

The image features a large, light green circular graphic of a tree with a thick trunk and many branches, set against a white background. The tree's canopy is filled with smaller, stylized leaves. The word "ROOTCOLOGY" is prominently displayed across the upper portion of the tree. The letters "ROOT" are in a bold, dark green font, while "COLOGY" is in a bold, blue font. A registered trademark symbol (®) is located at the top right of the word. A horizontal blue band with a thin green border runs across the middle of the image, containing the text "Product Guide" in a white, italicized serif font.

ROOTCOLOGY[®]

Product Guide

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Supplement Facts

Serving Size: 3 Capsules | Servings Per Container: 30

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|--|----------------|--|----------------|
| Vitamin C (as Ascorbic Acid) | 100 mg 111% | Ashwagandha (<i>Withania somnifera</i>)(root) [standardized to contain 1.5% withanolides] | 100 mg ** |
| Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate) | 5 mg 385% | Rhodiola (<i>Rhodiola rosea</i>) (root) [standardized to contain 3% rosavins and 1% salidroside] | 100 mg ** |
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 5 mg 294% | N-Acetyl L-Tyrosine | 75 mg ** |
| Pantothenic Acid (as d-Calcium Pantothenate) | 250 mg 5000% | Licorice (<i>Glycyrrhiza glabra</i>)(root) | 20 mg ** |
| Eleuthero (<i>Eleutherococcus senticosus</i>) (root) [standardized to contain 0.8% eleutherosides] | 250 mg ** | | |
| American Ginseng (<i>Panax quinquefolius</i>) (root) [standardized to contain 5% ginsenosides] | 100 mg ** | | |

* Percent Daily Value based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable magnesium stearate, silica.

Adrenal Support is a combination of adaptogenic herbs and nutrients that may help support normal adrenal function.*

The adrenal glands are responsible for releasing hormones such as cortisol and adrenaline, and play a large role in our stress response. These “stress hormones” impact many important functions throughout the body, and we need them in the right amounts to feel our best and to be able to get through stressful situations.

However, modern life is full of ongoing stressors that can tax the adrenal glands. Initially, this can result in consistently high levels of stress hormones, especially cortisol. When we experience chronic stress for a long period, the hypothalamic-pituitary-adrenal (HPA) axis becomes overwhelmed and desensitized to the usual feedback loop, and stops sending messages to the adrenals to produce more hormones or fewer hormones, no matter what’s happening. This can result in low levels of cortisol, as well as symptoms like fatigue, low mood, and difficulty handling even small amounts of stress.

HIGHLIGHTS

Adrenal Support contains B vitamins and vitamin C, which play a significant role in energy production and may support healthy adrenal function.* Tyrosine is an amino acid that is important for the production of thyroid hormone, as well as the neurotransmitters dopamine, epinephrine, and norepinephrine. Vitamin B6 is also a cofactor in the production of these neurotransmitters. While these nutrients are available in food, stress can increase our need for them beyond usual dietary intake.

ADAPTOGENS

Adaptogens are natural substances that help the body maintain normal hormone and neurotransmitter levels in response to stress. Adrenal Support features a blend of the adaptogenic herbs Rhodiola, ashwagandha, American ginseng, and eleuthero, which are known for their traditional use in Chinese and Ayurvedic medicine, to support a healthy stress response. Adrenal Support also contains licorice, which may help maintain optimal cortisol levels, potentially lessening the demand on the adrenal glands for increased cortisol production.*

RECOMMENDED USE

Start with one capsule daily and work your way up to three capsules once daily, as tolerated, in the morning, or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those sensitive to nightshades, as this product contains ashwagandha, which can be reactive for some people with nightshade sensitivities. Not to be used by those who are sensitive to licorice root extract, as licorice root extract may exacerbate water retention and high blood pressure. Do not use if you have a corn allergy, are pregnant or breastfeeding, or if you are allergic or sensitive to any of the ingredients in this supplement.

DO NOT TAKE if taking the following medications: alkylating agents, amiodarone, antidiabetic drugs, antihypertensive drugs, anticoagulant/antiplatelet drugs, antitumor antibiotics, benzodiazepines, blood thinners, cisplatin, CNS depressants, corticosteroids, cytochrome P450 1A2, 2B6 2C8, 2C9, 2C19, 3A4 substrates, digoxin, diuretics, escitalopram, estrogens, ethacrynic acid, fluphenazine, furosemide, HMG-CoA reductase inhibitors, immunosuppressants, indinavir, losartan, midazolam, monoamine oxidase inhibitors, niacin, organic anion-transporting polypeptide substrates, paclitaxel, P-glycoprotein substrates, phenobarbital, phenytoin, tetracycline antibiotics, thyroid hormone*. Adrenal Support may also interact with alcohol and aluminum.

***Note regarding thyroid hormone:** This product is not recommended for those with hyperthyroidism, as ashwagandha has been found to increase thyroid hormones. As recommended with any lifestyle interventions, individuals with hypothyroidism and normal thyroid function should monitor their levels of thyroid hormones while taking this supplement, and test thyroid hormone levels every 30-90 days to see if a medication adjustment is needed.

Please note: Adrenal Support uses a non-GMO corn-derived ingredient and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Three months to two years.

PACKAGE SIZE

90 capsules



Supplement Facts

Serving Size: About 1 Scoop (27.37 g)
Servings Per Container: About 30

| | Amount Per Serving | %DV* |
|-----------|--------------------|------|
| Calories | 110 | |
| Total Fat | 1 g | 1%* |
| Protein | 26 g | |
| Iron | 1.37 mg | 8% |
| Sodium | 190 mg | 8% |

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
** Daily Value not established.

Ingredients: Hydrolyzed Beef Protein.

Amino Profile

Typical Amino Acid Composition in Grams Per Serving

| Amino Acid | Per Serving |
|-----------------|-------------|
| Alanine | 2.41 g |
| Arginine | 2.06 g |
| Aspartic Acid | 1.64 g |
| Cystine | 0.03 g |
| Glutamic Acid | 3.01 g |
| Glycine | 5.48 g |
| Histidine | 0.30 g |
| Isoleucine | 0.47 g |
| Leucine | 1.01 g |
| Lysine | 1.04 g |
| Methionine | 0.25 g |
| Phenylalanine | 0.63 g |
| Proline | 3.29 g |
| Serine | 0.93 g |
| Threonine | 0.58 g |
| Tryptophan | 0.10 g |
| Tyrosine | 0.36 g |
| Valine | 0.82 g |
| Hydroxy Proline | 2.22 g |
| Hydroxy Lysine | 0.01 g |

Contents sold by weight, not volume. Some settling may occur during shipping and handling. The amount of product contained in 1 scoop may be above or below 27.37 grams due to variations in handling and product density.

AI Paleo Protein is an unflavored beef protein powder that delivers a powerful array of essential amino acids and nutrients that are naturally found in beef. Made with pure beef protein that is hydrolyzed into peptides, AI Paleo Protein provides both complete and collagen proteins in a highly bioavailable form.*

AI Paleo Protein is free of gluten, dairy, soy, hormones, additives, and sweeteners, making it an ideal choice for those who are following an Autoimmune Paleo lifestyle, sensitive to common protein powder ingredients, or seeking a clean, nutrient-dense, complete protein source.*

HIGHLIGHTS

- Pure protein derived from beef
- Provides 26 g of protein per serving
- Formulated for maximum digestibility and absorption*
- Source of complete and collagen proteins, including specific amino acids to support healthy joints, cartilage, and connective tissue*
- Supplies essential vitamins and minerals found in beef
- No gluten, dairy, or soy
- No antibiotics or synthetic hormones
- Unflavored – no additives or sweeteners
- Formulated with non-GMO ingredients

RECOMMENDED USE

Mix 1 scoop in 8-12 ounces of water daily as a dietary supplement, or as directed by your healthcare practitioner. Use a blender or shaker bottle, and shake or mix well. For best blending results, liquid should be at room temperature.

PRECAUTIONS

Not to be used by those who have been advised to follow a low protein diet, nor those with phenylketonuria, homocystinuria, or advanced kidney disease. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Although this is a food-based protein powder, please check with your doctor before using if you are pregnant or breastfeeding.

DURATION

Long-term.

PACKAGE SIZE

821.1 g (1.81 lbs) powder



Supplement Facts

Serving Size 1 capsule

| Amount Per Serving | % Daily Value |
|--|---------------|
| Aloe Vera (<i>Aloe barbadensis</i>)(leaf) (200:1) | 500 mg * |

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, stearates (vegetable source).

The cool, thick, gel extract from the leaves of the aloe vera plant (*Aloe barbadensis*) has long been used to soothe irritated skin, especially from topical burns and sunburns. In the same way that aloe vera cools irritated and inflamed skin, it can also soothe damaged and inflamed cells along the gastrointestinal (GI) tract, particularly in the stomach and intestines. For this reason, aloe may be beneficial for supporting gastric health and helping with the discomfort associated with occasionally compromised bowel function.

HIGHLIGHTS

- Promotes a healthy inflammatory response in the skin and GI tract
- Supports healthy tissue that lines the stomach
- Promotes a healthy microbial balance in the GI tract
- Helps slow the passage of material through the lower GI tract, potentially ameliorating the unpleasant effects of occasional diarrhea
- Exerts antioxidant properties, which may support a healthy balance of beneficial bacteria in the lower GI tract

WHY CHOOSE ROOTCOLOGY ALOE?

It takes 200 pounds of the aloe vera inner gel fillets to make one pound of this product's nourishing aloe extract. Our formula is prepared using a low-heat dehydration method with no filtering, which ensures that the aloe compounds with the most biological benefits remain intact, and that as much of the plant's natural makeup is retained as possible.

RECOMMENDED USE

As a dietary supplement, take one capsule per day, or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those who are pregnant or breastfeeding, diabetic, or have a bowel obstruction. Do not use if you are allergic or sensitive to latex⁺ or any of the ingredients in this supplement. Discontinue use at least two weeks prior to undergoing surgery.

Please check with your healthcare provider before using if you have intestinal issues such as Crohn's disease or ulcerative colitis.

DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic medications, blood thinners, corticosteroids including prednisone and prednisolone, cardiac glycoside drugs (eg. digoxin), diuretic medications, sevoflurane, or stimulant laxatives.

⁺This product is not recommended for those with latex allergies. Aloin (aloe latex) is a compound classified as an anthraquinone that comes from a thin layer of yellow sap that separates the outer rind from the inner gel-like portion of the leaf. Anthraquinones and certain proteins in aloe latex may cross-react with the proteins found in natural rubber latex (similar to cross-reactions between latex and foods like bananas or avocados). While random testing confirms that the Aloin results for our Aloe are below the detection limit of 0.1 ppm, we err on the side of caution for those with latex allergies, especially if the allergy is severe.

DURATION

Nine months to two years as part of TPO & TG Support.*
Can be taken long-term for maintenance, if helpful.

PACKAGE SIZE

60 vegetarian capsules



Supplement Facts

Serving Size: 6 Capsules | Servings Per Container: 15

| Amount Per Serving | % Daily Value |
|-----------------------------|---------------|
| L-Glutamine | 450 mg * |
| Glycine | 450 mg * |
| Methylsulfonylmethane (MSM) | 350 mg * |
| N-Acetyl-L-Cysteine | 250 mg * |
| Taurine | 250 mg * |
| Alpha-Ketoglutarate | 200 mg * |
| L-Glutathione | 200 mg * |
| L-Methionine | 200 mg * |
| L-Ornithine HCl | 200 mg * |
| Calcium-D-Glucarate USP | 200 mg * |

*Daily Value not established.

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

Amino Support is formulated to help support the body's natural cleansing process.*

Our modern environment is filled with chemicals and toxins found in things like pesticides, flame retardants, environmental toxins, heavy metals, makeup, household cleaners, body care products, and more. The liver is responsible for processing and excreting these toxins, as well as medications, hormones, and metabolizing byproducts of normal metabolic processes in the body.

HIGHLIGHTS

- **Taurine, methionine, MSM, & N-Acetyl-Cysteine (NAC)** – These amino acids and compounds that contain sulfur play a crucial role in the sulfation detoxification pathway. The liver uses sulfur to help escort certain toxins out of the body. This pathway requires adequate amounts of sulfur to work properly.
- **Glutathione** – The body's primary antioxidant and free radical neutralizer, supported by glutamine and NAC
- **Calcium-D-Glucarate** – Supports the glucuronidation pathway and helps stop an enzyme that can interfere with phase II detoxification.

DETOXIFICATION

Detoxification involves two distinct phases. Phase I involves the clearing out of toxins that are stored inside our fat cells. This phase utilizes chemical processes like oxidation, reduction, hydrolysis, hydration, and dehalogenation of fat-soluble toxins. Phase I prepares toxins for elimination in Phase II. These freed-up toxins can worsen the body's toxic load if Phase II doesn't appropriately kick in afterwards to remove them. Phase II is all about removing the freed-up toxic waste created in Phase I. Amino acids play a pivotal role in the efficiency of Phase II. If the body is deficient in certain amino acids, the pollutants freed up in Phase I can become more toxic. Amino Support contains the essential nutrients to support Phase II without stimulating Phase I.

Amino Support facilitates the excretion of toxins from the body and promotes overall wellness, making it perfect for anyone who wants to support healthy liver function.*

RECOMMENDED USE

Take two capsules, three times daily with meals, or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those with a sulfur sensitivity.

Consult with a practitioner before use if you have a corn allergy, or if you are pregnant or breast-feeding. Do not take with alcohol, or if you are allergic or sensitive to any of the ingredients in this supplement.

DO NOT TAKE if you are taking the following medications: ACE inhibitors, anticoagulant/antiplatelet drugs (including warfarin), anticonvulsants, antihypertensive drugs, chloroquine, clozapine, glucuronidated drugs, lactulose, lithium, nitroglycerin, and/or steroids.

Please note: Amino Support contains an ingredient derived from non-GMO corn, but does not contain corn in the finished raw material. While it is generally well-tolerated by those with corn sensitivities, please consult with your practitioner before use if you have a corn allergy or other individual concerns.

DURATION

One to two weeks for liver support
Two months for gut support

PACKAGE SIZE

90 capsules



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|--------------|--------------------|--------------|
| Benfotiamine | 300 mg | ** |

**Daily Value not established.

Other Ingredients: Microcrystalline cellulose, capsule (hypromellose and water), ascorbyl palmitate, silica, and medium-chain triglyceride oil.

