



# Premium Product Catalog



References: 1-6

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	%DV
Nicotinamide mononucleotide (NMN)	300 mg	**
Urolithin A	250 mg	**
Resveratrol (from Japanese Knotweed ( <i>Polygonum cuspidatum</i> ) Root Extract)	75 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 7-24

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Ashwagandha extract (root) (5% withanolides)	600 mg	**
Cat's Claw extract (bark)	350 mg	**
Astragalus powder (root)	150 mg	**
L-Lysine	100 mg	**
L-Ornithine Alpha-Ketoglutarate	100 mg	**
Ceylon Cinnamon extract (bark)	100 mg	**
L-Citrulline DL-Malate	25 mg	**
L-Glutamine	25 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Silicon Dioxide, Magnesium Stearate, Calcium Silicate, Microcrystalline Cellulose.



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References: 25-35

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as retinyl palmitate)	800 mcg RAE	89%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin B12 (as methylcobalamin) 1%	100 mcg	4167%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as l-selenomethionine)	83 mcg	151%
Myo-Inositol	600 mg	**
L-Tyrosine	500 mg	**
Bladderwrack powder (whole plant)	400 mg	**
Ashwagandha extract (whole plant)	300 mg	**
Aloe vera extract 200:1 (leaf)	250 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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# WEIGHT MANAGEMENT



DOSE SERVING - 7 DAYS SUPPLY AVAILABLE

References for full dose only: 36-59

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	12.5 mcg	63%
Zinc (as zinc citrate)	1.9 mg	17%
Chromium (as chromium picolinate)	8.8 mcg	25%
Berberine HCl	225 mg	**
Green Coffee extract (beans)	192.5 mg	**
African Mango extract (seed)	75 mg	**
Citrus Flavonoids	50 mg	**
Cayenne Pepper extract (fruits)	40.75 mg	**
<i>Akkermansia muciniphila</i>	25 mg (2.5 billion CFU***)	**

\*\* Daily Value (DV) not established.

\*\*\* 2.5 Billion Live Colony Forming Units (CFU) at the time of manufacture.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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30 Patches per Pack

Active Ingredients	Amount Per Patch
Berberine Extract	8.75 mg
Pomegranate Extract	1.75 mg
Cinnamon Extract	2.75 mg
<b>Vitamin B Complex</b> Thiamine (B1), Riboflavin (B2), Niacin (B3), Pyridoxine HCl (B6), Folate (B9), Methylcobalamin (B12)	8.25 mg
L-Glutamine	3.5 mg
Chromium	35 mcg



## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	%DV
Yestein® Nutritional Yeast protein	166.7 mg	**
African Mango extract (seed)	100 mg	**
Salacia extract (root)	66.7 mg	**
Ashwagandha extract (whole plant)	52.5 mg	**
Ceylon Cinnamon extract (bark)	52.5 mg	**
Maqui Berry powder (fruit)	52.5 mg	**
Olive extract (leaf)	52.5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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References: 81-88

## Supplement Facts

Serving size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (as calcium BHB)	97.5 mg	8%
Magnesium (as magnesium BHB)	10 mg	2%
Calcium BHB ( $\beta$ -hydroxybutyric acid)	650 mg	**
Apple cider vinegar powder	125 mg	**
Magnesium BHB ( $\beta$ -hydroxybutyric acid)	100 mg	**
Sodium BHB ( $\beta$ -hydroxybutyric acid)	50 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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# CIRCULATORY HEALTH



References: 89-110

## Supplement Facts

Serving Size: 2 Capsules    Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopherol acetate)	15 mg	100%
Magnesium (as magnesium oxide and magnesium citrate)	250 mg	60%
Zinc (as zinc citrate)	7.5 mg	68%
Manganese (as manganese amino acid chelate)	1 mg	43%
Chromium (as chromium picolinate)	35 mcg	100%
<b>Gluco Blend</b>	350 mg	**
Ceylon Cinnamon extract (bark), DGL (Deglycyrrhizinated Licorice), Berberine HCl, Alpha-Lipoic Acid (ALA), Cayenne Pepper extract (fruit), Bitter Melon extract (fruit), Guggul powder, Yarrow powder (whole plant), White Mulberry extract (leaf)		
Taurine	50 mg	**
Vanadium (as vanadyl sulfate)	0.1 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 111-121

