase in body fat over two weeks despite no change in dietary intake, compared to mice inoculated with bacteria from lean mice. In a double-blind, randomized, placebo-controlled study, 32 healthy adult subjects were given 1.4 grams or 2.8 grams of PreticX™ XOS for eight weeks. The Bifidobacterium count increased 21% from the baseline at four weeks and 17% from the baseline at eight weeks in the highest dose group. B. fragilis levels (a Bacteroidetes organism) were also found to increase. Similar results were found in another study involving healthy young women, which also showed PreticX™ supplementation resulted in an increase in fecal triglyceride and cholesterol concentrations. In contrast to many common prebiotics, these studies reported no gas, bloating or other intestinal side effects. Each serving of PureLean® Fiber provides 0.7 grams PreticX™ XOS and

a minimum of 6 grams fiber, typically providing 3.5 grams soluble fiber from glucomannan, guar gum, apple pectin and prune fiber, and 3 grams insoluble fiber from flax seed and cellulose. Soluble fiber helps slow the rate of digestion, promoting satiety, digestive health, nutrient absorption and healthy glycemic control. It enhances satiety by absorbing water and adding bulk in the digestive tract. Research has revealed that the high molecular weight and viscosity of glucomannan is particularly supportive. Each serving of PureLean® Fiber contains 1 gram of glucomannan. Several randomized controlled trials indicate that glucomannan supports healthy weight management<sup>†</sup> and lipid metabolism, and supports healthy glycemic control.<sup>‡</sup>

**1 serving, 1-3 times daily, mixed with a beverage. Adequate water intake is recommended.**

**Serving size: 2 scoops (approximately 14.4 g)**

**Servings per container: approximately 24**

**Two scoops (approximately 14.4 g) contain:**

Calories	40
Total carbohydrate	8 g
Dietary fiber	6 g
Sugar alcohols	2 g
Protein	1 g
Magnesium (as magnesium citrate)	100 mg
Sodium (naturally occurring)	30 mg
PreticX™ xylooligosaccharides	700 mg
Proprietary fiber blend	10 g
Providing:	
CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, flax seed fiber, 1,000 mg glucomannan, prune fruit powder, apple pectin	
Other ingredients: xylitol, luco han guo (Momordica grosvenori) extract (fruit)	

Sunfiber® is a registered trademark of Taiyo International, Inc.

PreticX™ is a trademark of AIDP, Inc. PreticX™ is a patent protected Xylooligosaccharide exclusively distributed by AIDP, Inc.

**Cardiometabolic Health & Metabolism**



PureLean® Fiber	Quantity	Order Code
	12.2 oz (345.6 g)	PLFX3

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

# PureLean® Nutrients

With Metafolin® L-5-MTHF

## PureLean® product line

MULTIVITAMIN/MINERAL FORMULA FOR HEALTHY WEIGHT MANAGEMENT<sup>††</sup>

### Indications

- Support for healthy glucose metabolism, lipid utilization and weight management as part of a healthy lifestyle with a reduced-calorie diet and regular exercise<sup>‡</sup>

### Vitamin/Mineral Distinctions:

- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

### Special Features:

- MacularSynergy Complex<sup>‡</sup>**  
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.<sup>‡</sup>
- Metabolic GlycoPlex<sup>‡</sup>**  
Supports healthy glucose uptake with alpha lipoic acid and cinnamon, and maintains healthy glycation activity with L-carnosine.<sup>‡</sup>
- Metabolic LipidPlex<sup>‡</sup>**  
Combines the hepatic fat metabolism properties of taurine and green tea with the metabolic oxidative stress-fighting capabilities of pterostilbene.<sup>‡</sup>

3 capsules, 1-2 times daily, with meals.

### Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	1,500 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	75 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	75 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg

Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	200 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Inositol	62 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg

### MacularSynergy Complex<sup>‡</sup>

FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg

### Metabolic GlycoPlex<sup>‡</sup>

Alpha lipoic acid (thioctic acid)	150 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
L-Carnosine (beta-alanyl-L-histidine)	25 mg

### Metabolic LipidPlex<sup>‡</sup>

Taurine (free-form)	150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
Pterostilbene	20 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Keep out of the reach of children.

Multivitamins, Vitamins & Minerals



PureLean® Nutrients	Quantity	Order Code
	180	PLN21

# PureLean® Protein

## PureLean® product line

VEGETARIAN PROTEIN, DNF-10® PEPTIDES, MULTIVITAMIN/MINERAL COMPLEX, OMEGA-3 FATTY ACIDS AND SUPERFRUIT ANTIOXIDANTS TO SUPPORT HEALTHY WEIGHT MANAGEMENT††

### Special Features:

- Includes DNF-10® peptides to promote satiety and weight management††
- 15 grams vegetarian protein from a unique blend of vegetarian rice, pea and chia proteins
- 4 g fiber
- 200 mg omega-3 fatty acids from chia
- 1 g MCT per serving
- Superfruit antioxidant blend of pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder and blueberry fruit extract
- Comprehensive multivitamin/mineral core including antioxidants, activated B vitamins and chelated minerals
- Contains activated folate (as Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate)
- Creamy taste and texture

PureLean® Protein offers a blend of vegetarian proteins, antioxidants, fiber and nutrients in a lightly sweetened formula. Diets higher in protein and fiber have been associated with healthy weight management and body composition, believed to be due, at least in part, to enhanced satiety and nutrient metabolism. Fiber also helps support digestive health, nutrient absorption and healthy glycemic control. Research suggests that a multivitamin/mineral can help moderate appetite to support healthy weight management. Clinical studies indicate that DNF-10® lowers ghrelin secretion between meals, and neuropeptide Y in the hypothalamus to promote satiety. In four double-blind, randomized, placebo-controlled studies involving healthy overweight subjects, DNF-10® promoted a significant decrease in caloric intake, weight circumference, abdominal fat and body weight. In the most recent study, after two months of taking 500 mg DNF-10®, subjects had decreased their daily caloric intake by 600 calories, and 80% of the subjects thought less about eating during the day.††

**Add 1 serving to 8 oz of water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.**

**Serving size: Vanilla Bean Flavor: 31 g (1 scoop)**  
**Servings per container: 20**

### Each scoop contains:

Calories	110
Total fat	2.5 g
Saturated fat	1 g
Total carbohydrate	8 g
Dietary fiber	4 g
Total sugars	3 g
Includes 3 g Added Sugars	

Protein	15 g
Vitamin A (as vitamin A acetate)	450 mcg
Vitamin C (as calcium ascorbate )	30 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as D-alpha tocopherol succinate)	10 mg
Vitamin K (as vitamin K <sub>1</sub> )	40 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	0.75 mg
Riboflavin (vitamin B <sub>2</sub> )	0.85 mg
Niacin (as niacinamide)	10 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	1 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg 5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg
Biotin	150 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	5 mg
Calcium (naturally occurring and as calcium citrate)	220 mg
Iron (naturally occurring)	1 mg
Phosphorus (naturally occurring)	100 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (naturally occurring and as magnesium citrate)	100 mg
Zinc (as zinc citrate)	11 mg
Selenium (as selenomethionine)	35 mcg
Chromium (as chromium polynicotinate)	60 mcg
Sodium (naturally occurring)	300 mg
Superfruit antioxidant blend (from pomegranate fruit extract, acerola berry extract, quercetin, acai berry powder, and blueberry fruit extract)	100 mg

DNF-10® yeast hydrolysate (from *Saccharomyces cerevisiae*) 500 mg  
 Other ingredients: pea protein isolate, rice protein concentrate, organic evaporated cane sugar, natural vanilla and other natural flavors, C8Vantage™ medium chain triglyceride C8 powder, Sunfiber® hydrolyzed guar gum, apple pectin, chia seed protein, cellulose gum, stevia leaf extract

Sunfiber® is a registered trademark of Taiyo International, Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

C8Vantage™ is a trademark of NNB Nutrition.

DNF-10® is the property of Fytexia.

**Consume within 90 days from opening.**

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood-thinning medication, consult your health professional before use.**

**Cardiometabolic Health & Metabolism**



PureLean® Protein	Quantity	Order Code
	21.8 oz (620 g)	PLPV6

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

# PureLean® Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

## PureLean® product line

### Indications:

- Support for healthy glucose metabolism, lipid utilization and weight management as part of a healthy lifestyle with a reduced-calorie diet and regular exercise<sup>†</sup>

### Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Easily tolerated magnesium glycinate for sensitive individuals

### Special Features:

- Metabolic synergists for healthy glucose utilization, including alpha lipoic acid, cinnamon, l-carnosine and GlucoPhenol®, a novel, proprietary extract of cranberry and Orléans strawberry developed and studied as part of a research collaboration with the Institute of Nutrition and Functional Foods (INAF)<sup>†</sup>
- Enhanced fat metabolism support with 1,000 mg taurine, green tea and pterostilbene<sup>†</sup>
- Lemon-flavored omega-3 fatty acids for reduced aftertaste and healthy PPAR receptor function, supporting glucose and lipid homeostasis via healthy gene expression<sup>†</sup>
- Convenient, once-daily packet

### Each Packet Contains:

**PureLean® Nutrients** 3 vegetarian capsules »See page 160

- Multivitamin/mineral complex for healthy glucose and lipid metabolism<sup>†</sup>

**EPA/DHA with lemon** 1 softgel capsule »See page 75

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support<sup>†</sup>

**Taurine** 1 vegetarian capsule »See page 184

- Amino acid for metabolism and relaxation support<sup>†</sup>

**Magnesium (glycinate)** 1 vegetarian capsule »See page 112

- Highly bioavailable form of magnesium to support energy production and emotional well-being<sup>†</sup>

**Alpha Lipoic Acid with GlucoPhenol®** 1 vegetarian capsule »See page 29

- Supports cardiometabolic health and nutrient metabolism with alpha lipoic acid and researched fruit extracts<sup>†</sup>

**Take 1 packet daily (7 capsules), with a meal.**

### Seven capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	1,500 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	75 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate and 62% magnesium glycinate)	195 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	35 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as ChromeMate® chromium polynicotinate)	200 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Alpha lipoic acid (thioctic acid)	350 mg
GlucoPhenol® proprietary blend providing 25 mg polyphenols from Orléans strawberry (Fragaria x ananassa) extract (fruit) and cranberry (Vaccinium macrocarpon) extract (fruit)	138 mg
Cinnamon (Cinnamomum cassia) extract (dried bark)	50 mg
l-Carnosine (beta-alanyl-L-histidine)	25 mg
Taurine (free-form)	1,150 mg
Green tea (Camellia sinensis) extract (leaf) (providing 23% epigallocatechin gallate (EGCG))	50 mg
Pterostilbene	20 mg
Fish oil concentrate (from anchovies, sardines, mackerel) Providing:	900 mg
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, rice maltodextrin, natural lemon flavor, rosemary leaf extract, natural tocopherols



Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

GlucoPhenol® is a registered trademark used by Pure Encapsulations under license.

CinSulin® is a registered trademark of Beijing Tang-An Nutrition & Healthcare Products Co., Ltd.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

**Contains fish (anchovies, sardines, mackerel)**

**Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

#### Multivitamins, Vitamins & Minerals



PureLean® Pure Pack	Quantity	Order Code
	30 packets	PPP2B3

## PureLean® Whey

### PureLean® product line

HIGHLY PURIFIED, COLD-PROCESSED, UNDENATURED  
WHEY PROTEIN FOR HEALTHY WEIGHT MANAGEMENT<sup>†</sup>

#### Features Include:

- 21 g protein per serving
- 4.75 g branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing
- Great-tasting, naturally flavored formula

**Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.**

**Serving size: 26.4 g (1 scoop)**

**Servings per container: 18**

**Each scoop (approximately 26.4 g) contains:**

Calories	90
Total carbohydrates	1 g
Total sugars	<1 g
Protein	21 g
Sodium (naturally occurring)	45 mg
Other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract	

**Contains milk**

#### Cardiometabolic Health & Metabolism



PureLean® Whey	Quantity	Order Code
	16.8 oz (475.2 g)	PLW4



<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

# Purely Complete NEW

A GREAT-TASTING, NUTRITIONALLY COMPLETE & BALANCED DRINK TO SUPPORT YOUR HEALTHY ON-THE-GO LIFESTYLE<sup>‡</sup>

Purely Complete is a nutritionally packed drink that supplies high-quality nutrition and protein to support overall daily wellness with only 2.5 grams of sugar.<sup>‡</sup>

- 22 grams of protein to help maintain muscle
- 6 grams fiber for improved satiety
- 26 essential vitamins and minerals
- Soy-free, Gluten-free, and Non-GMO
- No artificial flavors, colors or sweeteners
- Creamy and delicious vanilla and chocolate flavors

## Each bottle (237 ml) contains

Calories	210	200
Total Fat	7 g	7 g
Saturated fat	1 g	1 g
Trans fat	0 g	0 g
Cholesterol	10 mg	10 mg
Sodium	115 mg	115 mg
Total Carbohydrate	17 g	15 g
Dietary Fiber	6 g	6 g
Total Sugars	2.5 g	2.5 g
Includes 1 g Added Sugars		
Protein	22 g	22 g
Vitamin D	25 mcg (1,000 IU)	25 mcg (1,000 IU)
Calcium	290 mg	280 mg
Iron	4.5 mg	4.5 mg
Potassium	440 mg	360 mg
Vitamin A	150 mcg	150 mcg
Vitamin C	85 mg	85 mg
Vitamin E	5 mg	5 mg
Vitamin K	60 mcg	60 mcg
Thiamin	1.2 mg	1.2 mg
Riboflavin	1.3 mg	1.3 mg
Niacin	8 mg	8 mg
Vitamin B <sub>6</sub>	1.7 mg	1.7 mg
Folate (40 mcg folic acid)	67 mcg DFE	67 mcg DFE
Vitamin B <sub>12</sub>	2.4 mcg	2.4 mcg
Biotin	30 mcg	30 mcg
Pantothenic acid	5 mg	5 mg
Phosphorus	390 mg	375 mg
Iodine	100 mcg	100 mcg
Magnesium	85 mg	75 mg
Zinc	5.5 mg	5.5 mg
Selenium	27.5 mcg	27.5 mcg
Copper	0.2 mg	0.2 mg
Manganese	1 mg	1 mg
Chromium	60 mcg	60 mcg
Molybdenum	45 mcg	45 mcg
Chloride	30 mg	30 mg
Choline	60 mg	60 mg



Chocolate ingredients: water, low-lactose milk protein concentrate, potassium caseinate, brown rice syrup, partially hydrolyzed guar gum (PHGG), high oleic sunflower oil, sodium caseinate, less than 2% of cocoa powder, gum acacia, natural chocolate flavor with other natural flavors, mono-and diglycerides, vitamins and minerals<sup>†</sup>, cane sugar, gellan gum, purified stevia leaf extract, lo han guo fruit extract

Vanilla ingredients: water, low-lactose milk protein concentrate, potassium caseinate, high oleic sunflower oil, partially hydrolyzed guar gum (PHGG), brown rice syrup, sodium caseinate, less than 2% of gum acacia, mono-and diglycerides, vitamins and minerals<sup>†</sup>, cane sugar, maltodextrin, natural vanilla and butter flavors with other natural flavors, gellan gum, purified stevia leaf extract, lo han guo fruit extract

<sup>†</sup>Vitamins and Minerals: potassium phosphate, tri-magnesium di-citrate, sodium ascorbate, choline bitartrate, tri-magnesium phosphate, potassium hydroxide, iron pyrophosphate, zinc gluconate, d-alpha tocopheryl acetate, vitamin D<sub>3</sub>, niacinamide, vitamin K<sub>1</sub>, chromium chloride, calcium pantothenate, sodium molybdate, potassium iodide, manganese sulfate, sodium selenite, pyridoxine hydrochloride, thiamine hydrochloride, vitamin A acetate, copper gluconate, riboflavin, vitamin B<sub>12</sub>, folic acid, biotin

Contains milk.

Not for individuals with galactosemia.

**Best Served Cold. Shake well before use. Refrigerate after opening and use within 24 hours.**

Multivitamins, Vitamins & Minerals

NON  
GMO

VEG

Purely Complete	Quantity	Order Code
Chocolate	6 (237 ml) bottles	PCPC6
Vanilla	6 (237 ml) bottles	PCPV6



## PureMelt B<sub>12</sub> Folate

With Metafolin® L-5-MTHF

GREAT-TASTING, DISSOLVING B<sub>12</sub> FOLATE VITAMIN LOZENGE TO SUPPORT RED BLOOD CELL FUNCTION, ENERGY METABOLISM AND NEUROLOGICAL HEALTH<sup>†</sup>

PureMelt B<sub>12</sub> Folate provides activated B vitamins in a unique lozenge designed to dissolve in the mouth without requiring water. Each lozenge provides 1,000 mcg of methylcobalamin (the active form of vitamin B<sub>12</sub>) and 400 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate. Optimal levels of these B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. Activated B vitamins provide methyl groups to support healthy methylation, a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, hormone and neurotransmitter production, and energy metabolism. This great-tasting, fruit-flavored lozenge contains no sugar, magnesium stearate or artificial colors or flavors.<sup>†</sup>

**1 lozenge, 1-2 times daily, with or between meals, or as directed by a health professional. Allow tablet to dissolve in mouth and swallow.**

**Each vegetarian lozenge contains:**

Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	1,000 mcg
Other ingredients: xylitol, mannitol, natural berry, cherry, and vanilla flavor, carboxymethyl cellulose, cellulose, ascorbyl palmitate, malic acid	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



PureMelt B <sub>12</sub> Folate	Quantity	Order Code
	90	PMLB9



## PureNutrients EPA/DHA Gummy

CHEWABLE, FRUIT-FLAVORED, EMULSIFIED FISH OIL TO SUPPORT HEALTHY COGNITIVE FUNCTION AND DAILY WELLNESS<sup>†</sup>

- Chewable gummy
- Triglyceride-form fish oil emulsion for enhanced absorption
- Natural and lightly sweet lemon-lime flavor
- Sugar-free, with no artificial flavors or colors

PureNutrients EPA/DHA Gummy is a unique fish oil emulsion offering enhanced absorption omega-3 essential fatty acids in a convenient, (lemon-lime flavored) soft chew. The emulsification process surrounds the essential fatty acids in a water-soluble matrix, enhancing the bioavailability and absorption. Fish oil supports healthy cellular membrane function, cytokine balance, and blood flow to promote cognitive and neuronal health, emotional well-being, and cardiovascular function. Docosahexaenoic acid (DHA), an omega-3 long-chain polyunsaturated fatty acid, is a component of neuronal cellular membranes and supports healthy neurotransmission and brain function, as well as vision. A randomized, double-blind study suggested that 4-year-olds born to mothers who had taken fish oil had healthy cognitive function.<sup>†</sup>

**Children age 3, take 1 gummy soft chew daily, with a meal. Adults and children ages 4 and up, take 1 gummy soft chew, 1-2 times daily, with meals.**

**Each gummy (1.4 g) contains:**

Calories	5
Total fat	0.5 g
Fish oil concentrate (from anchovies, sardines, mackerel)	
Providing (typical):	
Total omega-3 fatty acids	335 mg
DHA (docosahexaenoic acid)	250 mg
EPA (eicosapentaenoic acid)	50 mg
Other omega-3 fatty acids	35 mg

Other ingredients: xylitol, purified water, erythritol, fish gelatin (tilapia, bass), trisodium citrate, natural lemon-lime flavor, arabic gum, malic acid, natural beta-carotene (for color), mixed tocopherols

**Contains fish**

Cardiometaabolic Health & Metabolism



PureNutrients EPA/DHA Gummy	Quantity	Order Code
	36	PNEGB3

## PureNutrients Gummy

COMPREHENSIVE MULTIVITAMIN/MINERAL COMPLEX  
ENHANCED WITH ORGANIC BERRIES AND FRUITS IN A  
CONVENIENT, GREAT-TASTING, FRUIT-FLAVORED GUMMY  
FOR CHILDREN AND ADULTS

- Adults and children over 2
- Comprehensive blend of 17 essential vitamins and minerals, including choline and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Chelated minerals for optimal absorption
- Chewable berry-shaped gummy
- Enhanced with beta carotene and organic berries and fruits
- Lower sugar – 75% less sugar than other leading gummy multivitamins (2 grams vs. 8 grams per serving)\*\*
- Natural and lightly sweet raspberry-lemonade flavor with prebiotic fiber isomalto-oligosaccharides
- No artificial flavors or colors
- Vegetarian; gelatin-free



**Children age 3, take 2 gummies daily, with a meal.**  
**Adults and children ages 4 and up, take 4 gummies daily, with meals.**

### Four gummies contain:

Calories	30
Total carbohydrate	7 g
Total sugars	2 g
Includes 2 g of added sugar (4 gummy dose)	
Vitamin A (as vitamin A palmitate and 60% beta carotene)	750 mcg
Vitamin C (as ascorbic acid)	80 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol acetate)	10 mg
Vitamin K (as Vitamin K <sub>1</sub> )	120 mcg
Thiamin (as thiamin mononitrate)	1.5 mg
Riboflavin	1.7 mg
Niacin (as niacinamide)	11 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	5 mg
Folate (as Metafolin®, L-5-MTHF)	400 mcg DFE (240 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	100 mcg
Biotin	100 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	5 mg
Choline (as choline bitartrate)	30 mg
Iodine (as potassium iodide)	112 mcg
Zinc (as zinc citrate)	9 mg
Chromium (as chromium picolinate)	50 mcg
Sodium (naturally occurring)	24 mg
Berry/Fruit blend (organic)	100 mg
strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit, pomegranate fruit, cranberry fruit, orange fruit, lemon fruit	

Other ingredients: isomalto-oligosaccharides, purified water, apple puree, cane sugar, pectin, natural raspberry and lemon flavors, citric acid, sodium citrate, natural black carrot color, organic stevia leaf extract, organic sunflower oil, carnauba wax, medium chain triglycerides, hydroxypropyl cellulose, glycerin

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

Multivitamins, Vitamins & Minerals



PureNutrients Gummy	Quantity	Order Code
	100	PNG1

## PurePals

**Chewable Tablet**
**With Metafolin® L-5-MTHF**

### CHEWABLE DAILY MULTIVITAMIN/MINERAL FORMULA WITHOUT IRON

- For children ages 2 and up
- Highly bioavailable multivitamin/mineral formula without iron
- With choline and citrus bioflavonoids
- No added sugar or fructose
- Natural cherry flavor

**Children age 3, take 1 chewable tablet daily, with a meal. Adults and children ages 4 and up, take 2 chewable tablets daily, with a meal.**

#### Two chewable tablets contain:

Calories	6
Total carbohydrate	2 g
Total sugars	0 g
Sugar alcohols	2 g
Vitamin A (as vitamin A palmitate and 71% beta carotene)	1,050 mcg
Vitamin C (as calcium ascorbate and 48% ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	20 mg
Thiamin (as thiamin mononitrate) (B <sub>1</sub> )	3 mg
Riboflavin (vitamin B <sub>2</sub> )	1.7 mg
Niacin (as niacinamide)	14 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	12 mg
Choline (as choline bitartrate)	16 mg
Calcium (as calcium citrate and calcium ascorbate)	100 mg
Iodine (from potassium iodide)	30 mcg
Magnesium (as magnesium aspartate)	40 mg
Zinc (as zinc amino acid chelate)	2 mg
Selenium (as selenium amino acid chelate)	40 mcg
Copper (as copper amino acid chelate)	180 mcg
Manganese (as manganese amino acid chelate)	2 mg
Chromium (as chromium picolinate)	40 mcg
Molybdenum (as molybdenum amino acid chelate)	5 mcg
Potassium (as potassium aspartate)	10 mg
Citrus bioflavonoids	10 mg
Boron (as boron citrate)	20 mcg
Vanadium (as vanadium amino acid chelate)	3 mcg
Other ingredients: xylitol, red beet root juice, ascorbyl palmitate, malic acid, cellulose, natural cherry flavor, lo han (Momordica grosvenorii) extract (fruit)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Multivitamins, Vitamins & Minerals**


PurePals	Quantity	Order Code
	90	PUPC9

## PurePals (with iron)

**Chewable Tablet**

- Offers the same PurePals formula with 10 mg iron (tris-glycinate) per serving.

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.**

**Multivitamins, Vitamins & Minerals**


PurePals (with iron)	Quantity	Order Code
	90	PUPI9

## PureProbiotic™

**Allergen-Free**

### MULTI-STRAIN PROBIOTIC FORMULA TO SUPPORT MICROFLORA BALANCE, G.I. HEALTH AND IMMUNE CELL FUNCTION<sup>†</sup>

PureProbiotic™ (allergen-free) contains a blend of beneficial probiotic microorganisms derived from fermentation on a dairy-free, soy-free medium to ensure tolerability in individuals with food allergies or sensitivities. Each capsule provides 5 billion CFU per capsule of *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Lactobacillus rhamnosus*, *Bifidobacterium bifidum*, *Bifidobacterium lactis* and *Bifidobacterium breve* to support immune and gastrointestinal health. Research indicates that these strains promote healthy microflora balance, G.I. integrity, bowel regularity and healthy immune cell function in children and adults.<sup>†</sup>

**1 capsule, 1-2 times daily, with or between meals. Powder may be removed from capsule and mixed into cold food or beverage.**

#### Each (size 3) vegetarian capsule contains:

Probiotic blend	5 billion CFU
Providing:	
<i>Bifidobacterium breve</i> (Bb-03)	
<i>Bifidobacterium lactis</i> (Bb-04)	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	
<i>Lactobacillus plantarum</i> (Lp-115)	
<i>Bifidobacterium bifidum</i> (Bb-06)	

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**This formula requires refrigeration to maintain culture viability.**

**Probiotics & Prebiotics**


PureProbiotic™	Quantity	Order Code
	60	PPA6

<sup>†</sup>As of 8/20/2019 Pure Encapsulations PureNurient Gummy provided 2 g of sugar per serving which is up to 75% less sugar than other leading professional brands providing 6-8 g per serving.