Benfotiamine is a fat-soluble form of thiamine that exhibits greater bioavailability than water-soluble forms, and may help to maintain optimal thiamine levels in the body.*

Thiamine is one of the B vitamins, known as B1. Its main responsibility is to convert carbohydrates into energy. Thiamine also helps with the digestion of proteins and fats, as it is necessary for the proper release of hydrochloric acid in our stomachs (which is required for proper protein digestion). Given that low stomach acid is fairly common, it's important to have optimal levels of thiamine.*

While thiamine can be found in food, many dietary sources of B1 (fortified grains, beef liver, pork, dried milk, eggs, legumes, peas, nuts, and seeds) are omitted on grain-free diets. Additionally, B vitamins can become depleted during periods of occasional stress, increasing the importance of adequate thiamine intake.*

HIGHLIGHTS

- **Bioavailability** – Benfotiamine is a fat-soluble, more bioavailable form of thiamine, designed to support healthy absorption and retention of thiamine in the body, as well as to maintain effective delivery of thiamine to cells throughout the body.*
- **Healthy Thiamine Levels** – Thiamine plays an essential role in energy production, carbohydrate metabolism, nervous system function, and digestive enzyme activity. Maintaining healthy thiamine levels may help support overall well-being, especially in individuals with higher nutritional needs or dietary gaps.*
- **Cellular Energy Production** – Thiamine is required for key enzymatic reactions that convert carbohydrates into usable cellular energy. Benfotiamine supports mitochondrial health and may help reduce occasional fatigue associated with lifestyle-related metabolic slowdowns.*
- **Healthy Digestion and Nutrient Metabolism** – By aiding the breakdown of carbohydrates and supporting digestive enzyme activity, Benfotiamine may support digestive health and nutrient utilization, contributing to digestive comfort and overall wellness.*

RECOMMENDED USE

Take four capsules per day (600 mg total). May be taken as four capsules once daily, or as two capsules in the morning and two capsules in the evening, or as directed by your healthcare professional.

PRECAUTIONS

Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Consult with a physician before use if pregnant or breastfeeding.

No known medication interactions. If you are taking prescription medications, speak with your practitioner before using this product.

Thiamine supplementation should be avoided by those with advanced cancers. As thiamine is necessary for cell replication, tumors may steal the body's reserves of thiamine and use it to proliferate. Those with thiamine deficiency and cancer may benefit from working with an integrative cancer specialist, as some studies have found an inverse dose-response to thiamine in those with advanced tumors, where the effect changes as the dose increases.¹

¹Comin-Anduix B, Boren J, Martinez S et al. The effect of thiamine supplementation on tumour proliferation. *European Journal of Biochemistry*. 2001;268(15):4177-4182. doi:10.1046/j.1432-1327.2001.02329.x.

DURATION

Benfotiamine can be taken for one month to two years.

PACKAGE SIZE

120 capsules



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|---------------|--------------------|--------------|
| Berberine HCL | 1 g | ** |

**Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), dicalcium phosphate, ascorbyl palmitate, and silica.

Berberine is a plant-derived compound traditionally used in Ayurvedic and Chinese herbal medicine. In functional medicine, it's valued for supporting healthy blood sugar, metabolic balance, and gut integrity, while also helping to maintain a balanced microbiome and healthy immune function.*

HIGHLIGHTS

- **Highly concentrated:** RootCology's Berberine delivers 500 mg of berberine HCl per capsule.
- **High-quality, hypoallergenic ingredients:** Made with non-GMO ingredients, without common allergens such as gluten, dairy, soy, shellfish, peanuts, and tree nuts.
- **Promotes microbial balance:** Berberine contains alkaloid compounds, which may help support a balanced gut microbiome.
- **Supports metabolic health:** Research indicates that Berberine may help to maintain healthy oxidative balance and a normal inflammatory response, while also supporting healthy glucose and lipid metabolism — key factors involved in overall metabolic balance.¹⁻²
- **Helps maintain a healthy weight:** Berberine may support healthy lipid metabolism and glucose utilization, which assists the body in maintaining a healthy composition and weight when combined with balanced nutrition and physical activity.¹⁻³

RECOMMENDED USE

The recommended dose is two capsules twice daily, or as directed by your healthcare professional.

Please note: Depending on intended use and tolerance, an individual's ideal dose may be as little as one, or as many as four, capsules per day. The most common range in research for supporting cellular health, gut health, metabolic health, cardiovascular support, healthy weight management, inflammatory balance, and healthy blood sugar is 500 to 1500 mg per day in divided doses (i.e. 500 mg one to three times daily; often with meals).* Starting with one capsule per day and slowly working up to the target dose, is recommended.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, blood thinners, CNS depressants, cyclosporine, cytochrome P450 substrates (2C9, 2D6, 3A4), dextromethorphan, losartan, metformin, midazolam, pentobarbital, and/or tacrolimus.

DURATION

Berberine has been studied to be safe and effective when used daily for up to three years. Because it has various benefits, the duration you and your practitioner may choose may vary.

For gut health support, berberine is generally used for 2 weeks to 2 months.*

For metabolic health support, berberine may be used long-term. Many practitioners recommend cycling on and off for best results. For example, 8 weeks on, then 2-4 weeks off.*

PACKAGE SIZE

120 capsules

¹ Li Z, Geng YN, Jiang JD, Kong WJ. Antioxidant and anti-inflammatory activities of berberine in the treatment of diabetes mellitus. *Evid Based Complement Alternat Med*. 2014;2014:289264. doi:10.1155/2014/289264

² Och A, Och M, Nowak R, Podgórska D, Podgórski R. Berberine, a Herbal Metabolite in the Metabolic Syndrome: The Risk Factors, Course, and Consequences of the Disease. *Molecules*. 2022;27(4):1351. Published 2022 Feb 17. doi:10.3390/molecules27041351

³ Zamani M, Zarei M, Nikbaf-Shandiz M, Hosseini S, Shiraseb F, Asbaghi O. The effects of berberine supplementation on cardiovascular risk factors in adults: A systematic review and dose-response meta-analysis. *Front Nutr*. 2022;9:1013055. Published 2022 Oct 14. doi:10.3389/fnut.2022.1013055

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

| | Amount Per Serving | % Daily Value |
|-----------------------------|-----------------------|---------------|
| Betaine Hydrochloride (HCl) | 750 mg | * |
| Pepsin | 40 mg (500,000 FCC U) | * |

* Daily Value not established.

Other Ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable magnesium stearate, silica.

Betaine with Pepsin contains betaine hydrochloride (an amino acid derivative), and pepsin (a digestive enzyme), naturally occurring components of stomach acid that break down proteins. Taken with meals, this formula may help to support healthy digestive function, aid in the breakdown of protein-containing foods, and support optimal nutrient absorption.*

Low stomach acid is fairly common, especially for those with Hashimoto's. Signs that could indicate a person may benefit from Betaine with Pepsin include occasional digestive discomfort such as acid reflux (this condition, that is conventionally treated with an acid suppressant, can actually be caused by low stomach acid), constipation, and/or diarrhea, as well as low B12, ferritin, or iron levels, and fatigue despite optimal thyroid hormones.

HIGHLIGHTS

- Supports digestive health*
- Supports proper digestion of proteins*
- Assists with optimal absorption of nutritional substances*
- Helpful for occasional diarrhea and constipation*
- Formulated in a capsule to ensure delivery to the stomach, where betaine HCL and pepsin are needed for digestion

HYDROCHLORIC ACID & PEPSIN

Hydrochloric acid (HCl) is required for:

- the breakdown of protein
- optimal absorption of nutrients, including crucial thyroid-supportive nutrients such as vitamin B12 and minerals such as calcium, magnesium, zinc, iron, and selenium
- protection from pathogenic bacteria in the gut and food-borne microorganisms that can cause illness

HCl activates pepsin and other digestive enzymes, so low HCl may also result in low pepsin levels. Pepsin is an important enzyme because of its essential role in protein digestion.

RECOMMENDED USE

The recommended dose is 1-5 capsules with each protein containing meal (based on need), or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those with a corn allergy, a history of having any type of ulcer or gastritis, those with an active *H. pylori* infection, or those with an overproduction of stomach acid. Do not use if you are allergic or sensitive to pork or any of the ingredients in this supplement.

Consult with a doctor before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: blood thinners, NSAIDs, steroids, or other medications that may cause an ulcer.

Do not take with proton pump inhibitors and acid-suppressing medications, as these will negate the effect of this supplement.

Please note: Betaine with Pepsin uses a non-GMO corn-derived ingredient and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Long-term, if needed.

PACKAGE SIZE

120 capsules



Supplement Facts

Serving Size 2 softgels
Servings Per Container 30

| Amount Per Serving | | % Daily Value |
|---|--------|---------------|
| Black Cumin Seed Oil (<i>Nigella sativa</i>)(seed) | 1 g | * |
| Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols) | 125 mg | * |

*Daily Value not established.

Other Ingredients: Medium chain triglycerides, softgel ingredients (bovine gelatin, glycerine, purified water, annatto [color]).

Black Cumin Seed Extract is a synergistic blend of tocotrienols (a type of vitamin E) and black cumin seed oil (*Nigella sativa*). The seeds of *Nigella sativa* have been used for thousands of years as a traditional remedy for a wide range of health concerns, including support for digestive function, promotion of proper blood pressure, and healthy skin.

HIGHLIGHTS

- **Tocotrienols** - Vitamin E is a complex nutrient made up of 8 distinct compounds: 4 tocopherols and 4 tocotrienols. Most conventional supplements are rich in tocopherols, but tocotrienols have unique properties and effects in the body. Tocotrienols have been shown to play a role in maintaining a healthy inflammatory response, and may be beneficial for those with a buildup of fat in the liver, as well as those who need help managing healthy blood sugar and insulin levels. Tocotrienols are also more potent at protecting against cellular damage from harmful free radicals.*
- **Thymoquinone** - The primary compound in black cumin seed oil (thymoquinone) has antioxidant properties that may support a proper inflammatory response, promote a healthy immune system, and improve digestive function. It may also support skin health, and the maintenance of liver, kidney, and bone health. Research suggests that tocotrienols play a role in providing defense against oxidative stress (protecting cells from damage), and may help to maintain healthy cholesterol and triglyceride levels, and promote healthy blood sugar and insulin levels.*

RECOMMENDED USE

The recommended dose is two capsules, twice per day, with meals, or as directed by your healthcare practitioner.

PRECAUTIONS

This product may not be safe for those with gallbladder issues. Consult with a physician before use if pregnant or breastfeeding.

Discontinue use at least two weeks prior to undergoing surgery.

For best results, this product should not be taken within six hours of taking a vitamin E supplement containing D-alpha tocopherol.

DO NOT TAKE if taking the following medications: alkylating agents, anticoagulant/antiplatelet drugs, antitumor antibiotics, blood thinners, cyclosporine, cytochrome P450 substrates (3A4), and/or selumetinib.

DURATION

Eight weeks to one year as part of TPO & TG Support.*
Can be taken long-term for maintenance, if helpful.

PACKAGE SIZE

60 softgels



Supplement Facts

Serving Size 2 Chewable Tablets • Servings Per Container 90

| Amount Per 2 Tablets | % Daily Value | Amount Per 2 Tablets | % Daily Value |
|--|-----------------|--|---------------|
| Total Carbohydrate | <1 g <1%** | Hemicellulase/Pectinase/Phytase Complex | 80 HSUA * |
| Sugar Alcohol (xylitol, mannitol) | <1 g * | Phytase | 4 FTUA * |
| Comprehensive Enzyme Blend (microbially derived) | 320 mg * | Beta-Glucanase | 8 BGUA * |
| With the following enzyme activity: | | Alpha-Galactosidase | 40 AGSUA * |
| Carbohydrate Specific Enzymes | | Galactomannase | 80 HCUA * |
| Amylase | 732 BAUA * | Protein and Peptide Specific Enzymes | |
| Alpha-Amylase | 40 DUΔ * | Acid Protease | 20 SAPA * |
| Glucosylase (with isomaltase side chain activity) | 12 AGUA * | Alkaline Protease | 20 PCA * |
| Sugar Specific Enzymes | | Protease/Peptidase Complex with endopeptidase, exopeptidase, and DPP-IV activity | 16,000 HUTA * |
| Lactase | 600 ALUA * | Serratia peptidase from <i>Serratia marcescens</i> (enteric-coated) (Peptizyme SP*†) | 1,000 SPUA * |
| Sucrase (invertase) | 160 SUΔ * | Fat Specific Enzyme | |
| Maltase (diastase) | 80 DP*Δ * | Lipase | 600 FIPA * |
| Pullulanase (debranching enzyme with isomaltase side chain activity) | 10 UA * | | |
| Vegetable/Plant Fiber Specific Enzymes | | | |
| Cellulase | 200 CUΔ * | | |

Other ingredients: Stearic acid, silicon dioxide, natural cherry flavor, and licorice extract.

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, and sesame. No synthetic colors, flavors, or preservatives. Non-GMO. Vegetarian.

**Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Broad Spectrum Enzymes is a complete digestive support formula in an easy-to-take chewable tablet. This blend contains a comprehensive array of enzymes that assist in the breakdown of proteins, peptides, fats, carbohydrates, sugars, and plant fibers, supporting healthy digestion, absorption, and utilization of nutrients, and promoting intestinal comfort.*

HIGHLIGHTS

- **Supports Complete Nutrient Breakdown** - Helps promote the efficient conversion of food into its simplest, most absorbable forms, aiding in the digestion of complex foods such as grains, legumes, fruits, and vegetables.*
- **PH-tolerant** - Delivers a diverse range of microbial-based enzymes that work synergistically across a broad pH range to support digestion throughout the entire gastrointestinal tract.*
- **Gentle and Hypoallergenic** - Free from porcine and bovine enzymes, as well as fruit-derived enzymes like bromelain, papain, and kiwi, and formulated without soy or dairy, making it suitable for sensitive individuals.*
- **Promotes Digestive Comfort** - By supporting the breakdown of difficult-to-digest food components, Broad Spectrum Enzymes may help reduce occasional gas, bloating, or fullness associated with incomplete digestion.*

DIGESTIVE FUNCTION

Healthy digestion is essential for optimal nutrient absorption and overall well-being. Each class of food requires specific enzymes to be broken down into smaller, usable molecules. Over time, factors such as age, stress, dietary choices, and certain health conditions can affect the body's natural enzyme production, leading to occasional digestive discomfort.*

Broad Spectrum Enzymes delivers a diverse range of enzymes that work synergistically to support digestion:

- **Protein and Peptide Enzymes** (including protease and peptidase) aid in breaking down dietary proteins into smaller peptides and amino acids
- **Carbohydrate and Sugar Enzymes** (including amylase, lactase, maltase, and sucrase) help digest starches and sugars such as those in grains, legumes, and fruits
- **Fat and Fiber Enzymes** (such as lipase, cellulase, and hemicellulase) support the digestion of plant fibers, fats, and oils

Because it supports digestion of a broad range of foods, Broad Spectrum Enzymes is an excellent choice for anyone looking to optimize digestive health and nutrient absorption—especially those with diverse or variable diets.*

RECOMMENDED USE

Take 2 tablets at the beginning of each meal or as directed by your healthcare professional.

PRECAUTIONS

Do not use if gastritis, peptic ulcer, or heartburn is present, or if you are allergic or sensitive to any of the ingredients in this supplement.

