Standard Process has been family owned and operated for more than 90 years. From our founder, Dr. Royal Lee, to today’s President & CEO, Charlie DuBois, we have forged collaborative relationships with caring health care professionals who share our values and passion.
Standard Process®

PAGE 2–133

Standard Process creates high-quality, nutrient-dense supplements that change lives. We’ve been innovating whole food-based nutrition since 1929, and we apply a holistic approach to helping health care professionals advance patient health.

SP Children's™

PAGE 134–135

SP Children’s™ products are specifically formulated to address the unique needs of young bodies by delivering vital nutrients in a tasty form.

MediHerb®

PAGE 136–295

Standard Process is the exclusive U.S. distributor of MediHerb® — a leader in herbal supplements among health care professionals. MediHerb products draw on the latest scientific evidence and centuries of traditional knowledge to reflect a commitment to healthy living.

Veterinary Formulas™

PAGE 296–327

Standard Process Veterinary Formulas provide animals with effective, targeted nutritional support. Our canine, feline, and equine nutritional supplements use the same meticulous processes and quality ingredients found in our human nutritional supplements.
| PAGE 4–5 | Alphabetical Product Index |
| PAGE 6–11 | Product Selection Guide by Body Systems, Functions, and Dietary Needs |
| PAGE 12–15 | About Us |
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Safe and Effective Nutritional Supplements

For over four generations, Standard Process, a family-owned company, has been dedicated to changing lives through whole food nutritional supplements. We partner with health professionals to holistically support the body’s interrelated systems and address issues related to health conditions.
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Product Selection Guide by Body Systems, Functions, and Dietary Needs

General Health and Wellness

Bars
- Possible™ Bar
- StandardBar® - Berry
- StandardBar® - Cocoa Cherry
- StandardBar® - Cocoa Crisp
- StandardBar® - Peanut Butter
- StandardBar® - Soy Almond Crunch

Dental Health
- Bio-Dent®
- Biost®
- Calcifood®
- Calcifood® Powder
- Cataplex® A-C-P

Detoxification
- A-F Betafood®
- Albaplex®
- Antronex®
- Arginex®
- Betacol®
- Chlorophyll Complex™
- Cruciferous Complete™
- Fen-Cho®
- Garlic
- Gastro-Fiber®
- GI Adsorb™
- Hepatrophin PMG®
- Livaplex®
- Okra Pepsin E3
- Purification Product Kits
- Renaflo®
- Sesame Seed Oil
- SP Cleanse®
- SP Detox Balance™ Chai
- SP Detox Balance™ Chai Program Kits
- SP Detox Balance™
- SP Detox Balance™ Program Kits
- SP Green Food®
- Spanish Black Radish
- Spleen PMG®
- Whole Food Fiber
- Zymex® Capsule
- Zymex® II

Eye Health
- Cruciferous Complete™ Iplex®
- Oculotrophin PMG®
- OPC Synergy®

Fatty Acids (Omegas)
- Black Currant Seed Oil
- Calamari Omega-3 Liquid
- Cataplex® F Softgels
- Cataplex® F Tablets
- Cod Liver Oil
- Linum B6
- Olprima™ DHA
- Olprima™ EPA
- Olprima™ EPA DHA
- Super-EFF®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Female
- Calamari Omega-3 Liquid
- Calcium Lactate
- Catalyn®
- Catalyn® Chewable
- Catalyn® GF
- Convenience Pack: General Female Endocrine Pack
- Convenience Pack: General Health Pack
- Cyrofood®
- Drenamin®
- Fen-Gre®
- For-Till B12®
- Livaplex®
- Mammary PMG®
- Ovatrophin P PMG®
- Oxev®
- Oxev® P
- SP Green Food®
- Symplex® F
- Utrophin PMG®

Geriatric
- Calamari Omega-3 Liquid
- Calcium Lactate
- Cod Liver Oil
- Convenience Pack: General Health Pack
- Cyrofood®
- Cyro-Yeast®
- e-Poise®
- Senaplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Male
- Calamari Omega-3 Liquid
- Calcium Lactate
- Catalyn®
- Catalyn® Chewable
- Catalyn® GF
- Chezyn®
- Convenience Pack: General Health Pack
- Cyrofood®
- Orchex®
- Orchic PMG®
- Palmettoplex®
- Prostate PMG®
- Prost-X®
- SP Green Food®
- Symplex® M
- Wheat Germ Oil
- Zinc Chelate™

Mental Health
- Inositol
- Inositol Powder
- Min-Chex®
- Min-Tran®
- OPC Synergy®
- Orchex®
- Ribonucleic Acid (RNA)
- St. John’s Wort-IMT™

Metabolism
- A-F Betafood®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Cataplex® B
- Cataplex® B12
- Cataplex® E2
- Cataplex® GTF
- Cayenne Pepper
- Cellular Vitality
- Cholacol®
- Choline
- Cruciferous Complete™
- Cyrufa® Plus
- Diaplex®
- Drenamin®
- Fen-Gre®
- Folic Acid B12
- Gastro-Fiber®
- Hemp Oil
- Hemp Oil Complex™
- Inositol
- Inositol Powder
- Livaplex®
- Nutrimere®
- Olprima™ EPA
- Olprima™ EPA DHA
- Paraplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil
- Veg-E Complete Pro™
- Chocolate
- Veg-E Complete Pro™ Vanilla
- Whole Food Fiber
- Zinc Chelate™

Skin and Hair
- Calamari Omega-3 Liquid
- Cataplex® F Softgels
- Chlorophyll Complex Ointment™
- Chlorophyll Complex™
- Cod Liver Oil
- Dermatrophin PMG®
- Linum B6
- Regeneplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil
- USF Ointment®
- Wheat Germ Oil
- Wheat Germ Oil Fortified™

Vitamins and Minerals
- Calcifood®
- Calcifood® Powder
Inflammation and Immune System

General Inflammation
- Calamari Omega-3 Liquid
- Hemp Oil Complex
- Cataplex® F Softgels
- Cataplex® F Tablets

General Immune Support
- Cal-Amo®
- Calcium Lactate
- Calcium Lactate Powder
- Cardiotrophin PMG
- Cataplex® A-C
- Cataplex® A-C-P
- Cataplex® C

Endocannabinoid System

Digestive Health

General Digestion Support
- A-F Bettafood®
- Bettafood®
- Betaine Hydrochloride
- Chlorophyll Complex
- Cholacol®
- Collinsonia Root
- Disodium Phosphate
- Drenatrophin PMG®
- Enzyme
- Gastrex®
- Gastro-Fiber®
- Gl Adsorb™

Catspex® D
Catspex® F Tablets
Chezyn®
Congaplex®
Congaplex® Chewable
Convenience Pack: Immune System Health Pack
Convenience Pack: Immune System Health Pack - Vegetarian
Drenamin®
Echinacea-C™
Epimmune Complex
Immuplex®
Neurotrophin PMG®
Parotid PMG®
ProSynbiotic
Sesame Oil
Zinc Chelate®
Zymex® Capsule
Zymex® Wafers
Zypan®
Prebiotics, Probiotics, and Enzymes
- Enzyme
- GI Stability™
- Multizyme®
- Prebiotic Inulin
- ProSynbiotic
- Zypan®

Endocrine and Lymphatic Systems

Adrenal
- Adrenal Desiccated
- Cataplex® E
- Cataplex® B
- Cataplex® B-GF
- Cataplex® C
- Cataplex® D
- Convenience Pack: Adrenal Health Pack
- Drenamin®
- Drenatrophin PMG®

Female Specific
- Convenience Pack: General Female Endocrine Pack
- Conviron®
- Mammary PMG®
- Ovatrophin P PMG™
- Oxev®
- Oxev® P
- Paraplex®
- ProSynbiotic
- Urophin PMG®

Hypothalamus
- Hypothalamus PMG®
- Hypothalmex®
- Neuroplex®

Female Specific
- Convenience Pack: General Female Endocrine Pack
- Conviron®
- Mammary PMG®
- Ovatrophin P PMG™
- Oxev®
- Oxev® P
- Paraplex®
- ProSynbiotic
- Urophin PMG®

Lymphatic Health
- Sesame Seed Oil
- Spleen Desiccated
- Spleen PMG®
- Thymex®
- Thymus PMG®

Male Specific
- Chezyn®
- Orchex®
- Orchic PMG®
- Sympex® M
- Zinc Chelate®

Pancreas
- Cataplex® GTF
- Diaplex®
- Pancreatrophin PMG®
- Paraplex®

Parathyroid
- Cal-Ma Plus®

Pituitary
- Neuroplex®
- Neurotrophi PMG®
- Pituitrophin PMG®

Thyroid
- Cataplex® E
- Cataplex® F Tablets
- Chezyn®
- Iodomere®
- Organically Bound Minerals
- Prolamine Iodine
- Prolamine Iodine Plus
- Trace Minerals-B12™

Musculoskeletal Support

Bone Health
- Bio-Dent®
- Blost®
- Calcitofin®
- Calcitofin® Powder
- Calcium Lactate
- Cataplex® C
- Cataplex® D
- Convenience Pack: Bone Health Pack
- Cruciferous Complete™
- Manganese B12™
- Ovaritin PMG®
- Protefood®

Weight Management
- Purification Product Kits
- Veg-E Complete Pro™ Chocolate
- Veg-E Complete Pro™ Vanilla
- Whey Pro Complete
Joint, Ligament and Tendon Support
- Betacol®
- Calamari Omega-3 Liquid
- Cardio-Plus®
- Cardio-Plus® GF
- Cod Liver Oil
- Collagen C™
- Glucosamine Synergy®
- Ligaplex® I
- Ligaplex® II
- Manganese B12™
- Ostaplex®
- Protefood®
- Rumaplex®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Muscle Support
- Cardio-Plus®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Whey Pro Complete

Short-Term Support
- Calamari Omega-3 Liquid
- Cataplex® A-C-P
- Cod Liver Oil
- Ligaplex® I
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Nervous System

Brain Support
- Calamari Omega-3 Liquid
- Cataplex® B
- Cataplex® B-GF
- Cod Liver Oil
- Ginkgo Synergy®
- Neutrophin PMG®
- OPC Synergy®
- ProSynbolic
- Thymus PMG®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Nerve Function
- Calcium Lactate
- Cataplex® B
- Cataplex® B-GF
- Cataplex® G
- Choline
- Neutrophin PMG®
- Neutrophin PMG®
- Oligo-Synergy®
- St. John’s Wort IMT™

Sports

Protein Supplements
- SP Complete®
- SP Complete® Chocolate
- SP Complete® Dairy Free
- SP Complete® Vanilla
- Veg-E Complete Pro™
- Chocolate
- Veg-E Complete Pro™ Vanilla
- Whey Pro Complete

Sports Health
- Cardio-Plus®
- Cardio-Plus® GF
- Glucosamine Synergy®
- Ligaplex® I
- Ligaplex® II
- SP Complete®
- SP Complete® Chocolate
- SP Complete® Dairy Free
- SP Complete® Vanilla
- Wheat Germ Oil
- Whey Pro Complete

Sports Performance
- Calcium Lactate
- Calcium Lactate Powder
- Cataplex® D
- Cellular Vitality
- Ferrofood®
- Glucosamine Synergy®
- Ligaplex® I
- OPC Synergy®
- Possible™ Bar

Cardiovascular System

General Support
- Calamari Omega-3 Liquid
- Cardio-Plus®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Cataplex® B12
- Chlorophyll Complex™
- Cod Liver Oil
- CyruT® Plus
- Ferrofood®
- Folic Acid B12
- Garlic
- Magnesium Lactate
- Oligo-Synergy®
- OPC Synergy®
- Tuna Omega-3 Chewable
- Tuna Omega-3 Oil

Healthy Cholesterol Support
- A-F Betafood®
- Cholaplex®
- CyruT®
- Garlic
- Livaplex®
- Purification Product Kits
- Soybean Lecithin

Vascular and Circulation
- Cayenne Pepper
- Circuplex®
- CyruT®
- CyruT® Plus
- Ginkgo Synergy®
- Vasculin®

Urinary Health

Kidney Function
- Arginex®
- Renaflox®
- Renatrophin PMG®

pH Balance
- Cal-Amo®
- Chlorophyll Complex™
- Magnesium Lactate
- Phosfood® Liquid

Water Balance
- A-C Carbamide®
- Arginex®
- B6 Niacinamide
- Renaflox®

Dietary Needs

Gluten-Free
- A-C Carbamide®
- A-F Betafood®
- Adrenal Desiccated
- Antronex®
- Arginex®
- B6 Niacinamide
- Betacol®
- Betafood®
- Betaine Hydrochloride
- Biost®
- Blackcurrant Seed Oil
- Cal-Amo®
- Cal-Ma Plus®
- Calamari Omega-3 Liquid
- Calcium Lactate
- Calcium Lactate Powder
- Calsol®
- Cardio-Plus® GF
- Cardiotrophin PMG®
- Catalyn® GF
- Cataplex® B-GF
- Cataplex® B12
- Cataplex® D
- Cataplex® E
- Cataplex® F Softgels
- Cataplex® GTF
- Cayenne Pepper
- Cellular Vitality
- Chezyn®
- Chlorophyll Complex™
- Cholaco®
- Choline®
- Cod Liver Oil
- Collinsonia Root
- Convenience Pack: Immune System Health Pack – Vegetarian
- Cruciferous Complete™
- CyruT®
- CyruT® Plus
- Dermatrophin PMG®
- Disodium Phosphate
- Drenamin®
- Drenatrophin PMG®
- E-Manganese®
- E-Z Mg™
- Echinacea-C™
- Enzyme
- Epimmune Complex
- Fen-Chol®
Renatrophin PMG®
Regeneplex®
Purification Product Kits
ProSynbiotic®
Possible®
Pneumotrophin PMG®
Phosfood®
Parotid PMG®
Ovex®
Ostrophin PMG®
Organically Bound Minerals
Orchic PMG®
Olprima®
Okra Pepsin E3
Olprima™ DHA
Olprima™ EPA
Olprima™ EPA/DHA
OPC Synergy™
Organically Bound Minerals
Ostarplex®
Ostrophin PMG®
Ovatrophin P PMG™
Oxev®
Oxev® P
Pancreotrophin PMG®
Paraplex®
Parotid®
Phosfood® Liquid
Ribonucleic Acid (RNA)
Sesame Seed Oil
Soybean Lecithin
SP Cleanse®
SP Complete®
SP Complete® Chocolate
SP Complete® Dairy Free
SP Complete® Vanilla
SP Detox Balance™
SP Detox Balance™ Chai
SP Green Food®
Spanish Black Radish
Spleen Desiccated
Spleen PMG®
St. John’s Wort-IMT™
StandardBar® - Berry
StandardBar® - Cocoa Cherry
StandardBar® - Cocoa Crisp
StandardBar® - Peanut Butter
StandardBar® - Soy Almond Crunch
Super-EFF®
Symplex® F
Symplex® M
Thymex®
Thymus PMG®
Thyrophin PMG®
Tuna Omega-3 Chewable
Tuna Omega-3 Oil
Utrophin PMG®
Veg-E Complete Pro™ Chocolate
Veg-E Complete Pro™ Vanilla
Wheat Germ Oil
Wheat Germ Oil Fortified™
Whey Pro Complete
Whole Food Fiber
Zinc Chelate™
Zinc Test™
Zymex® Capsules
Zymex® II
Zypan®

Non-Dairy Formula
Albaplex®
Allerplex®
Antronex®
Betafood®
Betaine Hydrochloride
Calamari Omega-3 Oil
Cal-Amo®
Calcium Lactate
Calcisol®
Cardio-Plus®
Cardio-Plus® GF
Catalyn®
Catalyn® Chewable
Cataplex® A-C
Cataplex® B-Core
Cataplex® C
Cataplex® E2
Cataplex® G
Cayenne Pepper
Cellular Vitality
Chezyn®
Cholacol®
Cholaplex®
Choline
Circuplex®
Cod Liver Oil
Collagen C™
Collinsonia Root
Congaplex®
Convenience Pack: Adrenal Health Pack
Cru cifero ser Complex™
Cynuta®
Cynuta® Plus
Diaplex®
Disodium Phosphate
Drenamin®
Emphaplex®
Enzyme
Epimune Complex
E-Z Mg™
Fen-Cho®
Fen-Gre®
For-Til B12®
GI Adsorb™
Garlic
Gastro-Fiber®
Ginkgo Synergy®
Hemp Oil
Hemp Oil Complex™
Iplex®
Inositol
Inositol Powder
Iplex®
Lact-Enz®
Ligaplex® II
Livaplex®
Magnesium Lactate
Manganese B12™

PRODUCT SELECTION GUIDE
Standard Process® | 9
Non-Grain Formula
Antronex®
Calamari Omega-3 Liquid
Cal-Amo®
Calcium Lactate
Catalyn® GF
Calsol®
Cayenne Pepper
Chezyn®
Choline
Cholacol®
Collinsonia Root
Cruciferous Complete™
Disodium Phosphate
Fen-Ch®
Garlic
Gastro-Fiber®
GI Adsorb™
Ginkgo Synergy®
Hemp Oil
Hemp Oil Complex™
Inositol
Inositol Powder
Magnesium Lactate
Min-Tran®
Oculotrophin PMG®
Olprima™ DHA
Olprima™ EPA
Olprima™ EPA/DHA
OPC Synergy®
Orchic PMG®
Ovaplex®
Ovatrophin P PMG™
Parotid PMG®
Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
Prost-X™
Ribonucleic Acid (RNA)
Sesame Seed Oil
Spleen PMG®
Supper-EFF®
Symplex® F
Thyrotrophin PMG®
Tuna Omega-3 Oil
Vegetarian
Whey Pro Complete
Zinc Test™
Zypan®

Non-Soy Formula
Antronex®
Betafood®
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsof®
Cardio-Plus®
Cardio-Plus® GF
Catalyn®
Catalyn® Chewable
Catalyn® GF
Cataplex® B-Core
Cataplex® A-C
Cataplex® C
Cataplex® E2
Cataplex® G
Cayenne Pepper
Cellular Vitality
Chezyn®
Cholacol®
Choline
Cod Liver Oil
Collagen C™
Congaplex®
Convenience Pack: Adrenal Health Pack
Convenience Pack: Immune System Health Pack
Convenience Pack: Immune System Health Pack - Vegetarian
Collinsonia Root
Cruciferous Complete™
Cyruta®
Cyruta® Plus
Disodium Phosphate
Drenamin®
Enzyme
Epimune Complex
E-Z Mg™
Fen-Ch®
Fen-Gre®
For-Til Bu®
Garlic
Gastro-Fiber®
GI Adsorb™
GI Stability™
Ginkgo Synergy®
Glucosamine Synergy®
Hemp Oil
Immuplex®
Inositol
Inositol Powder
Iplex®
Lact-Enz®
Ligaplex® II
Livaplex®
Magnesium Lactate
Manganese B12™
Min-Tran®
Multizyme®
Oculotrophin PMG®
Okra Pepsin E2
Olprima™ DHA
Olprima™ EPA
Olprima™ EPA/DHA
OPC Synergy®
Orchic PMG®
Organically Bound Minerals
Ostrophin PMG®
Ovex®
Ovex® P
Ovatrophin P PMG™
Pancreatrophin PMG®
Paraplex®
Parotid PMG®
Prolamine Iodine
Prolamine Iodine Plus
Prostate PMG®
Prost-X™
ProSymbiotic Purification Product Kits
Ribonucleic Acid (RNA)
Sesame Seed Oil
Spanish Black Radish
SP Detox Balance™
SP Detox Balance™ Chai
SP Green Food®
Whey Pro Complete
Zinc Test™
Zypan®

USDA Organic
E-Z Mg™
Organically Bound Minerals
Vegetarian
Wheat Germ Oil
Wheat Germ Oil Fortified™
Whole Food Fiber
Zinc Chelate™
Zinc Test™
Zymex® Wafers
Zypan®

Vegan
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsof®
Cayenne Pepper
Cellular Vitality
E-Z Mg™
Enzyme
Epimune Complex
Gastro-Fiber®
Ginkgo Synergy®
Hemp Oil
Min-Tran®
Organically Bound Minerals
Prolamine Iodine
Prolamine Iodine Plus
Purification Product Kits
Ribonucleic Acid (RNA)
SP Complete®
SP Complete® Dairy Free
SP Detox Balance™
SP Detox Balance™ Chai
SP Green Food®
Veg-E Complete Pro™
Whole Food Fiber
Zinc Test™

Vegetarian
Betafood®
Cal-Amo®
Calcium Lactate
Calcium Lactate Powder
Calsof®
Cataplex® D
Cayenne Pepper
Encourages GI Health

GI health, proper elimination, and toxin removal are essential for helping people achieve optimal wellness. That's why GI Adsorb is formulated to provide support for these important systems and processes. It also helps support a healthy gut barrier, and helps with the body's removal of naturally occurring toxins by supporting a healthy GI barrier and normal elimination.*

GI Adsorb™ supports elimination processes to help promote optimal health.

- **PURIFIED CLINOPTILOLITE (G-PUR®)**
  Ensures a strong adsorbent property
- **CHLORELLA POWDER**
  Whole food source of chlorophyll
- **COLLINSIONA ROOT**
  Historically used to support normal elimination and digestive health*

Learn more at [https://www.standardprocess.com/products/gi-adsorb](https://www.standardprocess.com/products/gi-adsorb)
At Standard Process, excellence is our standard and we stand behind our quality From Seed to Supplement®

Our mission has always been to change lives, and that starts with our commitment to quality. Since 1929, Standard Process has been a family-owned company and visionary leader in whole food-based supplements. From growing our own organic crops to our investments in science, technology and manufacturing, we are committed to delivering high-quality products that work the way nature intended.
Many of our products start with ingredients like pea vine, beets and buckwheat that are grown on our own certified organic farm in Palmyra, Wisconsin.

We've utilized organic farming practices since 1929. We use the USDA’s stringent organic rules as our baseline. We are committed to going above and beyond organic standards so we can have and continue to improve farm's sustainable, vibrant, and living soil. Growing nutrient-dense whole foods requires a real commitment to keeping the soil healthy – a commitment we take seriously because we take health seriously.

Harvested crops travel down the road to be processed, not across the country.

When we say fresh, we mean it. We transport harvested crops to our farm's onsite juicing and drying facilities to begin the process cycle. Farm crops then travel about a mile down the road to our manufacturing facility for further processing and quality assessment. By controlling the entire process, we ensure the efficacy and nutritional value of our ingredients, keeping them in their bioavailable form and minimizing the loss of phytonutrients.
Protomorphogen™ Brand Extracts (PMGs)

Continuing the pioneering work of Dr. Royal Lee, Standard Process offers a line of products containing Protomorphogen™ brand extracts (PMGs). Dr. Lee believed that ingesting raw materials from these PMGs benefitted the human body. His groundbreaking process, still used today, extracts specific material from animal glands and organs, providing valuable minerals, nucleotides and peptides. In keeping with our steadfast commitment to quality, all our raw specialized protein isolates are sourced from U.S. Department of Agriculture (USDA)-inspected facilities.

Cytosol™ Brand Extracts

Cytosol™ brand extracts are derived from the cytoplasm of selected organs and glands through a process similar to the Protomorphogen™ extraction process. However, these extracts contain cellular factors such as hormone precursors and synergistic cofactors that are the biochemical building blocks essential to cellular metabolism.

Ensuring quality and safety is a responsibility we take to heart.

Quality and safety are not something we take lightly. Our comprehensive sourcing standards, quality control processes, and vertical integration allow us to ensure quality by managing every step of the way to develop safe, potent, and pure products. This means that you can trust the unique product formulations you get from us.
We’re driving a new era of innovation.

With an unwavering mission to change lives, our focus on innovation has always driven us to excellence – and it will continue to drive us well into the future. Between our first-of-its-kind Nutrition Innovation Center, valuable partner relationships, and advanced farming science and technology, we are steadfast leaders in the field of nutritional science. We know that improving quality of life takes a commitment to doing things the right way – with high standards and a laser-sharp focus on delivering positive clinical outcomes that are scientifically supported.

Throughout this catalog, and across our family of brands that includes SP Childrens™, MediHerb® and Standard Process Veterinary Formulas™, you’ll see how our commitment to quality is reflected in every product we offer.
Standard Process Products

WHOLE FOOD NUTRIENT SOLUTIONS
Guide to Dietary Icons

**USDA Organic** has been grown and processed according to federal guidelines addressing soil quality, pest and weed control and use of additives.

**Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

**Vegetarian** are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.

**Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration’s gluten-free labeling.

**Non-Dairy** or **Non-Dairy Formulas** have been formulated to not contain milk or milk-derived ingredients.

**Non-Soy** or **Non-Soy Formulas** have been formulated to not contain soy or soy-derived ingredients.

**Non-Grain** or **Non-Grain Formulas** have been formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.
A-C CARBAMIDE® introduced in 1946

0625 – 90 Capsules | 0635 – 270 Capsules

A-C Carbamide® supports healthy fluid transfer among tissues. *
- Promotes the healthy formation and excretion of urine
- Promotes healthy fluid levels
- Supports healthy urinary system function
- Promotes healthy cellular fluid levels
- Excellent source of vitamin A and antioxidant vitamin C

Suggested Use: 3 capsules per day, or as directed.
Special Information: Keep bottle tightly closed. This product absorbs moisture.

ADRENAL DESICCATED introduced in 1959

0850 – 90 Tablets

Adrenal Desiccated supports endocrine health. The adrenal glands are important in the body’s natural response to stress and energy metabolism. *
- Provides powerful, short-term adrenal support for immediate energy needs
- Supports immune system response function during times of increased demand

Suggested Use: 2 tablets per day, or as directed.
Complementary Product Support:
- Cataplex® C
- Drenatrophin PMG

See more information:

**Supplement Facts**

**A-C CARBAMIDE®**

<table>
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<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3 g</td>
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<tr>
<td>Vitamin A</td>
<td>450 I.U. RAE</td>
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<tr>
<td>Vitamin C</td>
<td>18 mg</td>
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</table>
| Proprietary Blend | 2,270 mg | 1%

Other Ingredients: Gelatin, water, ascorbic acid, calcium stearate, modified corn starch, vitamin A palmitate, and sucrose.

**ADRENAL DESICCATED**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
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</table>
| Proprietary Blend | 430 mg | 1%

Other Ingredients: Calcium lactate, honey, arabic gum, and calcium stearate.
A-F BETAFOOD®  Introduced in 1951

0800 – 180 Tablets  |  0825 – 360 Tablets

A-F Betafood® includes an array of whole food and other ingredients to support healthy fat digestion.*

- Supports normal processing of dietary fats for cholesterol metabolism
- Supports healthy bowel functioning
- Supports bile production in the liver and healthy bile flow in the gallbladder
- Helps maintain healthy levels of fat in the liver
- Contains a combination of key ingredients from Cataplex® A, Cataplex® F, and Betafood®
- Excellent source of vitamin A and iodine
- Good source of vitamin B6

Suggested Use: 2 tablets per meal, or as directed.

Complementary Product Support:
- Cholacol®
- Choline

Clinical publication on this product available at standardprocess.com

### Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 Tablets</td>
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<tr>
<td>Servings per Container: 90 and 180</td>
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<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>450 mcg RAE</td>
<td>5%</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>500 mg</td>
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Proprietary Blend: Organic SP beet, blend of organic swiss chard leaf powder, organic beet (root), organic beet (leaf) juice powder, organic beet (root), organic carrot, organic sweet potato, organic oat flour, calcium lactate, rice bran, magnesium chloride, bovine liver, bovine prelube, nutritional yeast, bovine kidney, organic alfalfa (pellet part), organic barley (pellet part), bovine liver extract, bovine liver fat extract, d-alpha tocopherol (vitamin E, sunflower), and sunflower lecithin.

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

**Daily Values not established.

Other Ingredients: Honey, acacia gum, modified corn starch, calcium stearate, vitamin A palmitate, proline iodine (min), ascorbic acid, sucrose, and pyridoxine hydrochloride.
ALBAPLEX® Introduced in 1959

0910 – 90 Capsules | 0925 – 150 Capsules

Albaplex® supports kidney function and encourages healthy liver function. It supports the body’s natural immune system response function.*

- Contains a combination of key ingredients from Betacol®, Renatrophin PMG®, Arginex®, Cataplex® A-C, and Thymex®
- Excellent source of niacin, vitamin A and vitamin B6
- Good source of antioxidant vitamin C*

Suggested Use: 2 capsules per meal, or as directed.

Complementary Product Support:
- Cataplex® A-C-P
- Livaplex®
- Renafod®

ALLERPLEX® Introduced in 1959

1000 – 150 Capsules

Allerplex®, with vitamin A, supports the body’s ability to handle seasonal, environmental, and dietary challenges.*

- Supports the body’s natural ability to manage mucus movement
- Supports healthy liver function
- Supports healthy lung and respiratory function
- Contains a combination of key ingredients from Pneumotrophin PMG®, Drenatrophin PMG®, Cataplex® A-C, Betacol®, and Antronex®
- Good source of vitamin A*

Suggested Use: 3 capsules per meal, or as directed.

Caution: If pregnant or lactating, consult your health care professional before using this product.

Complementary Product Support:
- Antronex®
- Cataplex® A-C-P
- Drenamin®
**ANTRONEX®** Introduced in 1953

1110 – 180 Tablets | 1115 – 330 Tablets

Antonex® contains bovine liver fat extract. Japanese researchers discovered a liver fat extract that was used to support the body’s normal detoxification mechanisms.

**Suggested Use:** 1 tablet per day, or as directed.

**Complementary Product Support:**
- Allerplex®
- Livaplex®

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**ARGINEX®** Introduced in 1953

1140 – 90 Tablets | 1145 – 180 Tablets

Arginex® supports the organs that help cleanse the liver and kidneys, as well as the body in general.*

- Promotes healthy breakdown of protein byproducts in the liver
- Helps to maintain healthy kidney function
- Excellent source of vitamin A

**Suggested Use:** 1 tablet per meal, or as directed.

**Other Ingredients:**
- Proprietary blend: organic buckwheat (soba) juice powder, organic buckwheat flour, organic sorghum, organic rice flour, orange juice powder, sunflower oil, orange peel, green pepper, red pepper, and onion powder.
- Other ingredients: honey, cornstarch, silicon dioxide, and calcium stearate.

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**B6-NIACINAMIDE** Introduced in 1969

1275 – 90 Tablets | 1280 – 330 Tablets

B6-Niacinamide supplies B vitamins to support the cardiovascular, digestive, endocrine, circulatory, and central nervous systems.*

- Supports a healthy nervous system
- Supports energy metabolism*
- Excellent source of niacin and vitamin B6

**Suggested Use:** 1 tablet per day, or as directed.

**Other Ingredients:**
- Proprietary blend: yeast, liver, organic rice mushroom powder, organic shiitake mushroom powder, and acetic acid.
- Other ingredients: Pyridoxine hydrochloride, niacinamide, calcium stearate, and arabic gum.

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BETACOL® introduced in 1946

1380 – 90 Capsules

Betacol® supports the liver’s handling and processing of fats.®

• Encourages healthy bile production
• Supports healthy liver function
• Helps the body metabolize protein
• Supports homocysteine management
• Supports muscular function
• Excellent source of niacin and vitamin B₆

Suggested Use: 1 capsule per meal, or as directed.

Complementary Product Support:
• Choline
• Livaplex®

Supplement Facts

Serving Size: 1 Capsule

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>32 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: Spanish moss (Tillandsia usneoides), bovine liver PMS™ extract, organic beet (root), betaine hydrochloride, organic dehydrated sugar cane juice (sugar), calcium lactate, potassium bicarbonate, choline bitartrate, inositol, diisocitram phosphate, bovine adrenal Cytosol™ extract, oat flour, and ascorbic acid.

†Daily value not established.

Other Ingredients: Gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.
**BETAFOOD®** Introduced in 1943

1450 – 90 Tablets  |  1455 – 180 Tablets

Betafood* contains beets to support digestion and intestinal function.*
- Provides methyl donors to support the liver’s natural detoxification processes
- Contains naturally occurring betaine for liver and cardiovascular health
- Supports normal processing of dietary fats*

**Suggested Use:** 1 tablet per meal, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture.

**Complementary Product Support:**
- Cruciferous Complete™
- Garlic
- Spanish Black Radish

**BETaine HYDROchloride** Introduced in 1947

1525 – 180 Tablets

Betaine Hydrochloride supports normal gastrointestinal pH*
- Supports healthy protein digestion
- Promotes healthy gastric pH
- Enhances calcium, iron, and vitamin B12 absorption*

**Suggested Use:** 2 tablets per meal, or as directed. Chewing this product is not recommended.

**Complementary Product Support:**
- A-F Betafood®

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**Bio-Dent®** Introduced in 1955

1587 – 180 Tablets | 1590 – 330 Tablets | 1600 – 800 Tablets

Bio-Dent® supports normal cell function and a healthy skeletal system.*

- Supports normal energy metabolism processes and supports energy production
- Essential for normal skeletal development
- Involved in the production of cartilage and collagen
- A daily serving of Bio-Dent® supports the body’s natural processes of growth, development, and repair of teeth
- Supports bone health*
- Excellent source of manganese

**Suggested Use:** 5 tablets per meal, or as directed.

**Complementary Product Support:**
- Cataplex® A-C-P
- Collagen C™
- Ostrophin PMG®

---

**Bio-Dent®** supports normal cell function and a healthy skeletal system.*

- Supports normal energy metabolism processes and supports energy production
- Essential for normal skeletal development
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- A daily serving of Bio-Dent® supports the body’s natural processes of growth, development, and repair of teeth
- Supports bone health*
- Excellent source of manganese

**Suggested Use:** 5 tablets per meal, or as directed.

**Complementary Product Support:**
- Cataplex® A-C-P
- Collagen C™
- Ostrophin PMG®

---

**Biost®** Introduced in 1954

1612 – 180 Tablets | 1615 – 360 Tablets

Biost® contains manganese and veal bone PMG™ extract to support cellular and skeletal health.*

- Contains veal bone PMG™ extract, which provides a unique profile of minerals, nucleotides, and peptides
- Promotes healthy bones and teeth*
- Excellent source of manganese

**Suggested Use:** 1 tablet per meal, or as directed.

**Complementary Product Support:**
- Bio-Dent®
- Collagen C™

---

### Supplement Facts

**Bio-Dent®**

<table>
<thead>
<tr>
<th>Serving Size: 5 Tablets</th>
<th>Servings per Container: 96, 66, or 160</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Includes &lt;1g Added Sugars</td>
<td>1%</td>
</tr>
<tr>
<td>Calcium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>50 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>7 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>585 mg</td>
</tr>
<tr>
<td>Other Ingredients:</td>
<td>Honey, bovine bone, veal bone, cellulose, calcium lactate, manganese glycerophosphate, calcium stearate, and arabic gum.</td>
</tr>
</tbody>
</table>

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

---

**Biost®**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 180 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Manganese</td>
<td>6 mg</td>
</tr>
<tr>
<td>Other Ingredients:</td>
<td>Honey, manganese lactate, cellulose, and calcium stearate.</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
BLACK CURRANT SEED OIL  Introduced in 1986

1630 – 60 Softgels  |  1635 – 180 Softgels
13030 – Convenience Pack: General Female Endocrine Pack

Black Currant Seed Oil contains the essential fatty acid gamma-linolenic acid.

- Encourages proper eicosanoid synthesis*
- Supports the body’s normal tissue repair process
- Supports normal blood flow
- Supports healthy immune system function*

**Suggested Use:** 1 softgel per meal, or as directed.

**Complementary Product Support:**
- Tuna Omega-3 Oil

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Softgel</th>
<th>Servings per Container: 60 or 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Black Currant Seed Oil</td>
<td>320 mg</td>
</tr>
<tr>
<td>Gamma-Linolenic Acid</td>
<td>47 mg</td>
</tr>
</tbody>
</table>

*Daily value not established.

Other Ingredients: Gelatin, water, and glycerine.

---

See page 17 for a guide to these dietary icons.
**CALAMARI OMEGA-3 LIQUID** Introduced in 2010

1680 – 200 mL

Calamari Omega-3 Liquid supports cardiovascular health as part of diets low in saturated fat and cholesterol, healthy inflammatory processes and immune system response.*

Calamari Omega-3 Liquid helps bridge the gap in dietary omega-3 intake and supports general health for patients at all stages of life. With a clean, understated citrus taste, it’s perfect for those who cannot or prefer not to swallow pills, especially children and the elderly. It’s also certified sustainable from the independent nonprofit group Friend of the Sea® and rigorously tested to be below regulatory standards for contaminants and toxins.

Calamari Omega-3 Liquid also:

- Assists in triglyceride management for triglyceride levels already within a normal range^  
- Supports normal blood pressure already within a normal range  
- Supports healthy normal blood coagulation  
- Supports cognition  
- Promotes emotional balance  
- Supports skin, nail, and hair health*

^As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 1 teaspoon (5 mL) per day, or as directed. May be taken with meals. Refrigerate after opening.

Track omega-3s and optimize health with the Omega-3 Index Plus Test. See page 128 for more information.

**Complementary Product Support:**

- Bio-Dent®
- Collagen C™

---

**CAL-AMO®** Introduced in 1952

1710 – 90 Tablets

Cal-Amo® supports normal cellular pH.*

- Contains compounds that are useful in supporting proper acid/alkaline balance  
- Supports respiratory function*

**Suggested Use:** 1 tablet per meal, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture. Chewing this product is not recommended.
CALCI FOOD® Introduced in 1963

1825 – 100 Wafers | 13010 – Convenience Pack: Bone Health Pack

Calcifood® supports calcium absorption.*

- Helps the body build strong, healthy bones
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*
- Excellent source of calcium

Suggested Use: 3 wafers per day, with a meal, or as directed. This product should be chewed, then swallowed.

Complementary Product Support:
- Cataplex® D
- Collagen C™
- Cruciferous Complete™
- Ostrophin PMG®

CALCI FOOD® POWDER Introduced in 2000

1775 – 10 oz. (284 g)

Calcifood® Powder supports calcium absorption.*

- Provides 310 mg more calcium per serving than Calcifood® supplement wafers
- Helps the body build strong, healthy bones*
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life
- Excellent source of calcium

Suggested Use: 1 level tablespoon mixed in blender drink per day, or as directed.

Complementary Product Support:
- Cataplex® D
- Collagen C™
- Cruciferous Complete™
- Ostrophin PMG®

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
CALCIUM LACTATE  Introduced in 1947

1875 - 90 Tablets | 1895 - 180 Tablets | 1905 - 360 Tablets

Calcium Lactate contains calcium and magnesium.

• Supports muscle and nerve function*
• Supports normal functions of cells and cell membranes
• Supports normal blood clotting process
• Supports proper functioning of enzyme systems
• Supports and helps maintain healthy bone density and remodeling
• Provides support in the immune system response function*
• Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

• Excellent source of calcium
• Good source of magnesium

Suggested Use: 3 tablets per day, or as directed.

Complementary Product Support:

• Cataplex® D
• Collagen C™
• Ostrophin PMG®

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 6 Tablets</th>
<th>Servings per Container: 15, 56, or 133</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Amount per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Calcium</td>
<td>250 mg</td>
<td>19%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>50 mg</td>
<td>2%</td>
</tr>
</tbody>
</table>

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

Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.
CALCIUM LACTATE POWDER  Introduced in 2000

1925 – 12 oz. (340 g)

Calcium Lactate Powder supports absorption of calcium and magnesium.*

- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a non-dairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for immune system response function*
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.
- Excellent source of calcium and magnesium

**Suggested Use:** 1 level tablespoon per day, or as directed. Mixes best with hot, slightly acidic liquids, such as hot apple juice.

**Complementary Product Support:**
- Cataplex^® D
- Collagen C™
- Ostrophin PMG^®

---

**Supplement Facts**

Serving Size: 1 level tablespoon (10 grams)
Servings per Container: 34

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>160 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>160 mg</td>
</tr>
</tbody>
</table>

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

Ingredients: Calcium lactate and magnesium citrate.
**CAL-MA PLUS®** Introduced in 1958

*1980 – 90 Tablets | 1982 – 180 Tablets*

**Cal-Ma Plus®** supports endocrine, cellular, and metabolic functions.*

- Encourages healthy blood calcium levels
- Contains key ingredients from Calcium Lactate along with bovine parathyroid to support healthy parathyroid function, which is required for the proper regulation of calcium metabolism
- Good source of calcium*

**Suggested Use:** 3 tablets per day, or as directed.

**Complementary Product Support:**
- Calcifood®
- Cataplex® D
- Collagen C™
- Ostrophin PMG®

---

**CALSOL®** Introduced in 1947

*2015 – 90 Tablets*

**Calsol®** supports soft tissue.*

- A non-animal source of calcium and phosphorus
- Supports gallbladder function as well as the digestive, musculoskeletal, and central nervous systems*
- Good source of calcium and phosphorous

**Suggested Use:** 5 tablets per day, with a meal, or as directed.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 Tablets</th>
<th>Servings per Container: 30 or 60</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>150 mg</td>
</tr>
</tbody>
</table>

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

**Ingredients:** Calcium lactate, honey, calcium chloride, magnesium citrate, calcium stearate, and bovine parathyroid.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 5 Tablets</th>
<th>Servings per Container: 18</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Calcium</td>
<td>230 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>190 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>196 mg</td>
</tr>
<tr>
<td>Carbamide and magnesium citrate</td>
<td>195 mg</td>
</tr>
</tbody>
</table>

*Daily Value not established.

**Other Ingredients:** Calcium glycerophosphate, calcium lactate, calcium stearate, and calcium phosphate.
CARDIO-PLUS® Introduced in 1956

2065 – 90 Tablets  |  2080 – 330 Tablets

Cardio-Plus® is a heart supplement that helps support heart/cardiovascular health.*

- Supports the healthy functioning of the heart and other muscles
- Supports healthy circulation
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Supports energy metabolism*
- Contains a combination of key ingredients from Cataplex® G, Cataplex® E, Cardiotrophin PMG®, and Cataplex® C
- Excellent source of riboflavin, niacin, and vitamin B₆
- Good source of antioxidant vitamin C

Suggested Use: 2 tablets per meal, or as directed.

Complementary Product Support:
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex® E
- Vasculin®

CARDIO-PLUS® GF Introduced in 2014

2085 – 330 Tablets

Cardio-Plus® GF is a heart supplement that helps support heart/cardiovascular health.*

- Supports the healthy functioning of the heart and other muscles
- Supports healthy circulation
- Provides ingredients with antioxidant activity
- Contains bovine heart PMG™ extract
- Supports energy metabolism*
- Contains a combination of key ingredients from Cataplex® G, Cataplex® E, Cataplex® C, and Cardiotrophin PMG®
- Excellent source of riboflavin, niacin, and vitamin B₆
- Good source of antioxidant vitamin C

Suggested Use: 2 tablets per meal, or as directed.

Complementary Product Support:
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex® E
- Vasculin®
**CARDIOTROPHIN PMG®** introduced in 1952

2125 – 90 Tablets

Cardiotrophin PMG® includes bovine heart PMG™ extract to support heart muscle function:

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports the heart and cardiovascular system
- Supports normal heart cell growth and differentiation

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Complementary Product Support:**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Cataplex® E
- Vasculin®

---

**CATALYN®** introduced in 1929

2140 – 90 Tablets | 2160 – 360 Tablets
13020 – Convenience Pack: General Health Pack
13030 – Convenience Pack: General Female Endocrine Pack

Catalyn®, Dr. Royal Lee’s first product, supplies multiple vitamins. It contains antioxidants and vital nutrients from whole food and other sources:

- Supplies multiple vitamins for complex nutritional supplementation
- Designed to help bridge nutritional gaps in the diet
- Encourages healthy cell function
- Supports overall well-being
- Excellent source of vitamin D, vitamin B₆, and antioxidant vitamin C
- Good source of thiamin and riboflavin

**Suggested Use:** 3 tablets per day, or as directed.

**Complementary Product Support:**
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Trace Minerals-B™
CATALYN® CHEWABLE  Introduced in 1997

2165 – 90 Tablets

Catalyn® Chewable contains vital nutrients from whole food and other sources.*

- Supplies multiple vitamins for complex nutritional supplementation
- Designed to help bridge nutritional gaps in the diet
- Encourages healthy cell functioning
- Supports overall well-being*
- Great-tasting chewable tablet with natural cherry fruit powder
- Excellent source of vitamin D, vitamin B₆, and antioxidant vitamin C
- Good source of thiamin and riboflavin

Suggested Use: 3 tablets per day, or as directed.

Complementary Product Support:
- Black Currant Seed Oil and Calamari Omega-3 Liquid
  or Tuna Omega-3 Chewable

CATALYN® GF  Introduced in 2012

2167 – 360 Tablets

A gluten-free version of the original Catalyn® formula, Catalyn® GF provides the same nutritional density as the original Catalyn®, minus the gluten.*

- Contains vital nutrients from whole food and other sources
- Encourages healthy cell functioning*
- Supports overall well-being*
- Excellent source of vitamin D, vitamin B₆, and antioxidant vitamin C
- Good source of thiamin and riboflavin

Suggested Use: 3 tablets per day, or as directed.

Supplement Facts

**Serving Size: 3 Tablets**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>900 IU</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>7.8 mcg</td>
<td>39%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.2 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1 mg</td>
<td>19%</td>
</tr>
</tbody>
</table>

Proprietary Blend: 300 mg
dextrose, wheat germ, calcium lactate, organic carrot, organic sweet potato, nutritional yeast, broccoli admiral, broccoli flour, magnesium citrate, broccoli spirens, ovine spleen, bovine kidney, organic pea wine juice powder, organic alfalfa (aerial part) juice powder, oat flour, sunflower lecithin, organic shiitake mushroom powder, organic shiitake mushroom powder, organic red clover flower, and rice bran.

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

Other Ingredients: Organic dehydrated sugar cane juice (sugar), maltodextrin, cherry powder, honey, calcium stearate, glycerine, natural cherry flavor, ascorbic acid, modified corn starch, arabic gum, cholecalciferol, vitamin A palmitate, sucrose, pyridoxal hydrochloride, thiamine hydrochloride, and riboflavin.

See page 17 for a guide to these dietary icons

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**CATAPLEX® A** Introduced in 1954

**0510 – 180 Tablets**

Cataplex® A is a vitamin A supplement. It supplies vitamin A as it naturally occurs in plants, along with whole food and other ingredients.

- Promotes healthy epithelial cell development
- Provides ingredients with antioxidant activity
- Helps maintain healthy eyes
- Helps maintain healthy mucous membranes
- Excellent source of antioxidant vitamin A*

**Suggested Use:** 2 tablets per meal, or as directed.

**Complementary Product Support:**
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Dermatrophin PMG*
- Iplex®

---

**CATAPLEX® A-C** Introduced in 1950

**0580 – 180 Tablets**

Cataplex® A-C helps support immune system function and maintains healthy cells and tissues.*

- Helps maintain healthy mucous membranes
- Supports healthy immune system response function
- Provides ingredients with antioxidant activity
- Supports the hematopoietic system
- Helps maintain healthy epithelial and connective tissue
- Contains a combination of key ingredients from Cataplex® A and Cataplex® C along with organic echinacea
- Excellent source of antioxidant vitamin A
- Good source of antioxidant vitamin C*

**Suggested Use:** 2 tablets per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family.

**Complementary Product Support:**
- Calcium Lactate
- Thymex®

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Vitamin A (as Beta-carotene)</td>
<td>900 mcg RAE</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>588 mg</td>
</tr>
<tr>
<td>Organic: carrot, organic sweet potato, calcium lactate, defatted wheat germ, bovine kidney, oat flour, nutritional yeast, rice bran, magnesium citrate, organic alfalfa (aerial parts), d-alpha tocopherol (vitamin E sunflower), ascorbic acid, and sunflower lecithin.</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Honey, Arabic gum, and calcium stearate.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>450 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>490 mg</td>
</tr>
<tr>
<td>Calcium lactate, Carrot (root), organic sweet potato, bovine adrenal, bovine kidney, organic echinacea angustifolia (root), organic echinacea purpurea (root), nutritional yeast, magnesium citrate, organic alfalfa (aerial parts), organic dried alfalfa (petal parts) juice, organic dried buckwheat (petal parts) juice, organic buckwheat (seed), bovine bone, organic reishi mushroom powder, organic shiitake mushroom powder, defatted wheat germ, yeast bone, oat flour, sunflower lecithin, d-alpha tocopherol (vitamin E sunflower), carrot oil, and rice bran.</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Honey, ascorbic acid, starch, Arabic gum, calcium stearate, and vitamin A palmitate.
CATAPLEX® A-C-P

Introduced in 1956

0725 – 180 Tablets | 0750 – 360 Tablets
13040 – Convenience Pack: Adrenal Health Pack

Cataplex® A-C-P supports cardiovascular health, immune system response function, and vascular integrity.*

• Supports maintenance of cells and tissues
• Helps maintain healthy mucous membranes
• Supports healthy immune system response function
• Supports healthy cholesterol levels already within a normal range
• Supports dental health in relation to gums*
• Contains a combination of key ingredients from Cataplex® A, Cataplex® C, and Cyruta®
• Excellent source of vitamin A
• Good source of antioxidant vitamin C

Suggested Use: 3 tablets per meal, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:

• Calcium Lactate
• Thymex®

CATAPLEX® B

Introduced in 1954

1225 – 180 Tablets | 1250 – 360 Tablets

Cataplex® B supports overall health and nervous system health.*

• Provides essential nutrients for the metabolic, cardiovascular, and nervous systems
• Supports energy production/metabolism
• Helps maintain homocysteine levels already within a normal range and assists in the metabolism of homocysteine.
• Supports a healthy heart by helping maintain healthy homocysteine levels already within a normal range
• Contains B vitamins to support energy production during physical activity or exercise*
• Excellent source of thiamin, niacin and vitamin B₆

Suggested Use: 2 tablets per meal, or as directed.

Complementary Product Support:

• Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

---

Supplement Facts

Serving Size: 3 Tablets
Serving per Container: 60 or 120

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mg (I.U.)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>17 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>860 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend:
- Organic buckwheat (aerial parts) juice powder, organic buckwheat flour, calcium lactate, nutritional yeast, organic carrot, organic sweet potato, bovine adrenal, bovine kidney, organic alfalfa (aerial parts), organic alfalfa (aerial parts) juice powder, magnesium citrate, organic shiitake mushroom powder, organic millet mushroom powder, veal bone, bovine bone, defatted wheat germ, organic oat flour, echinacea purpurea (root), echinacea angustifolia (root), sunflower lecithin, calcium phosphate, rice bran, carrot oil, and d-alpha tocopherol (vitamin E sunflower).

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

†Daily Value not established.

Other Ingredients: Honey, ascorbic acid, arabic gum, calcium stearate, modified corn starch, vitamin A palmitate, and sunflower.

---

Supplement Facts

Serving Size: 2 Tablets
Serving per Container: 90 or 180

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thiamin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>20 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1 mg</td>
</tr>
<tr>
<td>Piridoxine</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>545 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend:
- Bovine liver, organic beef (heart), nutritional yeast, porcine duodenum, defatted wheat germ, organic carrot, organic sweet potato, rice bran, bovine adrenal, sunflower lecithin powder, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, manganese lactate, phosphoric acid, inositol, and riboflavin.

†Daily Value not established.

Other Ingredients: Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamin hydrochloride, and pyridoxine hydrochloride.

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Standard Process* | 35

See page 17 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergetic products listed are for general reference only. Products should be used by health care professionals according to each patient’s individual needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**CATAPLEX® B-GF**  Introduced in 2014

1255 – 360 Tablets

Cataplex® B-GF supports overall health and nervous system health.*
- Provides essential nutrients for the metabolic, cardiovascular, and nervous systems
- Supports energy production/metabolism
- Supports a healthy heart by helping maintain healthy homocysteine levels already within a normal range
- Contains B vitamins to support energy production during physical activity or exercise*
- Excellent source of thiamin, niacin, and vitamin Bs

Suggested Use: 2 tablets per meal, or as directed.

**Complementary Product Support:**
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Oil

---

**CATAPLEX® B-CORE**  Introduced in 2020

1260 – 120 Tablets

Cataplex® B-Core contains naturally occurring phytoneutrients and B vitamins including thiamin and folate derived from the whole food matrix.
- Contains ingredients that support healthy cellular processes*
- Formulated with ingredients that have naturally occurring B vitamins
- Long-term vitamin B support*

Suggested Use: 2 tablets per day, or as directed.

**Complementary Product Support:**
- Cataplex® G
- Cataplex® F Tablets
- Cardio-Plus®

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Cataplex® B-GF</th>
<th>Cataplex® B-CORE</th>
</tr>
</thead>
</table>

- **Amount per Serving**
  - **%Daily Value**
  - **Thiamin**: 1 mg, 95%
  - **Riboflavin**: 1 mg, 75%
  - **Niacin**: 10 mg, 25%
  - **Choline**: 545 mg

**Other Ingredients:** Honey, choline bitartrate, niacinamide, calcium stearate, arabic gum, thiamine hydrochloride, pyridoxine hydrochloride, and water.