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



# PureResponse™ Multivitamin

## PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA+

MULTIVITAMIN/MINERAL COMPLEX DESIGNED TO SUPPORT IMMUNE BALANCE AND RESPONSIVENESS†

PureResponse™ Multivitamin was designed to support key pivot points in immune function, including neutrophil and natural killer (NK) cell response, and cytokine production. This first-of-its-kind, unique formulation supports healthy cell-mediated immunity with a comprehensive blend of nutrients and reishi mushroom extract. It also includes the adaptogen eleuthero to promote physiological balance and moderate occasional stress, including corticosterone activity, cytokine balance and nutrient metabolism. PureResponse™ Multivitamin features enhanced levels of fat-soluble vitamins, including pre-formed vitamin A, vitamin D<sub>3</sub>, vitamin E with mixed tocopherols, and both vitamin K<sub>1</sub> and K<sub>2</sub>. To accommodate the needs of patients with self-tissue response, PureResponse™ Multivitamin is free from iron, copper, iodine and manganese.†

### 2 capsules daily, with a meal.

#### Two (size 00) capsules contain:

Vitamin A (as vitamin A acetate)	1,500 mcg
Vitamin C (as ascorbic acid)	100 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	125 mcg (5,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	15 mg
Vitamin K (as vitamin K <sub>1</sub> )	135 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	5 mg
Riboflavin (as riboflavin and 60% riboflavin-5-phosphate (activated B <sub>2</sub> ))	5 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 76% pyridoxal-5-phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF) 667 mcg DFE (400 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	50 mg
Choline (as choline bitartrate)	20 mg
Magnesium (as di-magnesium malate) (Albion®)	100 mg

Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	150 mcg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS®)	150 mcg
Potassium (as potassium citrate)	15 mg
Vitamin K <sub>2</sub> (menaquinone-7)	45 mcg
Mixed tocopherols	20 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Eleuthero ( <i>Eleutherococcus senticosus</i> ) extract (root) (standardized to contain 0.8% eleutherosides)	125 mg
Reishi ( <i>Ganoderma lucidum</i> ) extract (fruiting body)	75 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Albion® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

**Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Immune Support



NON  
GMO

VEG

PureResponse™ Multivitamin	Quantity	Order Code
	60	PRSM6



## Pycnogenol® 50 mg

HIGHLY RESEARCHED PINE BARK EXTRACT TO SUPPORT COGNITIVE FUNCTION AND CARDIOVASCULAR HEALTH<sup>†</sup>

"Pycnogenol" originally denoted all proanthocyanidin extracts, regardless of source. However, it now refers specifically to maritime pine bark. The mixture of proanthocyanidins in pine bark supports vascular endothelial integrity by stabilizing collagenous membranes. It also promotes vascular function by modulating nitric oxide levels. In addition to facilitating vitamin C regeneration and preserving vitamin E, Pycnogenol® is a hydroxyl and superoxide radical scavenger. Collectively, these actions promote the health of blood vessels.<sup>‡</sup>

**1 capsule, 1-3 times daily, between meals.**

**Each (size 3) vegetarian capsule contains:**

French maritime pine (*Pinus pinaster*) extract (bark) 50 mg  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Pycnogenol® 50 mg

Quantity

Order  
Code

120

PY51

60

PY56

## Pycnogenol® 100 mg

**1 capsule, 1-2 times daily, between meals.**

**Each (size 3) vegetarian capsule contains:**

French maritime pine (*Pinus pinaster*) extract (bark) 100 mg  
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Pycnogenol® is a registered trademark of Horphag Research Ltd. Use of this product may be protected by one or more U.S. patents and other international patents.

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Pycnogenol® 100 mg

Quantity

Order  
Code

60

PY16

30

PY13



<sup>†</sup> Dr. Yanuck is a retained advisor to Pure Encapsulations

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

# PureResponse™

## PROMOTE ACTIVE RESPONSE.† CREATE IMMUNE BALANCE.†

PureResponse™ is a first-of-its kind resource at the forefront of functional immunology. Featuring exclusive tools and education to help you tease apart the nuances of each patient and address their unique, underlying biological mechanisms, PureResponse™ helps you deliver more personalized and predictable results for a healthy immune response.†

Developed in collaboration with nationally recognized immunology thought leader Samuel F. Yanuck, D.C.†, PureResponse™ includes a practitioner toolkit with the following resources:

- Immune Defense and Resilience Protocol
- Self-Tissue Response Protocol
- Foundational and Targeted Support Products
- Diet and Lifestyle Recommendations
- Assessment and Monitoring Recommendations
- Case Studies



Samuel F. Yanuck, D.C., FACFN, FIAMA,† is the CEO and Director of Education for [cogenceimmunology.com](http://cogenceimmunology.com), an online functional immunology course, serving over 3,000 clinician participants from more than 60 countries around the world. He is an adjunct assistant professor in the Program on Integrative Medicine, in the Department of Physical Medicine and Rehabilitation at the University of North Carolina School of Medicine, where he teaches topics in functional immunology. Dr. Yanuck co-directs the Yanuck Center for Life and Health, a functional medicine clinic in Chapel Hill, North Carolina, where he's been seeing patients from everywhere since 1992. Dr. Yanuck helped co-develop the PureResponse™ protocols.



## PARTNERSHIP WITH COGENCE®

The Cogence® and Pure Encapsulations® partnership provides practitioners with a turnkey solution for helping to reset patients' immune balance and responsiveness. To help you better understand the interconnection of each biological process to the immune system, Pure Encapsulations has made an exclusive commitment to provide functional medicine practitioners with full access to Dr. Samuel Yanuck's Cogence® Immunology course and educational tools, assuming the full cost of membership.

Cogence offers an in-depth functional immunology learning experience. The Cogence Immunology course was designed by leading experts to connect the underlying immunology with clinical applications, creating a rigorous yet intuitive program that will allow you to navigate each patient's unique clinical pattern.

Your Cogence membership will give you access to over 200 instructional videos, each 20 to 90 minutes long, grouped into 22 modules covering a wide range of topics.

Visit [PureEncapsulationsPro.com/cogence](https://PureEncapsulationsPro.com/cogence) and take advantage of complimentary access to Cogence® Immunology.



Learn more at [PureEncapsulationsPro.com/pureresponse](https://PureEncapsulationsPro.com/pureresponse)

\*Dr. Yanuck is a retained advisor to Pure Encapsulations.  
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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

**pure**  
encapsulations®

## Q-Gel® 100 (Hydrosoluble™ CoQ<sub>10</sub>)

ENHANCED SOLUBILITY COQ<sub>10</sub> WITH VITAMIN E; SUPPORTS CARDIOVASCULAR AND NEUROCOGNITIVE HEALTH<sup>‡</sup>

CoQ<sub>10</sub> is a core component of cellular energy production and respiration, shuttling electrons down the electron transport chain to produce the key energy-rich molecule adenosine triphosphate (ATP). As such, it provides energy support to the cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle. It also acts as an antioxidant, providing cellular protection from free radicals.<sup>‡</sup>

**1 capsule, 1-2 times daily, with a meal.**

**Each (size 22) softgel capsule contains:**

Vitamin E (as d-alpha tocopheryl acetate)	100 mg
Coenzyme Q <sub>10</sub>	100 mg
Other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract in sunflower oil (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium-chain triglycerides)	

Q-Gel® and Bio Solv® are registered trademarks of Tishcon Corp.

Hydrosoluble™ is a trademark of Tishcon Corp. Manufactured under one or more of the following U.S. Patents: 6,056,971; 6,300,377; and 6,740,338.

Contains soy

Cardiometa**bol**ic Health & Metabolism



Q-Gel® 100 (Hydrosoluble™ CoQ <sub>10</sub> )	Quantity	Order Code
	60	QG16

See also  
CoQ<sub>10</sub>

»page 56

## Quercetin

SUPPORTS CARDIOMETABOLIC, CELLULAR AND IMMUNE HEALTH<sup>‡</sup>

Quercetin has been shown to be one of the most bioactive flavonoids. Research suggests a supportive role for cellular, immune and cardiometabolic health.<sup>‡</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 0) vegetarian capsules contain:**

Quercetin	500 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Immune Support



Quercetin	Quantity	Order Code
	120	QU1
	60	QU6

## R-Lipoic Acid (stabilized)

STABILIZED R-LIPOIC ACID FOR ANTIOXIDANT AND METABOLIC SUPPORT<sup>‡</sup>

Sodium R-alpha-lipoic acid is a highly bioavailable and stabilized form of R-lipoic acid. Regular R-lipoic acid is heat sensitive and may polymerize extensively, decreasing its absorption significantly. In real-time stability tests, sodium R-lipoic acid remained stable for 12 months. The natural R isomer of alpha-lipoic acid may provide enhanced antioxidant activity, energy production and general metabolic function. Studies suggest that R-lipoic acid offers support for glucose metabolism in skeletal muscle. A University of California Berkeley study indicates that R-lipoic acid may be protective against age-related oxidative stress in the liver. Furthermore, a study at Oregon State University established a potential role for R-lipoic acid in protecting the heart from age-related oxidative stress.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 1) vegetarian capsule contains:**

Sodium	14 mg
R-Lipoic acid	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), sodium carbonate, ascorbyl palmitate	

Cardiometa**bol**ic Health & Metabolism



R-Lipoic Acid (stabilized)	Quantity	Order Code
	120	RLA1
	60	RLA6

See also  
Alpha Lipoic Acid

»page 28

## Reduced Glutathione

SUPPORTS ANTIOXIDANT DEFENSES AND DETOXIFICATION<sup>‡</sup>

Glutathione is a key component of the antioxidant system which protects the body from free radicals at the cellular level. Reduced glutathione is involved in the synthesis and repair of DNA, and enhances the antioxidant activity of vitamin C, the transport of amino acids, and the detoxification of harmful compounds. In addition, an intracellular abundance of reduced glutathione, as compared to oxidized glutathione, helps ensure healthy cell function. It is especially important for liver function.<sup>‡</sup>

**1 capsule, 1-2 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

L-Glutathione (reduced) (free-form)	100 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Setria® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Liver & Detoxification



Reduced Glutathione	Quantity	Order Code
	120	RG1
	60	RG6



## Relora®

SUPPORTS OCCASIONAL STRESS AND PROMOTES SATIETY WHEN COMBINED WITH A HEALTHY DIET AND EXERCISE<sup>†</sup>

Relora® is a proprietary blend of *Magnolia officinalis* and *Phellodendron amurense*. This synergistic combination of extracts helps promote positive mood and helps mediate everyday stress-related emotions, eating behavior and muscle tension. The magnolia and phellodendron fractions may bind to key central nervous system receptors, including those for GABA and the serotonin transporter, which encourages feelings of satiety and relaxation. A pilot clinical trial reported that Relora® was well tolerated and helped promote emotional well-being. A follow-up trial reported similar results, as well as indicated that supplementing with Relora® may help diminish stress-related sugary snack cravings and promote healthful eating habits. An animal study further demonstrated the supplement's ability to support mood and relaxation. A recent pilot clinical trial performed in Cincinnati, Ohio, suggested that magnolia and phellodendron helped to maintain healthy cortisol and DHEA production and metabolism, which helped support healthy body-fat distribution.<sup>‡</sup>

**1 capsule, 2 times daily, with or between meals.**

**Each (size 2) vegetarian capsule contains:**

Relora® 250 mg  
 proprietary patented blend of:  
 magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)

Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, hypoallergenic plant fiber (cellulose), ascorbyl palmitate, silicon dioxide

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

**Not to be taken by pregnant or lactating women. Do not take concurrently with antidepressants.**

### Cardiometabolic Health & Metabolism



Relora®	Quantity	Order Code
	180	RL1
	60	RL6

## RENUAL

MITOCHONDRIAL RENEWAL FEATURING MITOPURE™ UROLITHIN A TO POWER MUSCLE FUNCTION, INCREASE CELLULAR ENERGY AND PROMOTE HEALTHY AGING<sup>‡</sup>

Urolithin A is the main metabolite of ellagitannin-rich foods, such as pomegranates, black raspberries, raspberries, strawberries, walnuts and almonds. These polyphenol components are not absorbed intact into the bloodstream, but are hydrolyzed to ellagic acid in the gut, which is then metabolized by the gut microflora to form urolithin A and B. Research indicates that the ability to synthesize urolithins declines with age and depends on the gut microflora, and there is a small percentage of the population that is unable to perform this conversion at all. Research indicates that urolithin A enhances autophagy, the natural process of cellular renewal in which the body degrades and recycles cellular components, as well as mitophagy, the clearance and recycling of older and dysfunctional mitochondria. Mitochondria are the "powerhouses of the cell" and their function is fundamental to healthy aging. Efficient rejuvenation of mitochondria supports energy production and the overall health of cells. A randomized, double-blind, placebo-controlled trial involving healthy sedentary elderly subjects indicated that supplementation with urolithin A promoted mitochondrial gene expression in the muscle and fatty acid oxidation efficacy, showing support for mitochondrial biogenesis and function. Four weeks of urolithin A supplementation resulted in improved mitochondrial function comparable to a 10-week aerobic exercise regimen, as measured by decreases in plasma acylcarnitine. In animal research, urolithin A enhanced mitophagy to promote mitochondrial biogenesis and function during aging. It also improved endurance and exercise capacity in both young and age-related models of muscle decline. Supporting autophagy reduces oxidative stress and promotes healthy cytokine balance within the cells to support healthy aging. Preliminary research suggests a broad spectrum of support, including energy production, neuronal health and neurogenesis, gut barrier function and healthy joint collagen. Urolithin A also may offer support for glucose and fat metabolism. When mice were fed a high-fat diet for 12 weeks, supplementation with urolithin A promoted healthy insulin function and lipid metabolism, and decreased adipocyte size. These results are believed to be the result of increased expression of genes targeting fatty acid beta-oxidation, adipose tissue lipolysis and insulin receptor function (Sirt1), and oxidation defenses (SOD1 and SOD2). Sirt1 is also a target of resveratrol, thereby offering support for longevity, metabolic health and mitochondrial function. CoQ<sub>10</sub> is a key nutrient used in the energy production pathway.<sup>‡</sup>

**2 capsules, 1-2 times daily, with or between meals.**

**Two (size 0) Caplique® capsule contain:**

Mitopure™ Urolithin A	250 mg
Trans-Resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	150 mg
Coenzyme Q <sub>10</sub>	60 mg
Other ingredients: vegetable glycerin, vegetarian capsule (cellulose, water)	

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation. Mitopure™ (proprietary Urolithin A) and the Mitopure™ logo are trademarks of Amazentis SA. Patent [www.amazentis.com/patents](http://www.amazentis.com/patents) Caplique® is a registered trademark used with permission.

### Energy & Fitness



RENUAL	Quantity	Order Code
	60	RNL6

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

## ResCu-SR® With MicroActive® Technology

HIGHLY BIOAVAILABLE, SUSTAINED-RELEASE RESVERATROL AND CURCUMIN; SUPPORTS CARDIOPROTECTION, NEUROLOGICAL HEALTH AND LONGEVITY<sup>‡</sup>

### A synergistic and exclusive combination

Resveratrol and curcumin support longevity, cardioprotection and neurological health. Recent studies have demonstrated antioxidant synergy and convergent mechanisms.<sup>‡</sup>

### Innovative sustained-release delivery technology

The MicroActive® technology is a patented delivery system that improves solubility, reduces particle size, improves absorption and provides sustained-release of polyphenols.

### Backed by human pilot trials

In a human pilot study, peak plasma resveratrol and area under the curve (AUC) values were 250% greater with MicroActive® Resveratrol compared to an equivalent dose of 98% pure resveratrol. In a separate human trial, peak plasma curcumin levels were 4 to 60-fold greater with MicroActive® Curcumin compared to an equivalent dose of a standard 95% curcumin preparation. Superior plasma concentrations remained after a 9-hour period.

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

Trans-resveratrol (from MicroActive® resveratrol sustained-release complex)	100 mg
Curcuminoids (from MicroActive® turmeric ( <i>Curcuma longa</i> ) extract (root) sustained-release complex)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), carnauba wax, potato starch, polyglycerol fatty acid esters, silica, medium chain triglycerides, sodium alginate	

The ResCu-SR® trademark is used by Pure Encapsulations under license. MicroActive® is a registered trademark of BioActives, LLC.

**Cardiometaabolic Health & Metabolism**



NON  
GMO

V

VEG

ResCu-SR®	Quantity	Order Code
	60	RCSR6

## Resveratrol

SUPPORTS CARDIOVASCULAR, COGNITIVE AND CELLULAR HEALTH<sup>‡</sup>

Resveratrol is a compound often associated with the health benefits of red wine, because of its antioxidant and cardioprotectant properties. It promotes cardiovascular health through its antioxidant action and its ability to promote healthy platelet function and maintain healthy arachidonic acid metabolism. Pure Encapsulations' Resveratrol is derived from one of the richest known sources, *Polygonum cuspidatum*, an herb utilized for centuries.<sup>‡</sup>

**1-5 capsules daily, with or between meals.**

**Each (size 2) vegetarian capsule contains:**

Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	40 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Cardiometaabolic Health & Metabolism**



NON  
GMO

V

VEG

Resveratrol	Quantity	Order Code
	120	RE1
	60	RE6

## Resveratrol EXTRA

COMBINES RESVERATROL WITH POLYPHENOLS FROM RED WINE AND GRAPE SEED FOR ENHANCED SUPPORT OF HEALTHY CELLULAR AND CARDIOVASCULAR FUNCTION<sup>‡</sup>

Resveratrol promotes cardiovascular health, helping to maintain healthy platelet function and arachidonic acid metabolism. A recent Harvard study suggests that it may also promote overall health, metabolic function and longevity. Grape seed extract and red wine concentrate offer polyphenols, complementing the cellular and cardiovascular health benefits of this complex. One capsule of Resveratrol EXTRA contains the amount of resveratrol equivalent to an average of 66 bottles of red wine.<sup>‡</sup>

**1 capsule daily, with or between meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	100 mg
Red wine grape ( <i>Vitis vinifera</i> ) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

**Cardiometaabolic Health & Metabolism**



NON  
GMO

V

VEG

Resveratrol EXTRA	Quantity	Order Code
	120	REE1
	60	REE6

## Resveratrol VESIsorb®

### Liquid-filled Vegetarian Caplique® Capsules

SELF-ASSEMBLING NANO-COLLOID SYSTEM; ENHANCED-ABSORPTION RESVERATROL FOR CARDIOVASCULAR, COGNITIVE AND CELLULAR HEALTH†

- In a dissolution study, resveratrol with the VESIsorb® delivery system demonstrated 100% dissolution, the ability to dissolve readily in an aqueous environment for absorption, compared to less than 1% for powder
- Research suggests resveratrol offers support for cellular function, cardiovascular and neurocognitive health, and antioxidant defenses†
  - In a recent 30-day randomized double-blind crossover trial, 150 mg resVida® resveratrol supported cardiometabolic health. Resveratrol supplementation promoted AMPK, SIRT1 and PGC-1α activity, indicating support for mitochondrial function, as well as healthy blood flow, adipose tissue lipolysis and hepatic lipid content†
- Each capsule offers 50 mg of enhanced-absorption resveratrol as the highly pure 99% trans-resveratrol resVida®

### 2 Caplique® Capsules daily, with or between meals.

#### Two (size 0) Caplique® Capsules contain:

resVida® resveratrol (as trans-resveratrol) 100 mg

Other ingredients: medium chain triglycerides, polysorbate 80, vegetarian Caplique® Capsule (cellulose, water), polyglycerol fatty acid esters, silica

Caplique® is a registered trademark used with permission.

A Pure Encapsulations® Caplique® capsule is a liquid-filled, two-piece capsule sealed with a band. Contents may appear cloudy or thick and may settle or separate.

resVida® is a trademark of DSM.

VESIsorb® is a registered trademark of Source One Global Partners.

#### Cardiometabolic Health & Metabolism



Resveratrol VESIsorb®	Quantity	Order Code
	90	RSV9

## RevitalAge™ Nerve

### ADVANCED NERVE SUPPORT FORMULA†

- Patented, scientifically researched combination of acetyl-L-carnitine (ALC), alpha lipoic acid (ALA) and methylcobalamin, used under license from Juvenon®, Inc.
- Supports nerve conduction velocity, normal nerve signaling and nerve structure in healthy individuals†
- Supports healthy nerve fiber function with a combination of methylcobalamin, pyridoxal 5' phosphate and Metafolin®, L-5-MTHF†
- Promotes nerve comfort, in part by supporting healthy receptor activity and mitochondria function†
- Includes MicroActive® sustained-release CoQ10; shown in clinical research to offer 300% greater peak plasma concentrations compared to standard CoQ10 for enhanced antioxidant and mitochondria support†

### 2 capsules, 2 times daily, with meals.

#### Two (size 00) vegetarian capsules contain:

Vitamin B6 (as pyridoxal 5' phosphate) (activated B6) 10 mg

Vitamin B12 (as methylcobalamin)† 250 mcg

Folate (as Metafolin®, L-5-MTHF) 417 mcg DFE (250 mcg L-5-MTHF)

Magnesium (as di-magnesium malate) 100 mg

Acetyl-L-carnitine HCl† 500 mg

Alpha lipoic acid (thioctic acid)† 200 mg

Coenzyme Q10 (from MicroActive® Q10-cyclodextrin complex) 15 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), potato starch, ascorbyl palmitate

†Under license from Juvenon® Inc.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

MicroActive® is a registered trademark of BioActives, LLC.

#### Cardiometabolic Health & Metabolism



RevitalAge™ Nerve	Quantity	Order Code
	120	RJN1

## RevitalAge™ Ultra

ENHANCED ANTIOXIDANT AND MITOCHONDRIAL SUPPORT FORMULA FOR CELLULAR LONGEVITY<sup>†</sup>

RevitalAge™ Ultra is a scientifically researched combination of acetyl-L-carnitine (ALC) and alpha lipoic acid (ALA) offered with antioxidant and mitochondrial support cofactors. It promotes healthy aging through maintaining youthful gene expression, mitochondrial function, cellular energy production and antioxidant protection. Specifically, alpha lipoic acid, acetyl-L-carnitine and resveratrol support mitochondria synthesis by promoting healthy activity of the key enzyme AMP kinase (AMPK). PhytoLongevity, a polyphenol blend, supports cardiometabolic health and cognitive performance. Sustained-release CoQ<sub>10</sub> provides 24-hour mitochondrial support. Pure resVida® resveratrol and pTeroPure™ pterostilbene target cellular pathways and genes involved in the aging process.<sup>†</sup>

### Clinically Researched Longevity Combination<sup>†</sup>

- Patented combination of acetyl-L-carnitine (ALC), alpha lipoic acid (ALA) and biotin, used under license with Juvenon, Inc., combined with PhytoLongevity polyphenol blend
- Promotes healthy aging by maintaining healthy gene expression, mitochondrial number, cellular energy production and antioxidant capacity<sup>†</sup>
- Cardiovascular and neurocognitive benefits demonstrated by numerous studies<sup>†</sup>

### MicroActive® Sustained-Release CoQ<sub>10</sub>

- Water-soluble
- 24-hour sustained-release with low inter-subject variability
- Clinical research shows 300% greater peak plasma concentrations compared to standard CoQ<sub>10</sub>

### resVida®: Pure, Clinically Researched Resveratrol

- Pure trans-resveratrol with clinically proven bioavailability
- Antioxidant that protects mitochondria from free radicals that contribute to cellular aging<sup>†</sup>
- Supports the expression of longevity genes in the cardiovascular system and brain associated with life span in preclinical studies<sup>†</sup>

### pTeroPure™ Pterostilbene: Pure, methylated resveratrol

- Pure, clinically researched pterostilbene, the methylated analog of resveratrol
- Promotes cardiometabolic health by supporting healthy PPAR-alpha receptor activity<sup>†</sup>
- May provide additional antioxidant support when combined with resveratrol<sup>†</sup>

RevitalAge™ Ultra delivers longevity benefits with sustained-release coenzyme Q<sub>10</sub>, pure resveratrol and pterostilbene to offer enhanced cardiovascular, metabolic and neurocognitive support.<sup>†</sup>

**3 capsules daily, with meals.**

**Three (size 00) vegetarian capsules contain:**

Biotin <sup>A</sup>	2,000 mcg
Acetyl-L-carnitine HCl <sup>A</sup>	1,000 mg
Alpha lipoic acid (thioctic acid) <sup>A</sup>	400 mg
resVida® resveratrol (as trans-resveratrol)	30 mg
CoQ <sub>10</sub> sustained-release (from MicroActive® Q <sub>10</sub> -cyclodextrin complex)	30 mg
Pterostilbene	5 mg
PhytoLongevity proprietary blend	200 mg
Providing:	
Cranberry ( <i>Vaccinium macrocarpon</i> ) extract (fruit), wild blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit), Orléans strawberry ( <i>Fragaria x ananassa</i> ) extract (fruit) and spinach ( <i>Spinacia oleracea</i> ) juice concentrate (leaf)	

Other ingredients: vegetarian capsule (cellulose, water), potato starch, maltodextrin

<sup>A</sup>Under license from Juvenon® Inc.

resVida® is a trademark of DSM

MicroActive® is a registered trademark of BioActives, LLC.

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

RevitalAge™ Ultra	Quantity	Order Code
	90	RJU29

## Rhodiola Rosea

BROAD-SPECTRUM ADAPTOGEN SUPPORT FOR OCCASIONAL MENTAL AND PHYSICAL STRESS<sup>†</sup>

Rhodiola rosea, a Siberian plant also known as Golden root, has been used traditionally for hundreds of years to help lessen mental and physical stress and to promote endurance. Animal studies indicate that the extract also appears to maintain healthy adrenal catecholamine activity during stress and provide cardioprotection by moderating stress-induced catecholamine release in the myocardium. Furthermore, Rhodiola rosea has demonstrated the potential to support healthy glucose metabolism. Rhodiola may be contraindicated for individuals taking adrenergic-blocking and antiarrhythmic medications.<sup>†</sup>

**1 capsule, 1-2 times daily, between meals.**

**Each (size 3) vegetarian capsule contains:**

Rhodiola ( <i>Rhodiola rosea</i> ) extract (root)	100 mg
(standardized to contain 3% total rosavins and 1% salidroside)	
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Memory & Mood



NON  
GMO

V

VEG

Rhodiola Rosea	Quantity	Order Code
	180	RR1
	90	RR9

## Ribose

SUPPORTS ENERGY REPLETION<sup>†</sup>

- Helps keep ATP levels at their peak, promoting energy repletion for intense exercise; supports both skeletal and cardiac muscle energy metabolism<sup>†</sup>
- May increase power during short, intense bouts of exercise<sup>†</sup>

**1 heaping scoop, 1-2 times daily, with or between meals.**

**Serving size: 1 heaping scoop (approximately 2.2 g)**

**Each heaping scoop (approximately 2.2 g) contains:**

D-Ribose 2.2 g  
Use of D-Ribose by Pure Encapsulations is authorized by Bioenergy, Inc. under U.S. Patents 6,159,942 and 6,534,480.