This product may not be appropriate for those with known allergies to Aspergillus enzyme proteins, though non-specific mold allergies do not necessarily preclude use of fungal-based enzymes. Lysozyme is derived from egg white protein and is highly purified. However, this product may not be appropriate for those with classic allergic reactions (IgE mediated) to egg white.

Large amounts of proteolytic enzymes should not be taken in the absence of normal gastric mucosa.

Consult with a doctor before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: antiplatelet or anticoagulant drugs. Additionally, carbohydrases may increase intestinal glucose absorption and may thus interfere with the efficacy of oral hypoglycemic drugs or insulin.

DURATION

Broad Spectrum Enzymes can be taken long term, if needed.

PACKAGE SIZE

180 chewable tablets

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Supplement Facts

Serving Size 1 softgel

| Amount Per Serving | % Daily Value |
|----------------------------|---------------|
| Tributylin (as CoreBiome™) | 300 mg * |

*Daily Value not established.

Other Ingredients: Bovine gelatin, purified water, glycerine, black cumin seed oil (*Nigella sativa*), medium chain triglycerides.

Butyrate is a special type of fat that functions as a “Postbiotic,” a compound produced by beneficial colonic bacteria, as a result of the break-down of fibers via fermentation. Butyrate Balance features CoreBiome™, a form of tributyrin consisting of three molecules of butyric acid (butyrate), which promotes gut health and immune function by modulating intestinal flora, promoting colonocyte health, and supporting proper gut permeability.*

HIGHLIGHTS

Butyrate Balance may be beneficial for:

- Supporting integrity of the gut lining
- Supporting healthy gut flora
- Promoting regularity and healthy bowel function
- Supporting healthy immune function
- Promoting a normal inflammatory response in the GI tract

WHAT ARE POSTBIOTICS?

Contributors to gut health can be divided into three categories: prebiotic, probiotic, and postbiotic. Prebiotics are fibers the human body cannot digest, for example, the “resistant starch” found in unripe bananas. Because these fibers are not digested by enzymes in the small intestine, they arrive intact in the colon, where they serve as food for the beneficial bacteria—the “gut flora”—known as probiotics. “Postbiotics” is a new term for the compounds produced by these beneficial colonic bacteria as a result of them breaking down the fibers via fermentation. One of these compounds is butyrate, a special kind of fat that occurs naturally in dairy fats, as well as in some fermented vegetables. While the butyrate present in foods is primarily metabolized in the stomach and small intestine, the butyrate in Butyrate Balance withstands degradation in the upper GI tract and arrives in the colon, where its effects are targeted. Diets high in fiber support overall health, including gut health, but postbiotic compounds—beyond butyrate, in particular—may be crucial factors for healthy gut function.

RECOMMENDED USE

The recommended dose is one capsule per day at breakfast, or as directed by your healthcare practitioner.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

No known medication interactions. If you are taking prescription medications, speak with your practitioner before using this product.

DURATION

Butyrate Balance can be taken for one month or long-term.

PACKAGE SIZE

60 softgels

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

| | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| L-Carnitine (as L-Carnitine Tartrate) | 400 mg | * |
| Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl) | 100 mg | * |

* Daily Value not established.

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable magnesium stearate, silica.

L-Carnitine is derived from amino acids, and one of its main functions is to help convert fat into energy.* Both fat from our diet and stored body fat need carnitine to be transported into the mitochondria and transformed into usable energy.

When someone has low levels of carnitine, they may have difficulty losing body fat, may have reduced athletic performance, and may also struggle to keep their cholesterol and triglycerides at healthy levels.

L-carnitine is found in varying amounts in all foods, but red meat and dark meats are the richest sources of carnitine. While the body produces some of its own carnitine, certain situations and conditions may increase carnitine need beyond dietary sources and the body's production of it.

Acetyl-L-carnitine is another form of carnitine that has unique brain-supportive properties and may help to reduce mental fatigue.* Carnitine Blend combines these two forms of carnitine for optimal support.

HIGHLIGHTS

- **Vegetarians** – Vegans and vegetarians may especially benefit from carnitine supplementation. Those who limit their intake of red or dark meat may also benefit.
- **Healthy Weight Management** – Because of L-carnitine's crucial role in converting fat into energy, it may be helpful for weight loss and maintaining a healthy weight, especially in combination with exercise and a low-carbohydrate diet.*
- **Exercise Support** – Carnitine can support athletic performance through its ability to preserve lean muscle and support the body in burning fat for energy. It may also help people exercise for longer and at a higher intensity, because it may delay the "burn" and fatigue that we feel in our muscles during exercise. A low-carbohydrate diet can enhance this effect.*
- **Cardiovascular Support** – Carnitine may be beneficial for heart health by supporting healthy lipid levels in the body.* There is a high concentration of mitochondria in the heart, so optimal levels of carnitine are important for healthy heart function.
- **Brain Health** – Acetyl-L-carnitine has unique brain-supportive properties and may help to reduce mental fatigue because of its ability to cross the blood-brain barrier.*

RECOMMENDED USE

Take 1-4 capsules daily, before a meal, or as directed by your healthcare practitioner. (The dose studied for thyroid fatigue was around 2000 mg per day, approximately 4 capsules.)*

PRECAUTIONS

Not to be used with peripheral vascular disease, high blood pressure, liver disease due to alcoholism (cirrhosis), diabetes, kidney disease, or a history of seizures. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

DO NOT TAKE if taking the following medications: AZT, doxorubicin, isotretinoin (Accutane), valproic acid (Depakote), or blood thinners.

Carnitine may also affect Hormone Replacement Therapy, and may increase or cause an imbalance in testosterone levels.

DURATION

Three months to two years.

PACKAGE SIZE

120 capsules



Supplement Facts

Serving Size 1 softgel

| Amount Per Serving | % Daily Value |
|---|---------------|
| Curcumin Extract Powder (<i>Curcuma longa</i>)(root) (containing 380 mg curcuminoids: curcumin, demethoxycurcumin, bisdemethoxycurcumin) | 400 mg * |

*Daily Value not established.

Other Ingredients: Medium chain triglycerides, bovine gelatin, glycerine, turmeric oil, purified water, quillaja extract, beeswax, sunflower lecithin, DeltaGold® tocotrienols, annatto (color).

Curcumin Absorb is a highly bioavailable formulation containing a unique combination of three health-promoting compounds known as “curcuminoids,” which are derived from turmeric root: namely, curcumin, bisdemethoxy curcumin, and demethoxy curcumin. This comprehensive product also contains turmeric oil.

Turmeric is a bright yellow-orange spice popular as the main ingredient in Indian curry powders, and its high concentration of curcumin underlies the centuries-old use of this root in Ayurveda, traditional Indian medicine. The three curcuminoids in this product are the strongest, most protective and best researched constituents of turmeric root.

HIGHLIGHTS

Healthy Inflammatory Response – Like other “warming spices,” such as ginger, cinnamon, and cayenne, turmeric’s complement of curcuminoids helps to support a healthy inflammatory response in the body.

Immune System – A wealth of scientific research supports the benefits of curcuminoid compounds for assisting with a healthy immune system, along with its ability to support the body’s natural defense against bacteria.

Antioxidant Properties – Curcumin is known to be a powerful antioxidant. Curcumin Absorb is unique in that it increases levels of a major metabolite of curcumin, known as “tetrahydrocurcumin,” which has antioxidant effects greater than those of curcumin alone.

May also help to support:

- GI health
- Endocrine system
- Brain health
- Cardiovascular system
- Liver health

CURCUMIN ABSORPTION

Curcumin is made up of a crystalline structure that makes it difficult for the body to absorb. To overcome this hurdle, Curcumin Absorb is manufactured using an all-natural, proprietary process that helps to optimize the absorption of curcumin by the body. This delivery technology increases the absorption rate and reduces the absorption time for curcumin, and as a result, it may allow for superior effects through lower dosages.

RECOMMENDED USE

Take one softgel per day with a meal, or as directed by your healthcare practitioner.

PRECAUTIONS

Do not use if pregnant or breastfeeding, if you are a man trying to conceive, if you have gallbladder issues involving excess bile secretion/overactive bile formation, ulcers, blood thinning conditions, GI inflammatory conditions, or hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, or uterine fibroids.

If you have an allergy to bees, do not take this, or any other product containing beeswax. While rare, it is possible to have an allergic reaction.¹

If you are diabetic, be sure to monitor blood sugar levels while supplementing. Additionally, there have been reports of iron levels dropping in certain individuals who were taking a turmeric supplement. While these results remain inconclusive in the research, people with anemia or low iron levels should consult with their doctor before using a turmeric or curcumin supplement. Discontinue use at least two weeks before undergoing surgery.

DO NOT TAKE if taking the following medications: alkylating agents, amlodipine, anticoagulant/ antiplatelet drugs, antidiabetic drugs, antitumor antibiotics, blood thinners, cytochrome P450 3A4 (CYP3A4) substrates, hepatotoxic drugs, methotrexate, sulfasalazine, tacrolimus, talinolol, tamoxifen, topoisomerase I inhibitors, and/or warfarin.

¹ Beeswax: Overview, uses, side effects, precautions, interactions, dosing and reviews (no date) WebMD. Available at: <https://www.webmd.com/vitamins/ai/ingredientmono-305/beeswax> (Accessed: 20 October 2023).

DURATION

Long-term

PACKAGE SIZE

60 softgels



Supplement Facts

Serving Size: 8 grams (approx. one scoop)
Servings Per Container: 30

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|---|----------------|--|----------------|
| Calories | 15 | Sodium | 140 mg 6% |
| Total Carbohydrate | 4 g 1%* | Potassium (as potassium aspartate and potassium bicarbonate) | 170 mg 4% |
| Dietary Fiber | 1 g 4%* | | |
| Total Sugar | <1 g ** | D-Ribose | 757 mg ** |
| Vitamin C (ascorbic acid, as calcium ascorbate and magnesium ascorbate) | 1734 mg 1927% | Taurine | 379 mg ** |
| Calcium (as calcium ascorbate) | 49 mg 4% | Citrus Bioflavonoids Peel Complex | 14 mg ** |
| Magnesium (as magnesium ascorbate and di-magnesium malate) | 80 mg 19% | Quercetin (as quercetin dihydrate) | 13 mg ** |
| Chloride (as sodium chloride) | 190 mg 8% | Rutin | 7 mg ** |

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Inulin, Citric Acid, Natural Flavors, Silica, Stevia Leaf Extract.

Electrolyte Blend is a well-balanced formula that includes the electrolytes sodium, potassium, calcium, magnesium, and chloride, which may contribute to maintaining normal hydration levels. It also includes ingredients such as D-ribose, taurine, vitamin C, quercetin, and citrus bioflavonoids, which play a role in supporting normal electrolyte function, maintaining normal energy production, and aiding in exercise recovery.* It has a delicious lemon-orange flavor and is sweetened with a small amount of stevia.

HIGHLIGHTS

Heart Health – Electrolyte Blend may contribute to a feeling of vitality and energy, and can help support normal recovery from strenuous physical exercise. Electrolytes are important for overall health and essential for proper fluid balance in the body. They have an electrical charge that supports cell communication and the production of energy in the body. This blend also contains D-ribose, a simple sugar that is essential for energy production in cells, as well as the amino acid taurine, which supports the health of mitochondria (the “powerhouse” of our cells). Antioxidants vitamin C, quercetin, and citrus bioflavonoids support exercise recovery and can help the body’s defense against oxidative stress.*

Stress – We face a number of stressors in our modern environment including nutrient-poor diets, toxins, overbooked calendars, and a sedentary lifestyle. Our adrenal glands play an important role in maintaining balanced electrolytes and regulating levels of sodium and potassium. Chronic stress can tax the adrenals, which can result in electrolyte imbalances.

REPLENISHING ELECTROLYTES

Electrolytes can become depleted when we sweat excessively, either through vigorous exercise or activities like sauna. Additionally, the body can lose fluids during periods of occasional illness including vomiting or diarrhea. By supporting normal hydration, replenishing lost electrolytes can help aid in exercise recovery and maintain normal energy production. For those who eat a whole food diet, replenishing electrolytes can be helpful, as unprocessed foods are often naturally lower in sodium and may not provide enough electrolytes to adequately replenish levels associated with normal depletion.

RECOMMENDED USE

Mix 8 grams (approx. one scoop) in 10-12 ounces of water or other beverage, per day, or as directed by a healthcare practitioner.

PRECAUTIONS

Not to be used by those with a corn allergy. Electrolyte supplements may not be recommended for those with sodium-sensitive hypertension, those with a pacemaker, and those with high sodium or potassium levels. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Consult with a doctor before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: ACE inhibitors, aminoglycoside antibiotics, anticoagulant/antiplatelet drugs; antihypertensive drugs, antidiabetic drugs, angiotensin receptor blockers, antacids, bisphosphonates, blood thinners, calcium channel blockers, corticosteroids, didanosine, digoxin, insulin, levodopa/carbidopa, lithium, potassium-sparing diuretics, quinolone antibiotics, skeletal muscle relaxants, sodium phosphates, sulfonyleureas, tetracycline antibiotics, tolvaptan, and/or warfarin.

Please note: Electrolyte Blend uses non-GMO corn-derived ingredients and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Three months to two years

PACKAGE SIZE

8.5 oz (240 g) powder



Supplement Facts

Serving Size 1 softgel

| Amount Per Serving | % Daily Value |
|--|---------------|
| Garlicillin™ | 200 mg * |
| [Garlic oil (<i>Allium sativum</i>)(bulb) and parsley oil (<i>Petroselinum crispum</i>)(seed) blend containing 20 mg garlic diallyl sulfide, diallyl disulfide and diallyl trisulfide] | |

*Daily Value not established.

Other Ingredients: Olive oil, yellow beeswax, sunflower lecithin, bovine gelatin, glycerine, purified water, annatto (color), pharmaceutical glaze, carnauba wax.

Garlic Oil softgels contain Garlicillin™, a blend of garlic and parsley oils, with specified levels of garlic sulfides and ajoene, the most biologically effective compound formed from garlic. These softgels have a special coating designed to reduce the strong garlic odor that may occur from supplementing with garlic, while the parsley oil acts as a natural breath freshener.*

HIGHLIGHTS

Garlic Oil contains garlic sulfides which may support a healthy inflammatory response and protect against oxidative stress, plus ajoene which helps to promote a healthy inflammatory response, the maintenance of normal platelet function, and is responsible for many of garlic's other historically recognized effects, such as inhibiting the normal overgrowth of unfriendly organisms, including bacteria, parasites, and fungi (yeast).

RECOMMENDED USE

The recommended dose is one capsule twice per day, with meals, or as directed by your healthcare practitioner.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

If you have an allergy to bees, do not take this, or any other product containing beeswax. While rare, it is possible to have an allergic reaction.¹

DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, atazanavir, blood thinners, cytochrome P450 substrates (2E1, 3A4), isoniazid, protease inhibitors, saquinavir, sofosbuvir, tacrolimus, and/or warfarin.