---

Please consult the actual product label for the most accurate product information.
**CATAPLEX® B12** Introduced in 1950

**1325 – 90 Tablets**

Cataplex® B12 supports blood health and general well-being.*

- Promotes and supports blood production
- Maintains healthy blood
- Supports folic acid metabolism and homocysteine management
- Supports healthy development of red blood cells
- Essential for normal myelin synthesis and central nervous system function*
- Excellent source of thiamin, niacin, and vitamin B12

**Suggested Use:** 1 tablet per day, or as directed.

**Complementary Product Support:**

- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

---

**CATAPLEX® C** Introduced in 1954

**1650 – 90 Tablets | 1655 – 360 Tablets**

**13070 – Immune System Health Pack**

Cataplex® C supports the immune system, skin and connective tissue, and bone health.*

- Supports normal immune function*
- Supports healthy blood vessels through support of the body's natural collagen-synthesis processes*
- Supports healthy bone tissue by helping normal collagen formation*
- Supports healthy adrenal gland functions*
- Good source of antioxidant vitamin C

**Suggested Use:** 3 tablets per meal, or as directed.

**Caution:** Caution in using this product if allergic to plants of the daisy family.

**Complementary Product Support:**

- Calcium Lactate
- Cataplex® E
- OPC Synergy*

---

**Supplement Facts**

**CATAPLEX® B12**

- **Vitamin B12**: 6 mcg (25%)
- **Proprietary Blend**: 355 mg
  - Brahine liver, organic carrot, organic sweet potato, calcium lactate, porcine stomach parenchyma, bovine spleen, ovine spleen, bovine adrenal
  - Glycine® extract, oat flour, and ascorbic acid.
- **Daily Value not established.**

**Other Ingredients:** Cellulose, honey, dicalcium phosphate, and cyanocobalamin.

---

**CATAPLEX® C**

- **Vitamin C**: 17 mg (19%)
- **Vitamin B6**: 1 mg (2%)
- **Vitamin B1**: 10 mg (<1%)
- **Proprietary Blend**: 595 mg
- **Daily Value not established.**

**Other Ingredients:** Calcium lactate, honey, organic acerola (berry), camu camu (berry), organic maltodextrin, manioc (root), calcium oxide, and arabic gum.

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
CATAPLEX® D Introduced in 1954

3405 – 180 Tablets | 3410 – 360 Tablets
13010 – Convenience Pack: Bone Health Pack
13090 – Convenience Pack: Immune System Health Pack - Vegetarian

CATAPLEX® D supports bone health, mineral absorption, the immune system, and cellular processes.*

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response function
- Supports and maintains healthy bone density*
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription
- Excellent source of vitamin D and antioxidant vitamin A

Suggested Use: 2 tablets per day, or as directed.

Synergistic Product Support:
- Calcifood®
- Calcium Lactate
- Collagen C™
- Cruciferous Complete™
- Ostrophin PMG®

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 90 or 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>360 mcg RAE</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
</tbody>
</table>

Ingredients: Calcium lactate, milk powder, potassium citrate, glycerine, cholecalciferol, sucrose, starch, calcium stearate, arabic gum, vitamin A palmitate, and ascorbic acid.

CATAPLEX® E Introduced in 1934

3775 – 90 Tablets | 3825 – 360 Tablets

CATAPLEX® E supports cells and cell processes as well as healthy thyroid function.*

- Provides ingredients with antioxidant activity
- Supports cell signaling and regulation of gene expression
- Excellent source of vitamin E and selenium*

Suggested Use: 2 tablets per meal, or as directed.

Synergistic Product Support:
- Cataplex® C

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 45 or 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>3.3 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend

- Proprietary Blend 510 mg†
- Other Ingredients: Honey, selenium yeast, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, arabic gum, and calcium stearate.

†Daily Value not established.
CATAPLEX® E2  Introduced in 1949

3850 – 90 Tablets  |  3855 – 360 Tablets

Cataplex® E2 supports cellular health and general well-being.*
- Supports normal cardiovascular health*
- Provides ingredients with antioxidant activity
- Excellent source of selenium and antioxidant vitamin E

Suggested Use: 2 tablets per meal, or as directed.
Synergistic Product Support:
- Cardio-Plus®
- Vasculin®

CATAPLEX® F SOFTGELS  Introduced in 1938

4075 – 60 Softgels

Cataplex® F contains organic flaxseed extract, a natural source of omega-3 fatty acids from plants.
- Provides omega-3 fatty acids which can be used to form eicosanoids in the body
- May support healthy structural composition of skin and hair*
- Supports fat metabolism*
- Contains no iodine, ideal for the iodine-sensitive patient
- Excellent source of vitamin B6

Suggested Use: 1 softgel per meal, or as directed.
Synergistic Product Support:
- Calcium Lactate

Supplement Facts

- **Vitamin E**
  - Amount per Serving: 2.7 mg
  - %Daily Value: 18%

- **Proprietary Blend**
  - Amount per Serving: 470 mg
  - %Daily Value: 10%

- **Bovine orchiic extract, calcium lactate, Spanish moss (Tillandsia usneoides), bovine spleen, ovine spleen, insulin, bovine adrenal Cytofilm™ extract, oat flour, and ascorbic acid.**

- **Serving Size: 2 Tablets**
- **Servings per Container: 45 or 180**

- **Amount per Con**
- **tainer:**

  - **Vitamin E:** 2.7 mg (18% Daily Value)
  - **Proprietary Blend:** 470 mg (10% Daily Value)
  - **Bovine orchiic extract, calcium lactate, Spanish moss (Tillandsia usneoides), bovine spleen, ovine spleen, insulin, bovine adrenal Cytofilm™ extract, oat flour, and ascorbic acid.**

- **Other Ingredients:** Honey, arabic gum, selenium yeast, d-alpha tocopherol (vitamin E sunflower), and calcium stearate.

- **Serving Size: 1 Softgel**
- **Servings per Container: 60**

  - **Amount per Serving:**

    - **Vitamin B6:** 2 mg (118% Daily Value)
    - **Proprietary Blend:** 360 mg

- **Proprietary Blend**
  - **Amount per Serving:** 360 mg
  - **%Daily Value:** Not established.

- **Other Ingredients:** Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.

- **Daily Value not established.**

- **Other Ingredients:** Gelatin, water, glycerine, beeswax, and pyridoxine hydrochloride.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
**CATAPLEX® F TABLETS**  
Introduced in 1934

**4150 – 90 Tablets | 4200 – 360 Tablets**  
13070 – Immune System Health Pack

**Cataplex® F supports fat metabolism.**

- May support healthy structural composition of skin and hair*
- Contains iodine for thyroid support
- Excellent source of vitamin B₆ and iodine

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**
- Calcium Lactate

---

**CATAPLEX® G**  
Introduced in 1934

**4500 – 90 Tablets | 4550 – 360 Tablets**

**Cataplex® G maintains nerve health and provides a calmative effect on the nervous system.**

- Encourages healthy parasympathetic nerve functioning
- Supports healthy liver functioning
- Supports brain and nervous system function
- Supports the body’s metabolism
- Provides coenzymes and cofactors needed for cellular function*
- Excellent source of riboflavin and niacin
- Good source of vitamin B₆

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**
- Livaplex°

---

**Supplement Facts**

<table>
<thead>
<tr>
<th><strong>Serving Size:</strong> 1 Tablet</th>
<th><strong>Servings per Container:</strong> 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>0.8 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>250 mg</td>
</tr>
</tbody>
</table>

Calcium lactate, defatted wheat germ, organic carrot, organic sweet potato, bovine prostate, bovine liver, magnesium citrate, bovine orchic extract, oat flour, organic flavored oil extract, bovine liver fat extract, ascorbic acid, sunflower lecithin, and d-alpha tocopherol (vitamin E sunflower).

†Daily Value not established.

Other Ingredients: Honey, glycerine, arabic gum, calcium stearate, pantothenic acid, zinc, and pyridoxine hydrochloride.

---

<table>
<thead>
<tr>
<th><strong>Serving Size:</strong> 1 Tablet</th>
<th><strong>Servings per Container:</strong> 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>280 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

Bovine liver, porcine stomach, calcium lactate, defatted wheat germ, nutritional yeast, and porcine brain.

†Daily Value not established.

Other Ingredients: Choline bitartrate, honey, niacinamide, ascorbic acid, glycerine, riboflavin, arabic gum, calcium stearate, and pyridoxine hydrochloride.
**CATAPLEX® GTF** Introduced in 1981

4680 – 180 Tablets

Cataplex® GTF supports carbohydrate digestion and encourages healthy blood sugar utilization at the cellular level.*

- Supports healthy blood sugar levels when already within a normal range
- Supports healthy cholesterol levels that are already within a normal range
- Excellent source of niacin and chromium
- Good source of antioxidant vitamin A*

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Diaplex®
- Magnesium Lactate

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>150 mcg RAE</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Niacin</td>
<td>5.5 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Chromium</td>
<td>48 mcg</td>
<td>300%</td>
</tr>
<tr>
<td>Proprietary blend</td>
<td>317 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, chromium yeast, niacinamide, ascorbic acid, starch, vitamin A palmitate, and calcium stearate.

---

**CAYENNE PEPPER** Introduced in 2001

2170 – 150 Capsules

Cayenne Pepper supports healthy gastric digestion.*

- Encourages healthy circulation
- Supports healthy blood lipid profiles already within a normal range
- Helps to maintain healthy blood sugar levels already within a normal range
- Provides antioxidant activity*

**Suggested Use:** 1 capsule per day, or as directed.

**Caution:** Exceeding recommended dosage may cause stomach irritation. Keep out of reach of children. Avoid contact with injured or open skin. Avoid use during pregnancy and lactation. Contraindicated with pepper, celery, mugwort, and birch pollen allergies.

**Synergistic Product Support:**
- Cyruta®
- Garlic
- Ginkgo Synergy*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cayenne Pepper</td>
<td>345 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Cellulose, water, and calcium stearate.

---

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Cellular Vitality supports the whole body, with emphasis on cellular processes. It contains coenzyme Q₁₀, a nutrient that helps protect cells from free radicals.*

- Contains American ginseng, which acts as a body tonic for the byproducts of everyday stress
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that, when taken between meals, modulates the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity
- Contains coenzyme Q₁₀, a nutrient that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals
- Contains Cordyceps sinensis, a mushroom powder long prized in traditional Chinese medicine with a variety of bioactive compounds that contribute to fatigue management and the maintenance of healthy blood sugar levels already within a normal range
- Contains ribonucleic acid (RNA) compounds that can be broken apart as cells to create energy or manufacture protein
- Excellent source of riboflavin, vitamin B₁₂, biotin, and pantothentic acid
- Good source thiamin, niacin, vitamin B₆, and folate*

**Suggested Use:** 3 capsules per day, or as directed.

**Synergistic Product Support:**
- Magnesium Lactate

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>0.5 mcg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Folate</td>
<td>50 mcg DFE</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>3 mg</td>
</tr>
<tr>
<td>Folic acid (as folic acid)</td>
<td>50 mcg DFE</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>1 mg</td>
</tr>
<tr>
<td>Biotin</td>
<td>10 mg</td>
</tr>
<tr>
<td>Magnesium Lactate</td>
<td>125 mg</td>
</tr>
<tr>
<td>Coenzyme Q₁₀</td>
<td>80 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Cellulose, organic quinoa sprouts, water, and calcium stearate.

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.
CHEZYN® Introduced in 1981

2175 – 90 Tablets

Chezyn® is a balanced trace mineral complex of zinc, copper, and iron.*

• Encourages healthy cellular energy production
• Supports proper enzyme functioning
• Supports normal blood production
• Supports immune system response function
• Supports cognitive function
• Supports healthy thyroid function
• Supports normal testes function*
• Excellent source of iron, zinc, and copper

Suggested Use: 1 tablet per day, or as directed.

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

CHLOROPHYLL COMPLEX™ Introduced in 1948

2275 – 60 Softgels | 2325 – 240 Softgels

Chlorophyll Complex™ supports multiple body systems.*

• Provides ingredients with antioxidant activity
• Supports vascular health
• Supports the body’s normal immune system response function
• Provides cardiovascular support
• Maintains skin and hair health*

Suggested Use: 2 softgels per meal, or as directed. Chewing this product is not recommended.

Synergistic Product Support:
• Cataplex® E and OPC Synergy®

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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**CHLOROPHYLL COMPLEX OINTMENT™**  
*Introduced in 1949*

2340 – Net Wt 18 grams

*Chlorophyll Complex Ointment™* moisturizes and soothes for healthy-looking skin.*

**Suggested Use:** To be applied locally as an emollient.*

**Special Information:** For external use only

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**CHOLACOL®**  
*Introduced in 1956*

2425 – 90 Tablets

*Cholacol®* contains bile salts, a digestive component that may be involved in pathways that regulate normal gallbladder functions (such as gallbladder filling).*

- Ox bile has been historically used to support healthy fat digestion such as when eating a fatty meal.
- Collinsonia root has been historically used to support normal elimination and digestive health.*

**Suggested Use:** 2 tablets per meal, or as directed.

**Synergistic Product Support:**
- Black Currant Seed Oil and Calamari Omega-3 Liquid or Tuna Omega-3 Chewable

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**CHOLAPLEX®**  
*Introduced in 1959*

2525 – 150 Capsules

*Cholaplex®* supports the cardiovascular system.*

- Encourages healthy fat processing by the liver
- Supports a healthy vascular system
- Contains a combination of key ingredients from Orchex®, Cataplex® G, Cataplex® F, Cyruta®, and Cholacol®
- Excellent source of riboflavin, niacin, vitamin B6, and iodine*

**Suggested Use:** 1 capsule per meal, or as directed.

---

**Supplement Facts**

- **CHOLACOL®**
  - Serving Size: 2 tablets
  - Servings per Container: 45
  - Amount per Serving: %Daily Value
    - Total Carbohydrate: 0 g <1%
    - Proprietary Blend: 750 mg <7%
  - Other Ingredients: Honey and calcium stearate.
  - Other Ingredients: 2,000 calorie diet.
  - % Daily Value not established.

- **CHOLAPLEX®**
  - Serving Size: 1 capsule
  - Servings per Container: 150
  - Amount per Serving: %Daily Value
    - Riboflavin: 0.3 mg 23%
    - Niacin: 20.9 mg 138%
    - Vitamin B6: 4.4 mg 230%
    - Choline: 150 mg 2%
    - Iodine: 130 mcg 87%
  - Proprietary Blend: 425 mg <1%
  - Other Ingredients: Gelatin, choline bitartrate, calcium stearate, pyridoxine hydrochloride, calcium stearate, potassium iodide (gran), and riboflavin.
  - % Daily Value not established.
CHOLINE  Introduced in 1947

2565 – 90 Tablets

Choline supports healthy fat metabolism.*
- Supports healthy cell membrane structure and function
- Provides support for methylation reactions
- Supports healthy liver and gallbladder function
- Supports a healthy nervous system
- Excellent source of choline*

Suggested Use: 1 tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choline</td>
<td>180 mg</td>
</tr>
</tbody>
</table>

Ingredients: Choline bitartrate, honey, and calcium stearate.

CIRCULEX®  Introduced in 1964

2650 – 150 Capsules

Circuplex® supports the circulatory and parasympathetic nervous systems.*
- Promotes healthy peripheral circulation
- Promotes vascular integrity
- Contains a combination of key ingredients from Phosfood® Liquid, Niacinamide B₆, and Ribonucleic Acid (RNA)
- Excellent source of niacin and vitamin B₆*

Suggested Use: 1 capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin</td>
<td>30 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>4.3 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>415 mg†</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, niacinamide, water, pyridoxine hydrochloride, and calcium stearate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
COD LIVER OIL  Introduced in 2013

2685 – 180 Softgels

Cod Liver Oil supports healthy skin and eyes, addresses vitamin A and D deficiency, and may support mood challenges.*

- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support liver function
- Supports immune system response
- Supports healthy inflammatory processes*
- Excellent source of antioxidant vitamin A
- Good source of vitamin D

**Suggested Use:** 3 softgels per day, or as directed. Store in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. See page 128 for more information.

Collagen C™  Introduced in 1972

2690 – 90 Tablets

Collagen C® supports healthy connective tissue.*

- Provides ingredients with antioxidant activity
- Supports and promotes normal immune system response function*
- Provides whole food sources of vitamin C
- Excellent source of antioxidant vitamin C

**Suggested Use:** 1 tablet per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family.
COLLINSONIA ROOT  Introduced in 1955

2775 – 150 Capsules

*Collinsonia canadensis is an herb historically used to support vascular tissue and water balance.*

- Historically used for support of the bladder and kidneys
- Historically used to support digestion*

**Suggested Use:** 3 capsules per day with a full glass of water, between meals, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings per Container: 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Collinsonia (root)</td>
<td>395 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
Other Ingredients: Gelatin, water, and calcium stearate.

CONGAPLEX®  Introduced in 1959

2915 – 90 Capsules | 2925 – 150 Capsules

*Congaplex® is used for support of the immune system.*

- Supports healthy immune system response function
- Supports the thymus gland*
- Contains ribonucleic acid, which the body uses for protein synthesis
- Contains a combination of key ingredients from Cataplex® A-C, Thymex®, Calcium Lactate, and Ribonucleic Acid (RNA)
- Excellent source of antioxidant vitamin A

**Suggested Use:** 3 capsules per meal, or as directed.

**Synergistic Product Support:**
- Echinacea-C™

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings per Container: 30 or 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>270 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>80 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>630 mg</td>
</tr>
</tbody>
</table>

Bovine thymus, Cytofect® extract, ribonucleic acid, organic carrot, wheat bran, bovine bone, bovine adrenal, defatted wheat germ, organic sweet potato, organic alfalfa (pellet powder), nutritional yeast, organic oat flour, bovine kidney, organic alfalfa (pellet powder), wheat bran PMO® extract, organic buckwheat (pellet powder), juniper powder, organic buckwheat flour, organic reishi mushroom powder, organic ashwagandha mushroom powder, rice bran, sunflower lecithin powder, medium chain triglycerides, and canola oil.

†Daily Value not established.
Other Ingredients: Calcium lactate, gelatin, magnesium citrate, water, oxalic acid, modified corn starch, calcium stearate, vitamin A palmitate, d-alpha tocopherol (vitamin E sunflower), and sucrose.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
CONGAPLEX® CHEWABLE  Introduced in 1997

2930 – 90 Tablets

Congaplex® Chewable is used for support of the immune system.*

• Supports healthy immune system response function
• Provides nutrients that support antioxidant activity
• Supports the thymus gland*
• Contains ribonucleic acid, which the body uses for protein synthesis
• Contains a combination of key ingredients from Cataplex® A-C, Thymex®, Calcium Lactate, and Ribonucleic Acid (RNA)
• Good source of antioxidant vitamin A

Suggested Use: 3 tablets per meal, or as directed.

CONVENIENCE PACK: ADRENAL HEALTH PACK  Introduced in 2014

13040 – 60 Packs / Box

Adrenal Health Packs support healthy adrenal function and cellular health.*

• Excellent source of riboflavin, niacin, and antioxidant vitamins A and C
• Good source of vitamin Bs*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

• Cataplex® A-C-P (2 tablets)—supports cardiovascular health, immune system response function, and cell maintenance*
• Drenamin® (3 tablets)—contains vitamins that are involved in healthy adrenal gland functions and the production of neurotransmitters associated with emotional balance*
• Paraplex® (1 tablet)—supports cellular health and healthy pancreas, pituitary, thyroid, and adrenal gland function*

Suggested Use: Contents of 1 pack each morning and evening.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Suggested Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablets per meal, or as directed.</td>
<td></td>
</tr>
</tbody>
</table>

| Supplement Facts | 
|------------------|----------------|
| Serving Size: 3 Tablets | Serving per Container: 30 |
| Amount per Serving | %Daily Value |
| Calories | 5 |
| Cholesterol | 5 mg | 2% |
| Total Carbohydrate | 1 g | <1% |
| Vitamin A | 140 mcg (RAE) | 16% |
| Vitamin C | 3 mg | <1% |
| Magnesium (RAE) | 150 mg | |
| Vitamin D3 | 5 mcg (400 IU) | <1% |
| Thiamin (B1) | 0.1 mg | <1% |
| Riboflavin | 0.2 mg | <1% |
| Niacin | 5 mg | <1% |
| Pantothenic Acid | 1 mg | <1% |
| Calcium | 110 mg | <1% |
| Protein | <1 g | <1% |

Other Ingredients: Organic cane sugar, cellulose, raspberry powder, methochresline, calcium lactate, magnesium citrate, natural flavor, calcium stearate, ascorbic acid, modified corn starch, vitamin A palmitate, and sucrose.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Serving per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>250 mcg (RAE)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12 mg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>9.3 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>50 mg</td>
</tr>
<tr>
<td>Sulfur</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, honey, cellulose, choline bitartrate, ascorbic acid, niacinamide, calcium stearate, modified corn starch, calcium gum, riboflavin, pyridoxine hydrochloride, vitamin A palmitate, and sucrose.
CONVENIENCE PACK: BONE HEALTH PACK

Bone Health Packs provide convenient maintenance support to keep bones strong and healthy. Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.*

- Excellent source of vitamin D, calcium and manganese
- Good source of antioxidant vitamin A*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Calcifood® (3 wafers)—provides calcium

Special Information: This product should be chewed then swallowed.

- Cataplex® D (1 tablet)—supports and maintains healthy bone density*

- Cruciferous Complete™ (1 capsule)—helps move calcium into bones*

- Ostrophin PMG® (2 tablets)—supports healthy bone function*

Suggested Use: Contents of one pack each morning and evening.

Warning: This product contains naturally occurring Vitamin K1. All forms of Vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>150 mcg RA</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>20 mcg</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>370 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>80 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>4 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Total Phosphorus</td>
<td>80 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2,975 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Honey, dicalcium phosphate, bovine bone, cellulose, calcium lactate, gelatin, milk powder, manganese lactate, calcium stearate, potassium citrate, arabic gum, glycine, water, modified corn starch, sucrose, vitamin A palmitate, ascorbic acid, and cholecalciferol.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
CONVENIENCE PACK: GENERAL FEMALE ENDOCRINE HEALTH PACK  introduced in 2014

13030 – 60 Packs / Box

General Female Endocrine Daily Packs provide a protocol of endocrine system support supplements to support a healthy endocrine system and overall well-being.*

- Excellent source of vitamin D, vitamin B₆, and antioxidant vitamin A*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Black Currant Seed Oil (1 softgel)—supports proper eicosanoid synthesis and the body’s normal tissue repair process*
- Catalyn® (2 tablets)—contains vital nutrients, encourages healthy cell functioning, and supports overall well-being*
- Hypothalamus PMG® (1 tablet)—supports healthy hypothalamus tissue and function*
- Symplex® F (1 tablet)—supports healthy function of the ovaries and the adrenal, pituitary, and thyroid glands*
- Tuna Omega-3 Oil (2 softgels)—delivers essential omega-3 fatty acids (including DHA and EPA) and supports emotional balance as well as healthy skin and hair.*

Suggested Use: Contents of 1 pack each morning and evening.
CONVENIENCE PACK: GENERAL HEALTH PACK

13020 – 60 Packs / Box

General Health Packs provide convenient foundational maintenance support to help patients maintain optimal health.*

- Excellent source of vitamin D, vitamin B₆, vitamin B₁₂, antioxidant vitamin A, iodine, zinc, copper, and manganese
- Good source of thiamin and riboflavin*

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Catalyn® (3 tablets)—contains vital nutrients from whole food and other sources
- Trace Minerals-B₁₂™ (1 tablet)—trace mineral supplement
- Tuna Omega-3 Oil (2 softgels)—provides 300 mg DHA and 60 mg EPA omega-3 fatty acids to support heart, brain, eye, and joint health*

Suggested Use: Contents of 1 pack each morning and evening.

Special Information: Store product in a cool, dark place.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.
CONVENIENCE PACK: IMMUNE SYSTEM HEALTH PACK Introduced in 2020

13070 – 30 / Box

Immune System Health Packs are designed to provide support in three convenient daily immune system supplement packs:

• Provides ingredients with antioxidant activity
• Excellent source of iron, zinc, copper, chromium, folate and vitamins A, B6 and B12 and antioxidant vitamins C and E
• Good source of selenium*
• At the suggested use of three packs per day, this product provides an excellent source of calcium and a good source of magnesium

Each box includes a 10-day supply of individual packs (taken 3 times a day). Each pack contains:

• Immuplex® (2 capsules) - a blend of essential micronutrients and minerals as well as Protomorphogen™ and Cytosol™ extracts to support the immune system.*
• Cataplex® F (2 tablets) - supports the body’s inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity.*
• Cataplex® C (3 tablets) - supports the immune system, skin and connective tissue, and bone health.*
• Calcium Lactate (2 tablets) - supports absorption of calcium and magnesium.*

Suggested Use: Contents of 1 pack three times a day.

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

Caution: Contraindicated in known allergy to plants of the daisy family.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt; 1 g</td>
<td>&lt; 1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>6 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>&lt; 1 g</td>
<td>&lt; 1%</td>
</tr>
<tr>
<td>Protein</td>
<td>&lt; 1 g</td>
<td>&lt; 1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>300 mcg (RAI)</td>
<td>33%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>2 mcg</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.4 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.4 mg</td>
<td>19%</td>
</tr>
<tr>
<td>Calcium</td>
<td>150 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Iron</td>
<td>0.3 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Zinc</td>
<td>0.2 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.3 mg</td>
<td>18%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>15 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Selenium</td>
<td>0.1 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Iodine</td>
<td>190 mcg</td>
<td>12%</td>
</tr>
</tbody>
</table>

Proprietary Blend: 1,441 mg
- Vital Nutrients: rice bran, alfalfa, barley, wheat, oat, sorghum, corn, sunflower, soybean, and canola
- Nutritional Yeast: yeast extract, potassium, calcium, and magnesium
- Trace Minerals: iron, zinc, copper, manganese, selenium, chromium, and molybdenum
- Antioxidant Complex: vitamin E, vitamin C, vitamin A, beta-carotene, and alpha-tocopherol
- Natural Flavors and Aromas: natural citrus and berry flavors

Other Ingredients: Red beet, barley, corn, sunflower, and soybean oil. Contains: Iron up to 3 mg, copper up to 1.2 mg, and zinc up to 1 mg.

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

Daily Values not established.

Scan for more information.
CONVENIENCE PACK: IMMUNE SYSTEM HEALTH PACK—VEGETARIAN

13090 – 60 / Box

Vegetarian Immune System Health Packs are designed to provide support in two convenient daily vegetarian immune system supplement packs.*

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor®, maitake and turkey tail mushrooms*
- At the suggested use of two packs per day, this product provides an excellent source of antioxidant vitamins A and C
- Excellent source of vitamin D and zinc

Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

- Epimune Complex (1 capsule) - a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health.*
- Cataplex® D (1 tablet) - supports bone health, mineral absorption, the immune system, and cellular processes.*
- Echinacea-C™ (1 tablet) - supports the immune system.*

Suggested Use: Contents of 1 pack each morning and evening.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a health care professional. Contraindicated in known allergy to plants of the daisy family.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Pack</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>0.1 g</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>150 mcg Ret.</td>
<td>7%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>14 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>20 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Zinc</td>
<td>5 mg</td>
<td>45%</td>
</tr>
<tr>
<td>Mixed yeast fermentate</td>
<td>298 mg</td>
<td>1</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>305 mg</td>
<td></td>
</tr>
<tr>
<td>Organic turkey tails mushroom powder, echinacea angustifolia (root), organic echinacea purpurea (root), organic reishi mushroom (fruit body), organic maitake mushroom powder, and maitake mushroom extract.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Other Ingredients: Calcium lactate, cellulose, organic acai berry, milk powder, honey, organic rose hips, zinc amino acid (rice chelate), maitake, potassium citrate, water, arabic gum, glycerine, calcium stearate, modified corn starch, sucrose, vitamin A palmitate, ascorbic acid, and cholecalciferol.

With MaitakeGold® 404® maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,854,804.
With Epicor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.

See page 17 for a guide to these dietary icons

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
CRUCIFEROUS COMPLETE™ introduced in 1998

2960 – 90 Capsules | 13010 – Convenience Pack: Bone Health Pack

**Cruciferous Complete™ supports cellular health.**

- Supports healthy liver function
- Provides ingredients with antioxidant activity
- Our research shows some compounds in kale and Brussels sprouts promote the liver’s natural phase one and two detoxification processes in cell and animal models.*

**Suggested Use:** 1 capsule per day, or as directed.

**Warning:** This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product.

**Synergistic Product Support:**
- Garlic, Livaplex®, and Spanish Black Radish

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**CYROFOOD®** introduced in 1955

3050 – 360 Tablets

**Cyrofood® supports cellular health and general well-being.**

- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Contains a combination of key ingredients from Catalyn® with additional whole food-based ingredients and trace minerals to help balance the diet and support healthy tissue*

**Suggested Use:** 4 tablets per meal, or as directed.

---

**Supplement Facts**

**Cruciferous Complete™**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Proprietary blend</td>
<td>500 mg</td>
</tr>
</tbody>
</table>

Daily value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

**Supplement Facts**

**Cyrofood®**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choline</td>
<td>10 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Horseradish, organic black chia, sunflower lecithin, magnesium stearate, calcium carbonate, and silicon dioxide.
**CYRO-YEAST®** Introduced in 1946

### 3200 – 100 Wafers

Cyro-Yeast® supports cellular health and overall vitality.*
- Encourages healthy cell functioning
- Supports the healthy aging body
- Promotes health in the lower gastrointestinal tract
- Contains a combination of key ingredients from Catalyn® and Lactic Acid Yeast
- Good source of vitamin A and vitamin D*

**Suggested Use:** 1 wafer per meal, or as directed. This product should be chewed then swallowed.

---

**CYRUTA®** Introduced in 1948

### 3250 – 90 Tablets

Cyruta® supports healthy cholesterol levels that are already within a normal range.*
- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls*

**Suggested Use:** 1 tablet per meal, or as directed.

---

**CYRUTA® PLUS** Introduced in 1950

### 3325 – 90 Tablets | 3330 – 360 Tablets

Cyruta® Plus supports capillary integrity and function.*
- Supports circulatory cholesterol transport
- Supports healthy cellular glucose handling to help maintain blood sugar levels already within a normal range
- Supports healthy peripheral circulation
- Contains several independent factors that help to maintain the integrity of capillary walls*

**Suggested Use:** 1 tablet per meal, or as directed.

**Special Information:** Keep bottle tightly closed. This product absorbs moisture.

**Synergistic Product Support:**
- Collagen C™

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
**DERMATROPHIN PMG®**  Introduced in 1954

**3475 – 90 Tablets**

Dermatrophin PMG is a healthy skin supplement that also supports connective tissue.*

- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested Use:** 1 tablet, three times per day on an empty stomach, or as directed.

---

**DIAPLEX®**  Introduced in 1959

**3555 – 150 Capsules**

Diaplex® supports healthy sugar handling to help maintain blood sugar levels already within a normal range.*

- Encourages healthy blood sugar levels already within a normal range when combined with a healthy diet
- Contains chromium, an essential nutrient involved in carbohydrate metabolism
- Supports the healthy function of the pancreas
- Supports healthy bowel function
- Encourages healthy gallbladder function*
- Contains a combination of key ingredients from Zypan®, Arginex®, A-F Betafood®, Betacol®, Pituitrophin PMG®, and Pancreatrophin PMG®
- Excellent source of chromium and antioxidant vitamin A
- Good source of vitamin B6

**Suggested Use:** 2 capsules, twice a day with a meal, or as directed.

**Synergistic Product Support:**
- Cataplex® B
- Cellular Vitality
- Cataplex® GTF
- Magnesium Lactate

---

**DEMATROPHIN PMG®**  Introduced in 1954

**3475 – 90 Tablets**

Dermatrophin PMG is a healthy skin supplement that also supports connective tissue.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>130 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

---

**DIAPLEX®**  Introduced in 1959

**3555 – 150 Capsules**

Diaplex® supports healthy sugar handling to help maintain blood sugar levels already within a normal range.*

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>380 mcg RAE</td>
</tr>
<tr>
<td>Niacin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>6.2 mg</td>
</tr>
<tr>
<td>Lycine</td>
<td>15 mg</td>
</tr>
<tr>
<td>Chromium</td>
<td>55 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>950 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Citrulline, chromium yeast, water, calcium stearate, stearic acid (vegetable source), modified corn starch, cellulose, niacinamide, ascorbic acid, vitamin A palmitate, sucrose, pyrodoxyline hydrochloride, d-alpha tocopherol (vitamin E, sunflower), and prolamine (soy protein).

Suggested Use: 2 capsules, twice a day with a meal, or as directed.

Synergistic Product Support:
- Cataplex® B
- Cellular Vitality
- Cataplex® GTF
- Magnesium Lactate

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Please consult the actual product label for the most accurate product information.
DISODIUM PHOSPHATE  Introduced in 1951

3600 – 90 Capsules

Disodium Phosphate is used for short-term support of the bowel.*
- Supports healthy elimination
- Promotes intestinal motility
- Excellent source of phosphorus*

Suggested Use: 3 capsules taken with 8 ounces of water, or as directed.
Caution: Not recommended for use in a sodium-restricted diet.

DRENAMIN®  Introduced in 1935

3650 – 90 Tablets | 3700 – 360 Tablets
13040 – Convenience Pack: Adrenal Health Pack

Drenamin® is a supplement for adrenal support. It promotes healthy adrenal gland function and helps maintain emotional balance.*
- Supports adrenal function
- Encourages a healthy response to everyday environmental stresses and supports immune system response function
- Maintains energy production
- Supports a balanced mood*
- Contains a combination of key ingredients from Cataplex® C, Cataplex® G, and Drenatrophin PMG®
- Excellent source of riboflavin and niacin
- Good source of vitamin B6 and antioxidant vitamin C

Suggested Use: 3 tablets per meal, or as directed.
Synergistic Product Support:
- Adrenal Desiccated
- Catalyn®
DRENATROPHIN PMG®  Introduced in 1953

3725 – 90 Tablets

Drenatrophin PMG® supports adrenal function.*
• Provides a unique profile of minerals, nucleotides, and peptides
• Made with bovine adrenal glands
• Supports adrenal gland health*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

---

ECHINACEA-C™  Introduced in 1998

3875 – 90 Tablets | 13090 – Immune System Health Pack - Vegetarian

Echinacea-C™ supports the immune system.*
• Supports healthy white blood cells
• Supports a healthy immune system response function
• Combines Echinacea angustifolia (root) and Echinacea purpurea (root)*

**Suggested Use:** 1 tablet per meal, or as directed.
**Caution:** If pregnant or nursing, consult your health care professional before using this product. Caution in using this product if allergic to plants of the daisy family.

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E-MANGANESE™  Introduced in 1958

3925 – 50 Tablets

E-Manganese™ supports healthy pituitary gland function.*
• Contains manganese, an important cofactor for numerous enzymatic reactions*
• Excellent source of antioxidant vitamin E

**Suggested Use:** 1 tablet per day, or as directed.
EMPHAPLEX® Introduce in 1969

3950 – 90 Capsules

Emphalex® supports the respiratory system.*
• Supports the body’s natural ability to expel respiratory secretions
• Provides ingredients with antioxidant activity
• Supports cellular energy
• Supports central nervous system function*
• Contains a combination of key ingredients from Catalyn®, Drenamin®, Pneumotrophin PMG®, Phosfood® Liquid, and Protefood*
• Excellent source of vitamin A, riboflavin, and niacin
• Good source of vitamin B6 and vitamin D

Suggested Use: 2 capsules per meal, or as directed.
Caution: If pregnant or lactating, consult your health care professional before using this product.

ENZYCORE Introduced in 2010

4060 – 150 Capsules

Enzycore is a comprehensive blend of enzymes, glutamine, and other whole food ingredients designed to support healthy digestion and maximize nutrient absorption:*
• Contains microbial enzymes for action within a broad range of pH
• Contains a blend of enzymes that comprehensively break down fats, proteins, and carbohydrates
• Kale and beet powder included to support healthy digestive processes
• Contains L-glutamine, an amino acid used as a building block for other amino acids; also provides energy to cells with high energy needs (like those in the intestines)
• Provides support during both gastric and intestinal phases of digestion*

Suggested Use: 1 capsule 3 times per day with meals, or as directed.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
EPIMUNE COMPLEX  introduced in 2009

4050 – 90 Capsules
13090 – Convenience Pack: Immune System Health Pack - Vegetarian

Epimune Complex is a vegan immune system support supplement designed to help your immune system stand up to challenges. It helps support respiratory health:

- Supports specific aspects of immune system activity and contains research-supported ingredients such as EpiCor® and maitake and turkey tail mushrooms
- Supports healthy white blood cells
- Helps support respiratory health year-round, especially during seasonal challenges
- Helps activate and balance a healthy immune system response function
- Delivers an excellent source of vitamin C and zinc, both of which provide antioxidant and immune support*

Suggested Use: 2 capsules per day, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary blend</td>
<td>725 mg</td>
</tr>
</tbody>
</table>

Ingested daily on an empty stomach.

Other Ingredients: Other Ingredients: Calcium lactate, cellulose, zinc amino acid (rice) chelate, organic acerola (berry), maltodextrin, and water.

With MaitakeGold 41048 maitake mushroom extract, a registered trademark of the Tradeworks Group, Inc. protected under U.S. Patent 5,864,404.

With EpiCor® dried yeast fermentate, a registered trademark of Embria Health Sciences, LLC.

E-POISE®  introduced in 1984

4030 – 150 Capsules

E-POISE® supports cellular health:

- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body
- Supports the body’s physiological and biochemical processes
- Supports energy metabolism, which helps cells convert macronutrients into energy*
- Contains a combination of key ingredients from Catalyn® and Ferrofood® as well as Tillandsia usneoides
- Excellent source of vitamin D, riboflavin, vitamin B₆, and antioxidant vitamin A
- Good source of thiamin, vitamin B₁₂, iron, and antioxidant vitamin C

Suggested Use: 2 capsules per day, or as directed.

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

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>420 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>11 mg</td>
</tr>
<tr>
<td>Vitamin D₂</td>
<td>4.6 mcg</td>
</tr>
<tr>
<td>Thiamin</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>1.2 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>1.4 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

Ingested daily on an empty stomach.

Other Ingredients: Calcium lactate, gelatin, ferric lactate, water, ascorbic acid, modified corn starch, calcium stearate, vitamin A palmitate, cholecalciferol, pycnogenol, horseradish, sucrose, thiamine hydrochloride, dicalcium phosphate, d-alpha tocopherol (vitamin E sunflower), modified tapioca starch, riboflavin, and cyanocobalamin.
E-Z Mg™ is a plant-based, organic magnesium (Mg) supplement developed to support patients with inadequate dietary magnesium intake.*

- Essential for central nervous system health*
- Helps to bridge the gap in dietary magnesium intake*
- Plant-based and considered ideal as a naturally occurring magnesium
- Vegan and USDA organic magnesium supplement
- Excellent source of vitamin K1 and iron
- Good source of magnesium*

**Suggested Use:** 6 tablets per day, or as directed. Store in a cool, dark place.

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

**Warning:** This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product.

FEN-CHO® Introduced in 1964

Fen-Cho® supports natural and consistent intestinal movement.*

- Supports healthy bowel function
- Supports healthy elimination*

**Suggested Use:** 2 capsules per meal, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.
**FEN-GRE®** 
Introduced in 1961

**4300 – 150 Capsules**

Fen-Gre® is used to support healthy blood lipid profiles already within normal range, healthy blood sugar metabolism, and the action of the mammary gland.*

- Fenugreek, an ingredient in Fen-Gre®, has been historically used to support healthy levels of mucus and phlegm in the lungs and bronchial tubes.
- Supports metabolic pathways that regulate hormones associated with normal glucose metabolism*

**Suggested Use:** 3 capsules per meal with a full glass of water, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product. This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

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**FERROFOOD®** 
Introduced in 1944

**4325 – 40 Capsules | 4375 – 150 Capsules**

Ferrofood® contains iron to support the body’s need for this mineral!*

- Maintains healthy blood
- Promotes and supports normal blood production
- Supports cellular integrity
- Provides iron, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells
- Supports enzyme actions in the body*
- Contains vitamin C to help with iron absorption
- Excellent source of iron, vitamin B₁₂, and antioxidant vitamin C

**Suggested Use:** 1 capsule per day with food, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.
FOLIC ACID B₁₂ Introduced in 1981

4410 – 180 Tablets

Folic acid and vitamin B₁₂ support cellular health.*

- Encourages healthy cell production
- Supports healthy nervous system development
- Encourages healthy circulation
- Supports healthy homocysteine levels
- Essential in the important processes of DNA formation and replication
- Healthful diets with adequate folate may reduce a woman’s risk of having a child with a brain or spinal cord birth defect*
- Excellent source of folate and vitamin B₁₂

**Suggested Use:** 1 tablet per day, or as directed.

FOR-TIL B₁₂® Introduced in 1958

4435 – 90 Capsules

For-Til B₁₂® is a fortified tillandsia (Spanish moss) product combined with vitamin B₁₂, which supports essential cellular and neurological functions.*

- Encourages healthy immune system response function
- Supports healthy blood sugar levels when already within a normal range
- Promotes vitality*
- Excellent source of vitamin B₁₂

**Suggested Use:** 1 capsule per meal, or as directed.
**GARLIC**  Introduced in 1998

4475 – 90 Capsules

GARLIC provides support to cells, organs, and systems that keep the body healthy.*

- Encourages healthy circulation
- Supports healthy liver function
- Enhances immune system response function
- Promotes healthy lung function
- Helps maintain normal cholesterol and triglyceride levels already within a normal range
- Provides ingredients with antioxidant activity*

**Suggested Use:** 1 capsule per day, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>590 mg</td>
</tr>
<tr>
<td>Organic garlic and organic papaya (aerial parts)</td>
<td>4475</td>
</tr>
<tr>
<td>1 Daily value not established.</td>
<td></td>
</tr>
<tr>
<td>Other Ingredients: Gelatin, water, and calcium stearate.</td>
<td></td>
</tr>
</tbody>
</table>

**GASTREX®**  Introduced in 1959

4605 – 90 Capsules

Gastrex® supports digestion and stimulates cleansing of the upper gastrointestinal (GI) tract.*

- Supports the body’s normal tissue repair process
- Supports GI cleansing through the elimination of waste materials*
- Excellent source of niacin

**Suggested Use:** 2 capsules with a full glass of water 15 minutes before meals and bedtime, or as directed.

**Synergistic Product Support:**
- Chlorophyll Complex™

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>6.4 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.1 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>575 mg</td>
</tr>
</tbody>
</table>
| Okra (fruit), calcium lactate, Spanish moss (Ozothamnus coulteri), amaranth (Amaranthus viridis), barberry (Berberis vulgaris), corn gluten, rice bran, horseradish, pomegranate,⊂ ◐
| 1 Daily value not established. |
| Other Ingredients: Gelatin, water, niacinamide, calcium stearate, ascorbic acid, and pyridoxine hydrochloride. |
Gastro-Fiber® supports the digestive system.*

- Encourages a healthy intestinal environment to help maintain proper intestinal flora
- Cleanses the lower gastrointestinal (GI) tract
- Encourages a healthy GI tract pH
- Supports healthy elimination
- Contains fennel, which helps relieve gas, associated abdominal cramps, and occasional indigestion
- Maintains healthy lipid and blood glucose levels already in normal ranges*
- Can be used as nutritional support in the Standard Process Purification Program

Suggested Use: 3 capsules, 3 times per day on an empty stomach, or as directed.

Caution: If pregnant or nursing, consult your health care professional before using this product.

Synergistic Product Support:
- A-F Betafood®
- ProSynbiotic

Ginkgo Synergy® combines the natural properties of Ginkgo biloba (leaf extract plus whole leaf) and grape seed extract to support healthy brain function.*

- Provides ingredients with antioxidant activity
- Supports pliability in blood vessel walls, specifically in relation to blood flow to brain tissue
- Promotes mental clarity and cognition*

Suggested Use: 1 capsule per day, or as directed.

Caution: If pregnant or nursing, consult your health care professional before using this product.

Synergistic Product Support:
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
GI Adsorb™ is formulated to support GI health and normal elimination.* It also:

- Contains purified Clinoptilolite (G-PUR®) — a mineral that
  has adsorbent properties towards naturally occurring toxins*
- Contains Collinsonia Root, which has been historically used
to support normal elimination and digestive health*
- Helps support a healthy gut barrier*
- Helps with the body’s removal of naturally occurring toxins
  by supporting a healthy GI barrier and normal elimination*

Suggested Use: 4 capsules per day, prior to a meal with a full
glass of water. It is recommended to take your regular medications
or other supplements one hour before or after taking this product.
After 28 days of continual use, discontinue for at least 2 days before
starting your next regimen.

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

Caution: Please consult your health care professional before using
this product if you are pregnant, nursing, taking any medication, have
an intolerance to silicon or aluminum compounds, limited kidney
function, or chronic gastrointestinal disease. Not intended for use in
children.

Synergistic Product Support:
- SP Detox Balance™ - whole body detoxification*
- GI Stability™ - gut microbiome health*
- Cholacol® - fat digestion*
- Purification Product Kits - purify, nourish, and maintain a
  healthy body and weight*

PURIFIED CLINOPTILOLITE
Ensures a strong adsorbent property

CHLORELLA
Whole food source of chlorophyll

COLLINSONIA ROOT
Historically used to support normal elimination and
digestive health
GI STABILITY™ Introduced in 2020

4690 – 90 Wafers

GI Stability™ supports the GI tract by delivering targeted prebiotic action, supporting a healthy gut microbiome, and feeding the growth of beneficial bacteria.**

- Designed for everyday and acute gastrointestinal (GI) needs
- With prebiotic 2'-FL: studies show that 2'-FL helps support the growth of beneficial bacteria**
- May help support the immune system
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health*

**To date, shown in multiple animal studies, infants, and one adult human study

Suggested Use: 1 - 3 servings per day, or as directed.
This product should be chewed, then swallowed.

Acute Use: 3 servings per day. For short-term use to modify the microbiome.

Long-Term Use: Single serving per day as a daily prebiotic.

Synergistic Product Support:
- ChelaCo (MediHerb) – elimination support*
- Whole Food Fiber – diverse microbiome support*
- Epimune Complex – immune system support*
- ProSynbtioic – probiotic support*

GLUCOSAMINE SYNERGY® Introduced in 2000

4635 – 90 Capsules

Glucosamine Synergy® combines glucosamine, Boswellia serrata, and manganese to help maintain healthy joint function.*

- Maintains healthy connective tissue
- Supports the body’s normal connective tissue repair process
- Supports joint health
- Contains many of the same ingredients as Ligaplex® II, with the added benefit of glucosamine and boswellia for relieving discomfort in the affected areas after strenuous exercise*
- Excellent source of manganese

Suggested Use: 1 capsule 3 times per day, or as directed.

Special Information: This product contains ingredients derived from shellfish.

Synergistic Product Support:
- Collagen C™
- Ligaplex® I
HEMP OIL  
Introduced in 2020

4710 - 30 mL

Hemp Oil is a vegan, gluten-free hemp supplement that provides 15 mg of phytocannabinoids per serving to support the endocannabinoid system (ECS)*

- Liquid form — convenient, flexible dosing with a graduated dropper
- Non-genetically engineered hemp

The ECS performs different tasks in each of these tissues, but the goal is always the same: the maintenance of a stable internal environment — homeostasis — despite fluctuations in the external factors. It’s a bridge between body and mind that can aid in the response to physical and emotional stress.

**Suggested Use:** 1 full dropper (1 mL) per day, or as directed.

**Store in a cool, dark place.**

**Caution:** This hemp derived product should not be consumed while pregnant or nursing.

**Synergistic Product Support:**
- Epimune Complex – immune system support*
- Boswellia Complex (MediHerb) – maintain healthy joints*
- Turmeric Forte (MediHerb) – healthy inflammatory response*
- Kava Forte (MediHerb) – calm nerves*

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 mL</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Hemp Oil (stalk and seed)</td>
<td>106 mg</td>
</tr>
<tr>
<td>contains 15 mg phytocannabinoids</td>
<td>15 mg</td>
</tr>
<tr>
<td>Organic extra virgin olive oil</td>
<td>795 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
Suggested Use: 2 softgels per day, or as directed.
Caution: This hemp-derived product should not be consumed while pregnant or breastfeeding.

Suggested Use: 1 tablet, 3 times per day on an empty stomach, or as directed.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
HYPOTHALAMUS PMG® Introduced in 1986

4825 – 60 Tablets
13030 – Convenience Pack: General Female Endocrine Pack

Hypothalamus PMG® supports hypothalamus function.*
• Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: 1 tablet per day, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 60

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>205 mg</td>
</tr>
</tbody>
</table>

Proprietary blend includes hypothalamus PMG™ extract and magnesium citrate.

Daily Value not established.
Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

HYPOTHALMEX® Introduced in 1986

4875 – 60 Tablets

Hypothalmex® supports hypothalamus gland health.*
• Includes porcine hypothalamus Cytosol™ extract
• Supports healthy hypothalamus functioning*

Suggested Use: 1 tablet per day, or as directed.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 60

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>190 mg</td>
</tr>
</tbody>
</table>

Proprietary blend includes hypothalamus Cytosol™ extract and magnesium citrate.

Daily Value not established.
Other Ingredients: Calcium lactate, cellulose, and calcium stearate.
Immuplex® contains Protomorphogen™ and Cytosol™ extracts and blends essential micronutrients and minerals to support the immune system.

- Supports a healthy immune system response function
- Helps maintain normal white blood cell activity already within a normal range
- Supports the body’s normal inflammatory response function
- Provides ingredients with antioxidant activity
- Excellent source of iron, zinc, copper, chromium, folate and vitamins A, B₆, and B₁₂ and antioxidant vitamins C and E
- Good source of selenium

**Suggested Use:** 2 capsules per meal, or as directed.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.
**INOSITOL**  introduced in 1948

5000 – 90 Tablets

**Inositol helps support the cardiovascular and nervous systems.**
- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports the normal processing of fats in the liver*

**Suggested Use:** 1 tablet per meal, or as directed.

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**INOSITOL POWDER**  introduced in 2000

5010 – 10 Ounces (284 grams)

**Inositol Powder helps support the cardiovascular and nervous systems.**
- Contains 325 mg more inositol per serving than inositol tablets
- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports normal processing of fats in the liver*
- Can be mixed in a supplement shake or added to foods

**Suggested Use:** 1 quarter teaspoon per day, or as directed.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Inositol</td>
<td>375 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Honey, water, and calcium stearate.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: ¼ teaspoon</th>
<th>Servings per Packet: 408</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Inositol</td>
<td>700 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.
IODOMERE® Introduced in 1964

5020 – 90 Tablets

Iodomere® supports healthy thyroid, immune, and cellular function.*

- Supports healthy thyroid function
- Supports normal basal metabolism*
- Falls between Trace Minerals B12 and Prolamine Iodine in iodine content
- Excellent source of iodine

**Suggested Use:** 1 tablet per day, or as directed.

**Caution:** Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Caution in using this product if allergic to plants of the daisy family. Keep out of reach of children.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Iodine</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>364 mg</td>
</tr>
<tr>
<td>Green-lipped mussel (Perna canaliculus/chilefish), organic carrot, organic sweet potato, bovine liver, organic echinacea angustifolia (root), and organic echinacea purpurea (root).</td>
<td></td>
</tr>
<tr>
<td>Daily Value not established.</td>
<td></td>
</tr>
<tr>
<td>Other Ingredients: Honey, prolamine iodine (zein), and calcium stearate.</td>
<td></td>
</tr>
</tbody>
</table>

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Products should be devised by health care professionals according to each patient’s individual needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Iplex® supports ocular health.*
- Supports normal eye function
- Supports healthy cellular and connective tissue associated with the eye
- Supports healthy eye vascular tissue*
- Contains a combination of key ingredients from Cataplex® A-C, Cataplex® G, Cyruta®, Ostrophin PMG®, Phosfood® Liquid, and Oculotrophin PMG®
- Excellent source of riboflavin and niacin
- Good source of vitamin B6 and antioxidant vitamin A

**Suggested Use:** 2 capsules per meal, or as directed.

---

Lact-Enz® combines digestive enzymes with probiotic bacteria to support healthy digestion and immune system response function.*
- Supports healthy gastrointestinal flora
- Supports a healthy immune system response function*
- Provides support during the gastric and intestinal phases of digestion*

**Suggested Use:** 2 capsules per meal, or as directed.

**Synergistic Product Support:**
- Gastro-Fiber® or Whole Food Fiber
LACTIC ACID YEAST™ Introduced in 1939

5150 – 100 Wafers

Lactic Acid Yeast™ supports a healthy intestinal environment.

- Cleanses and promotes healthy function in the lower gastrointestinal tract

**Suggested Use:** 1 wafer per meal, or as directed. This product should be chewed, then swallowed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving: 1 Wafer</th>
<th>Servings per Container: 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>5 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
</tbody>
</table>

Proprietary Blend: 880 mg
Organic corn, wheat, malt syrup, and rice (Sarcinaeus carasanae).

Other Ingredients: Cellulose, honey, glycerine, calcium stearate, and acacia gum.

*Lactic Acid Yeast contains ingredients that provide ligament and muscle support.