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Echinacea extract (aerial parts)	500 mg	**
Dandelion extract (leaf)	250 mg	**
Burdock powder (root)	200 mg	**
Cleavers extract (whole plant)	100 mg	**
Bromelain	100 mg	**
Rutin	95 mg	**
Lemon powder (peel)	50 mg	**
Kelp extract (whole plant) (10% fucoxanthin)	30 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Magnesium Stearate, Microcrystalline Cellulose, Silicon Dioxide.



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References: 122-130

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Bergamot extract (peel)	500 mg	**
Red Yeast Rice powder	340 mg	**
Berberine HCl	242 mg	**
Policosanol	5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Micronized Citrus Flavonoids	810 mg	**
Horse Chestnut extract (seed)	100 mg	**
Rutin	95 mg	**
Butcher's Broom extract (root)	75 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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References: 131-135

# BRAIN & MENTAL HEALTH



## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B3 (as niacinamide)	10 mg	63%
Vitamin B6 (as pyridoxine HCl)	2.5 mg	147%
Bacopa extract (whole plant)	246 mg	**
L-Tyrosine	146 mg	**
GABA (Gamma-Aminobutyric Acid)	98 mg	**
Alpha GPC (Alpha glycerophosphocholine) powder	48 mg	**
Caffeine	47 mg	**
<i>Huperzia serrata</i> extract (whole plant) (1% huperzine A)	2.5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Silicon Dioxide, Magnesium Stearate, Calcium Silicate.



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References: 136-147



References: 148-155

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Baikal Skullcap extract (root)	150 mg	**
Valerian extract (root)	150 mg	**
GABA (Gamma-Aminobutyric Acid)	100 mg	**
Chamomile extract (flower)	100 mg	**
Passionflower extract (whole plant)	100 mg	**
Lemon Balm extract (whole plant)	100 mg	**
Hops extract (aerial parts)	25 mg	**
L-Theanine	20 mg	**
Melatonin	2 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 156-168

## Supplement Facts

Serving Size: 2 Capsules    Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
<b>Mushroom blend</b>	500 mg	**
Lion's Mane extract, Reishi powder, Shiitake powder, Chaga powder		
Bacopa extract (whole plant)	150 mg	**
Rhodiola extract (root)	75 mg	**
<i>Ginkgo biloba</i> extract (leaf)	40 mg	**
<i>Panax ginseng</i> extract (leaf)	40 mg	**
CDP Choline sodium	25 mg	**
<i>Huperzia serrata</i> extract (whole plant) (1% huperzine A)	15 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 169-175

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B3 (as niacinamide)	8 mg	50%
Vitamin B6 (as pyridoxine HCl)	8 mg	471%
Lemon Balm extract (whole plant)	300 mg	**
Ashwagandha extract (whole plant) (2.5% withanolides)	240 mg	**
L-Theanine	200 mg	**
L-Tryptophan	200 mg	**
Schisandra extract (fruit)	200 mg	**
Rhodiola extract (root)	170 mg	**
Resveratrol	147 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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# GUT HEALTH & DIGESTION



References: 176-187

## Supplement Facts

Serving Size: 2 Capsules    Servings Per Container: 30

	Amount Per Serving	%DV
Inulin (chicory & Jerusalem artichoke)	765 mg	**
<b>Probiotic Blend</b>	542 mg	**
<i>Bacillus coagulans, Bifidobacterium breve, Bifidobacterium infantis, Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Saccharomyces boulardii</i>		

\*\* Daily Value (DV) not established.

\*\*\* 50 Billion Live Colony Forming Units (CFU) at the time of manufacture.