Energy & Fitness



Ribose	Quantity	Order Code
	8.8 oz (250 g)	RI2

## Saccharomyces boulardii (active probiotic culture)

Allergen-Free

PROBIOTIC SUPPORT FOR HEALTHY INTESTINAL MICROFLORA AND G.I. FUNCTION<sup>†</sup>

*Saccharomyces boulardii* is a probiotic yeast which nutritionally supports the health of the gastrointestinal tract. This yeast supports a balance of healthy gut flora.<sup>†</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

*Saccharomyces boulardii* 10 billion CFU  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**This formula requires refrigeration to maintain culture viability.**

Probiotics & Prebiotics



Saccharomyces boulardii	Quantity	Order Code
	60	SB6

See also  
PureBi•Ome™ Intensive

»page 153

## SAMe (S-Adenosylmethionine)

Shelf-Stable; Acid-Resistant Capsules

ENHANCED-STABILITY SAMe TO SUPPORT METHYLATION, POSITIVE MOOD, GLUTATHIONE PRODUCTION AND JOINT COMFORT<sup>†</sup>

SAMe (S-adenosylmethionine) is a metabolite present in all living cells. It functions as a donor of methyl groups in over 100 different reactions and contributes to the synthesis, activation and/or metabolism of hormones, neurotransmitters, nucleic acids, phospholipids and proteins. Methyl groups act as a signal throughout the body, regulating genetic expression and cellular function. SAMe also functions as a precursor molecule for glutathione and promotes polyamine synthesis to promote healthy cellular function. Clinical trials indicate that SAMe administration enhances glutathione production in hepatic tissue and red blood cells. SAMe also targets cognitive function and positive mood, as indicated in over 40 clinical studies. In a meta-analysis involving 25 controlled trials and 791 individuals, SAMe offered statistically significant support for positive mood believed to be due to its support for neurotransmitter monoamine synthesis and function, including dopamine and serotonin. It also promotes healthy protein turnover and maintains healthy phospholipid methylation to support phosphatidylcholine production and cellular membrane integrity and fluidity. Studies suggest it may enhance joint comfort and flexibility as well. In a meta-analysis involving 11 studies, SAMe offered statistically significant support for joint function. It is believed to enhance joint comfort and function by supporting proteoglycan synthesis, as well as helping to stabilize and protect the proteoglycans.<sup>†</sup>

**1 capsule, 1-2 times daily, between meals, or as directed by a health professional.**

**Each (size 00) vegetarian capsule contains:**

SAMe (S-adenosylmethionine) 200 mg  
(from S-adenosyl-L-methionine disulfate tosylate)  
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), calcium oxide, ascorbyl palmitate, calcium chloride

**If you are pregnant or lactating, have any health condition or are taking any medication, particularly if you have bipolar disorder or are taking antidepressant medication, consult your health professional before use.**

Memory & Mood



SAMe (S-Adenosylmethionine)	Quantity	Order Code
	60	SAM6



## Saw Palmetto 320

FUNDAMENTAL, TIME-TESTED SUPPORT FOR URINARY FUNCTION AND PROSTATE HEALTH<sup>‡</sup>

Saw palmetto has been utilized for decades to support healthy prostate and urinary function. In countries like New Zealand, France, Germany and Austria, this herb has been the gold standard for prostate support for many years. Its primary mode of action involves supporting healthy testosterone metabolism, in part by maintaining healthy 5-alpha-reductase enzyme activity and receptor binding. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, results suggest that saw palmetto provides important urologic support by promoting healthy urinary function. In a three-year German study, saw palmetto extract promoted healthy urinary function in volunteers.<sup>‡</sup>

**1 capsule, 1-2 times daily, between meals.**

**Each (size 6) softgel capsule contains:**

Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit)	320 mg
(standardized to contain 85% total fatty acids)	
Other ingredients: gelatin capsule (gelatin, glycerin, water)	

**Not to be taken by pregnant or lactating women.**

Men's Formulas

NON  
GMO

Saw Palmetto 320	Quantity	Order Code
	240	SP32
	120	SP31



## Saw Palmetto Plus

BROAD SUPPORT FOR URINARY FUNCTION AND PROSTATE HEALTH<sup>‡</sup>

Saw palmetto has been used safely for decades to support proper prostate and urinary function. Its primary mode of action involves maintaining healthy testosterone metabolism. In a recently published JAMA meta-analysis involving 18 randomized controlled trials and almost 3,000 men, saw palmetto promoted healthy urinary flow. *Pygeum africanum* may maintain healthy prostaglandin and prolactin metabolism in the prostate. Pumpkin seed oil provides essential fatty acids and zinc, important for prostate health. Nettle root, also known as stinging nettles or *Urtica dioica*, has indicated the ability to support healthy enzyme activity and maintain healthy hormone metabolism in prostate cells. In a multicenter study examining the effect of nettle root extract in over 5,000 individuals, the extract supported prostate health in the majority of subjects.<sup>‡</sup>

**2 capsules, 1-2 times daily, between meals.**

**Two (size 14) softgel capsules contain:**

Calories	20
Total fat	2 g
Vitamin E (as d-alpha tocopherol)	13 mg
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit)	320 mg
(standardized to contain 85% total fatty acids)	
Pumpkin ( <i>Cucurbita pepo</i> ) oil (seed) (fresh pressed)	640 mg
Pygeum ( <i>Pygeum africanum</i> ) extract (bark)	40 mg
Nettle ( <i>Urtica dioica</i> ) extract (root)	400 mg
Other ingredients: gelatin capsule (gelatin, glycerin, purified water, carob), beeswax, sunflower lecithin	

**Not to be taken by pregnant or lactating women.**

Men's Formulas

NON  
GMO

Saw Palmetto Plus	Quantity	Order Code
	250	SP2
	120	SP1
	60	SP6

## Selenium (citrate)

HIGHLY BIOAVAILABLE FORM; SUPPORTS ANTIOXIDANT DEFENSES, IMMUNE FUNCTION AND CELLULAR HEALTH<sup>‡</sup>

Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain prostaglandins, which promote healthy blood flow. Selenium may also help support healthy growth and fertility, as indicated in a research study using a combination of selenomethionine and vitamin E. Selenium also provides support for the immune system.<sup>‡</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Selenium (as selenium citrate)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Multivitamins, Vitamins & Minerals



Selenium (citrate)	Quantity	Order Code
	180	SEC1
	60	SEC6

## Selenium (selenomethionine)

SUPPORTS ANTIOXIDANT DEFENSES, IMMUNE FUNCTION AND CELLULAR HEALTH<sup>‡</sup>

Selenomethionine serves as a storage form of selenium. It is incorporated into proteins and released as the proteins are catabolized.<sup>‡</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Selenium (as selenomethionine)	200 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Selenium (selenomethionine)	Quantity	Order Code
	180	SE1
	60	SE6

## Sereniten Plus

Formulated with Penny Kendall-Reed, N.D.<sup>‡</sup>

MODERATES THE EFFECTS OF OCCASIONAL STRESS AND SUPPORTS RESTFUL SLEEP<sup>‡</sup>

Lactium® is a unique, clinically researched bioactive casein hydrolysate containing a bioactive decapeptide (a polypeptide 10-chain amino acid alpha-1 sequence) developed to target stress-related symptoms. In one 30-day study, subjects supplemented with 150 mg Lactium® daily reported statistically significant support for multiple stress-related effects, including digestion, mood, relaxation, sleep and cardiovascular and cognitive function. In studies where individuals or animals were exposed to mild stressors, supplementation helped moderate healthy heart rate and blood flow, as well as plasma cortisol. Cortisol is released by the adrenal glands during acute and chronic stress. In another study, Lactium® promoted the onset of sleep and healthy sleep quality. Healthy sleep quality has been associated with cognitive function and working memory. Sleep also has been tied to metabolic health, including mitochondrial function, visceral fat deposition, alterations in gut barrier function, and changes in gut microbiota. Several studies have shown L-theanine to enhance alpha wave production in the occipital and parietal regions of the brain, helping calm the sympathetic nervous system for a relaxing effect without drowsiness. L-Theanine also helps maintain healthy IgA levels, suggesting support for immune health during occasional stress. Preclinical research suggests that vitamin D plays a role in promoting healthy immune and cardiometabolic biomarkers, and may support normal cortisol production within abdominal adipocytes at the cellular level. Vitamin D may be particularly important for individuals with certain genetic variations.<sup>‡</sup>

**1 capsule daily, between meals, or as directed by a health professional.**

**Each (size 0) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	2.5 mcg (100 IU)
Lactium® casein hydrolysate containing a bioactive decapeptide	175 mg
L-Theanine	50 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), silica	

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

**Contains milk**

Memory & Mood



Sereniten Plus	Quantity	Order Code
	45	SRP4

<sup>‡</sup>Dr. Kendall-Reed is a retained advisor to Pure Encapsulations.

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

## SeroPlus

### PureSYNAPSE™ product line

Formulated with James Greenblatt, M.D.\*

**SUPPORTS SEROTONIN PRODUCTION TO PROMOTE POSITIVE MOOD, MODERATE OCCASIONAL STRESS AND MAINTAIN HEALTHY EATING BEHAVIOR†**

- Promotes serotonin synthesis to support relaxation, moderate occasional stress and maintain healthy eating behavior†
- Provides the serotonin precursor 5-HTP
- Provides inositol, which supports healthy sensitization of serotonin receptors†
- Supports healthy serotonin activity and maintains healthy reuptake with taurine†
- Enhances 5-HTP availability with niacinamide and zinc†
- Includes the cofactors magnesium, vitamin C, vitamin B<sub>6</sub> and Metafolin® L-5-MTHF to support serotonin production and positive mood†

**2 capsules, 1-2 times daily, between meals or with low protein foods.**

**Two (size 00) vegetarian capsules contain:**

Vitamin C (as ascorbic acid)	100 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	6.7 mg
Folate (as Metafolin®, L-5-MTHF)	833 mcg DFE (L-5-MTHF 500 mcg)
Magnesium (as di-magnesium malate)	100 mg
Zinc (as zinc picolinate)	10 mg
5-Hydroxytryptophan	100 mg
Inositol (as myo-inositol)	500 mg
Taurine (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.**

Memory & Mood



NON  
GMO

V

VEG

SeroPlus	Quantity	Order Code
	120	SOP1

## Silymarin

**STANDARDIZED MILK THISTLE EXTRACT TO SUPPORT HEALTHY LIVER FUNCTIONING‡**

Silymarin is a milk thistle extract that nutritionally supports liver function. This highly active botanical protects the liver from free radical damage, supports glutathione concentrations and promotes superoxide dismutase activity. Milk thistle extract also stimulates protein synthesis in hepatic cells.‡

**1 capsule, 1-4 times daily, between meals.**

**Each (size 2) vegetarian capsule contains:**

Milk thistle ( <i>Silybum marianum</i> ) extract (seed)	250 mg
(standardized to contain 80% silymarin)	

Other ingredients: vegetarian capsule (cellulose, water)

Liver & Detoxification



NON  
GMO

V

VEG

Silymarin	Quantity	Order Code
	120	SL1
	60	SL6

See also  
Liver-G.I. Detox‡

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## Sleep Solution (single dose liquid)

CONVENIENT, SINGLE-SERVING LIQUID FORMULA TO PROVIDE SUPPORT FOR OCCASIONAL SLEEPLESSNESS<sup>†</sup>

Sleep Solution (single dose liquid) contains a unique blend of magnesium, glycine, L-theanine and melatonin in a convenient, single-serving liquid delivery system to offer broad-spectrum support for occasional sleeplessness. The formula targets both emotional and muscle relaxation, as well as sleep onset and quality to encourage restful sleep throughout the night. In addition, glycine and magnesium are included to support muscle relaxation and a healthy sleep cycle. In a small study involving sleep-deprived volunteers, 3 g of the inhibitory neurotransmitter glycine enhanced subjective sleep quality, sleep onset time and daytime alertness. Melatonin also facilitates the onset of sleep and sleep efficiency. L-Theanine promotes relaxation and moderates occasional stress. Research indicates that L-theanine enhances alpha wave production in the brain, an indication of relaxation. Xylitol is included in the formula for its sweetening and dental health properties, including support for salivary pH and mineral concentrations to promote microflora balance and tooth mineralization.<sup>‡</sup>

**1 bottle 30-60 minutes before bedtime.**

**Serving size: 58 ml / 1.96 fl oz (1 bottle)**

**Servings per container: 6**

**Each (58 ml/1.96 fl oz) bottle contains:**

Calories	20
Total carbohydrate	2 g
Sugar alcohols	2 g
Magnesium (as magnesium citrate)	145 mg
Glycine (free-form)	3 g
Suntheanine® L-theanine	100 mg
Melatonin	2 mg

Other ingredients: purified water, xylitol, citric acid, natural raspberry, lemonade and other natural flavors, potassium sorbate, purified stevia leaf extract

Suntheanine® is a registered trademark of Taiyo International, Inc.

**Consult a health professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.**



Sleep Solution (single dose liquid)	Quantity	Order Code
	6 bottles 58 ml (1.96 fl oz)	SLB6

See also

[Best-Rest Formula](#)  
[Melatonin](#)

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»page 114

## SP Ultimate

COMPREHENSIVE PROSTATE FORMULA; PROVIDES ENHANCED SUPPORT FOR PROSTATE FUNCTION AND PROSTATE CELLULAR HEALTH<sup>‡</sup>

Saw palmetto, pygeum and beta sitosterol offer support for healthy urinary function, in part by maintaining healthy hormone metabolism and enzyme activities. A meta-analysis involving 18 randomized controlled trials and almost 3,000 men indicated that saw palmetto provided positive support for urinary health. In a related meta-analysis, pygeum demonstrated similar support. A randomized, double-blind, placebo-controlled, multicenter study with 200 male subjects revealed that beta-sitosterol also provides promising urinary function support. These actions are combined with the extensive prostate cell support potential of antioxidants, vitamins, minerals and herbs included in this formula. Data from over 47,000 participants in the Health Professionals Follow-Up Study suggested that tomato or lycopene intake was positively associated with prostate cell health. Healthy plasma concentrations of selenium and zinc have also been associated with maintaining healthy prostate cell metabolism. Vitamin D, curcumin and green tea play key roles in prostate cell health, including support for healthy matrix metalloproteinase (MMP) activity, cell receptor function and cell signaling. Pomegranate and silymarin provide enhanced antioxidant support and promote healthy prostate cell cycle function.<sup>‡</sup>

**3 capsules daily, with a meal.**

**Three (size 00) vegetarian capsules contain:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Zinc (as zinc citrate)	15 mg
Selenium (from selenium yeast)	70 mcg
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) (standardized to contain 45% total fatty acids)	640 mg
Lycopene	10 mg
Pygeum ( <i>Pygeum africanum</i> ) extract (bark)	100 mg
Beta-sitosterol (from soy phytosterol complex)	60 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	100 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	100 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

**Contains soy**

**Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, any other health condition, or are taking any medication, consult your health professional before use.**



SP Ultimate	Quantity	Order Code
	180	SPU21
	90	SPU29

See also

[Saw Palmetto Plus](#)

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<sup>†</sup>Dr. Greenblatt is a retained advisor to Pure Encapsulations.

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

## SR-CoQ<sub>10</sub> with PQQ

24-HOUR SUSTAINED-RELEASE MICROACTIVE® COQ<sub>10</sub> WITH BIOPQQ® TO SUPPORT MITOCHONDRIAL, COGNITIVE AND CARDIOVASCULAR HEALTH<sup>‡</sup>

SR-CoQ<sub>10</sub> with PQQ (pyrroloquinoline quinone) supports mitochondrial function, which plays an important role in cardiovascular, neuronal and cognitive health. PQQ is an antioxidant that promotes the formation of mitochondria and has shown neuroprotectant and cardioprotectant properties in preclinical studies. PQQ is naturally present in a variety of vegetables, as well as in the human body, including breast milk. In a double-blind, placebo-controlled clinical trial conducted in 71 middle-aged individuals, BioPQQ® supplementation over a 12-week period supported healthy cognitive performance, specifically high-end mental processing. MicroActive® CoQ<sub>10</sub> complements PQQ with cardiovascular, cognitive and antioxidant benefits, with a 24-hour sustained release profile.<sup>‡</sup>

**2 capsules daily, in the morning, with a meal.**

**Two (size 0) vegetarian capsules contain:**

Coenzyme Q <sub>10</sub> (from MicroActive® CoQ <sub>10</sub> cyclodextrin complex)	100 mg
BioPQQ® pyrroloquinoline quinone disodium salt	20 mg
Other ingredients: potato starch, hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

BioPQQ® is a registered trademark of MGC (Japan)

MicroActive® is a registered trademark of BioActives, LLC.

Cardiometabolic Health & Metabolism



SR-CoQ <sub>10</sub> with PQQ	Quantity	Order Code
	60	CQP6

See also  
CoQ<sub>10</sub>

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## Strontium (citrate)

STRONTIUM PROMOTES HEALTHY OSTEOBLAST ACTIVITY WHILE MAINTAINING HEALTHY OSTEOCLAST ACTIVITY TO SUPPORT HEALTHY BONES<sup>‡</sup>

The trace mineral strontium supports healthy osteoblast differentiation, osteoblast collagen formation and balanced osteoclast activity, maintaining bone tensile strength. In two separate clinical trials involving a total of more than 2,000 women, strontium supplementation supported healthy vertebrae integrity and composition. In a preliminary analysis of a three-year placebo-controlled, double-blind study of 5,091 postmenopausal women, strontium supplementation promoted healthy hip bones. Since strontium is absorbed using calcium transport mechanisms, strontium supplements should not be taken at the same time as calcium supplements or calcium-containing foods. While supplementing with strontium, adequate calcium intake should be maintained.<sup>‡</sup>

**1 capsule, 1-3 times daily, with or between meals, away from calcium containing foods or supplements.**

**Each (size 00) vegetarian capsule contains:**

Strontium (as strontium citrate)	227 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Multivitamins, Vitamins & Minerals



Strontium (citrate)	Quantity	Order Code
	180	STC1
	90	STC9

See also

Calcium  
OsteoBalance<sup>‡</sup>

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»page 134

## SunButyrate™-TG liquid

PureGI™ product line

UNIQUE, BUTYRATE-RICH TRIGLYCERIDE OIL THAT PROMOTES INTESTINAL HEALTH, GUT BARRIER INTEGRITY, CYTOKINE BALANCE IN THE G.I. TRACT, BOWEL MOTILITY AND ABDOMINAL COMFORT<sup>‡</sup>

Butyrate is one of the three most abundant short-chain fatty acids (SCFAs) produced by anaerobic bacterial fermentation of polysaccharides/fiber in the colon, where it serves as an energy source for epithelial cells. Butyrate plays a major role in intestinal physiology, supporting both physical and biochemical protective barrier function, bowel motility, nutrient absorption and immune activity of intestinal cells. It also promotes the proliferation, differentiation and renewal process of the colonocytes.

Research suggests that SCFAs produced by intestinal bacteria activate key players in the regulation of energy metabolism in the gut as well as regulate healthy gene expression for mucin production, supporting tight-junction assembly, healthy mucous production and a healthy intestinal barrier. In a four-week study comparing a standard low-fiber Western diet to a high-fiber diet with high levels of resistant starch from potato and wheat bran concentrated in the hemicellulose fiber arabinoxylan, levels of butyrate, acetate and other SCFAs significantly increased, as did epithelial mucin 2 (MUC2) and the tight junction protein occludin. SCFAs also help protect epithelial cells by modulating oxidative stress and immune mediators, including prostaglandins; cytokines such as TNF-α, IL-6, IL-10; and the transcription factor NF-κB. Clinical trials indicate that butyrate supplementation supports intestinal function and promotes healthy cytokine balance in the G.I. tract. In a 30-day trial involving 50 subjects, 1 g butyrate promoted healthy G.I. motility and abdominal comfort, and reduced bloating in 68% of subjects. Preliminary research suggests SCFAs could also offer support for blood vessel and blood-brain barrier integrity, as well as relaxation and satiety. Animal studies suggest that SCFA supplementation may moderate corticosterone response and promote the secretion of peptide YY, to inhibit gastric emptying and intestinal transit time. As butyrate is typically produced in the colon, oral butyrate salts have poor palatability and are easily degraded by stomach acid, preventing delivery to the colon.



Novel triglyceride-form SunButyrate™ offers a light and pleasant-tasting, unique triglyceride-form sunflower-based oil designed to protect butyrate from degradation in the stomach and upper G.I. tract. G.I. models and in vitro tests reveal 6-8% breakdown in the stomach compared to 70% breakdown in other forms, while maintaining >90% breakdown in the intestine.†

**1 teaspoon, 1-3 times daily, with meals.**

**Serving size: 1 teaspoon (5ml / 0.17 fl oz)**

**Servings per container: 56**

**Each teaspoon contains:**

Calories	40
Total Fat	5 g
Saturated Fat	1 g
SunButyrate™ butyrate-triglyceride	4.5 g
Providing 875 mg butyric acid	
Other ingredients: natural blueberry and vanilla flavors, mixed tocopherols, rosemary leaf extract	

SunButyrate™ is a trademark used under license.



SunButyrate™-TG liquid	Quantity	Order Code
	280 ml (9.5 fl oz)	BTGL

## Synergy K

A UNIQUE BLEND OF VITAMINS K<sub>1</sub>, K<sub>2</sub> AND D FOR HEALTHY CALCIUM UTILIZATION TO MAINTAIN HEALTHY BONES AND BLOOD VESSELS†

Provides a blend of vitamin K<sub>1</sub>, vitamin K<sub>2</sub> (MK-4), vitamin K<sub>2</sub> (MK-7) and vitamin D to support healthy calcium utilization. Recent studies indicate that vitamin D potentiates the activity of MGP and that the combination of vitamin K and D provides synergistic support for blood vessel function and bone health.†

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 2) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin K <sub>1</sub>	500 mcg
Vitamin K <sub>2</sub> (menaquinone-4)	1,000 mcg
Vitamin K <sub>2</sub> (menaquinone-7)	45 mcg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women. This product is contraindicated with Coumadin (warfarin). If you are taking a blood-thinning medication, consult your health professional before use.**



Synergy K	Quantity	Order Code
	120	SKD1
	60	SKD6

See also

Calcium K/D  
OsteoBalance†

»page 47  
»page 134

## Systemic Enzyme Complex

**Acid-Resistant Capsules**

**SUPPORT FOR MUSCLE, JOINT AND TISSUE HEALTH†**

- Moderates prostaglandin and arachidonic acid metabolism†
- Helps support joint comfort after exercise†
- Provides boswellia, maintaining healthy 5-lipoxygenase enzyme activity for tissue comfort support†
- Includes Serrazimes®, a serrapeptidase-comparable enzyme blend

**3 capsules, 1-2 times daily, between meals.**

**Three (size 2) vegetarian capsules contain:**

Pancreatin (from porcine) (lactose-free) (50,000 USP units protease)	176 mg
Protease 6.0 (60,000 HUT)	120 mg
Serrazimes® (protease blend) (10,000 U)	17 mg
Bromelain (from pineapple stem) (2,400 GDU/g)	120 mg
Papain (from papaya fruit) (800 TU/mg)	120 mg
Rutin	100 mg
Trypsin (from porcine) (1:150) (11,250 USP units)	75 mg
Chymotrypsin (from bovine) (2,550 USP units)	3 mg
Indian frankincense ( <i>Boswellia serrata</i> ) extract (gum resin) (standardized to contain 70% boswellic acids)	250 mg

Other ingredients: vegetarian capsule (cellulose, gellan gum, water), ascorbyl palmitate

Serrazimes® is a registered trademark of National Enzyme Company.

**Not to be taken by pregnant or lactating women.**



Systemic Enzyme Complex	Quantity	Order Code
	180	SYC1



## Taurine 500 mg

### CARDIOVASCULAR AND DETOXIFICATION SUPPORT<sup>‡</sup>

Taurine is the most abundant free amino acid in the brain, heart and nervous system, and it plays a role in the healthy functioning of the brain, heart, gallbladder, eyes and vascular system. It facilitates the passage of sodium, potassium, and, possibly, calcium and magnesium ions into and out of cells, and electrically stabilizes cell membranes. It maintains healthy cAMP activity, which activates important enzymes in the heart muscle, and contributes to the muscle's contractibility. Taurine is an important component of bile acids which aid in the absorption of fat-soluble vitamins. It aids the body's chemistry to support the normal detoxification process. Dietary taurine promotes the formation of taurocholate, a substance which increases cholesterol secretion in the bile and also supports fat metabolism in the liver.<sup>‡</sup>

**1 capsule, 1-4 times daily, between meals.**

**Each (size 1) vegetarian capsule contains:**

Taurine (free-form)	500 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Taurine 500 mg	Quantity	Order Code
	60	TA56

## Taurine 1,000 mg

**1 capsule, 1-4 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

Taurine (free-form)	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Cardiometabolic Health & Metabolism



NON  
GMO

V

VEG

Taurine 1,000 mg	Quantity	Order Code
	120	TA11

## Teavigo®

### STANDARDIZED GREEN TEA EXTRACT CONTAINING 94% EGCG; ANTIOXIDANT AND CELLULAR SUPPORT<sup>‡</sup>

Teavigo® is a natural, caffeine-free green tea extract providing a highly purified and refined source of epigallocatechin gallate (EGCG). Over the years, numerous studies have reported that this polyphenolic compound supports optimal cellular function and provides antioxidant protection. Multiple recent studies have suggested that EGCG supports prostate, colon, lung and bladder health. Additionally, a clinical study reported that EGCG promoted healthy cervical tissue. An in-vitro study conducted at the Mayo Clinic in Minnesota reported that EGCG helped promote blood cell health. Research has indicated that EGCG may promote cellular health through a number of pathways, including moderating hydroxyl radical formation as well as gene expression. Furthermore, EGCG may promote healthy lipid metabolism. Investigators in one study reported that the gallate moiety on the EGCG played a particularly important role in supporting healthy apolipoprotein metabolism.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 1) vegetarian capsule contains:**

Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 94% EGCG)	150 mg
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Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

Teavigo® is a trademark of DSM.

**Take with food. If you have liver problems, consult your health professional before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Immune Support



NON  
GMO

V

VEG

Teavigo®	Quantity	Order Code
	120	TE1

See also

Calcium K/D

Green Tea extract (decaffeinated)

»page 47

»page 89



## Th1 Support

### PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA\*

PROMOTES HEALTHY TH1-PREDOMINANT CELLULAR IMMUNE RESPONSE†

- Supports healthy activation of Th1 cells to promote innate immunity and cell-mediated immune defenses†
- Th1 response is affected by stress, aging and cytokine changes resulting from metabolic, hormonal, physiological and environmental factors
- Helps maintain healthy immune biomarkers related to cell tissue health and comfort†
- Helps balance cytokine production in order to promote Th1 differentiation†

Th1 Support is designed to support healthy activation of Th1 cells to promote innate immunity and cell-mediated immune defenses. Support for Th1 may be indicated for enhancement of natural defenses. According to preclinical data, the formula ingredients support maturation of T cells into Th1 cells and production of IL-12 and IFN- $\gamma$ , important Th1-promoting cytokines. Studies suggest that berberine positively influences immune biomarkers related to cell and tissue health. Sulforaphane from broccoli promotes various aspects of immunological homeostasis that maintain the health of mucosal cells.†

**2 capsules, 1-2 times daily, with or between meals, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Zinc (as zinc picolinate)	10 mg
Berberine HCl	500 mg
Chinese skullcap ( <i>Scutellaria baicalensis</i> ) extract (root) (standardized to contain 30% baicalins)	300 mg
Broccoli ( <i>Brassica oleracea italica</i> ) sprout concentrate (whole plant) (standardized to contain 400 mcg sulforaphane)	100 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	120 mg
Other ingredients: vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.**

Immune Support



Th1 Support

Quantity

Order Code

120

TH11

## Th2 Modulator

### PureResponse™ product line

Formulated with Samuel F. Yanuck, D.C., FACFN, FIAMA\*

HELPS MODULATE THE TH2 IMMUNE RESPONSE AND MAINTAINS TH1/TH2 BALANCE AT THE CELLULAR LEVEL†

- Helps modulate Th2 cytokines, and eosinophil and mast cell activity†
- Th2 response is affected by stress, aging and cytokine changes resulting from metabolic, hormonal, physiological and environmental factors
- Offers support for healthy self-tissue response†
- Helps maintain healthy modulation of mucosal immune responses to environmental factors†

Th2 Modulator is designed to modulate the Th2 immune response, to support healthy Th1/Th2 balance, self-tissue response and mucosal health. This product helps support healthy modulation of Th2 cytokines, and eosinophil and mast cell activity. It also helps maintain healthy modulation of mucosal immune responses to environmental factors. Th2 modulation may be indicated when addressing immune balance in the sinus, respiratory, urinary and intestinal tracts. Perilla maintains healthy upper respiratory cytokine levels in animal models of Th2 dominance. It also supports cytokine homeostasis of GI mucosal tissue. Perilla seed offers a more concentrated source of polyphenols, rosmarinic acid, luteolin and other beneficial compounds compared to leaf. N-acetyl-L-cysteine (NAC) offers mucolytic properties and promotes tissue levels of glutathione.†

**2 capsules, 1-2 times daily, between meals, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

N-Acetyl-L-cysteine	300 mg
Quercetin	250 mg
Perilla ( <i>Perilla frutescens</i> ) extract (seed) (standardized to contain 3% polyphenols)	150 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	160 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Immune Support



Th2 Modulator

Quantity

Order Code

120

TH2A1

See also

Balanced Immune  
Innate Immune Support

»page 38  
»page 95

\*Dr. Yanuck is a retained advisor to Pure Encapsulations.