- Supports the body’s normal connective tissue repair and synthesis processes
- Supports healthy joints and muscles
- Supports bone growth and the synthesis of cartilage
- Contains buckwheat, which supports the body’s natural inflammatory response function as it relates to periodic challenges like strenuous exercise
- Contains a combination of key ingredients from Manganese B12, Cataplex E, Ostrophin PMG®, and Cataplex A-C-P

**Suggested Use:** 2 capsules, twice a day with a meal, or as directed.

**LIGAPLEX® I** Introduced in 1959

5225- 150 Capsules

**Suggested Use:** 1 capsule per meal, or as directed. This product should be chewed, then swallowed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving: 2 Capsules</th>
<th>Servings per Container: 75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>770 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2,391%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2,391%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>2,391%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>2,391%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2,391%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>2,391%</td>
</tr>
<tr>
<td>Iron</td>
<td>2,391%</td>
</tr>
<tr>
<td>Zinc</td>
<td>2,391%</td>
</tr>
<tr>
<td>Copper</td>
<td>2,391%</td>
</tr>
</tbody>
</table>

Proprietary Blend: 770 mg
Bovine bone, calcium lactate, organic pea vine juice powder, oat flour, bovine liver, wild bone PMG™ extract, bovine kidney, organic beet (root), inositol, nutritional yeast, organic beet (leaf) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, riboflavin: acid, organic carrot, organic sweet potato, bovine adrenal Cytochrome™ extract, bovine spleen, ovine spleen, organic shiitake mushroom powder, organic reishi mushroom powder, sunflower lecithin powder, and carrot oil.

Other Ingredients: Manganese lactate, gelatin, water, calcium stearate, dicalcium phosphate, modified tapioca starch, d-alpha tocopherol (vitamin E sunflower), ascorbic acid, modified corn starch, vitamin A palmitate, and cyanocobalamin.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
Ligaplex® II supports tissue and joints to maintain connective tissue health, especially for long-term support.*

- Provides the foundation to feed the musculoskeletal system and facilitate freedom of movement
- Nutritional compounds for support of proper formation and maintenance of skeletal tissues
- Involved in maintenance of healthy fluid levels*
- Contains bovine heart PMG™ extract
- Contains a combination of key ingredients from Cyro-Yeast®, Cardiotrophin PMG®, Ostrophin PMG®, Manganese B12™, Super-EFF®, and Cataplex® E
- Excellent source of vitamin A, vitamin B12 and manganese

**Suggested Use:** 2 capsules per meal, or as directed.

**Synergistic Product Support:**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Glucosamine Synergy®
- Trace Minerals-B12™

Linum B6 contains flaxseed oil, a natural source of alpha-linolenic acid, and vitamin B6. This product is designed to support hormone production and nerve tissue as well as systems like the cardiovascular and immune systems.*

- Approximately 50 percent of flaxseed oil is made up of alpha-linolenic acid, which is a precursor of EPA and DHA.
- Supports the formation of eicosanoids
- Promotes healthy skin
- Supports cognitive function*
- Excellent source of vitamin B6

**Suggested Use:** 1 softgel per meal, or as directed.
LIVAPLEX®  Introduced in 1969

5375 – 90 Capsules

Livaplex® is a supplement for liver health that provides foundational support for the liver.*

- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Supports normal digestive environment in the GI
- Supports normal bile production*
- Contains a combination of key ingredients from A-F Betafood®, Hepatrophin PMG®, Betacol®, Spanish Black Radish, Chezyn®, and Antronex®
- Excellent source of vitamin B6 and zinc
- Good source of iron, copper, niacin, and antioxidant vitamin A

Suggested Use: 1 capsule per meal, or as directed.

Synergistic Product Support:
- Cruciferous Complete®, Garlic, and Spanish Black Radish

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MAGNESIUM LACTATE  Introduced in 1987

5425 – 90 Capsules

Magnesium Lactate contains magnesium to promote cellular energy production.*

- Supports cellular functions
- Supports synthesis of essential molecules
- Provides cofactor support for more than 300 enzymes
- Supports ion signaling across cell membranes
- Supports the body’s natural ongoing activities of bone formation and resorption
- Helps facilitate muscle contraction
- Supports the body’s energy production, which is used by the central nervous, neuromuscular, and cardiovascular systems*
- Magnesium is involved in sleep pathways that support brain homeostatic sleep processes
- Excellent source of magnesium

Suggested Use: 3 capsules per day, or as directed.

Synergistic Product Support:
- Calcium Lactate

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Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Products should be devised by health care professionals according to each patient’s individual needs.
MAMMARY PMG® Introduced in 1956

5450 – 90 Tablets

Mammary PMG® supports the mammary gland.*
- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>180 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.
This product features our exclusive Protomorphogen™ extract.

MANGANESE B₁₂™ Introduced in 1956

5490 – 90 Tablets

Manganese B₁₂™ contains manganese, vitamin B₁₂, carrot root, and bovine bone to support enzymatic functions.*
- Supports the body’s normal tissue repair process
- Promotes healthy connective tissue
- Supports normal red blood cell function
- Supports hemoglobin formation*
- Excellent source of magnesium, copper, and vitamin B₁₂
- Good source of zinc and antioxidant vitamin C

**Suggested Use:** 1 tablet per day, or as directed.

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

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>9 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>5 mcg</td>
<td>208%</td>
</tr>
<tr>
<td>Zinc</td>
<td>1.9 mg</td>
<td>17%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.2 mg</td>
<td>22%</td>
</tr>
<tr>
<td>Manganese</td>
<td>34 mg</td>
<td>1508%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>70 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Manganese lactate, honey, organic acerola (berry), camu camu (berry), zinc amino acid (rice) chelate, organic maltodextrin, dicalcium phosphate, marion (root), iron amino acid (rice) chelate, copper amino acid (rice) chelate, calcium stearate, and cyanocobalamin.

Please consult the actual product label for the most accurate product information.
**MIN-CHEX®**

**Introduced in 1963**

**5525 – 90 Capsules**

Min-Chex® is a combination of synergistic factors designed to support the nervous system.*

- Contains vitamins that are involved in the production of neurotransmitters associated with emotional balance*
- Contains vitamins that are involved in healthy adrenal gland functions that is in response to stress*
- Contains a combination of key ingredients from Min-Tran® and Orchex®
- Excellent source of niacin, vitamin B₆, and iodine

**Suggested Use:** 1 capsule ½ hour before each meal, or as directed.

**Caution:** This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

**Synergistic Product Support:**

- Calamari Omega-3 Liquid or Tuna Omega-3 Oil

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**MIN-TRAN®**

**Introduced in 1960**

**5615 – 330 Tablets | 5625 – 800 Tablets**

Min-Tran® is a vegan product that contains mineral complexes to support emotional balance.*

- Supports a healthy nervous system
- Mild calmative that helps maintain emotional balance
- Helps ease the effects of temporary stress
- Supports the actions of neurotransmitters that regulate mood
- Excellent source of iodine*

**Suggested Use:** 4 tablets per meal, or as directed.

**Caution:** Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

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**Supplement Facts**

**MIN-CHEX®**

<table>
<thead>
<tr>
<th><em>Daily Value</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Vitamin B₆</td>
</tr>
<tr>
<td>Iodine</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
</tbody>
</table>

Proprietary blend: 270 mg
- Bovine orotic: Cytosill™ extract, magnesium citrate, manganese lactate, bovine liver, porcine stomach, soy protein, bovine spleen, ovine spleen, defatted wheat germ, porcine brain, and ascorbic acid.

**MIN-TRAN®**

<table>
<thead>
<tr>
<th><em>Daily Value</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
</tbody>
</table>

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

Ingredients: Calcium lactate, gelatin, magnesium citrate, organic alfalfa (polar parts), and calcium stearate.

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

---

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.
Multizyme® is a pancreatic enzyme supplement that contains digestive enzymes, including bromelain, amylase, and lipase.

• Supports the normal breakdown of proteins, carbohydrates, and fats*
• Supports the digestive environment of the GI tract
• Supplementary pancreatic enzymes support macronutrient digestion*

**Suggested Use:** 1 capsule per meal, or as directed.

**Synergistic Product Support:**
- A-F Betafood®
- ProSynbiotic

Neuroplex® combines synergistic ingredients to support the nervous and endocrine systems.*

• Supports the nervous system
• Supports cognitive functioning
• Contains a broad spectrum of vitamins, minerals, and complementary tissues to support endocrine organ function*
• Excellent source of thiamin, riboflavin, niacin, vitamin B₆, iron, zinc, and copper

**Suggested Use:** 2 capsules per day, or as directed.

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

**Synergistic Product Support:**
- Cataplex® C
- Drenatrophin PMG®

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 60 or 150</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>376 mg</td>
<td>1</td>
</tr>
<tr>
<td>Other Ingredients: Cellulose, gelatin, water, calcium stearate, and potato dextrin.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%Daily Value</strong></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>545 mg</td>
<td>1</td>
</tr>
<tr>
<td>Other Ingredients: Zinc amino acid (rice) chelate, gelatin, iron amino acid (rice) chelate, macronamite, water, pyridoxine hydrochloride, copper amino acid (rice) chelate, calcium stearate, thiamin hydrochloride, and riboflavin.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.
NEUROTROPHIN PMG®  Introduced in 1953

5900 – 90 Tablets

Neurotrophin PMG® is a Protomorphogen™ extract formula that supports healthy central nervous system function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: 1 tablet, 3 times per day on an empty stomach, or as directed.

NIACINAMIDE B₆  Introduced in 1949

5980 – 90 Capsules

Niacinamide B₆ aids in the breakdown of proteins, fats, and carbohydrates.*

- Supports healthy cholesterol levels already within a normal range
- Supports metabolism and a healthy nervous system
- Supports energy metabolism*
- Contains two important constituents of coenzymes that are essential for metabolic processes in each cell of the body
- Excellent source of niacin and vitamin B₆

Suggested Use: 1 capsule per day, or as directed.

NUTRIMERE®  Introduced in 1955

6010 – 90 Capsules

Nutrimere® supports the healthy aging body and supports protein metabolism and cellular activity.*

- Includes the building blocks for normal protein metabolism
- Encourages healthy cell functioning
- Promotes vitality
- Supports the healthy aging body*

Suggested Use: 2 capsules per meal, or as directed.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**Oculotrophin PMG®** Introduced in 1956

6075 – 90 Tablets

Oculotrophin PMG® is formulated to support eye health.*  
- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>190 mg</td>
<td>1</td>
<td>Daily value not established.</td>
<td></td>
</tr>
<tr>
<td>Porcine eye PMG™ extract and magnesium citrate.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

---

**Okra Pepsin E3** Introduced in 1962

6083 – 90 Capsules  | 6087 – 150 Capsules

Okra Pepsin E3 supports intestinal function.*  
- Supports mucosal tissue in the intestines  
- Supports bowel function  
- Provides bowel cleansing*

**Suggested Use:** 1 capsule after each meal, or as directed.  
**Synergistic Product Support:**  
- Gastrex®

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90 or 150</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
<td>2%</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>215 mg</td>
<td>1</td>
<td>Daily value not established.</td>
<td></td>
</tr>
<tr>
<td>Okra (fruit), pepsin (1:10,000), fat soluble extract from alfalfa (leaf) and sunflower seed, bovine inulin extract, alfalfa acid, curcumin, Spanish moss (Tillandsia undulata), organic buckwheat (pellet params), organic pea, and organic carrots.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, water, calcium stearate, cellulose, and d-alpha tocopheryl acetate (vitamin E sunflower).

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**Olprima™ DHA** Introduced in 2019

6020 – 60 Softgels

Olprima™ DHA provides condition-specific support through a high concentration of the omega-3, DHA. Olprima™ DHA supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.*  
- Supports healthy triglyceride and HDL^  
- Supports healthy inflammatory processes  
- Supports cardiovascular function^  
- Supports general brain health and cognition*  
^As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 2 softgels per day, or as directed. Store product in a cool, dark place.  
**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. See page 128 for more information.
OLPRIMA™ EPA  Introduced in 2019

6040 – 60 Softgels

Olprima™ EPA provides condition-specific support through a high concentration of the omega-3, EPA. Olprima™ EPA provides general mood support while promoting a healthy inflammatory response:

- Supports healthy triglyceride and HDL with minimal effect on LDL^ 
- Supports healthy inflammatory processes 
- General mood support* 

^As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 2 softgels per day, or as directed. Store product in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. **See page 128** for more information.

## Supplement Facts

Serving Size: 2 Softgels

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Anchovy and Sardine)</td>
<td>1200 mg</td>
</tr>
<tr>
<td>Omega-3</td>
<td>560 mg</td>
</tr>
<tr>
<td>Omega-6</td>
<td>50 mg</td>
</tr>
<tr>
<td>Omega-7</td>
<td>46 mg</td>
</tr>
<tr>
<td>Omega-9</td>
<td>76 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>570 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>1220 mg</td>
</tr>
</tbody>
</table>

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

^Daily Value not established.

Other Ingredients: Gelatin, water, glycerin, rosemary, and astaxanthin.

---

OLPRIMA™ EPA|DHA  Introduced in 2019

6060 – 60 Softgels

Through a 55:45 ratio of omega-3s EPA and DHA, Olprima™ EPA|DHA supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.*

- Supports cardiovascular health^ 
- Supports healthy inflammatory processes 
- Supports general brain health and cognition 
- General mood support* 

^As part of a diet low in saturated fat and cholesterol.

**Suggested Use:** 2 softgels per day, or as directed. Store product in a cool, dark place.

**Track omega-3s** and optimize health with the Omega-3 Index Plus Test. **See page 128** for more information.

## Supplement Facts

Serving Size: 2 Softgels

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Fish Oil Concentrate (from Anchovy and Sardine)</td>
<td>1220 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>570 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>1220 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>500 mg</td>
</tr>
<tr>
<td>DPA</td>
<td>30 mg</td>
</tr>
</tbody>
</table>

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

^Daily Value not established.

Other Ingredients: Gelatin, water, glycerin, rosemary, and astaxanthin.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
OPC SYNERGY®  Introduced in 2000

6090 – 40 Capsules

OPC Synergy® is a synergistic blend that supports antioxidant activity and cell functioning.*

• Provides ingredients with antioxidant activity
• Supports and maintains normal cell function
• Helps maintain normal cognitive function
• Traditionally used in support of eye health
• Supports the complex processes associated with aging
• Supports a healthy cardiovascular system
• Maintains capillary integrity*

**Suggested Use:** 1 capsule per day, or as directed.

| OPC SYNERGY® | GF | NON-GMO | VEGAN |
| | | | |

<table>
<thead>
<tr>
<th>OPC SYNERGY® Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Capsule</td>
</tr>
<tr>
<td><strong>Servings per Container:</strong> 40</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Organic buckwheat (aerial part) juice powder, organic bilberry (aerial parts), green tea (leaf) powder, organic carrot, grape seed extract, bilberry fruit extract, green tea (leaf) extract, and red wine extract.</td>
</tr>
<tr>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

*Daily value not established.

Other Ingredients: Gelatin, water, and calcium stearate.

Includes Masquelier’s OPC-85 grape seed extract.

MASQUELIER’S® OPCs is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands.

---

ORCHEX®  Introduced in 1956

6105 – 90 Capsules | 6115 – 150 Capsules

Orchex® combines nutrients to promote nervous system balance.*

• Potent calming effect that helps maintain emotional balance
• Encourages mental clarity, enhances the ability to relax, and allows greater adaptability to life’s stresses
• Supports the balanced function of the central nervous system
• Supports healthy testicular function*
• Excellent source of niacin and vitamin B₆

**Suggested Use:** 1 capsule per meal, or as directed.

<table>
<thead>
<tr>
<th>ORCHEX®</th>
<th>GF</th>
<th>NON-GMO</th>
<th>VEGAN</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ORCHEX® Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Capsule</td>
</tr>
<tr>
<td><strong>Servings per Container:</strong> 90 or 150</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Bovine liver, bovine orchic Cytosol™ extract, calcium lactate, manganese lactate, porcine stomach, bovine spleen, ovine spleen, soy protein, defatted wheat germ, magnesium citrate, porcine brain, and ascorbic acid</td>
</tr>
<tr>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

*Daily value not established.

Other Ingredients: Gelatin, niacinamide, water, calcium stearate, and pyridoxine hydrochloride.

---

ORCHIC PMG®  Introduced in 1952

6175 – 90 Tablets

Orchic PMG® supports healthy testicular function.*

• Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

<table>
<thead>
<tr>
<th>ORCHIC PMG®</th>
<th>GF</th>
<th>NON-GMO</th>
<th>VEGAN</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>ORCHIC PMG® Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Tablet</td>
</tr>
<tr>
<td><strong>Servings per Container:</strong> 90</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Orchic orchic PMG™ extract and magnesium citrate</td>
</tr>
<tr>
<td><strong>%Daily Value</strong></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

*Daily value not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

---

PRODUCTS
ORGANICALLY BOUND MINERALS   Introduced in 1955

6285 – 180 Tablets

Organically Bound Minerals contains iodine from alfalfa and kelp.

- Includes whole food-sourced ingredients with complexity maintained through careful processing
- Contains iodine that supports thyroid function/thyroid hormone levels*
- Supports healthy metabolic processes*
- Iodine is an integral part of thyroid hormones that help regulate cellular energy production*
- Supports a healthy musculoskeletal system*
- Supports nervous system health*
- Excellent source of iodine

Suggested Use: 1 tablet per meal, or as directed.

Caution: This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

Synergistic Product Support:

- Catalyn®

OSTARPLEX®   Introduced in 1958

6355 – 90 Capsules

Ostarplex® contributes to skeletal system health, including encouraging the formation of healthy connective tissue.*

- Encourages the formation of healthy connective tissue
- Supports normal liver function
- Helps support important chloride ions at the cellular level*
- Contains a combination of key ingredients from Betacol®, Cal-Amo®, Cataplex® G, Ostrophin PMG®, and Phosfood® Liquid
- Good source of vitamin B6

Suggested Use: 1 capsule per meal, or as directed.

Caution: If pregnant or nursing, consult your health care professional before using this product.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
OSTROPHIN PMG®  Introduced in 1955

6500 – 90 Tablets  |  13010 – Convenience Pack: Bone Health Pack

Ostrophin PMG® combines synergistic nutrients for natural bone health support.*

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy bone function*
- Excellent source of manganese

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

---

OVATROPHIN P PMG™  Introduced in 1955, Reformulated in 2021

6560 – 90 Tablets

Ovatrophin P PMG™ supports healthy ovary function by providing a unique profile of minerals, nucleotides, and peptides.*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

---

OVEX®  Introduced in 1953

6600 – 90 Tablets

Ovex® provides a synergistic blend of nutrients for ovarian support.*

- Supports healthy ovarian functioning
- Helps balance female hormones
- Contains Cytosol™ extract from bovine ovary*

**Suggested Use:** 1 tablet per meal, or as directed.
OVEX® P  Introduced in 1993

6625 – 90 Tablets

Ovex® P provides a synergistic blend of nutrients for ovarian support.*
• Supports healthy ovarian functioning
• Helps balance female hormones
• Contains Cytosol™ extract from porcine ovary*

Suggested Use: 1 tablet per meal, or as directed.

PALMETTOPLEX®  Introduced in 2001

6640 – 150 Capsules

Palmettoplex® supports male reproductive system health.*
• Supports healthy prostate gland function*
• Excellent source of zinc

Suggested Use: 3 capsules per day, or as directed.

PANCREATROPHIN PMG®  Introduced in 1953

6650 – 90 Tablets

Pancreatrophin PMG® is designed to support healthy pancreatic function.*
• Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: 1 tablet, 3 times per day on an empty stomach, or as directed.
**PARAPLEX®** introduced in 1965

| 6715 – 90 Tablets | 13040 – Convenience Pack: Adrenal Health Pack |

Paraplex® is designed to promote normal carbohydrate metabolism.*

- Provides Protomorphogen™ extracts with unique profiles of minerals, nucleotides, and peptides
- Supports healthy pancreas, pituitary, thyroid, and adrenal gland function
- Contains a combination of key ingredients from Pituitrophin PMG®, Thyrophin PMG®, Pancreatrophin PMG®, and Drenatrophin PMG®*

**Suggested Use:** 1 tablet per meal, or as directed.

---

**PAROTID PMG®** introduced in 1955

| 6750 – 90 Tablets |

Parotid PMG® supports the saliva-producing parotid gland.*

- Provides a unique profile of minerals, nucleotides, and peptides
- Supports healthy parotid gland function*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed

**Synergistic Product Support:**
- Enzycore or Zypan®
PHOSFOOD® LIQUID  Introduced in 1931

6800 – 2 fl. oz. (60 mL)

Phosfood® Liquid encourages a healthy blood calcium-phosphorus ratio:
- Promotes healthy cellular metabolism
- Supports bone health

**Suggested Use:** 10 drops in water, 3 times per day, or as directed.

**Caution:** If spilled, staining may occur.

---

PITUITROPHIN PMG®  Introduced in 1953

6850 – 90 Tablets

Pituitrophin PMG® supports healthy pituitary function:
- Provides a unique profile of minerals, nucleotides, and peptides

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Synergistic Product Support:**
- Catalyn®
- Hypothalamus PMG®
- Trace Minerals-B12™

---

PNEUMOTROPHIN PMG®  Introduced in 1952

6900 – 90 Tablets

Pneumotrophin PMG® supports healthy lung function:
- Provides a unique profile of minerals, nucleotides, and peptides

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phosphorus</td>
<td>40 mg</td>
<td>3%</td>
</tr>
</tbody>
</table>

Other Ingredients: Water, phosphoric acid, inositol, and riboflavin.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>115 mg</td>
<td>1%</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>160 mg</td>
<td>1%</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
The Possible™ Bar delivers multidimensional support for high-achieving athletes and adventurers in a convenient, high-calorie nutritional bar. With a Chocolaty Cranberry Almond flavor, it targets a spectrum of human performance factors – energy metabolism, muscle recovery, antioxidant activity, digestive health, immune support, and brain support* – to fuel effort and put goals within reach.

- Made with Standard Process supplements
- Contains 20g of plant-based protein per bar and whole food based ingredients
- Contains a variety of nuts, seeds, and dried berries
- A convenient source of macronutrients, vitamins, and minerals
- Excellent source of fiber*

Suggested Use: 1-2 servings per day
Contains: Tree nuts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Bar (123 g)</td>
</tr>
<tr>
<td>Amount per Servi</td>
</tr>
<tr>
<td>Calorie 550</td>
</tr>
<tr>
<td>Total Fat 24 g</td>
</tr>
<tr>
<td>Saturated Fat 8 g</td>
</tr>
<tr>
<td>Cholesterol 0 mg</td>
</tr>
<tr>
<td>Sodium 510 mg</td>
</tr>
<tr>
<td>Total Carbohydrate 26 g</td>
</tr>
<tr>
<td>Dietary Fiber 9 g</td>
</tr>
<tr>
<td>Total Sugars 2 g</td>
</tr>
<tr>
<td>Includes 22 g Added Sugars 44%</td>
</tr>
<tr>
<td>Protein 20 g</td>
</tr>
<tr>
<td>Vitamin A 8 mg</td>
</tr>
<tr>
<td>Vitamin C 0.4 mg</td>
</tr>
<tr>
<td>Vitamin E 0.6 mg</td>
</tr>
<tr>
<td>Niacin 0.6 mg</td>
</tr>
<tr>
<td>Vitamin B6 0.6 mg</td>
</tr>
<tr>
<td>Calcium (54 mg in lysozyme) 95 mg DFE</td>
</tr>
<tr>
<td>Phosphorus 35 mg</td>
</tr>
<tr>
<td>Magnesium 15 mg</td>
</tr>
<tr>
<td>Zinc 9 mg</td>
</tr>
<tr>
<td>Copper 0.4 mg</td>
</tr>
<tr>
<td>Iodine 1 mg</td>
</tr>
<tr>
<td>Chromium 16 mcg</td>
</tr>
<tr>
<td>Molybdenum 31 mcg</td>
</tr>
<tr>
<td>Potassium 710 mg</td>
</tr>
<tr>
<td>Omega-3 450 mg</td>
</tr>
</tbody>
</table>

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

Ingredients: Almond butter, honey, tapioca fiber syrup, organic pea protein, banana powder, organic virgin coconut oil, cranberries, allulose, date syrup, amylpectin (from waxy maize), apple flake powder, rolled oats, chia seeds, organic buckwheat flour, organic pumpkin seed protein, green banana flour, organic beet (roo), pumpkin seeds, blueberries and apple juice concentrate, sunflower seeds, sunflower lecithin, organic cocoa powder (processed with alkali), organic quinoa sprouts, mult- fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed), dried yeast fermentate, arabic gum, riboflavin, xanthan gum, organic cordyceps mushroom powder, calcium lactate, L-taurine, sunflower oil, organic turkey tail mushroom powder, green tea (leaf) powder, organic buckwheat (aerial parts) juice powder, organic buckwheat (aerial parts), zinc amino acid chelate, organic acerola (berry), L-arginine, L-ornithine, L-valine, American ginseng (root), mixed lycopene, organic carrot, sea salt, Coenzyme Q10, grape seed extract, inulin, maltodextrin, mushroom powder, maltodextrin, cellulose, bilberry (fruit) extract, green tea (leaf) extract, red wine extract, calcium stearate, and maltase mushroom extract.

Please consult the actual product label for the most accurate product information.

Please consult the actual product label for the most accurate product information.
Prebiotic Inulin supports bone health, immune system response function, and gut balance:

- Encourages a healthy intestinal environment to benefit probiotic intestinal flora
- Promotes normal development of epithelial tissue
- Supports absorption of calcium and magnesium
- Supports immune system response function in the gut
- Promotes a healthy pH in the lower gastrointestinal tract
- Promotes healthy elimination*
- Can be mixed in a supplement shake or added to foods
- Good source of dietary fiber, magnesium, and calcium

**Suggested Use:** 2 teaspoons (scoops) per day in a shake, or as directed.

**Caution:** If pregnant or nursing, consult your health care professional before using this product.

**Synergistic Product Support:**
- Gut Flora Complex (MediHerb*)
- ProSynbiotic
- Vitanox* (MediHerb)

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Total carbohydrates</td>
<td>6 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g (Inulin Chicory root fiber)</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>40 mg</td>
</tr>
</tbody>
</table>

*Daily Values (DVs) are based on a 2,000 calorie diet.
†Daily Value not established.
Other Ingredients: Calcium lactate and magnesium lactate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
PROLAMINE IODINE Introduced in 1952

6940 – 90 Tablets | 6945 – 180 Tablets

Prolamine Iodine supports healthy iodine levels.*
- Provides healthy thyroid support*
- Designed to support healthy serum iodine levels*
- For patients who may need higher iodine dose, consider Prolamine Iodine Plus

Suggested Use: 1 tablet per day, or as directed.

Processing of Iodine: Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol’s solution of 2.1, potassium iodide (KI) : iodine (I₂). This aqueous solution creates a unique triiodide form (KI₃) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process farm.

Caution: This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Keep out of reach of children.

Synergistic Product Support:
- Symplex® F or Symplex® M
- Thytrophin PMG®

Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
</tr>
<tr>
<td>Servings per Container: 90 or 180</td>
</tr>
<tr>
<td>Ingredient: Calcium lactate, magnesium citrate, cellulose, prolamine iodine (zein), and calcium stearate.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iodine</td>
</tr>
</tbody>
</table>

Ingredients: Calcium lactate, magnesium citrate, cellulose, prolamine iodine (zein), and calcium stearate.

Scan for more information.

Photo: Friends playing cards at a table

536x725.png
PROLAMINE IODINE PLUS  Introduced in 2020

6947 – 90 Capsules

Prolamine Iodine Plus supports healthy iodine levels.*

• Provides thyroid support*
• Designed for short-term use for patients who may need high-dose of iodine
• Contains organic kelp – a whole food source of iodine
• Contains 3 mg of iodine, the most in any of our iodine products

Suggested Use: 1 capsule per day, or as directed.

Processing of Iodine: Prolamine iodine (zein) is the main source of iodine in this product. The iodine is prepared as a Lugol’s solution of 2:1, potassium iodide (KI) : iodine (I₂). This aqueous solution creates a unique triiodide form (KI₃) which forms stable bonds with both starch and protein in organic corn meal from the Standard Process certified organic farm.

Caution: This product should only be used under the direct supervision of a qualified health care professional. Please consult your health care professional if you are pregnant, nursing, or taking any antithyroid medicines. Not intended for long-term use. Keep out of reach of children.

Synergistic Product Support:
• Symplex® F or Symplex® M
• Thytrophin PMG®

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iodine</td>
<td>3000 mcg</td>
</tr>
</tbody>
</table>

Ingredients: Organic beet (root), cellulose, organic kelp, prolamine iodine (zein), and water.

PROSTATE PMG®  Introduced in 1953

6950 – 90 Tablets

Prostate PMG® supports healthy prostate gland function.*

• Provides a unique profile of minerals, nucleotides, and peptides*

Suggested Use: 1 tablet, 3 times per day on an empty stomach, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>240 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**PROST-X™** Introduced in 1955

**7060 – 90 Capsules**

Prost-X™ contains bovine prostate Cytosol™ extract and *Tillandsia usneoides*.

- Encourages healthy prostate gland function
- Supports the health of bone, muscle, and nerve tissue

**Suggested Use:** 1 capsule per meal, or as directed.

---

**PROSYNBIOTIC** Introduced in 2010

**7080 – 90 Capsules**

ProSynbiotic is a synergistic blend of four research-supported probiotic strains and two prebiotic fibers to support gut flora and overall intestinal health.

- Contains research-supported strains of lactic acid bacteria with *Lactobacillus acidophilus* LA-5®, *Lactobacillus paracasei* L. casei 431®, *Bifidobacterium* BB-12®
- Contains inulin (a nondigestible soluble fiber from chicory root) and galactooligosaccharides (nondigestible carbohydrates), both of which are used by probiotic bacteria as food
- Useful in maintaining a healthy gut microbial environment
- Supports the body’s natural absorption of calcium and magnesium
- Improves nutrient digestion and absorption
- Supports normal bowel regularity and consistency
- Supports the body’s natural immune system response function

**Suggested Use:** 3 capsules per day, or as directed. Store in a cool, dry place.

**Synergistic Product Support:**
- Gastro-Fiber® or Whole Food Fiber
- Prebiotic Inulin

---

**Supplement Facts**

**PROST-X™**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proprietary Blend</strong></td>
<td>270 mg†</td>
</tr>
<tr>
<td>Spanish moss (<em>Tillandsia usneoides</em>), calcium glycerophosphate, and bovine prostate Cytosol™ extract.</td>
<td></td>
</tr>
</tbody>
</table>

†Daily Value not established.

Other Ingredients: Gelatin, honey, water, and calcium stearate.

---

**Supplement Facts**

**PROSYNBIOTIC**

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proprietary Blend</strong></td>
<td>1,960 mg</td>
</tr>
<tr>
<td>Inulin (chicory root fiber), galactooligosaccharides (GOS), yeast β-glucanase, <em>Bacillus subtilis</em>, <em>Lactobacillus acidophilus</em>, <em>Lactobacillus casei</em> 431®, and <em>Bifidobacterium</em> BB-12®</td>
<td></td>
</tr>
</tbody>
</table>

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

††Daily Value not established.

Other Ingredients: Gelatin, maltodextrin, water, calcium stearate, sucrose, and sublimate monohydrate.


---

Please consult the actual product label for the most accurate product information.
PROTEFOOD® Introduced in 1953

7100 – 90 Capsules

Protefood® supports protein metabolism and immune system response function as well as skeletal and muscular health.*

- Supports cellular health
- Promotes healthy protein metabolism
- Contains the essential amino acid lysine, needed for proper collagen formation*

Suggested Use: 1 capsule per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin C 3 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Choline 20 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Calcium 40 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Proprietary Blend 365 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Bovine bone, beef bone, gelatin, choline bitartrate, ascorbic acid, water, and calcium stearate.

PURIFICATION PRODUCT KITS Introduced in 2003

| 12010 – 1 Kit With SP Complete® and Gastro-Fiber® | 12020 – 1 Kit With SP Complete® and Whole Food Fiber |
| 12035 – 1 Kit With SP Complete® Dairy Free and Gastro-Fiber® | 12040 – 1 Kit With SP Complete® Dairy Free and Whole Food Fiber |
| 12065 – 1 Kit With SP Complete® Chocolate and Gastro-Fiber® | 12070 – 1 Kit With SP Complete® Chocolate and Whole Food Fiber |
| 12055 – 1 Kit with SP Complete® Vanilla and Gastro-Fiber® | 12060 – 1 Kit with SP Complete® Vanilla and Whole Food Fiber |

Our 21-day purification program helps patients purify, nourish and maintain a healthy body and weight.* We offer eight different purification product kits based on the preferred protein and fiber choice.

Included in the program are:
- 1 SP Cleanse® – purification
- 2 SP Complete® (any type) - nutritious supplement shakes
- 2 Gastro-Fiber® or Whole Food Fiber - fiber support
- 1 SP Green Food® – phytonutrients*
- 1 patient purification program guide
- 1 recyclable bag

Special Information: Supplement quantities are sufficient to cover or exceed the duration of the 21-day program.

See page 126 for more information about this program.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Regeneplex® is a cellular rejuvenation supplement scientifically proven to support the body’s tissue-healing processes associated with the normal effects of aging.*

- Targets all three layers of skin, the circulatory and digestive systems, and cellular structure and functions.
- Provides a supportive nutritional foundation for healthy skin.
- Supports skin elasticity and appearance while helping address fine lines around the eyes.
- Provides support for cellular rejuvenation*.
- Excellent source or antioxidant vitamin C.
- Good source of zinc.

**Suggested Use:** 2 capsules 2 times per day, or as directed.

Renafood® offers whole food support for healthy renal function.*

- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health.
- Supports healthy kidney function*.
- Contains a combination of key ingredients from Arginex® and Renatrophin PMG*.
- Excellent source of antioxidant vitamin A.

**Suggested Use:** 1 tablet per meal, or as directed.

Renatrophin PMG® is designed to support healthy kidney function.*

- Provides a unique profile of minerals, nucleotides, and peptides along with unknown factors.
- Supports healthy kidney function*.

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.
RIBONUCLEIC ACID (RNA)  introduced in 1952

7225 – 90 Tablets  |  7230 – 180 Tablets

Ribonucleic Acid (RNA), derived from yeast, supports cell replication, growth, and protein synthesis.*

- Promotes healthy cellular growth and development
- Supports healthy cellular functioning*

Suggested Use: 1 tablet per meal, or as directed.

RUMAPLEX®  introduced in 1958

7275 – 40 Capsules

Rumaplex® provides healthy joint support.*

- Promotes healthy bone tissue
- Supports healthy connective tissue
- Supports the body’s normal tissue repair process
- Contains a combination of key ingredients from Catalyn®, Ostrophin PMG®, Calcifood®, Arginex®, Calcium Lactate, Prost-X®, and Betacol®
- Excellent source of vitamin A
- Good source of niacin*

Suggested Use: 3 capsules per meal, or as directed.

Caution: If pregnant or nursing, consult your health care professional before using this product.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>270 mg</td>
</tr>
</tbody>
</table>

Daily value not established.

Other Ingredients: Calcium lactate, cellulose, arabin gum, and calcium stearate.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choline</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>230 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>2.7 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
</tr>
</tbody>
</table>

Daily value not established.

Other Ingredients: Gelatin, calcium lactate, calcium glycerophosphate, water, potassium citrate, calcium stearate, lecithin, ascorbic acid, modified corn starch, and vitamin A palmitate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
SENAPLEX® Introduced in 1959

7355 – 90 Capsules

Senaplex® is formulated to meet the unique physiological and metabolic needs of older adults.*

- Supports a healthy nervous system
- Promotes calcium absorption
- Supports healthy cell functioning
- Supports cognitive function
- Contains a combination of key ingredients from Betacol®, Cyro-Yeast®, Protefood®, and For-Til B12®
- Excellent source of niacin, vitamin B6, and vitamin B12
- Good source of vitamin D and antioxidant vitamin A*

Suggested Use: 2 capsules per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings per Container: 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A 120 mcg (8%)</td>
<td>13%</td>
</tr>
<tr>
<td>Vitamin D 3.4 mcg (17%)</td>
<td>71%</td>
</tr>
<tr>
<td>Riboflavin 0.7 mg (9%)</td>
<td>25%</td>
</tr>
<tr>
<td>Niacin 4 mg (1%)</td>
<td>7%</td>
</tr>
<tr>
<td>Vitamin B6 1.2 mg (1%)</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin B12 0.6 mg (1%)</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Choline 40 mg (1%)</td>
<td>9%</td>
</tr>
<tr>
<td>Sodium 10 mg (&lt;1%)</td>
<td>1%</td>
</tr>
</tbody>
</table>

Proprietary Blend 860 mg

Nutritional yeast, Spanish moss (Tetradia mosechii), bovine liver PKC™ extract, calcium lactate, betaine hydrochloride, defatted wheat germ, soy protein, bovine adrenal, inositol, sunflower tocotrienol powder, bovine bone, wool bone, organic corn, organic sweet potato, chlorogenic acid, bovine kidney, DL-methionine, bovine spleen, ovine spleen, rice bran, glutamic acid, L-lysine, organic alfalfa (treated particle juice powder), bovine sciatic extract, and calcium phosphate.

1 Daily Value not established.

Other Ingredients: Gelatin, choline bitartrate, potassium bicarbonate, water, niacinamide, modified corn starch, pyridoxine hydrochloride, dicalcium phosphate, ascorbic acid, sucrose, vitamin A palmitate, riboflavin, cholecalciferol, and cyanocobalamin.

SESAME SEED OIL Introduced in 1962

7400 – 60 Softgels

Sesame Seed Oil is traditionally used for blood support.*

- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports immune system response function*

Suggested Use: 1 softgel per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Softgel</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic sesame seed oil 385 mg (1%)</td>
<td>1 Daily Value not established.</td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, water, and glycerine.
SOYBEAN LECITHIN  Introduced in 1938

7475 – 240 Softgels

Soybean Lecithin contains essential fatty acids.*

- Supports the liver’s ability to process fats
- Precursor for brain neurotransmitters
- Helps maintain normal cognitive function
- Supports cell membranes
- Supports nerve function*

**Suggested Use:** 1 softgel per meal, or as directed.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Softgel</td>
</tr>
<tr>
<td>Servings per Container: 240</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic soybean lecithin</td>
<td>385 mg</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Gelatin, water, and glycerin.

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

Introduced in 2002

2670 – 150 Capsules
12010, 12020, 12035, 12040, 12055, 12060, 12065, 12070 – Purification Product Kits

SP Cleanse® combines 20 unique whole food and botanical ingredients designed to support the body’s normal toxin-removal processes.*

- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the body’s natural toxin-elimination function
- Promotes healthy elimination*

Suggested Use: 7 capsules, 3 times per day on an empty stomach or with a nutritional supplement shake, or as directed.

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

Caution: Please consult your health care professional if you are pregnant, nursing, or taking any prescription drugs. Not intended for long-term use unless otherwise directed by your health care professional. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not for long-term use except under the direction of a health care professional. If you are taking any prescription drugs, consult with your health care professional prior to use.

Synergistic Product Support:
- Cruciferous Complete™
- Livaplex®
- SP Complete®, SP Green Food®, and Gastro-Fiber® or Whole Food Fiber

Supplement Facts

Serving Size: 7 Capsules
Servings per Container: 21

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2,680 mg</td>
</tr>
</tbody>
</table>

†Daily Value not established.
Other Ingredients: Cellulose, choline bitartrate, water, and calcium stearate.

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

Seventh Edition November 2016
SP COMPLETE® offers essential whole food nutrition in a convenient powder.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium*

**Suggested Use:** 2 rounded tablespoons (scoops) per shake. 1 – 3 shakes per day, or as directed. Store in a cool, dark place.

**Synergistic Product Support:**
- Calamari Omega-3 Liquid
- Prebiotic Inulin
- Whole Food Fiber

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>100</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>18 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>6 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>19 g</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
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<tr>
<td>Iron</td>
<td>6.5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>130 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 24.8 g

Whey protein, flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (endo part), organic broccoli sprouts (seed part), organic kale (seed part), inulin, organic alfalfa (seed part) juice powder, sunflower lecithin powder, grape seed extract, and organic carrot.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
SP Complete® Chocolate offers essential whole food nutrition in a convenient powder with delicious chocolate flavor.*

- Provides amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle*
- Natural flavors made without the use of monosodium glutamate (MSG)
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium

**Suggested Use:** 4 rounded tablespoons (scoops) in 8 ounces water. 1 - 3 servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

**Synergistic Product Support:**
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

---

**SP COMPLETE® CHOCOLATE**  
Introduced in 2016

**2845 – 26 oz. (737 g) | 12065, 12070 – Purification Product Kits**

### Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
<td>5%*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>15%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9 g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>12 g</td>
<td>24%</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Sodium</td>
<td>75 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Potassium</td>
<td>379 mg</td>
<td>7%</td>
</tr>
</tbody>
</table>

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

Proprietary Blend: 30 g

Other Ingredients: Malodextrin, acacia gum, sea salt, choline bitartrate, monk fruit extract, organic guar gum, natural flavors, and xanthan gum.
SP COMPLETE® DAIRY FREE

2840 – 32 oz. (907 g) | 12035, 12040 – Purification Product Kits

SP Complete® Dairy Free offers essential whole food nutrition in a convenient powder.*

- Rice protein provides a non-dairy source of amino acids
- Supports intestinal, muscular, and immune system health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body’s normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet and can be used as nutritional support in the Standard Process Purification Program
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium*

Suggested Use: 2 heaping tablespoons (scoops) per shake. 1 - 3 shakes per day, or as directed. Store unopened container in a cool, dark place.

Synergistic Product Support:
- Calamari Omega-3 Liquid
- Whole Food Fiber
- Prebiotic Inulin

Supplement Facts

| Serving Size: 2 heaping tablespoons (scoops) (approx. 28 g) |
| Servings per Container: 30 |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>10 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>13 g</td>
</tr>
<tr>
<td>Choline</td>
<td>70 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>200 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>0.5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>60 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 218 g
- Red protein, flax meal, calcium citrate, magnesium citrate, organic buckwheat (protein, pasta), organic kale (protein, pasta), inositol, organic adzuki bean (protein, juice powder, sunflower lecithin powder, grape seed extract, and organic carrots).

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

Other Ingredients: Choline bitartrate
Includes Masqueur® KPC-85 grape seed extract.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
SP COMPLETE® VANILLA  
Introduced in 2016

2850 – 23 oz. (652 g) | 12055, 12060 – Purification Product Kits

SP Complete® Vanilla offers essential whole food nutrition in a convenient powder with delicious vanilla flavor.*

• Provides amino acids
• Supports intestinal, muscular, and immune system health
• Provides ingredients with antioxidant activity
• Supports healthy liver function
• Supports the body’s normal toxin-elimination function
• Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process
• Supports the maintenance of a healthy weight when combined with a healthy lifestyle
• Natural flavors made without the use of monosodium glutamate (MSG)
• Adds vital nutrients to any diet and it can be used as nutritional support in the Standard Process Purification Program*
• Excellent source of protein
• Good source of dietary fiber, choline and calcium*

Suggested Use: 4 rounded tablespoons (scoops) 8 ounces water. 1 - 3 servings per day, or as directed. Mix thoroughly for 10 to 15 seconds.

Synergistic Product Support:
• Calamari Omega-3 Liquid
• Whole Food Fiber
• Prebiotic Inulin

Supplement Facts

Serving Size: 4 rounded tablespoons (scoops) approx. 28 g
Servings per Container: 23

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>4.5 g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5 g</td>
<td>2%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>2 g</td>
<td>1%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1 g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8 g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
<td>1%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1 g</td>
<td>1%</td>
</tr>
<tr>
<td>Protein</td>
<td>16 g</td>
<td>26%</td>
</tr>
<tr>
<td>Choline</td>
<td>69 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Calcium</td>
<td>290 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td>0.5 mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>95 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Potassium</td>
<td>150 mg</td>
<td>2%</td>
</tr>
</tbody>
</table>

Proprietary Blend 94 g
Whey protein, flax meal, rice protein, calcium citrate, magnesium citrate, sunflower lecithin powder, organic buckwheat (germ) pinto, organic brussels sprouts (seed only), organic kale (stem only), inositol, organic aloe (stem only): juice powder, grape seed extract, and organic carrot.

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

Other Ingredients: Methylcellulose, acacia gum, organic guar gum, sea salt, natural flavors, choline bitartrate, monk fruit extract, and xanthan gum.
SP DETOX BALANCE™, in regular and chai flavors, supports whole body detoxification and helps the liver in the processing and removal of toxins from the body.*

- Supports the body’s natural metabolic detoxification processes
- Supports the body’s natural toxin elimination function
- Excellent source of protein (17 g per serving) from organic pea protein, organic pumpkin seed protein, and organic oat and buckwheat flour
- Provides amino acids required for conjugation enzymes (phase II enzymes)*
- Excellent source of iron
- Good source of choline, dietary fiber, and plant-based magnesium

Suggested Use: Two heaping scoops in 10-12 ounces water, one to three servings per day, or as directed. Store in a cool, dry place once opened.

Warning: This product contains naturally occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before using this product.

See page 125 for more information about this program.

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SP DETOX BALANCE™

10000 - SP Detox Balance™ Chai  |  15000 - SP Detox Balance™
10010, 15010 - 10 Day Program Kits
10028, 10028 - 28 Day Program Kits

---

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Total Carbohydrate</td>
<td>11 g</td>
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<tr>
<td>Total Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>4 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>230 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>600 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend:
- Organic pea protein, flax meal, oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts) juice powder, apple pectin, juniper (berry) powder, organic Spanish black radish (root), burdock (root) powder, organic beet (root), organic barley (grain), dandelion (leaf), broccoli (aerial parts), celery, organic alfalfa (aerial parts) juice powder, organic grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (90% silymarin), organic cordyceps mushroom powder, organic carrot, organic sweet potato, and red wine extract

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general/reference only. Products should be used by health care professionals according to each patient’s individual needs.

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

---

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Protein</td>
<td>17 g</td>
</tr>
<tr>
<td>Vitamin K1</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>4 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>230 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>600 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend:
- Organic pea protein, flax meal, oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts) juice powder, apple pectin, juniper (berry) powder, organic Spanish black radish (root), burdock (root) powder, organic beet (root), organic barley (grain), dandelion (leaf), broccoli (aerial parts), celery, organic alfalfa (aerial parts) juice powder, organic grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (90% silymarin), organic cordyceps mushroom powder, organic carrot, organic sweet potato, and red wine extract

See page 17 for a guide to these dietary icons.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general/reference only. Products should be used by health care professionals according to each patient’s individual needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
SP GREEN FOOD®  
**Introduced in 2000**

**4650 – 150 Capsules | 12010, 12020, 12035, 12040, 12055, 12060, 12065, 12070 – Purification Product Kits**

SP Green Food® provides a simple way to supplement the diet.*
- Promotes healthy liver function*
- Supports overall cellular health
- Supports cholesterol metabolism to help maintain cholesterol levels already within a normal range
- Supports the body's normal toxin-elimination function*
- Can be used as nutritional support in the Standard Process Purification Program

**Suggested Use:** 2 capsules 3 times per day, or as directed.

**Synergistic Product Support:**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn®
- Cellular Vitality
- OPC Synergy®
- Trace Minerals-B12™

---

SPANISH BLACK RADISH  
**Introduced in 1981**

**7510 – 80 Tablets | 7525 – 270 Tablets**

Spanish Black Radish provides support for the body's organs.*
- Our research shows that Spanish black radish induces the body’s detoxification enzymes in cell and animal models
- Supports healthy liver and gallbladder function
- Encourages healthy digestion
- Supports the body’s normal toxin-elimination function*
- Contains organically grown Spanish black radish

**Suggested Use:** 1 tablet per meal, or as directed.

**Synergistic Product Support:**
- Cruciferous Complete™ and Garlic
- Livaplex®

*View research on this product at standardprocess.com
**Spleen Desiccated** Introduced in 1981

7600 – 90 Tablets

Spleen Desiccated is used short term to support the spleen.*

- Supports healthy immune system response function
- Maintains healthy blood*

**Suggested Use:** 1 tablet per meal, or as directed.

---

**Spleen PMG**® Introduced in 1955

7550 – 90 Tablets

Spleen PMG® is a spleen support supplement that contains bovine spleen PMG™ extract and supports healthy spleen function.*

- Provides a unique profile of minerals, nucleotides, and peptides

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.
ST. JOHN’S WORT-IMT™ 

7650 – 90 Capsules

St. John’s Wort-IMT™ combines St. John’s Wort and key ingredients from Inositol and Min-Tran®. It promotes mental health and maintains emotional balance.*

- Calms nerves
- Supports the body’s natural ability to cope with the changes of everyday life
- Supports the body during occasional stress*
- Contains a combination of key ingredients from Min-Tran® and Inositol with St. John’s Wort
- Excellent source of iodine

Suggested Use: 1 capsule per meal, or as directed.

Caution: Not to be used if you are pregnant, nursing, or taking any prescription drug(s) unless otherwise directed by your health care professional. Avoid excessive exposure to UV irradiation (e.g. sunlight, tanning) when using this product.

STANDARDBAR® — BERRY

9500 – 18 Bars

The Berry StandardBar® contains a nutritious blend of three natural fruits—blueberries, cranberries, and cherries—and 10 grams of protein.*

- Blueberries and cranberries help promote urinary tract health
- Blueberries exhibit antioxidant activity
- Contains black currant seed oil for support of immune system response function
- Contains calcium to help support the central nervous, skeletal, and cardiovascular systems*
- A convenient supplement without artificial preservatives, colors, or flavors

Special Information: Free of cholesterol and saturated fat

Caution: May contain an occasional cherry pit.
STANDARDBAR® — COCOA CHERRY

9550 – 18 Bars

The Cocoa Cherry StandardBar® supplement provides a high-protein way to supplement the diet. The Cocoa Cherry StandardBar® tastes great and conveniently provides the body with important nutrients.*

- Contains 15 grams of protein
- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise*
- A convenient supplement without artificial preservatives, colors, or flavors

Special Information: This bar contains a portion of low-impact carbohydrates from maltitol, glycerine, sorbitol and fiber, which have a minimal impact on blood sugar levels.

Caution: May contain an occasional cherry pit.

STANDARDBAR® — COCOA CRISP

9600 – 18 Bars

The Cocoa Crisp StandardBar® supplement provides a high-protein way to supplement the diet. The Cocoa Crisp StandardBar® tastes great and conveniently provides the body with important nutrients.*

- Contains 16 grams of protein
- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise*
- A convenient supplement without artificial preservatives, colors, or flavors

Special Information: This bar contains a portion of low-impact carbohydrates from maltitol, glycerine, sorbitol and fiber, which have a minimal impact on blood sugar levels.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
The Peanut Butter StandardBar® supplement provides a high-protein, carbohydrate-controlled way to supplement the diet. The Peanut Butter StandardBar® tastes great and conveniently provides the body with important nutrients.*

- Contains 17 grams of protein
- Provides energy through high protein content
- Helps maintain healthy weight in conjunction with a balanced diet and regular exercise*
- A convenient supplement without artificial preservatives, colors, or flavors

Special Information: This bar contains a portion of low-impact carbohydrates from glycerine, maltitol, sorbitol and fiber, which have a minimal impact on blood sugar levels.

The Soy Almond Crunch StandardBar® is a great addition to the diets of both women and men. Women may especially benefit from soy’s many health-supporting properties.*

- Soy has a positive effect on measures of well-being and quality of life in perimenopausal menopausal women
- Soy helps maintain a healthy heart
- Soy helps maintain healthy cholesterol levels already within normal range
- Supplies magnesium lactate to help support the central nervous, neuromuscular, and cardiovascular systems
- Supplies flaxseed oil to help maintain cellular and cardiovascular health*
- A convenient supplement without artificial preservatives, colors, or flavors
- Excellent source of protein and vitamin B6
- Good source of iron, fiber and magnesium

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 Bar (50 g)</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>Includes 3 g Added Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
</tbody>
</table>

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

Ingredients: Soy protein isolate, honey, brown rice syrup, almond butter, textured soy protein, soy nuggets, rolled oats, rice flour, natural almond flavor, sunflower lecithin, soy milk powder, organic sesame seeds, organic flaxseed oil, magnesium lactate, extra virgin olive oil, and pyridoxine hydrochloride.

Please consult the actual product label for the most accurate product information.
SUPER-EFF® Introduced in 1949

7677 – 90 Capsules | 7680 – 150 Capsules

Super-EFF® supports the central and peripheral nervous systems.*

- Supports and helps maintain cellular health
- Provides precursors for energy production

Suggested Use: 1 capsule per meal, or as directed. Keep bottle tightly closed. This product absorbs moisture.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 90 or 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>515 mg</td>
</tr>
<tr>
<td>Carbohydrate, Spanish moss (Tillandsia usneoides), bovine liver fat extract, bovine liver, and organic fractionated oil.</td>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

Other Ingredients: Gelatin, water, and calcium stearate.

SYMPLEX® F Introduced in 1965

7780 – 90 Tablets | 7785 – 360 Tablets
13030 – Convenience Pack: General Female Endocrine Pack

Symplex® F, a supplement for women’s health, supports the healthy function of the ovaries and the adrenal, pituitary, and thyroid glands.*

- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health
- Contains a combination of key ingredients from Ovatrophin PMG®, Drenatrophin PMG®, Pituitrophin PMG®, and Thytrophin PMG®
- Made with bovine ovary PMG™ extract*

Suggested Use: 1 tablet per meal, or as directed.