**Other Ingredients:** Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 188-193

<b>Supplement Facts</b>		
Serving Size: 3 Capsules    Servings Per Container: 30		
	<b>Amount Per Serving</b>	<b>%DV</b>
Xylooligosaccharides (PreticX®)	1125 mg	**
Inulin (chicory & Jerusalem artichoke)	675 mg	**
Apple Pectin	225 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.



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References: 194-200

<b>Supplement Facts</b>		
Serving Size: 2 Capsules    Servings Per Container: 30		
	<b>Amount Per Serving</b>	<b>%DV</b>
Black Walnut extract (hull)	375 mg	**
Olive extract (leaf)	200 mg	**
Garlic extract (bulb)	150 mg	**
Onion extract (bulb)	100 mg	**
Sweet Wormwood powder (leaf)	50 mg	**
Turmeric extract (root) (95% curcuminoids)	38 mg	**
Papain	25 mg	**
Black Pepper extract (fruit) (95% piperine)	5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Calcium Silicate, Silicon Dioxide.

**Contains:** Tree nuts (black walnut)



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References: 201-211

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	50 mg	2941%
Magnesium (as magnesium oxide)	200 mg	48%
Proanthocyanidins extract (grape seed)	332.5 mg	**
Chanca Piedra extract (whole plant)	225 mg	**
Saffron extract (flower)	100 mg	**
Berberine HCl	97 mg	**
Turmeric extract (root) (95% curcuminoids)	70 mg	**
Black Pepper extract (fruit) (95% piperine)	5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose.



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# IMMUNE HEALTH



References: 212-235

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D3 (as cholecalciferol)	40 mcg	200%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg	100%
Vitamin B6 (as pyridoxine HCl)	1.7 mg	100%
Zinc (as zinc citrate)	25 mg	227%
Copper (as copper gluconate)	1 mg	111%
Elderberry extract (fruit)	500 mg	**
Echinacea extract (aerial parts)	200 mg	**
Citrus Bioflavonoids	100 mg	**
L-Lysine	100 mg	**
Olive extract (leaf)	50 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystallin Cellulose, Magnesium Stearate, Silicon Dioxide.



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References: 236-248

## Supplement Facts

Serving size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Oregano extract (leaf)	300 mg	**
Holy Basil powder (leaf)	200 mg	**
Garlic powder (bulb)	100 mg	**
Apple Cider Vinegar powder	100 mg	**
Sweet Wormwood powder (leaf)	75 mg	**
Turmeric powder (root)	75 mg	**
Olive extract (leaf)	25 mg	**
Caprylic acid	25 mg	**
Black Pepper extract (fruit) (95% piperine)	5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Silicon Dioxide, Magnesium Stearate.



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References: 249-261

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	%DV
Curcugen <sup>®</sup> extract (std. to 50% curcuminoids) (root)	500 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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References:262-271

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Calcium (from calcium carbonate and eggshell membrane)	75 mg	6%
NEM® Avian Eggshell Membrane	500 mg	**
Boswellia extract	150 mg	**
Turmeric extract (root) (95% curcuminoids)	50 mg	**
Ginger extract (root)	20 mg	**
Hydrolyzed Chicken Collagen	5 mg	**
Black Pepper extract (fruit)	5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.  
**Contains:** Egg.



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References: 272-282

## Supplement Facts

Serving Size: 5 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin K2 (as menaquinone-7)	45 mcg	38%
Calcium (from algea)	720 mg	55%
Magnesium (from sea minerals)	200 mg	48%
Zinc (as zinc citrate)	11 mg	100%
Copper (as copper gluconate)	1 mg	111%
Manganese (as manganese amino acid chelate)	1 mg	43%
Potassium (as potassium chloride)	95 mg	2%
Silicon (as silicon dioxide)	25 mg	**
Boron (as boron citrate)	2.5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 283-306

## Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as retinyl palmitate)	900 mcg RAE	100%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Biotin	300 mcg	1000%
Iron (as ferrous bisglycinate chelate)	8 mg	44%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate)	11 mg	100%
Selenium (as L-selenomethionine)	50 mcg	91%
Bovine Collagen	300 mg	**
L-Lysine	250 mg	**
Saw Palmetto extract (fruit)	250 mg	**
Ashwagandha extract (whole plant)	100 mg	**
L-Methionine	80 mg	**
Horsetail extract (whole plant)	60 mg	**
Keratin	20 mg	**
Black Pepper extract (fruit) (95% piperine)	10 mg	**
Cayenne Pepper extract (fruit)	10 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.