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

## I-Theanine

PROMOTES RELAXATION AND HELPS TO MODERATE OCCASIONAL STRESS<sup>‡</sup>

Green tea has been recognized for centuries as having relaxant properties. I-Theanine, a unique amino acid derived from tea, provides the characteristic taste of green tea. I-Theanine has also been discovered as the biologically active constituent of green tea responsible for promoting relaxation. In a preliminary non-clinical study, an I-theanine solution enhanced alpha wave production in the occipital and parietal regions of the brains of volunteers. These observed patterns are considered to be an index of relaxation. Furthermore, it did so rapidly and without causing drowsiness. In two additional studies, alpha waves were also shown to be detectable soon after I-theanine administration. Theanine is also useful for supporting healthy cellular function. Preliminary research suggests that I-theanine may be helpful for premenstrual support including healthy mood. Furthermore, theanine has been reported to moderate the effects of caffeine on the central nervous system. I-Theanine's safety is supported in studies and by its long history of safe consumption in tea. Pure Encapsulations' I-Theanine is Suntheanine®, the brand which has been used in scientific studies.<sup>‡</sup>

**2 capsules, 1-3 times daily, between meals.**

**Two (size 2) vegetarian capsules contain:**

I-Theanine	400 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

Suntheanine® is a registered trademark of Taiyo International, Inc.

Memory & Mood



NON  
GMO

V

VEG

I-Theanine	Quantity	Order Code
	120	LTH1
	60	LTH6



## Thyroid Support Complex<sup>‡</sup>

COMPREHENSIVE FORMULA CONTAINING VITAMINS, MINERALS AND HERBAL EXTRACTS TO SUPPORT HEALTHY THYROID CELL METABOLISM AND THYROID HORMONE FUNCTION<sup>‡</sup>

This comprehensive thyroid support formula contains vitamins, minerals, and herbal extracts to nourish and support thyroid gland function. Optimal vitamin A, vitamin D, zinc, and selenium help to maintain healthy thyroid cell metabolism and support triiodothyronine (T3) and thyroxine (T4) hormone function. Iodine and L-tyrosine are key components of these thyroid hormones. Forskolin in coleus extract has been shown to support thyroid hormone metabolism in preclinical models, potentially by promoting adenylate cyclase activity. Preliminary research suggests that ashwagandha and guggul also maintain healthy thyroid function and relaxation. Vitamin C, selenium, guggul, and curcumin help to neutralize free radicals that may affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.<sup>‡</sup>

**2 capsules daily, with a meal.**

**Two (size 00) vegetarian capsules contain:**

Vitamin A (as vitamin A acetate)	750 mcg
Vitamin C (as ascorbic acid)	150 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	5 mcg (200 IU)
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	200 mcg
L-Tyrosine (free-form)	500 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract (root) (standardized to contain 2.5% withanolides)	400 mg
Forskohlii ( <i>Coleus forskohlii</i> ) extract (root) (standardized to contain 10% forskolin)	100 mg
Guggul ( <i>Commiphora mukul</i> ) extract (gum resin) (standardized to contain 2.5% guggulsterones)	150 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Energy & Fitness



NON  
GMO

VEG

Thyroid Support Complex <sup>‡</sup>	Quantity	Order Code
	120	TS21
	60	TS26

## Trace Minerals

CHELATED-MINERAL FORMULA; ESSENTIAL TRACE MINERAL BLEND TO SUPPORT METABOLISM, CELLULAR FUNCTION AND DAILY WELLNESS†

Trace Minerals contains essential minerals to support nutrient metabolism and cellular function throughout the body. These minerals are important enzyme cofactors for numerous processes, including cellular energy production and the synthesis of hormones, neurotransmitters and DNA. This formula provides trace minerals in a balanced combination, without macrominerals, to promote optimal bioavailability.†

**1 capsule, 1-2 times daily, with meals.**

**Each (size 3) vegetarian capsule contains:**

Iodine (as potassium iodide)	100 mcg
Zinc (as zinc picolinate)	15 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium picolinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	100 mcg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	250 mcg
Silica (from bamboo)	10 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

TRAACS® is a registered trademark of Albion laboratories, Inc.

Multivitamins, Vitamins & Minerals



Trace Minerals	Quantity	Order Code
	60	TRM26



## Tri-Alkali

SUPPORTS HEALTHY ACID-ALKALINE BALANCE IN THE BODY FOR HEALTHY BONE AND KIDNEY METABOLISM†

Acid-alkaline balance is important for maintaining a wide range of physiological functions. Diets high in animal and grain proteins contribute to the body's acid load. As recent research highlights, an alkaline environment may be especially important for healthy bones as well as healthy calcium, oxalate and uric acid metabolism. In one randomized, double-blind trial with postmenopausal women, an increase in alkali status via potassium citrate supported healthy bone composition of the neck, vertebrae and hip. Supplementation provided sustained systemic alkalization. Potassium citrate and calcium citrate supported enhanced alkali status better than either compound alone, as demonstrated in a crossover study involving postmenopausal women. This had an impact on bone resorption markers and enhanced absorbed calcium, supporting bone health. Other trials have found a positive effect of alkaline support on bone histology, bone cell function and bone mineralization. In another trial, co-administration of potassium citrate and calcium citrate maintained healthy oxalate and uric acid metabolism in postmenopausal women.†

**1 scoop, twice daily, with meals, or as directed by a health professional.**

**Serving size: 3.9 g (1 scoop)**

**Servings per container: 90**

**Each scoop (approximately 3.9 g) contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Calcium (as calcium citrate)	250 mg
Magnesium (as magnesium citrate)	150 mg
Potassium (as potassium citrate)	400 mg
Glycine (free-form)	200 mg

Other ingredients: stevia leaf extract

**Not to be taken if you have hyperkalemia or abnormal kidney function, or take ACE inhibitors or potassium sparing diuretics.**

Multivitamins, Vitamins & Minerals



Tri-Alkali	Quantity	Order Code
	12.4 oz (351 g)	TRI3



## Tribulus Formula

HELPS MAINTAIN THE BODY'S NORMAL TESTOSTERONE LEVELS<sup>†</sup>

- Contains D-aspartic acid and European-sourced *Tribulus terrestris* to support testosterone balance<sup>†</sup>
- Maintains healthy aromatase enzyme activity with the flavonoids chrysin and hesperetin<sup>†</sup>

**3 capsules, 1-2 times daily, between meals.**

**Three (size 00) vegetarian capsules contain:**

Tribulus (*Tribulus terrestris*) extract (fruit) 250 mg  
(standardized to contain 20% protodioscin)

D-Aspartic acid 1,000 mg

Chrysin 100 mg

Hesperetin 50 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

**Not to be taken by pregnant or lactating women.**

Men's Formulas



NON  
GMO

V

VEG

Tribulus Formula	Quantity	Order Code
	90	TBF9

## L-Tryptophan

ENHANCES SEROTONIN SYNTHESIS TO SUPPORT EMOTIONAL WELL-BEING AND RESTFUL SLEEP<sup>†</sup>

The essential amino acid L-tryptophan is a serotonin precursor. Research indicates that L-tryptophan supplementation may support emotional well-being and restful sleep. In a double-blind, placebo-controlled study, L-tryptophan supported healthy emotional processing and promoted positive outlook in women. In a separate study, it supported healthy mood and lessened occasional irritability during the menstrual cycle. L-Tryptophan also supports healthy sleep quality, onset and duration. Additional research suggests that L-tryptophan may promote relaxation and help control occasional cravings. Vitamin B<sub>6</sub> provides enhanced support as an important cofactor involved in the metabolism of L-tryptophan.<sup>†</sup>

**2 capsules, 1-3 times daily, between meals.**

**Two (size 00) vegetarian capsules contain:**

Vitamin B<sub>6</sub> (as pyridoxal 5' phosphate) (activated B<sub>6</sub>) 6.7 mg

TryptoPure™ 1,000 mg

Other ingredients: vegetarian capsule (cellulose, water)

AJIPURE® and TRYPTOPURE™ are registered trademarks of Ajinomoto AminoScience LLC.

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.**

Memory & Mood



NON  
GMO

V

VEG

L-Tryptophan	Quantity	Order Code
	180	TRY11
	90	TRY19

## L-Tyrosine

SUPPORTS DOPAMINE SYNTHESIS FOR EMOTIONAL WELLNESS AND COGNITIVE FUNCTION<sup>†</sup>

In the body, L-phenylalanine is converted to L-tyrosine. The amino acid L-tyrosine is a precursor of catecholamine neurotransmitters, including L-dopa, dopamine, epinephrine and norepinephrine. These neurotransmitters are responsible for supporting emotional well-being and mental function. L-Tyrosine plays a role in promoting healthy neurotransmitter function in response to environmental and emotional stress. Research has indicated its potential to further support cognitive function and memory under stressful conditions. In one study, L-tyrosine helped support mood and sleep in subjects with low dopamine levels. L-Tyrosine is also a key component in the synthesis of thyroid hormones.<sup>†</sup>

**1 capsule, 1-4 times daily, between meals.**

**Each (size 00) vegetarian capsule contains:**

L-Tyrosine (free-form) 500 mg

Other ingredients: vegetarian capsule (cellulose, water)

Memory & Mood



NON  
GMO

V

VEG

L-Tyrosine	Quantity	Order Code
	90	LT59



# PureGI™

## GO WITH YOUR GUT

PureGI™ is backed by the latest in prebiotic, probiotic, and postbiotic microbiome science to support your patients' upper and lower GI function, from digestion to elimination.‡

Developed in collaboration with integrative practitioner Daniel Kalish, D.C.+, PureGI™ was designed to support:

- GI Integrity‡
- Microbial Balance‡
- Digestion‡
- Abdominal Comfort‡

Learn more at  
[PureEncapsulationsPro.com/pure-gi](https://PureEncapsulationsPro.com/pure-gi)



Daniel Kalish, D.C.,+ is the founder of the Kalish Institute, an online training program established in 2006 dedicated to building Functional Medicine practices. In 2017, Dr. Kalish joined the Practice Implementation faculty with the Institute for Functional Medicine and began a strategic partnership around My Practice Plan. Dr. Kalish has authored three books on this subject and is a notable speaker at integrative medicine conferences across the United States. Dr. Kalish helped co-develop the PureGI™ protocols.

\*Dr. Kalish is a retained advisor to Pure Encapsulations.  
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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

***pure***  
encapsulations®

## Ubiquinol-QH 50 mg

ACTIVE ANTIOXIDANT FORM OF COQ<sub>10</sub>; SUPPORT FOR ENERGY METABOLISM AND CARDIOVASCULAR HEALTH<sup>†</sup>

Ubiquinol is the active antioxidant form of CoQ<sub>10</sub>. It has an additional two hydrogen atoms and comprises the majority of the ubiquinone/ubiquinol pool in the plasma of healthy subjects. Ubiquinol may be especially important for older individuals, individuals who may be experiencing greater levels of oxidative or physical stress, or for individuals who appear not to respond to regular CoQ<sub>10</sub> supplementation (possibly due to poor conversion of CoQ<sub>10</sub> to ubiquinol in the body). Research suggests that it may be more readily absorbed than ubiquinone. In a comparison study involving healthy subjects, supplementation with 200 mg ubiquinol for 4 weeks increased plasma total CoQ<sub>10</sub> from 0.9 to 4.3 µg/mL (P < 0.001) compared to 0.9 to 2.5 µg/mL with ubiquinone. It was also noted that ubiquinol supported a healthy ratio of CoQ<sub>10</sub> to lipids. Research indicates ubiquinol supports antioxidant status, healthy ejection fraction and mitral valve function while supporting overall physical activity and quality of life. The safety and bioavailability of ubiquinol were evaluated after single oral dose and 4-week multiple dose studies. Significant gastrointestinal absorption was observed and no clinically significant adverse effects were noted.<sup>‡</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 10) softgel capsule contains:**

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q<sub>10</sub>) 50 mg

Other ingredients: medium-chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sienna fruit juice (color), beeswax, sunflower lecithin

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

**Cardiometaabolic Health & Metabolism**



Ubiquinol-QH 50 mg	Quantity	Order Code
	60	UQ56

## Ubiquinol-QH 100 mg

**1 capsule, 1-2 times daily, with meals.**

**Each (size 14) softgel capsule contains:**

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q<sub>10</sub>) 100 mg

Other ingredients: medium-chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

**Cardiometaabolic Health & Metabolism**



Ubiquinol-QH 100 mg	Quantity	Order Code
	60	UQ16

See also  
CoQ<sub>10</sub>

»page 56



## Ubiquinol-QH 200 mg

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 16) softgel capsule contains:**

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q<sub>10</sub>) 200 mg

Other ingredients: medium-chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

**Cardiometabolic Health & Metabolism**



Ubiquinol-QH 200 mg	Quantity	Order Code
	60	UQ26



## Ubiquinol VESIsorb®

ACTIVE ANTIOXIDANT FORM OF COQ<sub>10</sub>; SELF-ASSEMBLING COLLOIDAL SYSTEM FOR ENHANCED UBIQUINOL ABSORPTION TO SUPPORT ENERGY METABOLISM AND CARDIOVASCULAR HEALTH†

- Patented, lipid-based delivery system increases bioavailability and provides extended release of bioactives over time
- A crossover, pharmacokinetic pilot study (single oral dose) in humans compared an oil-based CoQ<sub>10</sub> preparation to CoQ<sub>10</sub> in the VESIsorb® delivery system, which demonstrated a 308% increase in peak blood levels (C<sub>max</sub>) and a 622% increase in area under the curve (AUC(0-10 hr)), a measure of 10-hour bioavailability
- In the same study, AUC (0-10 hr) values were 285% and 499% greater with VESIsorb® CoQ<sub>10</sub> compared to two other solubilized, bio-enhanced preparations

**1 softgel capsule daily, with a meal, or as directed by a health professional.**

**Each (size 10) softgel capsule contains:**

Vitamin E (as d-alpha tocopheryl acetate) 7 mg

Kaneka Ubiquinol™ (active antioxidant form of CoQ<sub>10</sub>) 100 mg

Other ingredients: gelatin (capsule), medium-chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, glycerin and caramel color

VESIsorb® is a registered trademark of Source One Global Partners.

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

**Cardiometabolic Health & Metabolism**



Ubiquinol VESIsorb®	Quantity	Order Code
	60	UQV6

## Ultra B-Complex w/PQQ

ENHANCED B-COMPLEX SUPPORT FOR MITOCHONDRIAL AND NERVE HEALTH<sup>†</sup>

Ultra B-Complex w/PQQ combines B-complex vitamins with PQQ for unique support of mitochondrial bioenergetics and function. The B-complex vitamins are essential to basal mitochondrial function as metabolic coenzymes and methyl donors. Thiamin and niacin support healthy neuron cell longevity, neuronal membrane function and impulse conduction. L-5-MTHF, methylcobalamin and vitamin B<sub>6</sub> support neuronal health as methylation cofactors in myelin and neurotransmitter biosynthesis. Adenosylcobalamin is the form of vitamin B<sub>12</sub> active in mitochondria, boosting mitochondrial energy (ATP) production, at least in part by supporting MCM enzyme activity, which declines with age. Animal studies suggest it specifically enhances mitochondrial bioenergetics, promotes type IIA fast twitch muscle fiber size during aging, maintains neuro-muscular junctions, and supports healthy myelination of the peripheral nervous system innervating muscle. PQQ provides novel B vitamin-like activity with advanced antioxidant properties that protect and enhance mitochondrial, neuronal, and cellular function, at least in part by activation of Nrf2 and up-regulation of antioxidant genes, and cytokine balance. Studies indicate significant support for cognitive function, including increased cerebral blood flow and oxygen metabolism. Preliminary research suggests it promotes mitochondrial biogenesis by targeting SIRT1 and PGC-1 $\alpha$ . Alpha lipoic acid provides additional support for mitochondrial energy utilization and combined with luteolin, offers enhanced nervous system antioxidant activity. Research suggests luteolin also helps maintain healthy macrophage activity and gene expression of the nervous system.<sup>†</sup>

**1 capsule, 1-2 times daily, with meals.**

**Each (size 00) vegetarian capsule contains:**

Thiamin (as thiamin HCl)	125 mg
Riboflavin (vitamin B <sub>2</sub> and 60% riboflavin 5' phosphate (activated B <sub>2</sub> ))	12.7 mg
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 7% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	96.7 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin and 50% adenosylcobalamin)	1,000 mcg
Biotin	400 mcg
Panthenic acid (as calcium pantothenate) (B <sub>5</sub> )	100 mg
Alpha lipoic acid (thioctic acid)	100 mg
Luteolin	20 mg
BioPQQ <sup>®</sup> pyrroloquinoline quinone disodium salt	10 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

BioPQQ<sup>®</sup> is a registered trademark of MGC (Japan).

**Multivitamins, Vitamins & Minerals**



Ultra B-Complex w/PQQ	Quantity	Order Code
	60	BPQ26

## Ultra Pure Pack

With Metafolin<sup>®</sup> L-5-MTHF

Daily Packet

### Indications:

- Support for optimal wellness, energy and healthy aging<sup>†</sup>

### Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin<sup>®</sup> L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 35 mcg (1,400 IU) vitamin D<sub>3</sub>

### Special Features:

- Promotes cardiovascular health with omega-3 fatty acids, CoQ<sub>10</sub>, hawthorn and ginger extracts, and polyphenols from red wine concentrate and grape seed extract<sup>†</sup>
- Combines 100 mg resveratrol and curcumin with alpha lipoic acid, glutathione and nutrient cofactors to promote healthy cellular function<sup>†</sup>
- Supports healthy liver function with milk thistle, glutathione and curcumin<sup>†</sup>
- Convenient, once-daily packet

### Each Packet Contains:

**UltraNutrient<sup>®</sup>** 3 vegetarian capsules »See page 196

- Multivitamin/mineral complex with enhanced support for cardiovascular and liver health<sup>†</sup>

**EPA/DHA essentials** 1 softgel capsule »See page 74

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support<sup>†</sup>

**Vitamin D<sub>3</sub>** 1 vegetarian capsule »See page 203

- Support for bone, breast, prostate, cardiovascular, colon and immune health<sup>†</sup>

**CoQ<sub>10</sub>** 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ<sub>10</sub>

**Resveratrol EXTRA** 1 vegetarian capsule »See page 174

- Contains 100 mg trans-resveratrol per capsule combined with grape seed extract and red wine polyphenols



**1 packet daily (7 capsules), with a meal.****Seven capsules contain:**

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	3,750 mcg
Vitamin C (as ascorbyl palmitate)	25 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	35 mg (1,400 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	134 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	50 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinate (no-flush niacin))	86 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	20.9 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	200 mg
Calcium (as calcium citrate/malate)	150 mg
Magnesium (as magnesium aspartate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	250 mcg

Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
Alpha lipoic acid (thioctic acid)	50 mg
Coenzyme Q <sub>10</sub>	85 mg
Hawthorn ( <i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	50 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	50 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Setria® glutathione (reduced form)	25 mg
Trans-resveratrol (from Japanese knotweed ( <i>Polygonum cuspidatum</i> ) extract (root))	100 mg
Red wine grape ( <i>Vitis vinifera</i> ) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose)	

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Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

**Contains fish (anchovies, sardines, mackerel)****Multivitamins, Vitamins & Minerals**NON  
GMO

Ultra Pure Pack	Quantity	Order Code
	30 packets	UPPB3



# UltraDetox 10-Day Pure Pack

With Metafolin® L-5-MTHF

Daily Packet

COMPREHENSIVE PACKET PROVIDING CORE NUTRIENTS, BROCCOLI, TAURINE, NAC, DIM, MODIFIED CITRUS PECTIN AND CHLORELLA<sup>†</sup>

## Each Packet Contains:

**O.N.E.™ Multivitamin** 1 vegetarian capsule »See page 132

- Best-selling multivitamin/mineral complex

**Liver-G.I. Detox<sup>†</sup>** 2 vegetarian capsules »See page 105

- Promotes both liver and gastrointestinal detoxification<sup>†</sup>

**NAC (N-Acetyl-L-Cysteine)** 1 vegetarian capsule »See page 125

Supports antioxidant defenses targeting tissue health and liver function<sup>†</sup>

**Taurine** 1 vegetarian capsule »See page 184

- Cardiovascular and detoxification support<sup>†</sup>

**DIMPRO® 100** 1 vegetarian capsule »See page 69

- Highly bioavailable, clinically researched DIM to support cellular health and moderate the effects of environmental estrogens<sup>†</sup>

**HM Complex** 3 vegetarian capsules »See page 93

- With PectaSol-C® modified citrus pectin and nutrients to promote the body's natural, healthy detoxification process for common, mild environmental heavy metal exposure<sup>†</sup>

## Indications:

- Enhanced support for healthy detoxification<sup>†</sup>

## Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

## Special Features:

- Promotes phase II detoxification in the liver with vitamins, broccoli, curcumin and amino acids<sup>†</sup>
- Maintains liver and tissue health with glutathione, NAC, alpha lipoic acid, silymarin and other antioxidant nutrients<sup>†</sup>
- Supports healthy hepatic fat metabolism and bile flow with artichoke and taurine<sup>†</sup>
- Supports G.I. cell health and detoxification with L-glutamine and chlorella<sup>†</sup>
- Promotes normal detoxification process for common, mild environmental heavy metal exposure<sup>†</sup>
- Moderates the effects of environmental estrogens with broccoli and its key metabolite DIM, NAC and alpha lipoic acid<sup>†</sup>

## Take 1 packet daily (9 capsules), with a meal.

### Nine capsules contain:

Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg 5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	35 mg
Selenium (as selenomethionine)	170 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Sodium (from modified citrus pectin)	50 mg

Potassium (from modified citrus pectin)	70 mg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
FloraGLO® lutein	3 mg
Lycopene	500 mcg
Zeaxanthin	500 mcg
Coenzyme Q <sub>10</sub> (as CoQ <sub>10</sub> and as 18% from MicroActive® Q <sub>10</sub> -cyclodextrin complex)	50 mg
Alpha lipoic acid (thioctic acid)	250 mg
N-Acetyl-L-cysteine (free-form)	1,000 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	125 mg
Broccoli ( <i>Brassica oleracea italica</i> ) sprout concentrate (whole plant) (standardized to contain a minimum of 1,400 mcg sulforaphane)	350 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	100 mg
Artichoke ( <i>Cynara scolymus</i> L.) extract (leaf) (standardized to contain 5% cynarins)	125 mg
Taurine (free-form)	1,225 mg
Glycine (free-form)	225 mg

L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	300 mg
Chlorella ( <i>Chlorella</i> spp.) powder (cracked cell wall)	500 mg
PectaSol-C® modified citrus pectin	1,000 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch	

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MicroActive® is a registered trademark of BioActives, LLC.

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®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

#### Multivitamins, Vitamins & Minerals



UltraDetox 10-Day Pure Pack	Quantity	Order Code
	10 packets	UDPPB1



## UltraMag Magnesium

INNOVATIVE MICROENCAPSULATION TECHNOLOGY;  
ENHANCED-ABSORPTION MAGNESIUM FOR  
CARDIOMETABOLIC, NEUROCOGNITIVE AND  
MUSCULOSKELETAL HEALTH<sup>†</sup>

- Phospholipid bilayer microencapsulation technology protects mineral in gastrointestinal lumen, increases dissolvability and easily crosses membranes
- Clinically studied
- Promotes muscle relaxation, as well as bone and cardiovascular health<sup>†</sup>

UltraMag Magnesium utilizes an innovative microencapsulation technology to enhance the absorption of magnesium. This technology creates a phospholipid bilayer around the mineral that is similar to a liposome, increasing solubility in the gastrointestinal fluids and facilitating absorption across membranes. In a comparative crossover study, magnesium in the microencapsulated matrix was compared to other forms of magnesium in human subjects. Twenty-four-hour blood and urinary magnesium measurements indicated superior absorption of microencapsulated magnesium compared to magnesium citrate, glycinate and oxide.

**1 capsule daily, with or between meals.**

**Each (size 00) vegetarian capsule contains:**

Magnesium (as microencapsulated magnesium) 225 mg

Other ingredients: microencapsulated magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

Multivitamins, Vitamins & Minerals



UltraMag Magnesium	Quantity	Order Code
	120	UM1

See also  
Magnesium

»page 111

## UltraNutrient®

With Metafolin® L-5-MTHF

MULTIVITAMIN/MINERAL COMPLEX WITH ENHANCED  
SUPPORT FOR CARDIOVASCULAR AND  
LIVER HEALTH<sup>†</sup>

### Indications:

- Enhanced support for cardiovascular and liver health<sup>†</sup>

### Vitamin/Mineral Distinctions:

- 3,750 mcg (12,500 IU) natural beta carotene with mixed carotenoids for advanced antioxidant protection<sup>†</sup>
- ChromeMate® chromium polynicotinate to promote optimal glucose utilization<sup>†</sup>
- Without iron

### Special Features:

- **CardioHealth Complex<sup>†</sup>**  
Supports healthy platelet function and blood flow with hawthorn and ginger. Includes coenzyme Q<sub>10</sub> and alpha lipoic acid to support healthy heart muscle function and metabolic function.<sup>†</sup>
- **LiverEnhance Blend<sup>†</sup>**  
Promotes healthy detoxification and liver cell function with silymarin, curcumin and reduced glutathione.<sup>†</sup>

**3 capsules, 1-2 times daily, with meals.**

**Three (size 00) vegetarian capsules contain:**

Vitamin A (as beta carotene)	3,750 mcg
Vitamin C (as ascorbyl palmitate) (fat-soluble vitamin C)	21 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol succinate)	134 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	50 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (vitamin B <sub>2</sub> ))	34.7 mg
Niacin (as niacinamide and 42% inositol hexaniacinate)	86 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	20.9 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	200 mg
Calcium (as calcium citrate/malate)	150 mg
Magnesium (as magnesium aspartate)	100 mg
Zinc (as zinc picolinate)	12.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg

Manganese (as manganese aspartate)	2.5 mg
Chromium (as chromium polynicotinate)	250 mcg
Molybdenum (as molybdenum aspartate)	50 mcg
Potassium (as potassium aspartate)	49 mg
Boron (as boron glycinate)	1 mg
Vanadium (as vanadium aspartate)	100 mcg
Alpha lipoic acid (thioctic acid)	50 mg
Hawthorn ( <i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	50 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	100 mg
Milk thistle ( <i>Silybum marianum</i> ) extract (seed) (standardized to contain 80% silymarin)	50 mg
Ginger ( <i>Zingiber officinale</i> ) extract (root) (standardized to contain 5% gingerols)	50 mg
Coenzyme Q <sub>10</sub>	25 mg
Setria® glutathione (reduced) (free-form)	25 mg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	722 mcg
Other ingredients: vegetarian capsule (cellulose, water)	

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Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

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#### Multivitamins, Vitamins & Minerals



UltraNutrient®	Quantity	Order Code
	360	UVC3
	180	UVC1
	90	UVC9

## UltraZin Zinc

INNOVATIVE MICROENCAPSULATION TECHNOLOGY;  
ENHANCED ABSORPTION ZINC FOR BROAD  
PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE  
FUNCTION AND EMOTIONAL WELLNESS†

- Phospholipid bilayer microencapsulation technology protects mineral in gastrointestinal lumen, increases dissolvability, and easily crosses membranes
- Promotes immune defenses, enhancing healthy immune cell proliferation, activation and function†

UltraZin Zinc utilizes an innovative microencapsulation technology to enhance the absorption and bioavailability of zinc. This technology creates a phospholipid bilayer around the mineral similar to a liposome, increasing solubility and absorbability.