Synergistic Product Support:
- Drenamin®
- Ovex® or Ovex® P

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>135 mg</td>
</tr>
<tr>
<td>Magnesium citrate, bovine ovary PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).</td>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

SYMPLEX® M Introduced in 1965

7830 – 90 Tablets | 7835 – 360 Tablets

Symplex® M is a testicular health supplement that supports the healthy function of the testes and the adrenal, pituitary, and thyroid glands.*

- Provides uniquely derived nucleoprotein-mineral extracts that support cellular health*
- Contains a combination of key ingredients from Orchic PMG®, Drenatrophin PMG®, Pituitrophin PMG®, and Thytrophin PMG®

Suggested Use: 1 tablet per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90 or 360</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Magnesium citrate, bovine orchic PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).</td>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
THYMEX® Introduced in 1957

7925 – 90 Tablets | 7930 – 330 Tablets

Thymex® supports the thymus gland with bovine thymus Cytosol™ extract.*

- Supports a healthy thymus gland, the master gland of the immune system
- Can be used in combination with other immune system support products*

Suggested Use: 1 tablet per meal, or as directed.

Synergistic Product Support:
- Calcium Lactate

### Supplement Facts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>5 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>370 mg</td>
<td>1 Daily value not established</td>
</tr>
</tbody>
</table>

Other Ingredients: Cellulose, ascorbic acid, and calcium stearate.
**THYMUS PMG®**  Introduced in 1952

7975 – 90 Tablets

Thymus PMG® is designed to support healthy thymus function.*

• Provides a unique profile of minerals, nucleotides, and peptides*  

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>100 mg</td>
</tr>
<tr>
<td>Magnesium (citrate and bovine thymus PMG™ extract) (processed to substantially remove its thiomine)</td>
<td></td>
</tr>
</tbody>
</table>

**Other Ingredients:** Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

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**THYTROPHIN PMG®**  Introduced in 1952

8025 – 90 Tablets  | 8030 – 360 Tablets

Thytrophin PMG® is a bovine thyroid supplement that is designed to support healthy thyroid function.*

• Provides a unique profile of minerals, nucleotides, and peptides*  

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

**Synergistic Product Support:**

• Catalyn®
• Hypothalamus PMG®
• Trace Minerals-B12™

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>100 mg</td>
</tr>
<tr>
<td>Magnesium (citrate and bovine thymus PMG™ extract) (processed to substantially remove its thiomine)</td>
<td></td>
</tr>
</tbody>
</table>

**Other Ingredients:** Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Trace Minerals-B\textsubscript{12}™ combines important nutrients to support enzymatic reactions in the body:

- Spectrum of minerals that support a healthy body
- Provides essential cofactors for healthy cell functioning
- Provides iodine, which is required for healthy thyroid, spleen, and red blood cell functions
- Among other functions, these trace minerals support ligament, cartilage, and bone structure; immune system response function and thyroid function; fat metabolism; and calcium utilization*
- Excellent source of vitamin B\textsubscript{12}, iodine, zinc, copper, and manganese

**Suggested Use:** 1 tablet per day, or as directed.

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

**Synergistic Product Support:**
- Calamari Omega-3 Liquid or Tuna Omega-3 Oil
- Catalyn®

### Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B\textsubscript{12}</td>
<td>4.2 mcg</td>
<td>175%</td>
</tr>
<tr>
<td>Iodine</td>
<td>1.4 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Zinc</td>
<td>27 mg</td>
<td>25%</td>
</tr>
<tr>
<td>Copper</td>
<td>0.3 mg</td>
<td>33%</td>
</tr>
<tr>
<td>Manganese</td>
<td>16 mg</td>
<td>696%</td>
</tr>
</tbody>
</table>

**Proprietary Blend**
- 210 mg
- Kelp, organic alfalfa (pew parts) juice powder, magnesium citrate, organic pea (pew parts) juice powder, bovine cartilage extract, bovine bone, organic broccoli (pew parts) juice powder, organic broccoli flour, oat flour, defatted wheat germ, yeast bone, organic carrot, and rice bran.

**Other Ingredients:** Manganese lactate, honey, zinc amino acid (rice) chelate, iron amino acid (rice) chelate, copper amino acid (rice) chelate, dicalcium phosphate, calcium stearate, potassium iodide (ore), and cyanocobalamin.

*Daily value not established.

Scan for more information.
TUNA OMEGA-3 CHEWABLE  Introduced in 2008

8080 – 120 Softgels

Tuna Omega-3 Chewable, a chewable softgel, helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function.*

Along with supporting general health, it also:

• Supports cognition
• Supports skin and hair health
• Supports emotional balance
• Contains DHA, which is important for proper fetal eye and brain development*
• Excellent source of antioxidant vitamin E
• Good source of vitamin D

Tuna Omega-3 Chewable supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity. It contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

**Suggested Use:** 2 softgels 2 times per day with meals, or as directed.

**Special Information:** Store product in a cool, dark place.

**Track omega-3s and optimize health with the Omega-3 Index Plus Test. See page 128 for more information.**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2 Softgels</td>
</tr>
<tr>
<td>Servings per Container: 60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>2.5 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>3.3 mcg</td>
</tr>
<tr>
<td>Omega 3</td>
<td>1,080 mg</td>
</tr>
<tr>
<td>EPA</td>
<td>240 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>50 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established. Other Ingredients: Gelatin, water, glycerine, d-alpha tocopherol (vitamin E sunflower and soy), natural flavor, and cholecalciferol.

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
TUNA OMEGA-3 OIL  Introduced in 2005

Tuna Omega-3 Oil helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function.*

Tuna Omega-3 Oil contains a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.

Along with supporting general health, it also:

• Supports cognition
• Supports skin and hair health
• Supports emotional balance*
• Supports the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity*
• Contains DHA, which is important for proper fetal eye and brain development*

Suggested Use: 2 softgels 2 times per day with meals, or as directed. Store product in a cool, dark place.

Special Information: For patients with questionable vitamin B status, you may consider recommending Folic Acid B12.

Track Omega-3s and optimize health with the Omega-3 Index Plus Test. See page 128 for more information.

Synergistic Product Support:
• Catalyn®
• Trace Minerals-B12™

USF OINTMENT®  Introduced in 1949

USF Ointment® contains essential fatty acids to promote soft, healthy-looking skin.*

• Acts as a skin moisturizer*

Suggested Use: Provides a soothing lubricant for local application and temporary relief of dry skin.*

Special Information: For external use only

Supplement Facts

Serving Size: 2 softgels
Servings per Container: 60

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1 mg</td>
</tr>
<tr>
<td>DHA</td>
<td>300 mg</td>
</tr>
</tbody>
</table>

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

Other Ingredients: Gelatin, water, glycerine, and d-alpha tocopherol (vitamin E soy).

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.
UTROPHIN PMG® introduced in 1953

8125 - 90 Tablets

Utrophin PMG® provides bovine uterus PMG™ extract and key minerals for uterine support.*
- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested Use:** 1 tablet, 3 times per day on an empty stomach, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>2 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>150 mg</td>
</tr>
</tbody>
</table>

This product contains a combination of key ingredients from Cardiotrophin PMG®, Cataplex® E, Cataplex® B, and Cataplex® C
- Excellent source of thiamin, niacin, vitamin B₆
- Good source of vitamin B₁₂

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product features our exclusive Protomorphogen™ extract.

VASCULIN® introduced in 1958

8165 - 90 Tablets

Vasculin® is designed to support the cardiovascular system.*
- Supports healthy functioning of the heart muscle
- Provides ingredients with antioxidant activity
- Promotes healthy heart connective tissue*
- Contains a combination of key ingredients from Cardiotrophin PMG®, Cataplex® E, Cataplex® B, and Cataplex® C
- Excellent source of thiamin, niacin, vitamin B₆
- Good source of vitamin B₁₂

**Suggested Use:** 2 tablets per meal, or as directed.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>2%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>5%</td>
</tr>
</tbody>
</table>

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

This product contains a combination of key ingredients from Cardiotrophin PMG®, Cataplex® E, Cataplex® B, and Cataplex® C
- Excellent source of thiamin, niacin, vitamin B₆
- Good source of vitamin B₁₂

See page 17 for a guide to these dietary icons.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
VEG-E COMPLETE PRO™ CHOCOLATE  Introduced in 2017

8180 – 26 oz. (737 g)

Veg-E Complete Pro™ Chocolate offers an organic multisource blend of plant-based protein in a convenient powder with delicious chocolate flavor.*

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)
- Excellent source of protein and iron
- Good source of dietary fiber and potassium*

Suggested Use: 4 heaping tablespoons (scoops) in 8-12 ounces water, 1 – 3 servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds. Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 4 heaping tablespoons (scoops) (approx. 40 g)</th>
<th>Servings per Container: 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Calories</td>
<td>180</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Added Sugars</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>40 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>5 mg</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium</td>
<td>430 mg</td>
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<td>Proprietary Blend</td>
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</table>

Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.

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

Other Ingredients: Organic cacao powder (processed with alkali), organic coconut sugar, gum acacia, organic sunflower lecithin powder, maltodextrin, sea salt, monk fruit extract, organic guar gum, natural flavors, and sunflower gum.

Please consult the actual product label for the most accurate product information.
VEG-E COMPLETE PRO™
VANILLA  Introduced in 2017

8185 – 22 oz. (623 g)

Veg-E Complete Pro™ Vanilla offers a multisource blend of plant-based protein in a convenient powder with delicious vanilla flavor:

- The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein is a valuable source of several amino acids including the nine essential amino acids
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)
- Excellent source of protein and iron*

**Suggested Use:** 4 heaping tablespoons (scoops) in 8-12 ounces water, 1 - 3 servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds. Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

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WHEAT GERM OIL  Introduced in 1939

8225 – 60 Softgels

Wheat Germ Oil is used for systemic support of the body:

- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body’s natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Supports the body’s function during exercise*

**Suggested Use:** 1 softgel per meal, or as directed.

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See page 17 for a guide to these dietary icons

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

**8300 – 80 Softgels**

Wheat Germ Oil Fortified™ contains wheat germ oil and is strengthened with 33.4 mg of natural vitamin E extracted from soybean oil.*

- Provides ingredients with antioxidant activity
- Important for cell-signaling molecules
- Supports the cells of the immune system and the body’s natural inflammatory response function as it relates to periodic challenges like consumption of a high-fat meal or strenuous activity
- Excellent source of antioxidant vitamin E*

**Suggested Use:** 1 softgel per meal, or as directed.

---

**WHEY PRO COMPLETE**

Introduced in 2007

**8325 – 19 oz. (540 g)**

Whey Pro Complete supports weight management, muscle tissue, immune system response function, and gastrointestinal (GI) health.*

- Protein supplement to increase protein intake
- Supports healthy epithelial cells in the bowel
- Helps promote satiety
- Supports the body’s natural muscle growth and repair processes
- Contains colostrum and inulin for GI-based immune system support*
- Can be mixed in a supplement shake or added to foods
- Excellent source of protein

**Suggested Use:** 2 heaping tablespoons (scoops), 1 - 3 times per day, or as directed. Store container in a cool, dark place.

**Synergistic Product Support:**
- SP Complete®
- Whole Food Fiber
WHOLE FOOD FIBER  Introduced in 2008

8355 – 7 oz. (200 g)
12020, 12040, 12060, 12070 – Purification Product Kits

Whole Food Fiber is a good source of fiber from nutrient-rich whole foods.*

- Contains both soluble and insoluble fiber
- Supports healthy bowel function
- Promotes regular intestinal motility and elimination
- Supports healthy epithelial cells in the bowel
- Provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract
- Supports the immune system
- Can be used as nutritional support in the Standard Process Purification Program*

*Suggested Use: 1 level tablespoon (approximately 6 grams) in a blender drink per day, or as directed.

ZINC CHELATE™  Introduced in 1987, Reformulated in 2020

8357 – 180 Tablets

Zinc Chelate™, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*

- Promotes protein synthesis
- Provides cofactor support for enzymatic functioning
- Supports male hormonal health
- Supports digestion*

*Suggested Use: 1 tablet per day, or as directed.
ZINC TEST™  Introduced in 1998

8360 – 2 fl. oz. (60 mL)

Zinc Test™ provides a safe and effective way to assess zinc status.*

• Noninvasive, oral test*
• Excellent source of zinc

**Suggested Use:** Hold 2 teaspoonfuls (10 mL) of Zinc Test™ in the mouth for at least 10 seconds. A lack of taste or a delayed taste perception in the mouth may indicate a possible zinc insufficiency. If an immediate taste perception occurs, the zinc status may be adequate. Zinc Test™ can be swallowed after tasting.

**Special Information:** Refrigerate after opening. If spilled, staining may occur.

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**Supplement Facts**

<table>
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<tr>
<th>Servings per Container: 6</th>
</tr>
</thead>
</table>

**Amount per Serving**  | **%Daily Value**  |
-------------------------|------------------|
Zinc                    | 2.5 mg           | 23%             |

Other Ingredients: Deionized water and zinc sulfate.
**ZYMEX® CAPSULES**  Introduced in 1952

8445 – 150 Capsules

Zymex® promotes a healthy pH range in the intestinal tract.*

- Encourages a healthy intestinal environment to support a healthy GI microbiome
- Supports healthy intestinal pH*

**Suggested Use:** 2 capsules per meal, or as directed.

**Synergistic Product Support:**
- Gastro-Fiber® or Whole Food Fiber
- ProSynbiotic

---

**ZYMEX® WAFERS**  introduced in 1952

8375 – 100 Wafers

Zymex® promotes a healthy pH range in the intestinal tract.*

- Encourages a healthy intestinal environment to maintain proper gastrointestinal flora
- Supports healthy intestinal pH*
- Helpful for those who cannot or prefer not to swallow pills

**Suggested Use:** 2 wafers per meal, or as directed. This product should be chewed, then swallowed.

**Special Information:** Individuals who may be lactose intolerant should consult their health care professional before using this product.

**Synergistic Product Support:**
- Gastro-Fiber® or Whole Food Fiber
- ProSynbiotic
ZYMEX® II  Introduced in 1958

8443 – 90 Capsules

Zymex® II contains digestive enzymes to support healthy gastrointestinal (GI) function.*

- Encourages a healthy intestinal environment to maintain proper GI microbiota
- Could support the body’s natural inflammatory response function after strenuous exercise when taken between meals
- Can provide digestive system support when taken with meals*
- Does not contain pancreatin or betaine hydrochloride, making it appropriate for the acid-sensitive individual

Suggested Use: 2 capsules between meals, twice daily, or as directed.

ZYPAN®  Introduced in 1958

8430 – 90 Tablets | 8480 – 330 Tablets

Zypan® combines pancreatin, pepsin, and betaine hydrochloride to facilitate healthy digestion.*

- Supports macronutrient digestion
- Hydrochloric acid is involved in maintaining proper gastric pH
- Includes stearic acid to coat the pancreatin, helping it to be digested in the correct area of the digestive tract
- Provides enzymatic support for protein digestion
- Supports the digestive environment of the GI tract*

Suggested Use: 2 tablets with each meal, or as directed. Chewing this product is not recommended.
Programs

Standard Process offers a number of easy-to-follow programs that provide the tools needed to get back on track and meet nutrition and health goals.

SP DETOX BALANCE™ PROGRAM

The SP Detox Balance™ program provides key nutrients and phytonutrients during all three phases of detoxification that unlock, neutralize, and eliminate toxins. The simple 28-day or 10-day protocol features a tasty, all-in-one detox shake supported by sample meals.

What contributes to toxin build up?
We are exposed to toxins every day. In fact, our bodies produce waste toxins known as endogenous toxins simply by functioning. Our bodies also encounter external (exogenous) toxins, or chemicals made outside the body. Exposure to these toxins can overburden a system’s natural ability to detoxify.

Why do we need Metabolic Detoxification?
Toxins can contribute to fatigue or difficulty sleeping, indigestion and other temporary gastrointestinal upset, food cravings and weight gain, reduced mental clarity, low libido, skin issues, and joint discomfort.

What is Metabolic Detoxification?
It’s a series of natural biochemical processes responsible for clearing toxins from our bodies. In the three-phase process, the body unlocks fat-soluble toxins and converts them to a water-soluble state that is easier for our bodies to remove. We need key nutrients and phytonutrients to support each of these phases.

HOW DO THE THREE PHASES OF METABOLIC DETOXIFICATION WORK?

Phase I: Unlock
The body transforms fat-soluble toxins to an “unlocked” state that is more water-soluble, and in many cases, more toxic than its original form. SP Detox Balance™ delivers key nutrients.

Phase II: Neutralize
The highly toxic substances produced in Phase I convert to non-toxic molecules and become even more water-soluble. SP Detox Balance™ delivers key nutrients.

Phase III: Eliminate
Water-soluble toxins leave cells, and the body eliminates them. SP Detox Balance™ delivers plant-based fiber to aid toxin elimination.

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PURIFICATION PROGRAM

The 21-Day Purification Program isn’t just a cleanse diet. It’s a structured program that brings healthy lifestyle habits into focus. It’s designed to purify, nourish, and help patients maintain a healthy body weight. It’s also easy to follow by eating whole foods, exercising, drinking nutritious shakes, and taking supplements made with whole food and other ingredients.*

CUSTOMIZED PURIFICATION KITS

Choose from eight different purification kits based on fiber and protein options. All purification kits are gluten-free and vegetarian.

PATIENTS WHO HAVE FINISHED THE PURIFICATION REPORT:

- Increased energy
- Better digestion
- Clearer thinking
- Improved weight management
- Shinier hair
- Better management of toxin load in the body
- Clearer skin
- Better sleep
MICROBIOME TEST KIT  Introduced in 2021

T1030 – 1 Kit

The Standard Process Microbiome Test Kit, Powered by BIOHM®, is used to assess the gut microbiome’s diversity and provide suggestions towards a healthier lifestyle.

The Standard Process Microbiome Test Kit is a two-part assessment which is derived from:

- Gut microbiome analysis using next generation genetic sequencing of a stool sample to discover the diversity of the bacteria and fungi that live in your patient’s gut
- A Lifestyle Questionnaire that is completed by the patient when the test is registered on the software portal

As part of the test, you and your patient will receive a comprehensive and personalized Gut Report outlining:

- Microbiome diversity
- Phyla balance
- Presence of beneficial species
- Presence of pathogenic species

In addition to microbiome analysis, the Gut Report includes individualized recommendations and/or insights (that may include Standard Process and MediHerb® products) based on test results. It will provide additional information to assist patients and health care professionals to:

**Measure:** Taking supplements and modifying diet and lifestyle does not guarantee a balanced microbiome – it must be measured.

**Modify:** With results and insights from the Gut Report, you will have the tools to personalize supplement choices, as well as diet and lifestyle modifications.

**Monitor:** Track how dietary, lifestyle, and supplement changes affect the Gut Score.™

What is microbiome testing?

Microbiome testing is the use of next-generation genetic sequencing and bioinformatic analysis to compare a patient’s microbiome with that of a normal/healthy individual. This will reveal the composition, balance and levels of bacteria and fungi inside of the gut from a stool sample.

Why has Standard Process partnered with BIOHM to create a gut microbiome test?

- BIOHM has completed thousands of consumer gut microbiome tests
- BIOHM has recognized expertise in bacterial and fungal interactions
- They use the 16S and ITS rRNA sequencing for microbiome analysis — the gold standard for bacterial and fungal sequencing
- They use validated and standardized testing methods from 100+ research studies
- They provide an easy-to-understand report based on well-established research

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OMEGA-3 INDEX PLUS TEST  Introduced in 2020

T1025 – 1 Kit

The Omega-3 Index Plus Test is a blood test that measures the percentage of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes.

• A finger prick provides enough blood to measure the Omega-3 Index
• Testing is confidential between the patient and their practitioner
• A personalized report will be sent via email and will include individualized recommendations based on test results

There are three phases of Omega-3 testing:

Measure: Eating fish or taking supplements does not guarantee your Omega-3 Index will be in the desirable range – it must be measured.

Modify: With your Omega-3 Index results you will have the tools to personalize your Omega-3 intake.

Monitor: Track how your dietary changes affect your Omega-3 Index by testing every 4 - 6 months.

An Omega-3 Index in the desirable range of 8-12% is an indicator of better overall health. As a part of an overall healthy lifestyle, an Omega-3 Index in the 8-12% range may help to maintain heart, brain, eye and joint health. Once you know your Omega-3 Index, you can personalize your diet to modify your Omega-3 Index in as little as 3 - 4 months.

By partnering with OmegaQuant — the premier lab for Omega-3 Index testing — Standard Process is better able to help people support conditions related to cardiovascular health*, brain health, and a healthy inflammatory process with its family of Omega-3 supplements.*

*As part of a diet low in saturated fat and cholesterol

Synergistic Product Support

• Calamari Omega-3 Liquid
• Cod Liver Oil
• Tuna Omega-3 Chewable
• Tuna Omega-3 Oil
• Olprima™ DHA
• Olprima™ EPA
• Olprima™ EPA|DHA

Benefits of Knowing the Omega-3 Index

Heart Health
From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health.

Brain Health
Omega-3s play a role in brain health during every phase of life – from infant brain development to maintaining cognitive function as we age.

Eye Health
Omega-3 DHA is a main component of eyes, and having higher levels of Omega-3s is related to better eye health and visual development.

Overall Health
There are multiple benefits to the mind and body in having a higher Omega-3 Index, all of which contribute to slower aging.

PROGRAMS & TEST KITS

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

The products in this cross reference are listed in descending order according to the amount of ingredient present in each product’s serving size. Not all products are represented in this list. Please view the individual product descriptions for more information.

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<tr>
<th>Ingredient</th>
<th>Description</th>
<th>Brand Names</th>
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<tr>
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<td>Acerola</td>
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**KEY INGREDIENT CROSS-REFERENCE**

Standard Process | 129
Carrot
Whole Food Fiber, Cyto-Yeast®, Congaplex® Chewable, St. John’s Wort-IMT®, Allerplex®, Zymex® Capsules, Calcifood® Wafers, Adrenal Desiccated, Cyrofood®, Cataplex® A, e-Poise®, Catalyn® GF
Cayenne Pepper Capsicum annuum Cayenne Pepper, SP Cleanse®
Chlorella GI Adsorb™
Chloride Cal-Amo™
Cholecalciferol Catalyn® GF, e-Poise®, Senaplex®, Catalyn® Chewable, Catalyn®, Cyrofood®
Choline Choline, SP Detox Balance™, SP Detox Balance™ Chai, SP Complete®, SP Complete® Chocolate, SP Complete® Dairy Free, SP Complete® Vanilla, Senaplex®
Chromium Diaplex®, Cataplex® GTF, Imnumplex®
Clinoptilolite GI Adsorb™
Coenzyme Q10 Cellular Vitality®, Regeneplex®
Collinsonia Root Collinsonia Root, Cholaco1®, SP Cleanse®, Gastro-Fiber®, Fenn-Che®, GI Adsorb™, GI Stability™
Colostrum Bovine Whey Pro Complete
Copper Neuroplex® Trace Minerals-B-1®, Chezyn®, Imnumplex® Manganese B-2®, Livaplex®
Creatine SP Detox Balance™, SP Detox Balance™ Chai
Cyanocobalamin See Vitamin B12
Dandelion SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai
DHA Olprima™ DHA, Olprima™ EPA|DHA, Cod Liver Oil, Tuna Omega-3 Oil, Tuna Omega-3 Chewable, Hemp Oil Complex™
Disodium Phosphate Disodium Phosphate, Fenn-Chë®, Gastrox®, Betacol®
DL-methionine SP Detox Balance™, SP Detox Balance™ Chai
DPA Olprima™ DHA, Olprima™ EPA|DHA
Dried Yeast Fermentate Epimune Complex
Duodenum Porcine Cataplex® B, Cataplex® B-GF, Pancreatrophin PMG®, Vasculin®
Echinacea Purpurea Echinacea-C®, Cataplex® A-C, Collagen C®, Iodomere®
EPA Olprima™ EPA, Olprima™ EPA|DHA, Cod Liver Oil, Tuna Omega-3 Oil, Hemp Oil Complex™, Tuna Omega-3 Chewable
Epithelial PMG® Extract Bovine Dermatrophin PMG®
Eye PMG® Extract Porcine Oculotrophin PMG®, Iplex®
Fennel Seed Gastro-Fiber®, SP Cleanse®
Fenugreek Seed Fen-Gre®, Fen-Chë®, Emphaplex®, Allerplex, Gastro-Fiber®, SP Cleanse®
Ferrous Lactate Ferrofood®, e-Poise®
Fiber SP Complete® Chocolate, SP Complete® Dairy Free, SP Complete® Vanilla, SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro™ Chocolate, SP Complete®, Whole Food Fiber
Fig Powder Zymex® II, Multizyme®
Flax Meal SP Complete®, SP Complete® Dairy Free
Flaxseed Oil Linum B-6, Cataplex® F Softgels
Folate Folic Acid B-9, Imnumplex®, Cellular Vitality, Cataplex® B-Core
Folic Acid Folic Acid B-9, Imnumplex®
Galactooligosaccharide GOS ProSynbiotic
Gamma-Linolenic Acid GLA Black Currant Seed Oil
Garlic Garlic
Ginkgo Biloba Ginkgo Synergy™
Globe Artichoke SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai
Glucoraphanin Hemp Oil Complex™
Glucosamine Sulfate From shellfish Glucosamine Synergy®
Glutamic Acid Palmettoplex®, Protefood®
Glycerine Olprima™ DHA, Olprima™ EPA, Olprima™ EPA|DHA, Hemp Oil Complex™, Cataplex® F Softgels, Chlorophyll Complex™, Black Currant Seed Oil, Wheat Germ Oil Fortified®
Glycine SP Detox Balance™, SP Detox Balance™ Chai, Palmettoplex®
Gotu Kola Ginkgo Synergy™
Grape Seed Extract SP Complete® Dairy Free, OPC Synergy®, Ginkgo Synergy®, SP Complete®, SP Complete® Chocolate
Green Banana Flour Whole Food Fiber
Green Tea OPC Synergy™
Green-Lipped Mussel Perna canaliculus Nutrimere®, Iodomere®
Heart PMG® Extract Bovine Cardiotrophin PMG®, Cardio-Plus®, Cardio-Plus® GF, Vasculin®, Ligaplex® II, Glucosamine Synergy®
Hemp Oil Hemp Oil, Hemp Oil Complex™
Hypothalamus Cytosol® Extract Porcine Hypothalmex®, Hypothalamus PMG®
Hypothalamus Bovine Neuroplex®
Inositol Inositol Powder, Inositol, SP Detox Balance™, SP Detox Balance™ Chai, Cataplex® E, SP Cleanse®, Cyruta®, Iplex®, St. John’s Wort-IMT®, Albaplex®, Cataplex® E,
**Inulin** Chicory root fiber
ProSynbiotic, Whey Pro Complete

**Iodine**
Prolamine Iodine Plus, Prolamine Iodine, Min-Chex®, Trace Minerals B-6®, Iodomere®, Min-Tran®, Organically Bound Minerals

**Iron**
Ferrofood®, Gl Adsorb®, Neuroplex®, E-Z Mg™, Chezyn®, Immuplex®, Veg-E Complete Pro®
Chocolate, SP Detox Balance™, SP Detox Balance™ Chai, Veg-E Complete Pro® Vanilla

**Juniper**
SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**Kale**
SP Complete® Dairy Free, SP Complete®
SP Complete® Chocolate, Cruciferous Complete®, SP Green Food®, Enzycore, SP Cleanse®

**Kelp**
Min-Tran®, Min-Chex®, Trace Minerals B-6®, St. John's Wort-IMT®, Organically Bound Minerals, Prolamine Iodine Plus

**Kidney Bean**
Albaplex®, Renafood®

**Kidney PMG™ Extract** Bovine
Renatrophin PMG®, Renafood®, Albaplex®

**Kidney** Bovine

**L. acidophilus**
Lact-Enz®

**L. paracasei**
ProSynbiotic

**Lactobacillus acidophilus**
ProSynbiotic

**Lactose**
Milk
Zymex® Wafers, Renafood®

**L-cysteine hydrochloride**
Cataplex® GTF, Diaplex®

**Lecithin** Soy
Whey Pro Complete, Regeneplex®

**L-glutamine**
Enzycore

**L-licorice Root**
Rumaplex®, Bio-Dent®

**Lipase**
Lact-Enz®, Zymex II®, Multizyme®

**L-iso-leucine**
SP Detox Balance™, SP Detox Balance™ Chai

**Liver Fat Extract** Bovine
Super-EFF®, Allerplex®, Antronex, Cataplex® F Softgels, Ligaplex® II, Livaplex®, Diaplex®

**Liver PMG™ Extract** Bovine
Hepatrophin PMG®, Immuplex®, Livaplex®, Senaplex®, Betacol®, Albaplex®, Rumaplex®

**Liver** Bovine
Cataplex® B-Core, Nicaminate B, OrcheX®, Cataplex® B, Cataplex® B-GF, Zinc Chelate®, Cataplex® B-6®, Chezyn®, Cardio-Plus®, Cardio-Plus® GF, B-6 Nicaminate

**L-leucine**
SP Detox Balance™, SP Detox Balance™ Chai

**L-lysine**
Emphaplex®

**L-lysine mono-hydrochloride**
Protefood®, Senaplex®

**Lung PMG™ Extract** Bovine
Pneumotrophin PMG®, Allerplex®, Emphaplex®

**Lutein**
Regeneplex®

**L-valine**
SP Detox Balance™, SP Detox Balance™ Chai

**Lycopene**
Regeneplex®

**Magnesium**
Magnesium Lactate, Calcium Lactate Powder, E-Z Mg™, SP Detox Balance™, SP Detox Balance™ Chai, Calcium Lactate

**Mammary PMG™ Extract** Bovine
Mammary PMG®

**Milk Thistle**
SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**Mushroom Powder**
Cellular Vitality®, Epicure Complex, Cataplex® C, Drenamin®, B-6 Nicaminate, SP Cleanse®, SP Detox Balance™, SP Detox Balance™ Chai

**Niacin**
Nicaminate B6, Neuplex®, Circuplex®, Min-Chex®, OrcheX®, Cholaplex®, Cataplex® B, Cataplex® B-GF, Cardio-Plus®, Cardio-Plus® GF, Cataplex® G, Drenamin®

**Nicaminate**
Nicaminate B6, Neuplex®, Min-Chex®, Circuplex®, Cholaplex®, OrcheX®, Cataplex® B, Cataplex® B-GF, Cardio-Plus®, Cardio-Plus® GF, Cataplex® G

**Nutritional Yeast** Saccharomyces cerevisiae
Rumaplex®, Cataplex® B-Core, Senaplex®, B-6 Nicaminate, Ligaplex® II, Cyrofood®, Cataplex® B, Cataplex® B-GF, e-Poise®, Pancreatrophin PMG®

**Oat Fiber**
Whole Food Fiber

**Oat Flour**
Emphaplex®, Ligaplex® I, Cyrofood®, Diaplex®, Rumaplex®, Congaplex®

**Okra**
Fen-Gre®, Gl Stability®, Gastrex®, Okra Pepsin E

**Omega-3**
Anchovy & Sardine: Olprima® EPA/DHA, Olprima® EPA

**Calamari Oil**
Calamari Omega-3 Liquid, Hemp Oil Complex®

**Cod Liver Oil**
Cod Liver Oil

**Tuna Oil**
Tuna Omega-3 Oil, Olprima™ DHA, Tuna Omega-3 Chewable, Regeneplex®

**Omega-6**
Hemp Oil Complex®, Olprima™ EPA

**Omega-7**
Olprima™ EPA

**Omega-9**
Olprima™ EPA

**Orchic Cytosol™ Extract** Bovine
Min-Chex®, OrcheX®, Neuroplex®, Cholaplex®

**Orchic Extract** Bovine
Cataplex® E, Cataplex® E, Cardio-Plus®, Cardio-Plus® GF, Okra Pepsin E, Trace Minerals B-6®

**Orchic PMG™ Extract** Bovine
Orchic PMG®, Symplex® M

**Ovary Cytosol™ Extract** Bovine
Ovex®

**Ovary Cytosol™ Extract** Porcine
Ovex® P

**Ovary PMG™ Extract** Bovine
Symplex® F

**Ovary PMG™ Extract** Porcine
Ovatrophin P PMG®

**Pancreas Cytosol™ Extract** Bovine
Zypan®, Cataplex® GTF, Diaplex®

**Pancreas PMG™ Extract** Bovine
Pancreatrophin PMG®, Diaplex®, Paraplex®

**Pancreatin**
Multizyme®, Zypan®, Diaplex®
**KEY INGREDIENT CROSS-REFERENCE**

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Please consult the actual product label for the most accurate product information.
From the Earth, For the Body

A healthy body demands a broad spectrum of minerals for optimal wellness, but many diets fall short in delivering these important nutrients. Standard Process® and MediHerb® offer a range of products that provide essential minerals that can help bridge dietary gaps.

Learn more at standardprocess.com/ca-minerals

Driven by the same safety, purity, and efficacy standards that go into our high-quality adult supplements, SP Children’s™ products are specifically formulated to address the unique needs of young bodies. We utilize organic farming practices and cutting-edge manufacturing methods to ensure that our products deliver vital nutrients in a tasty form.
SP CHILDREN’S™ IMMUNE  Introduced in 2022

16000 – 60 Wafers

SP Children’s™ Immune is a chewable supplement for kids ages 4 and older that delivers key nutrients for proper immune system functioning and development.*

- Supports the immune system*
- Contains prebiotic 2’-FL and bovine colostrum
- Made from whole food-based ingredients
- Draws flavor from organic ingredients: elderberry and whole strawberry
- Excellent source of vitamin D, zinc, and antioxidant vitamin C

Suggested Use: For children ages 4 and older, chew 2 wafers per day.

Warning: Keep out of reach of children.

Synergistic Product Support:

- Catalyn® Chewable – Supplies multiple vitamins for complete, complex nutritional supplementation*
- Calamari Omega-3 Liquid – supports general health and helps bridge the gap in dietary omega-3 intake*
- Whole Food Fiber – Provides a good source of dietary fiber and supports healthy bowel function*

They’re growing, and so are we!
More SP Children’s™ products coming soon

See page 17 for a guide to these dietary icons

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

Core Products and Body Systems

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How to Read a MediHerb® Label

Products

Category Index

Index of Component Herbs

Index of Botanical & Common Names

Glossary & Potential Herb-Drug Interactions Reference
We Deliver Premium-Quality, Herbal Solutions for Optimal Patient Outcomes

MediHerb® is a leader in herbal supplements among health care professionals and Standard Process is their exclusive U.S. distributor. MediHerb’s success is fueled by a commitment to delivering high-quality, herbal solutions.
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<td>Supports the genitourinary tract*</td>
<td>254</td>
</tr>
<tr>
<td>Valerian 1:2</td>
<td>Promotes relaxation and encourages sleep*</td>
<td>254</td>
</tr>
<tr>
<td>White Peony 1:2</td>
<td>Supports women’s general well-being*</td>
<td>259</td>
</tr>
<tr>
<td>Wild Yam 1:2 (QA)</td>
<td>Menopause support*</td>
<td>259</td>
</tr>
<tr>
<td>Wormwood 1:5</td>
<td>Supports a healthy intestinal environment*</td>
<td>261</td>
</tr>
</tbody>
</table>
## Core Products & Body Systems

<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
<th>Body Systems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Stress Response Support</td>
<td>Cardiovascular System</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
<td>Endocrine, Female Health</td>
</tr>
<tr>
<td>Boswellia Complex</td>
<td>Joint Support</td>
<td>Male Health, Musculoskeletal</td>
</tr>
<tr>
<td>DiGest Forte</td>
<td>Core Digestive Support</td>
<td>digestive System</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Healthy Immune System Function</td>
<td>Immune System</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Healthy Cardiovascular Function Support</td>
<td>Cardiovascular System</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Support Memory &amp; Cognition</td>
<td>Nervous System</td>
</tr>
<tr>
<td>Gotu Kola Complex</td>
<td>Healthy Skin, Capillary &amp; Circulation Support</td>
<td>Respiratory, Skin</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
<td>Skin</td>
</tr>
<tr>
<td>Gymnema</td>
<td>Anti-Sweetness Activity</td>
<td>Male Health</td>
</tr>
<tr>
<td>HerbaVital</td>
<td>Healthy Aging Support</td>
<td>Endocrine, Female Health</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
<td>Male Health</td>
</tr>
<tr>
<td>LivCo®</td>
<td>Liver-Cleansing Support</td>
<td>Liver-Cleansing Support</td>
</tr>
<tr>
<td>Nevaton® Forte</td>
<td>Core Nervous System Support</td>
<td>Endocrine, Female Health</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
<td>Female Health</td>
</tr>
<tr>
<td>Thyroid Complex</td>
<td>Targeted Thyroid Support</td>
<td>Endocrine, Female Health</td>
</tr>
<tr>
<td>Tribulus</td>
<td>Maintaining Healthy Hormones</td>
<td>Female Health</td>
</tr>
<tr>
<td>Turmeric Forte</td>
<td>Healthy Inflammatory Response</td>
<td>Immune System</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Antioxidant Support</td>
<td>Cardiovascular System</td>
</tr>
<tr>
<td>Wormwood Complex</td>
<td>Healthy Intestinal Environment*</td>
<td>Immune System</td>
</tr>
</tbody>
</table>

### Body Systems Legend

- **Cardiovascular System**
- **Digestive System**
- **Endocrine**
- **Female Health**
- **Immune System**
- **Male Health**
- **Musculoskeletal**
- **Nervous System**
- **Respiratory**
- **Skin**
- **Urinary System**
**Cardiovascular System**

**Heart Health**
- **Coleus Forte** Support Cardiovascular Health
- **Garlic Forte** Support Healthy Normal Cholesterol
- **Ginkgo Forte** Microcirculation Support
- **Hawthorn** Normal Heart Function Support
- **HerbaVital** Aging Support
- **Vitanox®** Antioxidant Support Activity*

**Circulation**
- **Bilberry Forte** Healthy Eye Support
- **Garlic Forte** Support Healthy Normal Cholesterol
- **Ginkgo Forte** Microcirculation Support
- **Gotu Kola Complex** Tissue & Capillary Integrity
- **HerbaVital** Aging Support
- **Vascular Care Complex** Venous Support
- **Vitanox®** Antioxidant Support Activity*

**Digestive System**

**Upper GIT**
- **Black Cumin Seed Forte** Multi-Action Liver & Fat Metabolism Support
- **ChelaCo** Antioxidant Liver Support
- **Coleus Forte** Promote Healthy Digestion
- **DiGest Forte** Core Digestive Support
- **Gymnema** Anti-Sweetness Activity
- **HiPep** Healthy Stomach Acid
- **LivCo®** Liver-Cleansing Support
- **Livton® Complex** Digestive System & Liver Support
- **Metabol Complex** Metabolic Support
- **Milk Thistle Forte** Core Liver Support
- **Rhodiola & Schisandra** Nervous System Support During Stress*

**Lower GIT**
- **Artemisinin Complex** Depurative Support
- **Berberine Active** Bowel Regularity Support
- **Burdock Complex** Healthy Elimination Support
- **Colax** Intestinal Motility Support
- **Garlic Forte** Immune System Support
- **Golden Seal 500mg** GIT Immune System Support
- **Gotu Kola Complex** Tissue & Capillary Integrity
- **Gut Flora Complex** Healthy GIT Function Support
- **Myrrh Forte** Healthy Intestinal Environment
- **Turmeric Forte** Healthy Digestion Support
- **Vitanox®** Antioxidant Support Activity
- **Warmwood Complex** Healthy Intestinal Environment*

**Endocrine**

**Adrenal**
- **Adrenal Complex** Stress Response Support
- **Ashwagandha Complex** Calming Stress Support
- **Bacopa Complex** Brain Tonic
- **Eleuthero** Adaptive Adrenal Support
- **Rhodiola & Ginseng Complex** Enhance Vitality & Stamina
- **Rhodiola & Schisandra** Nervous System Support During Stress*

**Pancreas**
- **Bilberry Forte** Healthy Eye Support
- **Black Cumin Seed Forte** Multi-Action Liver & Fat Metabolism Support
- **Ginkgo Forte** Microcirculation Support
- **Gotu Kola Complex** Healthy Skin, Capillary & Circulation Support
- **Metabol Complex** Normal Pancreatic Function Support*

**Thyroid**
- **Adrenal Complex** Endocrine Balance Support
- **Thyroid Complex** Thyroid Support*

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

**Menstruation/PMS**
- Chaste Tree: Natural Hormone Balance
- Cramplex: Antispasmodic Support
- Evening Primrose Oil: Healthy Prostaglandins
- FemCo: Female Vitality
- LivCo®: Liver-Cleansing Support
- Nevaton® Forte: Core Nervous System Support*

**Child-Bearing Years**
- Adrenal Complex: Stress Response Support
- Chaste Tree: Natural Hormone Balance
- Evening Primrose Oil: Healthy Prostaglandins
- FemCo: Female Vitality
- LivCo®: Liver-Cleansing Support
- Thyroid Complex: Thyroid Support
- Tribulus: Libido & Menstrual Flow*

**Menopause**
- Adrenal Complex: Stress Response Support
- Bone Complex: Bone Tissue Support
- Eleuthero: Adaptive Adrenal Support
- HerbaVital: Aging Support
- Thyroid Complex: Thyroid Support
- Tribulus: Libido & Menstrual Flow*
- Valerian Complex: Sleep Support
- Wild Yam Complex: Core Menopause Support*

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**Male Health**

**<50**
- Adrenal Complex: Stress Response Support
- LivCo®: Liver-Cleansing Support
- Rhodiola & Schisandra: Nervous System Support During Stress*

**50+**
- Adrenal Complex: Stress Response Support
- HerbaVital: Aging Support
- ProstaCo: Prostate Support
- Rhodiola & Ginseng Complex: Enhance Vitality & Stamina
- Tribulus: Support Healthy Sex Hormones*

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**Musculoskeletal**

- Bone Complex: Bone Tissue Support
- Boswellia Complex: Joint Support
- Cramplex: Antispasmodic Support
- Gotu Kola Complex: Healthy Skin, Capillary and Circulation Support
- Kava Forte: Naturally Relaxing
- Nervagesic: Nervous System Support
- Rehmannia Complex: Mild Exercise-Related Joint Pain Relief
- Saligesic: Musculoskeletal Support
- St John’s Wort 1.8g: Nervous System Support
- Turmeric Forte: Healthy Inflammatory Response
- Vascular Care Complex: Venous Support*
**Nervous System**

<table>
<thead>
<tr>
<th>Product</th>
<th>Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenal Complex</td>
<td>Stress Response Support</td>
</tr>
<tr>
<td>Ashwagandha Complex</td>
<td>Calming Stress Support</td>
</tr>
<tr>
<td>Bacopa Complex</td>
<td>Cognitive Function</td>
</tr>
<tr>
<td>Ginkgo Forte</td>
<td>Mental Clarity</td>
</tr>
<tr>
<td>Kava Forte</td>
<td>Naturally Relaxing</td>
</tr>
<tr>
<td>Nervagesic</td>
<td>Nervous System Discomfort</td>
</tr>
<tr>
<td>Nevaton® Forte</td>
<td>Core Nervous System Support</td>
</tr>
<tr>
<td>Rhodiola &amp; Ginseng Complex</td>
<td>Enhance Vitality &amp; Stamina</td>
</tr>
<tr>
<td>Rhodiola &amp; Schisandra</td>
<td>Nervous System Support During Stress</td>
</tr>
<tr>
<td>St John’s Wort 1.8g</td>
<td>Nervous System Support</td>
</tr>
<tr>
<td>Valerian Complex</td>
<td>Sleep Support*</td>
</tr>
</tbody>
</table>

**Skin**

<table>
<thead>
<tr>
<th>Product</th>
<th>Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>AllergCo</td>
<td>Seasonal Stress Support</td>
</tr>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
</tr>
<tr>
<td>Chaste Tree</td>
<td>Natural Hormone Balance</td>
</tr>
<tr>
<td>Coleus Forte</td>
<td>Healthy Skin Support</td>
</tr>
<tr>
<td>DermaCo</td>
<td>Skin Cleansing Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Everyday Immune System Support</td>
</tr>
<tr>
<td>Eleuthero</td>
<td>Adrenal Support</td>
</tr>
<tr>
<td>Ganoderma &amp; Shiitake</td>
<td>Mushroom Immune System Support</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Immune System Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>PulmaCo</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>ResCo®</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support</td>
</tr>
<tr>
<td>Vitanox®</td>
<td>Antioxidant Support*</td>
</tr>
</tbody>
</table>

**Respiratory**

### Short-Term

<table>
<thead>
<tr>
<th>Product</th>
<th>Feature</th>
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</thead>
<tbody>
<tr>
<td>AllergCo</td>
<td>Seasonal Stress Support</td>
</tr>
<tr>
<td>Broncafect®</td>
<td>Cough Reflex Support</td>
</tr>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support*</td>
</tr>
</tbody>
</table>

### Long-Term

<table>
<thead>
<tr>
<th>Product</th>
<th>Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>AllergCo</td>
<td>Seasonal Stress Support</td>
</tr>
<tr>
<td>Ashwagandha Forte</td>
<td>Rejuvenating Tonic</td>
</tr>
<tr>
<td>Astragalus Complex</td>
<td>Adaptogenic Immune System Support</td>
</tr>
<tr>
<td>Cat’s Claw Forte</td>
<td>Restorative Tonic for Immune System Challenges</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Everyday Immune System Support</td>
</tr>
<tr>
<td>Eleuthero</td>
<td>Adrenal Support</td>
</tr>
<tr>
<td>Ganoderma &amp; Shiitake</td>
<td>Mushroom Immune System Support</td>
</tr>
<tr>
<td>Garlic Forte</td>
<td>Immune System Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>PulmaCo</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>ResCo®</td>
<td>Lower Respiratory Support</td>
</tr>
<tr>
<td>Sinus Forte</td>
<td>Upper Respiratory Support</td>
</tr>
<tr>
<td>Viranon</td>
<td>Healthy Immune System Function*</td>
</tr>
</tbody>
</table>

**Urinary System**

<table>
<thead>
<tr>
<th>Product</th>
<th>Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andrographis Complex</td>
<td>Short-Term Immune System Support</td>
</tr>
<tr>
<td>Burdock Complex</td>
<td>Healthy Elimination Support</td>
</tr>
<tr>
<td>Cramplex</td>
<td>Antispasmodic Support</td>
</tr>
<tr>
<td>Cranberry Complex</td>
<td>Core Urinary Tract Support</td>
</tr>
<tr>
<td>Echinacea Premium</td>
<td>Everyday Immune System Support</td>
</tr>
<tr>
<td>Gut Flora Complex</td>
<td>Healthy Intestinal Environment</td>
</tr>
<tr>
<td>ProstaCo</td>
<td>Prostate Support*</td>
</tr>
</tbody>
</table>

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
At MediHerb®, our promise is quality that is grounded in our commitment to upholding the highest standards of efficacy and safety of herbal medicines.

Our understanding of the vast intricacies of medicinal plants is unparalleled. Herbs are naturally chemically complex, presenting challenges at every stage of the manufacturing process. Navigating the inherent biological variability of herbs and the influences of growing, harvesting, drying, storing and extraction methods on final product outcomes means that we are continually defining and redefining herbal medicine quality benchmarks.

Our dedication to excellence in herbal medicines forms the cornerstones of our approach to quality.
Our Herbal Sourcing – Quality & Sustainability

MediHerb® has fostered strong relationships with herb growers from around the world for over 30 years. Sourcing the best herbal materials with peak potency and the highest purity from sustainable growers forms the foundation of our approach to quality at MediHerb®.

With nourished, healthy soils and temperate growing climates at our doorstep, we’re able to partner with local Australian growers in sourcing many medicinal plants where possible. When quality standards for specific herbs are best met elsewhere, we source from trusted international herb farms to ensure the optimal phytochemistry of the plant.

MediHerb®’s commitment to endangered and threatened herbs:

• We do not source herbs from regions or countries where those herbs are deemed as ‘threatened’.
• We use cultivated herbal sources of ‘threatened’ herbs.
• Where no cultivated source is available, we establish cultivation of herb crops in conjunction with growers.
• If cultivation is not possible, we work closely with harvesters to optimize wild-crafting and establish protocols.
• We educate on sustainable alternatives to endangered herbs.
• When an herb is listed in the CITES Appendix II and a cultivated or sustainable source is not available, we cease to use that herb and delete the product from our range.

^Our farmers harvesting Rosemary in Australia.
Our Herbal Extraction Process & Manufacturing – The Best of Tradition & Science

We are proud to produce all MediHerb® liquids and formulas at our world-class manufacturing facility and laboratory in Queensland, Australia. Our state-of-the-art facilities feature the latest technology and equipment to allow us to optimize the quality and consistency of every MediHerb® product.

MediHerb® was founded on our proprietary cold percolation herb extraction process — MediHerb® 1:2 Cold Percolation. Driven by the desire for consistently efficacious herbal medicines, Professor Kerry Bone developed this method to ensure high-quality and potent herbal liquids that retain the full spectrum of medicinal phytochemicals from raw herbal materials. Our approach avoids heat at every stage of production in the knowledge that it can damage the delicate balance of the phytochemical spectrum of the original herb. This process uses only two other components in manufacturing our herbal extracts: ethanol and purified water.
Our Research & Innovation – Advancing the Understanding of Herbal Medicine

The future of herbal medicine is important to us. We invest heavily in independent, natural medicine research and partnerships to continue pioneering our industry. MediHerb®, as part of Integria Healthcare, has a strong commitment to excellence in natural healthcare research and makes significant investments in research and development (R&D). We have supported more than 20 clinical trials, and will continue to do so into the future in order to advance the understanding of herbal medicines.

Our Leadership – Pioneering the Future of Herbal Medicine

MediHerb® is committed to the progression of herbal medicines into the future. We will continue to facilitate the integration of herbal medicine into mainstream acceptance, and promote appreciation of its vast benefits.

We are proud of our thriving worldwide practitioner community. We are also honored to be global leaders in quality herbal medicines with over 30 years of experience in sustainable practices, product development, research and education.
How to Read a MediHerb® Label

A MediHerb® product label provides full disclosure of all ingredients in a consistent, clear and concise manner to pharmaceutical GMP standards.

The diagram below summarizes what you should look for on a label and describes the key elements of a tablet label including a brief explanation of the tableting excipients used.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calcium</td>
<td>mg</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Fenugreek seed 100:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>from Trigonella foenum-graecum seed containing 4-Hydroxyisoleucine 20 mg</td>
<td></td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>from Aegopodium podagraria seed 500 mg</td>
<td></td>
</tr>
<tr>
<td>Bitter Melon fruit 6:1 extract</td>
<td>92.3 mg</td>
</tr>
<tr>
<td>from Momordica charantia fruit 600 mg</td>
<td></td>
</tr>
<tr>
<td>Cinnamon stem bark 12:1 extract</td>
<td>83.3 mg</td>
</tr>
<tr>
<td>from Cinnamomum verum stem bark 1 g</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.

1. **Common Name**
   Many herbs have the same or similar common names, therefore it is important to list the botanical name (see point 5) to avoid confusion.

2. **Plant Part**
   Using the correct plant part is crucial since different plant parts can have varying or no efficacy, eg Dandelion Root supports liver function and Dandelion Leaf stimulates healthy urine flow.*

3. **Extract Ratio**
   This indicates the strength of the extract. The number on the left represents the amount of herb and the number on the right represents the amount of extract, eg a 4:1 ratio means 4 kilograms of herb are extracted to make 1 kilogram of extract.

4. **Extract**
   Different preparation types are sometimes used, eg powdered herb, so it is important to understand the type of preparation being used. MediHerb® liquid extracts are used in the manufacture of our tablets.

5. **Botanical Name**
   The botanical name is essential for determining identity and therefore efficacy.

6. **Quantity of Starting Material**
   This states the quantity of dried herb equivalent used in each tablet.

7. **Quantity of Extract**
   This states the quantity of extract used in the tablet.

8. **Quantified Activity and/or Standardization**
   Represents the quality of an extract as a specific active or marker compound.

9. **Tablet Excipients**
   MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 10 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing.

For further information on the function of the excipients, refer to the Excipient Glossary, page 278.
Beyond Comparison

As a health care professional, you have invested a great deal of time and energy into earning your qualifications. At MediHerb® we believe you should protect that investment by using only the highest-quality herbal products supported by authoritative technical and clinical information. This document contains a detailed reference of all MediHerb® herbal products, indexed by herb (botanical and common names) and set out in an easy-to-use format.

The Product Catalog is an essential resource for any health care professional seeking to make an informed choice.

Products with this logo are part of the Kerry Bone’s Essentials range.

These are the top 20 herbal tablets that Kerry Bone uses in his clinical practice. For more information on Kerry Bone’s Essentials visit www.mediherb.com or www.standardprocess.com

**Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

**Vegetarian** are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.
MediHerb Products
ADRENAL COMPLEX

M1050 – 40 Tablets | M1055 – 120 Tablets

Adrenal Complex contains Licorice and Rehmannia used traditionally to support adrenal gland function for a healthy stress response.

These herbs have been traditionally used in herbal preparations to:

- Restore adrenal function
- Support adrenal gland health
- Help the body adapt to the challenges of everyday life*

This combination of herbs contains many compounds, including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids.