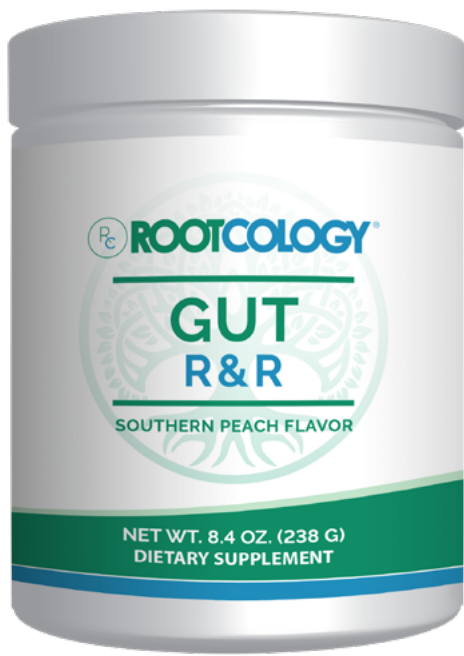
¹ Beeswax: Overview, uses, side effects, precautions, interactions, dosing and reviews (no date) WebMD. Available at: <https://www.webmd.com/vitamins/ai/ingredientmono-305/beeswax> (Accessed: 20 October 2023).

DURATION

Garlic Oil can be taken for one to three months.

PACKAGE SIZE

60 softgels



Supplement Facts

Serving Size: About 1 Scoop (8.5 g)
Servings Per Container: About 28

| | Amount Per Serving | %DV* |
|---|--------------------|------|
| Calories | 15 | |
| Total Carbohydrate | 4 g | 1%* |
| Dietary Fiber | <1 g | 3%* |
| Total Sugars | <1 g | ** |
| Iron | 0.49 mg | 3% |
| Zinc (as zinc-carnosine) | 16.1 mg | 146% |
| L-Glutamine | 3 g | ** |
| Glucosamine HCl | 1 g | ** |
| Apple Pectin Powder (fruit; <i>Malus pumila</i>) | 1 g | ** |
| Deglycyrrhizinated Licorice Powder (root; <i>Glycyrrhiza glabra</i>) | 400 mg | ** |
| Aloe Vera Leaf Gel Extract | 300 mg | ** |
| Slippery Elm Powder (bark; <i>Ulmus rubra</i>) | 200 mg | ** |
| Marshmallow Powder (root; <i>Althea officinalis</i>) | 100 mg | ** |
| Chamomile Powder (flower; <i>Matricaria chamomilla</i>) | 100 mg | ** |
| Okra Powder (fruit; <i>Abelmoschus esculentus</i>) | 100 mg | ** |
| Cat's Claw Powder (bark; <i>Uncaria tomentosa</i>) | 100 mg | ** |
| MSM (methylsulfonylmethane) | 100 mg | ** |
| Quercetin (as quercetin dihydrate) | 100 mg | ** |
| Prune Powder (fruit; <i>Prunus ssp.</i>) | 100 mg | ** |
| L-Carnosine (as zinc-carnosine) | 62 mg | ** |

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Inulin, Citric Acid, Natural Flavor, Silicon Dioxide, Stevia Leaf Extract.

Gut R&R is a blend of nutrients and botanicals designed to support optimal gut health. Gut R&R is sweetened with stevia leaf extract powder, and can be mixed into any beverage to support healthy gut function and motility.*

HIGHLIGHTS

Gut R&R contains herbs and nutrients that help to prevent toxins, allergens and microbes from crossing the gut lining, to promote gastrointestinal tract health and regularity, as well as support normal gut-related immune function, proper permeability and integrity of the gut lining, and a healthy inflammatory response.*

Gut R&R features:*

- **L-glutamine** - supports proper gut barrier integrity and healthy immune function
- **Zinc L-carnosine** - supports protection of the gut lining
- **Glucosamine HCl** - supports a normal inflammatory response
- **Methylsulfonylmethane (MSM)** - may help promote a normal inflammatory response and healthy immune function
- **Prune powder and apple pectin** - promotes bowel regularity
- **Botanical blend** (deglycyrrhizinated licorice (DGL) extract, aloe vera, marshmallow, okra extract, and cat's claw) - helps maintain the health of the intestinal lining by soothing and coating it

RECOMMENDED USE

Mix one scoop with 6-8 ounces of water or other beverage, or as directed by your healthcare practitioner.

PRECAUTIONS

Do not use if you have a corn allergy, or if you are pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: Anticoagulant/antiplatelet drugs, anticonvulsants, antidiabetic drugs, antihypertensive drugs, blood thinners, calcium channel blockers, cephalexin, cisplatin, CNS depressants, contraceptive drugs, corticosteroids, cyclosporine, cytochrome P450 substrates (1A2, 2B6, 2C8, 2C9, 2C19, 2D6, 3A4), diclofenac, digoxin, diuretics drugs, estrogens, immunosuppressants, integrase inhibitors, lithium, loop diuretics, losartan, lovastatin, midazolam, oral drugs, organic anion transporter 1 (OAT1) substrates, organic anion transporter 3 (OAT3) substrates, organic anion transporting polypeptides substrates (OATP), p-glycoprotein substrates, paclitaxel, penicillamine, pravastatin, quetiapine, quinolone antibiotics, ritonavir, stimulant laxatives, tamoxifen, tetracycline antibiotics, and/or topoisomerase II inhibitors.

Please note: Gut R&R uses a non-GMO corn-derived ingredient and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Gut R&R can be taken for four weeks to long-term.

PACKAGE SIZE

8.4 oz (238 g) powder



Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value |
|---|---------------|
| Vitamin C (as Ascorbic Acid) | 500 mg 556% |
| Zinc (from Zinc L-Carnosine 75 mg) | 17 mg 155% |
| Mastic Gum (<i>Pistacia lentiscus</i>)(sap tears) | 1 g * |
| Methylmethionine Sulfonium Chloride (Vitamin U) | 200 mg * |
| Deglycyrrhizinated Licorice Extract (GutGard®) (<i>Glycyrrhiza glabra</i>)(root) [standardized to contain 10% total flavonoids] | 150 mg * |

*Daily Value not established.

Other Ingredients: Dicalcium phosphate, cellulose (capsule), vegetable stearate, tricalcium phosphate, silicon dioxide.

HP Restore is a blend of botanical extracts and nutrients, which helps rebalance organisms in the stomach and restore a healthy intestinal lining. It may be helpful in managing occasional heartburn, bloating, abdominal pain, or upset stomach, and is offered in a quick-release capsule, which dissolves easily for fast action.*

HIGHLIGHTS

- **Mastic Gum** - a resinous substance from a tree originally native to the island of Chios in Greece. It has a long history of use in the Mediterranean and Middle East regions of the world where it has been chewed like gum for helping to relieve stomach pain. It also helps the body fight against unwanted organisms.
- **Methylmethionine Sulfonium** - a derivative of the amino acid, methionine, which is found abundantly in raw cabbage. The use of raw cabbage juice has been studied extensively, particularly in Russia and other countries of the former Soviet Union, for its ability to help support the health of the mucosa throughout the gastrointestinal (GI) tract.
- **Deglycyrrhizinated Licorice (DGL)** - a well-researched botanical for supporting the repair and maintenance of a healthy mucosal lining throughout the GI tract. It also possesses a rich supply of antioxidants which help to fight against unwanted organisms while preserving the helpful organisms in the GI tract.
- **Zinc Carnosine** - an important mineral chosen due to current research which shows that it helps maintain a healthy gastric microbial balance and offers protection for the mucosal lining.
- **Vitamin C** - known for its powerful health-supportive properties and its ability to aid the body in protecting against unwanted organisms.

RECOMMENDED USE

The recommended dose is two capsules, twice per day between meals on an empty stomach, or as directed by your healthcare practitioner.

PRECAUTIONS

Do not take if you have high blood pressure, or are allergic to mastic trees.

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: alkylating agents, aluminum, antihypertensive drugs, antitumor antibiotics, blood thinners, cephalexin, cisplatin, corticosteroids, cytochrome P450 2B6, 2C19, 2C8, 2C9, 3A4 substrates, digoxin, diuretic drugs, estrogens, fluphenazine, indinavir, integrase inhibitors, levothyroxine*, loop diuretics, midazolam, P-glycoprotein substrates, penicillamine, paclitaxel, quinolone antibiotics, ritonavir, tetracycline antibiotics, and/or warfarin.

*Mastic gum may help with reducing *H. pylori*-induced malabsorption of thyroid hormones, and may result in lowered requirements of thyroid hormones.* Testing thyroid hormone levels every 30-90 days to see if a medication adjustment is needed, is recommended while supplementing with HP Restore.

Please note: HP Restore uses a non-GMO corn-derived ingredient and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

This supplement can be taken for one to two months.

PACKAGE SIZE

120 vegetarian capsules



Supplement Facts

Serving Size: 3 Capsules | Servings Per Container: 30

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|---|-------------------|--|----------------|
| Vitamin A (as Mixed Carotenoids) | 1500 mcg RAE 167% | Taurine | 100 mg ** |
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 5 mg 294% | Inositol | 100 mg ** |
| Vitamin B-12 (as Methylcobalamin) | 15 mcg 625% | Ox Bile Extract | 75 mg ** |
| L-Methionine | 150 mg ** | Artichoke Extract (<i>Cynara scolymus</i>) (aerial parts) [standardized to contain 5% cynarin] | 75 mg ** |
| Milk Thistle Extract (<i>Silybum marianum</i>) (seed) [standardized to contain 80% silymarin] | 150 mg ** | Beet Powder (<i>Beta vulgaris L.</i>) (root) | 50 mg ** |

*Percent Daily Value based on a 2,000 calorie diet.

**Daily Value not established.

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

Liver & Gallbladder Support is designed to provide support for liver and gallbladder function. The liver is an important organ that is responsible for a multitude of processes: it filters the blood, stores glucose for energy, produces and secretes bile for fat digestion, and is necessary for converting T4 to T3, the active thyroid hormone. It's also our primary detoxification organ.

This product may benefit: those without a gallbladder, those in need of liver or gallbladder support, those who need support for fat digestion, anyone needing detoxification support, and anyone experiencing occasional digestive distress such as bloating and gas.*

HIGHLIGHTS

This specialized blend contains vitamins A, B6 and B12, L-methionine, milk thistle, taurine, inositol, ox bile, artichoke, and beet powder, to support the liver's ability to process fat, help maintain normal production of bile, and support a healthy bile flow.*

Milk thistle is commonly used to support detoxification, liver health, and bile flow, while fringe tree and artichoke can support the gut and healthy bile flow. Beetroot is rich in betaine, which supports fat digestion and absorption of fat-soluble vitamins.

BILE SUPPORT

Bile is a yellow-green fluid whose primary role is breaking down fats and assisting with the excretion of toxins and the body's waste products. The liver plays an important role in the production of bile, and the gallbladder stores and releases it when it is needed.

RECOMMENDED USE

Take three capsules per day with meals, or as directed by your healthcare practitioner.

DURATION

One to two weeks for liver support.
Long-term, if needed.

PRECAUTIONS

Not to be used by those with Addison's disease, a corn allergy, or a history of electrolyte imbalance. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Consult with a doctor before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: blood thinners, diuretics, dupilumab (Dupixent), steroid medications, or retinoids including acitretin (Soriatane), bexarotene (Targretin), etretinate (Tegison), isotretinoin (Accutane), tretinoin (Retin-A, Renova), and tazarotene (Avage), antidiabetic drugs, Cytochrome P450 1A2, 2B6, 2C19, or 2D6 substrates, diclofenac, glucuronidated drugs, HMG-CoA Reductase Inhibitors, immunosuppressants, lithium, monoamine oxidase inhibitors, monoclonal antibodies (MABs), morphine, niacin, p-glycoprotein substrates, quinolone antibiotics, raloxifene, sirolimus, or tamoxifen.

Furthermore, Liver & Gallbladder Support should not be taken by those using certain medications that have the potential to be toxic to the liver, including acetaminophen (Tylenol), amiodarone (Cordarone), carbamazepine (Tegretol), isoniazid (INH), methotrexate (Rheumatrex), methylidopa (Aldomet), or tetracycline-based antibiotics, including demeclocycline (Declomycin), minocycline (Minocin), and tetracycline.

This product contains milk thistle. Milk thistle has been known to cause gastrointestinal issues, itchiness, headaches, and can cause an allergic reaction in people who are allergic to other plants in the Asteraceae family, such as ragweed, daisies, marigolds, and chrysanthemums.

If you have diabetes, use milk thistle with caution, since the supplement might lower blood sugar. There is also concern that milk thistle might have estrogenic effects. If you have breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids, consider avoiding milk thistle.

Please note: Liver & Gallbladder Support uses non-GMO corn-derived ingredients and may contain a protein component that could cause an allergic response in those with corn allergies.

PACKAGE SIZE

90 capsules



Supplement Facts

Serving Size: 31 grams (approx. one scoop)
Servings Per Container: 21

| Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* | Amount Per Serving | % Daily Value* |
|---|---------------------|---|----------------|--|----------------|
| Calories | 90 | Iron (as ferrous fumarate) | 4 mg 22% | Calcium D-Glucarate USP | 300 mg † |
| Total Fat | 1.5 g 2%* | Phosphorus | 200 mg 16% | L-Cysteine | 250 mg † |
| Total Carbohydrate | 6 g 2%* | (as dipotassium phosphate) | | Milk Thistle | 200 mg † |
| Dietary Fiber | 1 g 4%* | Iodine (as potassium iodide) | 50 mcg 33% | (<i>Silybum marianum</i>) (seed) | |
| Protein | 14 g 28%* | Magnesium | 200 mg 48% | [standardized to contain 80% silymarin] | |
| Vitamin A | 1,460 mcg RAE 162% | (as Albion® magnesium bisglycinate chelate and magnesium oxide) | | Quercetin | 200 mg † |
| (as mixed carotenoids from algae) | | Zinc (as zinc bisglycinate chelate) | 7 mg 64% | Taurine | 200 mg † |
| Vitamin C (as sodium ascorbate) | 500 mg 56% | Selenium (as L-selenomethionine) | 50 mcg 91% | N-Acetyl-L-Cysteine | 150 mg † |
| Vitamin D (as cholecalciferol) | 1.25 mcg (50 IU) 6% | Copper | 1 mg 111% | L-Methionine | 100 mg † |
| Thiamin (vitamin b-1)(as thiamin HCl) | 3 mg 250% | (as Albion® copper bisglycinate chelate) | | Inositol | 100 mg † |
| Riboflavin | 3 mg 231% | Manganese | 1 mg 43% | Methylsulfonylmethane (MSM) | 100 mg † |
| (vitamin b-2) (as riboflavin-5-phosphate) | | (as Albion® manganese bisglycinate chelate) | | Sodium Sulfate | 100 mg † |
| Niacin (vitamin b-3) (as niacinamide) | 8 mg NE 50% | Chromium | 50 mcg 143% | Green Tea Extract | 100 mg † |
| Vitamin B-6 (as pyridoxal-5-phosphate) | 4 mg 235% | (as Albion® chromium nicotinate glycinate chelate) | | (<i>Camellia sinensis</i>) (leaves) [standardized to contain 98% polyphenols and 45% EGCG] | |
| Folate | 170 mcg DFE 43% | Molybdenum | 50 mcg 111% | L-Glutathione | 25 mg † |
| (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt) | | (as Albion® molybdenum glycinate chelate) | | Vitamin E Isomers | 10 mg † |
| Vitamin B-12 (as methylcobalamin) | 4 mcg 167% | Choline (as choline dihydrogen citrate) | 40 mg 7% | (as DeltaGold® delta and gamma tocotrienols) | |
| Biotin (as d-biotin) | 140 mcg 467% | Sodium (as sodium ascorbate/sulfate) | 160 mg 7% | Vanadium | 50 mcg † |
| Pantothenic Acid | 25 mg 500% | Potassium | 738 mg 16% | (as Albion® vanadium nicotinate glycinate chelate) | |
| (as d-calcium pantothenate) | | Glycine | 1.5 g † | | |
| Calcium | 290 mg 22% | L-Threonine | 550 mg † | | |
| (from Albion® dicalcium malate and calcium d-glucarate USP) | | L-Lysine | 550 mg † | | |

Ingredients: Pea protein isolate, organic tapioca starch, natural flavors, citric acid, silica, stevia leaf extract.