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Zinc (as microencapsulated zinc)	30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), microencapsulated zinc (zinc oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), vegetarian capsule (cellulose, water)	

Immune Support



NON  
GMO

V

VEG

UltraZin Zinc	Quantity	Order Code
	90	UZ9

See also  
Zinc

»page 210





## Uric Acid Formula

SUPPORTS HEALTHY URIC ACID METABOLISM BY PROMOTING HEALTHY LIVER ENZYME ACTIVITY, IMMUNE ACTIVITY AND ALKALIZATION<sup>‡</sup>

Uric Acid Formula provides vitamins and herbal extracts to support healthy uric acid metabolism. Uric acid is a natural end product of purines, an integral part of the nucleic acids in DNA and RNA. In a population-based study involving almost 1,400 men from the Health Professionals Follow-up Study, vitamin C intake was associated with healthy serum uric acid metabolism. In another double-blind, placebo-controlled trial, vitamin C supplementation supported healthy glomerular filtration and maintained healthy serum uric acid excretion. The bioflavonoid quercetin has been associated with similar effects by maintaining proper xanthine oxidase and xanthine dehydrogenase activity, key liver enzymes involved in uric acid production. Potassium citrate is included to support systemic alkalization. Urinary alkalization promotes healthy uric acid metabolism. Devil's claw and the proteolytic enzyme bromelain support immune mediator activity. Cherries have been used traditionally for decades to enhance healthy uric acid metabolism. Research indicates that regular cherry consumption maintains healthy plasma urate. Additionally, anthocyanins in cherries and grape seed act as free radical scavengers. This product is not intended to replace any dietary protocols recommended by a health professional.<sup>‡</sup>

**1 capsule, 2 times daily, between meals, or as directed by a health professional.**

**One (size 00) vegetarian capsule contains:**

Vitamin C (as ascorbic acid)	125 mg
Potassium (as potassium citrate)	100 mg
Devil's claw ( <i>Harpagophytum procumbens</i> and <i>Harpagophytum zeyheri</i> ) extract (root)(standardized to contain a minimum of 5% harpagosides)	100 mg
Cherry ( <i>Prunus</i> spp.) extract (fruit)	162 mg
Quercetin	100 mg
Bromelain (from pineapple stem) (2,400 GDU/gram)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), maltodextrin, ascorbyl palmitate	

**Not to be taken by pregnant or lactating women.**

Bones, Joints & Muscles



Uric Acid Formula	Quantity	Order Code
	120	UAF1

## Vascular Relax<sup>‡</sup>

SUPPORTS HEALTHY VASCULAR RELAXATION AND CIRCULATORY FUNCTION<sup>‡</sup>

Magnesium supports healthy cellular electrolyte function and vascular smooth muscle cells. The importance of magnesium intake was demonstrated in the 10-year follow-up of the Women's Health Study, where higher intakes of dietary magnesium were associated with maintaining healthy vascular relaxation. Both hawthorn and olive leaf have a long history of traditional use for maintaining cardiovascular health and have supported vascular function in studies. Patent pending MegaNatural®-BP supports healthy blood vessel relaxation in volunteers, as demonstrated in a study conducted at the University of California, Davis. MegaNatural®-BP grape seed is unique in that the extraction process maximizes the concentration of monomeric and oligomeric procyanidins and minimizes the concentration of polymeric procyanidins. Pomegranate, standardized to contain 40% punicosides, offers the antioxidant and vascular benefits associated with pomegranate juice. CranLoad® delivers a unique cranberry and grape seed blend developed as part of an extensive research program with the Institute of Nutrition and Functional Foods (INAF) and Université Laval in Quebec, Canada. In addition to possessing antioxidant activity, these compounds offer specific vascular support mechanisms that are associated with enhanced endothelial function. In a pilot trial involving elite athletes, CranLoad® provided statistically significant support for healthy flow-mediated dilation (FMD) at rest, an effect similar to arginine administration.<sup>‡</sup>

**2 capsules, 2 times daily, with meals.**

**Two (size 00) vegetarian capsules contain:**

Magnesium (as magnesium citrate)	100 mg
Hawthorn ( <i>Crataegus</i> spp.) extract (flower and leaf) (standardized to contain 2% vitexins)	250 mg
Olive ( <i>Olea europaea</i> ) extract (leaf) (standardized to contain 15% oleuropein)	50 mg
MegaNatural®-BP grape ( <i>Vitis vinifera</i> ) extract (seed)	75 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Lycopene	7.5 mg
CranLoad® proprietary blend providing cranberry ( <i>Vaccinium macrocarpon</i> ) extract (fruit) and grape ( <i>Vitis vinifera</i> ) extract (seed)	65 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

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Cardiometaabolic Health & Metabolism



Vascular Relax <sup>‡</sup>	Quantity	Order Code
	120	VR21

## Vinpocetine 20 mg

SUPPORTS COGNITIVE FUNCTION AND CEREBROVASCULAR HEALTH<sup>†</sup>

Vinpocetine is an alkaloid synthesized from vincamine, a natural compound extracted from the leaves of periwinkle (*Vinca minor* L) which was first developed in Europe over 20 years ago. Vinpocetine is absorbed in the small intestine and then processed in the liver. Once in systemic circulation, vinpocetine is absorbed by tissues in the body and crosses the blood brain barrier. Studies have reported that vinpocetine may provide neuroprotection via its antioxidant properties. In a double-blind, placebo-controlled clinical trial, 84 elderly subjects were given vinpocetine or a placebo over a period of 90 days. Results indicated that those supplementing with vinpocetine experienced support for cognitive function. An additional placebo-controlled, randomized, double-blind, multicenter trial of 203 individuals also suggested that vinpocetine significantly supported cognition. Vinpocetine has the potential to support healthy memory, as indicated by a randomized, double-blind, crossover study.<sup>‡</sup>

**1 capsule, 1-3 times daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Vinpocetine	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.**

Memory & Mood



Vinpocetine 20 mg	Quantity	Order Code
	120	VI1



## VisionPro EPA/DHA/GLA<sup>‡</sup>

ULTRA-PURE TRIGLYCERIDE-FORM FISH OIL AND BORAGE OIL TO SUPPORT VISUAL COMFORT AND NATURAL TEAR PRODUCTION<sup>‡</sup>

VisionPro EPA/DHA/GLA supports natural tear production, healthy tear film composition and retention of eye moisture. A cross-sectional study of 32,470 women demonstrated a significant association between omega-3 fatty acid intake and ocular surface hydration. Several randomized controlled clinical trials have indicated that fish oils provide significant support for healthy tear function and associated visual comfort scores. Specifically, EPA and DHA support the coating of fluid that covers the eyes. These omega-3 fatty acids are incorporated into the lipid layer of the eye to maintain its fluidity and viscosity. By supporting the functional properties of the lipid layer, EPA and DHA promote retention of water in the underlying aqueous layer. EPA and DHA also promote healthy prostaglandin and cytokine balance to help protect the secretory function of the lacrimal glands. In addition, VisionPro EPA/DHA/GLA provides 75 mg GLA per serving from cold-pressed borage oil. Several studies have demonstrated that GLA-rich oils provide unique support for mucin production, prostaglandin balance and healthy tear film characteristics.<sup>‡</sup>

**3 softgel capsules daily, with a meal.**

**Three (size 20) softgel capsules contain:**

Calories	30
Total fat	3 g
Fish oil concentrate (from anchovies, sardines)	2,871 mg
Providing:	
EPA (eicosapentaenoic acid)	855 mg
DHA (docosahexaenoic acid)	645 mg
Other omega-3 fatty acids	195 mg
Borage ( <i>Borago officinalis</i> ) oil (seed)	450 mg
Providing:	
GLA (gamma-linolenic acid)	75 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (rosemary leaf extract, ascorbyl palmitate, natural tocopherols)

**Contains fish (anchovies, sardines)**

Vision



VisionPro EPA/DHA/GLA <sup>‡</sup>	Quantity	Order Code
	180	VPE1
	90	VPE9

See also

EPA/DHA essentials  
O.N.E.™ Omega

»page 74  
»page 133

# VisionPro Nutrients<sup>†</sup>

With Metafolin® L-5-MTHF

COMPREHENSIVE MULTIVITAMIN/MINERAL COMPLEX FOR MAINTAINING HEALTHY VISION<sup>†</sup>

Can be combined with VisionPro EPA/DHA/GLA<sup>†</sup> to support natural tear production and tear film integrity in normally functioning eyes.<sup>†</sup>

## Indications:

- Men and women ages 18 and over

## Vitamin Distinctions:

- Clinically researched levels of vitamin C, vitamin E, zinc and copper in highly bioavailable forms to support healthy vision and eye integrity<sup>†</sup>
- Contains 750 mcg (2,500 IU) of vitamin A per serving to support night vision and healthy tear production<sup>†</sup>
- Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate

## Special Features:

- Convenient three-capsule-per-day dosing
- Helps maintain macular and retinal health with 10 mg lutein, 2 mg zeaxanthin and 1 mg lycopene per serving<sup>†</sup>
- Supports visual function and healthy photoreceptor activity with taurine, alpha lipoic acid and resveratrol<sup>†</sup>

3 capsules daily, with a meal.

Three (size 00) vegetarian capsules contain:

Vitamin A (as vitamin A acetate)	750 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	268 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	5 mg
Riboflavin (as vitamin B <sub>2</sub> and 40% riboflavin 5' phosphate (activated B <sub>2</sub> ))	4.2 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	8.3 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	75 mcg
Copper (as copper glycinate)	2 mg
Manganese (as manganese citrate)	2.5 mg
Chromium (as chromium polynicotinate)	120 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg

## EyeProtect Complex<sup>†</sup>

Alpha lipoic acid	50 mg
Taurine	50 mg
resVida® resveratrol (as trans-resveratrol)	25 mg

## MacularSynergy Complex<sup>†</sup>

FloraGLO® lutein	10 mg
Zeaxanthin	2 mg
Lycopene	1 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbal palmitate

resVida® is a trademark of DSM.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

®FloraGLO is a registered trademark of Kemin Industries, Inc

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Multivitamins, Vitamins & Minerals



VisionPro Nutrients<sup>†</sup>

Quantity

Order Code

90

VPN9



## Vitamin A + Carotenoids

### PureGenomics® product line

VITAMIN A WITH LUTEIN, ZEAXANTHIN AND ASTAXANTHIN TO SUPPORT CELLULAR, OCULAR AND IMMUNE FUNCTION, WITH CAROTENOIDS FOR RETINAL AND MACULAR HEALTH†

While many individuals are able to convert provitamin A carotenoids, like beta carotene, into active vitamin A, recent research has revealed that genetic variations can limit the ease of this conversion for some. Genetic variations in the enzyme BCMO1 (β-Carotene 15,15'-monooxygenase 1) can decrease the conversion efficacy of carotenoids into retinal by up to 69%. Known as single nucleotide polymorphisms (SNPs), these common variations can be bypassed with dietary retinol (vitamin A). Since variations in the BCMO1 gene have also been associated with macular pigment density, this formula includes a blend of lutein, zeaxanthin and astaxanthin to promote macular health. Lutein and zeaxanthin are the two carotenoids found in macular pigment; as such, they act to support the integrity and density of the pigment, as well as optical lens health. Astaxanthin offers support for antioxidant defenses to protect retinal health.†

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Vitamin A (as vitamin A acetate)	1,500 mcg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
AstaReal® Astaxanthin (from <i>Haematococcus pluvialis</i> algae extract)	500 mcg
Other ingredients: red beet root powder, vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

AstaReal® is a registered trademark of Fuji Chemical Industries Co., Ltd.

**Vitamin A at levels above 3,000 mcg (10,000 IU) can lead to serious adverse side effects, including birth defects.**

Immune Support



Vitamin A + Carotenoids	Quantity	Order Code
	90	VA59

## Vitamin A 3,000 mcg (10,000 IU)

VITAMIN A FROM COD LIVER OIL AND PALMITATE TO SUPPORT CELLULAR HEALTH, IMMUNE FUNCTION AND HEALTHY VISION†

**1 capsule daily, with a meal.**

**Each (size 3) softgel capsule contains:**

Vitamin A (from Norwegian cod liver oil and vitamin A palmitate)	3,000 mcg
Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural tocopherols and rosemary leaf antioxidant blend	

**Contains fish (cod)**

**Not to be taken by pregnant or lactating women. Vitamin A at levels above 3,000 mcg (10,000 IU) can lead to serious adverse side effects, including birth defects. This product is not recommended for women who may become pregnant.**

Immune Support



Vitamin A 3,000 mcg (10,000 IU)	Quantity	Order Code
	120	VAC1

## Vitamin C chewables

CONVENIENT VITAMIN C CHEWABLE TABLET FOR HEALTHY IMMUNE FUNCTION AND ANTIOXIDANT SUPPORT†

Vitamin C offers a wide range of support for the human body, acting as one of the most potent dietary antioxidants and providing nutritional support to all physiological functions. Vitamin C may provide protection from reactive oxygen species released as part of a normal immune response. It maintains healthy mast cell function and supports lymphocyte formation. It also supports the body's defense system by enhancing white blood cell function and activity, and promoting interferon levels, antibody responses and secretion of thymic hormones.†

**Children ages 4-8, take 1 chewable tablet daily, with a meal. Adults and children ages 9 and up, take 1 chewable tablet, 1-2 times daily, with a meal, or as directed by a health professional.**

**Each chewable tablet contains:**

Calories	5
Total Carbohydrate	2 g
Sugar Alcohol	2 g
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, ascorbyl palmitate)	525 mg
Calcium (as calcium ascorbate)	35 mg
Sodium (as sodium ascorbate)	20 mg
Other ingredients: mannitol, xylitol, natural orange and strawberry flavors with other natural flavors, hydroxypropyl cellulose	

Immune Support



Vitamin C chewables	Quantity	Order Code
	60	VCC6

## Vitamin C Gummy

NEW

ANTIOXIDANT, IMMUNE AND VASCULAR SUPPORT<sup>‡</sup>

Great-tasting and natural sour orange-flavored gummy that is lightly sweetened with the prebiotic fiber isomalto-oligosaccharides, cane sugar, and stevia and enhanced with an organic berry/fruit blend. Vitamin C offers a wide range of support for the human body, including acting as one of the most potent dietary antioxidants and providing nutritional support to all physiological functions. Vitamin C may provide protection from reactive oxygen species released as part of a normal immune response. It maintains healthy mast cell function and supports lymphocyte formation. It also supports the body's defense system by enhancing white blood cell function and activity, and increasing interferon levels, antibody responses, and secretion of thymic hormones.<sup>‡</sup>

**Children age 3, take 2 gummies daily, with a meal.**  
**Adults and children ages 4 and up, take 2 gummies,**  
**1-2 times daily, with meals.**

**Two gummies (4.4 g) contains**

Calories	5
Total carbohydrate	3 g
Total sugars	<1 g
Includes <1g of added sugars	
Vitamin C (as ascorbic acid)	250 mg
Sodium	10 mg
Berry/Fruit powder blend (organic)	50 mg
strawberry fruit, raspberry fruit, blueberry fruit, tart cherry fruit,	
pomegranate fruit, cranberry fruit	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, organic orange essential oil, sodium citrate, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Multivitamins, Vitamins & Minerals

NON  
GMO

V

VEG

Vitamin C Gummy	Quantity	Order Code
	100	VCG1

## Vitamin D Gummy

NEW

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR,  
 NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>‡</sup>

Great-tasting and natural raspberry-flavored gummy that is lightly sweetened with the prebiotic fiber isomalto-oligosaccharides, cane sugar, and stevia and enhanced with an organic berry/fruit blend. Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Vitamin D promotes intestinal calcium absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Research indicates that it also promotes cellular health, including support for breast, colon, and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity, and maintaining healthy cell metabolism. Vitamin D also supports cardiovascular function in some individuals.<sup>‡</sup>

**Children ages 3, take 1 gummy daily, with a meal.**  
**Adults and children ages 4 and up, take 1 gummy,**  
**1-2 times daily, with meals.**

**Each gummy (2.2 g) contains**

Total carbohydrate	1 g
Total sugars	<0.5 g
Includes <0.5g of added sugars	
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)
Sodium	10 mg
Berry/Fruit blend	25 mg
cranberry fruit, strawberry fruit (organic), raspberry fruit (organic),	
blueberry fruit (organic), tart cherry fruit (organic), pomegranate	
fruit (organic)	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry flavor, citric acid, sodium citrate, black carrot color, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Multivitamins, Vitamins & Minerals

NON  
GMO

V

VEG

Vitamin D Gummy	Quantity	Order Code
	100	VDG1



## Vitamin D<sub>3</sub> 10 mcg (400 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR,  
NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition. Research indicates that it also promotes cellular health, including support for breast and prostate tissue, in part by helping to maintain healthy blood vessel function, supporting immune cell activity, and maintaining healthy cell metabolism. A role for vitamin D in supporting colon health by promoting healthy cellular function has also been suggested. Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation. Vitamin D also supports cardiovascular function in some individuals.<sup>‡</sup>

**1-5 capsules daily. Consume with food.**

**Each (size 3) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 10 mcg (400 IU)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

### Multivitamins, Vitamins & Minerals

NON  
GMO

VEG

Vitamin D <sub>3</sub> 10 mcg (400 IU)	Quantity	Order Code
	120	VD1

## Vitamin D<sub>3</sub> 25 mcg (1,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR,  
NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

**1-5 capsules daily. Consume with food.**

**Each (size 3) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 25 mcg (1,000 IU)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

### Multivitamins, Vitamins & Minerals

NON  
GMO

VEG

Vitamin D <sub>3</sub> 25 mcg (1,000 IU)	Quantity	Order Code
	250	VD12
	120	VD11
	60	VD16

## Vitamin D<sub>3</sub> 125 mcg (5,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR,  
NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

**1 capsule daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 125 mcg (5,000 IU)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.**

### Multivitamins, Vitamins & Minerals

NON  
GMO

VEG

Vitamin D <sub>3</sub> 125 mcg (5,000 IU)	Quantity	Order Code
	250	VD52
	120	VD51
	60	VD56

## Vitamin D<sub>3</sub> 250 mcg (10,000 IU)

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR,  
NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

**1 capsule daily for up to five days per week, with a meal, or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 250 mcg (10,000 IU)  
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**For short-term or intermittent use only. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.**

### Multivitamins, Vitamins & Minerals

NON  
GMO

VEG

Vitamin D <sub>3</sub> 250 mcg (10,000 IU)	Quantity	Order Code
	120	VD101
	60	VD106

NEW

## Vitamin D<sub>3</sub> (Vegan)

VEGAN VITAMIN D<sub>3</sub> FROM ORGANIC ALGAE TO SUPPORT MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

Pure Encapsulations vitamin D<sub>3</sub> (vegan) is derived from organic algae. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D<sub>3</sub> cholecalciferol with the same molecular structure and conformation as lanolin and fish oil derived cholecalciferol. Research indicates that optimal vitamin D serum levels offer support for bone, breast, prostate, cardiovascular, colon and immune health<sup>†</sup>

**1-2 capsules daily, with food**

**One (size 3) capsule contains:**

Vitamin D (as cholecalciferol) (D<sub>3</sub>) 50 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

**It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored.**

Multivitamins, Vitamins & Minerals



Vitamin D <sub>3</sub> (vegan)	Quantity	Order Code
	120	VD3V1

## Vitamin D<sub>3</sub> (Vegan) liquid

LICHEN-DERIVED, VEGAN VITAMIN D<sub>3</sub> TO SUPPORT MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

Pure Encapsulations' Vitamin D<sub>3</sub> (Vegan) liquid is derived from naturally occurring, sustainably harvested lichen. It is produced through a multistep process involving extraction, purification and concentration resulting in a vitamin D<sub>3</sub> cholecalciferol with the same molecular structure and conformation as cholecalciferol derived from lanolin or fish. It is the only plant-derived source of vitamin D<sub>3</sub> that has been accepted by the UK Vegan Society.

**5 drops (0.1 ml) daily, with a meal, or as directed by a health professional.**

**Serving size: 0.1 ml (five drops)**

**Servings per container: 100**

**Five drops (0.1 ml) contain:**

Vitamin D (as cholecalciferol from lichen) (D<sub>3</sub>) 25 mcg (1,000 IU)

Other ingredients: medium-chain triglycerides, natural alpha tocopherol

Made with Vitashine D<sub>3</sub>

**CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 25 mcg (1,000 IU) of vitamin D per serving.**

Multivitamins, Vitamins & Minerals



Vitamin D <sub>3</sub> (Vegan) liquid	Quantity	Order Code
	10 ml (0.3 fl oz)	VD3VL



## Vitamin D<sub>3</sub> liquid

SUPPORTS MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH IN AN EASY-TO-USE LIQUID FORM<sup>†</sup>

- Offered with child-proof cap for improved safety
- Drop-dispensing delivery system; allows for more reliable dosing and ease of use
- Free of preservatives, as well as artificial colors, flavors and sugars

Pure Encapsulations Vitamin D<sub>3</sub> liquid provides 25 mcg (1,000 IU) per drop. For individuals with greater short-term needs, this product allows for achieving 625-1,250 mcg (25,000-50,000 IU) vitamin D<sub>3</sub> per week without having to take multiple capsules. For the elderly, Vitamin D<sub>3</sub> liquid is an easy-to-use form. Vitamin D<sub>3</sub> is offered in a base of medium-chain triglycerides to support absorption.<sup>†</sup>

**Children ages 3-8, take 1-2 drops daily.**

**Adults and children ages 9 and up, take 1-4 drops daily, or as directed by a health professional. Consume with food.**

**Serving size: 1 drop (approximately 0.03 ml)**

**Servings per container: approximately 750**

**One drop contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	25 mcg (1,000 IU)
Other ingredients: medium chain triglycerides	

**CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. This product is not intended for infants. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU) per day. This product provides 25 mcg (1,000 IU) per drop.**

**It is recommended that individuals taking more than 50 mcg (2,000 IU) vitamin D per day have their blood levels monitored. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Multivitamins, Vitamins & Minerals



Vitamin D <sub>3</sub> liquid	Quantity	Order Code
	22.5 ml (0.75 fl oz)	VDL

## Vitamin D<sub>3</sub> VESIsorb®

Liquid-filled Caplique® Capsules

SELF-ASSEMBLING COLLOIDAL SYSTEM FOR ENHANCED VITAMIN D<sub>3</sub> ABSORPTION; PROMOTES MUSCULOSKELETAL, CARDIOVASCULAR, NEUROCOGNITIVE, CELLULAR AND IMMUNE HEALTH<sup>†</sup>

VESIsorb® delivery system offers enhanced-absorption of lipid soluble bioactives by promoting their dissolution in an aqueous environment

**1-2 Caplique® Capsules daily. Consume with food.**

**Each (size 0) Caplique® Capsule contains:**

Vitamin D (as cholecalciferol) (D <sub>3</sub> )	50 mcg (2,000 IU)
Other ingredients: medium-chain triglycerides, polysorbate 80, polyglycerol fatty acid esters, vegetarian Caplique® Capsule (cellulose, water), silica	

Caplique® is a registered trademark used with permission.

VESIsorb® is a registered trademark of SourceOne Global Partners.

Multivitamins, Vitamins & Minerals



Vitamin D <sub>3</sub> VESIsorb®	Quantity	Order Code
	60	VDV6



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

## Vitamin E (with mixed tocopherols)

SUPPORTS ANTIOXIDANT PROTECTION AND OPTIMAL CELLULAR FUNCTION<sup>†</sup>

Vitamin E is a powerful chain-breaking antioxidant and free radical scavenger, helping to protect the integrity of the body's cellular membranes. Vitamin E plays a beneficial role in the cellular respiration of muscles, especially cardiac and skeletal muscles. It also supports healthy blood vessel function. In addition, vitamin E plays a role in nucleic acid and protein metabolism, mitochondrial function and hormone production.<sup>†</sup>

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 10) softgel capsule contains:**

Vitamin E (as natural d-alpha tocopherol)	260 mg
Other tocopherols	67 mg
Other ingredients: rapeseed oil, gelatin capsule (gelatin, glycerin, purified water), sunflower oil	

Multivitamins, Vitamins & Minerals



Vitamin E (with mixed tocopherols)	Quantity	Order Code
	180	DE1
	90	DE9



## WheyBasics

HIGHLY PURIFIED, COLD-PRESSED, UNDENATURED WHEY PROTEIN PROVIDING 21 GRAMS OF PROTEIN PER SERVING

WheyBasics provides 21 grams of highly purified, cold-processed, undenatured whey protein per serving in a great-tasting, naturally flavored formula. Whey protein naturally contains high levels of branched-chain amino acids, as well as immunoglobulins and lactoferrin to support nutritional health and immune system function.<sup>†</sup>

### Features include:

- 21 g protein per serving
- 4.75 g branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing

### Nutritional considerations include:

- Supports immune function with protein, lactoferrin and immunoglobulins<sup>†</sup>
- Supports sports nutrition with protein and branched-chain amino acids for healthy muscle function and muscle recovery<sup>†</sup>
- Encourages overall daily wellness with high quality protein nutrition<sup>†</sup>

**Add 1 serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.**

**Serving size: 26.4 g (1 scoop)**

**Servings per container: 18**

**Each scoop (approximately 26.4 g) contains:**

Calories	90
Total carbohydrate	1 g
Total sugars	<1 g
Protein	21 g
Sodium	45 mg

Other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor, stevia leaf extract

Contains milk

Energy & Fitness



WheyBasics	Quantity	Order Code
	16.8 oz (475.2 g)	WBV4

# Women's Nutrients

With Metafolin® L-5-MTHF

## PureWoman™ product line

MULTIVITAMIN/MINERAL COMPLEX FOR WOMEN OVER 40

### Indications:

- Women over 40

### Vitamin/Mineral Distinctions:

- 200 mg calcium as calcium citrate (highest of all our multivitamins), vitamin D<sub>3</sub> and vitamin K<sub>1</sub> for healthy bones<sup>†</sup>
- 1,000 mcg biotin for healthy hair, skin and nails<sup>†</sup>

### Special Features:

#### BreastHealth Plus<sup>†</sup>

- Supports breast cell health with HMRLignan™, calcium-D-glucarate, green tea and Curcumin C3 Complex®. HMRLignan™ also provides support for hot flashes.<sup>†</sup>

#### Cardio Polyphenol Complex<sup>†</sup>

- Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.<sup>†</sup>

#### MacularSynergy Complex<sup>†</sup>

- Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.<sup>†</sup>

#### Urinary Health Support<sup>†</sup>

- Combines the time-tested support of cranberry with vitamin C to maintain healthy urinary tract ecology.<sup>†</sup>

#### StressCalm Blend<sup>†</sup>

- Helps moderate occasional stress with the adaptogenic properties of Rhodiola rosea and the calming properties of lemon balm.<sup>†</sup>

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	1 mg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	200 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Manganese (as manganese citrate)	1 mg

Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) concentrate (fruit)	50 mg
<b>MacularSynergy Complex<sup>†</sup></b>	
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
<b>BreastHealth Plus<sup>†</sup></b>	
HMRLignan™ (containing 7-hydroxymatairesinol (from Norway spruce knot wood))	5 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	50 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Calcium-D-glucarate	25 mg
<b>Cardio Polyphenol Complex<sup>†</sup></b>	
Red wine ( <i>Vitis vinifera</i> ) concentrate (whole grape) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
<b>StressCalm Blend<sup>†</sup></b>	
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany. Curcumin C3 Complex® is a registered trademark and patented product of Sabinsa Corporation.