The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

Complementary Product Support:
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
- Consider Thyroid Complex tablets to support healthy thyroid function and normal energy production.
- Combines well with Echinacea Premium tablets or liquid, Andrographis Complex tablets or Astragalus Complex tablets for immune system support.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte tablets to support a healthy nervous system response.
- Combine with Eleuthero tablets to enhance the body’s ability to adapt to temporary stress.
- Combine with Kava Forte tablets to calm the nerves.
- Consider Nervagesic tablets to ease temporary mild nervous system tension.*

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

M4405 – 200 mL (6.8 fl oz)

Adrenal Tonic Phytosynergist® contains Ashwagandha, Licorice, Rehmannia and Echinacea offering dual occasional mild stress and immune system benefits. These herbs have been traditionally used in herbal preparations to:

- Promote healthy adrenal gland function
- Support a healthy immune system response
- Help the body adapt to everyday challenges and support general health and well-being
- Maintain feelings of well-being when experiencing temporary mild stress

This combination of herbs contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides, caffeic acid derivatives, alkylamides and many flavonoids.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice 2-3 times daily, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. If you have a thyroid condition, use strictly under physician direction.

Complementary Product Support:
- Consider Thyroid Complex tablets to support healthy thyroid function for normal energy production.
- Consider Eleuthero tablets or Rhodiola & Ginseng Complex tablets to promote vitality.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combines well with St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Tribulus tablets to support healthy libido in men and women, or with FemCo tablets to support women’s general well-being.
- Consider Boswellia Complex or Vitanox® tablets to provide antioxidant activity.
- Consider Astragalus Complex tablets to provide additional immune system support.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
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<tbody>
<tr>
<td>Rehmannia root 1:2 extract from Rehmannia glutinosa root 1:13 g</td>
<td>2.95 mL</td>
</tr>
<tr>
<td>Ashwagandha root 1:1 extract from Withania somnifera root 1:63 g</td>
<td>1.63 mL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea purpurea root 263 mg</td>
<td>125 mL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root 1/5 mg</td>
<td>350 mL</td>
</tr>
<tr>
<td>Licorice root 1:1 extract from Glycyrrhiza glabra root 250 mg</td>
<td>250 mL</td>
</tr>
</tbody>
</table>

Other ingredients: Purified water and 36.5% alcohol.
ALBIZIA 1:2

M6600 - 200 mL (6.8 fl oz)

Albizia 1:2 contains Albizia bark traditionally used to support a healthy response to seasonal stressors and maintain normal upper respiratory tract function.

Albizia has been traditionally used in herbal preparations to:

- Promote healthy upper respiratory and skin function
- Assist in maintaining healthy breathing passages to support normal breathing
- Respond normally to occasional seasonal stressors
- Support normal immune system response*

Albizia contains saponins and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

ALLERGCO

M1750 - 60 Tablets

AllergCo contains Albizia, Chinese Skullcap and Nigella to support a healthy response to seasonal stresses and maintain normal respiratory tract function, immune, and skin health.

These herbs have been traditionally used in herbal preparations to:

- Respond normally to occasional seasonal stresses
- Maintain skin and immune system health
- Assist in maintaining healthy breathing passages to support normal breathing*

This combination of herbs contains many compounds including saponins, flavonoids (especially baicalin) and quinones (particularly thymoquinone).

Suggested Use: 1 tablet 4 times daily, or as directed.

Caution: Contraindicated in pregnancy and in women wishing to conceive. Not to be used during lactation unless otherwise directed by a qualified health care professional. Caution in patients taking concurrent medication including statins.

For other contraindications and cautions consult your health care professional. This product is packaged in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish. Keep out of reach of children. Store in a cool, dry place out of direct sunlight.

Complementary Product Support:
- To support healthy mucous membranes of the nose and sinus, combine with Sinus Forte tablets.
- For skin health, combine with DermaCo tablets.
- For additional long term immune system support, combine with Echinacea Premium

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

M1110 - 40 Tablets  |  M1115 - 120 Tablets

Andrographis Complex contains Andrographis, Echinacea and Holy Basil to support normal immune system function. These herbs have been traditionally used in herbal preparations to:

• Help maintain healthy immune system function
• Support healthy respiratory system function
• Support and maintain normal body temperature already in a normal range
• Support healthy immune system response during seasonal stresses
• Encourage adaptive response to everyday stress
• Promote healthy liver function*

Andrographis, *Echinacea angustifolia* root and Holy Basil provide a unique range of phytochemicals including diterpenoid lactones (collectively referred to as andrographolides), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, essential oil (rich in monoterpenes and sesquiterpenes, typically eugenol) and polyphenols. The Andrographis component of this tablet is standardized to contain 10 mg of andrographolide per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 4 times daily, or as directed.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

Complementary Product Support:

• For immune system support, combine with Echinacea Premium tablets or liquid.
• Combine with Herbal Throat Spray Phytosynergist* to soothe the throat.
• Combine with Gut Flora Complex capsules for additional immune system support and to help maintain healthy intestinal environment.
• Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
• Combine with Viranon tablets to promote the body’s normal resistance function.
• Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*
**ARTEMISININ COMPLEX**

M1117 - 90 Tablets

Artemisinin Complex contains Sweet Wormwood and Sarsaparilla to help the body flush and cleanse naturally occurring toxins from the body.

**These herbs have been traditionally used in herbal preparations to:**

- Support normal flushing of natural toxins from the body
- Encourage healthy function of organs of elimination
- Cleanse the blood
- Encourage healthy bowel function
- Support healthy digestion
- Support a healthy intestinal environment*

**The combination of herbs contains many compounds including sesquiterpene lactones especially artemisinin and steroidal saponins, including sarsasapogenin and smilagenin.**

**Suggested Use:** 1 tablet 3 – 6 times daily, or as directed.

**Caution:** In rare circumstances, Artemisia annua may be associated with liver harm. Do not use continuously for more than 7 days. Contraindicated in pregnancy and lactation. Contraindicated in those with known sensitivity to the pollen of Artemisia species. Monitor patients for the following symptoms and discontinue product use if present - nausea, stomach pain, pale stools, dark urine, itching all over, the whites of the eyes have turned yellow or the skin is yellow (jaundice). For other contraindications and cautions consult your health care professional. ♦

**Complementary Product Support:**

- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.
- Combine with Viranon tablets to promote the body’s normal resistance function.
- Consider Gut Flora Complex capsules to support a healthy immune system response and encourage a healthy intestinal environment.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
ASHWAGANDHA 1:1 Standardized

M6620 – 200 mL (6.8 fl oz)

Ashwagandha 1:1 contains Ashwagandha root traditionally used as an adaptogenic mild stress tonic.

Ashwagandha has been traditionally used in herbal preparations to:

• Encourage a healthy response to environmental stressors
• Ease the effects of temporary everyday life changes
• Promote an overall feeling of well-being
• Support the body as it ages*

Ashwagandha 1:1 is standardized to contain 2.0 mg/mL of withanolides to ensure optimal strength and quality. Ashwagandha contains naturally occurring steroidal compounds, alkaloids and other phytochemicals that together produce a tonic and adaptogenic effect for the entire body.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction.

Supplement Facts

<table>
<thead>
<tr>
<th>营养成分</th>
<th>每份数值</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

Ashwagandha root 1:1 extract
from Withania somnifera root 5 g
Containing withanolides 10 mg

Dairy Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.
ASHWAGANDHA COMPLEX

M1630 - 40 Tablets  |  M1635 - 120 Tablets

Ashwagandha Complex contains adaptogenic herbs and compounds used for occasional mild stress support. It includes Ashwagandha, Licorice, Skullcap and Korean Ginseng.

These herbs have been traditionally used in herbal preparations to:

• Work as tonic to maintain or improve general well-being
• Help the body adapt to the changes of everyday life
• Promote vitality and stamina in people of any age
• Maintain healthy mood balance*

This combination of herbs contains many compounds including steroidal compounds (including the complex mixture of steroidal saponins called ginsenosides), alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins and many flavonoids. The Korean Ginseng component of this tablet is standardized to contain 1.68 mg per tablet of ginsenosides.

Suggested Use: 1 tablet 3 times daily, or as directed.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever. If you have a thyroid condition, use strictly under physician direction. ♦

Complementary Product Support:

• Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
• Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
• Combine with Eleuthero tablets to enhance the body’s natural ability to adapt to temporary stress.
• Combine with Tribulus tablets to support healthy libido in men and women.
• Consider Thyroid Complex tablets to support healthy thyroid function for normal energy and production, and to improve general well-being.*

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 40 or 120

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>70 mg</td>
</tr>
<tr>
<td>Skullcap herb 4:1 extract from Scrophularia lanceolata herb 470 mg</td>
<td>117.5 mg</td>
</tr>
<tr>
<td>Licorice root 12:1 extract from Glycyrrhiza glabra root 750 mg</td>
<td>62.5 mg</td>
</tr>
<tr>
<td>Ashwagandha root 10:1 extract from Withania somnifera root 950 mg</td>
<td>95 mg</td>
</tr>
<tr>
<td>Korean Ginseng root 5:1 extract from Panax ginseng root 100 mg Containing ginsenosides 1.68 mg</td>
<td>20 mg</td>
</tr>
</tbody>
</table>

*(Daily Value (DV) not established.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, hypromellose and dextrose.

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

M1740 - 60 Tablets

Ashwagandha Forte contains Ashwagandha root used traditionally as a rejuvenating tonic for occasional mild stress, immune and cognition support. Traditionally used in Ayurvedic herbal preparations:

• As a rejuvenative tonic to support the body’s natural immune system
• To support general well-being after challenge
• To support healthy cognition, learning and memory
• As a nervous system relaxant that calms the mind and soothes the nerves*

Ashwagandha Forte is a single-ingredient preparation of Withania somnifera, also known as ‘Ashwagandha’. Each tablet is standardized to contain 10 mg of withanolides (the key active component in this herb) to ensure optimal strength and quality.

Suggested Use: 1 tablet 1-2 times daily, or as directed.
Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. If you have a thyroid condition, use strictly under physician direction. ●

Complementary Product Support:
• Combine with Eleuthero tablets, Cat’s Claw Forte tablets and/or Echinacea Premium tablets for additional immune system support.
• Combine with Bacopa Complex tablets or Ginkgo Forte tablets for healthy cognition.
• Consider Tribulus tablets to support healthy libido in men and women.
• Combine with Ashwagandha Complex tablets or Nevaton® Forte tablets for additional support for healthy mood balance.
• Consider Thyroid Complex tablets to support healthy thyroid function.
• Combine with Adrenal Complex tablets or Rhodiola & Ginseng Complex tablets to support a healthy response to environmental stresses.*
ASTRAGALUS 1:2

M6630 - 200 mL (6.8 fl oz)

Astragalus 1:2 contains Astragalus root traditionally used as an adaptogenic immune tonic.

Astragalus has been traditionally used in herbal preparations to:

- Restore and enhance the body’s immune system
- Support normal immune response to occasional seasonal stressors
- Support vital energy and overall vitality as a tonic*

Astragalus contains triterpenoid saponins, flavonoids, sterols and other compounds that serve as a tonic.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever. ♦

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 5 mL (1 tsp)</td>
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<tr>
<td>Servings per Container: 40</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Astragalus root 1:2 extract from Astragalus membranaceus root 2.5 g</td>
</tr>
<tr>
<td>% Daily Value (DV) not established.</td>
</tr>
<tr>
<td>Other ingredients: Purified water and 23% alcohol.</td>
</tr>
</tbody>
</table>

*For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

M1123 - 40 Tablets  |  M1127 - 120 Tablets

Astragalus Complex contains Astragalus, Echinacea purpurea root and Eleuthero to provide adaptogenic immune system support.

These herbs have been traditionally used in herbal preparations to:

• Support healthy immune system function
• Support upper respiratory tract function
• Promote a healthy response to environmental stress*

This combination of herbs contains many compounds including triterpenoid saponins, flavonoids, sterols, caffeic acid derivatives (especially cichoric acid), alkylamides, and a diverse group of constituents called eleutherosides. The Eleuthero component of this tablet is standardized to contain 600 mcg of syringaresinol diglucosides (eleutherosides) per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 4 times daily, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Complementary Product Support:

• Combines well with Ashwagandha Complex tablets to support healthy immune system response.
• To support vitality, combine with Ganoderma & Shiitake tablets.
• Combine with Eleuthero tablets for support of physical endurance.
• Consider FemCo tablets to support vitality in women.
• Combine with Viranon tablets to promote the body’s normal resistance function.*
BACOPA 1:2

M6640 - 200 mL (6.8 fl oz)

Bacopa 1:2 contains Bacopa herb traditionally used in Ayurveda to support memory and cognition.

Bacopa has been traditionally used in herbal preparations to:

- Support normal memory and brain function
- Promote mental clarity, concentration and focus
- Enhance cognition and attention ability*

Bacopa contains dammarane saponins, flavonoids, sterols and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Bacopa herb 1:2 extract</td>
<td>5 mL</td>
</tr>
<tr>
<td>from Bacopa monnieri herb</td>
<td>2.5 g</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

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

M1810 - 60 Tablets

Bacopa Complex is a brain tonic containing Bacopa, Schisandra, Eleuthero and the essential oil of Rosemary to support healthy cognitive function.

These herbs have been traditionally used in herbal preparations to:

- Enhance mental clarity and support healthy cognitive function
- Support normal memory function
- Support physical endurance during times of mild fatigue/weakness
- Ease the effects of temporary and occasional stress
- Support healthy memory and concentration as a brain tonic*

These herbs contribute key phytochemicals to the blend such as dammarane saponins, other saponins, flavonoids, sterols, dibenzocyclooctene lignans, a diverse group of constituents called eleutherosides, monoterpenes and sesquiterpenes. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Bacopa component is standardized to contain 33.4 mg of bacosides (a saponin mixture) per tablet, and the Eleuthero component contains 400 mcg of syringaresinol diglucosides per tablet.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Complementary Product Support:

- Combines well with Ginkgo Forte tablets to promote alertness and mental clarity.
- Consider St John’s Wort 1.8g tablets to support healthy mood balance.
- Consider Rhodiola & Ginseng Complex tablets and Rhodiola & Schisandra tablets for increased stamina, vitality and endurance.*
BERBERINE ACTIVE

M1650 - 60 Tablets

Berberine Active contains Phellodendron used traditionally to support healthy liver and bowel function.

The compounds in Phellodendron are used traditionally in Chinese herbal preparations to:

- Promote regularity of bowel function
- Support a healthy bowel environment
- Support healthy liver function
- Act as a general tonic herb
- Provide antioxidant activity*

Berberine Active is standardized to contain 200 mg of berberine, the main active constituent of Phellodendron which is an alkaloid of the isoquinoline group to ensure optimal strength and quality.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Tablet</td>
</tr>
<tr>
<td><strong>Servings per Container:</strong> 60</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Phellodendron 20:1 extract</td>
</tr>
</tbody>
</table>

Other ingredients: Microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate, dibasic calcium phosphate dihydrate and silicon dioxide.

**Suggested Use:** 1 tablet 2-4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**
- Combine with Metabol Complex tablets to support the metabolism of fats.
- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Black Cumin Seed Forte tablets for gastrointestinal support.
- Consider Gut Flora Complex capsules for additional support of bowel function and healthy bowel environment.
- Consider Milk Thistle Forte tablets for additional liver support.
- Combine with Turmeric Forte tablets to support a healthy inflammation response.
- Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Consider Coleus Forte tablets to support healthy digestion.
- Combine with Vitanox® tablets for additional antioxidant activity.*

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BILBERRY FORTE

M1900 - 40 Capsules

Bilberry Forte contains a highly concentrated extract of Bilberry fruit with anthocyanosides (also called anthocyanins) to support eye health, and promote the integrity of capillaries and vascular system.

Bilberry is used to:

- Maintain healthy eyes
- Provides antioxidant activity
- Promote vascular integrity
- Helps maintain health of capillaries
- Supports healthy connective tissue*

Each Bilberry Forte capsule contains the equivalent of 12 g of fresh Bilberries, and is standardized to provide 39.9 mg of anthocyanosides. These compounds are responsible for the deep blue-black color of the fruit, and thought responsible for its many health benefits.

Suggested Use: 1 capsule twice daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:

- Combines well with Ginkgo Forte tablets to support healthy circulation to the peripheries.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Consider Vitanox® tablets for antioxidant activity.
- Combine with Gotu Kola Complex tablets to promote healthy skin, support healthy blood vessels and provide additional antioxidant activity.*

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Bilberry fruit fresh 100:1 extract from Vaccinium myrtillus fruit fresh 12 g containing anthocyanosides 39.9 mg</td>
<td>120 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

(Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, hypromellose, magnesium stearate, silicon dioxide and sodium starch glycolate.

Scan for more information:
BLACK COHOSH 1:2  Quantified Activity

M6680 - 200 mL (6.8 fl oz)

Black Cohosh 1:2 contains Black Cohosh root traditionally used to support healthy female reproductive function.

Black Cohosh has been traditionally used in herbal preparations to:

- Support normal menstruation and healthy female reproductive function
- Promote a natural, healthy balance within the female endocrine system
- Relieve mild discomfort associated with menstruation and menopause*

Black Cohosh contains triterpene glycosides, isoflavones, resin and other compounds. Black Cohosh 1:2 contains a minimum of 15 mg/mL of triterpene glycosides (as 27-deoxyactein) to ensure optimal strength and quality.

Suggested Use: Dilute 2.5 mL (approx. 125 drops) in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy, lactation and in women with estrogen–dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications.

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Supplement Facts
Serving Size: 2.5 mL.
Servings per Container: 80

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
</tbody>
</table>

Black Cohosh root 1:2 extract from Cimicifuga racemosa root 1.25 g containing triterpene glycosides as 27-deoxyactein 0.75 mg

*Daily Value (DV) not established.

Other Ingredients: Purified water and 60% alcohol.

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For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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BLACK CUMIN SEED FORTE

M1660 - 40 Tablets

Black Cumin Seed Forte contains a whole plant extract of Black Cumin seed to support healthy liver and digestive function as well as the metabolism of fat.

The compounds in Black Cumin are used traditionally in Ayurvedic herbal preparations to:

• Support healthy digestive function
• Support healthy liver function and metabolism of fat
• Help relieve occasional mild digestive discomfort, including bloating and flatulence
• Provide antioxidant activity
• Help maintain general health and well-being*

Black Cumin seed often referred to as the “seed of blessing,” has been used for centuries in the Middle East and Southeast Asia. Black Cumin Seed Forte is a high-strength formula comprised of an array of constituents including, fixed oil, proteins, alkaloids, saponins and essential oil.

Suggested Use: 1 tablet daily with food, or as directed.

Caution: Contraindicated in pregnancy. Caution is advised in women wishing to conceive. Professional supervision is suggested for lactation.

Complementary Product Support:
• Combine with Metabol Complex tablets to support the metabolism of fats.
• Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
• Combine with DiGest Forte tablets for additional digestion and intestinal function support.
• Combine with Berberine Active tablets for gastrointestinal support.
• Combine with Turmeric Forte tablets to support a healthy inflammation response.
• Consider Livton® Complex tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
• Consider AllergCo tablets, Sinus Forte tablets and PulmaCo tablets for respiratory and immune system support.
• Combine with Echinacea Premium tablets for additional immune system support where the respiratory system is challenged.
• Combine with Thyroid Complex tablets for thyroid support.
• Combine with HerbaVital tablets to support healthy circulation and general well-being.
• Consider Coleus Forte tablets to support healthy digestion.
• Combine with Vitanox® tablets for additional antioxidant activity.*
BLACK WALNUT HULLS 1:10

M6700 - 200 mL (6.8 fl oz)

Black Walnut Hulls 1:10 contains Black Walnut hulls traditionally used as a depurative to support healthy digestion and intestinal function.

Black Walnut Hulls have been traditionally used in herbal preparations to:

• Support healthy gastrointestinal elimination
• Support healthy digestion and intestinal environment
• Help maintain healthy skin topically*

Black Walnut Hulls contain naphthoquinones (especially juglone) and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 5 mL (1 tsp)</td>
</tr>
<tr>
<td>Servings per Container: 40</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Black Walnut hull 1:10 extract from Juglans nigra hull 500 mg</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.
Other Ingredients: Purified water and 60% alcohol.

See page 151 for a guide to these dietary icons.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

M1820 - 60 Tablets

Bone Complex contains Epimedium, Kudzu, Red Clover and Black Cohosh to support healthy bones.

These herbs have been traditionally used in herbal preparations to help mature women (age 40-60) to:

- Support healthy bone tissue, in conjunction with weight-bearing exercise and a healthy diet containing food sources of calcium and vitamin D
- Support and maintain healthy bone density
- Beneficially influence normal bone remodeling*

This combination of herbs contains many compounds, especially flavonoids and triterpene glycosides. Three herbs in this tablet contain standardized levels of key phytochemicals to ensure optimal strength and quality: 20 mg of icariin per tablet (from Epimedium), 28 mg/tablet of isoflavones from Kudzu (daidzein, daidzin, puerarin) and 8 mg/tablet of Red Clover isoflavones.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and in women with estrogen-dependent tumors such as breast cancer. Caution in patients with liver problems, who frequently use alcohol or take any medications.

**Complementary Product Support:**
- Consider Gotu Kola Complex tablets to support healthy skin.
- Consider Rhodiola & Ginseng Complex tablets to promote vitality and Bacopa Complex tablets to support cognitive function.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.*

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>43 mg</td>
</tr>
<tr>
<td>Epimedium herb top 1:1 extract from Epimedium sagittatum herb top 2:4 g containing icariin 20 mg</td>
<td>200 mg</td>
</tr>
<tr>
<td>Red Clover herb flowering top 0:1 extract from Tribulus pruinosus herb flowering top 5:1 100 mg</td>
<td>mg</td>
</tr>
<tr>
<td>Kudzu root 10:1 extract from Pueraria lobata root 700 mg containing puerarin, daidzein, daidzin, puerarin, daidzin 70 mg</td>
<td>mg</td>
</tr>
<tr>
<td>Black Cohosh root 0:1 extract from Actinidia arguta root 80 mg containing actinidin</td>
<td>16 mg</td>
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</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, maltodextrin, hypromellose and magnesium stearate.
BOSWELLIA COMPLEX

M1152 - 40 Tablets | M1157 - 120 Tablets

Boswellia Complex contains Boswellia, Celery Seed, Ginger and Turmeric to support healthy joint function.

These herbs have been traditionally used in herbal preparations to:

• Maintain and support healthy joints
• Support healthy circulation
• Support the normal function of the kidneys
• Provide antioxidant activity*

This combination of herbs provides many phytochemicals including triterpene acids (especially the boswellic acids), several essential oils (one of which contains terpenes and phthalides), coumarins, flavonoids, pungent principles (including gingerols) and yellow pigments referred to as diarylheptanoids (including curcumin). This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Boswellia component is standardized to contain 180 mg of boswellic acids per tablet, and the Turmeric component contains 70.4 mg of curcuminoids per tablet.

Suggested Use: 1 tablet 2 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:

• Consider Turmeric Forte tablets for additional joint support.
• Consider Rehmannia Complex tablets to support the body’s normal toxin removal.
• Combine with Gotu Kola Complex tablets to promote healthy skin and provide antioxidant activity.
• Consider Vitanox® tablets for antioxidant activity.
• Combines well with Saligesic tablets to support musculoskeletal system health.
• Combine with Nervagesic tablets to ease temporary mild muscular discomfort following exercise or over-exertion.*

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

M1775 - 60 Tablets

**Broncafect** is an immune supporting cough formula containing Licorice, Pleurisy Root, Echinacea, White Horehound, Ginger and Thyme essential oil.

These herbs have been traditionally used in herbal preparations to:

- Support healthy respiratory tract function
- Support the body’s natural ability to break up respiratory secretions by supporting normal mucus flow
- Support the body’s normal cough reflex
- Support healthy immune system function
- Assist the body in maintaining normal body temperature already in a normal range

The combination of herbs contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially cichoric acid), alkylamides, pungent principles (including gingerols), monoterpenes (especially thymol) and other compounds.

**Suggested Use:** 2 tablets 2 – 4 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family.

**Complementary Product Support:**
- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the upper gastrointestinal tract.
- Combine with PulmaCo tablets to assist in maintaining healthy breathing passages.
- For support for seasonal stresses combine with AllergCo tablets.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings Per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>116 mg</td>
</tr>
<tr>
<td>Licorice root 7.1 extract</td>
<td>214.4 mg</td>
</tr>
<tr>
<td>Pleurisy root 4.1 extract</td>
<td>187.5 mg</td>
</tr>
<tr>
<td>Echinacea root 6.1 extract</td>
<td>125 mg</td>
</tr>
<tr>
<td>White Horehound herb 4.1 extract</td>
<td>90 mg</td>
</tr>
<tr>
<td>Thyme (Thymus vulgaris) essential oil</td>
<td>90 mg</td>
</tr>
<tr>
<td>Ginger rhizome 30:1 extract</td>
<td>12 mg</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate dihydrate, sodium starch glycolate, maltodextrin, silicon dioxide, magnesium stearate and hypromellose.
Broncafect Phytosynergist® contains herbs traditionally used to support respiratory tract function and healthy mucus flow. It contains Echinacea, Licorice, Pleurisy Root, Thyme, Ginger and White Horehound. These herbs have been traditionally used in herbal preparations to:

- Support healthy respiratory tract function and the ability to break up respiratory secretions
- Support normal mucus flow
- Support healthy immune system function
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants*

The combination of herbs found in Broncafect Phytosynergist® contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, pungent principles (including gingerols), an essential oil (containing monoterpenes, especially thymol) and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to plants of the daisy family. ♦

**Complementary Product Support:**
- Consider Andrographis Complex tablets for extra immune system support.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild discomfort of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- For extra respiratory support and immune system response combine with hot Peppermint or Ginger tea.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**BUGLEWEED 1:2**

M6740 - 200 mL (6.8 fl oz)

Bugleweed 1:2 contains Bugleweed herb traditionally used to support thyroid function and cardiovascular system health.

Bugleweed has been traditionally used in herbal preparations to:

- Maintain normal thyroid function
- Support a healthy cardiovascular system
- Help relieve temporary, mild sleeplessness*

Bugleweed contains phenolics, flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Contraindicated in hypothyroidism and enlargement of the thyroid without functional disorder. ♦

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Bugleweed herb 1:2 extract from Hypericum perforatum 2.5 g</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other ingredients: Purified water and 23% alcohol.

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**BUPLEURUM 1:2**

M6750 - 200 mL (6.8 fl oz)

Bupleurum 1:2 contains Bupleurum root which is traditionally used to support gastrointestinal health and liver function.

Bupleurum has been traditionally used in herbal preparations to:

- Promote healthy liver function
- Support adrenal gland health
- Support and maintain normal body temperature already in a normal range*

Bupleurum contains triterpenoid saponins (called saikosaponins), sterols and other phytochemicals.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Bupleurum root 1:2 extract from Bupleurum falcatum root 2.5 g</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.
BURDOCK 1:2

M6760 - 200 mL (6.8 fl oz)

Burdock 1:2 contains Burdock root traditionally used to support healthy detoxification.

Burdock has been traditionally used in herbal preparations to:

• Support normal flushing of toxins from the body
• Encourage the healthy function of the organs of elimination
• Support healthy detoxification
• Help keep skin healthy*

Burdock contains an essential oil, acetylenic compounds, phenolic acids and other substances.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.
Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

BURDOCK COMPLEX

M1173 - 60 Tablets

Burdock Complex is a traditional cleansing formula containing Burdock, Slippery Elm, Sheep Sorrel and Rhubarb to support healthy detoxification.

These herbs have been traditionally used in herbal preparations to:

• Support normal flushing of toxins from the body
• Support the body’s organs of elimination
• Support healthy mucous membranes in the digestive system*

The four herbs combined in Burdock Complex contribute to the general well-being of the body. These herbs contain many compounds including acetylenic compounds, phenolic acids, mucilage, polysaccharides, anthraquinone glycosides and tannins.

Suggested Use: 1 tablet 3 times daily, or as directed.
Caution: Contraindicated in pregnancy and lactation.

Complementary Product Support:

• Combines well with Astragalus Complex tablets or Echinacea Premium tablets or liquid to enhance immune system function.
• For additional skin and immune support, consider AllergCo tablets.
• To support the body’s normal resistance function, combine with Ganoderma & Shiitake tablets.
• Consider Vitanox® tablets for antioxidant activity.
• To further promote healthy skin and provide antioxidant activity, combine with Gotu Kola Complex tablets.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**CALENDULA 1:2**

**M6770 - 200 mL (6.8 fl oz)**

Calendula 1:2 contains Calendula flower which is traditionally used to support healthy skin and the normal tissue repair process.

Calendula has been traditionally used in herbal preparations to:
- Help maintain healthy skin
- Support the body’s normal tissue repair process
- Promote healthy vascular system function
- Promote healthy mucosal tissue within the upper gastrointestinal tract

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>25</td>
</tr>
<tr>
<td>Calendula flower 1:2 extract from Calendula officinalis flower 2.5 g</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

(Daily Value (DV) not established.

Other Ingredients: 10% alcohol and purified water.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**CALIFORNIA POPPY 1:2**

**M6780 - 200 mL (6.8 fl oz)**

California Poppy 1:2 contains California Poppy herb traditionally used to support healthy sleep and muscle discomfort.

California Poppy has been traditionally used in herbal preparations to:
- Support the body’s ability to cope with normal environmental stress
- Promote healthy sleep and relieve occasional, mild sleeplessness
- Ease the discomfort caused by exercise-related aches and pains

California Poppy contains alkaloids, flavonoids and other compounds.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>California Poppy herb 1:2 extract from Eschscholzia californica herb 2.5 g</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

(Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation.
M4420 - 200 mL (6.8 fl oz)

Capsella Complex PhytoSynergist® is a female tonic containing herbs traditionally used to support healthy female reproductive system function.

It contains Dong Quai root, False Unicorn, Shephard’s Purse and White Peony. These herbs have been traditionally used in herbal preparations to:

• Promote healthy female reproductive system function
• Relieve temporary, mild cramping and discomfort associated with menstruation
• Maintain normal menstrual flow
• Assist as a tonic for the female reproductive system and promote vitality in women*

The combination of herbs in Capsella Complex PhytoSynergist® contains many compounds including essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols, flavonoids, glucosinolates, steroidal saponins and a unique monoterpene glycoside called paeoniflorin.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:
• Combine with Chaste Tree tablets to support female reproductive system health.
• Combine with FemCo tablets to encourage healthy menstrual cycling.
• Consider Ashwagandha Complex tablets as a tonic to benefit the entire body and promote vitality and stamina.
• Combine with Wild Yam Complex tablets for relief from mild discomfort associated with menopause.
• Consider Fe-Max Iron Tonic PhytoSynergist® to promote and support normal blood production.
• Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage healthy mood balance.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Dong Quai root 1:2 extract from Angelica polymorpha</td>
<td>1.5 mL</td>
</tr>
<tr>
<td>Valerian root 750 mg</td>
<td>t</td>
</tr>
<tr>
<td>False Unicorn root 1:2 extract from Chamaelirium album root 625 mg</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>Shepherd’s Purse herb 1:2 extract from Capsella bursa-pastoris herb 625 mg</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>White Peony root 1:2 extract from Paeonia lactiflora root 500 mg</td>
<td>1 mL</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water and 40% alcohol.

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

M1680 - 60 Tablets

Cat’s Claw Forte contains Cat’s Claw bark traditionally used as a restorative tonic with immune system benefits and given in times of challenge.

Traditionally used in herbal preparations:
- As a restorative tonic
- To support healthy immune system function
- To support healthy skin
- To maintain and support healthy joint movement
- To provide antioxidant activity*

The stem bark of Cat’s Claw (*Uncaria tomentosa*) contains a group of important constituents: the Pentacyclic Oxindole Alkaloids. In the traditional systems of Peru, Cat’s Claw is regarded as a tonic or restorative to make one feel stronger and healthier.*

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy and in women wishing to conceive. Not to be used during lactation unless otherwise directed by a qualified health care professional. Caution in patient taking immune suppressant medication or protease inhibitors.

**Complementary Product Support:**
- Consider Astragalus Complex tablets and Echinacea Premium tablets for additional immune system support.
- Consider Ganoderma & Shiitake tablets and Eleuthero tablets to further support vitality and restore healthy immune system function.
- Consider Viranon tablets to help promote the body’s normal resistance function.*

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>38 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Cat’s Claw bark 12:1 extract from <em>Uncaria tomentosa</em> bark</td>
<td>183 mg</td>
<td>1</td>
</tr>
<tr>
<td>Containing PQA (Pentacyclic Oxindole Alkaloids) 3.8 mg</td>
<td></td>
<td></td>
</tr>
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</table>

*Daily value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, magnesium stearate and hypromellose.
CELERY SEED 1:2

M6800 - 200 mL (6.8 fl oz)

Celery Seed 1:2 contains Celery Seed fruit traditionally used to provide dual benefits associated with joint health and detoxification support.

Celery Seed has been traditionally used in herbal preparations to:

- Support natural elimination and detoxification pathways
- Support healthy urinary system function
- Help reduce occasional, mild musculature discomfort, following exercise or over-exertion
- Maintain and support healthy joints*

Celery Seed contains an essential oil (consisting of terpenes and phthalides), flavonoids and other substances. Celery Seed 1:2 contains a minimum of 10 mg/mL of phthalides (as butylphthalide and sedanenolide) to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Caution in kidney disorders. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Celery Seed fruit 1:2 extract from Apium graveolens fruit 2.5 g Containing phthalides as butylphthalide and sedanenolide 50 mg</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

Other Ingredients: 60% alcohol and purified water.

CHAMOMILE 1:2

M6805 - 200 mL (6.8 fl oz)

Chamomile 1:2 contains Chamomile flower traditionally used to aid relaxation and provide nervous system support for sleep.

Chamomile has been traditionally used in herbal preparations to:

- Encourage relaxation and support a healthy nervous system response
- Help relieve occasional, mild sleeplessness
- Help relieve temporary, mild digestive disturbances
- Promote healthy menstruation cycle and ease associated mild discomfort*

Chamomile 1:2 contains an essential oil (containing α-bisabolol, chamazulene, bisabolol oxides), flavonoids and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Chamomile flower 1:2 extract from Matricaria recutita flower 2.5 g</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

Other Ingredients: Purified water and 60% alcohol.

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

M1190 - 40 Tablets | M1195 - 120 Tablets

Chaste Tree contains high-quality Chaste Tree berries to support healthy general female hormone balance.

Traditionally used in herbal preparations to:
• Support healthy prolactin and progesterone levels in the body
• Encourage healthy menstrual cycling
• Ease discomfort associated with premenstrual syndrome
• Support normal reproductive function in women*

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), diterpenes, sesquiterpenes, an essential oil and other compounds.

Suggested Use: 1 tablet 1 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:
• Consider FemCo tablets to further support normal reproductive function in women.
• May be combined with LivCo® capsules or Livton® Complex tablets for healthy liver function.
• Consider Cramplex tablets to provide antispasmodic activity to ease mild occasional spasms of smooth muscle including those associated with the menstrual cycle.*
CHASTE TREE 1:2

M6820 - 200 mL (6.8 fl oz)

Chaste Tree 1:2 contains Chaste Tree fruit traditionally used to support healthy female hormone balance and reproductive function.

Chaste Tree has been traditionally used in herbal preparations to:

- Promote a natural, healthy balance within the female endocrine system
- Encourage healthy menstrual cycling
- Ease discomfort associated with menstrual cycling
- Support normal reproductive function in women

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), sesquiterpenes, an essential oil and other compounds.

Suggested Use: Dilute 1 – 4 mL (approx. 50 – 200 drops) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>Servings per Container: 200</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Chaste Tree fruit 1:2 extract from Vitex agnus-castus fruit 500 mg</td>
</tr>
<tr>
<td>(Daily Value (DV) not established.)</td>
</tr>
</tbody>
</table>

Other Ingredients: Purified water and 60% alcohol.

Scan for more information:

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

M1700 - 60 Tablets

ChelaCo contains Hawthorn, Milk Thistle seed and Garlic to provide general detoxification support.

These herbs have been traditionally used in herbal preparations to:

• Support liver as a liver tonic
• Support healthy detoxification function
• Support a healthy circulatory system
• Help support healthy cell functioning*

The combination of herbs in ChelaCo contain many compounds including oligomeric procyanidins, flavonoids (such as vitexin-2-rhamnoside), flavanolignans (collectively known as silymarin) and sulfur compounds (particularly alliin). This product is standardized to contain 2.0 mg of vitexin-2-rhamnoside and 80 mg of flavanolignans (calculated as silybin) per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 3 times daily with meals, or as directed. Enteric coated tablets. Do not break or crush.

Caution: Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

Complementary Product Support:
• Consider LivCo® capsules or Milk Thistle Forte tablets for additional support for healthy liver function.
• Consider Colax tablets to further support healthy bowel function.
• Consider Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
• Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*
CINNAMON QUILLS 1:4

M6832 - 200 mL (6.8 fl oz)

Cinnamon Quills 1:4 contains Cinnamomum verum bark traditionally used to provide blood circulation and digestion support.

Cinnamon Quills has been traditionally used in herbal preparations to:

- Support healthy blood circulation
- Help relieve mild, temporary digestive discomfort and promote healthy digestion
- Support normal intestinal motility
- Act as a warming and uplifting tonic*

Cinnamon Quills contain an essential oil with the major constituent being cinnamic aldehyde (cinnamaldehyde), other phenylpropanes, terpenes and other compounds.

Suggested Use: Dilute 8 mL in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Cinnamon and Peruvian Balsam.

CLEAVERS 1:2

M6840 - 200 mL (6.8 fl oz)

Cleavers 1:2 contains Cleavers herb traditionally used to provide skin and urinary system support.

Cleavers has been traditionally used in herbal preparations to:

- Support a healthy, normal urinary system
- Promote normal elimination via the kidneys
- Support healthy fluid levels
- Promote healthy skin*

Cleavers contains iridoid glycosides, phenolic acids and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
COLAX

M1780 - 60 Tablets

Colax is a gentle bowel cleansing formula containing Cascara, Dandelion, Yellow Dock, Dill seed and Chamomile to help maintain healthy intestinal function.

These herbs have been traditionally used in herbal preparations to:

• Support healthy bowel function
• Assist in stimulating the bowel in order to support healthy elimination
• Cleanse the lower digestive tract
• Help relieve occasional gas, and associated temporary mild digestive discomfort*

The combination of herbs in Colax provides a range of compounds including several essential oils (containing monoterpenes, sesquiterpenes, and especially α-bisabolol), flavonoids, anthraquinone glycosides, sesquiterpene lactones, phenolic acids and sterols.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Contraindicated in blockage of the gallbladder and in known allergy to plants of the daisy family. Use only with professional supervision in the presence of gallstones. This product contains Frangula purshiana (Cascara). Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara may worsen these conditions and be harmful to your health. Consult your health care professional if you have frequent diarrhea or if you are pregnant, nursing, taking medication or have a medical condition.

Complementary Product Support:

• Increase water intake and exercise regularly.
• Consider DiGest Forte tablets to support healthy digestion.
• Consider Gut Flora Complex capsules to cleanse and promote health in the lower gastrointestinal tract and to help maintain healthy intestinal flora.
• Consider Vascular Care Complex tablets to provide support for the surrounding veins in the occurrence of occasional, mild constipation.
• May be combined with Livton® Complex tablets for healthy liver function.*

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
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<tr>
<td></td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>---------------------</td>
</tr>
<tr>
<td>Cascara stem bark 1:2 extract</td>
</tr>
<tr>
<td>Dandelion root 4:1 extract from Frangula purshiana stem bark 1:12 g</td>
</tr>
<tr>
<td>Yellow Dock root 4:1 extract from Rumex crispus root 3:75 mg</td>
</tr>
<tr>
<td>Dill (Anethum graveolens) seed essential oil</td>
</tr>
<tr>
<td>Chamomile (Matricaria recutita) flower essential oil</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, maltodextrin, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and dibasic calcium phosphate ⋅ hydrate.

Scan for more information:
COLEUS 1:1

M6850 - 200 mL (6.8 fl oz)

Coleus 1:1 contains Coleus root which is traditionally used to support the cardiovascular system.

Coleus has been traditionally used in Ayurvedic herbal preparations to:

- Support a healthy cardiovascular system
- Help maintain normal blood pressure already within a normal range
- Support a healthy respiratory system*

Coleus contains the diterpene forskolin as a major constituent. Coleus 1:1 contains a minimum of 2.5 mg/mL of forskolin to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in hypotension. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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

Coleus Forte contains Coleus forskohlii root to which is known to support cardiovascular health. Coleus forskohlii has been traditionally used in Ayurvedic herbal preparations to:

- Support healthy skin and respiratory tract
- Help relieve occasional sleeplessness
- Promote healthy digestion
- Support cardiovascular health*

Coleus Forte is made from the root of Coleus forskohlii, which contains the labdane diterpene forskolin as a major constituent. This product is standardized to contain 18.7 mg of forskolin per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Contraindicated in hypotension. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician.

Complementary Product Support:

- Combine with Hawthorn tablets to support healthy functioning of the heart muscle.
- Consider Vascular Care Complex tablets for further support of venous integrity.
- Combine with Thyroid Complex tablets to support healthy thyroid function.
- Consider Garlic Forte tablets to support cardiovascular system health.
- Combine with Gymnema tablets to help reduce sweet cravings and suppress sweet taste sensation.*
CRAMPLEX

M1205 - 40 Tablets

Cramplex contains *Corydalis yanhusuo*, Raspberry leaf, Wild Yam, Cramp Bark and Ginger to provide antispasmodic support for smooth muscle.

These herbs have been traditionally used in herbal preparations to:

- Provide antispasmodic activity to ease occasional smooth muscle spasms
- Relieve the occasional mild discomfort of menstrual cramps
- Support healthy bladder and urinary tract smooth muscle
- Provide temporary relief of occasional bowel spasm*

The combination of herbs in Cramplex contains many phytochemicals including alkaloids, terpenoids, pungent principles (including gingerols), flavonoids, gallotannins, ellagitanins and steroidal saponins.

**Suggested Use:** 2 tablets 3 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**

- Combine with St John’s Wort 1.8g tablets as a tonic for the nervous system and to ease the temporary effects of mild stress.
- Combine with Evening Primrose Oil softgels or Chaste Tree tablets to support female reproductive system health.
- Consider FemCo tablets as additional support for female reproductive health.
- Combine with Nervagesic tablets to promote relaxation of the muscles.
- Combine with ProstaCo capsules to support healthy prostate gland function.
- Diet changes should include increasing essential fatty acids (eg Evening Primrose Oil softgels), reducing saturated fats, eliminating refined foods, sugar, dairy products, methylxanthines (coffee and chocolate) and increasing fresh fruits, vegetables, proteins and whole grains.*

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

M1210 - 40 Tablets

Cranberry Complex contains Cranberry, Crataeva, Buchu and Uva Ursi to provide urinary system support. These herbs have been traditionally used in herbal preparations to:

• Encourage healthy urinary tract function
• Support healthy bladder function
• Support healthy mucosal surfaces in the urinary tract*

Together, these herbs contribute proanthocyanidins, flavonoids, anthocyanins, organic acids, saponins, sterols, an essential oil (consisting mainly of the monoterpene diosphenol), hydroquinone glycosides (particularly arbutin), polyphenols and other compounds.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.


Complementary Product Support:

• May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
• Combines well with ProstaCo softgels or Nettle Root 1:2 liquid to support healthy urinary tract function in men.
• Increase water intake.*

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>37 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Crataeva stem bark 8:1 extract from Crataeva noviflora stem bark 1:0 g</td>
<td>125 mg</td>
<td>1</td>
</tr>
<tr>
<td>Uva Ursi leaf 2:1 extract from Vaccinium macrocarpon fruit leaves 7:5 g</td>
<td>250 mg</td>
<td>1</td>
</tr>
<tr>
<td>Cranberry fruit juice 25:1 powder from Vaccinium macrocarpon fruit leaves 7:5 g</td>
<td>100 mg</td>
<td>1</td>
</tr>
<tr>
<td>Buchu (Aphrodenia borotovii) leaf essential oil</td>
<td>12 mg</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, hypromellose, silicon dioxide, magnesium hydroxide and magnesium stearate.
DAMIANA 1:2

M6890 - 200 mL (6.8 fl oz)

Damiana 1:2 contains Damiana leaf traditionally used as a soothing nerve tonic to support male and female physiology.

Damiana has been traditionally used in herbal preparations to:

- Support normal male and female physiology and function
- Provide a soothing nerve tonic to ease the effects of everyday tension and support healthy mood balance
- Act as an uplifting general tonic*

Damiana contains an essential oil (containing sesquiterpenes and monoterpenes), arbutin, resins and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

DANDELION ROOT 1:2

M6910 - 200 mL (6.8 fl oz)

Dandelion Root 1:2 contains Dandelion root traditionally used to support liver and gallbladder function.

Dandelion Root has been traditionally used in herbal preparations to:

- Assist in healthy detoxification processes and support the pathways of elimination
- Support healthy liver function
- Support normal gallbladder function and bile production
- Support healthy digestion*

Dandelion Root contains sesquiterpene lactones, phenolic acids, triterpenes, sterols, vitamins, minerals and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.*
DERMACO

M1870 - 60 Tablets

DermaCo contains Sarsaparilla, Cleavers, Oregon Grape, Burdock and Yellow Dock to cleanse the blood and maintain healthy skin.

These herbs have been traditionally used in herbal preparations to:

• Support normal flushing of toxins from the body
• Encourage the healthy function of the organs of elimination
• Promote normal healthy skin renewal and integrity
• Maintain healthy skin
• Cleanse the blood and support lymphatic system function
• Promote healthy liver and intestinal function
• Encourage healthy bowel function
• Support healthy kidney function*

This combination of herbs contains many compounds including steroidal saponins, sterols, iridoid glycosides, phenolic acids, alkaloids (especially berberine and oxycanthine), acetylenic compounds and anthraquinone glycosides.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.
Caution: Contraindicated in pregnancy and lactation.

Complementary Product Support:
• Combine with Gotu Kola Complex tablets to further promote healthy skin.
• Combine with Livton® Complex tablets for healthy liver function.
• Consider Echinacea Premium tablets or liquid for additional immune system support.
• Combine with AllergCo tablets to promote the body’s normal resistance function.
• Consider Vitanox® tablets for antioxidant activity.
• Increase water intake.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 60</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>70 mg 6%</td>
</tr>
<tr>
<td>Oregon Grape root &amp; rhizome 10:1 extract from Berberis vulgaris (Berberis vulgaris) root &amp; rhizome 360 mg</td>
<td>t</td>
</tr>
<tr>
<td>Sarsaparilla root &amp; rhizome 4:1 extract from Smilax regelii (Smilax regelii) root &amp; rhizome 330 mg</td>
<td>t</td>
</tr>
<tr>
<td>Cleavers herb 5:1 extract from Galium aparine (Galium aparine) 360 mg</td>
<td>t</td>
</tr>
<tr>
<td>Burdock root 4:1 extract from Arctium lappa (Arctium lappa) root 270 mg</td>
<td>t</td>
</tr>
<tr>
<td>Yellow Dock root 4:1 extract from Rumex crispus (Rumex crispus) root 270 mg</td>
<td>t</td>
</tr>
</tbody>
</table>

(Daily Value (DV) not established.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.
DIGEST FORTE

M1730 - 60 Tablets

DiGest Forte contains Gentian, Ginger, Tangerine (Chen Pi), Wormwood and Feverfew to support healthy digestion.

These herbs have been traditionally used in herbal preparations to:

- Stimulate gastric juice output and appetite
- Support healthy digestion and intestinal function
- Promote healthy gastrointestinal tone
- Support the body’s natural toxin-elimination function
- Increase bile flow as a cholagogue
- Promote normal response to environmental stressors*

This combination contains many compounds including secoiridoid bitter glycosides (including gentiopicrin and amarogentin), pungent principles (including gingerols), sesquiterpene lactones (including absinthin and parthenolide), flavonoids and monoterpenes.

Suggested Use: 1 tablet 3 times daily, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Use only with professional supervision in the presence of gallstones. Contraindicated in pregnancy and lactation. ♦

Complementary Product Support:

- Combine with Turmeric Forte tablets to further support healthy digestion.
- May be combined with Gut Flora Complex softgels to encourage healthy intestinal environment.
- Combine with Metabol Complex tablets to support pancreatic and liver function.
- Combines well with Livton® Complex or Milk Thistle Forte tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Astragalus Complex or Ashwagandha Complex tablets to support vitality.
- Use with Colax tablets to support healthy bowel function.*

Scan for more information:

See page 151 for a guide to these dietary icons

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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

M4450 - 200 mL (6.8 fl oz)

DiGest Phytosynergist® contains herbs traditionally used to support healthy digestion and intestinal function. It contains Chamomile, Dandelion Root, Echinacea, Milk Thistle and Gentian. These herbs have been traditionally used in herbal preparations to:

- Stimulate gastric juice output and appetite
- Support healthy digestion and intestinal function
- Promote healthy gastrointestinal tone
- Support healthy gallbladder function and normal bile production support*

The combination of herbs in DiGest Phytosynergist® contains many compounds including bitter principles of the secoiridoid type (especially gentiopicrin and amarogentin), caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, an essential oil (containing α-bisabolol), flavonoids, flavanolignans (collectively known as silymarin), sesquiterpene lactones, phenolic acids and sterols.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 – 5 times daily, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in gastric or duodenal ulcers unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:
- Combines well with Livton® Complex tablets for healthy liver function.
- Consider Gymnema tablets to help suppress normal cravings for sugar in the diet.
- Combine with Ashwagandha Complex tablets as a tonic to benefit the entire body.
- Eat wholesome fiber-rich foods.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving %DV</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Chamomile flower 1:2 extract from Matricaria recutita flower 750 mg</td>
<td>1.5 mL</td>
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<tr>
<td>Dandelion root 1:2 extract from Taraxacum officinale root 500 mg</td>
<td>1.0 mL</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root 500 mg</td>
<td>1.0 mL</td>
</tr>
<tr>
<td>Milk Thistle seed 1:1 extract from Silybum marianum seed 1.0 g</td>
<td>1.0 mL</td>
</tr>
<tr>
<td>Gentian root 1:2 extract from Gentiana lutea root 100 mg</td>
<td>200 mL</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other ingredients: Purified water and 50% alcohol.
**DONG QUAI 1:2**

M6920 - 200 mL (6.8 fl oz)

Dong Quai 1:2 contains Dong Quai root traditionally used to promote healthy female reproductive system function. Dong Quai has been traditionally used in herbal preparations to:

- Promote healthy female reproductive system function
- Help relieve the effects of mild cramping and discomfort associated with menstruation
- Assist as a traditional female tonic for general health
- Help maintain healthy circulation*

Dong Quai contains an essential oil (consisting mainly of ligustilide and n-butylidene phthalide), sterols and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in the first trimester of pregnancy, especially in higher doses. Not to be used in severe menorrhagia. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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

M1240 - 40 Tablets | M1245 - 120 Tablets

Echinacea Premium combines the roots of Echinacea angustifolia and Echinacea purpurea to enhance healthy immune system function.

Echinacea has been traditionally used in herbal preparations to:

- Help enhance healthy immune system function
- Support upper respiratory tract health
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants*

The blending of two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a total of 3.5 mg of alkylamides per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:

- Combine with Andrographis Complex tablets or Viranon tablets for additional immune system support.
- Consider combining with Gut Flora Complex capsules to further support immune system health.
- Combine with AllergCo tablets to assist in maintaining healthy breathing passages and respiratory tract function.
- Combine with Herbal Throat Spray Phytosynergist® to soothe mild irritations of the throat, freshen breath and maintain healthy mucosal tissue in the throat.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of respiratory health.*
Echinacea Premium 1:2 combines the roots of *Echinacea angustifolia* and *Echinacea purpurea* to enlist properties unique to each. The blending of these two plant species ensures that the specific caffeic acid derivatives (cichoric acid, echinacoside, cynarin) and the lipophilic components (especially alkylamides) are present in appropriate quantities. This product contains a minimum of 1.5 mg/mL of alkylamides to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Patented Formula: 9205121
**ELEUTHERO**

**M1410 - 60 Tablets**

Eleuthero contains Eleuther root which is a general body tonic helping the body adapt to temporary stress.

The phytochemicals in Eleuthero root have been used traditionally to:

- Enhance the body’s natural ability to adapt to temporary stress
- Support physical and mental endurance
- Promote vitality
- Restore and support healthy immune system function
- Act as a general tonic*

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds. This product is standardized to contain 950 mcg of syringaresinol diglucosides per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

**Complementary Product Support:**

- Combines well with Echinacea Premium tablets or liquid for enhanced healthy immune system function.
- Combines well with Ashwagandha Complex tablets to help the body adapt to the changes of everyday life.
- Consider FemCo tablets to support vitality in women.
- Practice of relaxation techniques and adequate sleep.
- Nutritious diet and minimal intake of coffee and alcohol.*

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
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</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>44 mg</td>
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<tr>
<td>Eleuthero root 10:1 extract</td>
<td>125 mg</td>
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</tr>
<tr>
<td>from Eleutherococcus sylvestris root and rhizome 1.25 g containing syringaresinol diglucosides 950 mcg</td>
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<td></td>
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*Daily Value (DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium and magnesium stearate.

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Please consult the actual product label for the most accurate product information.
**ELEUTHERO 1:2** Standardized

M7420 - 200 mL (6.8 fl oz)

Eleuthero 1:2 contains Eleuthero root traditionally used to provide adaptogenic tonic support.