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References: 307-312

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Protein	<1g	<2%
Vitamin E (as d-alpha tocopheryl acetate)	40 mg	266%
MoriKol® Marine collagen	1000 mg	**
Aloe vera extract 200:1 (leaf)	250 mg	**
Hyaluronic Acid	120 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.  
**Contains:** Fish (Sea Bass).



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References: 313-326

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Turmeric powder (root)	300 mg	**
Beet extract (root)	200 mg	**
Glycine	200 mg	**
Dandelion extract (leaf)	100 mg	**
Milk Thistle extract (seed) (80% silymarin)	50 mg	**
Artichoke extract (leaf)	50 mg	**
Ginger powder (root)	50 mg	**
L-Cysteine HCl	10 mg	**
Black Pepper extract (fruit) (95% piperine)	5 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 327-341

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	12.5 mcg	63%
Vitamin B2 (as riboflavin)	10 mg	769%
Vitamin B6 (as pyridoxine HCl)	4 mg	235%
Vitamin B12 (as methylcobalamin) 98%	2000 mcg	83333%
Vitamin D3 (as cholecalciferol)	500 mg	**
Vitamin B2 (as riboflavin)	300 mg	**
Vitamin B6 (as pyridoxine HCl)	150 mg	**
Vitamin B12 (as methylcobalamin) 98%	150 mg	**
<b>Relaxation blend</b>	43 mg	**
Feverfew extract (whole plant), Baikal Skullcap extract (root), Passionflower extract (whole plant), Oat Straw extract (whole plant)		

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Calcium Silicate, Silicon Dioxide, Magnesium Stearate.



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References: 342-346

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg	33%
Vitamin B1 (as thiamine mononitrate)	1 mg	83%
Vitamin B3 (as niacinamide)	15 mg	94%
Vitamin B6 (as pyridoxine HCl)	50 mg	2941%
Folate (as folic acid) 100 mcg DFE (60 mcg folic acid)		25%
Magnesium (as magnesium oxide)	265 mg	63%
L-Cysteine HCl	350 mg	**
Acetyl L-Carnitine HCL	300 mg	**
Green Tea extract (leaf)	250 mg	**
Pine extract (bark)	150 mg	**
Garlic extract (bulb)	150 mg	**
<i>Ginkgo biloba</i> extract (leaf)	150 mg	**
Hawthorn powder (fruit)	100 mg	**
Olive extract (leaf)	100 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 347-358

## Supplement Facts

Serving Size: 2 Capsules    Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin E (as d-alpha tocopheryl acetate)	30 mg	200%
Zinc (as zinc citrate)	25 mg	227%
Copper (as copper gluconate)	1 mg	111%
Bilberry powder (fruit)	200 mg	**
Eyebright extract (whole plant)	100 mg	**
Lutein	10 mg	**
Zeaxanthin	2 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 359-371

## Supplement Facts

Serving Size: 2 Capsules    Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl acetate)	15 mg	100%
Korean ginseng extract (stem&leaf) (20% ginsenosides)	400 mg	**
St. John's wort extract (aerial parts)	300 mg	**
<i>Ginkgo biloba</i> extract (leaf)	160 mg	**
Ginger extract (root)	120 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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# MEN'S HEALTH



References: 372-383

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	15 mcg	75%
Zinc (as zinc oxide)	11 mg	100%
D-Aspartic acid	1000 mg	**
L-Arginine	200 mg	**
Tongkat Ali Extract 100:1 (root)	200 mg	**
Fenugreek powder (seed)	180 mg	**
Ashwagandha extract (whole plant)	150 mg	**
Tribulus extract (whole plant)	25 mg	**
Horny Goat Weed extract (leaf)	25 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.