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Liver Reset contains a natural pea protein isolate to fuel detoxification pathways, as well as nutrients and antioxidants needed to support both phase I and phase II detoxification pathways, for safe and gentle detoxification. It also includes a comprehensive array of herbal hepatics and cholagogues to promote healthy liver function and elimination.*

Liver Reset is ideal for those who would like to safely support the liver while promoting gentle detoxification. It is also ideal for those who have allergies or sensitivities to gluten, dairy or egg proteins, and are looking for a fructose-free, naturally sweetened liver support product made with stevia.

HIGHLIGHTS

Liver Reset features pea protein isolate sourced from non-GMO peas. It mixes easily with water and is wonderful added to smoothies, to create a delicious and nutritious drink with a pleasant tropical punch flavor. Liver Reset is easy to digest and absorb, is free of gluten, dairy, and lactose, and contains an array of amino acids - including BCAAs (branched chain amino acids).

PLANT PROTEINS

Pea protein may have additional health benefits, including supporting normal blood pressure levels. This is because pea protein exhibits a similar mechanism to ACE inhibitors (medications used to treat high blood pressure), which help decrease tension in blood vessels and blood volume. By stimulating bile acid production, it may also be helpful for promoting healthy cholesterol levels.*

RECOMMENDED USE

Mix 31 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your healthcare practitioner.

DURATION

One to two weeks for liver support

PACKAGE SIZE

1.44 lbs (651 g) powder

PRECAUTIONS

Not to be used by those with Addison's disease, a corn allergy, or a history of electrolyte imbalance. Do not use if pregnant or breastfeeding, if you have a sulfur sensitivity, if you plan to consume alcohol, or if you are allergic or sensitive to pork or any of the ingredients in this supplement.

DO NOT TAKE if taking the following medications: blood thinners, diuretics, or steroid medications.

Do not use without consulting your practitioner if you are currently taking the following medications: ACE inhibitors, activated charcoal, adenosine, alkylating agents, aluminum, aminoglycoside antibiotics, amiodarone, amphetamines, angiotensin receptor blockers, anion-transporting polypeptide substrates, antacids, anticoagulant/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, antipsychotic drugs, antithyroid drugs, antitumor antibiotics, atazanavir, barbiturates, beta-adrenergic agonists, bisphosphonates, bortezomib, calcipotriene, calcium channel blockers, capecitabine, carbamazepine, ceftriaxone, cephalexin, chloroquine, cimetidine, cisplatin, clozapine, cocaine, contraceptive drugs, cyclosporine, cytochrome P450 1A2, 1B1, 2C8, 2C9, 2D6, 3A4 substrates, diclofenac, digoxin, diltiazem, dipyridamole, disulfiram, dolutegravir, elvitegravir, ephedrine, estrogens, 5-fluorouracil, fluphenazine, fluvoxamine, fosphenytoin, glucuronidated drugs, HMG-CoA Reductase Inhibitors, hepatotoxic drugs, immunosuppressants, indinavir, insulin, integrase inhibitors, koselugo, levothyroxine+, levodopa/carbidopa, lithium, losartan, methotrexate, midazolam, monoamine oxidase inhibitors, morphine, nadolol, niacin, nicotine, nitroglycerin, NMDA antagonists, organic anion-transporting polypeptide substrates, penicillamine, pentobarbital, p-glycoprotein substrates, phenobarbital, phenylpropranolamine, phenytoin, potassium-sparing diuretics, primidone, pyrimethamine, quinolone antibiotics, raloxifene, raltegravir, retinoids, riluzole, ritonavir, sirolimus, skeletal muscle relaxants, sotalol, statins, stimulant drugs, sulfasalazine, sulfonyleureas, tamoxifen, tetracycline antibiotics, theophylline, thiazide antibiotics, verapamil, warfarin.

+Note regarding levothyroxine: As liver supportive supplements may increase thyroid hormones, specifically T4 to T3 conversion, this product is not recommended for those with active hyperthyroidism. As recommended with any lifestyle interventions, individuals with hypothyroidism and normal thyroid function should monitor their levels of thyroid hormones while taking this supplement, and test thyroid hormone levels every 30-90 days to see if a medication adjustment is needed.

Please note: Liver Reset uses non-GMO corn-derived ingredients and may contain a protein component that could cause an allergic response in those with corn allergies.



Supplement Facts

Serving Size: About 1 Scoop (4.5 g)

Servings Per Container: 60

| | Amount Per Serving | % Daily Value* |
|----------------------------------|--------------------|----------------|
| Calories | 5 | |
| Total Carbohydrate | 2 g | 1%* |
| Magnesium (as magnesium citrate) | 300 mg | 71% |

* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Citric acid, natural flavors, pineapple fruit powder, stevia leaf extract, silica, beet root powder.

Magnesium Citrate Powder delivers 300 mg of magnesium per scoop in a refreshing natural mixed berry flavor.

Magnesium is a mineral that is essential for human function. It is required for more than 300 biochemical reactions in the body, including maintaining nerve and muscle function, supporting a healthy immune system, and supporting cardiovascular health. Magnesium also helps support strong bones, maintain healthy blood glucose levels, and aids in cellular energy production.* It is naturally present in a variety of foods, such as leafy green vegetables, whole grains, nuts, and seeds. However, when farmed and prepared in conventional ways, these foods often aren't as nutrient-rich and contain naturally occurring compounds that can limit magnesium absorption. Additionally, magnesium and calcium act as complementary minerals in the body. Since calcium is commonly added to the diet, many people may not get enough magnesium to match. Magnesium supplementation can help the body sustain an optimal balance between these two important minerals.*

HIGHLIGHTS

- Blends easily into water or beverage of choice
- Flexible servings
- No pills to swallow
- Refreshing natural mixed-berry flavor
- Naturally sweetened with stevia leaf extract

MAGNESIUM FUNCTIONS

- **Digestive Support** – Magnesium plays a role in maintaining normal bowel function. When fiber intake and hydration alone aren't enough, magnesium citrate may help support regularity and gentle digestive comfort.*
- **Energy Support** – Magnesium is a key cofactor for enzymes involved in cellular energy production, supporting healthy energy levels and metabolic function. It is particularly important in the conversion of carbohydrates into usable energy.*
- **Cardiovascular Support & Mineral Balance** – Magnesium plays a complementary role to calcium, helping the body maintain a healthy balance between these two essential minerals. This balance is important not only for muscles and bones but also for the heart and blood vessels. In citrate form, magnesium is well absorbed and aids in the body's natural processes for managing calcium, supporting overall mineral balance and cardiovascular health.*
- **Relaxation & Sleep Support** – By contributing to normal muscle relaxation and helping the nervous system maintain a calm state, adequate magnesium levels promote relaxation and support restorative sleep.*

RECOMMENDED USE

Mix 1 scoop in 6-8 ounces of water daily, at bedtime, or as directed by your healthcare practitioner.

PRECAUTIONS

Do not use if you have a corn, pineapple, or bromelain allergy, or are allergic or sensitive to any of the ingredients in this supplement.

Consult with a doctor before using if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: aminoglycoside antibiotics, antacids, bisphosphonates, blood thinners, calcium channel blockers, digoxin, ketamine, levodopa/carbidopa, potassium-sparing diuretics, quinolone antibiotics, skeletal muscle relaxants, sulfonyleureas, or tetracycline antibiotics.

Most people will find that the citrate version of magnesium induces relaxation and can aid in achieving a restful night of sleep. However, a small percentage of people will find that the opposite is true for them, while others may have diarrhea and further "movement" of the bowels that may not be desirable. In such cases, a different form of magnesium (such as magnesium glycinate) may be more suitable.

Please note: Magnesium Citrate Powder uses a non-GMO corn-derived ingredient and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Long-term

PACKAGE SIZE

270 g (9.52 oz) powder



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

| | Amount Per Serving | %DV* |
|--|--------------------|---------|
| Riboflavin (as Riboflavin-5-Phosphate) | 30 mg | 2,308% |
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 10 mg | 588% |
| Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt) | 3,400 mcg DFE | 850% |
| Vitamin B-12 (as Methylcobalamin) | 1,000 mcg | 41,667% |
| Trimethylglycine (TMG) (as Betaine Anhydrous) | 900 mg | ** |
| L-serine | 100 mg | ** |

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Hypromellose (capsule), dicalcium phosphate, microcrystalline cellulose, ascorbyl palmitate, silica.

MTHFR Pathways Pathways contains important nutrients that work together to support the metabolism of homocysteine and help maintain healthy homocysteine levels. Homocysteine is transformed into important end products such as taurine, cysteine, norepinephrine, and dopamine.*

Homocysteine is an amino acid that's produced during the breakdown of methionine, another amino acid. A healthy homocysteine pathway requires the presence of certain nutrients, especially B vitamins. A well-functioning homocysteine pathway is important for numerous aspects of health including normal detoxification, immune function, joint and cartilage health, cardiovascular health, and brain health.

High levels of homocysteine are linked to poor health outcomes, and can be used as a marker for overall health.

HIGHLIGHTS

MTHFR Pathways includes key nutrients that support homocysteine metabolism including vitamins B6, B12, and folate. Trimethylglycine and L-serine further support detoxification and the production of glutathione, the body's master antioxidant.*

HOMOCYSTEINE PATHWAY

A number of factors can deplete B vitamins and interfere with the breakdown of homocysteine, including a poor diet, stress, certain medications, and gut issues that contribute to poor absorption of nutrients. High levels of heavy metals can also interfere with this pathway, and deplete certain key vitamins such as B12. We may be exposed to heavy metals through air pollution, our homes, personal care products, and even mercury fillings (which can bind to certain amino acids necessary for the homocysteine pathway).

A well-functioning homocysteine pathway provides important nutrients for a number of reactions in the body, and keeping levels in a healthy range is beneficial for overall health.

RECOMMENDED USE

Take two capsules once daily with food, or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those with a sulfur sensitivity. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Consult with a doctor before using if you have a corn allergy, or are pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: 5-fluorouracil, ACE inhibitors, activated charcoal, aminoglycoside antibiotics, amiodarone, antacids, anticoagulants/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, atazanavir, bisphosphonates, blood thinners, calcium channel blockers, capecitabine, cephalexin, chloroquine, cisplatin, digoxin, fosphenytoin, integrase inhibitors, levodopa/carbidopa, methotrexate, nitroglycerin, phenobarbital, penicillamine, phenytoin, potassium-sparing diuretics, primidone, pyrimethamine, quinolone antibiotics, ritonavir, skeletal muscle relaxants, sulfonylureas, and/or tetracycline antibiotics.

Please note: MTHFR Pathways uses an ingredient derived from non-GMO corn, but does not contain corn in the finished product. While it is generally well-tolerated by those with corn sensitivities, please consult with your practitioner before use if you have a corn allergy or other individual concerns.

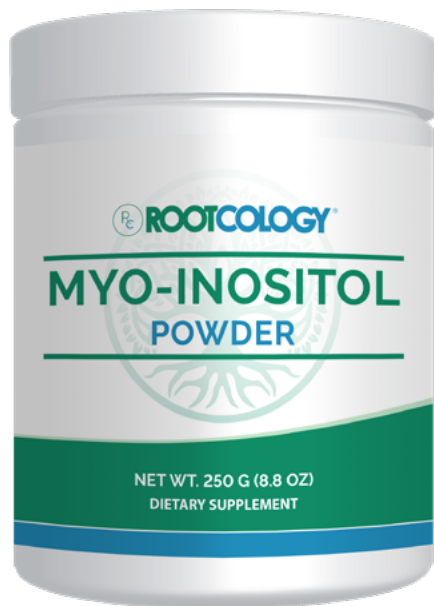
DURATION

One to two weeks for liver support.
Long-term for MTHFR gene variation.

PACKAGE SIZE

120 capsules

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Supplement Facts

Serving Size: About 1 Scoop (0.71 g)

Servings Per Container: About 345

| | Amount Per Serving | % Daily Value |
|--------------|--------------------|---------------|
| Myo-Inositol | 700 mg | ** |

** Daily Value not established.

Myo-inositol is a form of inositol, a type of natural sugar alcohol that's present in mammalian cells and serves key functions relating to hormone signal transduction throughout our endocrine system. Myo-Inositol is a multipurpose nutrient that supports a healthy mind, relaxation, and balanced moods. It may also be helpful in maintaining female hormone balance, and can support insulin sensitivity and normal carbohydrate metabolism.*

While a number of foods, such as fruit, grains, and beans, contain myo-inositol, it is bound to other compounds within the food and isn't absorbed in appreciable amounts, so supplementation of this nutrient can be helpful.

HIGHLIGHTS

- **Promotes relaxation** – Myo-inositol supports serotonin metabolism. Known as the “feel good transmitter”, proper levels of serotonin support feelings of relaxation.*
- **May help support restful sleep** - Due to its relaxing nature, myo-inositol can also help improve sleep quality, especially if taken before bed.*
- **Support balanced moods** – Through its role in supporting serotonin metabolism and brain health, myo-inositol can promote a healthy mood and stress response.*
- **Influences healthy female hormone levels** – Myo-inositol can help with female hormonal balance.*
- **Helps support healthy blood sugar** – Myo-inositol supports insulin sensitivity and carbohydrate metabolism, and may help keep blood sugar levels in a healthy range.*

RECOMMENDED USE

Mix 1 scoop (0.71 g) in 6-8 ounces of water daily or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those who have kidney disease or who may be already taking supplements, such as cleavers (a diuretic herb), that can affect the kidneys or the lymphatic system. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Consult with a practitioner before use if you have a corn allergy, are pregnant or breastfeeding, or if you have a history of heavy bleeding. People with diabetes taking myo-inositol, should watch for signs of low blood sugar (hypoglycemia), as myo-inositol may lower blood sugar and hemoglobin A1c levels.