Eleuthero has been traditionally used in herbal preparations to:
- Enhance the body’s natural ability to adapt to temporary stress
- Support physical and mental endurance
- Help the body adapt to the changes of everyday life
- Act as a general tonic and promote vitality*

Eleuthero contains a diverse group of constituents called eleutherosides, triterpenoid saponins and other compounds. Eleuthero 1:2 is standardized to contain 0.5 mg/mL of eleutheroside E to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

---

**Supplement Facts**

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<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
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<tbody>
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<td>Amount per Serving</td>
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<tr>
<td>Calorie</td>
<td>5</td>
</tr>
<tr>
<td>Eleuthero root 1:2 extract</td>
<td>5 mL</td>
</tr>
<tr>
<td>from Eleutherococcus arnoldii root and rhizome</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Containing eleutheroside E 2.5 mg</td>
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</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water, 45% alcohol and glycerol.

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

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Scan for more information:
EVENING PRIMROSE OIL

M1260 - 60 Softgels

Evening Primrose Oil contains essential fatty acids of the omega-6 series to promote a healthy balance of immune cells.

The compounds in Evening Primrose Oil work together to:

• Provide the essential fatty acid gamma-linolenic acid (GLA) that promotes a healthy balance of immune cells
• Promote normal omega-6 essential fatty acid levels
• Promote healthy skin
• Support general health and well-being*

The oil from the seed of Evening Primrose is a popular source of the omega-6 fatty acid, gamma-linolenic acid (GLA). MediHerb Evening Primrose Oil capsules are cold pressed and standardized to contain 90 mg of gamma-linolenic acid per capsule to ensure optimal strength and quality.

Suggested Use: 1 softgel 1 - 3 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:

• Combines well with Chaste Tree tablets for premenstrual support.
• Consider Boswellia Complex tablets to provide antioxidant activity.
• Consider Cramplex tablets or FemCo tablets to help provide relief from discomfort associated with menstruation.
• Combines well with supplements containing omega-3 fatty acids (fish oils).*

Supplement Facts

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<thead>
<tr>
<th>Serving Size: 1 Softgel</th>
<th>servings per container: 60</th>
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</thead>
<tbody>
<tr>
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<td>Calories</td>
<td>7</td>
</tr>
<tr>
<td>Total fat</td>
<td>1.0 g</td>
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<tr>
<td>Omega-6 fatty acids</td>
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<tr>
<td>Evening Primrose Oil</td>
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<tr>
<td>Containing gamma-linolenic acid (GLA)</td>
<td>90 mg</td>
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</tbody>
</table>

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

Other ingredients: Gelatin, glycerin, d-alpha-tocopherol (soy) and purified water.
Eyebright 1:2 contains Eyebright herb traditionally used to help maintain healthy breathing and nasal passages.

Eyebright has been traditionally used in herbal preparations to:

- Assist in maintaining healthy breathing passages to support free and clear breathing
- Help maintain healthy mucus secretion in nasal passages
- Maintain healthy eyes
- Promote healthy immune system response to environmental stressors*

Eyebright contains iridoid glycosides (especially aucubin), flavonoids and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Fe-Max Iron Tonic Phytosynergist® contains many herbs and nutrients to provide iron and support healthy blood production.

These herbs and nutrients include Codonopsis Root, Nettle leaf, Licorice, Ashwagandha and Ginger. These herbs have been traditionally used in herbal preparations to:

• Provide iron, which is essential for the normal functioning of red blood cells
• Promote and support healthy blood production
• Support good nutrition
• Maintain an overall feeling of well-being and vitality*

The combination of herbs and nutrients in Fe-Max Iron Tonic Phytosynergist® contains many compounds including triterpenes, sterols, flavonoids, steroidal compounds, alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins, an essential oil (consisting of terpenoids), pungent principles, minerals and silicon.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in hemochromatosis and high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation, if you have a medical condition or are taking any medication. If you have a thyroid condition, use strictly under physician direction. For other contraindications and cautions, consult your health care professional.

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

Complementary Product Support:
• Combines well with Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets or Rhodiola & Schisandra tablets to promote vitality and stamina.
• Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
• Consider Chaste Tree tablets for female reproductive health.*
FEMCO

M1890 - 60 Tablets

FemCo contains Schisandra, White Peony and Shatavari for female vitality and normal reproductive support.

These herbs have been traditionally used in herbal preparations to:

- Support normal reproductive function in women
- Ease the effects of mild cramping associated with menstruation
- Encourage healthy menstrual cycling
- Support women’s general well-being and vitality*

This combination of herbs in FemCo contains many compounds including the monoterpene glycoside paoniflorin, steroidal saponins (such as shatavarin-I and dioscin) and dibenzocyclooctene lignans.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:

- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.
- Combine with Tribulus tablets or Chaste Tree tablets to further support normal reproductive function in women.
- Combine with Fe-Max Iron Tonic Phytosynergist® liquid to support normal blood production.
- Consider St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*
GANODERMA & SHIITAKE

M1860 - 60 Tablets

Ganoderma & Shiitake is a mushroom formula for immune health and vitality.

The combination of these mushrooms can help to:
- Assist in the maintenance of general health and well-being
- Support vitality
- Support healthy immune function
- Support the body’s health as Reishi has been used traditionally as a tonic

The Ganoderma and Shiitake mushrooms contain several types of polysaccharides, triterpenes, amino acids and other compounds.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Contraindicated in known cases of allergy to Shiitake. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:
- For extra immune system support, consider Echinacea Premium tablets or liquid, or Astragalus Complex tablets.
- Consider Eleuthero tablets or Ashwagandha Complex tablets to further promote vitality.
- Combines well with Burdock Complex tablets for general detoxification and elimination support.
GARLIC FORTE

M1720 - 60 Tablets

The compounds in Garlic Forte, particularly the alliin and resultant metabolites that are formed on ingestion, help support healthy cardiovascular function.

Garlic is used traditionally in herbal preparations to:
- Help maintain normal cholesterol levels already within a normal range
- Support a healthy circulatory system
- Support cardiovascular system health
- Support immune system health*

Garlic is a complex herb containing hundreds of constituents. Many of these constituents give Garlic its characteristic smell; they are sulfur-containing organic compounds. MediHerb® Garlic Forte has many of the active benefits of fresh Garlic. The tablets are enterically coated to ensure the active compounds are protected and utilized to its full potential.

Suggested Use: 1 tablet 1 – 2 times daily, or as directed. Enteric coated tablets. Do not break or crush.

Caution: Contraindicated in known allergy to Garlic. Contraindicated in lactation. Not to be used during pregnancy unless otherwise directed by a qualified health care professional.

Complementary Product Support:
- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for healthy immune system function.
- Combine with Livton® Complex tablets to support healthy liver and gallbladder function.
- Combine with Metabol Complex tablets to support normal pancreatic and liver function.
- Consider Wormwood Complex tablets to support healthy intestinal function.
- Combine with Gut Flora Complex capsules to cleanse and support a healthy bowel environment.
- Consider Hawthorn tablets and/or Coleus Forte tablets to further promote cardiovascular system health.*

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
GINGER 1:2

M7010 - 200 mL (6.8 fl oz)

Ginger 1:2 contains Ginger rhizome traditionally used to support healthy digestion and peripheral circulation.

Ginger has been traditionally used in herbal preparations to:
- Ease the effects of occasional upset stomach and help relieve temporary, mild digestive disturbances
- Promote healthy peripheral circulation
- Promote healthy digestion
- Support healthy joint movement and assist in the relief of temporary, mild muscle discomfort following exercise or over-exertion.

Ginger contains an essential oil (consisting of terpenoids), pungent principles (including gingerols) and other compounds.

**Suggested Use:** Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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GINKGO 2:1

M7020 - 200 mL (6.8 fl oz)

Ginkgo 2:1 contains Ginkgo leaf which is used to support memory and cognition.

Ginkgo has been used in herbal preparations to:
- Support normal memory function
- Promote mental clarity, concentration and cognitive performance
- Support healthy peripheral nerve function
- Maintain healthy eyes and support the body as it ages

Ginkgo leaves contain flavonoids, terpene lactones (including ginkgolides and bilobalide) and other compounds. Ginkgo 2:1 is standardized to contain 9.6 mg/mL of ginkgo flavonglycosides (ginkgo flavone glycosides) to ensure optimal strength and quality.

**Suggested Use:** Dilute 1 mL (approx. 50 drops) in water or juice 3 times per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
GINKGO FORTE

M1300 - 60 Tablets

Ginkgo Forte contains Ginkgo leaf to provide memory, cognition and circulatory support for healthy mental aging.

Ginkgo has been used in herbal preparations to:

- Support memory and cognition
- Promote mental alertness and mental clarity
- Support and encourage healthy blood circulation
- Provide antioxidant activity to support healthy cell function*

Ginkgo Forte contains flavonoids, terpene lactones (including ginkgolides and bilobalide) and other phytochemicals. This product is standardized to contain 14.4 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 3.6 mg of ginkgolides and bilobalide per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 1 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:

- Combine with Bacopa Complex tablets for enhanced mental clarity and to support cognitive function.
- Consider PulmaCo tablets to support healthy breathing passages.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Vascular Care Complex tablets to promote venous integrity.
- Combine with Gotu Kola Complex tablets to provide additional antioxidant activity and to promote healthy blood vessels.*

Please consult the actual product label for the most accurate product information. For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
## GLOBE ARTICHOKE 1:2

**M7030 - 200 mL (6.8 fl oz)**

Globe Artichoke 1:2 contains Globe Artichoke leaf traditionally used to support healthy gallbladder and liver function.

Globe Artichoke has been traditionally used in herbal preparations to:
- Maintain normal cholesterol levels already in a normal range
- Support healthy gallbladder and liver function
- Support normal bile production and secretion
- Help relieve temporary, mild digestive discomfort and support healthy digestion*

Globe Artichoke contains sesquiterpene lactones, caffeic acid derivatives and flavonoids.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings Per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Globe Artichoke leaf 1:2 extract</td>
<td>6 mL</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established. Other ingredients: Purified water and 60% alcohol.

## GOLDEN SEAL 1:3

**M7050 - 200 mL (6.8 fl oz)**

Golden Seal 1:3 contains Golden Seal root and rhizome traditionally used to support healthy mucous membranes.

Golden Seal has been traditionally used in herbal preparations to:
- Assist in maintaining healthy breathing passages to support free and clear breathing
- Help maintain healthy mucous membranes
- Help maintain healthy mucus function
- Stimulate digestion and help relieve temporary mild digestive discomfort*

Golden Seal contains alkaloids (especially hydrastine and berberine) and other phytochemicals. Golden Seal 1:3 contains a minimum of 6.0 mg/mL of hydrastine and 8.0 mg/mL berberine to ensure optimal strength and quality.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy, lactation and patients with high blood pressure.

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings Per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td><strong>%DV</strong></td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Golden Seal root &amp; rhizome 1:3 extract</td>
<td>5 mL</td>
</tr>
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</table>

*Daily Value (DV) not established. Other ingredients: Purified water and 45% alcohol.
GOLDEN SEAL 500MG

M1310 - 40 Tablets

Golden Seal 500mg is a gastrointestinal support formula containing Golden Seal root.

The compounds in Golden Seal are used traditionally to:

• Help maintain healthy mucous membranes
• Relieve mild temporary digestive discomfort
• Support healthy mucous membranes in the respiratory and gastrointestinal tracts
• Work as a tonic to benefit the entire body
• Stimulate digestion
• Support liver function*

Golden Seal 500mg tablets contain alkaloids (especially hydrastine and berberine) and other phytochemicals.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Contraindicated in pregnancy, lactation and patients with high blood pressure. ♦

Complementary Product Support:

• Combine with Garlic Forte tablets to support healthy immune system function.
• Consider HiPep tablets to promote healthy tone and function within the upper gastrointestinal tract.
• Combines well with Gut Flora Complex softgels to further cleanse and promote health in the lower gastrointestinal tract.
• Consider combining with Sinus Forte, ResCo®, Broncafect® or PulmaCo tablets to support a healthy respiratory tract.*

Other ingredients: Dibasic calcium phosphate dihydrate, maltodextrin, microcrystalline cellulose, sodium starch glycolate, croscarmellose sodium, silicon dioxide, magnesium stearate and hypromellose.

Sca
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for more
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information:

See page 151 for a guide to these dietary icons.

Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
GOTU KOLA 1:1

M7060 - 200 mL (6.8 fl oz)

Gotu Kola 1:1 contains Gotu Kola leaf traditionally used to support healthy skin, capillaries and circulation.

Gotu Kola has been traditionally used in herbal preparations to:

• Maintain healthy tissue function
• Maintain and support healthy skin tissue
• Support healthy peripheral circulation
• Support the body’s natural ability to adapt to temporary stress*

Gotu Kola contains pentacyclic triterpene ester saponins (especially asiaticoside). Gotu Kola 1:1 is standardized to contain 18 mg/mL of triterpenes to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

Serving Size: 5 mL (1 tsp)
Servings per Container: 40

<table>
<thead>
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<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Gotu Kola herb 1:1 extract</td>
<td>5 mL</td>
</tr>
<tr>
<td>from Centella asiatica herb 5.0 g Containing Triterpenes 90 mg</td>
<td></td>
</tr>
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</table>

*Dail Value (DV) not established.

Other ingredients: Purified water and 45% alcohol.
GOTU KOLA COMPLEX

M1313 - 40 Tablets  |  M1315 - 120 Tablets

Gotu Kola Complex contains Gotu Kola leaf, Grape seed and Ginkgo leaf for healthy skin, capillary and circulation support.

These herbs have been traditionally used in herbal preparations to:

- Maintain healthy skin
- Maintain healthy blood circulation
- Support healthy capillaries
- Provide antioxidant activity*

The herbs in Gotu Kola Complex contain pentacyclic triterpene ester saponins (especially asiaticoside), oligomeric procyanidins, flavonoids, terpene lactones (including ginkgolides, bilobalide) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Gotu Kola component is standardized to contain 50 mg of triterpenes per tablet, the Grape Seed contains 25.5 mg of procyanidins per tablet and the Ginkgo component contains 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.2 mg of ginkgolides and bilobalide per tablet.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Contraindicated in known allergy to Gotu Kola. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:

- Combine with Boswellia Complex tablets for joint support.
- Consider Vascular Care Complex tablets to further support healthy blood vessels and circulation.
- Combine with HiPep tablets to support the healthy tone and function of the gastrointestinal tract.
- Consider Vitanox® tablets for additional antioxidant activity.
- Combine with topical Calendula 1:2 liquid extract to further aid normal skin tissue repair process.*

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

M1318 - 40 Softgels

Gut Flora Complex contains Andrographis and Phellodendron with Oregano and Anise essential oils for healthy gastrointestinal support.

These herbs have been traditionally used in herbal preparations to:

- Encourage a healthy intestinal environment
- Relieve occasional mild gastrointestinal discomfort, including bloating and flatulence
- Support healthy immune system response

The combination of essential oils and herbs in Gut Flora Complex contains many compounds including monoterpenes (especially trans-anethole, carvacrol, thymol, gamma-terpinene, p-cymene), diterpenoid lactones (especially andrographolide) and alkaloids of the isoquinoline type (especially berberine). Each enteric coated softgel is standardized to contain 10 mg of andrographolide and 36 mg of berberine to ensure optimal strength and quality.

Suggested Use: 1 softgel 3 – 6 times daily, or as directed. Enteric coated softgels. Do not break or crush.

Caution: Contraindicated in pregnancy and lactation.

Complementary Product Support:
- Consider Garlic Forte tablets to support immune system health.
- Combine with Golden Seal 500mg tablets to help maintain healthy mucous membranes.
- Consider Wormwood Complex tablets to further support gastrointestinal health.
- For additional immune system support, consider Astragalus Complex tablets or Echinacea Premium tablets or liquid.
- Combine with Artemisinin Complex tablets to support normal flushing of naturally occurring toxins from the body.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.

Scan for more information:

Supplement Facts

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<tr>
<th>Serving Size: 1 Softgel</th>
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</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Andrographis aerial parts 10:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>Andrographis aerial parts 10:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>Phellodendron stem bark 20:1 extract</td>
<td>60 mg</td>
</tr>
<tr>
<td>Oregano (Origanum vulgare) leaf essential oil</td>
<td>75 mg</td>
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</table>

Other Ingredients: Gelatin, rice bran oil, glycerol, stearic acid, purified water, lecithin (soy), beeswax, sodium alginate, stevia acid and color.

Daily Value (%DV) not established.
GYMNEMA

M1320 - 40 Tablets | M1325 - 120 Tablets

Gymnema contains Gymnema leaf, which provides anti-sweetness activity by suppressing the ability to detect sweet tastes.

Gymnema leaf has been traditionally used for centuries in Ayurvedic herbal preparations to:

- Help reduce sweet cravings
- Help suppress/inhibit sweet taste sensation*

Gymnema contains a complex mixture of saponins (gymnemic acids) and other compounds. This product is standardized to contain 100 mg per tablet of gymnemic acids to ensure optimal strength and quality.

Suggested Use: 1 tablet 1 – 2 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:

- Combine with Metabol Complex tablets to help support the metabolism of fats and sugars.
- Combine with Coleus Forte tablets to support healthy digestion.
- Consider Livton® Complex tablets for support of healthy liver function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider Vitanox® tablets for antioxidant activity.
- Diet and lifestyle are of paramount importance.*

GYMNEMA 1:1

M7080 - 200 mL (6.8 fl oz)

Gymnema 1:1 contains Gymnema leaf traditionally used to help reduce sweet cravings.

Gymnema has been traditionally used in Ayurvedic herbal preparations to:

- Inhibit sweet taste sensation
- Help suppress normal cravings for sugar in the diet*

Gymnema contains a complex mixture of saponins and other compounds. Gymnemic acids and gurmarin have anti-sweetener activities. In Ayurveda, Gymnema is known as gurmar, known as the “sugar destroyer.”

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦
Hawthorn contains Hawthorn leaf and flower, which has been used traditionally to support a healthy cardiovascular system.

Hawthorn is traditionally used in herbal preparations to:

• Support the healthy functioning of the heart muscle
• Help support cardiovascular system health
• Provide antioxidant activity

Hawthorn contains oligomeric procyanidins, flavonoids (including vitexin-2-rhamnoside) and other compounds. This product is standardized to contain 6.01 mg of vitexin-2-rhamnoside per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**

• Consider Garlic Forte tablets and/or Coleus Forte tablets for further cardiovascular health support.
• Combines well with Ginkgo Forte tablets to encourage healthy blood circulation.
• Combine with Gotu Kola Complex tablets for additional antioxidant activity and to promote healthy blood vessels.
• Consider Livton® Complex tablets to support liver and gallbladder function.
• Combine with Vitanox® tablets for antioxidant activity.

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**Supplement Facts**

<table>
<thead>
<tr>
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<tr>
<td>Calcium</td>
<td>43 mg</td>
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<tr>
<td>Hawthorn leaf &amp; flower 4:1 extract from Cistus monspessulanus leaf &amp; flower 1:8 g containing vitexin-2-rhamnoside 6.01 mg</td>
<td>223 mg</td>
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</table>

*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, colloidal silicon dioxide, magnesium stearate and silicon dioxide.
HAWTHORN LEAVES 1:2

M7097 - 200 mL (6.8 fl oz)

Hawthorn Leaves 1:2 contains Hawthorn leaves traditionally used to support cardiovascular system health.

Hawthorn Leaves have been traditionally used in herbal preparations to:

• Support the healthy functioning of the heart muscle
• Support cardiovascular system health
• Support a healthy circulatory system*

Hawthorn Leaves contain oligomeric procyanidins, flavonoids and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
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<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>15</td>
</tr>
<tr>
<td>Hawthorn leaf and flower 1:2 extract</td>
<td>5 mL</td>
</tr>
<tr>
<td>5 mL from Costus quina (yams)</td>
<td>2.5 g</td>
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*Daily Value (DV) not established.

Other Ingredients: Purified water and 45% alcohol.
**HERBAL THROAT SPRAY PHYTOSYNERGIST**

M4465 - 25 mL (0.85 fl oz)

**Herbal Throat Spray Phytosynergist** contains soothing herbs to support healthy throat tissue and mucous membranes.

These herbs have been traditionally used in herbal preparations to:

- Support healthy throat and upper gastrointestinal tissue
- Soothe mucous membranes of the throat
- Relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants
- Promote oral health

The combination of herbs in Herbal Throat Spray Phytosynergist contain many phytochemicals including mucilage, essential oils (containing monoterpenes and sesquiterpenes, including eugenol), phenolic compounds, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins, triterpene alcohols and their esters, flavonoids, sterols, carotenes and commiphoric acids and esters.

**Suggested Use:** 4 sprays into the mouth every 1-2 hours and swallow, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Not suitable for children under 2 years of age.

**Complementary Product Support:**

- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for further immune system support.
- Consider combining with Sinus Forte tablets or Broncafect tablets for healthy respiratory tract tissue.
- Combine with Ashwagandha Complex tablets or Rhodiola & Schisandra tablets to benefit the entire body particularly in times of stress.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Amount per Serving</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Marshmallow root 1:5 glycoextract from Althea officinalis root 40 mg</td>
<td>200 mcl</td>
<td>1</td>
</tr>
<tr>
<td>Sage leaf 1:2 extract from Salvia officinalis leaf 30 mg</td>
<td>60 mcl</td>
<td>1</td>
</tr>
<tr>
<td>Calendula flower 1:2 extract from Calendula officinalis flower 10 mg</td>
<td>20 mcl</td>
<td>1</td>
</tr>
<tr>
<td>Echinacea root 1:2 extract from Echinacea angustifolia root 10 mg</td>
<td>20 mcl</td>
<td>1</td>
</tr>
<tr>
<td>Myrrh oleo-gum resin 1:5 extract from Commiphora molmol oleo-gum resin 1 mg</td>
<td>5 mcl</td>
<td>1</td>
</tr>
</tbody>
</table>

Other ingredients: Purified water, glycerol, alcohol 16%, methyl hydroxybenzoate (preservative), propyl hydroxybenzoate (preservative) and potassium sorbates, menthol, lemon grass oil.
HERBAVITAL

M1770 - 60 Tablets

HerbaVital provides multi-action support for healthy aging and contains Japanese Knotweed, Milk Thistle, Korean Ginseng, Grape seed and Ginkgo leaf.

These herbs have been traditionally used in herbal preparations to:

• Support and maintain the body as it ages
• Promote vitality and stamina in older adults
• Support healthy circulation in mature men and women
• Work as a tonic to benefit the entire body*

The combination of herbs in HerbaVital contains many compounds including phenolic compounds (including resveratrol), procyanidins, a complex mixture of steroidal saponins (called ginsenosides), flavonoids (including ginkgo flavonglycosides), terpene lactones (including ginkgolides and bilobalide) and flavanolignans (collectively known as silymarin). All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Polygonum cuspidatum contains 36 mg per tablet of resveratrol, the Grape Seed extract contains 38 mg per tablet of procyanidins, the Korean Ginseng component is standardized to contain 4.2 mg of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet, the Ginkgo component contains 7.2 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides) and 1.8 mg per tablet of ginkgolides and bilobalide and the Milk Thistle contains 48 mg per tablet of flavanolignans.

Suggested Use: 1 tablet 2 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. Discontinue during an acute infection or fever. ★

Complementary Product Support:

• Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.
• Combine with Boswellia Complex tablets to further support healthy joints.
• Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
• Combine with Gymnema tablets for support in reducing sweet cravings.
• Combine with Metabol Complex tablets to further promote general well-being and vitality.
• Consider Bone Complex tablets to support normal bone tissue, particularly in mature women.
• Consider Vitanox® tablets for additional antioxidant activity.*

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

M1840 - 60 Tablets

HiPep contains Deglycyrrhizinated Licorice, Chamomile and Meadowsweet to support peptic and overall gut health.

These herbs have been traditionally used in herbal preparations to:

- Support normal function of stomach acid secretions
- Promote healthy mucosal tissue within the upper gastrointestinal tract
- Promote healthy tone and function within the upper gastrointestinal tract
- Help relieve occasional indigestion symptoms of the gastrointestinal tract, including bloating and flatulence*

The combination of herbs in HiPep contains many compounds including flavonoids, sterols, phenolic glycosides and tannins. The essential oil contains α-bisabolol and chamazulene.

**Suggested Use:** 1 tablet 3 - 5 times daily, or as directed.

**Caution:** Contraindicated in known allergy to plants of the daisy family. Meadowsweet should be avoided by persons hypersensitive to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**

- Combine with Gotu Kola Complex tablets to provide antioxidant activity.
- Combine with Nevaton® Forte tablets to support healthy nervous system response and encourage balance between the body and mind.
- Consider Eleuthero tablets to enhance the body's natural ability to adapt to temporary stress.
- Combine with Kava Forte tablets to ease the effects of everyday tension and stress.*

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**Supplement Facts**

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<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Deglycyrrhizinated Licorice root 27:1 extract</td>
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</tr>
<tr>
<td>from Glycyrrhiza glabra root 3.42 g</td>
<td></td>
</tr>
<tr>
<td>Chamomile flower 5:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>from Matricaria recutita flower 400 mg</td>
<td></td>
</tr>
<tr>
<td>Meadowsweet herb 5:1 extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>from Filipendula ulmaria herb 500 mg</td>
<td></td>
</tr>
<tr>
<td>Chamomile (Matricaria recutita) flower essential oil</td>
<td>5 mg</td>
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*Daily Value (%DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate, dicalcium phosphate, sodium starch glycolate, maltodextrin, silicon dioxide, hypromellose and magnesium stearate.
HORSETAIL 1:2

M7120 - 200 mL (6.8 fl oz)

Horsetail 1:2 contains Horsetail herb traditionally used to support kidney, bladder and urinary tract health. Horsetail has been traditionally used in herbal preparations to:

• Tone the genitourinary tract
• Promote normal fluid elimination via the kidneys
• Support healthy urinary tract function
• Help support healthy fluid levels*

Horsetail contains caffeic acid esters, flavonoids, silica and other substances.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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**Supplement Facts**

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%DV</th>
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<td>Calories</td>
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<td></td>
</tr>
<tr>
<td>Horsetail herb 1:2 extract from Equisetum arvense herb 2.5 g</td>
<td>5 mL</td>
<td>1</td>
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</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.
Kava Forte contains Kava root extracted with 100% water to promote relaxation and calm the nerves.

The compounds in Kava Forte, particularly the kavalactones, work together to traditionally help:

- Calm the nerves
- Ease the effects of temporary nervous tension and stress
- Promote relaxation and sleep
- Support muscle relaxation*

This tablet contains Kava root extracted with 100% water, which provides an extract with a full spectrum of compounds including kavalactones. This product is standardized to contain 50 mg of kavalactones per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed.

**Caution:** US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a health care professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (eg unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment. Not for prolonged use. Do not exceed recommended dose. ♦

**Complementary Product Support:**
- Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
- Consider Nevaton® Forte or St John’s Wort 1.8g tablets to provide a tonic for the nervous system and ease the effects of occasional stress.
- Combine with FemCo tablets to ease the effects of everyday tension and stress.
- Consider Wild Yam Complex tablets to maintain feelings of general well-being and to calm the nerves.
- Consider Adrenal Complex tablets for adrenal support.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- Consider Nervagesic tablets to support relaxation in the nervous system and muscles.*
KOREAN GINSENG 1:2

M7160 - 200 mL (6.8 fl oz)

Korean Ginseng 1:2 contains Panax Ginseng root traditionally used to promote vitality and stamina and work as a tonic to benefit the entire body.

Korean Ginseng has been traditionally used in Chinese herbal preparations to:

- Promote vitality and stamina in people of any age
- Work as a tonic to benefit the entire body
- Maintain feelings of general well-being when experiencing temporary stress
- Help maintain proper energy

Korean Ginseng contains a complex mixture of steroidal saponins called ginsenosides and other compounds. Korean Ginseng 1:2 is standardized to contain 10.4 mg/mL of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) to ensure optimal strength and quality.

Suggested Use: Dilute 2.5 mL (approx. 1/2 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

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Supplement Facts

| Serving Size: 2.5 mL (1/2 tsp) |
|-------------------------------|-------------------|
| Servings per Container: 80    |                   |

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
</tbody>
</table>

Korean Ginseng main root 1:2 extract 2.5 mL f containing ginsenosides 30 mg

fDairy Value (DV) not established.

Other ingredients: 60% alcohol, purified water and glucose.

*Rb2 to Rb1 is NLT 0.4 by HPLC.

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See page 151 for a guide to these dietary icons.

See page 133 for the Herb-Drug Interaction Chart.

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

M7190 - 200 mL (6.8 fl oz)

Licorice High Grade contains Licorice root which provides a multitude of health benefits for the adrenal, digestive and respiratory systems.

The phytochemicals in Licorice, particularly the glycyrrhizin, have been used traditionally for a wide range of applications to:

- Promote healthy adrenal gland function
- Support and soothe mucous surfaces of the urinary, digestive and respiratory tract
- Facilitate the body’s natural ability to break up respiratory secretions
- Support healthy gastrointestinal mucosa*

High quality Licorice contains triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, sterols and other compounds. Licorice High Grade contains a higher percentage of glycyrrhizin and is set at a minimum of 30 mg/mL of glycyrrhizin to ensure optimal strength and quality.

Suggested Use: Dilute 2.5 mL (approx. ½ teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

Please consult the actual product label for the most accurate product information.
LivCo® contains Schisandra, Rosemary and Milk Thistle to provide liver cleansing support.

These herbs have been traditionally used in herbal preparations to:

- Aid in the elimination of naturally occurring toxins and support healthy general detoxification
- Support healthy liver function
- Support and maintain cellular health*

The combination of herbs in LivCo® provides a range of compounds including dibenzocyclooctene lignans, phenolic diterpenes (including carnosol and rosmarinic acid), other terpenes, flavonoids and flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 24 mg of flavanolignans per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 capsule 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

**Complementary Product Support:**

- Combines well with DermaCo tablets for skin health.
- Consider Vitanox® tablets for antioxidant activity.
- Consider Turmeric Forte tablets for additional liver support.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*

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LIVCO®

M1760 - 40 Capsules | M1765 - 120 Capsules

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

M1372 - 40 Tablets | M1378 - 120 Tablets

Livton® Complex is a liver tonic containing Globe Artichoke, Dandelion, Milk Thistle, Bupleurum and Fringe Tree to support healthy liver and digestive function.

These herbs have been traditionally used in herbal preparations to:

- Support healthy liver and gallbladder function
- Encourage healthy digestive function
- Support the healthy function of the organs of elimination such as liver and intestine
- Relieve occasional mild digestive discomfort, including bloating and flatulence
- Support healthy bowel regularity and consistency function
- Provide antioxidant activity*

The herbs Globe Artichoke, Bupleurum, Dandelion Root, Milk Thistle and Fringe Tree contribute key phytochemicals to the blend such as sesquiterpene lactones, caffeic acid derivatives, flavonoids, phenolic acids, triterpenes, sterols, triterpenoid saponins (called saikosaponins), flavanolignans (collectively known as silymarin). The Milk Thistle component of this tablet is standardized to contain 80 mg per tablet of flavanolignans (calculated as silybin) to ensure optimal strength and quality.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

Complementary Product Support:

- Consider Colax tablets for healthy bowel function.
- Consider DiGest Forte tablets or DiGest Phytosynergist® liquid for healthy digestion.
- Consider ChelaCo tablets to support the body’s natural defenses against environmental stressors.
- Eliminate coffee, cola drinks, alcohol and cigarette smoking.*
MARSHMALLOW ROOT 1:5 GLYCETRACT

M7200 - 200 mL (6.8 fl oz)

Marshmallow Root 1:5 Glycetract contains Marshmallow root, traditionally used to support healthy mucus function and for its soothing and demulcent properties.

Marshmallow root has been traditionally used in herbal preparations to:

• Support healthy mucus function
• Support healthy mucous membranes
• Support healthy lung function
• Support healthy urinary tract function*

Marshmallow Root 1:5 Glycetract contains mucilage and other compounds, providing all the benefits of a marshmallow extract without the alcohol.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%DV</th>
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</thead>
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<tr>
<td>Calories</td>
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<td></td>
</tr>
<tr>
<td>Marshmallow root 1:5 extract from Althaea officinalis root</td>
<td>5 ml</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other ingredients: Glycerol, purified water, potassium sorbate (preservative) and lemongrass oil (preservative).

Scan for more information:

See page 151 for a guide to these dietary icons

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

Metabol Complex contains Fenugreek, Black Cumin seed, Bitter Melon and Cinnamon to provide multi-action metabolic support.

These herbs have been traditionally used in Ayurvedic herbal preparations to:

- Support the metabolism of fats and sugars
- Support normal pancreatic and liver function
- Support healthy digestive function
- Help relieve occasional indigestion symptoms of the gastrointestinal tract, such as bloating and flatulence*

The combination of herbs in Metabol Complex provides many active compounds including essential oils (containing cinnamaldehyde and thymoquinone), steroidal saponins, flavonoids, alkaloids (trigonelline), mucilage, glycosides (including momordicins) and sesquiterpenes. This product contains Fenugreek seed extract standardized to 4-hydroxyisoleucine which is a unique amino acid compound only found in some plants. Research suggests 4-hydroxyisoleucine has beneficial properties on glucose and lipid metabolism.

**Suggested Use:** 1 tablet 3 times daily, or as directed.

**Caution:** Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**

- Combine with Gymnema tablets to help reduce sweet cravings and inhibit sweet taste sensation.
- Combine with DiGest Forte tablets for additional digestion and intestinal function support.
- Combine with Turmeric Forte tablets to support a healthy inflammatory response.
- Consider Milk Thistle Forte tablets to support healthy liver function and aid in the elimination of normal toxin accumulation in the liver.
- Combine with HerbaVital tablets to support healthy circulation and general well-being.
- Combine with Garlic Forte tablets to help maintain normal cholesterol levels already within a normal range and support cardiovascular system health.
- Combine with Vitanox® tablets for additional antioxidant activity.*

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**Supplement Facts**

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<tr>
<th></th>
<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Calcium</td>
<td>57 mg</td>
<td>2%</td>
</tr>
<tr>
<td>Fenugreek seed 10:1 extract from Trigonella foenum-graecum seed 10 g containing 4-hydroxyisoleucine 20 mg</td>
<td>100 mg</td>
<td>1</td>
</tr>
<tr>
<td>Black Cumin seed 5:1 extract from Nigella sativa seed 500 mg</td>
<td>100 mg</td>
<td>1</td>
</tr>
<tr>
<td>Bitter Melon fruit 6:1 extract from Momordica charantia fruit 600 mg</td>
<td>92.3 mg</td>
<td>1</td>
</tr>
<tr>
<td>Cinnamon stem bark 1:1 extract from Cinnamomum zeylanicum stem bark 1 g</td>
<td>83.3 mg</td>
<td>1</td>
</tr>
</tbody>
</table>

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, croscarmellose sodium, magnesium stearate, hypromellose, dextrin and silicon dioxide.

*Daily Value (DV) not established.
MILK THISTLE 1:1

M7210 - 200 mL (6.8 fl oz)

Milk Thistle 1:1 contains Milk Thistle fruit traditionally used to support healthy liver function.

Milk Thistle has been traditionally used in herbal preparations to:

- Support healthy liver function and tissue integrity
- Protect liver tissue by supporting normal cellular defenses
- Support the body’s normal detoxification and elimination function
- Support normal bile production and secretion*

Milk Thistle contains flavanolignans (collectively known as silymarin), flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed. ♦

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

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**Supplement Facts**

<table>
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<tr>
<th>Serving Size</th>
<th>Amount per Serving</th>
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<tbody>
<tr>
<td>5 mL (1 tsp)</td>
<td>Calories 25</td>
<td></td>
</tr>
</tbody>
</table>

Other ingredients: 69% alcohol and purified water.

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

M1620 - 60 Tablets

Milk Thistle Forte is a concentrated liver support formula containing Milk Thistle seed that helps support liver function and protect liver structure.

Milk Thistle has been traditionally used in herbal preparations to:

- Support healthy liver function and structure
- Protect liver tissue by supporting normal cellular health
- Support general healthy detoxification function and toxin elimination function
- Support normal bile production and secretion to help relieve mild symptoms of occasional mild digestive discomfort*

Milk Thistle extract contains flavanolignans (collectively known as silymarin), flavonoids and other compounds. This product is standardized to contain 168 mg of flavanolignans per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements. ♦

Complementary Product Support:

- Consider LivCo® capsules for additional healthy liver function.
- Combine with Gotu Kola Complex tablets to provide further antioxidant activity and to support skin health.
- Consider Garlic Forte tablets for maintaining normal cholesterol levels already within a normal range.
- Consider Metabol Complex tablets to help support normal pancreatic and liver function.
- Combine with Vitanox® tablets for enhanced antioxidant activity.*
MOTHERWORT 1:2

M7240 - 200 mL (6.8 fl oz)

Motherwort 1:2 contains Motherwort herb a traditional tonic for the heart and is also used traditionally to support healthy menstrual cycling.

Motherwort has been traditionally used in herbal preparations to:

• Work as a tonic for the heart, especially during occasional mild nervous tension
• Soothe the nervous system
• Support healthy female reproductive system health
• Support healthy menstrual cycling*

Motherwort contains alkaloids, flavonoids, bitter glycosides and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

<table>
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<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
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<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Motherwort herb 1:2 extract from Leonurus cardiaca herb 2.5 g</td>
<td>5 mL</td>
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</table>

Daily Value (DV) not established.
Other Ingredients: Purified water and 23% alcohol.

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

M1600 - 60 Tablets

Myrrh Forte is a concentrated herbal formula containing Myrrh resin known to support a healthy intestinal environment.

Myrrh is used traditionally to:
- Support healthy bowel function
- Support healthy digestion
- Support a healthy intestinal environment
- Support gastrointestinal health
- Support upper respiratory health*

An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh which contains many substances including the commiphoric acids.

Suggested Use: 4 tablets 1-2 times daily in pulse dosing (3 days on, 4 days off), or as directed.

Caution: Contraindicated in known allergy to Myrrh. Contraindicated in pregnancy. Not to be used during lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:
- Combine with Artemisinin Complex tablets to support normal flushing of natural toxins from the body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Viranon tablets to promote the body’s normal resistance function.
- Consider Gut Flora Complex capsules to help relieve occasional mild digestive disturbances, such as bloating or flatulence.*
NERVAGESIC

M1790 - 60 Tablets

Nervagesic contains California Poppy, Jamaican Dogwood and Corydalis yanhusuo to provide relaxation and nervous system support.

These herbs have been traditionally used in herbal preparations to:

• Provide nervous system support during occasional nervous system discomfort
• Provide relief from occasional sleeplessness
• Promote relaxation of the muscles and enhance the ability to relax during the night
• Ease the effects of temporary nervous stress*

The combination of herbs in Nervagesic contains many compounds including alkaloids, isoflavonoids and other flavonoids.

Suggested Use: 2 tablets 2 times daily, or as directed.

Caution: Contraindicated in pregnancy and lactation. ♦

Complementary Product Support:

• Combine with Boswellia Complex tablets to support healthy joints.
• Combine with Saligesic tablets to support musculoskeletal system health.
• Combine with Valerian Complex tablets to obtain relief from occasional sleeplessness.
• Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.
• Consider St John’s Wort 1.8g tablets as a tonic for the nervous system.
• Consider Adrenal Complex tablets to support adrenal gland health.
• Consider Kava Forte tablets to support relaxation in the nervous system and muscles.*

Supplement Facts

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<tr>
<td>Calories</td>
<td>6</td>
</tr>
<tr>
<td>California Poppy herbs flowering 4:1 extract from Eschscholzia californica herbs flowering 1.6 g</td>
<td>400 mg</td>
</tr>
<tr>
<td>Jamaican Dogwood stem bark 4:1 extract from Plappia poilanei stem bark 800 mg</td>
<td>200 mg</td>
</tr>
<tr>
<td>Corydalis yanhusuo tuber 1:6 extract from Corydalis yanhusuo tuber 1.6 g</td>
<td>160 mg</td>
</tr>
</tbody>
</table>

* Daily Value (DV) not established.

Other ingredients: Methylcellulose, gum arabic, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, croscarmellose sodium, hypromellose, magnesium stearate and silicon dioxide.

See page 151 for a guide to these dietary icons

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
NETTLE LEAF 1:2

M7260 - 200 mL (6.8 fl oz)

Nettle Leaf 1:2 contains Nettle leaf traditionally used to support the body’s detoxification and elimination pathways.

Nettle Leaf has been traditionally used in herbal preparations to:

• Support healthy elimination via the kidneys
• Support the body’s detoxification and elimination pathways
• Support normal fluid levels
• Promote healthy skin*

Nettle Leaf contains flavonol glycosides, vitamins, minerals, silicon and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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<tbody>
<tr>
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<table>
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<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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</tr>
<tr>
<td>Nettle leaf 1:2 extract</td>
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</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.

NETTLE ROOT 1:2

M7270 - 200 mL (6.8 fl oz)

Nettle Root 1:2 contains Nettle root traditionally used to support healthy prostate gland function.

Nettle Root has been traditionally used in herbal preparations to:

• Support healthy prostate gland function
• Support normal fluid elimination via the kidneys.*

Nettle Root contains sterols and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

<table>
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<tbody>
<tr>
<td>Serving Size: 5 mL (1 tsp)</td>
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<table>
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<tr>
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<tbody>
<tr>
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</tr>
<tr>
<td>Nettle root 1:2 extract</td>
<td>5 mL</td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water and 23% alcohol.
NEVATON® FORTE

M1710 - 60 Tablets

Nevaton® Forte contains Skullcap, St John’s Wort, Schisandra and Saffron to support healthy nervous system function including mood balance.

These herbs have been traditionally used in herbal preparations to:

• Calm the nerves and restore balance in temporary mood swings
• Support healthy nervous system response
• Encourage balance between the body and mind
• Ease the effects of occasional mild stress
• Help promote healthy mood balance
• Provide relief from occasional sleeplessness*

Saffron, St John’s Wort, Schisandra and Skullcap provide a wide range of phytochemicals including hypericins (naphthodianthrones and pseudohypericin), flavonoids, phenolics, dibenzocyclooctene lignans, carotenoids and other compounds. The St John’s Wort component of this tablet is standardized to contain 375 mcg per tablet of hypericins to ensure optimal strength and quality.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product. Not recommended in cases of known photosensitivity. ♦

Complementary Product Support:
• Consider Rhodiola & Ginseng Complex or Rhodiola & Schisandra tablets to further ease the effects of occasional mild stress.
• Combines well with Valerian Complex tablets to promote relaxation and encourage sleep.
• Combine with Kava Forte tablets to calm the nerves.
• Eliminate tea, coffee, alcohol and cola drinks.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
OREGON GRAPE 1:2

M7300 - 200 mL (6.8 fl oz)

Oregon Grape 1:2 contains Oregon Grape root and rhizome traditionally used to support normal detoxification processes.

Oregon Grape has been traditionally used in herbal preparations to:

• Support the body’s normal detoxification and elimination function
• Support normal flushing of toxins from the body
• Act as a digestive and blood tonic for general health
• Promote healthy liver and intestinal function*

Oregon Grape contains alkaloids (especially berberine and oxycanthine) and other substances.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.
Caution: Contraindicated in pregnancy and lactation.

POKE ROOT 1:5

M7330 - 200 mL (6.8 fl oz)

Poke Root 1:5 contains the root of Poke Root traditionally used to support healthy lymphatic system function.

Poke Root has been traditionally used in herbal preparations to:

• Support healthy lymphatic system function (particularly of the throat region)
• Encourage healthy immune system response
• Support healthy skin
• Support healthy detoxification function of the body*

Poke Root contains triterpenoid saponins, lectins and other substances.

Suggested Use: Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.
Caution: Contraindicated in lymphocytic leukemia and gastrointestinal irritation. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
PROSTACO
M1382 - 120 Softgels

ProstaCo contains Saw Palmetto, Nettle Root and Crataeva in a Pumpkin seed oil base to provide prostate support.

These herbs have been traditionally used in herbal preparations to:

• Support healthy urinary tract and prostate gland function
• Support healthy bladder function*

Key constituents of this complex include fatty acids, glycerides, sterols, lignans and polyphenols. This product is standardized to contain 96 mg per capsule of Serenoa repens fatty acids to ensure optimal strength and quality.

Suggested Use: 1 softgel 3 times daily, or as directed.
Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

Complementary Product Support:
• Combines well with Cranberry Complex tablets to support healthy urinary tract function in men.
• Combine with Cramplex tablets for easing of occasional smooth muscle spasms.
• May be combined with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
• Diet should be high in foods containing phytoestrogens such as soy products, whole grains and seeds.*

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

M1830 - 60 Tablets

PulmaCo contains Chinese Skullcap, Malabar Nut Tree leaf, Grindelia, Turmeric, Ginkgo and Fennel to support healthy respiratory tract function.

These herbs have been traditionally used in herbal preparations to:

• Support the body’s normal cough reflex
• Support the body’s natural ability to break up and expel respiratory secretions
• Support healthy respiratory tract function
• Provide antioxidant activity*

The combination of herbs in PulmaCo contain many compounds including alkaloids (such as vasicine), flavonoids, terpene lactones, sesquiterpene ketones, curcinoids, diterpenoid acids, phenolic acids, anethole and fenchone. This product is standardized to contain 38 mg of curcuminoids and 4.8 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 3 times daily, or as directed.
Caution: Contraindicated in pregnancy and lactation.

Complementary Product Support:

• For extra immune system support, consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets.
• For support of the upper respiratory tract, combine with Sinus Forte or ResCo® tablets.
• Consider AllergCo tablets to help the body respond normally to occasional seasonal stresses.
• Consider Herbal Throat Spray Phytosynergist® to soothe temporary mild throat discomfort associated with hoarseness, dry throat and irritants.*
RED CLOVER 1:2

M7350 - 200 mL (6.8 fl oz)

Red Clover 1:2 contains Red Clover flower traditionally used to support healthy respiratory tract function.

Red Clover has been traditionally used in herbal preparations to:

- Support healthy respiratory tract function
- Support the body’s normal cough reflex
- Help relieve temporary, mild throat discomfort associated with hoarseness, dry throat and irritants*

Red Clover contains isoflavonoids, volatile oil and other substances.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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REHMANNIA 1:2

M7360 - 200 mL (6.8 fl oz)

Rehmannia 1:2 contains Rehmannia root traditionally used to help maintain body temperature already within a normal range.

Rehmannia has been traditionally used in herbal preparations to:

- Clear heat and cool the blood
- Maintain normal body temperature
- Support healthy adrenal gland function*

Rehmannia contains iridoid glycosides and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
REHMANNIA COMPLEX

M1385 - 40 Tablets

Rehmannia Complex contains Rehmannia, Bupleurum, Hemidesmus and Feverfew that work to support general detoxification of the whole body.

These herbs have been traditionally used in herbal preparations to:

• Relieve occasional mild headaches associated with stress
• Support healthy general detoxification of the whole body
• Support liver health
• Relieve temporary mild joint discomfort after exercise*

The combination of herbs in Rehmannia Complex contain many compounds including iridoid glycosides, triterpenoid saponins (called saikosaponins), other saponins, sterols, sesquiterpene lactones of the germacrnonolide type, particularly parthenolide and other terpenes.

**Suggested Use**: 1 tablet 2 – 4 times daily, or as directed.

**Caution**: Contraindicated in individuals with a known hypersensitivity to Feverfew, parthenolide or other members of the daisy family. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support**:

• Combine with Astragalus Complex tablets to support immune system function.
• Consider Boswellia Complex tablets for additional joint support.
• Combine with Gotu Kola Complex tablets to provide antioxidant activity.
• Combine with Rhodiola & Ginseng Complex tablets to promote vitality and stamina.
• Consider Vitanox® tablets for antioxidant activity.*
**RESOCo®**

M1850 - 60 Tablets

ResCo® is a respiratory support formula containing Licorice, Mullein, Euphorbia, Grindelia, Ginger, Fennel and Thyme essential oil to support healthy mucous membranes.

These herbs have been traditionally used in herbal preparations to:

- Support healthy mucous membranes within the respiratory tract
- Encourage healthy mucus function
- Support the body’s normal cough reflex
- Encourage normal secretion removal from the respiratory system
- Soothe mucous membranes*

ResCo® combines herbs and essential oils which provide respiratory system support. Mullein, Licorice, Euphorbia, Grindelia, Ginger, Thyme essential oil and Fennel essential oil provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone, estragole and thymol).

**Suggested Use:** 1 tablet 3 – 4 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. ♦

**Complementary Product Support:**

- Consider Echinacea Premium tablets or liquid, or Andrographis Complex tablets for enhanced immune system support.
- Combine with AllergCo tablets for seasonal stress support and to maintain healthy respiratory function.
- Reduce mucus-forming foods (i.e., dairy products, refined carbohydrates, and food additives).
- Eliminate smoking.
- Combine with Herbal Throat Spray Phytosynergist® to help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.*

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*Sca**n for more information:

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**Supplement Facts**

<table>
<thead>
<tr>
<th></th>
<th>Amount per Serving</th>
<th>%DV</th>
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<tbody>
<tr>
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<tr>
<td>Licorice root 3.5:1 extract from Glycyrrhiza glabra root 500 mg</td>
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<tr>
<td>Mullein herb 4:1 extract from Verbascum thapsus leaf 470 mg</td>
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<td>1</td>
</tr>
<tr>
<td>Euphorbia herb 1:1 extract from Andrographis paniculate 280 mg</td>
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<td>1</td>
</tr>
<tr>
<td>Grindelia herb 4:1 extract from Grindelia robusta 280 mg</td>
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<td>1</td>
</tr>
<tr>
<td>Ginger root 1:1 extract from Zingiber officinale rhizome 100 mg</td>
<td>18 mg</td>
<td>1</td>
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<tr>
<td>Fennel (Foeniculum vulgare) herb essential oil</td>
<td>12 mg</td>
<td>1</td>
</tr>
<tr>
<td>Thyme (Thymus vulgaris) herb flowering essential oil</td>
<td>12 mg</td>
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Daily value (DV) not established.

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, dextrose, hypromellose and magnesium stearate.

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See page 151 for a guide to these dietary icons.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
**ResCo Phytosynergist** contains herbs traditionally used to support the mucous membranes of the respiratory tract. It contains Mullein leaf, Licorice, Elecampane, Euphorbia, Grindelia, Ginger and Fennel essential oil. These herbs have been traditionally used in herbal preparations to:

- Support healthy mucous membranes within the respiratory tract
- Encourage healthy removal of mucus
- Support the body’s normal cough reflex
- Encourage normal secretion removal from the respiratory system*

ResCo Phytosynergist combines herbs and an essential oil which provide respiratory system support.* These herbs provide a range of compounds including iridoids, triterpenoid saponins (especially glycyrrhizin), other saponins, flavonoids, triterpenes, sterols, phenolic acids, sesquiterpene lactones, polyacetylenes, pungent principles (including gingerols), and monoterpenes (especially trans-anethole, fenchone and estragole).

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

**Caution:** Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Contraindicated in known allergy to Elecampane. ♦

**Complementary Product Support:**
- Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
- Consider Sinus Forte tablets to help maintain normal respiratory tract function and normal mucus secretion in nasal passages.
- Consider PulmaCo tablets to support the body’s natural ability to break up and expel respiratory secretions.
- Eliminate smoking.*
RHODIOLA & GINSENG COMPLEX

M1393 - 60 Tablets

Rhodiola & Ginseng Complex is an adaptogenic tonic which contains Rhodiola root and Korean Ginseng to enhance vitality and stamina.

These herbs have been traditionally used in herbal preparations to:

• Support mental clarity and cognitive function
• Promote vitality and stamina
• Help maintain proper energy
• Support physical endurance*

The combination of herbs in Rhodiola & Ginseng Complex contains many compounds including phenylpropanoids such as rosarin, rosin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and a complex mixture of steroidal sapoins (called ginsenosides). This product is standardized to contain 4.5 mg of rosavins, 1.5 mg of salidroside and 8.4 mg of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC) per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 - 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Complementary Product Support:

• Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
• Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.
• Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
• Consider Bacopa Complex tablets to enhance mental clarity and to further support cognitive function.*

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, dextrose, hypromellose and magnesium stearate.

See page 151 for a guide to these dietary icons.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Rhodiola & Schisandra contains Rhodiola root and Schisandra fruit to provide nervous system support during times of stress.

These herbs have been traditionally used in herbal preparations to:

- Help the body adapt to the changes of everyday life
- Maintain feelings of general well-being when experiencing temporary stress
- Help maintain proper energy and support healthy physical performance
- Work as a tonic to benefit the entire body*

The combination of herbs in Rhodiola & Schisandra contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside) and dibenzocyclooctene lignans including schisandrin. This product is standardized to contain 4.5 mg of rosavins and 1.5 mg of salidroside per tablet to ensure optimal strength and quality.

**Suggested Use:** 1 tablet 2 – 4 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**
- Adrenal Complex tablets may be a suitable addition to support adrenal function and reduce the effects of everyday stress on the body.
- Combine with Eleuthero tablets to further enhance the body’s natural ability to adapt to temporary stress.
- Consider Thyroid Complex tablets to support healthy thyroid function.
- Combine with Valerian Complex or Nervagesic tablets to provide relief from occasional sleeplessness.
- Combine with St John’s Wort 1.8g tablets for additional support for healthy emotional balance.
- Consider Milk Thistle Forte tablets or ChelaCo tablets to further support healthy general detoxification function.
- Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for immune system support.*
SAGE 1:2

M7370 - 200 mL (6.8 fl oz)

Sage 1:2 contains Sage leaf traditionally used to support upper respiratory tract health.