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References: 384-394

## Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

	Amount Per Serving	%DV
Cordyceps extract	800 mg	**
Tribulus extract (whole plant)	250 mg	**
Tongkat Ali Extract 100:1 (root)	200 mg	**
Pine extract (bark)	120 mg	**
Saffron extract (flower)	60 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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# WOMEN'S HEALTH



References: 395-402

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin D3 (as cholecalciferol)	75 mcg	375%
D-Mannose	1000 mg	**
Cranberry extract (fruit)	300 mg	**
Bee Propolis powder	154 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Silicon Dioxide, Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose.



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References: 403-410

## Supplement Facts

Serving Size: 2 Capsules    Servings Per Container: 30

	Amount Per Serving	%DV
Passion flower extract (flower)	350 mg	**
<i>Angelica gigas</i> powder (root)	180 mg	**
<i>Cynanchum atratum</i> extract (root)	167 mg	**
<i>Phlomis umbrosa</i> extract (leaves)	167 mg	**
Red clover extract (whole plant)	160 mg	**
Sage extract (leaves)	100 mg	**
Hops extract (aerial parts)	25 mg	**

\*\*Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.



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# DAILY ESSENTIALS



References: 411-415

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Berberine HCl 97% extract	1000 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

**WEIGHT MANAGEMENT, CHOLESTEROL, METABOLISM**



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## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Matcha powder (leaf)	1000 mg	**

\*\* Daily Value (DV) not established.

Other Ingredients: Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

**ENERGY, ANTIOXIDANT, METABOLISM**



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References: 416-424



## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Magnesium (as magnesium bisglycinate)	350 mg	83%

Other Ingredients: Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

**SLEEP, BONE & MUSCLE, HEART HEALTH**



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References: 425-437



## Supplement Facts

Serving Size: 2 Capsules  
 Servings Per Container: 30

	Amount Per Serving	%DV
Shilajit extract (20% fulvic acid)	1000 mg	**

\*\* Daily Value (DV) not established.

Other Ingredients: Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

**LONGEVITY, HORMONE & COGNITIVE HEALTH**



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References: 438-444



## Supplement Facts

Serving Size: 4 Capsules  
 Servings Per Container: 30

	Amount Per Serving	%DV
Spirulina extract	2000 mg	**
Chlorella powder	100 mg	**

\*\* Daily Value (DV) not established.

Other Ingredients: Hypromellose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

**DETOX, METABOLISM, WEIGHT MANAGEMENT**



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References: 445-450



## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV
Hawthorn extract (leaf)	900 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (capsule), Magnesium Stearate, Silicon Dioxide.

**HEART & CIRCULATION, IMMUNITY, LONGEVITY**



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References: 451-454

# POWDERS



## Supplement Facts

Serving Size: 1 Scoop (26 g)  
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	100	
Total Fat	0.5 g	<1%**
Total Carbohydrate	4 g	1%**
Dietary Fiber	1 g	4%**
Protein	20 g	
Iron	1.6 mg	9%
Sodium	210 mg	9%
Potassium	240 mg	5%
Beef Bone Broth Collagen	20 g	†

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

†Daily Value (DV) not established.

**Other Ingredients:** Hypromellose (capsule), Silicon Dioxide, Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose.



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References: 455-468



References: 469-482

<b>Supplement Facts</b>	
Serving Size: 1 Scoop (5 g)	
Servings Per Container: 90	
<b>Amount Per Serving</b>	
Creatine Monohydrate (Creapure®)	5 g

Creapure® is a registered trademark of Alzchem Trostberg GmbH.