HMRLignan™ is a trademark of Linnea Inc.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

**Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Women's Formulas



Women's Nutrients	Quantity	Order Code
	360	WN3
	180	WN1

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



# Women's Pure Pack

Daily Packet

With Metafolin® L-5-MTHF

## PureWoman™ product line

### Indications:

- Supports bone, cardiovascular, macular, breast and emotional health<sup>†</sup>
- For women over 40

### Vitamin/Mineral Distinctions:

- Vitamins and minerals in highly bioavailable forms
- Activated B vitamins, including Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- 500 mg calcium and 37.5 mcg (1,500 IU) vitamin D<sub>3</sub> to support healthy bone<sup>†</sup>

### Special Features:

- Maintains healthy cardiovascular function with omega-3 fatty acids, CoQ<sub>10</sub>, and polyphenols from açai, cranberry, pomegranate, red wine concentrate and grape seed extract<sup>†</sup>
- Supports breast cell health with HMRLignan™, calcium-d-glucarate, green tea and curcumin<sup>†</sup>
- Helps moderate occasional stress with the adaptogenic properties of rhodiola and lemon balm<sup>†</sup>
- Enhances the integrity of the macula and retina with lutein, zeaxanthin and nutrient cofactors<sup>†</sup>
- Convenient, once-daily packet

### Each Packet Contains:

**Women's Nutrients** 3 vegetarian capsules »See page 207

- Multivitamin/mineral complex for women over 40

**EPA/DHA essentials** 1 softgel capsule »See page 74

- Ultra-pure, molecularly distilled fish oil concentrate for broad omega-3 essential fatty acid support<sup>†</sup>

**Vitamin D<sub>3</sub>** 1 vegetarian capsule »See page 203

- Supports musculoskeletal, cardiovascular, neurocognitive, cellular and immune health<sup>†</sup>

**CoQ<sub>10</sub>** 1 vegetarian capsule »See page 56

- Natural, fermented, trans-isomer CoQ<sub>10</sub>

**Calcium (citrate)** 2 vegetarian capsules »See page 47

- Highly absorbable calcium; supports cardiovascular, bone and colon health<sup>†</sup>

**Açai 600** 1 vegetarian capsule »See page 24

- Açai berry extract combined with a fruit blend to support healthy cellular function<sup>†</sup>

**Take 1 packet daily (9 capsules), with a meal.**

### Nine capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	37.5 mg (1,500 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	1,000 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	500 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	50 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
Coenzyme Q <sub>10</sub>	60 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Red wine grape ( <i>Vitis vinifera</i> ) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	50 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) concentrate (fruit)	60 mg
Assai palm (Açai) ( <i>Euterpe oleracea</i> ) extract (whole fruit)	600 mg
Blueberry ( <i>Vaccinium angustifolium</i> ) extract (fruit)	15 mg

HMRLignin™ (7-hydroxymatairesinol) (from Norway spruce knot wood)	5 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	50 mg
Turmeric ( <i>Curcuma longa</i> ) extract (root) (standardized to contain 95% curcuminoids)	50 mg
Calcium-D-glucarate	25 mg
Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf) (standardized to contain 5% rosmarinic acid)	25 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, cranberry fiber, cranberry seed oil, guar gum, sunflower lecithin	
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.	

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

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Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

Kaneka Q10® is a trademark of Kaneka Corporation.

CranMax® is a registered trademark of Pharmachem Laboratories, LLC.

This product contains calcium D-glucarate, the use of which is licensed from Applied Food Sciences, Inc. and protected by U.S. Patent 7,662,863.

**Contains fish (anchovies, sardines, mackerel)**

**Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.**

Women's Formulas		NON GMO
Women's Pure Pack	Quantity	Order Code
	30 packets	WPPB3



## XanthiTrim

Liquid-filled Caplique® Capsules

### PureLean® product line

SUPPORTS HEALTHY FAT METABOLISM AND METABOLIC RATE FOR HEALTHY WEIGHT MANAGEMENT<sup>†‡</sup>

XanthiTrim supports healthy weight management<sup>†</sup> when combined with a healthy diet and exercise. XanthiTrim contains 300 mg of Xanthigen® per serving, a synergistic combination of fucoxanthin from brown seaweed and pomegranate seed oil. In a 16-week, randomized study, Xanthigen® supported healthy weight management<sup>†</sup> and fat metabolism in volunteers. This was attributed in part to its ability to encourage resting energy expenditure and thermogenesis, the body's natural ability to dissipate caloric energy as heat from the mitochondria of adipose tissue. This results in oxidation and utilization of fats rather than fat storage. In this study, Xanthigen® also maintained healthy liver fat metabolism and function, and healthy lipid metabolism. Subjects were on a moderately calorie-restricted diet. GreenSelect® Phytosome is a proprietary, caffeine-free extract from green tea, that is 1 part GreenSelect® green tea to 2 parts phosphatidylcholine. This allows for greater absorption of epigallocatechin gallate, or EGCG, one of the primary components known to support healthy metabolism. Green tea has demonstrated the ability to promote resting energy expenditure and thermogenesis in a number of clinical studies. A 90-day study involving GreenSelect® Phytosome revealed its ability to support healthy weight management<sup>†</sup> and body composition in subjects following a calorie-restricted diet.<sup>‡</sup>

**1 Caplique® Capsule, 2 times daily, with meals and 8 oz water.**

**Each (size 0) Caplique® Capsule contains:**

Xanthigen® proprietary blend	300 mg
Providing:	
Wakame seaweed ( <i>Undaria pinnatifida</i> ) and pomegranate seed oil (providing 1,275 mcg fucoxanthin)	
GreenSelect® phytosome	150 mg
Providing:	
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) and soy lecithin phospholipids (standardized to contain 13% epigallocatechin gallate (EGCG))	
Other ingredients: vegetarian Caplique® Capsule (cellulose, water), medium-chain triglycerides	

Xanthigen® is a registered trademark licensed exclusively to PoliNat. International patents pending.

GreenSelect® Phytosome is a registered trademark of Indena.

Caplique® is a registered trademark used with permission.

**Contains soy**

**Take with food. If you have liver problems, consult your health professional before use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.**

Cardiometabolic Health & Metabolism



XanthiTrim	Quantity	Order Code
	60	XT6

## Zinc (citrate)

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS<sup>‡</sup>

Zinc plays an important role in supporting the body's natural defense system, as well as nutrient utilization. It is a constituent of over two dozen enzymes involved in digestion and metabolism, including carbonic anhydrase, which is vital to tissue respiration. Zinc is essential for the healthy storage and metabolism of carbohydrates, as well as the absorption and function of B vitamins. Zinc plays a fundamental role in collagen formation and healthy tissue development. This mineral contributes to healthy prostatic function, and is essential for normal fetal and reproductive development.<sup>‡</sup>

**1 capsule daily, with a meal or as directed by a health professional.**

**Each (size 3) vegetarian capsule contains:**

Zinc (as zinc citrate)	30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



Zinc (citrate)	Quantity	Order Code
	180	ZC1
	60	ZC6

## Zinc 15

**1 capsule, 1-2 times daily, with a meal.**

**Each (size 3) vegetarian capsule contains:**

Zinc (as zinc picolinate)	15 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

Immune Support



Zinc 15	Quantity	Order Code
	180	Z11
	60	Z16

## Zinc 30

1 capsule daily, with a meal.

Each (size 3) vegetarian capsule contains:

Zinc (as zinc picolinate)	30 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate	

Immune Support



NON  
GMO

V

VEG

Zinc 30	Quantity	Order Code
	180	Z31
	60	Z36

## Zinc chewables

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS<sup>†</sup>

Sugar-free chewable offers 10 mg zinc per tablet in a lightly sweetened, natural orange flavor. Zinc plays an important role in immune function, including support for the body's natural defense system. It is a cofactor in over 300 enzymes and many biological processes, including DNA and protein synthesis, regulation of gene expression, neurotransmitter synthesis and nutrient utilization.<sup>‡</sup>

**Children ages 4-13, take 1 chewable tablet daily, with a meal. Adults and children ages 14 and up, take 1 chewable tablet, 1-3 times daily, with a meal, or as directed by a health professional.**

Each chewable tablet contains:

Zinc (as zinc citrate)	10 mg
Other ingredients: xylitol, mannitol, hydroxypropyl cellulose, ascorbyl palmitate, citric acid, natural orange flavor with other natural flavors	

Immune Support



NON  
GMO

V

VEG

Zinc chewables	Quantity	Order Code
	100	ZNC1

## Zinc Gummy NEW

OFFERS BROAD PHYSIOLOGICAL SUPPORT, INCLUDING IMMUNE FUNCTION AND EMOTIONAL WELLNESS<sup>†</sup>

Great-tasting and natural blueberry-flavored gummy that is lightly sweetened with the prebiotic fiber isomalto-oligosaccharides, cane sugar and stevia and enhanced with an organic berry/fruit blend. Zinc plays an important role in immune function, including supporting the body's natural defense system and collagen formation and healthy tissue development. It is a cofactor for over 300 enzymes and many biological processes, including DNA and protein synthesis, regulation of gene expression, neurotransmitter synthesis and nutrient utilization.<sup>‡</sup>

**Children ages 4-13, take 1 gummy daily, with a meal. Adults and children ages 14 and up, take 1 gummy, 1-2 times daily, with meals.**

Each gummy (2.2 g) contains

Total carbohydrate	1 g
Total sugars	<5 g
Includes <5g of added sugars	
Zinc (as zinc citrate)	12 mg
Sodium	10 mg
Berry/Fruit blend	25 mg
cranberry fruit, strawberry fruit (organic), raspberry fruit (organic), blueberry fruit (organic), tart cherry fruit (organic), pomegranate fruit (organic)	

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, citric acid, natural blueberry flavor with other natural flavors, sodium citrate, grape juice color, organic stevia leaf extract, coating (organic sunflower oil, carnauba wax)

Immune Support

NON  
GMO

V

VEG

Zinc Gummy	Quantity	Order Code
	100	ZNG1

## Zinc liquid 15 mg

**Children age 4 and up, take 2 ml (2 full droppers) daily, with a meal. Adults, take 4 ml (4 full droppers) daily, with a meal.**

**Serving size: 4 ml (0.14 fl oz) (4 full droppers)  
Servings per container: 30**

**Four ml (0.14 fl oz) (4 full droppers) contain:**

Zinc (as zinc gluconate)	15 mg
Other ingredients: purified water, apple juice concentrate, cranberry juice concentrate, purified stevia leaf extract, potassium sorbate, citric acid	

Immune Support



NON  
GMO

VEG

Zinc liquid 15 mg	Quantity	Order Code
	120 ml (4 fl oz)	Z15L

See also  
UltraZin Zinc

»page 197

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

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

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Order code represents largest quantity only — see page for other quantities offered.

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

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## Açaí berry

Açaí 600  
Pomegranate Plus  
Women's Pure Pack

## Acerola (*Malpighia glabra*)

Acerola/Flavonoid

## Acetyl-L-carnitine

Acetyl-L-Carnitine  
Cognitive Aminos  
Memory Pro<sup>†</sup>  
Mitochondria-ATP  
MotilPro  
RevitalAge™ Nerve  
RevitalAge™ Ultra

## Adrenal (whole adrenal and adrenal cortex)

Adrenal  
ADR Formula

## L-Alanine

Amino-NR  
Amino Replete

## Aloe vera extract

Daily Immune  
DGL Plus  
G.I. Fortify<sup>†</sup>  
G.I. Fortify<sup>†</sup> (capsules)  
G.I. Integrity<sup>†</sup>

## Alpha-galactosidase

Digestive Enzymes Ultra  
Digestive Enzymes Ultra w/Betaine HCl

## Alpha ketoglutarate

Athletic Nutrients  
Athletic Pure Pack  
Electrolyte/Energy formula (powder)

## Alpha lipoic acid (thioctic acid)

Alpha Lipoic Acid  
Alpha Lipoic Acid with GlucoPhenol  
Amino-NR  
Athletic Nutrients  
Athletic Pure Pack  
Detox Pure Pack  
DIM Detox  
Disc-Flex  
GlucoFunction<sup>†</sup>  
Glucose Support Formula<sup>†</sup>  
HM Complex  
Liver-G.I. Detox<sup>†</sup>  
Longevity Nutrients  
LVR Formula  
Men's Nutrients  
Men's Pure Pack  
Metabolic Xtra  
Mitochondria-ATP  
NeuroMood Pure Pack  
Niacinamide  
Polyphenol Nutrients  
PureCell  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
O.N.E.™ Multivitamin  
RevitalAge™ Nerve  
RevitalAge™ Ultra  
Ultra B-Complex w/PQQ  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients<sup>†</sup>  
Women's Nutrients  
Women's Pure Pack

## Amylase

A.I. Enzymes  
Digestion GB  
Digestive Enzymes Ultra  
Digestive Enzymes Ultra w/Betaine HCl  
Heartburn Essentials  
Pancreatic Enzyme Formula  
Pancreatic VegEnzymes

## Apple pectin

PureLean® Protein  
PureLean® Fiber

## Apple polyphenols

Aller-Essentials

## Arabinogalactan

Arabinogalactan  
Daily Immune  
EpiIntegrity powder

## Arginine alpha ketoglutarate

Nitric Oxide Support

## Arginine HCl

Amino-NR  
Amino Replete  
L-Arginine  
Growth Hormone Support<sup>†</sup>

## Artichoke (*Cynara scolymus*)

Detox Pure Pack  
Heartburn Essentials  
Lipotropic Detox  
Liver-G.I. Detox<sup>†</sup>  
LVR Formula  
UltraDetox 10-Day Pure Pack

## Ashwagandha

Ashwagandha  
CarbCrave Complex  
Cortisol Calm<sup>†</sup>  
Daily Stress Formula<sup>†</sup>  
Energy Xtra  
MenoVive  
Phyto-ADR  
PureCell  
Thyroid Support Complex<sup>†</sup>

## d-Aspartic acid

Tribulus Formula

## Astaxanthin

Astaxanthin  
Vitamin A + Carotenoids

## Astragalus membranaceus

Daily Immune  
EpiIntegrity powder  
Phyto-ADR  
PureCell

## Bacopa monnieri

Bacopa monnieri  
Daily Stress Formula<sup>†</sup>  
Memory Pro<sup>†</sup>

## Bamboo (source of silica)

Hair/Skin/Nails Ultra  
Ligament Restore<sup>†</sup>  
OsteoBalance<sup>†</sup>  
Trace Minerals

## BCAA (branched-chain amino acids)

BCAA capsules/powder

## Benfotiamine

BenfoMax  
MethylAssist  
PureGenomics® B-Complex  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin

## Berberine HCl

CholestePure Plus II<sup>†</sup>  
Metabolic Xtra

## Berberine sulfate

A.C. Formula II

## Bergamot

CholestePure Plus II<sup>†</sup>

## Beta carotene/mixed carotenoids

AntiOxidant Formula  
Athletic Nutrients  
Athletic Pure Pack  
Beta Carotene  
Detox Pure Pack  
Energize Plus™ Pure Pack

Junior Nutrients  
LiquiNutrients  
Longevity Nutrients  
Macular Support Formula<sup>†</sup>  
Men's Nutrients  
Men's Pure Pack  
Multi t/d  
NeuroMood Pure Pack  
Nutrient 950  
Polyphenol Nutrients  
PreNatal Nutrients  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
PureNutrients Gummy  
O.N.E.™ Multivitamin  
UltraNutrient  
Ultra Pure Pack  
Women's Nutrients  
Women's Pure Pack

## Beta-glucanase

Digestive Enzymes Ultra  
Digestive Enzymes Ultra w/Betaine HCl

## Beta-hydroxybutyrate

KetoBrain Energy

## Beta-sitosterol

Beta-sitosterol  
CholestePure<sup>†</sup>  
SP Ultimate

## Betaine HCl

Betaine HCl Pepsin  
Digestive Enzymes Ultra w/Betaine HCl

## Bifidobacterium bifidum

Probiotic 123  
Probiotic-5  
Probiotic-50B  
Probiotic G.I.  
PureBi-Ome™ G.I.  
PureBi-Ome™ Intensive  
PureProbiotic

## Bifidobacterium breve

PureProbiotic

## Bifidobacterium lactis

Probiotic 123  
Probiotic-5  
Probiotic 50B  
Probiotic G.I.  
Probiotic IMM  
PureBi-Ome™ G.I.  
PureBi-Ome™ Intensive  
PureProbiotic

## Bifidobacterium longum

ProbiMood  
Probiotic-5  
Probiotic 50B  
Probiotic IMM

## Bilberry (*Vaccinium myrtillus*)

Bilberry  
Macular Support Formula<sup>†</sup>

## Biotin

Athletic Nutrients  
Athletic Pure Pack  
Biotin 8 mg  
B-Complex Plus  
B<sub>2</sub> Complex  
Detox Pure Pack  
Energize Plus™ Pure Pack  
GlucoFunction<sup>†</sup>  
GlutenAssure Multivitamin  
Hair/Skin/Nails Ultra  
Junior Nutrients  
LiquiNutrients  
Longevity Nutrients  
Men's Nutrients  
Men's Pure Pack  
Multi t/d  
NeuroMood Pure Pack  
Nutrient 950

O.N.E.™ Multivitamin  
Polyphenol Nutrients  
PreNatal Nutrients  
PurePals  
PurePals (with iron)  
PureGenomics® B-Complex  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
PureLean® Protein  
PureNutrients Gummy  
PureResponse™ Multivitamin  
PureResponse™ UltraMultivitamin  
RevitalAge™  
RevitalAge™ Ultra  
Ultra B-Complex w/PQQ  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients<sup>†</sup>  
Women's Nutrients  
Women's Pure Pack

## Bitter melon

GlucoFunction<sup>†</sup>

## Black cohosh (*Cimicifuga racemosa*)

Black Cohosh 2.5  
PhytoBalance II

## Black currant seed oil

Black Currant Seed Oil

## Black pepper

Curcumin 500 with BioPerine®

## Blueberry (*Vaccinium angustifolium*)

Açaí 600  
CogniMag  
CurcumaSorb Mind  
Iron liquid  
Polyphenol Nutrients  
Poly-Prebiotic powder  
Pomegranate Plus  
PS Plus  
RevitalAge™ Ultra  
Women's Pure Pack

## Borage oil

Borage Oil  
EFA Essentials  
VisionPro EPA/DHA/GLA<sup>†</sup>

## Boron

Athletic Nutrients  
Athletic Pure Pack  
Boron  
+Cal+® with Ipriflavone  
Detox Pure Pack  
LiquiNutrients  
Longevity Nutrients  
Men's Nutrients  
Men's Pure Pack  
Mineral 650  
NeuroMood Pure Pack  
Nutrient 950  
O.N.E.™ Multivitamin  
OsteoBalance<sup>†</sup>  
Polyphenol Nutrients  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PurePals  
PurePals with Iron  
PureLean® Nutrients  
PureLean® Pure Pack  
Trace Minerals  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients<sup>†</sup>  
Women's Nutrients  
Women's Pure Pack

## Boswellia

Boswellia AKBA  
Boswellia  
Disc-Flex  
GlutenAssure Multivitamin  
Joint Complex<sup>†</sup> (single dose)

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

## INGREDIENTS LISTING (cont.)

Phyto UltraComfort <sup>†</sup> Phyto-4 Systemic Enzyme Complex	<b>Calcium-D-glucarate</b> Calcium-D-Glucarate DIM Detox Women's Nutrients Women's Pure Pack	<b>Chromium (polynicotinate)</b> Athletic Nutrients Athletic Pure Pack ChromeMate® GTF Detox Pure Pack Energize Plus™ Pure Pack GlucoFunction <sup>†</sup> Glucose Support Formula <sup>†</sup> Junior Nutrients LiquiNutrients Longevity Nutrients Men's Nutrients Men's Pure Pack Metabolic Xtra Mineral 650 Multi t/d NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureLean® Protein Super CitriMax Plus UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients <sup>†</sup> Women's Nutrients Women's Pure Pack	UltraNutrient Ultra Pure Pack Women's Pure Pack
<b>Broccoli</b> Detox Pure Pack DIM Detox Liver-G.I. Detox <sup>†</sup> Nrf2 Detox UltraDetox 10-Day Pure Pack	<b>Caprylic Acid</b> A.C. Formula II Caprylic Acid		<b>Coffee fruit</b> Caffphenol
<b>Bromelain</b> A.C. Formula II A.I. Enzymes A.I. Formula Bromelain 2400 Hist Reset Systemic Enzyme Complex Uric Acid Formula	<b>L-Carnitine</b> L-Carnitine L-Carnitine fumarate CoQ10 L-Carnitine fumarate Energize Plus™ Pure Pack		<b>Coleus forskohlii</b> Thyroid Support Complex <sup>†</sup>
<b>Butcher's Broom</b> Brain Reset	<b>L-Carnosine</b> Athletic Nutrients Athletic Pure Pack L-Carnosine Disc-Flex PureLean® Nutrients PureLean® Pure Pack		<b>Collagen</b> Collagen JS Disc-Flex Hair/Skin/Nails Ultra Joint Complex <sup>†</sup> (single dose) Ligament Restore <sup>†</sup>
<b>Butyrate</b> SunButyrate™-TG liquid	<b>Cat's Claw</b> Cat's Claw		<b>Colostrum (bovine)</b> Colostrum 40% IgG
<b>Caffeine</b> Caffphenol	<b>CBD</b> Hemp CBD VESIsorb® Hemp extract VESIsorb® liquid		<b>Conjugated linoleic acid</b> CLA (Conjugated Linoleic Acid)
<b>Calcium (ascorbate)</b> Buffered Ascorbic Acid capsules/ powder Essential-C® & flavonoids OptiFerin-C PureDefense w/NAC PurePals PurePals (with iron) PureLean® Protein	<b>Cellulose</b> Digestive Enzymes Chewable Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl Heartburn Essentials		<b>Copper</b> +Cal+® with Ipriflavone Athletic Nutrients Athletic Pure Pack Copper (citrate) Copper (glycinate) Detox Pure Pack EyeProtect Basics <sup>†</sup> GlutenAssure Multivitamin Hair/Skin/Nails Ultra Mineral 650 Nutrient 950 OsteoBalance <sup>†</sup> Polyphenol Nutrients PreNatal Nutrients PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack Purely Complete PurePals PurePals (with iron) Trace Minerals UltraNutrient Ultra Pure Pack VisionPro Nutrients <sup>†</sup>
<b>Calcium (citrate)</b> Athletic Nutrients Athletic Pure Pack Calcium (citrate) Calcium Magnesium (citrate) Cal/Mag/D liquid Electrolyte/Energy formula LiquiNutrients Men's Nutrients Men's Pure Pack Mineral 650 Muscle Cramp/Tension Formula <sup>†</sup> Nutrient 950 Polyphenol Nutrients PreNatal Nutrients PurePals PurePals (with iron) PureLean® Nutrients PureLean® Pure Pack Tri-Alkali Women's Nutrients Women's Pure Pack	<b>Cellulose</b> PureLean® Fiber	<b>Chromium (picolinate)</b> CarbCrave Complex Chromium (picolinate) GlutenAssure Multivitamin PurePals PurePals (with iron) Trace Minerals	<b>Cranberry</b> Acai 600 Alpha Lipoic Acid with GlucoPhenol Cranberry/d-Mannose Cranberry NS Iron liquid Nitric Oxide Ultra Poly-Prebiotic powder Pomegranate Plus PureLean® Pure Pack RevitalAge™ Ultra Vascular Relax BP <sup>†</sup> Women's Nutrients Women's Pure Pack Zinc liquid
<b>Calcium (citrate/malate)</b> Calcium (citrate/malate) Calcium with Vitamin D3 Calcium Magnesium (citrate/malate) +Cal+® with Ipriflavone Detox Pure Pack OsteoBalance <sup>†</sup> UltraNutrient Ultra Pure Pack	<b>Cherry extract</b> Uric Acid Formula	<b>Chrysin</b> Tribulus Formula	<b>Creatine</b> Athletic Nutrients Athletic Pure Pack Creatine powder Mitochondria-ATP
<b>Calcium (malate)</b> Calcium K/D Cal/Mag (malate) 2:1 GlutenAssure Multivitamin Junior Nutrients ProSoothe II OsteoBalance <sup>†</sup> PureGenomics® UltraMultivitamin	<b>Chia seed</b> PureLean® Protein	<b>Chymotrypsin</b> Systemic Enzyme Complex	<b>Deglycyrrhizinized licorice (DGL)</b> DGL Plus EpiIntegrity powder G.I. Fortify <sup>†</sup> Heartburn Essentials
<b>Calcium (glycinate)</b> PureLean® Protein	<b>Chlorella</b> Detox Pure Pack G.I. Fortify <sup>†</sup> (capsules) HM Complex Liver-G.I. Detox <sup>†</sup> UltraDetox 10-Day Pure Pack	<b>Cinnamon (Cinnamomum cassia)</b> Cinnamon WS GlucoFunction <sup>†</sup> PureLean® Nutrients PureLean® Pure Pack	<b>Devil's Claw</b> Disc-Flex Ligament Restore <sup>†</sup> Phyto UltraComfort <sup>†</sup> Uric Acid Formula
<b>Calcium (MCHA)</b> Calcium (MCHA) Calcium (MCHA) with Magnesium	<b>Choline</b> Athletic Nutrients Athletic Pure Pack GlutenAssure Multivitamin Junior Nutrients Lipotropic Detox Longevity Nutrients Men's Nutrients Men's Pure Pack NeuroMood Pure Pack O.N.E.™ Multivitamin Polyphenol Nutrients PureGenomics® B-Complex PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PurePals PurePals (with iron) PureLean® Nutrients PureLean® Pure Pack PureNutrients Gummy PureResponse™ Multivitamin Women's Nutrients Women's Pure Pack	<b>Citicoline</b> CogniPhos Longevity Nutrients	<b>DHA (docosahexaenoic acid)</b> Athletic Pure Pack Detox Pure Pack DHA Ultimate EFA Essentials Energize Plus™ Pure Pack EPA/DHA-CoQ10 liquid EPA/DHA essentials EPA/DHA with lemon
<b>Calcium (undecylenate)</b> A.C. Formula II	<b>Chondroitin sulfate (bovine)</b> Glucosamine+Chondroitin with Manganese capsules Glucosamine+Chondroitin with MSM Glucosamine HCl + Chondroitin	<b>Citrus bioflavonoids</b> Daily Immune PurePals PurePals (with iron)	
	<b>Chromium</b> Purely Complete	<b>Cod liver oil</b> Vitamin A	
		<b>Coenzyme Q10</b> Athletic Nutrients Athletic Pure Pack CoQ10 CoQ10 L-Carnitine fumarate Detox Pure Pack Energize Plus™ Pure Pack Hair/Skin/Nails Ultra Longevity Nutrients Men's Pure Pack NeuroMood Pure Pack O.N.E.™ Multivitamin PureCell PureGenomics® UltraMultivitamin PureLean® Pure Pack Q-Gel® 100 RENUAL RevitalAge™ Ultra RevitalAge™ Nerve SR-CoQ10 with PQQ Ubiquinol-QH UltraDetox 10-Day Pure Pack	