Sage has been traditionally used in herbal preparations to:

- Support upper respiratory tract health
- Help relieve temporary mild throat discomfort associated with hoarseness, dry throat and irritants.
- Support and promote oral health as a gargle
- Maintain normal body perspiration function*

Sage contains an essential oil (containing monoterpenes, including thujone), phenolic compounds (such as rosmarinic acid) and other phytochemicals. Sage 1:2 contains a minimum of 0.64 mg/mL of essential oil to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional.

Supplement Facts

Serving Size: 5 mL (1 tsp)
Servings per Container: 40

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<th>Nutrient</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
<td></td>
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</tbody>
</table>

Sage leaf 1:2 extract
5 mL

Containing essential oil calc: as cineole and thujone 3.2 mg

*Daily Value (DV) not established.

Other Ingredients: 60% alcohol and purified water.

See page 151 for a guide to these dietary icons.

For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

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SALIGESIC

M1395 - 40 Tablets

Saligesic contains Willow stem bark and is used traditionally to support musculoskeletal system health.

Willow stem bark is used traditionally to:

- Support musculoskeletal system health
- Help maintain and support healthy joints
- Ease the temporary mild joint and muscle discomfort associated with exercise
- Support and maintain normal body temperature already in a normal range
- Temporarily relieve mild, occasional exercise-related lower back discomfort
- Relieve temporary mild headaches caused by occasional stress*

Saligesic contains phenolic glycosides (including salicin), flavonoids and other phenolic compounds. Saligesic is standardized to contain 60 mg of salicin per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 4 times daily, or as directed.

Caution: Contraindicated in known allergy or sensitivity to salicylates. Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

Complementary Product Support:

- Combine with Nervagesic tablets to relieve occasional mild muscular cramping.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Rehmannia Complex tablets for relief of mild joint pain after exercise and Boswellia Complex tablets for support of healthy joints.
- Combines well with St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider Turmeric Forte tablets for additional joint support.
- Combine with Cramplex tablets to provide relief from discomfort associated with menstruation.*

Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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<tbody>
<tr>
<td>Serving Size: 1 Tablet</td>
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<td>Servings per Container: 40</td>
</tr>
<tr>
<td>Amount per Serving</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Willow stem bark</td>
</tr>
<tr>
<td>from: Salix purpurea stem bark</td>
</tr>
<tr>
<td>8.9 g</td>
</tr>
<tr>
<td>containing salicin 60 mg</td>
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*Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, maltodextrin, sodium starch glycolate, magnesium stearate, hypromellose and silicon dioxide.
SAW PALMETTO 1:2

M7390 - 200 mL (6.8 fl oz)

Saw Palmetto 1:2 contains Saw Palmetto fruit traditionally used to support urinary tract and prostate gland function.

Saw Palmetto has been traditionally used in Western herbal preparations to:

• Support healthy urinary tract and prostate gland function
• Act as a nutritive tonic to the reproductive system
• Support healthy bladder function*

Saw Palmetto contains free fatty acids, glycerides, sterols and other compounds.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. The National Institute on Aging recommends that men get regular medical checkups with a thorough prostate exam.

Schisandra 1:2

M7400 - 200 mL (6.8 fl oz)

SCHISANDRA 1:2

Schisandra 1:2 contains Schisandra fruit traditionally used to support healthy adrenal and liver function.

Schisandra has been traditionally used in herbal preparations to:

• Support liver and adrenal gland function
• Support healthy energy and stamina
• Support healthy detoxification function and act as a kidney tonic
• Ease the effects of everyday tension and stress*

Schisandra contains dibenzocyclooctene lignans and other substances.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
SINUS FORTE

M1426 - 40 Tablets

Sinus Forte contains Eyebright, Golden Rod, Echinacea, Golden Seal and Cayenne to support healthy upper respiratory mucous membranes.

These herbs have been traditionally used in herbal preparations to:

• Maintain healthy and normal mucus secretion in nasal passages
• Support healthy mucous membranes (particularly of the nose and sinus)
• Assist in maintaining healthy breathing passages to support normal breathing
• Support outer ocular health*

The five powerful herbs in Sinus Forte contain iridoid glycosides (especially aucubin), saponins, flavonoids, diterpenoid lactones, caffeic acid derivatives (especially cichoric acid), alkylamides, alkaloids (especially hydrastine and berberine), pungent principles (particularly capsaicin), carotenoids and other compounds.

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in known allergy to Golden Rod.

Complementary Product Support:

• Combines well with Echinacea Premium tablets or liquid or Andrographis Complex tablets for extra immune system support.
• Consider Vitanox® tablets for antioxidant activity.
• Combine with AllergCo tablets to maintain normal respiratory tract function.
• Combine with Herbal Throat Spray Phytosynergist® to soothe the throat.
• Reduce or eliminate dietary intake of dairy products, refined carbohydrates, coffee, tea and alcohol.*
SKULLCAP 1:2

M7430 - 200 mL (6.8 fl oz)

Skullcap 1:2 contains Skullcap herb traditionally used to support nervous system health.

Skullcap has been traditionally used in herbal preparations to:

- Support nervous system health
- Relieve temporary, mild nervous tension/stress
- Help relieve mild nervousness
- Relieve temporary, mild sleeplessness
- Relax and soothe temporary tension associated with the menstrual cycle*

Skullcap contains flavonoids, particularly baicalin and scutellarin and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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**Supplement Facts**

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<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Skullcap herb 1:2 extract</td>
<td>5 mL</td>
<td>%</td>
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<tr>
<td>from Scutellaria scutellaria herb</td>
<td>2.6 g</td>
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*Daily Value (DV) not established

Other ingredients: Purified water, 45% alcohol.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
ST JOHN’S WORT 1.8G

M1795 - 60 Tablets

St John’s Wort 1.8g is a nervous system support formula containing St John’s Wort traditionally known to support healthy mood.

The compounds in St John’s Wort have been used traditionally to:

• Help maintain healthy emotional balance
• Support the body to cope with occasional stress of everyday life
• Help support healthy mood balance
• Help relieve occasional sleeplessness/restlessness
• Help relieve mild temporary nervous tension and stress*

St John’s Wort 1.8g contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds. This product is standardized to contain 900 mcg of hypericins and 18 mg of flavonoid glycosides per tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 2 – 3 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

Complementary Product Support:

• Combine with Echinacea Premium tablets or liquid for enhanced immune system support.
• Combines well with Nevaton® Forte tablets for further healthy nervous system response.
• Consider Ashwagandha Complex tablets or Rhodiola & Ginseng Complex tablets to help maintain feelings of general well-being when experiencing temporary stress.
• Combine with Kava Forte tablets to calm the nerves.
• Consider FemCo tablets to additionally ease everyday tension.
• Consider Valerian Complex tablets to promote relaxation and encourage sleep.
• Consider Nervagesic to provide relief from occasional sleeplessness.*

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.
ST JOHN’S WORT 1:2

M7440 - 200 mL (6.8 fl oz)

St John’s Wort 1:2 contains St John’s Wort flowering herb traditionally used as a tonic for the nervous system.

St John’s Wort has been traditionally used in herbal preparations to:

- Calm the nerves and restore healthy mood balance
- Relieve occasional, mild sleeplessness
- Provide a tonic for the nervous system to help ease the effects of occasional stress*

St John’s Wort contains the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds. St John’s Wort 1:2 contains a minimum of 0.2 mg/mL of hypericins to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight, tanning) when using this product. ♦

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Supplement Facts

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<td>St John’s Wort flowering herb 1:2 extract 5 mL from Hypericum perforatum flowering herb 2.5 g Containing hypericins 1.8 mg</td>
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*Daily Value (DV) not established

+ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
ST JOHN’S WORT HIGH GRADE 1:2

M7450 - 200 mL (6.8 fl oz)

St John’s Wort High Grade 1:2 contains St John’s Wort flowering herb traditionally used as a tonic for the nervous system.

St John’s Wort has been traditionally used in herbal preparations to:

• Relieve mild nervous tension and support healthy mood balance
• Relieve occasional, mild sleeplessness
• Provide a tonic for the nervous system to help ease the effects of occasional stress*

High quality St John’s Wort contains the napthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics and other compounds. St John’s Wort High Grade 1:2 contains a higher percentage of hypericins than the regular St John’s Wort product. This product contains a minimum of 0.4 mg/mL of hypericins to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (eg sunlight, tanning) when using this product.

Supplement Facts

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<th>Serving Size: 5 mL (1 tsp)</th>
<th>Servings per Container: 40</th>
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<td>%DV</td>
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<tr>
<td>Calories</td>
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<tr>
<td>St John’s Wort flowering herb 1.2 extract</td>
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</tr>
<tr>
<td>from Hypericum perforatum flowering herb</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Containing hypericins 2.0 mg</td>
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*Daily Value (DV) not established.

Other ingredients: 60% alcohol and purified water.
THYROID COMPLEX

M1435 - 40 Tablets  |  M1437 - 120 Tablets

Thyroid Complex contains Bladderwrack, Ashwagandha and Bacopa to support healthy thyroid function.

These herbs have been traditionally used in herbal preparations to:

- Support healthy thyroid function important for normal energy production
- Maintain normal thyroid function
- Help assist the body in achieving normal basal metabolism through supporting healthy thyroid function*

The combination of herbs in Thyroid Complex contain many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacosides, alkaloids and flavonoids.

Suggested Use: 1 tablet daily, or as directed.

Caution: Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems. If you have a thyroid condition use strictly under physician direction.

Complementary Product Support:

- Consider Coleus Forte tablets to support cardiovascular health.
- Consider ChelaCo tablets to support the body’s healthy general detoxification function.
- Combine with Eleuthero tablets or Rhodiola & Schisandra tablets to help the body adapt to the changes of everyday life.
- Consider Rehmannia Complex tablets to support liver health and healthy detoxification of the whole body.
- Combine with Vitanox® tablets for antioxidant activity.
- Consider Gotu Kola Complex tablets to support healthy skin and to provide antioxidant activity.*

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

M1445 - 40 Tablets

Tribulus contains an extract of *Tribulus terrestris* herb to support healthy libido, stamina and female reproductive function.

This herb is traditionally used in herbal preparations to:

- Support healthy libido in women and men
- Promote normal menstrual flow
- Tonify and promote vitality
- Promote an overall feeling of well-being*

Tribulus contains an extract of *Tribulus terrestris* herb (aerial parts – leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirostanol glycosides, sterols and other compounds. This product is standardized to contain 90 mg per tablet of furostanol saponins to ensure optimal strength and quality. Protodioscin, a furanostanol saponin from *Tribulus terrestris*, is considered responsible for the plant’s supportive effects on libido and vitality.*

**Suggested Use:** 1 tablet 1 – 3 times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. ♦

**Complementary Product Support:**

- Combine with Rhodiola & Ginseng Complex tablets or Ashwagandha Complex tablets to enhance stamina and vitality.
- Combine with Wild Yam Complex tablets to provide relief from mild discomfort associated with menopause.
- Combine with FemCo tablets, Chaste Tree tablets or liquid to help support female reproductive system health.*

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**Supplement Facts**

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<tbody>
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<td>Amount per Serving</td>
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<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Tribulus herb (aerial parts) 55:1 extract from <em>Tribulus terrestris</em> herb (aerial parts) 13.5 g Containing furostanol saponins as protodioscin 90 mg</td>
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*Daily Value (%DV) not established.

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.
TURMERIC 1:1

M7470 - 200 mL (6.8 fl oz)

Turmeric 1:1 contains Turmeric rhizome traditionally used to support a healthy inflammatory response.

Turmeric has been traditionally used in herbal preparations to:

- Maintain and support healthy joints
- Support healthy liver function and bile secretion
- Help aid digestion
- Provide antioxidant activity and support the body’s normal response to environmental stressors

Turmeric contains an essential oil (which contains sesquiterpenes) and yellow pigments referred to as diarylheptanoids (including curcumin).

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones.

Supplement Facts

<table>
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<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>15</td>
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</tbody>
</table>

Turmeric rhizome 1:1 extract 5 mL
from Curcuma longa rhizome 5.0 g
Containing curcuminoids 10 mg

Other ingredients: 69% alcohol and purified water

See page 151 for a guide to these dietary icons.

Scan for more information:
TURMERIC FORTE

M1448 - 60 Tablets  |  M1670 - 180 Tablets

Turmeric Forte contains a bioavailable form of Turmeric rhizome and Fenugreek seed to support a healthy inflammatory response.

These herbs and their constituents:

• Support a healthy inflammatory response
• Maintain and support healthy joints
• Support healthy liver function and healthy digestion
• Provide antioxidant activity*

Turmeric Forte is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability† of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemethoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality.

† Contains dietary ingredient (formulation of curcumin with fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.


Supplement Facts

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fenugreek seed 5.51 extract from Trigonella foenum-graecum seed</td>
<td>130 mg</td>
</tr>
<tr>
<td>Turmeric rhizome 55.1 extract from Curcuma longa root 6.44 g Containing curcuminoids 101.3 mg Containing curcumin 60.5 mg</td>
<td>117 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.

Suggested Use: 1 tablet 1 – 2 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:

• Combine with Boswellia Complex tablets for healthy circulation and additional joint support.
• Combine with LivCo® tablets to support healthy liver function.
• Combine with Metabol Complex tablets to support metabolism of fats and sugars.
• Combine with Vitanox® tablets for additional antioxidant activity.
• Combine with DiGest Forte tablets to support healthy digestion and intestinal function.
• Combine with Saligesic tablets to temporarily relieve exercise-related lower back discomfort.
• Consider Vascular Care Complex tablets to support healthy peripheral circulation.*
URICO PHYTOSYNERGIST®

M4500 - 200 mL (6.8 fl oz)

UriCo Phytosynergist® contains Couch Grass, Echinacea, Licorice and Buchu, herbs traditionally used to support healthy urinary tract function.

These herbs have been traditionally used in herbal preparations to:

• Support healthy mucous membranes within the urinary tract
• Support healthy urinary tract function
• Maintain healthy urinary tract tissue*

The herbs in UriCo Phytosynergist® provide a range of compounds including mucilage, an essential oil (consisting mainly of the monoterpene diosphenol), flavonoids, caffeic acid derivatives (especially echinacoside and cynarin), alkylamides, triterpenoid saponins (especially glycyrrhizin) and other saponins.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice 3 times daily, or as directed.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Not to be taken long-term. ♦

Complementary Product Support:

• Combine with Echinacea Premium tablets or liquid or Andrographis Complex tablets for additional immune system support.
• Consider Golden Seal 500mg tablets for mucous membrane health.
• Increase water intake.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 5 mL (1 tsp)</th>
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</thead>
<tbody>
<tr>
<td>Servings per Container: 40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Couch Grass rhizome 1:1 extract</td>
<td>1.50 mL</td>
</tr>
<tr>
<td>Echinacea angustifolia root 1:1 extract</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>Licorice root 1:1 extract</td>
<td>1.25 mL</td>
</tr>
<tr>
<td>Buchu leaf 1:2 extract</td>
<td>1.00 mL</td>
</tr>
</tbody>
</table>

Other Ingredients: Purified water and 40% alcohol.

• Daily Value (DV) not established.

Scan for more information:

See page 151 for a guide to these dietary icons.

♦ For other contraindications and cautions, please refer to the Herb-Drug Interaction Chart on page 133. Please consult the product packaging label for the most accurate product information.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
UVA URSI 1:2

M7480 - 200 mL (6.8 fl oz)

Uva Ursi 1:2 contains Uva Ursi leaf traditionally used to support the genitourinary tract.

Uva Ursi has been traditionally used in herbal preparations to:

- Encourage healthy urinary tract function
- Tone and support the genitourinary tract*

Uva Ursi contains hydroquinone glycosides (particularly arbutin), polyphenols, flavonoids and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Contraindicated in pregnancy and lactation. Not suitable for prolonged use.

Valerian 1:2

M7490 - 200 mL (6.8 fl oz)

Valerian 1:2 contains Valerian root traditionally used to promote relaxation and encourage sleep.

Valerian has been traditionally used in herbal preparations to:

- Support nervous system health
- Promote relaxation and encourage sleep
- Ease the effects of temporary or occasional mild stress*

Valerian contains iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid) and other compounds.

**Suggested Use:** Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
VALERIAN COMPLEX

Valerian Complex contains Valerian, Passion Flower and Jujube seed to promote relaxation and sleep.

These herbs have been traditionally used in herbal preparations to:

- Relieve mild nervous tension
- Helps relieve occasional sleeplessness
- Promote relaxation
- Ease the effects of temporary or occasional stress*

This combination of herbs contains many compounds including iridoids (known as valepotriates), an essential oil, cyclopentane sesquiterpenes (including valerenic acid), flavonoids and dammarane-type saponins called jujubosides.

Suggested Use: 1 tablet 2 – 4 times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Complementary Product Support:

- Consider St John’s Wort 1.8g tablets as a tonic for the nervous system.
- Consider HiPep tablets to support normal function of stomach acid secretions.
- If occasional sleep difficulty is due to temporary stresses of everyday life, combine with Ashwagandha Complex tablets.
- Combine with Kava Forte tablets or Nervagesic tablets to further encourage sleep.*

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.

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

**M1785 - 60 Tablets**

Vascular Care Complex contains Butcher’s Broom, Horsechestnut seed and Ginkgo leaf to provide healthy circulation support for the vascular system.

These herbs have been traditionally used in herbal preparations to:

- Assist healthy blood circulation
- Assist in the maintenance of healthy peripheral circulation
- Support and maintain healthy tissue fluid levels, including in the legs
- Provide support for the vascular system in the occurrence of occasional, mild constipation*

The herbs in Vascular Care Complex contain steroidal saponins, other saponins (a complex mixture known as esin), flavonoids, lipids, sterols, terpene lactones (including ginkgolides) and other phytochemicals. All the herbs within this tablet have standardized levels of key phytochemicals to ensure optimal strength and quality. The Horsechestnut component is standardized to contain 36 mg of esin per tablet, the Butcher’s Broom contains 20 mg per tablet of ruscogenin and the Ginkgo component contains 7.3 mg per tablet of ginkgo flavonglycosides (ginkgo flavone glycosides).

**Suggested Use:** 1 tablet 2 – 3 times daily, or as directed. Enteric coated tablets. Do not break or crush

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

**Complementary Product Support:**

- Combines well with Gotu Kola Complex tablets to support healthy skin, promote healthy blood circulation and provide antioxidant activity.
- Combines well with Garlic Forte tablets to support cardiovascular system health.
- Combine with Turmeric Forte tablets to support healthy inflammatory response.
- Consider Vitanox® tablets for antioxidant activity.
- Avoid excessive saturated fat in the diet.*
VIRANON
M1456 - 90 Tablets

Viranon is an immune support formula containing Thuja, St John’s Wort and Licorice to support the body’s normal resistance function.

These herbs have been traditionally used in herbal preparations to:

- Help maintain and support healthy immune system function, regulation and response
- Help promote the body’s normal resistance function
- Encourage the body’s normal healthy defense system by supporting healthy immune system function*

This combination of herbs provides many phytochemicals including an essential oil (containing monoterpenes and other terpenes), the naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids, phenolics, triterpenoid saponins (especially glycyrrhizin) and other saponins. This product contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John’s Wort component is standardized to contain 675 mcg of hypericins per tablet, and the Licorice component of this tablet is standardized to contain 30 mg of glycyrrhizin per tablet.

Suggested Use: 1 tablet 3 times daily, or as directed.

Caution: Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV radiation (e.g. sunlight, tanning) when using this product. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Best avoided in epilepsy.

Complementary Product Support:
- Combine with Artemisinin Complex tablets to support healthy detoxification of the whole body.
- Consider Echinacea Premium tablets or liquid, Astragalus Complex tablets or Andrographis Complex tablets for additional immune system support.
- Combine with Myrrh Forte tablets for temporary relief of mild digestive disturbances and support of upper respiratory health.*
Vitanox® is an antioxidant support formula which contains Rosemary, Green Tea, Turmeric and Grape Seed.

These herbs have been used in herbal preparations to:

• Provide antioxidant activity
• Support healthy circulation and vascular integrity
• Support general health and well-being
• Support and maintain cellular health*

The herbs in Vitanox® provide phenolic diterpenes (including carnosol and rosmarinic acid), polyphenols including epigallocatechin gallate, essential oils containing sesquiterpenes, yellow pigments referred to as diarylheptanoids (including curcumin), flavonoids, triterpenoids and oligomeric procyanidins. This product is standardized to contain 83.35 mg of catechins, 70.4 mg of curcuminoids and 42.5 mg of procyanidins in each tablet to ensure optimal strength and quality.

Suggested Use: 1 tablet 1 – 2 times daily, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Contraindicated in blockage of the gallbladder. Use only with professional supervision in the presence of gallstones. In anemia and cases where iron supplementation is required, do not take simultaneously with meals or iron supplements.

Complementary Product Support:

• Combine with Ginkgo Forte tablets or Bilberry 6000mg tablets for additional antioxidant activity.
• Combine with Gotu Kola Complex tablets for additional antioxidant activity, to promote healthy blood circulation, to promote healthy skin and to support healthy capillaries.
• Combine with Metabol Complex tablets to support antioxidant activity against free radicals formed in the body during normal metabolism.
• Consider Turmeric Forte tablets for additional antioxidant activity.
• Combines well with Hawthorn tablets to help maintain healthy circulation.*

Other ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.
WHITE PEONY 1:2

M7510 - 200 mL (6.8 fl oz)

White Peony 1:2 contains White Peony root traditionally used to support women’s health and general well-being. White Peony has been traditionally used in herbal preparations to:

- Support women’s general well-being
- Support normal functioning within the upper female reproductive tract
- Support a regular, healthy menstrual cycle
- Ease the effects of cramping and temporary feelings of tension associated with the menstrual cycle*

White Peony contains a unique monoterpene glycoside called paeoniflorin and other phytochemicals.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

WILD YAM 1:2

M7530 - 200 mL (6.8 fl oz)

Wild Yam 1:2 contains Wild Yam root and rhizome traditionally used for menopause and menstrual cycle support.

Wild Yam has been traditionally used in herbal preparations to:

- Provide antispasmodic activity
- Relieve temporary mild discomfort associated with menopause
- Relieve temporary mild discomfort associated with menstruation*

Wild Yam contains the glycosidic steroidal saponin dioscin and other compounds. Wild Yam 1:2 contains a minimum of 15 mg/mL steroidal saponins as dioscin to ensure optimal strength and quality.

Suggested Use: Dilute 5 mL (approx. 1 teaspoon) in water or juice once per day, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

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

M1470 - 40 Tablets  |  M1475 - 120 Tablets

Wild Yam Complex is a menopause support formula containing Wild Yam root, Shatavari root, St John’s Wort, Sage, Black Cohosh and Korean Ginseng.

These herbs have been traditionally used in herbal preparations to:

- Provide relief from mild discomfort associated with menopause
- Maintain feelings of general well-being
- Calm the nerves and support healthy mood balance
- Provide antispasmodic activity to ease occasional spasms associated with the menstrual cycle*

This combination of herbs contains many compounds including steroidal saponins (such as shatavarin-I and dioscin), ginsenosides, an essential oil (containing monoterpenes, including thujone), triterpene glycosides, phenolic compounds (such as rosmarinic acid), naphthodianthrones hypericin and pseudohypericin (hypericins), flavonoids and phenolics. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The St John’s Wort component of this tablet is standardized to contain 300 mcg of hypericins per tablet, and the Korean Ginseng component contains 1.3 mg per tablet of ginsenosides (calculated as Rb2 to Rb1 is NLT 0.4 by HPLC).

Suggested Use: 1 tablet 3 – 4 times daily, or as directed.

Caution: Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

Complementary Product Support:

- Combine with Tribulus tablets to support healthy libido and overall feelings of well-being.
- Consider St John’s Wort 1.8g tablets or Nevaton® Forte tablets as a tonic for the nervous system.
- Combine with Valerian Complex tablets to promote relaxation and encourage sleep.
- Combine with Chaste Tree tablets to ease discomfort associated with the menstrual cycle.
- Combine with Kava Forte tablets to calm the nerves.*

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings Per Container: 40 or 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Wild Yam root &amp; rhizome 5:1 extract from Dioscorea villosa root &amp; rhizome</td>
<td>30 mg</td>
</tr>
<tr>
<td>Shatavari root 2:1 extract from Asparagus racemosus root</td>
<td>200 mg</td>
</tr>
<tr>
<td>St John’s Wort herb flowering top 6:1 extract from Hypericum perforatum herb flowering top</td>
<td>100 mg</td>
</tr>
<tr>
<td>Containing hypericins 300 mcg</td>
<td></td>
</tr>
<tr>
<td>Sage leaf 5:1 extract from Salvia officinalis leaf</td>
<td>58 mg</td>
</tr>
<tr>
<td>Black Cohosh root 5:1 extract from Actaea racemosa root</td>
<td>20 mg</td>
</tr>
<tr>
<td>Korean Ginseng root 5:1 extract from Panax ginseng root</td>
<td>15 mg</td>
</tr>
<tr>
<td>Containing ginsenosides 1.3 mg</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, sodium starch glycolate, dicalcium phosphate dihydrate, silicon dioxide, magnesium stearate, hypromellose and lactose.
WORMWOOD 1:5

M7540 - 200 mL (6.8 fl oz)

Wormwood 1:5 contains Wormwood herb traditionally used to support a healthy intestinal environment.

Wormwood has been traditionally used in herbal preparations to:

• Stimulate healthy digestion, as a bitter tonic
• Support healthy digestive function and intestinal environment
• Relieve temporary mild digestive discomfort, including flatulence and bloating*

Wormwood contains bitter substances (including sesquiterpene lactones such as absinthin), an essential oil which contains thujone and other compounds.

Suggested Use: Dilute 1 mL (approx. 50 drops) in water or juice once per day, or as directed.

Caution: Contraindicated in pregnancy and lactation.

Supplement Facts

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<tbody>
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</table>

<table>
<thead>
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<th>Amount per Serving</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Wormwood herb 1:5</td>
<td>1 mL</td>
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</tbody>
</table>

*Daily Value (DV) not established.

Other Ingredients: Purified water and 46% alcohol.

WORMWOOD COMPLEX

M1490 - 120 Tablets

Wormwood Complex contains Stemona, Wormwood, Black Walnut Hulls and Clove which work to support a healthy intestinal environment.

These herbs have been traditionally used in herbal preparations to:

• Promote healthy intestinal motility
• Stimulate digestion
• Help relieve temporary, mild digestive discomfort
• Encourage a healthy intestinal environment*

The combination of herbs and essential oil in Wormwood Complex contains many phytochemicals including sesquiterpene lactones, terpenes, thujone, 1,4-naphthoquinones, alkaloids, flavonoids, tannins and phenolic acids.

Suggested Use: 2 tablets 2 – 3 times daily before meals for 10 days repeated after a 10-day break, or as directed.

Caution: Contraindicated in pregnancy and lactation.

Complementary Product Support:

• Consider Garlic Forte tablets to support immune system health.
• Combine with Gut Flora Complex capsules to help encourage a healthy intestinal environment, relieve mild gastrointestinal discomfort and support a healthy immune system.
• Consider Echinacea Premium tablets or liquid or Andrographis Complex tablets for enhanced immune system support.
• Consider DiGest Forte tablets or DiGest Phytosynergist® liquid to support healthy digestion and intestinal function.*
**CATEGORY INDEX**

**Antioxidant Activity**

*Tablets and Capsules*
- AllergCo
- Bacopa Complex
- Berberine Active
- Black Cumin Seed Forte
- Boswellia Complex
- ChelaCo
- Ganoderma & Shiitake
- Garlic Forte
- Ginkgo Forte
- Gotu Kola Complex
- Hawthorn
- HerbaVital
- LivCo®
- Livton® Complex
- Metabol Complex
- Milk Thistle Forte
- PulmaCo
- Turmeric Forte
- Vitanox®
- Vascular Care Complex
- Wormwood Complex

*Liquid Extracts*
- Ginkgo 2:1 (Standardized)
- Hawthorn Leaves 1:2
- Milk Thistle 1:1
- Sage 1:2 (QA)†
- Schisandra 1:2
- Turmeric 1:1

**Bowel Function**

*Tablets and Capsules*

**Primary:**
- Artemisinin Complex
- Berberine Active
- Calax
- Golden Seal 500mg
- Gut Flora Complex
- Myrrh Forte
- Wormwood Complex

**Secondary:**
- Boswellia Complex
- Burdock Complex
- Coleus Forte
- Cramplex
- DermaCo
- DiGest Forte
- Ganoderma & Shiitake
- HiPep
- Livton® Complex
- Milk Thistle Forte
- Thyroid Complex
- Turmeric Forte

**Phytosynergist® Liquids**
- DiGest Phytosynergist®

**Liquid Extracts**
- Black Walnut Hulls 1:10
- Burdock 1:2
- Calendula 1:2
- Chamomile 1:2
- Coleus 1:1
- Damiana 1:2
- Dandelion Root 1:2
- Ginger 1:2
- Globe Artichoke 1:2
- Golden Seal 1:3 (QA)†
- Licorice 1:1
- Licorice High Grade (QA)†
- Marshmallow Root 1:5 Glycettract
- Milk Thistle 1:1
- Oregon Grape 1:2
- Turmeric 1:1
- Wormwood 1:5

**Carbohydrate Metabolism**

*Tablets and Capsules*

**Primary:**
- Metabol Complex

**Cardiovascular Function**

*Tablets and Capsules*

**Primary:**
- Coleus Forte
- Garlic Forte
- Ginkgo Forte
- Hawthorn
- HerbaVital

**Secondary:**
- ChelaCo
- Vitanox®

**Liquid Extracts**
- Astragalus 1:2
- Bugleweed 1:2
- Calendula 1:2
- Celery Seed 1:2 (QA)†
- Cinnamon Quills 1:4
- Coleus 1:1 (QA)†
- Dong Quai 1:2
- Ginger 1:2
- Ginkgo 2:1 (Standardized)
- Golden Seal 1:3 (QA)†
- Hawthorn Leaves 1:2
- Horsetail 1:2
- Korean Ginseng 1:2 (Standardized)
- Motherwort 1:2
- White Peony 1:2

**Cholesterol Health**

*Tablets and Capsules*
- Garlic Forte
- Milk Thistle Forte

**Liquid Extracts**
- Globe Artichoke 1:2
- Milk Thistle 1:1

**Digestive Function**

*Tablets and Capsules*

**Primary:**
- Artemisinin Complex
- Berberine Active
- Black Cumin Seed Forte
- ChelaCo
- Coleus Forte
- DiGest Forte
- HiPep
LivCo®
Livton® Complex
Metabol Complex
Milk Thistle Forte
Myrrh Forte
Turmeric Forte
Secondary:
Andrographis Complex
Burdock Complex
Colax
Cramplex
Golden Seal 500mg
Gut Flora Complex
Nevaton® Forte
Vitanox®
Wormwood Complex
Phytosynergist® Liquids
DiGest Phytosynergist®
Fe-Max Iron Tonic Phytosynergist®
Liquid Extracts
Black Walnut Hulls 1:10
Burdock 1:2
Chamomile 1:2
Cinnamon Quills 1:4
Coleus 1:1 (QA)†
Dandelion Root 1:2
Ginger 1:2
Globe Artichoke 1:2
Golden Seal 1:3 (QA)†
Licorice High Grade (QA)†
Marshmallow Root 1:5 Glycetract
Milk Thistle 1:1
Oregon Grape 1:2
Turmeric 1:1
Wormwood 1:5

Endocrine - Adrenal
Tablets and Capsules
Primary:
Adrenal Complex
Ashwagandha Complex
Ashwagandha Forte
Eleuthero
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
Secondary:
Astragalus Complex
Kava Forte
Nervagasic
Rehmannia Complex
Turmeric Complex
Phytosynergist® Liquids
Adrenal Tonic Phytosynergist®

Liquid Extracts
Astragalus 1:2
Eleuthero 1:2 (Standardized)
Gotu Kola 1:1 (Standardized)
Korean Ginseng 1:2 (Standardized)
Licorice High Grade (QA)†
Rehmannia 1:2
Schisandra 1:2

Endocrine - Female
Tablets and Capsules
Chaste Tree
FemCo
Thymoid Complex
Tribulus
Wild Yam Complex
Phytosynergist® Liquids
Capsella Complex Phytosynergist®

Liquid Extracts
Chaste Tree 1:2
Damiana 1:2
Dong Quai 1:2
White Peony 1:2
Wild Yam 1:2

Endocrine - Thyroid
Tablets and Capsules
Thyroid Complex
Liquid Extracts
Bugleweed 1:2

Essential Fatty Acid Complex
Tablets and Capsules
Evening Primrose Oil

Female Health
Tablets and Capsules
Primary:
Bone Complex
Chaste Tree
Cramplex
Evening Primrose Oil
FemCo
Nevaton® Forte
Tribulus
Wild Yam Complex
Secondary:
Ashwagandha Complex
Kava Forte
Nervagasic
Phytosynergist® Liquids
Capsella Complex Phytosynergist®
Fe-Max Iron Tonic Phytosynergist®

Fat Metabolism
Tablets and Capsules
Black Cumin Seed Forte
Metabol Complex

Gallbladder Support
Tablets and Capsules
DiGest Forte
Livton® Complex
Phytosynergist® Liquids
DiGest Phytosynergist®

Liquid Extracts
Burdock 1:2
Dandelion Root 1:2
Globe Artichoke 1:2

Gastrointestinal Support
Tablets and Capsules
Primary:
Artemisinin Complex
Andrographis Complex
Berberine Active
Black Cumin Seed Forte
Coleus Forte
DiGest Forte
Golden Seal 500 mg
Gut Flora Complex
HiPep
Myrrh Forte
Turmeric Forte

Phytosynergist® Liquids
DiGest Phytosynergist®

Liquid Extracts
Black Walnut Hulls 1:10
Ginger 1:2
Golden Seal 1:3 (QA)†
Licorice High Grade (QA)†
Marshmallow Root 1:5 Glycetract
Oregon Grape 1:2
General Support - Stress

Tablets and Capsules
Primary:
- Adrenal Complex
- Ashwagandha Complex
- Ashwagandha Forte
- Bacopa Complex
- Ginkgo Forte
- Gotu Kola Complex
- Kava Forte
- Nervagesic
- Nevaton Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- St John's Wort 1.8g
- Valerian Complex
Secondary:
- Astragalus Complex
- Eleuthero
- FemCo
- HerbaVital
- HiPep
- LivCo
- Thyroid Complex
- TriBulus

Phytosynergist® Liquids
Capsella Complex Phytosynergist®
Fe-Max Iron Tonic Phytosynergist®

Liquid Extracts
- Astragalus 1:2
- California Poppy 1:2
- Chamomile 1:2
- Damiana 1:2
- Eleuthero 1:2 (Standardized)
- Ginkgo 2:1 (Standardized)
- Gotu Kola 1:1 (Standardized)
- Korean Ginseng 1:2 (Standardized)
- Licorice 1:1
- Licorice High Grade (QA)†
- Motherwort 1:2
- Schisandra 1:2
- Skullcap 1:2
- St John's Wort 1:2 (QA)†
- St John's Wort High Grade 1:2 (QA)†
- Valerian 1:2

Liver Function
Tablets and Capsules
- Andrographis Complex
- Berberine Active
- Black Cumin Seed Forte
- Burdock Complex
- ChelaCo
- Colax
- DermaCo
- DiGest Forte
- FemCo
- Golden Seal 500mg
- HerbaVital
- LivCo®
- Livton® Complex
- Metabol Complex
- Milk Thistle Forte
- Nevaton® Forte
- Rhodiola & Schisandra
- Turmeric Forte
- Vitanox®

Phytosynergist® Liquids
- DiGest Phytosynergist®
- Fe-Max Iron Tonic Phytosynergist®

Liquid Extracts
- Bupleurum 1:2
- Burdock 1:2
- Dandelion Root 1:2
- Globe Artichoke 1:2
- Golden Seal 1:3 (QA)†
- Milk Thistle 1:1
- Oregon Grape 1:2
- Schisandra 1:2
- Turmeric 1:1

Lymphatic Function
Tablets and Capsules
- DermaCo
- Echinacea Premium

Liquid Extracts
- Calendula 1:2
- Cleavers 1:2
- Echinacea Premium 1:2 (QA)†
- Poke Root 1:5

Male Health
Tablets and Capsules
Primary:
- ProstaCo
- Tribulus

Liquid Extracts
- Damiana 1:2
- Horsetail 1:2
- Korean Ginseng 1:2 (Standardized)

Immune System Function
Tablets and Capsules
Primary:
- AllergCo

Andrographis Complex
- Astragalus Complex
- Broncafext
- Burdock Complex
- Cat's Claw Forte
- Echinacea Premium
- Eleuthero
- Ganoderma & Shilajite
- Garlic Forte
- Golden Seal 500mg
- Gut Flora Complex
- Sinus Forte
- ViraNon

Secondary:
- Adrenal Complex
- Ashwagandha Complex
- Ashwagandha Forte
- Berberine Active
- ChelaCo
- DiGest Forte
- Evening Primrose Oil
- HerbaVital
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- Thyroid Complex

Phytosynergist® Liquids
- Broncafext Phytosynergist®
- DiGest Phytosynergist®
- Herbal Throat Spray Phytosynergist®
- UriCo Phytosynergist®

Liquid Extracts
- Astragalus 1:2
- Burdock 1:2
- Echinacea Premium 1:2 (QA)†
- Eleuthero 1:2 (Standardized)
- Korean Ginseng 1:2 (Standardized)
- Poke Root 1:5
- St John's Wort 1:2 (QA)†
- St John's Wort High Grade 1:2 (QA)†

Kidney Function
Tablets and Capsules
- Boswellia Complex
- Cranberry Complex
- DermaCo
- Vascular Care Complex

Liquid Extracts
- Astragalus 1:2
- Celery Seed 1:2 (QA)†
- Cleavers 1:2
- Golden Seal 1:3 (QA)†
- Horsetail 1:2
- Nettle Leaf 1:2
- Schisandra 1:2
Nettle Root 1:2
Saw Palmetto 1:2

Menopause

Tablets and Capsules
Primary:
Bone Complex
HerbaVital
Tribulus
Valerian Complex
Wild Yam Complex
Secondary:
Ashwagandha Complex
Chaste Tree
Evening Primrose Oil
Hawthorn
Nevaton® Forte
Rhodiola & Ginseng Complex
Rhodiola & Schisandra

Phytosynergist® Liquids
Fe-Max Iron Tonic Phytosynergist®

Liquid Extracts
Ashwagandha 1:1 (Standardized)
Black Cohosh 1:2 (QA)†
Chaste Tree 1:2
Damiana 1:2
Dong Quai 1:2
Ginger 1:2
Ginkgo 2:1 (Standardized)
Motherwort 1:2
Skullcap 1:2
White Peony 1:2
Wild Yam 1:2 (QA)†

Metabolism

Tablets and Capsules
Primary:
Ashwagandha Complex
Ashwagandha Forte
Bacopa Complex
Ginkgo Forte
Kava Forte
Nervagentic
Nevaton® Forte
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
St John’s Wort (Standardized)
Valerian Complex
Secondary:
Astragalus Complex
Eleuthero
FemCo
Gotu Kola Complex
LivCo®
Thyroid Complex

Liquid Extracts
Ashwagandha 1:1 (Standardized)
Astragalus 1:2
Bacopa 1:2
California Poppy 1:2
Chamomile 1:2
Damiana 1:2
Eleuthero 1:2 (Standardized)
Ginkgo 2:1 (Standardized)
Gotu Kola 1:1 (Standardized)
Korean Ginseng 1:2 (Standardized)
Motherwort 1:2
Schisandra 1:2
Skullcap 1:2
St John’s Wort 1:2 (QA)†
St John’s Wort High Grade 1:2 (QA)†
Valerian 1:2

Muscle Function

Tablets and Capsules
Primary:
Bone Complex
Cramplex
Cramplex
Kava Forte
Nervagentic
Saligasic
Secondary:
FemCo
Valerian Complex
Wild Yam Complex

Liquid Extracts
Black Cohosh 1:2 (QA)†
California Poppy 1:2
Ginger 1:2
Wild Yam 1:2 (QA)†

Musculoskeletal Function

Tablets and Capsules
Primary:
Bone Complex
Boswellia Complex
Cat’s Claw Forte
Cramplex
Kava Forte
Nervagentic
Saligasic
Turmeric Forte
Secondary:
Ashwagandha Complex
Evening Primrose Oil
Rehmannia Complex

Liquid Extracts
Black Cohosh 1:2 (QA)†
California Poppy 1:2
Celery Seed 1:2 (QA)†
Ginger 1:2

Nervous System Function

Tablets and Capsules
Primary:
Ashwagandha Complex
Ashwagandha Forte
Bacopa Complex
Ginkgo Forte
Kava Forte
Nervagentic
Nevaton® Forte
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
St John’s Wort 1.8g
Valerian Complex
Secondary:
Astragalus Complex
Eleuthero
FemCo
Gotu Kola Complex
LivCo®
Thyroid Complex

Liquid Extracts
Ashwagandha 1:1 (Standardized)
Astragalus 1:2
Bacopa 1:2
California Poppy 1:2
Chamomile 1:2
Damiana 1:2
Eleuthero 1:2 (Standardized)
Ginkgo 2:1 (Standardized)
Gotu Kola 1:1 (Standardized)
Korean Ginseng 1:2 (Standardized)
Motherwort 1:2
Schisandra 1:2
Skullcap 1:2
St John’s Wort 1:2 (QA)†
St John’s Wort High Grade 1:2 (QA)†
Valerian 1:2

Premenstrual Support

Tablets and Capsules
Primary:
Chaste Tree
Cramplex
FemCo
Nevaton® Forte
Secondary:
Bacopa Complex
Nervagentic
Rhodiola & Ginseng Complex
Rhodiola & Schisandra
Vascular Care Complex
**Liquid Extracts**

- Black Cohosh 1:2 (QA)
- Chaste Tree 1:2
- Dong Quai 1:2
- Ginkgo 2:1 (Standardized)
- Schisandra 1:2
- Turmeric 1:1
- White Peony 1:2

**Respiratory Function - Lower**

**Tablets and Capsules**

- Adrenal Complex
- AllergCo
- Coleus Forte
- PulmaCo
- ResCo®

**Phytosynergist® Liquids**

- Broncafect Phytosynergist®
- ResCo Phytosynergist®

**Liquid Extracts**

- Bupleurum 1:2
- Coleus 1:1 (QA)
- Licorice High Grade (QA)
- Marshmallow Root 1:5 Glycetract
- Red Clover 1:2

**Respiratory Function - Upper**

**Tablets and Capsules**

- AllergCo
- Andrographis Complex
- Astragalus Complex
- Broncafect®
- Echinacea Premium
- Golden Seal 500mg
- Myrrh Forte
- Sinus Forte
- Vironan

**Phytosynergist® Liquids**

- Broncafect Phytosynergist®
- Herbal Throat Spray Phytosynergist®

**Liquid Extracts**

- Alibizia 1:2
- Astragalus 1:2
- Echinacea Premium 1:2
- Eyebright 1:2
- Golden Seal 1:3 (QA)
- Poke Root 1:5
- Red Clover 1:2
- Sage 1:2
- Schisandra 1:2

**Skin Function**

**Tablets and Capsules**

**Primary:**

- AllergCo
- Andrographis Complex
- Cat’s Claw Forte
- Chaste Tree
- Coleus Forte
- DermaCo
- Gotu Kola Complex
- Rehmannia Complex

**Secondary:**

- Burdock Complex
- Evening Primrose Oil
- FemCo
- LivCo®
- Livton® Complex
- Milk Thistle Forte

**Liquid Extracts**

- Alibizia 1:2
- Burdock 1:2
- Calendula 1:2
- Cleavers 1:2
- Coleus 1:1 (QA)
- Dandelion Root 1:2
- Gotu Kola 1:1 (Standardized)
- Horsetail 1:2
- Milk Thistle 1:1
- Nettle Leaf 1:2
- Oregon Grape 1:2
- Poke Root 1:5
- Red Clover 1:2
- Schisandra 1:2

**Sleep and Relaxation**

**Tablets and Capsules**

- Adrenal Complex
- Ashwagandha Complex
- Ashwagandha Forte
- Chaste Tree
- Kava Forte
- Nervagenic
- Nevanon® Forte
- Rhodiola & Ginseng Complex
- Rhodiola & Schisandra
- Valerian Complex

**Phytosynergist® Liquids**

- Adrenal Tonic Phytosynergist®

**Liquid Extracts**

- California Poppy 1:2
- Chamomile 1:2
- Chaste Tree 1:2
- Skullcap 1:2
- St John’s Wort 1:2 (QA)
- Valerian 1:2

**Tissue Support**

**Tablets and Capsules**

- Bilberry Forte
- Bone Complex
- Vitanox®

**Liquid Extracts**

- Calendula 1:2
- Gotu Kola 1:1 (Standardized)
- Hawthorn Leaves 1:2
- Horsetail 1:2

**Urinary System Function**

**Tablets and Capsules**

**Primary:**

- Andrographis Complex
- Boswellia Complex
- Cramplex
- Cranberry Complex
- Echinacea Premium
- ProstaCo

**Phytosynergist® Liquids**

- UriCo Phytosynergist®

**Liquid Extracts**

- Celery Seed 1:2 (QA)
- Cleavers 1:2
- Horsetail 1:2
- Licorice High Grade (QA)
- Marshmallow Root 1:5 Glycetract
- Nettle Leaf 1:2
- Nettle Root 1:2
- Saw Palmetto 1:2

**Water Balance**

**Tablets and Capsules**

- Boswellia Complex
- Cranberry Complex
- Vascular Care Complex

**Liquid Extracts**

- Celery Seed 1:2 (QA)
- Cleavers 1:2
- Globe Artichoke 1:2
- Horsetail 1:2
- Nettle Leaf 1:2
- Nettle Root 1:2
- Saw Palmetto 1:2

†(QA) = Quantified Activity Extract. For more information regarding Quantified Activity, please see page 150
INDEX OF COMPONENT HERBS

The Index of Component Herbs lists all herbs used in MediHerb® products in the following order: liquid extracts, single herb tablets, complex tablets or capsules and Phytosynergist® liquids.

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<td>Thyroid Complex tablets</td>
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<td></td>
<td>Fe-Max Iron Tonic Phytosynergist®</td>
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<td>Wormwood</td>
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Schisandra

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Sedum roseum (Rhodiola)

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Sarsaparilla

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Thuja

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Tribulus

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Nettle

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Valerian

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<td>Baical Skullcap (Chinese Skullcap)</td>
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<td>Bearberry (Uva Ursi)</td>
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<td>Bilberry</td>
<td>Vaccinium myrtillus</td>
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<td>Bitter Melon</td>
<td>Momordica charantia</td>
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<td>Black Cohosh</td>
<td>Actaea racemosa</td>
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<tr>
<td>Black Cumin</td>
<td>Nigella sativa</td>
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<td>Black Walnut</td>
<td>Juglans nigra</td>
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<td>Bladderwrack</td>
<td>Fucus vesiculosus</td>
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<td>Boswellia serrata</td>
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<td>Buchu</td>
<td>Agathosma betulina</td>
</tr>
<tr>
<td>Bugleweed</td>
<td>Lycopus spp.</td>
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<tr>
<td>Bupleurum</td>
<td>Bupleurum falcatum</td>
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<td>Burdock</td>
<td>Arctium lappa</td>
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<tr>
<td>Butcher’s Broom</td>
<td>Ruscus aculeatus</td>
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<td>Calendula</td>
<td>Calendula officinalis</td>
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<td>California Poppy</td>
<td>Eschscholzia californica</td>
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<td>Frangula purshiana</td>
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<td>Capsicum annuum</td>
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<tr>
<td>Celery Seed</td>
<td>Apium graveolens</td>
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<td>Chamomile</td>
<td>Matricaria recutita</td>
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<tr>
<td>Chaste Tree</td>
<td>Vitex agnus-castus</td>
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<tr>
<td>Chen Pi (Tangerine)</td>
<td>Citrus reticulata</td>
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<tr>
<td>Chinese Skullcap (Baical Skullcap)</td>
<td>Scutellaria baicalensis</td>
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<tr>
<td>Cinnamon</td>
<td>Cinnamomum verum</td>
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<tr>
<td>Cramp Bark</td>
<td>Viburnum opulus</td>
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<td>Cranberry</td>
<td>Vaccinium macrocarpon</td>
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<td>Crataeva</td>
<td>Crataeva nurvala</td>
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<td>Damiana</td>
<td>Turnera diffusa</td>
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<td>Dandelion</td>
<td>Taraxacum officinale</td>
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<td>Dill Seed</td>
<td>Anethum graveolens</td>
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<td>Dong Quai</td>
<td>Angelica polymorpha (Angelica sinensis)</td>
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<td>Echinacea angustifolia, Echinacea purpurea</td>
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<td>Elecampane</td>
<td>Inula helenium</td>
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<td>Eleuthero</td>
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<td>Epimedium sagittatum</td>
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<td>Euphrobia</td>
<td>Euprasia officinalis</td>
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<td>False Unicorn</td>
<td>Chamaelirium luteum</td>
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<td>Fennel</td>
<td>Foeniculum vulgare</td>
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<tr>
<td>Fenugreek</td>
<td>Trigonella foenum-graecum</td>
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<tr>
<td>Feverfew</td>
<td>Tanacetum parthenium</td>
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<tr>
<td>Fringe Tree</td>
<td>Chionanthus virginica</td>
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<td>Ganoderma (Reishi)</td>
<td>Ganoderma lucidum</td>
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<td>Garlic</td>
<td>Allium sativum</td>
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<td>Centiana lutea</td>
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<td>Ginger</td>
<td>Zingiber officinale</td>
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<td>Solidago virgaurea</td>
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<td>Gymnema sylvester</td>
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<td>Crataegus monogyna</td>
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<td>Holy Basil</td>
<td>Ocimum tenuiflorum</td>
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<tr>
<td>Horsechestnut</td>
<td>Aesculus hippocastanum</td>
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<tr>
<td>Horsetail</td>
<td>Equisetum arvense</td>
</tr>
<tr>
<td>Jamaican Dogwood</td>
<td>Piscidia piscipula</td>
</tr>
</tbody>
</table>
**Tablet Excipients**

MediHerb® uses a range of pharmaceutical grade excipients in the manufacture of its tablet range. These excipients are carefully chosen using experience gained from over 15 years of manufacturing herbal tablets and are necessary to aid the manufacturing process, stability, disintegration and to allow ease of swallowing. MediHerb® aims to achieve maximum clinical efficacy in the lowest daily dosage, hence our tablets contain high levels of herbs and very low levels of excipients. Most commonly used excipients are:

**Calcium Hydrogen Phosphate**
Calcium hydrogen phosphate is the binder or filler which actually holds the tablet together and allows it to be compressed to form a tablet. It also assists in formulation flow and resists the uptake of moisture, thus reducing the risk of poor stability.

**Cellulose**
Microcrystalline cellulose acts with dibasic calcium phosphate dihydrate as the binder that holds the tablet together. It also works to assist with tablet disintegration.

**Silicon Dioxide**
Silicon Dioxide is used as a glidant to assist with the flow properties of the tablet powder as it travels through the tablet machine. Good flow characteristics are crucial to the manufacture of tablets with consistent weight and active content. Silicon Dioxide is also used to increase the hardness of the tablets to ensure they are robust enough to handle coating, packaging and transport.

**Sodium Starch Glycolate**
Due to the high proportion of herb used in the MediHerb® tablets, an aid to disintegration is required to ensure that the tablets disintegrate in less than 30 minutes. Sodium starch glycolate from potato performs this function best for the high potency tablets manufactured by MediHerb®.

**Crocarmellose Sodium**
Crocarmellose sodium is also used as a disintegrant and is sometimes combined with sodium starch glycolate. Aiding disintegration ensures that a tablet will dissolve and release the active ingredient, to promote uptake in the intestinal tract.

**Magnesium Stearete – Vegetable Origin**
Most tablets need some form of lubrication to assist in the removal of the tablet from the tableting machine die. Magnesium stearate of vegetable origin is the most effective ingredient for this purpose.

**Hypromellose (Cellulose Derivative)**
Hypromellose is used as a film coating agent on most MediHerb® tablets. It is applied as a thin inert layer and has four important actions:
1. The thin layer makes the tablet much more resistant to dust formation in the packaging.
2. When the tablet surface gets wet in the mouth a lubricant, mucilagenous layer is formed on the tablet which facilitates swallowing.
3. The inert layer acts to hide any unpleasant odors or tastes that are found in many herbal tablets.
4. It aids in enhancing the stability of the product by forming a barrier to the external environment.

**Enteric Coating**
Some MediHerb® tablets and capsules have a specialized enteric coating which makes them acid resistant. This is important for some herbs which can cause gastric discomfort and for herbs that have actives which are damaged by stomach acid. Enterically coated tablets and capsules pass through the highly acidic environment of the stomach safely, then dissolve once they reach the pH neutral environment of the small intestine.

**Solubility Test:** Enterically coated tablets and capsules must be stable for 2 hours in dilute hydrochloric acid and then dissolve within 1 hour when placed in pH 7 buffer.