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References: 483-501

<b>Supplement Facts</b>			
Serving Size: 1 Scoop (9.1 g)		Servings Per Container: 20	
	Amount Per Serving	%DV	
Calories	15		
Total Carbohydrate	3 g	<1%**	
Dietary Fiber	<1 mg	<2%**	
Vitamin C (as ascorbic acid)	500 mg	556%	
Riboflavin	1.3 mg	100%	
Niacin	16 mg	100%	
Calcium	210 mg	16%	
Magnesium (as magnesium citrate)	300 mg	71%	
Zinc (as zinc citrate)	11 mg	100%	
Sodium (as sodium chloride)	500 mg	22%	
			Calcium HMB (calcium 3-hydroxy-3-methylbutyrate monohydrate) myHMB®
			FruitSource® Tart Cherry Fruit
			<i>Rhodiola rosea</i> Root Extract
			Turmeric Root Extract (95% curcuminoids)
			Saffron Flower Extract
			BioPerine® Black Pepper Fruit Extract
			1500 mg †
			500 mg †
			240 mg †
			150 mg †
			30 mg †
			7.5 mg †

**Other Ingredients:** Hypromellose (capsule), Silicon Dioxide, Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose.

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



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References: 502-523

## Supplement Facts

Serving Size: 1 Scoop (7.1 g) Servings Per Container: 20

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	15		L-Tyrosine	1.5 g	†
Total Carbohydrate	1 g	1%**	Beta Alanine	1 g	†
Thiamin (as thiamin HCl)	1.2 mg	100%	Beet Root Powder	500 mg	†
Vitamin B6 (as pyridoxine HCl)	1.3 mg	76%	Ginseng Extract (aerial parts) ( <i>Panax ginseng</i> )	200 mg	†
Vitamin B12 (as methylcobalamin)	85 mcg	3,542%	Caffeine Anhydrous	200 mg	†
Sodium	5 mg	<1%	Hyaluronic Acid	80 mg	†
Potassium	100 mg	2%			

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

Other Ingredients: Natural Flavors, Citric Acid, Rebaudioside A.



References: 524-547

## Supplement Facts

Serving Size: 1 Scoop (4.4 g)  
Servings Per Container: 30

Amount Per Serving		%DV	
Vitamin C (as ascorbic acid)	10 mg	11%	<i>papaya</i> Powder, Peach ( <i>Prunus persica</i> ) Powder, Pear ( <i>Pyrus communis</i> ) Powder, Pineapple ( <i>Ananas comosus</i> ) Powder, Tart Cherry ( <i>Prunus cerasus</i> ) Powder, Tomato ( <i>Solanum lycopersicum</i> ) Powder
Vitamin B6 (as pyridoxine HCl)	1.7 mg	100%	
Vitamin B12 (as methylcobalamin)	2.5 mcg	104%	
<b>Red Fruit Blend</b>	2000 mg	**	<b>Adaptogenic Blend</b> 100 mg **
Carrot ( <i>Daucus carota</i> ) Powder, Beet ( <i>Beta vulgaris</i> ) Root Powder, Raspberry ( <i>Rubus idaeus</i> ) Powder, Cranberry ( <i>Vaccinium macrocarpon</i> ) Powder, Strawberry ( <i>Fragaria ananassa</i> ) Juice Powder, Blueberry ( <i>Vaccinium corymbosum</i> ) Powder, Pomegranate ( <i>Punica granatum</i> ) Powder, Acai ( <i>Euterpe oleracea</i> ) Juice Powder, Acerola Cherry ( <i>Malpighia emarginata</i> ) Powder, Apple ( <i>Malus domestica</i> ) Powder, Banana ( <i>Musa acuminata</i> ) Powder, Bilberry ( <i>Vaccinium myrtillus</i> ) Powder, Black Currant ( <i>Ribes nigrum</i> ) Powder, Blackberry ( <i>Rubus fruticosus</i> ) Powder, Lemon ( <i>Citrus limon</i> ) Peel Powder, Mango ( <i>Mangifera indica</i> ) Powder, Orange ( <i>Citrus sinensis</i> ) Peel Powder, Papaya ( <i>Carica</i>			<i>Panax ginseng</i> Stem & Leaf Extract (std. to 20% ginsenosides), <i>Gynostemma pentaphyllum</i> Leaf & Stem Extract, Ashwagandha ( <i>Withania somnifera</i> ) Whole Plant Extract (std. to 2.5% withanolides)
			<b>Probiotic Blend</b> 62.5 mg (3 Billion CFU***) **
			<i>Bacillus coagulans</i> , <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium lactis</i> , <i>Lactobacillus plantarum</i>
			DigeZyme® 50 mg **