# INGREDIENTS LISTING (cont.)

EPA/DHA liquid EPA Ultimate Krill-plex Men's Pure Pack NeuroMood Pure Pack O.N.E. <sup>™</sup> Omega Pro-Resolve Omega PureLean® Pure Pack PureNutrients EPA/DHA Gummy Ultra Pure Pack VisionPro EPA/DHA/GLA <sup>†</sup> Women's Pure Pack	DopaPlus Energize Plus <sup>™</sup> Pure Pack Folic Acid Folate 400 Folate 1,000 Folate 5,000 Folate 5,000 Plus GlutenAssure Multivitamin Hair/Skin/Nails Ultra Homocysteine Factors <sup>†</sup> Junior Nutrients Lipotropic Detox Longevity Nutrients Men's Nutrients Men's Pure Pack MethylAssist Multi t/d NeuroMood Pure Pack Nutrient 950 NeuroPure O.N.E. <sup>™</sup> Multivitamin PreNatal Nutrients Polyphenol Nutrients PureGenomics® B-Complex PureGenomics® Multivitamin PureGenomics® UltraMultivitamin Purely Complete PureMelt B <sub>12</sub> Folate PureNutrients Gummy PurePals PurePals (with iron) PureLean® Nutrients PureLean® Pure Pack PureLean® Protein RevitalAge <sup>™</sup> Nerve PureResponse <sup>™</sup> Multivitamin SeroPlus Ultra B-Complex w/PQQ UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients <sup>†</sup> Women's Nutrients Women's Pure Pack	<b>Glucosamine HCl</b> Disc-Flex Glucosamine+Chondroitin with Manganese capsules Glucosamine+Chondroitin with MSM Glucosamine Complex capsules	Green Tea extract Men's Nutrients Men's Pure Pack Polyphenol Nutrients PureCell PureLean® Nutrients PureLean® Pure Pack SP Ultimate Teavigo Women's Nutrients Women's Pure Pack XanthiTrim
<b>DHEA (dehydroepiandrosterone)</b> DHEA			<b>Guar gum</b> Purely Complete PureLean® Fiber
<b>Diindolylmethane</b> DIM Detox DIMPRO <sup>®</sup> 100 PureGenomics® UltraMultivitamin UltraDetox 10-Day Pure Pack		<b>I-Glutamine</b> Amino-NR Amino Replete Athletic Pure Pack Detox Pure Pack EpilIntegrity powder G.I. Fortify <sup>†</sup> G.I. Fortify <sup>†</sup> (capsules) G.I. Integrity <sup>†</sup> I-Glutamine capsules/powder Liver-G.I. Detox <sup>†</sup> PureBiOme <sup>™</sup> G.I. UltraDetox 10-Day Pure Pack	<b>Guggul</b> Thyroid Support Complex <sup>†</sup>
<b>DNF-10</b> PureLean® Protein		<b>Glutathione</b> Detox Pure Pack Liposomal Glutathione Macular Support Formula <sup>†</sup> Nrf2 Detox Reduced Glutathione UltraNutrient Ultra Pure Pack	<b>Gymnema sylvestre</b> GlucoFunction <sup>†</sup> Glucose Support Formula <sup>†</sup>
<b>DPA (docosa pentasenoic acid)</b> Pro-Resolve Omega		<b>Glycine</b> Amino-NR Amino Replete Detox Pure Pack DIM Detox Glycine Liver-G.I. Detox <sup>†</sup> NAC + Glycine Powder Pure Tranquility liquid Sleep Solution (single dose liquid) Tri-Alkali UltraDetox 10-Day Pure Pack	<b>Hawthorn (Crataegus oxyacantha)</b> Detox Pure Pack Hawthorn extract UltraNutrient Ultra Pure Pack Vascular Relax BP <sup>†</sup>
<b>Dolichos biflorus</b> AdipoLean II		<b>GOS</b> Poly-Prebiotic powder	<b>I-Histidine</b> Amino-NR Amino Replete Essential Aminos
<b>Dong quai (Angelica sinensis)</b> PhytoBalance II		<b>Grape extract (Vitis vinifera)</b> Athletic Nutrients Athletic Pure Pack CurcumaSorb Mind	<b>Hemicellulase</b> Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl
<b>Elderberry</b> Daily Immune PureDefense w/NAC	<b>Fucoxanthin</b> XanthiTrim		<b>Hemp</b> Hemp CBD VESIsorb® Hemp extract VESIsorb® liquid
<b>Eleuthero (Eleutherococcus senticosus)</b> ADR Formula Daily Immune Daily Stress Formula <sup>†</sup> Energy Xtra Glucose Support Formula <sup>†</sup> Phyto-ADR PureResponse <sup>™</sup> Multivitamin	<b>GABA</b> Best-Rest Formula Emotional Wellness <sup>†</sup> GABA Pure Tranquility liquid	<b>Grape pip (seed) extract (Vitis vinifera)</b> Disc-Flex DopaPlus Grape Pip Hair/Skin/Nails Ultra Longevity Nutrients Macular Support Formula <sup>†</sup> MenoVive Men's Nutrients Men's Pure Pack Mitochondria-ATP Nitric Oxide Ultra Polyphenol Nutrients Resveratrol EXTRA Uric Acid Formula Ultra Pure Pack Vascular Relax BP <sup>†</sup> Women's Nutrients Women's Pure Pack	<b>Hespertin</b> Tribulus Formula
<b>EPA (eicosapentaenoic acid)</b> Athletic Pure Pack Detox Pure Pack DHA Ultimate EFA Essentials Energize Plus <sup>™</sup> Pure Pack EPA/DHA-CoQ <sub>10</sub> liquid EPA/DHA essentials EPA/DHA with lemon EPA/DHA liquid EPA Ultimate Krill-plex Men's Pure Pack NeuroMood Pure Pack O.N.E. Omega Pro-Resolve Omega PureLean® Pure Pack PureNutrients EPA/DHA Gummy Ultra Pure Pack VisionPro EPA/DHA/GLA <sup>†</sup> Women's Pure Pack	<b>Gamma oryzanol</b> Heartburn Essentials G.I. Integrity <sup>†</sup>		<b>Hesperidin (hesperidin methyl chalcone)</b> Aller-Essentials
<b>Evening primrose oil</b> E.P.O.	<b>Garlic</b> Garlic Complex		<b>HMRIlgan<sup>™</sup></b> DIM Detox MenoVive Women's Nutrients Women's Pure Pack
<b>Feverfew</b> Brain Reset	<b>Ginger (Zingiber officinale)</b> A.I. Formula Detox Pure Pack Ginger extract Glucosamine/MSM w/ joint comfort herbs MotilPro Phyto-4 UltraNutrient Ultra Pure Pack		<b>Hops</b> Best-Rest Formula MenoVive Phyto-4
<b>Flax seed</b> G.I. Fortify <sup>†</sup> G.I. Fortify <sup>†</sup> (capsules)	<b>Ginkgo biloba</b> Brain Reset Ginkgo 50 160 mg Memory Pro <sup>†</sup>		<b>Hyaluronic acid</b> Hyaluronic Acid Joint Complex <sup>†</sup> (single dose)
<b>Flower pollen extract</b> ProstaFlo	<b>Glucoamylase</b> Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl	<b>Grapefruit Seed extract</b> A.C. Formula II Grapefruit Seed extract	<b>5-Hydroxytryptophan</b> 5-HTP CarbCrave Complex Emotional Wellness <sup>†</sup> MotilPro NeuroMood Pure Pack NeuroPure SeroPlus
<b>Folate</b> Athletic Nutrients Athletic Pure Pack B-Complex Plus B6 Complex B <sub>12</sub> Folate Detox Pure Pack	<b>Glucomanan</b> PureLean® Fiber		<b>Indole-3-Carbinol</b> Indole-3-Carbinol
	<b>Glucose</b> Electrolyte/Energy formula		<b>Inositol</b> Athletic Nutrients Athletic Pure Pack GlutenAssure Multivitamin Inositol powder Junior Nutrients Lipotropic Detox Longevity Nutrients Men's Nutrients Men's Pure Pack NeuroMood Pure Pack O.N.E. <sup>™</sup> Multivitamin Polyphenol Nutrients

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



# INGREDIENTS LISTING (cont.)

PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack SeroPlus Women's Nutrients Women's Pure Pack	<b>Lactobacillus acidophilus</b> Probiotic-5 Probiotic 50B Probiotic 123 Probiotic G.I. Probiotic IMM PureBiOme™ G.I. PureBiOme™ Intensive PureProbiotic	PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureResponse™ Multivitamin UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients¹ Women's Nutrients Women's Pure Pack Vitamin A + Carotenoids	Polyphenol Nutrients Potassium Magnesium (citrate) PreNatal Nutrients PureLean® Fiber PureLean® Nutrients PureLean® Pure Pack Purely Complete Sleep Solution (single dose liquid) Tri-Alkali Vascular Relax BP² Women's Nutrients Women's Pure Pack
<b>Inositol hexaphosphate</b> IP6	<b>Lactobacillus casei</b> Probiotic G.I. Probiotic IMM	<b>Luteolin</b> Brain Reset Hist Reset LVR Formula Ultra B-Complex w/PQQ	<b>Magnesium (citrate/malate)</b> Calcium Magnesium (citrate/malate) Magnesium (citrate/malate) Mitochondria-ATP
<b>Invertase</b> Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl	<b>Lactobacillus gasseri</b> Probiotic 50B	<b>Lycopene</b> Athletic Nutrients Athletic Pure Pack Junior Nutrients Longevity Nutrients Lycopene Macular Support Formula¹ Men's Nutrients Men's Pure Pack Multi t/d NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureLean® B-Complex PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureLean® Protein Purely Complete PureNutrients Gummy PurePals PurePals (with iron) Trace Minerals Thyroid Support Complex¹ VisionPro Nutrients¹ Women's Nutrients Women's Pure Pack	<b>Magnesium (glycinate)</b> Magnesium (glycinate) Magnesium (glycinate) liquid Muscle Cramp/Tension Formula¹ PureLean® Protein PureLean® Pure Pack
<b>Iodine</b> Athletic Nutrients Athletic Pure Pack Energize Plus™ Pure Pack GlutenAssure Multivitamin Iodine (potassium iodide) Iodine and Tyrosine Junior Nutrients LiquiNutrients Longevity Nutrients Men's Nutrients Men's Pure Pack Mineral 650 Multi t/d NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics® B-Complex PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack PureLean® Protein Purely Complete PureNutrients Gummy PurePals PurePals (with iron) Trace Minerals Thyroid Support Complex¹ VisionPro Nutrients¹ Women's Nutrients Women's Pure Pack	<b>Lactobacillus helveticus</b> Probiotic Mood	<b>Lysine</b> Amino-NR Amino Replete Essential Aminos Ligament Restore¹ I-Lysine	<b>Magnesium (malate)</b> Cal/Mag (malate) 2:1 GlutenAssure Multivitamin Junior Nutrients OsteoBalance¹ ProSoothe II PureResponse™ Multivitamin RevitalAge™ Nerve SeroPlus
<b>Ipriflavone</b> +CAL+® with Ipriflavone	<b>Lactobacillus plantarum</b> Probiotic 50B Probiotic IMM PureProbiotic	<b>Maca</b> Maca-3 Men's Nutrients Men's Pure Pack MenoVive	<b>Magnesium (as sucrosomial® magnesium)</b> PureGenomics® UltraMultivitamin UltraMag Magnesium
<b>Iron (aspartate)</b> Iron-C	<b>Lactobacillus rhamnosus</b> Probiotic-5 Probiotic 50B PureProbiotic PureGG 25B	<b>Magnesium</b> Multi-Mineral liquid	<b>Magnesium-l-Threonate</b> CogniMag
<b>Iron (glycinate)</b> Iron-C Mineral 650 Nutrient 950 OptiFerin-C PreNatal Nutrients PurePals (with iron)	<b>Lactobacillus salivarius</b> Probiotic G.I.	<b>Magnesium (ascorbate)</b> Buffered Ascorbic Acid capsules/ powder PurePals PurePals (with iron)	<b>Magnolia officinalis</b> CarbCrave Complex Cortisol Calm¹ ProSoothe II Relora
<b>Iron (naturally occurring)</b> PureLean® Protein	<b>Lemon balm</b> Best-Rest Formula Daily Immune Daily Stress Formula¹ Memory Pro¹ Muscle Cramp/Tension Formula¹ Women's Nutrients Women's Pure Pack	<b>Magnesium (aspartate)</b> +CAL+® with Ipriflavone Detox Pure Pack Potassium Magnesium (aspartate) PurePals PurePals (with iron) UltraNutrient Ultra Pure Pack	<b>Maltodextrin</b> Electrolyte/Energy formula
<b>Iron (pyrophosphate)</b> Iron liquid Purely Complete	<b>I-Leucine</b> Amino-NR Amino Replete BCAA capsules/powder Essential Aminos	<b>Magnesium (citrate)</b> Athletic Nutrients Calcium (MCHA) with Magnesium Calcium Magnesium (citrate) Cal/Mag/D liquid Daily Stress Formula¹ Electrolyte/Energy formula GlucFunction¹ LiquiNutrients Magnesium Powder Men's Nutrients Men's Pure Pack Mineral 650 Muscle Cramp/Tension Formula Nutrient 950	<b>Manganese</b> +CAL+® with Ipriflavone Athletic Nutrients Athletic Pure Pack Detox Pure Pack Energize Plus™ Pure Pack Glucosamine Complex capsules Glucosamine+Chondroitin with Manganese capsules GlutenAssure Multivitamin Hair/Skin/Nails Ultra Junior Nutrients LiquiNutrients Longevity Nutrients Manganese (aspartate/citrate) Men's Nutrients Men's Pure Pack Mineral 650 NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin OsteoBalance¹ Polyphenol Nutrients PreNatal Nutrients PureGenomics® Multivitamin PureGenomics® UltraMultivitamin PureLean® Nutrients PureLean® Pure Pack Purely Complete PurePals PurePals (with iron) Trace Minerals UltraDetox 10-Day Pure Pack UltraNutrient
<b>7-Keto® (7-oxo-dehydroepiandrosterone-3β-acetate)</b> 7-KETO DHEA	<b>Licorice</b> ADR Formula PhytoBalance II		
<b>Konjac root</b> PureLean® Fiber	<b>Lion's Mare Mushroom</b> Brain Reset		
<b>Krill oil</b> Krill-plex	<b>Lipase</b> A.I. Enzymes Digestive Enzymes Chewable Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl Digestion GB Heartburn Essentials Pancreatic Enzyme Formula Pancreatic VegEnzymes		
<b>Lactase</b> Digestive Enzymes Chewable Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl Gluten/Dairy Digest	<b>Lithium</b> Lithium (orotate) Multi-Mineral liquid PureGenomics® UltraMultivitamin		

# INGREDIENTS LISTING (cont.)

Ultra Pure Pack VisionPro Nutrients <sup>†</sup> Women's Nutrients Women's Pure Pack	<b>Myo-inositol</b> Inositol powder	PureResponse™ Multivitamin SeroPlus Ultra B-Complex w/PQQ UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients <sup>†</sup> Women's Nutrients Women's Pure Pack	<b>Phosphatidylserine</b> Brain Reset Memory Pro <sup>†</sup> PS 100 (phosphatidylserine) PS Plus
<b>d-Mannose</b> Cranberry/d-Mannose d-Mannose	<b>N-Acetyl-d-Glucosamine</b> G.I. Integrity <sup>†</sup> Glucosamine Complex capsules		<b>Phytase</b> Digestive Enzymes Ultra Digestive Enzymes Ultra w/Betaine HCl
<b>Marshmallow root (Althaea officinalis)</b> DGL Plus G.I. Fortify <sup>†</sup> Heartburn Essentials	<b>N-Acetyl-L-Cysteine (NAC)</b> AntiOxidant Formula Athletic Nutrients Athletic Pure Pack Detox Pure Pack DIM Detox HM Complex Lithium (orotate) Liver-G.I. Detox <sup>†</sup> LVR Formula Macular Support Formula <sup>†</sup> Mitochondria-ATP NAC NAC + Glycine Powder Nutrient 950 with NAC Polyphenol Nutrients PureCell PureDefense w/NAC PureGenomics® UltraMultivitamin UltraDetox 10-Day Pure Pack	<b>No-flush niacin (inositol hexaniacinate/inositol nicotinate)</b> B-Complex Plus Bc Complex Detox Pure Pack Niacitol Nutrient 950 Ultra B-Complex w/PQQ UltraNutrient Ultra Pure Pack	<b>Phytosterol Complex</b> Beta-sitosterol CholestePure <sup>†</sup> CholestePure Plus II <sup>†</sup> SP Ultimate
<b>Melatonin</b> Best-Rest Formula Melatonin Melatonin liquid Melatonin-SR Sleep Solution (single dose liquid)		<b>Oligonol®</b> AdipoLean II	<b>Pine bark extract</b> Pycnogenol (pine bark extract) CurcumaSorb Mind
<b>L-Methionine</b> Amino-NR Amino Replete Detox Pure Pack DIM Detox Essential Aminos L-Methionine HM Complex Liver-G.I. Detox <sup>†</sup> Lipotropic Detox UltraDetox 10-Day Pure Pack	<b>Naringin</b> Acerola/Flavonoid	<b>Olive leaf (Olea europaea)</b> Olive Leaf extract Vascular Relax BP <sup>†</sup>	<b>Piper betle</b> AdipoLean II
<b>Methylsulfonylmethane (MSM)</b> Glucosamine+Chondroitin with MSM Glucosamine/MSM w/ joint comfort herbs Joint Complex <sup>†</sup> (single dose) MSM capsules/powder	<b>Nattokinase</b> NSK-SD	<b>Olive fruit (Olea europaea)</b> Polyphenol Nutrients	<b>Policosanol</b> Policosanol
<b>Milk protein</b> Purely Complete	<b>Nettle root</b> Men's Pure Pack Saw Palmetto Plus	<b>Ornithine</b> Growth Hormone Support <sup>†</sup>	<b>Pomegranate</b> Acai 600 Essential-C & flavonoids Longevity Nutrients Men's Nutrients Men's Pure Pack Polyphenol Nutrients Pomegranate Plus SP Ultimate Vascular Relax BP <sup>†</sup> Women's Nutrients Women's Pure Pack
<b>Milk thistle (Silybum marianum)</b> AntiOxidant Formula Detox Pure Pack Digestion GB DIM Detox Lipotropic Detox Liver-G.I. Detox <sup>†</sup> LVR Formula Silymarin SP Ultimate UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack	<b>Niacin</b> Athletic Nutrients Athletic Pure Pack Energize Plus™ Pure Pack GlutenAssure Multivitamin Longevity Nutrients Men's Nutrients Men's Pure Pack Multi t/d Polyphenol Nutrients PureLean® Nutrients PureLean® Pure Pack PurePals PurePals (with iron) Women's Nutrients Women's Pure Pack	<b>Ox bile</b> Digestion GB	<b>Pomegranate seed oil</b> XanthiTrim
<b>Modified citrus pectin</b> HM Complex UltraDetox 10-Day Pure Pack	<b>Niacinamide</b> Athletic Nutrients Athletic Pure Pack B-Complex liquid B-Complex Plus Bc Complex Daily Stress Formula <sup>†</sup> Detox Pure Pack Energize Plus™ Pure Pack GlutenAssure Multivitamin Hair/Skin/Nails Ultra Hist Reset Junior Nutrients LiquiNutrients Longevity Nutrients Men's Nutrients Men's Pure Pack Mitochondria-ATP Multi t/d Niacinamide NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics® Multivitamin PureGenomics® UltraMultivitamin Purely Complete PurePals PurePals (with iron) PureResponse™ Multivitamin Trace Minerals UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients <sup>†</sup>	<b>PABA</b> Hair/Skin/Nails Ultra	<b>Potassium (ascorbate)</b> Buffered Ascorbic Acid capsules/ powder
<b>Molybdenum</b> Detox Pure Pack Hist Reset Junior Nutrients Longevity Nutrients Mineral 650 NeuroMood Pure Pack Nutrient 950 O.N.E.™ Multivitamin Polyphenol Nutrients PreNatal Nutrients PureGenomics® Multivitamin PureGenomics® UltraMultivitamin Purely Complete PurePals PurePals (with iron) PureResponse™ Multivitamin Trace Minerals UltraDetox 10-Day Pure Pack UltraNutrient Ultra Pure Pack VisionPro Nutrients <sup>†</sup>		<b>Panax ginseng</b> ADR Formula Glucose Support Formula <sup>†</sup> Panax Ginseng Phyto-ADR PureCell	<b>Potassium (aspartate)</b> Detox Pure Pack Mineral 650 Nutrient 950 Polyphenol Nutrients Potassium (aspartate) Potassium Magnesium (aspartate) PurePals PurePals (with iron) UltraNutrient Ultra Pure Pack
<b>Motherwort (Leonurus cardiaca)</b> PhytoBalance II		<b>Pancreatin</b> Pancreatic Enzyme Formula Systemic Enzyme Complex	<b>Potassium (citrate)</b> Muscle Cramp/Tension Formula <sup>†</sup> Men's Nutrients Men's Pure Pack Potassium (citrate) Potassium Magnesium (citrate) PureLean® Nutrients PureLean® Pure Pack PureNutrients Gummy PureResponse™ Multivitamin Tri-Alkali Uric Acid Formula Women's Nutrients Women's Pure Pack
<b>Mucuna puriens</b> DopaPlus		<b>Pantethine</b> Pantethine	<b>Potassium</b> PureLean® Protein Purely Complete
		<b>Papain</b> A.I. Enzymes Systemic Enzyme Complex	<b>Potassium phosphate</b> Athletic Nutrients Athletic Pure Pack Electrolyte/Energy formula Purely Complete
		<b>Passion flower</b> Best-Rest Formula Emotional Wellness <sup>†</sup> Muscle Cramp/Tension Formula	<b>Prebiotics</b> PureLean® Fiber Poly-Prebiotic powder Arabinogalactan
		<b>Pea Protein</b> PureLean® Protein	<b>Pregnenolone</b> Pregnenolone
		<b>Perilla</b> EpiIntegrity powder Perilla extract TH2 Modulator	
		<b>Pepsin</b> Betaine HCl Pepsin	
		<b>Phellodendron amurense</b> CarbCrave Complex ProSoothe II Relora	
		<b>DL-Phenylalanine</b> Amino Replete CarbCrave Complex Cognitive Aminos DL-Phenylalanine NeuroMood Pure Pack NeuroPure Phyto UltraComfort <sup>†</sup>	
		<b>L-Phenylalanine</b> Amino-NR Essential Aminos Phosphatidylcholine	

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

# INGREDIENTS LISTING (cont.)

## I-Proline

Amino-NR  
Ligament Restore<sup>1</sup>

## Protease

A.I. Enzymes  
Digestion GB  
Digestive Enzymes Chewable  
Digestive Enzymes Ultra  
Digestive Enzymes Ultra w/Betaine HCl  
GlutenAssure Multivitamin  
Gluten/Dairy Digest  
Pancreatic Enzyme Formula  
Pancreatic VegEnzymes  
Systemic Enzyme Complex

## Prune powder

PureLean® Fiber

## Psyllium (*Plantago ovata*)

G.I. Fortify<sup>1</sup>  
G.I. Fortify<sup>1</sup> (capsules)

## Pterostilbene

PureLean® Nutrients  
PureLean® Pure Pack  
RevitalAge™ Ultra

## Pumpkin (*Curcubita pepo*) seed oil

Hist Reset  
Men's Pure Pack  
Saw Palmetto Plus

## Pygeum africanum

Men's Nutrients  
Men's Pure Pack  
Saw Palmetto Plus  
SP Ultimate

## Pyrroloquinoline quinone disodium salt

SR-CoQ<sub>10</sub> with PQQ  
Ultra B-Complex w/PQQ

## Quercetin

Acerola/Flavonoid  
A.I. Formula  
Aller-Essentials  
Daily Immune  
Essential-C & flavonoids  
Hist Reset  
NeuroMood Pure Pack  
NeuroPure  
Polyphenol Nutrients  
PureDefense w/NAC  
Quercetin  
Uric Acid Formula

## R-lipoic acid

R-Lipoic acid (stabilized)

## Raspberry (*Rubus idaeus*)

Açai 600  
Women's Pure Pack

## Red wine concentrate

Men's Nutrients  
Men's Pure Pack  
Resveratrol EXTRA  
Ultra Pure Pack  
Women's Nutrients  
Women's Pure Pack

## Reishi mushroom

M/R/S Mushroom Formula  
PureResponse™ Multivitamin

## Relora

CarbCrave Complex  
ProSoothe II  
Relora

## Resveratrol

Memory Pro<sup>1</sup>  
MenoVive  
Metabolic Xtra  
Mitochondria-ATP  
Nrf2 Detox  
RENUAL  
RevitalAge™ Ultra  
ResCu-SR®  
Resveratrol

Resveratrol EXTRA  
Resveratrol VESIsorb  
Ultra Pure Pack  
VisionPro Nutrients<sup>1</sup>

## Rhodiola Rosea

CarbCrave Complex  
Cortisol Calm<sup>1</sup>  
Daily Stress Formula<sup>1</sup>  
DopaPlus  
Emotional Wellness<sup>1</sup>  
Energy Xtra  
MenoVive  
Phyto-ADR  
ProSoothe II  
Rhodiola Rosea  
Women's Nutrients  
Women's Pure Pack

## d-Ribose

Ribose

## Rice protein concentrate

PureLean® Protein

## Rutin

A.I. Enzymes  
Essential-C & flavonoids  
Systemic Enzyme Complex

## Saccharomyces boulardii

PureBiOme™ Intensive  
Saccharomyces boulardii

## Saccharomyces cerevisiae dried fermentate

Aller-Essentials  
PureDefense w/NAC

## SAME

SAME

## Saw palmetto (*Serenoa repens*)

Men's Nutrients  
Men's Pure Pack  
Saw Palmetto 320  
Saw Palmetto Plus  
SP Ultimate

## Selenium (amino acid chelate)

PurePals  
PurePals (with iron)

## Selenium (citrate)

Selenium (citrate)

## Selenium (selenomethionine)

AntiFatigue Complex  
AntiOxidant Formula  
Athletic Nutrients  
Athletic Pure Pack  
Detox Pure Pack  
Energize Plus™ Pure Pack  
GlutenAssure Multivitamin  
HM Complex  
Junior Nutrients  
Longevity Nutrients  
Multi t/d  
Mineral 650  
NeuroMood Pure Pack  
Nutrient 950  
O.N.E.™ Multivitamin  
Polyphenol Nutrients  
PreNatal Nutrients  
PureCell  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Protein  
PureLean® Pure Pack  
PureResponse™ Multivitamin  
Selenium (selenomethionine)  
Thyroid Support Complex<sup>1</sup>  
Trace Minerals  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients<sup>1</sup>  
Women's Nutrients  
Women's Pure Pack

## Selenium (yeast-based)

Men's Nutrients  
Men's Pure Pack  
Longevity Nutrients  
SP Ultimate

## I-Serine

Amino-NR  
Amino Replete

## Serrapeptidase

Systemic Enzyme Complex

## Shiitake mushroom

M/R/S Mushroom Formula

## Silica

Hair/Skin/Nails Ultra  
Ligament Restore<sup>1</sup>  
OsteoBalance<sup>1</sup>  
Trace Minerals

## Slippery elm (*Ulmus fulva*)

DGL Plus  
G.I. Fortify<sup>1</sup>  
Heartburn Essentials

## Sodium chloride

Electrolyte/Energy formula

## Spinach

CogniMag  
PS Plus  
RevitalAge™ Ultra

## SPM (specialized pro-resolving mediators)

Pro-Resolve Omega

## Strawberry

Alpha Lipoic Acid with GlucoPhenol  
B-Complex liquid  
CogniMag  
PS Plus  
PureLean® Pure Pack  
RevitalAge™ Ultra

## Strontium (citrate)

Strontium (citrate)

## Streptococcus thermophilus

Probiotic G.I.