DO NOT TAKE if taking the following medications: antidiabetic drugs, and/or blood thinners.

Rarely, myo-inositol has been associated with nausea, headaches, dizziness, fatigue or sleeplessness. If you experience these effects, discontinue taking it.

While research has shown that myo-inositol seems to have a normalizing effect on testosterone in women with PCOS, myo-inositol has been shown to increase testosterone in men with low levels of this hormone. Thus, myo-inositol can be used by both men and women. However, a word of caution for men who are sexually active: myo-inositol can increase sperm quality, leading to surprise pregnancies in partners of men who were previously thought to be infertile.

Please note: Myo-Inositol Powder contains an ingredient derived from non-GMO corn, but does not contain a detectable protein component which could cause an antigenic response, in the final product. While it is generally well-tolerated by those with corn sensitivities, please consult with your practitioner before use if you have a corn allergy or other individual concerns.

DURATION

Six months; long-term, if needed.

PACKAGE SIZE

250 g (8.8 oz) powder



| Supplement Facts | |
|---|---------------|
| Serving Size 1 softgel | |
| Amount Per Serving | % Daily Value |
| Oregano Oil (<i>Origanum vulgare</i>)(leaf) (36 mg carvacrol and thymol from 60-75% carvacrol oregano oil) | 60 mg * |
| *Daily Value not established. | |
| Other Ingredients: Olive oil, bovine gelatin, vegetable glycerine, purified water. | |

Oil of Oregano contains the oil from the oregano plant, which has traditionally been used in botanical medicine to support gastrointestinal tract health, by promoting intestinal cleansing and a healthy balance of gut bacteria. Each softgel is standardized to contain 36 mg of carvacrol and thymol (the primary compounds in oregano) from 60 to 75 percent carvacrol oregano oil, and is non-GMO.

Oil of Oregano may support the body's normal defenses against the overgrowth of yeast, fungi and unfriendly bacteria, making it a beneficial part of protocols targeted to support intestinal health. It is also a source of antioxidants, such as rosmarinic acid, which may be beneficial for supporting the immune system and a healthy response to inflammation.*

HIGHLIGHTS

Oil of Oregano may be helpful for:*

- Supporting intestinal health
- Supporting the immune system
- Promoting intestinal cleansing and a healthy balance of gut bacteria
- Promoting a healthy inflammatory response
- Antioxidant protection

SYNERGY WITH OLIVE OIL

Concentrated essential oils can be irritating to gastrointestinal mucosa. To avoid this, the oil of oregano in this product is emulsified in olive oil as a carrier. Emulsification also increases the surface area of the essential oil particles, which means a smaller amount of the essential oil may be effective for coming into contact with more of the inner surface of the small intestine, which is where it exerts most of its effects.*

RECOMMENDED USE

The recommended dose is one capsule, one to two times per day with meals, or as directed by your healthcare practitioner.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: anticoagulant/antiplatelet drugs, antidiabetic drugs, and/or blood thinners

DURATION

Oil of Oregano can be taken for one to two months.

PACKAGE SIZE

60 softgels



Supplement Facts

Serving Size 1 capsule

| Amount Per Serving | | % Daily Value |
|---|-------|---------------|
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 50 mg | 2941% |

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

P5P is pyridoxal-5-phosphate, the active form of vitamin B6. P5P is necessary for the production of neurotransmitters including gamma-aminobutyric acid (GABA – a calming neurotransmitter), the conversion of 5-HTP into serotonin (sometimes called the “feel good” neurotransmitter), and the conversion of L-DOPA into dopamine (a neurotransmitter involved in the “reward pathways” in the brain).

P5P also helps to maintain healthy blood glucose levels, facilitate the delivery of oxygen to tissues in the body, and is required for the conversion of homocysteine to the amino acid cysteine.

HIGHLIGHTS

P5P may be beneficial for:

- Supporting healthy blood glucose levels
- Supporting healthy energy levels
- Promoting a positive mental outlook
- Supporting a balanced response to stress
- Supporting a healthy mood during the menstrual cycle
- Water retention

METABOLICALLY ACTIVE B6

Vitamin B6 occurs in three forms – pyridoxine hydrochloride, pyridoxal, and pyridoxamine – all of which must be converted into activated P5P by the liver. P5P is the bioactive form of vitamin B6, which the body uses and requires for biochemical processes that are critical to physical and mental health. While vitamin B6 is found in some foods, health challenges may impair the body's ability to convert B6 into P5P, and periods of stress or illness may increase the body's need for B6. Elderly individuals, those who consume large amounts of alcohol, and people with suboptimal liver health may benefit from supplemental amounts of P5P.

RECOMMENDED USE

The recommended dose is one capsule per day, at any time, with food, or as directed by your health-care practitioner.

PRECAUTIONS

Excessive amounts (over 300 mg/day) on an ongoing basis may result in toxicity. Toxicity has only been associated with excessive supplementation and not dietary overload.

Research has found that B6 toxicity symptoms usually do not develop at doses of less than 1000 mg per day; however, in a subset of people, there appears to be some intolerance relating to vitamin B6 and supplementation can cause neuropathy symptoms. There are some case reports indicating sensory neuropathies (tingling or loss of sensation) at doses less than 500 mg in some patients who had been taking B6 for several months. There are no studies showing sensory nerve symptoms at a daily intake of below 200 mg per day.⁴

Toxicity typically manifests as symptoms of peripheral neuropathy (nerve pain, numbness, tremors, twitching at body extremities), gastrointestinal issues, skin issues, photosensitivity, sleep disorders, hyperesthesia (sensitivity to sound, light, smell, or touch), nausea, dizziness and ataxia (lack of coordination and muscle control).

Do not exceed doses above 300 mg daily. Discontinue if experiencing any of the following symptoms, as they may indicate toxicity: peripheral neuropathy (nerve pain, numbness, tremors, twitching at body extremities), gastrointestinal issues, skin issues, photosensitivity, sleep disorders, hyperesthesia (sensitivity to sound, light, smell, or touch) nausea, dizziness, and/or ataxia (lack of coordination and muscle control).

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: amiodarone, antihypertensive drugs, blood thinners, phenobarbital, and/or phenytoin.

⁴ Hemminger A, Wills BK. Vitamin B6 toxicity. [Updated 2022 Jan 10]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK54500/>

DURATION

This supplement can be taken for three months to two years.

PACKAGE SIZE

120 vegetarian capsules



Supplement Facts

Serving Size: About 1 Scoop (29.5 g)
Servings Per Container: About 30

| | Amount Per Serving | %DV* |
|---------------------------------------|--------------------|------|
| Calories | 120 | |
| Calories from Saturated Fat | 15 | |
| Total Fat | 2 g | 3%* |
| Saturated Fat | 1.5 g | 8%* |
| Total Carbohydrate | 4 g | 1%* |
| Dietary Fiber | 1 g | 4%* |
| Protein | 21 g | |
| Iron (from cocoa powder) | 2.4 mg | 13% |
| Sodium (from hydrolyzed beef protein) | 150 mg | 7% |
| Potassium (from cocoa powder) | 176 mg | 4% |

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
** Daily Value not established.

Ingredients: Hydrolyzed Beef Protein, Cocoa Powder Processed With Alkali, Medium Chain Triglycerides, Natural Flavors, Silicon Dioxide, Rebaisidose A (from stevia leaf extract).

Amino Profile

Typical Amino Acid Composition in Grams Per Serving

| Amino Acid | Per Serving |
|----------------|-------------|
| Cystine | 0.02 g |
| Methionine | 0.2 g |
| Aspartic Acid | 1.33 g |
| Threonine | 0.46 g |
| Serine | 0.75 g |
| Glutamic Acid | 2.43 g |
| Proline | 2.65 g |
| Glycine | 4.42 g |
| Alanine | 1.95 g |
| Hydroxyproline | 2.25 g |
| Valine | 0.66 g |
| Isoleucine | 0.38 g |
| Leucine | 0.82 g |
| Tyrosine | 0.29 g |
| Phenylalanine | 0.51 g |
| Histidine | 0.24 g |
| Lysine | 0.84 g |
| Arginine | 1.66 g |
| Tryptophan | 0.08 g |

Paleo Protein - Chocolate is a delicious chocolate-flavored beef protein powder that delivers a powerful array of essential amino acids and nutrients that are naturally found in beef. Made with pure beef protein that is hydrolyzed into peptides, Paleo Protein provides both complete and collagen proteins in a highly bioavailable form.*

Paleo Protein is free of gluten, dairy, soy, hormones and artificial additives, and is naturally sweetened, making it an ideal choice for those following a Paleo lifestyle or seeking a clean, nutrient-dense protein source.*

HIGHLIGHTS

- Pure protein derived from beef
- Formulated for maximum digestibility and absorption*
- Source of complete and collagen proteins, including specific amino acids to support healthy joints, cartilage, and connective tissue*
- Supplies essential vitamins and minerals found in beef
- No gluten, dairy, or soy
- No antibiotics or synthetic hormones
- Sweetened with stevia – no artificial sweeteners or refined sugar
- Formulated with non-GMO ingredients

RECOMMENDED USE

Mix 1 scoop in 8-12 ounces of water daily as a dietary supplement, or as directed by your healthcare practitioner. Use a blender or shaker bottle, and shake or mix well. For best blending results, liquid should be at room temperature.

PRECAUTIONS

Not to be used by those with a corn allergy, or those who need to be on low protein diets, nor those with phenylketonuria, homocystinuria, or advanced kidney disease. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Although this protein powder is made from real food sources, please check with your doctor before using if you are pregnant or breastfeeding.

Please note: Paleo Protein - Chocolate uses non-GMO corn-derived ingredients and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Long-term

PACKAGE SIZE

885 g (1.95 lbs) powder



Supplement Facts

Serving Size: About 1 Scoop (27 g)
Servings Per Container: About 30

| | Amount Per Serving | %DV* |
|---------------------------------------|--------------------|------|
| Calories | 110 | |
| Calories from Saturated Fat | 15 | |
| Total Fat | 1.5 g | 2%* |
| Saturated Fat | 1.5 g | 8%* |
| Total Carbohydrate | 3 g | 1%* |
| Sugar | <1 g | ** |
| Protein | 21 g | |
| Sodium (from hydrolyzed beef protein) | 150 mg | 7% |

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

** Daily Value not established.

Ingredients: Hydrolyzed Beef Protein, Natural Flavors, Medium Chain Triglycerides, Silicon Dioxide, Rebaudioside A (from stevia leaf extract).

Amino Profile

Typical Amino Acid Composition in Grams Per Serving

| Amino Acid | Per Serving |
|----------------|-------------|
| Cystine | 0.02 g |
| Methionine | 0.2 g |
| Aspartic Acid | 1.33 g |
| Threonine | 0.46 g |
| Serine | 0.75 g |
| Glutamic Acid | 2.43 g |
| Proline | 2.65 g |
| Glycine | 4.42 g |
| Alanine | 1.95 g |
| Hydroxyproline | 2.25 g |
| Valine | 0.66 g |
| Isoleucine | 0.38 g |
| Leucine | 0.82 g |
| Tyrosine | 0.29 g |
| Phenylalanine | 0.51 g |
| Histidine | 0.24 g |
| Lysine | 0.84 g |
| Arginine | 1.66 g |
| Tryptophan | 0.08 g |

Paleo Protein - Vanilla is a delicious vanilla-flavored beef protein powder that delivers a powerful array of essential amino acids and nutrients that are naturally found in beef. Made with pure beef protein that is hydrolyzed into peptides, Paleo Protein provides both complete and collagen proteins in a highly bioavailable form.*

Paleo Protein is free of gluten, dairy, soy, hormones and artificial additives, and is naturally sweetened, making it an ideal choice for those following a Paleo lifestyle or seeking a clean, nutrient-dense protein source.*

HIGHLIGHTS

- Pure protein derived from beef
- Provides 21 g of protein per serving
- Formulated for maximum digestibility and absorption*
- Source of complete and collagen proteins, including specific amino acids to support healthy joints, cartilage, and connective tissue*
- Supplies essential vitamins and minerals found in beef
- No gluten, dairy, or soy
- No antibiotics or synthetic hormones
- Sweetened with stevia – no artificial sweeteners or refined sugar
- Formulated with non-GMO ingredients

RECOMMENDED USE

Mix 1 scoop in 8-12 ounces of water daily as a dietary supplement, or as directed by your healthcare practitioner. Use a blender or shaker bottle, and shake or mix well. For best blending results, liquid should be at room temperature.

PRECAUTIONS

Not to be used by those with a corn allergy, or those who need to be on low protein diets, nor those with phenylketonuria, homocystinuria, or advanced kidney disease. Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Although this protein powder is made from real food sources, please check with your doctor before using if you are pregnant or breastfeeding.

Please note: Paleo Protein - Vanilla uses non-GMO corn-derived ingredients and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Long-term

PACKAGE SIZE

810 g (1.78 lbs) powder



Supplement Facts

Serving Size 10 grams (approx. one scoop)

Servings Per Container 30

| Amount Per Serving | % Daily Value | |
|--|---------------|------|
| Calories | 15 | |
| Total Carbohydrate | 8 g | 3%* |
| Dietary Fiber | 5 g | 18%* |
| Potassium | 70 mg | 1% |
| Proprietary Resistant Starch/Fiber Blend | 10 g | † |
| Organic Green Banana Flour (as NuBana™), Organic Potato Starch Powder, Creafibe Cellulose, Arabinogalactan Powder (<i>Larix laricina</i>) (larch tree) [containing 4 g total resistant starch] | | |

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Paleo Starch contains two forms of resistant starch (RS) type II: organic green banana flour and organic potato starch powder. RS is a type of starch that is resistant to digestion, as enzymes in the gastrointestinal (GI) tract are ineffective against it. Once RS reaches the large intestine, it is fermented into short-chain fatty acids, which are used as fuel for both beneficial microbes and the cells of the intestinal lining.

HIGHLIGHTS

Paleo Starch benefits GI health through its ability to support microbial balance and proper intestinal permeability and integrity. Additionally, this formula may help support optimal blood sugar and insulin metabolism, normal appetite, and cardiovascular health.*

RECOMMENDED USE

The recommended dose is one scoop per day, blended in a beverage or mixed with food, at bedtime, or as directed by your healthcare practitioner.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: blood thinners, immunosuppressants, succinylcholine, and/or thrombolytic drugs.

DURATION

Paleo Starch can be taken long-term.