\*\*Daily Value (DV) not established.  
\*\*\*3 Billion Live Colony Forming Units at the time of manufacture.

Other Ingredients: Citric Acid, Natural Flavors, Inulin (from Jerusalem Artichoke Root Extract), Stevia Leaf Extract, Beet Root Extract.



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References: 548-566

## Supplement Facts

Serving Size: 1 Scoop (4.4 g) Servings Per Container: 30

	Amount Per Serving	%DV	Amount Per Serving	%DV
<b>Greens Blend</b>	2450 mg	**	DigeZyme®	200 mg
Spirulina Algae ( <i>Spirulina platensis</i> ) Powder, Broccoli ( <i>Brassica oleracea</i> ) Powder, Barley ( <i>Hordeum vulgare</i> ) Grass Powder, Wheat ( <i>Triticum aestivum</i> ) Grass Powder, Alfalfa ( <i>Medicago sativa</i> ) Grass Powder, Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract			<b>Metabolic Blend</b>	200 mg
<b>Reds Blend</b>	600 mg	**	Ceylon Cinnamon ( <i>Cinnamomum verum</i> ) Bark Extract, Ginger ( <i>Zingiber officinale</i> ) Root Extract, Bitter Melon ( <i>Momordica charantia</i> ) Fruit Extract, Turmeric ( <i>Curcuma longa</i> ) Root Powder, Ashwagandha ( <i>Withania somnifera</i> ) Whole Plant Extract (std. to 2.5% withanolides), Black Pepper ( <i>Piper nigrum</i> ) Fruit Extract	
Beet ( <i>Beta vulgaris</i> ) Root Powder, Acai ( <i>Euterpe oleracea</i> ) Juice Powder, Strawberry ( <i>Fragaria ananassa</i> ) Juice Powder, Pomegranate ( <i>Punica granatum</i> ) Extract, Raspberry ( <i>Rubus idaeus</i> ) Extract, Hibiscus ( <i>Hibiscus sabdariffa</i> ) Powder, Bilberry ( <i>Vaccinium myrtillus</i> ) Extract, Black Cherry ( <i>Prunus serotina</i> ) Powder, Black Currant ( <i>Ribes nigrum</i> ) Powder, Blackberry ( <i>Rubus fruticosus</i> ) Powder, Blueberry ( <i>Vaccinium corymbosum</i> ) Powder, Elderberry ( <i>Sambucus nigra</i> ) Extract, Fig ( <i>Ficus carica</i> ) Powder, Grape ( <i>Vitis vinifera</i> ) Skin Extract, Plum ( <i>Prunus domestica</i> ) Powder, Purple Cabbage ( <i>Brassica oleracea</i> ) Powder, Purple Carrot ( <i>Daucus carota</i> ) Powder, Raspberry ( <i>Rubus idaeus</i> ) Powder			<b>Probiotic Blend</b>	37.5 mg (5 Billion CFU***)
			Lactobacillus acidophilus, Lactobacillus salivarius, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium lactis, Bifidobacterium bifidum, Bifidobacterium breve, Streptococcus thermophilus, Bifidobacterium longum	

**Other Ingredients:** Citric Acid, Stevia Leaf Extract, Natural Flavor, Inulin (from Chicory Root Extract and Jerusalem Artichoke Root Extract)

\*\*Daily Value (DV) not established.  
\*\*\*5 Billion Live Colony Forming Units at the time of manufacture.



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