## Superfruit blend

Athletic Nutrients  
Athletic Pure Pack  
Amino-NR  
Cognitive Aminos  
Detox Pure Pack  
Digestion GB  
DIM Detox  
Lipotropic Detox  
Liver-G.I. Detox<sup>1</sup>  
NeuroMood Pure Pack  
PureLean® Nutrients  
PureLean® Protein  
PureLean® Pure Pack  
SeroPlus  
Taurine  
UltraDetox 10-Day Pure Pack  
VisionPro Nutrients<sup>1</sup>

## I-Theanine

Best-Rest Formula  
Caffphenol  
Cortisol Calm<sup>1</sup>  
Emotional Wellness<sup>1</sup>  
I-Theanine  
Pure Tranquility liquid  
Sleep Solution (single dose liquid)

## I-Threonine

Amino-NR  
Amino Replete  
Essential Aminos

## Tinospora cordifolia extract

Aller-Essentials

## Tolerase® prolyl endopeptidase

GlutenAssure Multivitamin

## Tribulus terrestris

Tribulus Formula

## Trimethylglycine (anhydrous betaine)

Lipotropic Detox  
Homocysteine Factors<sup>1</sup>

## Triphala

G.I. Fortify<sup>1</sup>

## Trypsin

Systemic Enzyme Complex

## Turkey Tails Mushroom

Coriolus extract

## Turmeric (*Curcuma longa*)

A.I. Formula  
CurcumaSorb  
CurcumaSorb Mind  
Curcumin  
Curcumin 500 with BioPerine®  
Detox Pure Pack  
Digestion GB  
Glucosamine/MSM w/ joint comfort herbs  
Heartburn Essentials  
Joint Complex<sup>1</sup> (single dose)  
Ligament Restore<sup>1</sup>  
Lipotropic Detox  
Liver-G.I. Detox<sup>1</sup>  
Longevity Nutrients  
LVR Formula  
Memory Pro<sup>1</sup>  
NeuroMood Pure Pack  
NeuroPure  
Phyto UltraComfort<sup>1</sup>  
Phyto-4  
PureCell  
ResCu-SR®  
SP Ultimate  
Thyroid Support Complex<sup>1</sup>  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
Women's Nutrients  
Women's Pure Pack

## I-Tyrosine

Amino-NR  
Amino Replete  
Cognitive Aminos  
Daily Stress Formula<sup>1</sup>  
DopaPlus  
Electrolyte/Energy formula (powder)  
Emotional Wellness<sup>1</sup>  
Iodine and Tyrosine  
Thyroid Support Complex<sup>1</sup>  
I-Tyrosine

## I-Tryptophan

Amino Replete  
Cognitive Aminos  
Essential Aminos  
I-Tryptophan

## Ubiquinol

Mitochondria-ATP  
Ubiquinol-QH  
Ubiquinol VESIsorb

## Urolithin A

RENUAL

## I-Valine

Amino-NR  
Amino Replete  
BCAA capsules/powder  
Essential Aminos  
Best-Rest Formula

## Valerian

Best-Rest Formula

## Vanadium (amino acid chelate)

PurePals  
PurePals (with iron)

## Vanadium (aspartate)

Detox Pure Pack  
Mineral 650

# INGREDIENTS LISTING (cont.)

Nutrient 950	Brain Reset	NeuroMood Pure Pack	Men's Nutrients
Polyphenol Nutrients	Daily Stress Formula <sup>†</sup>	Nutrient 950	Men's Pure Pack
UltraNutrient	Detox Pure Pack	O.N.E. <sup>™</sup> Multivitamin	Multi t/d
Ultra Pure Pack	Energize Plus <sup>™</sup> Pure Pack	Pantothenic Acid	NeuroMood Pure Pack
<b>Vanadium (BGOV)</b>	GlutenAssure Multivitamin	Phyto-ADR	Nutrient 950
Athletic Nutrients	Hist Reset	Polyphenol Nutrients	O.N.E. <sup>™</sup> Multivitamin
Athletic Pure Pack	Junior Nutrients	PreNatal Nutrients	Polyphenol Nutrients
GlucoFunction <sup>†</sup>	Longevity Nutrients	PureGenomics <sup>®</sup> B-Complex	PreNatal Nutrients
Longevity Nutrients	Men's Nutrients	PureGenomics <sup>®</sup> Multivitamin	PureGenomics <sup>®</sup> B-Complex
Men's Nutrients	Men's Pure Pack	PureGenomics <sup>®</sup> UltraMultivitamin	PureGenomics <sup>®</sup> Multivitamin
Men's Pure Pack	Mitochondria-ATP	PureLean <sup>®</sup> Nutrients	PureGenomics <sup>®</sup> UltraMultivitamin
PureLean <sup>®</sup> Nutrients	Multi t/d	PureLean <sup>®</sup> Pure Pack	PureLean <sup>®</sup> Nutrients
PureLean <sup>®</sup> Pure Pack	NeuroMood Pure Pack	PureLean <sup>®</sup> Protein	PureLean <sup>®</sup> Pure Pack
Trace Minerals	Nutrient 950	PureNutrients Gummy	PureLean <sup>®</sup> Protein
VisionPro Nutrients <sup>†</sup>	O.N.E. <sup>™</sup> Multivitamin	PurePals	Purely Complete
Women's Nutrients	Polyphenol Nutrients	PurePals (with iron)	PureNutrients Gummy
Women's Pure Pack	PreNatal Nutrients	PureResponse <sup>™</sup> Multivitamin	PurePals
<b>Vinpocetine</b>	PureGenomics <sup>®</sup> B-Complex	Ultra B-Complex w/PQQ	PurePals (with iron)
Memory Pro <sup>†</sup>	PureGenomics <sup>®</sup> Multivitamin	UltraDetox 10-Day Pure Pack	PureResponse <sup>™</sup> Multivitamin
Vinpocetine	PureGenomics <sup>®</sup> UltraMultivitamin	UltraNutrient	Ultra B-Complex w/PQQ
<b>Vitamin A</b>	PureLean <sup>®</sup> Nutrients	Ultra Pure Pack	UltraDetox 10-Day Pure Pack
GlutenAssure Multivitamin	PureLean <sup>®</sup> Protein	VisionPro Nutrients <sup>†</sup>	UltraNutrient
Junior Nutrients	PureLean <sup>®</sup> Pure Pack	Women's Nutrients	Ultra Pure Pack
Longevity Nutrients	Purely Complete	Women's Pure Pack	VisionPro Nutrients <sup>†</sup>
NeuroMood Pure Pack	PureNutrients Gummy		Women's Nutrients
O.N.E. <sup>™</sup> Multivitamin	PurePals		Women's Pure Pack
PureGenomics <sup>®</sup> Multivitamin	PurePals (with iron)	<b>Vitamin B<sub>6</sub> (pyridoxal 5' phosphate) (activated B<sub>6</sub>)</b>	
PureGenomics <sup>®</sup> UltraMultivitamin	PureResponse <sup>™</sup> Multivitamin	Amino-NR	<b>Vitamin B<sub>12</sub></b>
PureLean <sup>®</sup> Protein	Ultra B-Complex w/PQQ	Amino Replete	Purely Complete
Purely Complete	UltraDetox 10-Day Pure Pack	Athletic Nutrients	<b>Vitamin B<sub>12</sub> Adenosylcobalamin</b>
PureNutrients Gummy	UltraNutrient	Athletic Pure Pack	Adenosyl/Hydroxy B <sub>12</sub>
PurePals	Ultra Pure Pack	Best-Rest Formula	Adenosyl/Hydroxy B <sub>12</sub> liquid
PurePals (with iron)	VisionPro Nutrients <sup>†</sup>	B-Complex Plus	Amino-NR
PureResponse <sup>™</sup> Multivitamin	Women's Nutrients	B <sub>6</sub> Complex	GlutenAssure Multivitamin
Thyroid Support Complex <sup>†</sup>	Women's Pure Pack	CarbCrave Complex	Longevity Nutrients
UltraDetox 10-Day Pure Pack		Daily Stress Formula <sup>†</sup>	PureGenomics <sup>®</sup> B-Complex
VisionPro Nutrients <sup>†</sup>	<b>Vitamin B<sub>2</sub> (riboflavin 5' phosphate) (activated B<sub>2</sub>)</b>	Detox Pure Pack	PureGenomics <sup>®</sup> Multivitamin
Vitamin A 3,000 mcg	Athletic Nutrients	DopaPlus	PureGenomics <sup>®</sup> UltraMultivitamin
Vitamin A + Carotenoids	Athletic Pure Pack	Emotional Wellness <sup>†</sup>	PureResponse <sup>™</sup> Multivitamin
<b>Vitamin B<sub>1</sub> (thiamin)</b>	B-Complex liquid	Energize Plus <sup>™</sup> Pure Pack	Ultra B-Complex w/PQQ
Athletic Nutrients	B-Complex Plus	Folate 5,000 Plus	
Athletic Pure Pack	B <sub>6</sub> Complex	GlutenAssure Multivitamin	<b>Vitamin B<sub>12</sub> Hydroxycobalamin</b>
B-Complex liquid	Daily Stress Formula <sup>†</sup>	Homocysteine Factors <sup>†</sup>	Adenosyl/Hydroxy B <sub>12</sub>
B-Complex Plus	Detox Pure Pack	Junior Nutrients	Adenosyl/Hydroxy B <sub>12</sub> liquid
B <sub>6</sub> Complex	Energize Plus <sup>™</sup> Pure Pack	Longevity Nutrients	PureGenomics <sup>®</sup> B-Complex
Daily Stress Formula <sup>†</sup>	GlutenAssure Multivitamin	Men's Nutrients	PureGenomics <sup>®</sup> Multivitamin
Detox Pure Pack	Junior Nutrients	Men's Pure Pack	PureGenomics <sup>®</sup> UltraMultivitamin
Energize Plus <sup>™</sup> Pure Pack	LiquiNutrients	MethylAssist	PureResponse <sup>™</sup> Multivitamin
GlutenAssure Multivitamin	Longevity Nutrients	MotilPro	<b>Vitamin B<sub>12</sub> (methylcobalamin)</b>
Junior Nutrients	Men's Nutrients	NeuroMood Pure Pack	Athletic Nutrients
LiquiNutrients	Men's Pure Pack	NeuroPure	Athletic Pure Pack
Longevity Nutrients	Multi t/d	Nutrient 950	B-Complex liquid
Men's Nutrients	NeuroMood Pure Pack	O.N.E. <sup>™</sup> Multivitamin	B-Complex Plus
Men's Pure Pack	Nutrient 950	P <sub>5</sub> P 50	B <sub>6</sub> Complex
Mitochondria-ATP	O.N.E. <sup>™</sup> Multivitamin	Polyphenol Nutrients	B <sub>12</sub> Folate
Multi t/d	Polyphenol Nutrients	ProSoothe II	B <sub>12</sub> 5,000 liquid
NeuroMood Pure Pack	PureGenomics <sup>®</sup> B-Complex	PureGenomics <sup>®</sup> B-Complex	B <sub>12</sub> liquid
Nutrient 950	PureGenomics <sup>®</sup> Multivitamin	PureGenomics <sup>®</sup> Multivitamin	Daily Stress Formula <sup>†</sup>
O.N.E. <sup>™</sup> Multivitamin	PureGenomics <sup>®</sup> UltraMultivitamin	PureGenomics <sup>®</sup> UltraMultivitamin	Detox Pure Pack
Polyphenol Nutrients	PureLean <sup>®</sup> Nutrients	PureLean <sup>®</sup> Nutrients	Energize Plus <sup>™</sup> Pure Pack
PreNatal Nutrients	PureLean <sup>®</sup> Pure Pack	PureLean <sup>®</sup> Pure Pack	Folate 5,000 Plus
PureGenomics <sup>®</sup> B-Complex	PureResponse <sup>™</sup> Multivitamin	PureResponse <sup>™</sup> Multivitamin	GlutenAssure Multivitamin
PureGenomics <sup>®</sup> Multivitamin	Ultra B-Complex w/PQQ	RevitalAge <sup>™</sup> Nerve	Homocysteine Factors <sup>†</sup>
PureGenomics <sup>®</sup> UltraMultivitamin	UltraDetox 10-Day Pure Pack	SeroPlus	Junior Nutrients
PureLean <sup>®</sup> Nutrients	UltraNutrient	I-Tryptophan	Lipotropic Detox
PureLean <sup>®</sup> Pure Pack	Ultra Pure Pack	Ultra B-Complex w/PQQ	Longevity Nutrients
PureLean <sup>®</sup> Protein	VisionPro Nutrients <sup>†</sup>	UltraDetox 10-Day Pure Pack	Men's Nutrients
Purely Complete	Women's Nutrients	UltraNutrient	Men's Pure Pack
PureNutrients Gummy	Women's Pure Pack	Ultra Pure Pack	MethylAssist
PurePals		VisionPro Nutrients <sup>†</sup>	Methylcobalamin
PurePals (with iron)	<b>Vitamin B<sub>3</sub> (pantothenic acid) (calcium pantothenate)</b>	Women's Nutrients	Multi t/d
PureRepsonse <sup>™</sup> Multivitamin	ADR Formula	Women's Pure Pack	NeuroMood Pure Pack
Ultra B-Complex w/PQQ	Athletic Nutrients	<b>Vitamin B<sub>6</sub> (pyridoxine)</b>	Nutrient 950
UltraDetox 10-Day Pure Pack	Athletic Pure Pack	Athletic Nutrients	O.N.E. <sup>™</sup> Multivitamin
UltraNutrient	B-Complex liquid	Athletic Pure Pack	Polyphenol Nutrients
Ultra Pure Pack	B-Complex Plus	B-Complex liquid	PreNatal Nutrients
VisionPro Nutrients <sup>†</sup>	B <sub>6</sub> Complex	B-Complex Plus	PureGenomics <sup>®</sup> Multivitamin
Women's Nutrients	Daily Stress Formula <sup>†</sup>	B <sub>6</sub> Complex	PureLean <sup>®</sup> Nutrients
Women's Pure Pack	Detox Pure Pack	Daily Stress Formula <sup>†</sup>	PureLean <sup>®</sup> Pure Pack
<b>Vitamin B<sub>2</sub> (riboflavin)</b>	Energize Plus <sup>™</sup> Pure Pack	Detox Pure Pack	PureLean <sup>®</sup> Protein
AntiOxidant Formula	GlutenAssure Multivitamin	Energize Plus <sup>™</sup> Pure Pack	PureMelt B <sub>12</sub> Folate
Athletic Nutrients	Junior Nutrients	GlutenAssure Multivitamin	PureNutrients Gummy
Athletic Pure Pack	LiquiNutrients	Junior Nutrients	PurePals
B-Complex Plus	Longevity Nutrients	Lipotropic Detox	PurePals (with iron)
B <sub>6</sub> Complex	Men's Nutrients	LiquiNutrients	RevitalAge <sup>™</sup> Nerve
	Men's Pure Pack	Longevity Nutrients	Ultra B-Complex w/PQQ
	Multi t/d	Magnesium liquid	UltraDetox 10-Day Pure Pack
			UltraNutrient

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

# INGREDIENTS LISTING (cont.)

Ultra Pure Pack  
VisionPro Nutrients'  
Women's Nutrients  
Women's Pure Pack

## Vitamin C (ascorbyl palmitate)

AntiOxidant Formula  
Ascorbyl Palmitate  
Detox Pure Pack  
Macular Support Formula'  
UltraNutrient  
Ultra Pure Pack  
Vitamin C Chewables

## Vitamin C (ascorbic acid)

Acerola/Flavonoid  
Aller-Essentials  
Ascorbic Acid capsules/powder  
Athletic Nutrients  
Athletic Pure Pack  
Daily Immune  
Daily Stress Formula'  
Energize Plus™ Pure Pack  
Electrolyte/Energy formula  
EyeProtect Basics'  
GlucoFunction'  
GlutenAssure Multivitamin  
Hair/Skin/Nails Ultra  
Hist Reset  
Iron-C  
Junior Nutrients  
Ligament Restore'  
Liposomal Vitamin C liquid  
LiquiNutrients  
Longevity Nutrients  
Macular Support Formula'  
Men's Nutrients  
Men's Pure Pack  
Mitochondria-ATP  
Multi t/d  
NeuroMood Pure Pack  
Nitric Oxide Support  
Nutrient 950  
O.N.E.™ Multivitamin  
Polyphenol Nutrients  
PreNatal Nutrients  
PureDefense w/NAC  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
PureNutrients Gummy  
PurePals  
PurePals (with iron)  
PureResponse™ Multivitamin  
SeroPlus  
Thyroid Support Complex'  
UltraDetox 10-Day Pure Pack  
Uric Acid Formula  
VisionPro Nutrients'  
Vitamin C Chewables  
Vitamin C Gummy  
Women's Nutrients  
Women's Pure Pack

## Vitamin C (mineral ascorbates)

Buffered Ascorbic Acid capsules/  
powder  
Essential C® & flavonoids  
OptiFerin-C  
PureLean® Protein  
Purely Complete  
PurePals  
PurePals (with iron)  
Vitamin C Chewables

## Vitamin D3

Athletic Nutrients  
Athletic Pure Pack  
+Cal+® with Ipriflavone  
Calcium K/D  
Calcium with Vitamin D3  
Cal/Mag/D liquid  
Cortisol Calm'  
Daily Immune  
Detox Pure Pack  
Disc-Flex  
EmulsiSorb K2/D3 liquid  
Energize Plus™ Pure Pack  
GlutenAssure Multivitamin

Junior Nutrients  
LiquiNutrients  
Longevity Nutrients  
Men's Nutrients  
Men's Pure Pack  
Multi t/d  
NeuroMood Pure Pack  
Nutrient 950  
O.N.E.™ Multivitamin  
OsteoBalance'  
Polyphenol Nutrients  
PreNatal Nutrients  
ProSoothe II  
PureCell  
PureDefense w/NAC  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureHeart® K2D  
PureLean® Nutrients  
PureLean® Pure Pack  
PureLean® Protein  
Purely Complete  
PureNutrients Gummy  
PurePals  
PurePals (with iron)  
PureResponse™ Multivitamin  
SP Ultimate  
Synergy K  
Thyroid Support Complex'  
Tri-Alkali  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients'  
Vitamin D Gummy  
Vitamin D3  
Vitamin D3 liquid  
Vitamin D3 (Vegan)  
Vitamin D3 (Vegan) liquid  
Vitamin D3 VESIsorb  
Women's Nutrients  
Women's Pure Pack

## Vitamin E (mixed tocopherols)

Longevity Nutrients  
PureGenomics® UltraMultivitamin  
PurePals  
PurePals (with iron)  
PureResponse™ Multivitamin  
Vitamin E

## Vitamin E

AntiOxidant Formula  
Athletic Nutrients  
Athletic Pure Pack  
Detox Pure Pack  
Energize Plus™ Pure Pack  
EyeProtect Basics'  
GlutenAssure Multivitamin  
Junior Nutrients  
LiquiNutrients  
Longevity Nutrients  
Men's Nutrients  
Men's Pure Pack  
Mitochondria-ATP  
Multi t/d  
NeuroMood Pure Pack  
Nutrient 950  
O.N.E.™ Multivitamin  
Polyphenol Nutrients  
PreNatal Nutrients  
ProSoothe II  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
PureLean® Protein  
Purely Complete  
PureNutrients Gummy  
PurePals  
PurePals (with iron)  
PureResponse™ Multivitamin  
Q-Gel® 100  
SP Ultimate  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients'  
Women's Nutrients  
Women's Pure Pack

## Vitamin K1

+Cal+® with Ipriflavone  
Athletic Nutrients  
Athletic Pure Pack  
Calcium K/D  
GlutenAssure Multivitamin  
Junior Nutrients  
Longevity Nutrients  
Men's Nutrients  
Men's Pure Pack  
Nutrient 950 with Vitamin K  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
PureLean® Protein  
Purely Complete  
PureNutrients Gummy  
PureResponse™ Multivitamin  
Synergy K  
Women's Nutrients  
Women's Pure Pack

## Vitamin K2

Calcium K/D  
Disc-Flex  
EmulsiSorb K2/D3 liquid  
GlutenAssure Multivitamin  
Longevity Nutrients  
Nutrient 950 with Vitamin K  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureHeart® K2D  
PureResponse™ Multivitamin  
Synergy K

## Vitex (chaste tree)

Chaste tree (Vitex)  
PhytoBalance II  
ProSoothe II

## Whey protein isolate

PureLean® Whey  
WheyBasics

## Willow bark extract

Phyto UltraComfort'

## Xylooligosaccharides

PureLean® Fiber  
Poly-Prebiotic powder

## Zeaxanthin

Athletic Nutrients  
Athletic Pure Pack  
Beta Carotene  
Energize Plus™ Pure Pack  
Lutein/Zeaxanthin  
Longevity Nutrients  
Junior Nutrients  
Macular Support Formula'  
Men's Nutrients  
Men's Pure Pack  
Multi t/d  
NeuroMood Pure Pack  
Nutrient 950  
O.N.E.™ Multivitamin  
Polyphenol Nutrients  
PreNatal Nutrients  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureLean® Pure Pack  
PureResponse™ Multivitamin  
UltraDetox 10-Day Pure Pack  
UltraNutrient  
Ultra Pure Pack  
VisionPro Nutrients'  
Women's Nutrients  
Women's Pure Pack  
Vitamin A + Carotenoids

## Zinc (amino acid chelate)

PurePals  
PurePals (with iron)

## Zinc (citrate)

Athletic Nutrients  
Athletic Pure Pack  
Daily Immune  
EyeProtect Basics'

GlucoFunction'  
Hair/Skin/Nails Ultra  
HM Complex  
Junior Nutrients  
Longevity Nutrients  
Men's Nutrients  
Men's Pure Pack  
NeuroMood Pure Pack  
O.N.E.™ Multivitamin  
PreNatal Nutrients  
PureDefense w/NAC  
PureGenomics® Multivitamin  
PureGenomics® UltraMultivitamin  
PureLean® Nutrients  
PureNutrients Gummy  
PureLean® Pure Pack  
PureResponse™ Multivitamin  
SP Ultimate  
Thyroid Support Complex'  
UltraDetox 10-Day Pure Pack  
VisionPro Nutrients'  
Women's Nutrients  
Women's Pure Pack  
Zinc (citrate)  
Zinc Gummy

## Zinc (gluconate)

LiquiNutrients  
Purely Complete  
Zinc liquid 15 mg

## Zinc (glycinate)

PureLean® Protein

## Zinc-l-carnosine

Peptic-Care ZC'

## Zinc (picolinate)

AntiOxidant Formula  
+Cal+® with Ipriflavone  
Detox Pure Pack  
DopaPlus  
Energize Plus™ Pure Pack  
GlutenAssure Multivitamin  
Mineral 650  
Multi t/d  
NeuroMood Pure Pack  
NeuroPure  
Nutrient 950  
OsteoBalance'  
Polyphenol Nutrients  
SeroPlus  
Trace Minerals  
UltraNutrient  
Ultra Pure Pack  
Zinc 15  
Zinc 30

## Zinc (as Sucrosomial® zinc)

UltraZin Zinc



## DELIVERY FORM: Liquid/Powder/Chewable Formulas

Pure Encapsulations offers a wide variety of products in liquid, powder or chewable forms:

PRODUCT NAME	DELIVERY FORM	ORDER CODE	PG.#
Adenosyl/Hydroxy B <sub>12</sub> liquid	liquid	AHBL	26
Amino Replete	powder	AMR2	30
Ascorbic Acid powder	powder	AAP	31
B-Complex liquid	liquid	BCL1	35
B <sub>12</sub> 5,000 liquid	liquid	B125L	37
B <sub>12</sub> liquid	liquid	B12L	37
BCAA powder	powder	BCAP	39
Buffered Ascorbic Acid powder	powder	ABP32	44
Cal/Mag/D liquid	liquid	CML	46
Creatine powder 250 g / 500 g	powder	CRM2 / CRM5	59
D-Mannose powder 50 g / 100 g	powder	DMP5 / DMP1	62
Digestive Enzyme chewables	chewable tablet	DGC1	67
Electrolyte/Energy formula	powder	EEF3	71
EmulsiSorb K <sub>2</sub> D <sub>3</sub> liquid	liquid	EKDL	72
EPA/DHA liquid (lemon flavor)	liquid	EDL2	75
Epi-Integrity powder	powder	EIP1	76
G.I. Fortify <sup>†</sup>	powder	GIF4	80
L-Glutamine powder	powder	LGP	87
Hemp extract VESIsorb <sup>®</sup> liquid	liquid	HVL3	92
Inositol (powder)	powder	INP2	95
Iron liquid	liquid	IRL	97
KetoBrain Energy	powder	KBE3	100
Liposomal Glutathione liquid	liquid	LGL	102
Liposomal Vitamin C liquid	liquid	LCL	103
LiquiNutrients	liquid	LQN32	104
Magnesium (powder)	powder	MGP1	112
Magnesium Glycinate liquid	liquid	MGL4	113
Magnesium liquid	liquid	ML2	113
Melatonin liquid	liquid	MEL3	115
MSM powder	powder	MSMP	123
Multi-Mineral liquid	liquid	MML	123
NAC + Glycine powder	powder	NGY1	125
Nitric Oxide Support	powder	NOS16	129
Poly-Prebiotic powder	powder	PPRP1	142
Probiotic 123	powder	PRO6	149
Pure Tranquility liquid	liquid	PTL	152
PureDefense chewables	chewable tablet	PDK21	154
PureLean <sup>®</sup> Fiber	powder	PLFX3	159
PureLean <sup>®</sup> Protein	powder	PLPV6	161
PureLean <sup>®</sup> Whey	powder	PLW4	163
Purely Complete Chocolate	liquid	PCPC6	164
Purely Complete Vanilla	liquid	PCPV6	164
PureMelt B <sub>12</sub> Folate	dissolvable lozenge	PMLB9	165

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

## DELIVERY FORM: Liquid/Powder/Chewable Formulas (continued)

Pure Encapsulations offers a wide variety of products in liquid, powder or chewable forms:

PRODUCT NAME	DELIVERY FORM	ORDER CODE	PG.#
PureNutrients EPA/DHA Gummy	chewable gummy	PNEGB3	165
PureNutrients Gummy	chewable gummy	PNG1	166
PurePals	chewable tablet	PUPC9	167
PurePals (with iron)	chewable tablet	PUPI9	167
Ribose	powder	RI2	177
Sleep Solution (single dose liquid)	liquid	SLB6	181
SunButyrate™ -TG liquid	liquid	BTGL	182
Tri-Alkali	powder	TRI3	187
Vitamin C chewables	chewable tablet	VCC6	201
Vitamin C Gummy	chewable gummy	VCG1	202
Vitamin D Gummy	chewable gummy	VDG1	202
Vitamin D <sub>3</sub> (Vegan) liquid	liquid	VD3VL	204
Vitamin D <sub>3</sub> liquid	liquid	VDL	205
WheyBasics	powder	WBV4	206
Zinc chewables	chewable tablet	ZNC1	211
Zinc Gummy	chewable gummies	ZNG1	211
Zinc liquid 15 mg	liquid	Z15L	211



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1. Among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020.

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