PACKAGE SIZE

300 g (10.6 oz) powder



Supplement Facts

Serving Size 1 capsule

| Amount Per Serving | % Daily Value |
|--------------------------|-----------------------|
| Pancrelipase (providing) | 333 mg * |
| Pancreatic Lipase | 8,000 USP Lipase * |
| Pancreatic Protease | 33,333 USP Protease * |
| Pancreatic Amylase | 33,333 USP Amylase * |
| Desiccated Ox Bile | 50 mg * |
| Bromelain | 33 GDU * |

*Daily Value not established.

Other Ingredients: Beet root fiber, delayed release capsule (hydroxypropyl methylcellulose [HPMC], water, gellan gum), medium chain triglycerides.

Pancreatic Enzymes Plus is a Paleo-friendly, allergen-free enzyme formula designed to support proper digestive function. It provides pancreatic enzymes of porcine origin, which are nearly bioidentical to human enzymes. This product also includes bromelain, a protein-digesting enzyme derived from pineapple. Pancreatic Enzymes Plus is free of grain, legume, and dairy-sourced ingredients, making it ideal for those with sensitivities to these common foods/food groups and those who prefer to maintain a strict Paleo diet.

HIGHLIGHTS

- **Ox Bile** – Bile aids in emulsification of fats, which in turn supports improved absorption of dietary fat and fat-soluble nutrients.
- **Enteric Coated** – Unlike the acidic environment of the stomach, pancreatic enzymes are designed to function best in the alkaline environment of the small intestine. Pancreatic Enzymes Plus capsules are enteric coated, which means they resist degradation by stomach acid in order to arrive intact and active in the small intestine.
- **Free of HCl and Pepsin** – Stomach acid (known as hydrochloric acid or HCl) and pepsin are the primary compounds that begin the digestion of proteins in the stomach. However, numerous factors unrelated to pancreatic function may affect their production and secretion, so it's best to dose these separately.

PANCREATIC ENZYMES & DIGESTION

Unlike in modern times, in Paleolithic times our ancestors likely consumed organ meats on a regular basis. This may have provided them a direct source of nutrients and enzymes that are not as plentiful in our current diet, such as pancreatic enzymes.

Pancreatic enzymes are instrumental in breaking down the fats, carbohydrates, and proteins in foods. Only when these are properly broken down can the body benefit from the nutrients they contain. Some individuals may not produce sufficient pancreatic enzymes; this inadequate enzyme production may result in occasional gas or bloating, loose or greasy stools, and incompletely digested proteins passing from the small intestine into the bloodstream. These intact proteins are a common trigger for what we know as food sensitivities.

RECOMMENDED USE

As a dietary supplement, take one capsule three times per day with meals, or as directed by your healthcare practitioner.

PRECAUTIONS

Do not use if you are allergic or sensitive to pork, pineapples, or any of the ingredients in this supplement. If you experience a skin rash, please discontinue the product immediately as this could be a sign of an allergic reaction.

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: acarbose, tetracycline antibiotics, indomethacin (Indocin), amoxicillin, Creon (pancrelipase capsules), any anticoagulant or blood thinning drugs such as aspirin, dalteparin (Fragmin), enoxaparin (Lovenox), heparin, ticlopidine (Ticlid), warfarin, and/or clopidogrel (Plavix).

Burning and digestive distress would likely indicate that the supplement should be discontinued. Do not crush or chew capsules or its contents, and do not hold the capsule or capsule contents in your mouth, as they may cause irritation.

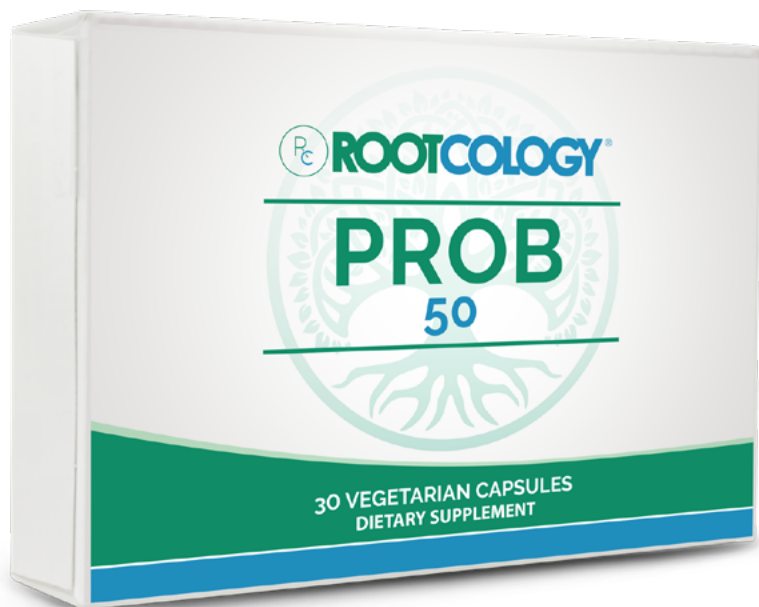
DURATION

Long-term, if needed

PACKAGE SIZE

90 capsules

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

| | Amount Per Serving | %Daily Value |
|--|--|--------------|
| <i>Lactobacillus acidophilus</i> La-14 ⁵¹ | 93 mg (18.5 Billion CFU [†]) | ** |
| <i>Bifidobacterium lactis</i> BI-04 ⁵¹ | 31 mg (15.5 Billion CFU [†]) | ** |
| <i>Lactobacillus bulgaricus</i> Lb-87 ⁵¹ | 12 mg (0.6 Billion CFU [†]) | ** |
| <i>Bifidobacterium longum</i> subsp. <i>infantis</i> BI-26 ⁵¹ | 12 mg (0.6 Billion CFU [†]) | ** |
| <i>Bifidobacterium lactis</i> HN019 ⁵² | 10.66 mg (3.2 Billion CFU [†]) | ** |
| <i>Lactiplantibacillus plantarum</i> Lp-115 ⁵¹ | 7.5 mg (3 Billion CFU [†]) | ** |
| <i>Bifidobacterium longum</i> BI-05 ⁵¹ | 6 mg (0.6 Billion CFU [†]) | ** |
| <i>Bifidobacterium bifidum</i> Bb-06 ⁵¹ | 6 mg (0.6 Billion CFU [†]) | ** |
| <i>Lactisacibacillus rhamnosus</i> HN001 ⁵² | 4.44 mg (2 Billion CFU [†]) | ** |
| <i>Lactisacibacillus rhamnosus</i> Lr-32 ⁵¹ | 3 mg (0.6 Billion CFU [†]) | ** |
| <i>Levilactobacillus brevis</i> Lbr-35 ⁵¹ | 3 mg (0.6 Billion CFU [†]) | ** |
| <i>Lactobacillus gasseri</i> Lg-36 ⁵¹ | 3 mg (0.6 Billion CFU [†]) | ** |
| <i>Lactisacibacillus casei</i> Lc-11 ⁵¹ | 2 mg (0.6 Billion CFU [†]) | ** |
| <i>Ligilactobacillus salivarius</i> Ls-33 ⁵¹ | 2 mg (0.6 Billion CFU [†]) | ** |
| <i>Bifidobacterium breve</i> Bb-03 ⁵¹ | 2 mg (0.6 Billion CFU [†]) | ** |
| <i>Lactococcus lactis</i> LI-23 ⁵¹ | 2 mg (0.6 Billion CFU [†]) | ** |
| <i>Streptococcus thermophilus</i> St-21 ⁵¹ | 1.5 mg (0.6 Billion CFU [†]) | ** |
| <i>Bifidobacterium bifidum</i> / <i>Bifidobacterium lactis</i> Bb-02 ⁵¹ | 1.3 mg (0.6 Billion CFU [†]) | ** |

** Daily Value not established.

Other Ingredients: Potato maltodextrin, acid resistant capsule (hypromellose, gellan gum, and water), hydroxypropyl cellulose, magnesium stearate, and calcium silicate.

† Colony-Forming Unit

ProB 50 is a highly potent, shelf-stable, gluten- and dairy-free probiotic formulation containing 50 billion colony-forming units (CFUs) per serving. This formula is delivered in gastro-resistant capsules and consists of 18 well-researched, identity-certified HOWARU[®] probiotic strains, selected for their complementary actions, safety, viability, and stability. The use of nitrogen-purged blister packaging further enhances the preservation of these strains, removing the need for refrigeration.

HIGHLIGHTS

ProB 50 may be beneficial for supporting optimal digestion and nutrient assimilation, maintaining a healthy balance of bacteria in the gut, supporting a normal immune response, and maintaining bowel regularity. It can also help replenish beneficial bacteria in the gut, such as after a course of antibiotics. The capsules are gastro-resistant, come in nitrogen-purged blister packaging, and do not require refrigeration, making ProB 50 a practical option for those with a busy lifestyle.*

SURVIVABILITY OF ProB 50

Many probiotic supplements on the market are not formulated to survive the journey to the intestines (where we want the probiotics to end up). Each of the strains contained in ProB 50 is well-researched and has demonstrated tolerance to low pH conditions, an ability to compete with other organisms in the gut, as well as an ability to adhere to the gut lining, which is believed to significantly impact these bacteria's length of time in the intestines.

Gastro-resistant capsules further ensure the probiotics are able to survive the highly acidic environment of the stomach and the bile salts of the small intestine, so they can reach the large intestine where they can proliferate.*

Additionally, many probiotic formulations lose their potency after production and distribution, and require refrigeration to maintain efficacy. ProB 50 is created with advanced technology including gastro-resistant capsules and nitrogen-purged blister packs, ensuring the probiotics are active and effective after packaging and storage for up to 36 months, without the need for refrigeration.

RECOMMENDED USE

The recommended dose is one capsule per day with water, or as directed by your healthcare practitioner.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: antibiotics[†] and/or blood thinners.

***Note regarding antibiotics:** ProB 50 is a formulation of *lactobacillus* and *bifidobacterium* probiotics. The recommendation to avoid taking probiotics while taking antibiotics is based on the fact that antibiotics could reduce the effectiveness of probiotics. However, research shows that taking probiotics while taking antibiotics can help prevent diarrhea which may result from the use of antibiotics. To prevent destruction of probiotic activity, it is recommended to take probiotics and antibiotics at least two hours apart from one another.^{5,6}

⁵ Hempel S, Newberry SJ, Maher AR, et al. Probiotics for the prevention and treatment of antibiotic-associated diarrhea: a systematic review and meta-analysis. *JAMA*. 2012;307(18):1959-1969. doi:10.1001/jama.2012.3507

⁶ Probiotics for digestive health. *Pharmacist's Letter*. 2006;7(22):220704.

DURATION

ProB 50 can be taken for one month or long-term.

PACKAGE SIZE

30 vegetarian capsules



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

| | Amount Per Serving | % Daily Value |
|---------------------|--------------------|---------------|
| N-Acetyl-L-Cysteine | 900 mg | * |

* Daily Value not established.

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

Pure N-Acetyl Cysteine is an amino acid that is a precursor to glutathione, the body's master antioxidant, and helps support a healthy detoxification system, optimal lung health, and muscle recovery.*

An impaired ability to clear toxins out of the body can result from nutrient absorption issues, inadequate sweating, food sensitivities, and an impaired ability to methylate. This can lead to accumulation and absorption of problematic substances in the body. Proper levels of glutathione ensure healthy detoxification, and help protect the body from everyday toxins including chemicals, pollution, and heavy metals.

HIGHLIGHTS

- **Liver Health** – Low glutathione levels make us more susceptible to damage from toxins. Pure N-Acetyl Cysteine helps maintain glutathione levels, to support the body's detoxification system.*
- **Lung Health** – Pure N-Acetyl Cysteine promotes healthy lung function by breaking down the bonds that result in thickened mucous.*
- **Muscle Recovery** – Strenuous workouts can result in the production of free radicals, and glutathione plays a large role in scavenging these free radicals and neutralizing the inflammation they cause. Pure N-Acetyl Cysteine can help rebuild glutathione stores after exercise, which supports muscle recovery.*

RECOMMENDED USE

Take 1-2 capsules daily, or as directed by your healthcare practitioner..

PRECAUTIONS

Do not use if you have a sulfur sensitivity, CBS gene variations, are prone to fainting, or if you are allergic or sensitive to any of the ingredients in this supplement. Discontinue use at least two weeks prior to undergoing surgery.

Consult with a doctor before use if pregnant or breastfeeding, or if you have asthma.

DO NOT TAKE if taking the following medications: ACE inhibitors, activated charcoal, anticoagulant/antiplatelet drugs, antihypertensive drugs, blood thinners, chloroquine, nitroglycerin, metoclopramide, and/or anticancer agents.

DURATION

Six weeks to three years as part of TPO & TG Support.*
Can be taken long-term for maintenance, if helpful.

PACKAGE SIZE

120 capsules



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

| | Amount Per Serving | %DV |
|--------------------------------|--------------------|-----|
| <i>Saccharomyces boulardii</i> | 10 Billion CFU | * |

* Daily Value (DV) not established.

Other Ingredients: Hypromellose.

S. Boulardii contains the probiotic *Saccharomyces boulardii*, a type of yeast that naturally occurs on litchi fruits. *Saccharomyces boulardii* acts as a probiotic, supporting optimal gut health and immune function.*

Stress, toxins, poor nutrition, and certain medications can cause imbalances in the gut microbiome. Having a healthy gut microbiome is important for healthy digestion, bowel movements, nutrient absorption, a strong immune system, and mood.

Supplementation with *S. boulardii* may help support a healthy microbial balance, healthy gut lining, and normal secretory immunoglobulin A (SIgA), as well as provide support against pathogens that can damage the gut lining, support healthy and regular bowel movements, and balance levels of opportunistic yeast and bacteria.*

HIGHLIGHTS

- **Temperature tolerant** – Many probiotics are sensitive to heat and require refrigeration. The *S. boulardii* in this supplement can be kept at room temperature, making it a convenient option for those who travel, or for anyone who has trouble remembering to take their supplements when they're in the fridge.
- **Dairy and lactose free** – This *S. Boulardii* does not contain dairy or lactose, which are often found in other *S. boulardii* supplements, so it is appropriate for anyone who has a sensitivity to dairy.
- **High dose live cells** – This supplement contains 10 billion CFU of *S. boulardii* per serving.

RECOMMENDED USE

Take 1-2 capsules daily, or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those who have an indwelling vascular catheter, are immunocompromised, or have risk factors for adverse events (e.g. patients with central venous catheters or increased bacterial translocation). Do not use if you are allergic or sensitive to any of the ingredients in this supplement.

Consult with a doctor before use if pregnant or breastfeeding, or if a yeast allergy or Crohn's disease is present.*

DO NOT TAKE if taking the following medications: blood thinners.

In rare cases, *S. Boulardii* may cause skin rashes or itchiness. If you experience these effects, discontinue taking it and consult with your practitioner.

*In some cases of Crohn's disease, *S. boulardii* may cross-react with antibodies to anti-*Saccharomyces cerevisiae* (another type of yeast). There is also potential for cross-reactions with yeast allergies. These cases are rare, but should be discussed with your provider before starting *S. boulardii*, to make sure it is appropriate for your needs.

DURATION

Three months to two years

PACKAGE SIZE

60 capsules



Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

| | Amount Per Serving | % Daily Value* |
|----------------------------------|--------------------|----------------|
| Selenium (as L-Selenomethionine) | 83 mcg | 151% |
| Inositol (as Myo-Inositol) | 600 mg | ** |

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

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

Selenium + Myo-Inositol contains 83 mcg of selenium, a critical nutrient in regulating thyroid function, as well as 600 mg myo-inositol, a nutrient that serves key functions relating to hormone signal transduction in the endocrine system. Clinical research indicates that this nutrient combination can help support optimal thyroid function.*

HIGHLIGHTS

Selenium + Myo-Inositol combines selenomethionine and myo-inositol in a range that has been studied for synergistic benefits. Selenium + Myo-Inositol may support healthy thyroid function, healthy hormone balance, and optimal immune function.*

SELENOMETHIONINE

Selenomethionine is a bioavailable form of selenium. Selenium is an essential trace mineral that is necessary for optimal thyroid function, and also acts as an antioxidant. It is required for the proper function of thyroid hormones, and also plays a role in immune health. This formula also contains myo-inositol, which may support healthy metabolism, healthy thyroid function, and a healthy immune response.*

RECOMMENDED USE

The recommended dose is one capsule per day with a meal, or as directed by your healthcare practitioner.

DURATION

Three months to one year as part of TPO & TG Support.*
Can be taken long-term for maintenance, if helpful.

PACKAGE SIZE

60 capsules

PRECAUTIONS

Not to be used by those with a corn allergy.

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: antidiabetic drugs, anticoagulant/antiplatelet drugs, barbiturates, blood thinners, and/or immunosuppressants

Selenium may also interact with other supplements and medications, such as cholesterol-lowering statin drugs, antacids, chemotherapy drugs, corticosteroids, niacin, and birth control pills.

Myo-inositol should not be taken by those who have kidney disease or who may already be taking supplements, such as cleavers (a diuretic herb), that can affect the kidneys or the lymphatic system, as myo-inositol may not be properly cleared when the kidneys are overworked.

People with diabetes taking any form of myo-inositol should watch for signs of low blood sugar (hypoglycemia), as myo-inositol may lower blood sugar and hemoglobin A1c levels. Selenium intake may also cause side effects in those with diabetes.

Rarely, myo-inositol has been associated with nausea, headaches, dizziness, fatigue or sleeplessness. Some people have reported increased bleeding with the use of myo-inositol, so it is not recommended with a history of heavy bleeding, or in those taking blood thinners. If you experience any of these effects, discontinue taking it.

Those with a CBS gene mutation have difficulty breaking down selenium. If you know you have a CBS gene mutation, then regularly monitoring your selenium levels is necessary.

Selenium supplements are also associated with a risk of non-melanoma skin cancer (squamous cell carcinoma), so people at high risk of skin cancer should not take these supplements. In addition, there is possibly a link between selenium and prostate cancer, although data on this topic is conflicting.

Please note: Selenium + Myo-Inositol uses a non-GMO corn-derived ingredient and may contain a protein component that could cause an allergic response in those with corn allergies.



Supplement Facts

Serving Size 1 capsule

| Amount Per Serving | % Daily Value |
|---------------------------------------|----------------------------|
| <i>Bacillus coagulans</i> | 25 mg (2 billion CFU) * |
| <i>Bacillus subtilis</i> | 20.8 mg (5 billion CFU) * |
| <i>Bacillus coagulans</i> (BCP92) | 12.5 mg (1 billion CFU) * |
| <i>Bacillus coagulans</i> (Lacris-15) | 8.3 mg (100 million CFU) * |
| <i>Bacillus clausii</i> (CSI-08) | 8.3 mg (2 billion CFU) * |

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, capsule (hypromellose, water), medium chain triglycerides, silicon dioxide.

Spore Flora is a broad-spectrum, spore-based probiotic used to optimize gastrointestinal health. It contains soil-based microorganisms that are found in the earth, from the *Bacillus* family (*Bacillus coagulans*, *Bacillus subtilis*, *Bacillus clausii*). Spore-forming probiotics, unlike most traditional probiotics, remain stable and resistant to the low pH of stomach acid, resulting in the delivery of more intact probiotics to the intestines.*

HIGHLIGHTS

Spore Flora contains five targeted *Bacillus* strains, which have the natural ability to produce a multitude of enzymes, secretory proteins (proteins secreted by cells), antimicrobial compounds, vitamins, and carotenoids (beneficial antioxidants). This spore-based probiotic formula is designed to assist with digestion and nutrient absorption, stimulate the microflora balance in the intestines, support a healthy inflammatory response and immune function, maintain bowel health, and promote bowel regularity.*

These spore-forming bacilli are resistant to heat and ambient humidity, thus no refrigeration is required. The spores are also resistant to ultraviolet radiation, solvents, hydrogen peroxide, and enzymes.

RECOMMENDED USE

Take 1-2 capsules per day with a meal, or as directed by your healthcare practitioner.

PRECAUTIONS

Consult with a physician before use if pregnant or breastfeeding.

DO NOT TAKE if taking the following medications: antibiotics⁺ and/or blood thinners.

***Note regarding antibiotics:** Spore Flora is a formulation of spore-based probiotics. The recommendation to avoid taking probiotics while taking antibiotics is based on the fact that antibiotics could reduce the effectiveness of probiotics. However, research shows that taking probiotics while taking antibiotics can help prevent diarrhea which may result from the use of antibiotics. To prevent destruction of probiotic activity, it is recommended to take probiotics and antibiotics at least two hours apart from one another.^{7,8}

⁷ Hempel S, Newberry SJ, Maher AR, et al. Probiotics for the prevention and treatment of antibiotic-associated diarrhea: a systematic review and meta-analysis. *JAMA*. 2012;307(18):1959-1969. doi:10.1001/jama.2012.3507

⁸ Probiotics for digestive health. *Pharmacist's Letter*. 2006;7(22):220704.

DURATION

Spore Flora can be taken for one month or long-term.

PACKAGE SIZE

60 vegetarian capsules



Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

| Amount Per Serving | % Daily Value | Amount Per Serving | % Daily Value |
|---|---------------|---|---------------|
| InflammENZ™ Proprietary Blend Proteases, Serratiopeptidase, Trypsin, Chymotrypsin | 222 mg * | Quercetin | 75 mg * |
| Turmeric Extract (<i>Curcuma longa</i>)(root) [standardized to contain 95% curcuminoids] | 200 mg * | Rutin | 75 mg * |
| Boswellia Extract (as Boswellin®) (<i>Boswellia serrata</i>)(resin) [standardized to contain 70% boswellic acids] | 200 mg * | Rosemary Extract (<i>Rosmarinus officinalis</i>)(leaf) [standardized to contain 7% carnosic acid] | 50 mg * |
| Ginger Extract (<i>Zingiber officinale</i>)(root) [standardized to contain 5% gingerol] | 200 mg * | Trans Resveratrol (<i>Polygonum cuspidatum</i>)(root) | 5 mg * |

Other Ingredients: Cellulose (vegetarian capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Systemic Enzymes is a blend of herbs, nutrients and specialized protein-degrading (proteolytic) enzymes, formulated to promote a healthy inflammatory response and support the body's ability to break down specific protein structures that are produced during the natural inflammatory process. The herbs and nutrients in this Systemic Enzymes blend have been used historically to help modulate the production of inflammatory compounds in the body, and may help protect cells from excess oxidative stress.*

HIGHLIGHTS

When taken on an empty stomach, Systemic Enzymes may help to modulate the inflammatory response, break down damaged tissue, and support lymph drainage. By supporting a healthy inflammatory response and antioxidants in the body, Systemic Enzymes may help maintain healthy joints, support the body's repair process after injury, and support tissue repair post-operatively. If taken with food, Systemic Enzymes provide digestive support, assisting in the breakdown of foods.*

RECOMMENDED USE

The recommended dose is two capsules per day between meals, on an empty stomach (at least 90 minutes after eating, and 45 minutes before eating), or as directed by your healthcare practitioner.

PRECAUTIONS

Not to be used by those who are pregnant or breastfeeding, or those who are allergic or sensitive to pork or any of the ingredients in this supplement.

Some individuals with *Candida* may react to these enzymes. In addition, systemic enzymes should be avoided by those currently taking leukotriene inhibitors, and those with unhealed ulcers should avoid systemic enzymes until the ulcers are healed.

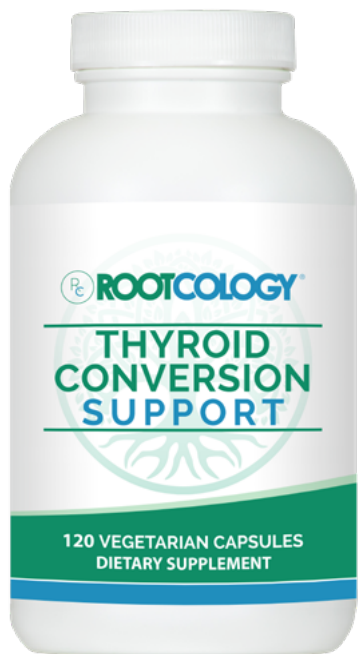
DO NOT TAKE if taking the following medications: alkylating agents, amlodipine, anticoagulant/antiplatelet drugs, antidiabetic drugs, antihypertensive drugs, antitumor antibiotics, aspirin, blood thinners, choline magnesium trisalicylate, cyclosporine, cytochrome P450 substrates (1A1, 1A2, 1B1, 2C19, 2C8, 2C9, 2D6, 2E1, 3A4), diclofenac, estrogens, hepatotoxic drugs, immunosuppressants, losartan, methotrexate, midazolam, mitoxantrone, nifedipine, organic anion transporter substrates 1 and 3 (OAT1, OAT3), organic anion-transporting polypeptide substrates, p-glycoprotein substrates, phenprocoumon, pravastatin, prazosin, quetiapine, quinolone antibiotics, salsalate, sulfasalazine, tacrolimus, talinolol, tamoxifen, topoisomerase I inhibitors, and/or warfarin (Coumadin).

DURATION

Three months to two years as part of TPO & TG Support.*
Can be taken long-term for maintenance, if helpful.

PACKAGE SIZE

60 capsules



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

| | Amount Per Serving | %Daily Value |
|---|--------------------|--------------|
| Vitamin A (as retinyl palmitate) | 450 mcg | 50% |
| Vitamin D3 (cholecalciferol) | 5 mcg (200 IU) | 25% |
| Vitamin E (as d-alpha tocopheryl succinate) | 33.5 mg | 223% |
| Iodine (from organic Icelandic kelp)(<i>Laminaria digitata</i>) (stem and leaf) | 75 mcg | 50% |
| Zinc (as zinc citrate dihydrate) | 5 mg | 45% |
| Selenium (as L-selenomethionine) | 100 mcg | 182% |
| Guggul Extract (<i>Commiphora mukul</i>)(oleo-gum-resin) | 500 mg | ** |
| Rosemary Extract (<i>Rosemarinus officinalis</i>)(leaf)(5% rosmarinic acid) | 50 mg | ** |
| Ashwagandha (<i>Withania somnifera</i>)(root) | 50 mg | ** |

** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), stearic acid, silica, magnesium stearate, calcium silicate, and medium-chain triglyceride oil.

Thyroid Conversion Support is a specialized blend of nutrients and herbs designed to promote healthy biosynthesis of thyroid hormone, including the conversion of thyroxine (T4) to triiodothyronine (T3).*

HIGHLIGHTS

- **Nutrients for Thyroid Hormone Conversion** - This formula features important cofactors like zinc, selenium, and vitamin A, which help support the body's natural conversion of T4 into the more active T3 form of thyroid hormone. Selenium also promotes antioxidant activity that supports overall thyroid health and cellular protection.*
- **Energy and Metabolic Balance** - Low dose iodine (from organic kelp), along with vitamins E and D3, supports the synthesis of thyroid hormones and plays a key role in promoting balanced energy levels and metabolic wellness.*
- **Mental Clarity and Stress Resilience** - Ashwagandha, an adaptogenic herb included in this formula, helps support a healthy response to everyday stress. Combined with essential nutrients like zinc and vitamin A that support balanced hormone levels, this formula may help to promote mental clarity and resilience during times of occasional stress.*
- **Detoxification and Antioxidant Balance** - Guggul extract and rosemary provide botanical support for the body's natural detox pathways and help maintain a healthy oxidative balance, which can be important for thyroid hormone activity during times of increased physiological demand.*
- **Healthy Hair, Skin, and Nail Structure** - Key nutrients like vitamin A, zinc, and selenium also help support the appearance and structural integrity of hair, skin, and nails—areas that may benefit from nutritional support when the body's thyroid-related pathways are under increased demand.*

RECOMMENDED USE

Take two capsules daily, or as directed by your healthcare professional.

PRECAUTIONS

Not to be used by those sensitive to nightshades, as this product contains ashwagandha, which can be reactive for some people with nightshade sensitivities. Do not use if pregnant or breastfeeding, if you have a corn allergy, or if you are allergic or sensitive to any of the ingredients in this supplement.

DO NOT TAKE if taking the following medications: alkylating agents, aluminum, amiodarone, anticoagulant/antiplatelet drugs (including warfarin), antidiabetes drugs, antihypertensive drugs, antithyroid drugs, antitumor antibiotics, aspirin, atorvastatin, barbiturates, benzodiazepines, blood thinners, calcipotriene, choline magnesium trisalicylate, cephalexin, cisplatin, CNS depressants, contraceptive drugs, cyclosporine, cytochrome P450 3A4 (CYP3A4) substrates, digoxin, diltiazem, estrogens, hepatotoxic drugs, immunosuppressants, integrase inhibitors, lithium, penicillamine, propranolol, quinolone antibiotics, retinoids, ritonavir, rosuvastatin, salsalate, selumetinib, tamoxifen, tetracycline antibiotics, thiazide diuretics, thyroid hormone^a, and/or verapamil.

***Note regarding thyroid hormone:** This product is not recommended for those with hyperthyroidism as various ingredients within the formulation, such as ashwagandha, have been found to increase thyroid hormones. As recommended with any lifestyle interventions, individuals with hypothyroidism and normal thyroid function should monitor their levels of thyroid hormones while taking this supplement, and test thyroid hormone levels every 30-90 days to see if a medication adjustment is needed.

Please note: Thyroid Conversion Support uses non-GMO corn-derived ingredients and may contain a protein component that could cause an allergic response in those with corn allergies.

DURATION

Thyroid Conversion Support can be taken long-term.

PACKAGE SIZE

120 capsules

Disclaimer: The information contained herein is for informational purposes only and should not be construed as medical advice. Please consult your physician for any health problems and before making any medical or lifestyle changes.