**Maltodextrin**
Maltodextrin is usually used as a carrier substance in the manufacture of herbal extracts used in tablets.
Potential Herb-Drug Interactions for Commonly Used Herbs*

**How to Read the Chart**

The chart is read from left to right. The information in the Basis of Concern column provides the evidence for the information in the Potential Interaction column. For example, clinical studies found that administration of St John’s wort resulted in decreased levels of cancer chemotherapeutic drugs. (Italicized words represent the information in the Herb-Drug Interaction chart below.)

More details may be provided in the Basis of Concern column. For example, in a clinical study with healthy volunteers administration of St John’s wort resulted in increased clearance of the hypoglycemic drug gliclazide, and so may reduce the drug’s efficacy, however, glucose and insulin response to glucose loading were unchanged.

A recommended action is suggested on a risk assessment of the information in the Basis of Concern. In these examples:
- It is recommended that St John’s wort is contraindicated in patients taking cancer chemotherapeutic drugs.
- In the case of gliclazide, because the trial found little effect on a clinically-relevant outcome, the potential interaction is considered low risk and a caution is recommended: the patient should be monitored, through the normal process of repeat consultations.

For more information on the methods used to assess the herb-drug interaction research (and why some research is not included), how the risk of interaction is assessed, with worked examples from the chart, go to [www.mediherb.com](http://www.mediherb.com) and view the Herb-Drug Interaction Chart under ‘Resources’.

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**Health care professionals please note:** when a patient presents using any of the drugs listed below and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.

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<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
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</thead>
<tbody>
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<td><strong>Bilberry</strong> <em>Vaccinium myrtillus</em></td>
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<tr>
<td>Warfarin</td>
<td>Potentiation of bleeding</td>
<td>Herb Alone: Antplatelet activity observed in healthy volunteers (173 mg/day of bilberry anthocyanins). Case report of postoperative bleeding (bilberry extract undefined).</td>
<td>Monitor at high doses (&gt; 100 mg/day anthocyanins, low level of risk).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Herb or Constituent and Drug: Uncontrolled trial (600 mg/day of bilberry anthocyanins + 30 mg/day of vitamin C for 2 months then reduced maintenance dose) of 9 patients taking anticoagulant drugs – treatment reduced retinal hemorrhages without impairing coagulation.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Case report (patient reported to consume “large amounts of bilberry fruits every day for five years”).</td>
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</tr>
<tr>
<td><strong>Black Cohosh</strong> <em>Actaea racemosa (Cimicifuga racemosa)</em></td>
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</tr>
<tr>
<td>Statin drugs eg atorvastatin</td>
<td>May potentiate increase in liver enzymes, specifically ALT.</td>
<td>Case report.</td>
<td>Monitor (low level of risk).</td>
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</tr>
<tr>
<td><strong>Bladderwrack</strong> <em>Fucus vesiculosus</em></td>
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</tr>
<tr>
<td>Hyperthyroid medication eg carbimazole</td>
<td>May decrease effectiveness of drug due to natural iodine content.</td>
<td>Theoretical concern, no cases reported.</td>
<td>Contraindicated unless under close supervision.</td>
</tr>
<tr>
<td>Thyroid replacement therapies eg thyroxine</td>
<td>May add to effect of drug.</td>
<td>Theoretical concern linked to a case report where “kelp” caused hyperthyroidism in a person not taking thyroxine.</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td><strong>Bugleweed</strong> <em>Lycopus virginicus, Lycopus europaeus</em></td>
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<tr>
<td>Thyroid hormones</td>
<td>Should not be administered concurrently with preparations containing thyroid hormone.</td>
<td>Theoretical concern based on deliberations of German Commission E.</td>
<td>Contraindicated.</td>
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<tr>
<td><strong>Cat’s Claw</strong> <em>Uncaria tomentosa</em></td>
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<tr>
<td>HIV protease inhibitors</td>
<td>May increase drug level.</td>
<td>Case report, in a patient with cirrhosis being evaluated for a liver transplant.</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td><strong>Cayenne (Chili Pepper)</strong> <em>Capsicum spp.</em> (See also Polyphenol-containing herbs)</td>
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<tr>
<td>Theophylline</td>
<td>May increase absorption and drug level.</td>
<td>Clinical study (healthy volunteers, chili-spiced meal). Absorption and drug level lower than during fasting.</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td><strong>Celery Seed</strong> <em>Apium graveolens</em></td>
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<tr>
<td>Thyroxine</td>
<td>May reduce serum levels of thyroxine.</td>
<td>Case reports.</td>
<td>Monitor (very low level of risk).</td>
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<tr>
<td><strong>Chinese Skullcap</strong> <em>Scutellaria baicalensis</em></td>
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<tr>
<td>Losartan</td>
<td>May increase drug levels.</td>
<td>Clinical trial with healthy volunteers (water-based extract, dried herb equivalent: 12 g/day).</td>
<td>Monitor (low level of risk at typical doses).</td>
</tr>
<tr>
<td>Rosuvastatin</td>
<td>May decrease drug levels.</td>
<td>Clinical study with healthy volunteers using 150 mg/day of isolated constituent (baicalin).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Drug</td>
<td>Potential Interaction</td>
<td>Basis of Concern</td>
<td>Recommended Action</td>
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<td><strong>Coles <em>Coleus forskohlii</em></strong></td>
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<tr>
<td>Hypotensive medication</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern based on ability of high doses of forskolin and standardized Coleus extract to lower blood pressure in normotensive and hypertensive animals. Clinical data from weight management trials: no effect on blood pressure in three trials, trend toward lower blood pressure in one small study. No experimental or clinical studies conducted with hypotensive medication.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Prescribed medication</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern based on ability of forskolin to activate increased intracellular cyclic AMP <em>in vitro</em>.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Cranberry <em>Vaccinium macrocarpon</em></strong></td>
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<tr>
<td>Midazolam</td>
<td>May increase drug levels.</td>
<td>Clinical trials with healthy volunteers: effect on drug levels conflicting – increased (double-strength juice, 240 mL tds, defined as a weak interaction) and no effect (cranberry juice, 200 mL tds).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Simvastatin</td>
<td>May increase side effects of drug.</td>
<td>Case report (355-473 mL/day cranberry juice drink (7% juice), rated as ‘possible’ interaction).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Warfarin</td>
<td>May alter INR (most frequently increases).</td>
<td>Case reports (where reported the dosage was often high: up to 2000 mL/day, juice strength undefined; 1.5-2 quarts (1420-1895 mL)/day of cranberry juice cocktail, 113 g/day, cranberry sauce). Clinical trials: no significant effect found in atrial fibrillation patients (250 mL/day cranberry juice cocktail), in patients on warfarin for a variety of indications (8 oz (236 mL)/day cranberry juice cocktail), but increase observed in healthy volunteers (juice concentrate equivalent to 57 g of dry fruit/day). No alteration of prothrombin time in patients on stable warfarin therapy (480 mL/day cranberry juice cocktail). Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay. Data from weight management trials: no effect on plasma concentration. More recent clinical trials: no significant effect found in atrial fibrillation patients (480 mL/day cranberry juice, 200 mL tds).</td>
<td>Monitor (low level of risk at typical doses).</td>
</tr>
<tr>
<td><strong>Dong Quai <em>Angelica sinensis, Angelica polymorpha</em></strong></td>
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<tr>
<td>Warfarin</td>
<td>May potentiate effect of drug.</td>
<td>Case reports: increased INR and PT; increased INR and widespread bruising.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Echinacea <em>Echinacea angustifolia, Echinacea purpurea</em></strong></td>
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<tr>
<td>Antiretroviral drugs</td>
<td>HIV non-nucleoside transcriptase inhibitors eg etravirine: May alter drug levels.</td>
<td>Clinical trial (E. purpurea root, HIV-infected patients): no effect overall, but large interindividual variability occurred (from near 25% decreases to up to 50% increases in drug concentrations). All maintained an undetectable viral load.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>HIV protease inhibitors eg darunavir: May decrease drug levels.</td>
<td>Clinical trial (E. purpurea root, HIV-infected patients): no effect overall, but some patients showed a decrease by as much as 40%. All maintained an undetectable viral load. (Patients were also taking a low dose of ritonavir).</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td>Immunossuppressant medication</td>
<td>May decrease effectiveness of drug.</td>
<td>Theoretical concern based on immune-enhancing activity of Echinacea. No cases reported.</td>
<td>Contraindicated.</td>
</tr>
<tr>
<td>Midazolam</td>
<td>Decreases drug levels when drug administered intravenously.</td>
<td>Clinical study (E. purpurea root, 1.6 g/day).</td>
<td>Monitor (medium level of risk) when drug administered intravenously.</td>
</tr>
<tr>
<td><strong>Elethero (Siberian Ginseng) <em>Eleutherococcus senticosus</em></strong></td>
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<tr>
<td>Digoxin</td>
<td>May increase plasma drug levels.</td>
<td>Case report: apparent increase in plasma level, but herb probably interfered with digoxin assay. Patient had unchanged ECG despite apparent digoxin concentration of 5.2 nmol/L. In a later clinical trial no effect observed on plasma concentration.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td><strong>Evening Primrose Oil <em>Oenothera biennis</em></strong></td>
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<tr>
<td>Phenothiazines</td>
<td>May decrease effectiveness of drug.</td>
<td>Reports of worsening epilepsy in schizophrenics. No causal association demonstrated and no effect observed in later trials.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Drug</td>
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<tr>
<td><strong>Garlic Allium sativum (See also Hypoglycemic herbs)</strong></td>
<td><strong>Antiplatlet and anticoagulant drugs</strong></td>
<td>Concern may be overstated, as antplatelet/anticoagulant drugs are often coadministered eg aspirin and warfarin.</td>
<td>Monitor at doses equivalent to ≥ 3 g/day fresh garlic (low level of risk). Stop taking at least one week before surgery.</td>
</tr>
<tr>
<td>Aspirin, May increase bleeding time.</td>
<td>Case reports of increased bleeding tendency with high garlic intake: in three of the four cases the bleeding occurred after surgery. Milk thistle: May potentiate effect of garlic.</td>
<td>Concern based on antplatelet activity and potential to inhibit thromboxane synthetase.</td>
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<tr>
<td><strong>HIV protease inhibitors</strong></td>
<td>Decreases drug level. Saquinavir: Two clinical studies (garlic extract, standardized for allcin content) with healthy volunteers – large variability (in one study decrease (15%) was not significant).</td>
<td>Herb Alone: Case report (dosage undefined): increased INR.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td><strong>Ginger Zingiber officinale</strong></td>
<td>Antacids: May decrease effectiveness of drug. Theoretical concern since ginger increases gastric secretory activity in vivo (animals).</td>
<td>Herb Alone: Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger). Monophasic decrease (15%) was not significant.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td><strong>Antiplatlet and anticoagulant drugs</strong></td>
<td>Phenprocoumon: May increase effectiveness of drug.</td>
<td>Case report (dosage undefined): increased INR.</td>
<td>Monitor at doses equivalent to &lt; 4 g/day dried ginger (very low level of risk). Contraindicated unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</td>
</tr>
<tr>
<td>Phenprocoumon</td>
<td>Herb Alone: Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger).</td>
<td>Herb and Drug Case report: bleeding (ginger dosage undefined).</td>
<td>Monitor at doses equivalent to &lt; 4 g/day dried ginger (very low level of risk). Contraindicated unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</td>
</tr>
<tr>
<td>Warfarin: Increased risk of spontaneous bleeding.</td>
<td>Herb Alone: Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger).</td>
<td>Herb and Drug Case report: bleeding (ginger dosage undefined).</td>
<td>Monitor at doses equivalent to &lt; 4 g/day dried ginger (very low level of risk). Contraindicated unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</td>
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<tr>
<td>Phenytoin</td>
<td>Herb Alone: Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger).</td>
<td>Herb and Drug Case report: bleeding (ginger dosage undefined).</td>
<td>Monitor at doses equivalent to &lt; 4 g/day dried ginger (very low level of risk). Contraindicated unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</td>
</tr>
<tr>
<td>Nifluparine</td>
<td>Herb Alone: Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger).</td>
<td>Herb and Drug Case report: bleeding (ginger dosage undefined).</td>
<td>Monitor at doses equivalent to &lt; 4 g/day dried ginger (very low level of risk). Contraindicated unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</td>
</tr>
<tr>
<td>Nifedipine</td>
<td>Herb Alone: Clinical studies: inhibition of platelet aggregation (5 g, divided single dose, dried ginger).</td>
<td>Herb and Drug Case report: bleeding (ginger dosage undefined).</td>
<td>Monitor at doses equivalent to &lt; 4 g/day dried ginger (very low level of risk). Contraindicated unless under close supervision at doses equivalent to &gt; 4 g/day dried ginger.</td>
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<tr>
<td>Ginkgo® Ginkgo biloba</td>
<td>Anticonvulsant medication eg carbamazepine, sodium valproate</td>
<td>May decrease the effectiveness of drug.</td>
<td>Monitor (medium level of risk). Increasing the intake of vitamin B6 may be advisable for patients taking anticonvulsants.</td>
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<td>Ginkgo® Ginkgo biloba</td>
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<tr>
<td><strong>Ginkgo</strong>&lt;sup&gt;®&lt;/sup&gt; <em>Ginkgo biloba</em></td>
<td><strong>Antithrombotic and anticoagulant drugs</strong>&lt;sup&gt;1&lt;/sup&gt;</td>
<td>Prolongation of bleeding and/or increased bleeding tendency. Concern based on antiplatelet activity. Bleeding events associated with Ginkgo alone or in combination with these other drugs have been reported but a causal relationship was not established conclusively. Although a retrospective population-based study found risk of hemorrhage was associated with elderly patients (65 years or older) who were taking Ginkgo alone.</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td><strong>Herb Alone</strong>&lt;sup&gt;2&lt;/sup&gt;</td>
<td>Rare case reports of bleeding. Meta-analysis of randomized, placebo-controlled trials (healthy volunteers and patients): results indicate standardized Ginkgo extract does not increase the risk of bleeding. Randomized, 5-year trial (elderly participants, Ginkgo 50:1 extract, 240 mg/day): no significant difference in incidence of hemorrhagic events.</td>
<td>See also note M.</td>
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<tr>
<td><strong>Herb and Drug</strong></td>
<td>Retrospective population-based study in Taiwan: the relative risk of hemorrhage associated with the use of Ginkgo extract combined with drugs (clopidogrel, cilostazol, ticlopidine, warfarin) was not significant. See also note M.</td>
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<tr>
<td><strong>Aspirin</strong>&lt;sup&gt;3&lt;/sup&gt;</td>
<td>Case reports (2, bleeding): one, extensive bruising after a fall – although possibly high Ginkgo dose (400 mg/day, undefined).&lt;sup&gt;4&lt;/sup&gt; Clinical studies: no additional effect on platelet function, platelet aggregation or bleeding time.&lt;sup&gt;5&lt;/sup&gt;&lt;sup&gt;6&lt;/sup&gt; Clopidogrel: Clinical studies with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – bleeding time prolonged; no change in platelet aggregation or clotting time, and no significant correlation between prolongation of bleeding time and inhibition of platelet aggregation.&lt;sup&gt;7&lt;/sup&gt; No effect on pharmacokinetics or bleeding time, the increase in platelet aggregation was not significant (Ginkgo extract (undefined): 160 mg/day).&lt;sup&gt;8&lt;/sup&gt; Clopidogrel: Case report (bruising and bleeding). Clinical study with healthy volunteers (Ginkgo extract (undefined): single dose 120 mg) – no effect on platelet aggregation, bleeding times.&lt;sup&gt;9&lt;/sup&gt; Ticlopidine: Case report (bleeding).&lt;sup&gt;10&lt;/sup&gt; Clinical studies: no significant additional effect on bleeding time or platelet aggregation (Ginkgo 50:1 extract: single dose 80 mg; healthy volunteers),&lt;sup&gt;11&lt;/sup&gt; and at the higher dose (120 mg/day) did not affect drug levels;&lt;sup&gt;12&lt;/sup&gt; increased inhibitory response of platelets to testing with two agonists (ie antiplatelet effect) for drug and herb compared with drug alone, although effect was small and statistical and clinical significance is unknown (Ginkgo extract (undefined): 160 mg/day; pilot study of patients who had an acute ischemic stroke or transient ischemic attack). Warfarin: Case report (bleeding).&lt;sup&gt;13&lt;/sup&gt; Clinical studies (healthy volunteers and patients): no additional effect on INR, platelet aggregation, coagulation parameters or plasma drug level.&lt;sup&gt;14&lt;/sup&gt;&lt;sup&gt;15&lt;/sup&gt;</td>
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<tr>
<td><strong>Antipsychotic medication</strong>&lt;sup&gt;16&lt;/sup&gt;</td>
<td>May potentiate the efficiency of drug in patients with schizophrenia. Randomized, controlled trials (Ginkgo 50:1 extract: 120–360 mg/day).&lt;sup&gt;17&lt;/sup&gt;&lt;sup&gt;18&lt;/sup&gt; May potentiate the efficiency of drug.</td>
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<td><strong>Antiretroviral drugs</strong>&lt;sup&gt;19&lt;/sup&gt;</td>
<td>HIV integrase inhibitors&lt;sup&gt;20&lt;/sup&gt; e.g. raltegravir: May alter drug level. HIV non-nucleoside transcriptase inhibitors&lt;sup&gt;21&lt;/sup&gt; e.g. efavirenz: May decrease drug levels.</td>
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<tr>
<td><strong>Atorvastatin</strong></td>
<td>See Statin drugs below.</td>
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<tr>
<td><strong>Benzodiazepines</strong>&lt;sup&gt;22&lt;/sup&gt;</td>
<td>May alter drug level.</td>
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<td>Alprazolam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day).&lt;sup&gt;23&lt;/sup&gt; Diazepam: Clinical trial in healthy volunteers found no effect (Ginkgo 50:1 extract: 240 mg/day).&lt;sup&gt;24&lt;/sup&gt; Midazolam: Clinical trials in healthy volunteers found conflicting results on drug levels: increased (defined as a weak interaction&lt;sup&gt;25&lt;/sup&gt;; Ginkgo 50:1 extract: 360 mg/day),&lt;sup&gt;26&lt;/sup&gt; decreased (Ginkgo 50:1 extract: 240 mg/day)&lt;sup&gt;27&lt;/sup&gt; and no effect (Ginkgo 50:1 extract: 240 mg/day).&lt;sup&gt;28&lt;/sup&gt;</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td><strong>Hypoglycemic drugs</strong>&lt;sup&gt;29&lt;/sup&gt;</td>
<td>Glipizide: May cause hypoglycemia. Observation from aborted trial: hypoglycemia occurred in volunteers with normal glucose tolerance within 60 minutes.&lt;sup&gt;30&lt;/sup&gt; Ginkgo 50:1 extract was administered as a single dose of 100 mg.&lt;sup&gt;31&lt;/sup&gt;</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td>Metformin: May enhance effectiveness of drug. Clinical trial: elimination half-life was increased at doses of metformin 850 mg, three times a day. Effect not significant at doses to 500 mg, twice a day: Ginkgo 50:1 extract was administered as a single dose of 120 mg.&lt;sup&gt;32&lt;/sup&gt;</td>
<td>Monitor at doses of metformin &gt; 1 g/day (medium level of risk). Reduce drug if necessary in conjunction with prescribing physician.</td>
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<tr>
<td>Pioglitazone: May increase drug level. Clinical trial with healthy volunteers (Ginkgo 50:1 extract: 120 mg/day).&lt;sup&gt;33&lt;/sup&gt;</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td>Tolbutamide: May decrease effectiveness of drug. Clinical trials with healthy volunteers: nonsignificant reduction in glucose-lowering effect of drug (Ginkgo 50:1 extract: 360 mg/day),&lt;sup&gt;34&lt;/sup&gt; pharmacokinetics not altered (Ginkgo 50:1 extract: 240 and 360 mg/day).&lt;sup&gt;35&lt;/sup&gt;&lt;sup&gt;36&lt;/sup&gt;</td>
<td>Monitor (low level of risk).</td>
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<tr>
<td><strong>Immunosuppressives</strong></td>
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<tr>
<td>Nifedipine</td>
<td>May increase drug levels or side effects.</td>
<td>Clinical studies: mixed results found for mean plasma drug level – increase (120 mg/day)(^{112}) and no effect (240 mg/day).(^{112}) However, at the higher dose, maximal plasma drug level and heart rate was increased with adverse drug reactions for participants with highest plasma drug levels (headache, dizziness, hot flashes).(^{114})</td>
<td>Monitor at doses &lt; 240 mg/day (medium level of risk). Contraindicated for higher doses.</td>
</tr>
<tr>
<td>Omeprazole</td>
<td>May decrease drug levels.</td>
<td>Clinical trials with healthy volunteers found conflicting results on drug levels: decreased (Ginkgo 50:1 extract: 280 mg/day)(^{110}) and no effect (Ginkgo 50:1 extract: 240 mg/day).(^{110})</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Statin drugs</td>
<td>May decrease drug levels.</td>
<td>Atenolol: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 360 mg/day). No pharmacodynamic effect was observed.(^{116}) Simvastatin: Clinical study with healthy volunteers (Ginkgo 50:1 extract: 240 mg/day) – drug levels decreased, but active metabolite drug levels not affected. Pharmacodynamics (cholesterol lowering) of the drug not significantly affected, although trend towards lowering of LDL-cholesterol efficacy observed.(^{117})</td>
<td>Monitor (low level of risk).</td>
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<td>Sunitinib</td>
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<tr>
<td>Midazolam</td>
<td>May increase drug levels.</td>
<td>Clinical trial (defined as a weak interaction)?(^{124})</td>
<td>Monitor (low level of risk).</td>
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</table>

**Golden Seal** *Hydrastis canadensis*

| Drugs which displace the protein binding of bilirubin | May potentiate effect of drug on displacing bilirubin. | Herb Alone Theoretical concern based on *in vitro* data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding).\(^{116}\) | Monitor (low level of risk). |

**Green Tea** *Camellia sinensis* (See also Polyphenol-containing herbs and Tannin-containing herbs)

| Boronic acid-based protease inhibitors eg bortezomb | May decrease efficacy of drug | Theoretical concern based on initial *in vitro* data and in *in vivo* animal study (green tea constituent: EGCG reduced tumor cell death induced by drug).\(^{117}\) However, a further *in vivo* animal study found EGCG was not antagonistic to the activity of the drug.\(^{117}\) See *text P*. | Contraindicated at high doses (around 600 mg/day EGCG or 1 g/day green tea catechins).\(^{117}\) More information required for doses below this level. |
| Folate                                                     | May decrease absorption.      | Clinical study with healthy volunteers (1 mg, single dose, green tea powder containing 60 mg catechins). Blood pressure and electrocardiogram were unchanged.\(^{146}\) | If taken simultaneously, may need to *increase* dose of folate. The effect may be relatively small – more information is required. |
| Immunosuppressives                                         | May increase drug levels.     | Case report (patient was a CYP3A4 poor metabolizer).\(^{134}\) | Monitor (medium level of risk). |
| Sildenafil                                                  | May increase bioavailability of drug | Clinical study with healthy volunteers (2 g, single dose, green tea powder containing 60 mg catechins). Blood pressure and electrocardiogram were unchanged.\(^{146}\) | Monitor (low level of risk). |
| Statin drugs eg simvastatin                                | May increase plasma level and side effect of drug | One case reported of muscle pain (side effect). Pharmacokinetic evaluation indicated green tea (1 cup) increased the bioavailability of simvastatin in this patient.\(^{110}\) | Monitor (low level of risk). |
| Sunitinib                                                  | May reduce bioavailability of drug | Case report (effect appeared dose-dependent). Considering the pharmacokinetic data (interaction in mice), the authors recommended avoiding green tea intake or leaving an interval of 4 hours between beverage and drug intake.\(^{117}\) | Contraindicated, unless taken at least 4 hours apart. |
| Warfarin                                                   | May inhibit effect of drug: decreased INR | Case report (brewed green tea: 0.5–1 gallon/day).\(^{134}\) | Monitor (very low level of risk). |

**Hawthorn** *Crataegus monogyna, Crataegus laevigata (C. oxyacantha)* (See also Tannin-containing herbs)

| Digoxin                                                   | May increase effectiveness of drug | Clinical studies indicate a (beneficial) synergistic effect.\(^{155,156}\) Pharmacokinetics not affected in a clinical study (healthy volunteers).\(^{111}\) | Monitor (low level of risk). |
| Hypotensive drugs                                         | May increase effectiveness of drug | Controlled trials where drugs known to be taken by all or many heart disease patients: blood pressure decreased significantly (2 trials),\(^{152,153}\) decreased nonsignificantly (1 trial)\(^{134}\) and was unchanged (1 trial).\(^{115}\) Significant decrease in blood pressure observed in diabetics taking hypotensive drugs (1 trial).\(^{134}\) | Monitor (low level of risk). |

**Hypoglycemic herbs eg Gymnema sylvestre** (See also Ginkgo, Korean Ginseng, Milk Thistle, St John’s Wort)

| Hypoglycemic drugs including insulin                  | May potentiate hypoglycemic activity of drug | In uncontrolled trials, high dose, long-term administration of Gymnema extract (equivalent to 10-13 g/day dried leaf) reduced insulin and hypoglycemic drug requirements in diabetes.\(^{121,138}\) Several trials have found no effect for garlic on blood glucose in type 2 diabetes, although in a double-blind, placebo-controlled trial (using enteric-coated tablets), a reduction in the dosage of oral hypoglycemic drugs was required (these patients had fasting blood glucose above 8.0 mmol/L (144 mg/dL)).\(^{136}\) | Prescribe cautiously and monitor blood sugar regularly. Warn patient about possible hypoglycemic effects. Reduce Drug if necessary in conjunction with prescribing physician. |
| Kava, Piper methysticum                                  | Potential of drug effects. | Theoretical concern based on deliberations of German Commission E* and the anxiolytic activity of kava.\(^{117}\) Two apparent case reports (kava + benzodiazepines (alprazolam, flunitrazepam)).\(^{116,117}\) Clinical trials with healthy volunteers: no additional side effects observed for kava (extract containing 240 mg/day of kava lactones) + benzodiazepine (flunitrazepam).\(^{116,117}\) and kava (extract containing 210 mg/day of kava lactones) + alcohol.\(^{116,117}\) Clinical study with healthy volunteers: no effect on pharmacokinetic parameters of midazolam (extract provided 253 mg/day of kava lactones).\(^{123}\) | Monitor (low level of risk). |

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<td><strong>Kava Piper methysticum</strong></td>
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<tr>
<td>l-Dopa and other Parkinson’s disease treatments</td>
<td>Possible dopamine antagonist effects.</td>
<td>Case reports, although kava is unlikely to be responsible for central dopaminergic, although kava reduced parkinsonism induced by neuroleptic drugs (observational study, psychiatric patients).</td>
<td>Contraindicated unless under close supervision.</td>
</tr>
<tr>
<td>Korean Ginseng Panax ginseng</td>
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<tr>
<td>Antihypertensive medications including nifedipine</td>
<td>General: May decrease effectiveness of drug.</td>
<td>Theoretical concern since hypertension is a feature of GAS. Clinical significance unclear.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Cancer chemotherapeutic drugs eg imatinib</td>
<td>May potentiate adverse effect possibly by altered metabolism.</td>
<td>Case report (hepatotoxicity; probable causality).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>CNS stimulants</td>
<td>May potentiate effects of drug.</td>
<td>Case report (elevated liver enzymes; probable causality, dosage unknown).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>HIV integrase inhibitors eg raltegravir</td>
<td>May potentiate adverse effect possibly by altered metabolism.</td>
<td>Case report (elevated liver enzymes; probable causality, dosage unknown).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Hypoglycemic drugs including insulin</td>
<td>May potentiate hypoglycemic activity of drug.</td>
<td>Theoretical concern based on clinically observed hypoglycemic activity of ginseng in newly diagnosed type 2 diabetes. Clinical significance unclear. No effect on insulin sensitivity or beta-cell function after very high doses in newly diagnosed type 2 diabetes or those with impaired glucose tolerance. Korean red ginseng (2.7 g/day) reduced the requirement for insulin in about 40% of diabetics in a small uncontrolled trial. No adverse effects in three trials of type 2 diabetics well controlled with diet and/or oral hypoglycemic drugs.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>MAO inhibitors eg phenelzine</td>
<td>May cause side effects such as headache, sleeplessness, tremor.</td>
<td>Case reports.</td>
<td>Contraindicated.</td>
</tr>
<tr>
<td>Midazolam</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (extract providing about 45 mg/day of ginsenosides).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Sildenafil</td>
<td>Potentiation of drug possible.</td>
<td>Theoretical concern based on in vitro studies which show ginseng increases nitric oxide release from corpus cavernosum tissue.</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Laxative (anthraquinone-containing) herbs</td>
<td>eg cascara (Frangula purshiana, Rhamnus purshianus), yellow dock (Rumex crispus)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Antiarrhythmic agents</td>
<td>May affect activity if potassium deficiency resulting from long-term laxative abuse is present.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Avoid excessive doses of laxatives. Maintain patients on a high potassium diet.</td>
</tr>
<tr>
<td>Cardiac glycosides</td>
<td>May potentiate activity, if potassium deficiency resulting from long-term laxative abuse is present.</td>
<td>German Commission E and ESCOP recommendation.</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
</tbody>
</table>

**GLOSSARY**

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Herb-Drug Interaction Chart: General Prescribing Guidelines

- Exercise great caution when prescribing herbs for patients taking drugs with a narrow therapeutic window. These drugs may become dangerously toxic or ineffective with only relatively small changes in their blood concentrations. Examples include digoxin, warfarin, antirejection (immunosuppressive) drugs, many anti-HIV drugs, theophylline, phenytoin and phenobarbital. These patients need to be monitored on a frequent, regular basis.
- Exercise great caution when prescribing herbs for patients taking drugs:
  - if heart, liver, or kidney function is impaired,
  - in elderly patients,
  - in pregnant women,
  - in those who have received an organ transplant,
  - in those with a genetic disorder that disturbs normal biochemical functions.
  These patients need to be monitored on a frequent, regular basis.
- Care should be exercised with patients who exhibit long-term use of laxative herbs or potassium-losing diuretics.
- Critical drugs should be taken at different times of the day from herbs (and food) to reduce chemical or pharmacokinetic interactions. They should be separated by at least 1 hour, preferably more.
- Stop all herbs approximately 1 week before surgery. Milk thistle may help reduce the toxic after-effects of anesthetic drugs, so it can be taken up to the day before, and then again, after surgery.
- Carefully monitor the effects of drugs such as antihypertensives and antidiabetic drugs when combining with herbal remedies. The herbs may make them more or less effective. In the ideal situation the dose of the drug could be adjusted.
- Interactions may be dose related for the herb and the drug, for example, St John’s wort and digoxin.


<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Licorice Glycyrrhiza glabra</td>
<td>Antihypertensive medications other than diuretics</td>
<td>General: May decrease effectiveness of drug. When consumed in high doses, licorice can cause pseudaldosteronism and high blood pressure. Herb or Constituent Alone Hypertension demonstrated in case reports, usually from long-term intake and/or very high dose. Hypokalemic paralysis reported (184 mg/day of glycyrrhizin for 2 months), although hypertension was mild, possibly due to coexisting sodium wasting related to uropathy from prostate cancer. Clinical studies (up to 200 g/day of licorice): dose-dependent relationship found between licorice and increase in blood pressure, more pronounced effect in hypertensive patients than in normotensive volunteers, adverse effect greater in women, and effect shown for dose as low as 50 g/day of licorice (75 mg/day of glycyrrhetinic acid = 136 mg/day of glycyrrhizin) taken for 2 weeks. Other studies show variation of effects on blood pressure (see note T) – renal function may be a factor. The increase in blood pressure after taking glycyrrhetinic acid (874 mg/day of glycyrrhizin) was more pronounced in salt-sensitive than salt-resistant volunteers. Clinical study to establish a no-effect level for glycyrrhizin (healthy female volunteers): significant results (eg blood pressure, serum potassium and aldosterone) compared to controls found for daily dose of 4 mg/kg (220–332 mg/day) taken for 8 weeks, but no effect at lower doses of 1–2 mg/kg (35–166 mg/day) of glycyrrhizin. ACE-inhibitor: May mask the development of pseudaldosteronism. Case report (licorice tea, 3 L/day; patient still hypertensive despite treatment with drugs; decoction of Chinese herbs containing 5 g licorice, taken for 14 days). Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td>Drug</td>
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<tr>
<td>-------------------------------</td>
<td>---------------------------------------------------------------------------------------</td>
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</tr>
<tr>
<td><strong>Licorice  Glycyrrhiza glabra</strong></td>
<td></td>
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</tr>
<tr>
<td>Corticosteroids</td>
<td>Cortisol: May potentiate the action (rather than increase level of drug).</td>
<td>Inhibition of the enzyme 11beta-HSD2 by glycyrrhizin leads to an increased level of cortisol in the kidney. This does not happen in the liver. The plasma half-life of cortisol may be prolonged when herb and drug are coadministered, but drug concentrations remain normal, possibly because of a concomitant fall in cortisol production. Prolonged half-life of cortisol may suggest the potential for licorice to prolong clearance (and hence, activity) of the drug. (Studies involving patients with Addison’s disease or on hemodialysis are not listed here.)</td>
<td>Monitor (very low level of risk at normal doses).</td>
</tr>
<tr>
<td></td>
<td>Herb or Constituent Alone</td>
<td>Clinical studies with healthy volunteers and patients with essential hypertension (ongoing oral administration) increase in urinary excretion of cortisol but no significant change in plasma cortisol (although plasma cortisone decreased) and diurnal variation of plasma cortisol was unaffected. Dosage was high: 100-200 g/day of licorice candy (containing glycyrrhizin or glycyrrhetic acid equivalent to 262-2440 mg/day of glycyrrhizin), 202,203,204-206 5-50 g/day of licorice tablets (containing 266 mg/day of glycyrrhizin), 205 4.8 g/day of licorice extract (containing glycyrrhetic acid = 587 mg/day of glycyrrhizin), 206 225 mg/day glycyrrhizin, 202 glycyrrhetic acid (&lt;227-874 mg/day glycyrrhizin). 204,205</td>
<td>Herb and Drug and Drug: Reduce side effects of drug.</td>
</tr>
<tr>
<td></td>
<td>Herb and Drug</td>
<td>Clinical study with healthy volunteers and hypertensive patients (single dose, placebo-controlled, oral administration of glycyrrhetic acid equivalent to 874 mg/day of glycyrrhizin): increased plasma cortisol/cortisone ratio (due mostly to a decrease in plasma cortisone), salivary cortisol increased. 208</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td>Prednisolone</td>
<td>Herbal Constituent and Drug</td>
<td>Prednisolone: May potentiate the action or increase level of drug.</td>
<td>Monitor (low level of risk at normal doses) when drug administered intravenously.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Herbal studies with healthy volunteers (oral administration of licorice candy (200 g/day, containing 580 mg/day glycyrrhizin) + intravenous cortisol to 7 healthy volunteers; oral administration of glycyrrhetic acid = 227 mg/day of glycyrrhizin + oral cortisol to 2 volunteers). 202,203 See also Note W.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clinical study with healthy volunteers and patients with psoriasis and eczema: glycyrrhetic acid and drug topically applied: activity of hydrocortisone potentiated by glycyrrhetic acid. 204</td>
<td></td>
</tr>
<tr>
<td>Digoxin</td>
<td>May cause hypokalemia which can potentiate the toxicity of the drug.</td>
<td>Herb Alone</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td></td>
<td>Herb and Drug</td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin, 207,208,209</td>
<td></td>
</tr>
<tr>
<td>Diuretics</td>
<td>Clinical study: in women with PCOS addition of licorice extract (containing about 463 mg/day glycyrrhizin) reduced side effects related to the diuretic activity of drug.</td>
<td>Monitor (low level of risk at normal doses).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Herb or Constituent Alone</td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from long-term intake and/or very high dose, however effect has been demonstrated in patients for ongoing treatment with herbal medicines containing glycyrrhizin at doses of 80-240 mg/day. 209</td>
<td>Contraindicated unless under close supervision at doses &gt; 40 mg/day glycyrrhizin.</td>
</tr>
<tr>
<td></td>
<td>Herb and Drug</td>
<td>Case reports, usually from long-term intake and/or very high dose. 202,203,204 207,208,210-218 however effect has been demonstrated for ongoing treatment of glycyrrhizin as low as 80 mg/ day. 210 Clinical trial (candy containing 40 mg/day of glycyrrhizin): decreased plasma potassium, with 20% of healthy volunteers hypokalemic in the first week. 211</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Herb and Drug</td>
<td>Case report (patient taking herbal laxative containing licorice (1.2 g/day) and rhubarb (Rhueum spp, 4.8 g/day)). In addition to digoxin, patient was also taking a potassium-depleting diuretic. 200</td>
<td></td>
</tr>
<tr>
<td>Immunosuppressives eg</td>
<td></td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). 212</td>
<td>Monitor (medium level of risk) in hepatically-impaired patients.</td>
</tr>
<tr>
<td>Siroimus</td>
<td>May decrease drug clearance.</td>
<td>Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of sirolimus decreased in those patients with abnormal ALI values who were taking herbal formulations containing glycyrrhizin (route and dosage unknown). 213</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monitor (low level of risk at normal doses).</td>
<td></td>
</tr>
<tr>
<td>Midazolam</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). 212</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Monitor (low level of risk at normal doses).</td>
<td></td>
</tr>
<tr>
<td>Omeprazole</td>
<td>May decrease drug level.</td>
<td>Clinical study with healthy volunteers (potassium salt of glycyrrhizin, equivalent to 287 mg/day of glycyrrhizin). 212</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td>Potassium-depleting drugs</td>
<td>May result in excessive potassium loss.</td>
<td>Herb Alone</td>
<td>Avoid long-term use at doses &gt; 100 mg/day glycyrrhizin unless under close supervision. Place patients on a high potassium diet.</td>
</tr>
<tr>
<td>other than thiazide and loop</td>
<td></td>
<td>Hypokalemia demonstrated in case reports and clinical studies, usually from candy intake (high dose), however effect has been demonstrated in sensitive individuals at low doses (licorice containing 100 mg/day of glycyrrhizin). Side effects would be common at 400 mg/day of glycyrrhizin. 207,208</td>
<td></td>
</tr>
<tr>
<td>diuretics</td>
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<tr>
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</tr>
<tr>
<td><strong>Marshmallow Root</strong> <em>Althaea officinalis</em></td>
<td>Prescribed medication</td>
<td>May slow or reduce absorption of drugs.</td>
<td>Theoretical concern based on absorbent properties of marshmallow root.</td>
</tr>
<tr>
<td><strong>Meadowsweet</strong> <em>Filipendula ulmaria</em> (See also Tannin-containing herbs)</td>
<td>Warfarin</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern based on in vivo animal study demonstrating anticoagulant activity (dosage unavailable).</td>
</tr>
<tr>
<td><strong>Milk Thistle</strong> <em>Silybum marianum</em> (See also Polyphenol-containing herbs)</td>
<td>Hypoglycemic drugs including insulin</td>
<td>May improve insulin sensitivity</td>
<td>Controlled trials: improved glycemic control and reduced insulin requirements in patients with type 2 diabetes and cirrhosis (silymarin: 600 mg/day). Although insulin requirements unchanged in another trial (silymarin: 200 mg/day). Improved glycemic control in diabetics treated with hypoglycemic drugs (silymarin: 200 and 600 mg/day). Improved blood glucose, blood insulin and insulin resistance in PCOS patients treated with metformin (silymarin: 750 mg/day), but no effect on glucose metabolism in NASH patients including those with insulin resistance (silymarin: 280 and 600 mg/day).</td>
</tr>
<tr>
<td></td>
<td>Immunosuppressives eg srolimus</td>
<td>May decrease drug clearance.</td>
<td>Population pharmacokinetic study with 112 Chinese adult renal transplant recipients: clearance of srolimus decreased in those patients with abnormal A1I values who were taking silymarin formulations (route and dosage unknown).</td>
</tr>
<tr>
<td></td>
<td>Losartan</td>
<td>May reduce efficacy of drug by inhibiting metabolism.</td>
<td>Clinical study (healthy volunteers, clinical significance unclear): inhibited metabolism of drug, the inhibition was greater in those of a particular CYP2C9 genotype (silymarin: 420 mg/day).</td>
</tr>
<tr>
<td></td>
<td>Metronidazole</td>
<td>May decrease absorption of drug, by increasing clearance.</td>
<td>Clinical study with healthy volunteers (silymarin: 140 mg/day).</td>
</tr>
<tr>
<td></td>
<td>Nifedipine</td>
<td>May delay the absorption rate of drug</td>
<td>Clinical study with healthy volunteers (silymarin: 280 mg/day), but bioavailability unchanged.</td>
</tr>
<tr>
<td></td>
<td>Ornidazole</td>
<td>May increase drug levels.</td>
<td>Clinical study with healthy volunteers (silymarin: 140 mg/day).</td>
</tr>
<tr>
<td></td>
<td>Talinolol</td>
<td>May increase drug levels.</td>
<td>Clinical study with healthy volunteers (silymarin: 420 mg/day).</td>
</tr>
<tr>
<td><strong>Phellodendron</strong> <em>Phellodendron amurense</em></td>
<td>Drugs that displace the protein binding of bilirubin eg phenylbutazone</td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Theoretical concern based on in vitro data (displaced bilirubin from albumin) and in animals with high dose of berberine by injection (reduced bilirubin serum protein binding).</td>
</tr>
<tr>
<td><strong>Polyphenol-containing</strong> or <strong>Flavonoid-containing herbs</strong></td>
<td>Origanolol</td>
<td>Decreases drug levels, due to impaired absorption or increased metabolism.</td>
<td>Three case reports, in transplant patients (2 L/day of herbal tea; 1-1.5 L/day of chamomile tea; ‘large quantities’ of fruit tea containing hibiscus extract, and a drink containing black tea). Confirmed by rechallenge in one case, but no signs of rejection.</td>
</tr>
<tr>
<td></td>
<td>Immunosuppressives eg cyclosporin</td>
<td>May potentiate effect of drug on displacing bilirubin.</td>
<td>Clinical study (including herb teas (German chamomile, vervain, lime flower, peppermint, all 3 g/300 ml), beverages (e.g. black tea, coffee, cocoa)): effect dependent on polyphenol content (per serving: 20–408 mg). See also note CC.</td>
</tr>
<tr>
<td></td>
<td>Iron</td>
<td>Inhibition of non-heme iron absorption.</td>
<td>Clinical study (included herb teas (German chamomile, vervain, lime flower, peppermint, all 3 g/300 ml), beverages (e.g. black tea, coffee, cocoa)): effect dependent on polyphenol content (per serving: 20–408 mg). See also note CC.</td>
</tr>
</tbody>
</table>

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<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saw Palmetto</strong> <em>Serenoa repens</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Antiplatelet and anticoagulant drugs</td>
<td>May potentiate effect of drug.</td>
<td>Herb Alone</td>
<td>Monitor (very low level of risk).</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Case report (hemorrhage during surgery).</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clinical trials: reduced intraoperative bleeding from transurethral resection of the prostate procedure with preoperative use of liposterolic extract (2 trials); blood loss not different when compared with drug treatment (1 trial).</td>
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<tr>
<td></td>
<td></td>
<td>Herb and Drug</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Case reports (2): increased INR (warfarin + simvastatin), aspirin + clopidogrel, – in the first case, the interaction may have been due to the vitamin E also present in the preparation; in the second case, six times the usual dose of extract was taken).</td>
<td></td>
</tr>
<tr>
<td><strong>Schisandra <em>Schisandra chinensis</em></strong></td>
<td></td>
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</tr>
<tr>
<td>Immunosuppressives</td>
<td>May increase drug levels.</td>
<td>Sirolimus. Observations in some liver transplanted recipients. Clinical study: markedly increased drug levels in healthy volunteers given S. sphenanthera extract, providing 67.5 mg/day of deoxyschisandrin. Tacrolimus: Observations in some renal and liver transplanted recipients. Clinical studies: markedly increased drug levels in healthy volunteers and transplant recipients, given S. sphenanthera extract, providing 67.5 mg/day of deoxyschisandrin.</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td>Midazolam</td>
<td>May increase drug levels.</td>
<td>Increased drug level (defined as a moderate interaction), increase in sleeping time and increase in mild to moderate adverse effects found in healthy volunteers, given S. chinensis extract, providing 22.5 mg/day of deoxyschisandrin.</td>
<td>Monitor (medium level of risk at normal doses).</td>
</tr>
<tr>
<td>Prescribed medication</td>
<td>May accelerate clearance from the body</td>
<td>Theoretical concern based on in vivo animal studies demonstrating enhanced phase I/II hepatic metabolism.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Talinol</td>
<td>May increase drug levels.</td>
<td>Increased drug level and decreased clearance found in healthy volunteers, given S. chinensis extract, providing 33.75 mg/day of deoxyschisandrin.</td>
<td>Monitor (low level of risk at normal doses).</td>
</tr>
<tr>
<td><strong>Slippery Elm Bark <em>Ulmus rubra</em></strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Prescribed medication</td>
<td>May slow or reduce absorption of drugs.</td>
<td>Theoretical concern based on absorbent properties of slippery elm.</td>
<td>Take at least 2 hours away from medication.</td>
</tr>
<tr>
<td><em><em>St John’s Wort</em> <em>Hypericum perforatum</em> (See also Tannin-containing herbs)</em>*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anticonvulsants eg carbamazepine, mephenytoin, phenobarbitone, phenytoin</td>
<td>May decrease drug levels via CYP induction.</td>
<td>Theoretical concern. An open clinical trial demonstrated no effect on carbamazepine pharmacokinetics in healthy volunteers. Case report: increase in seizures in patient taking several antiepileptic drugs, two of which are not metabolized by cytochrome P450. Clinical study: healthy volunteers, clinical significance unclear: increased excretion of a mephenytoin metabolite in extensive metabolizers, but not in poor metabolizers. See note HH.</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Antihiistamine eg fexofenadine</td>
<td>Decreases drug levels.</td>
<td>Clinical studies.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Antiplatelet and anticoagulant drugs</td>
<td>Clopidogrel: May potentiate effects of drug.</td>
<td>Clinical studies: increased responsiveness (decreased platelet aggregation or improved residual platelet reactivity) in hyporesponsive volunteers and patients possibly via the formation of the active metabolite (CYP3A4 activity was increased), thus providing a beneficial effect in these patients. This is a complex situation, with the meaning of clopidogrel resistance/hyperresponsiveness debated.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td></td>
<td>Phenprocoumon: Decreases plasma drug levels.</td>
<td>Clinical study.</td>
<td>Contraindicated</td>
</tr>
<tr>
<td></td>
<td>Warfarin: Decreases drug levels and INR.</td>
<td>Case reports (decreased INR (nine cases), increased INR (three cases)).</td>
<td>Contraindicated</td>
</tr>
<tr>
<td></td>
<td>Clinical studies with healthy volunteers (decreased drug level and INR).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>Decreases drug levels, and is probably dependent upon the hyperforin content.</td>
<td>Alprazolam: Mixed results for drug levels in two clinical studies (similarly low amount of hyperforin, –4 mg/day) – no effect (dried herb equivalent: 1.1 g/day) and decrease, 202.</td>
<td>Monitor (medium level of risk).</td>
</tr>
<tr>
<td>Calcium channel antagonists</td>
<td>Decreases drug levels.</td>
<td>Quazepam: Decreased drug levels, but no effect on pharmacodynamics (sedation).</td>
<td>Monitor (low level of risk).</td>
</tr>
<tr>
<td>Cancer chemotherapeutic drugs eg irinotecan, imatinib</td>
<td>Decreases drug levels.</td>
<td>Nelfipine: Clinical studies.</td>
<td>Contraindicated</td>
</tr>
<tr>
<td></td>
<td>Verapamil: Clinical study.</td>
<td>Verapamil: Clinical study.</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>Cenpire</td>
<td>Decreases drug levels.</td>
<td>Clinical studies.</td>
<td>Contraindicated</td>
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<td>Contraindicated</td>
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<tr>
<td>Cetuximab</td>
<td>Decreases drug levels.</td>
<td>Clinical studies.</td>
<td>Contraindicated</td>
</tr>
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<td>Contraindicated</td>
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</tr>
<tr>
<td>Clozapine</td>
<td>Decreases drug levels.</td>
<td>Clinical studies (several studies showed decrease, one study showed no effect) but effect is dependent upon dose of herb and the hyperforin content.</td>
<td>Contraindicated at doses equivalent to &gt; 1 g/day dried herb, especially for high-hyperforin extracts.</td>
</tr>
<tr>
<td>Digoxin</td>
<td>Decreases drug levels.</td>
<td>Clinical studies.</td>
<td></td>
</tr>
<tr>
<td>Contraindicated</td>
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</tbody>
</table>

**Glossary**

Amitriptyline

St John’s Wort

Hypericum perforatum

Saw Palmetto

Serenoa repens

Schisandra

Schisandra chinensis

Slippery Elm Bark

Ulmus rubra

Recommended Action

Monitor (very low level of risk).

Monitor (low level of risk at normal doses).

Monitor (medium level of risk).

Monitor (medium level of risk at normal doses).

Monitor (low level of risk at normal doses).

Take at least 2 hours away from medication.

Monitor (medium level of risk).

Monitor (low level of risk).

Contraindicated.

Contraindicated.

Contraindicated.

Contraindicated.

Contraindicated.

Contraindicated.

Contraindicated.
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<td>St John’s Wort&lt;sup&gt;®&lt;/sup&gt;</td>
<td><strong>Hypericum perforatum</strong> <em>(See also Tannin-containing herbs)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Docetaxel (intravenous)</td>
<td>May decrease effectiveness of drug.</td>
<td>Clinical study with cancer patients: two effect on pharmacokinetics probably not clinically relevant (eg plasma levels decreased by only 6%), drug-induced side effects were also reduced. <strong>See also Note J</strong>.</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>HIV non-nucleoside</td>
<td>Decreases drug levels.</td>
<td>Case report. 205</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>transcriptase inhibitors eg</td>
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<td>nevirapine</td>
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<tr>
<td>HIV protease inhibitors eg</td>
<td>Decreases drug levels.</td>
<td>Clinical study. 198</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>indinavir</td>
<td></td>
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<tr>
<td>Hypoglycemic drugs</td>
<td>Glitazide: May reduce efficacy of drug by increased clearance.</td>
<td>Clinical study with healthy volunteers, but glucose and insulin response to glucose loading were unchanged. 281</td>
<td></td>
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<tr>
<td></td>
<td>Repaglinide: May alter metabolism of drug.</td>
<td>Clinical study with healthy volunteers: no effect, and glucose and insulin response to glucose loading were unchanged. 282</td>
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<tr>
<td></td>
<td>Tolbutamide: May affect blood glucose.</td>
<td>Two clinical studies (healthy volunteers): no effect on pharmacokinetics, 291,293 but there was an increased incidence of hypoglycemia in the trial using hyperforin-rich extract (33 mg/day). 294</td>
<td></td>
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<tr>
<td>Immunosuppressives</td>
<td>Decreases drug levels.</td>
<td>Cyclosporin: Case reports. 263,271 Case series. 272,273 clinical studies. 274,275 Interaction is dependent upon the hyperforin content. Interaction is dependent upon the hyperforin content. 276</td>
<td>Contraindicated especially for high-hyperforin extracts</td>
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<td></td>
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<td>Tacrolimus: Case report and clinical studies. 277,278 Case series. 279,280</td>
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<tr>
<td>Ivabradine</td>
<td>May decrease drug levels.</td>
<td>Clinical trial with healthy volunteers. No pharmacodynamic effect was observed. 181</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>S-Ketamine (oral)</td>
<td>May decrease drug levels.</td>
<td>Clinical study with healthy volunteers. No pharmacodynamic effect was observed (eg analgesic effect not altered). 179</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>Methadone</td>
<td>Decreases drug levels, possibly inducing withdrawal symptoms.</td>
<td>Case reports. 120</td>
<td>Contraindicated</td>
</tr>
<tr>
<td>Methylphenidate</td>
<td>May decrease efficacy.</td>
<td>Case report. 121 but clinical significance unclear.</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>Morphine (oral)</td>
<td>May potentiate effects of drug.</td>
<td>Clinical study (healthy volunteers). 123 pain scores were decreased when morphine co-administered with standardized extract at a dose of herb below those used to obtain an antidepressant or analgesic effect. The effect was dependent hypoxin content, but not hyperforin. The authors suggest the herb may be able to decrease the dose of morphine while obtaining the same analgesic effect.</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>Omeprazole</td>
<td>May decrease drug levels.</td>
<td>Clinical trial. 122</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>Oral contraceptives</td>
<td>May increase metabolism and reduce effectiveness of drug.</td>
<td>Breakthrough bleeding reported which was attributed to increased metabolism of drug. 277,278 Clinical significance unclear. Cases of unwanted pregnancies have been reported 284-286 Contradictory results for effect on bioavailability, hormone levels and oxidation demonstrated in three clinical studies, although some breakthrough bleeding occurred 299,300. In one clinical trial an extract low in hyperforin did not affect plasma contraceptive drug levels or cause breakthrough bleeding. 301 Clinical trial: clearance of levonorgestrel at emergency contraceptive doses increased (not statistically significant). 302 Clinical study: antiandrogenic effect of contraceptive not affected. 303</td>
<td>Hyperforin-rich extracts: Monitor (medium level of risk). Low-hyperforin extracts: Monitor (very low level of risk).</td>
</tr>
<tr>
<td>Oxycodeone</td>
<td>Decreases drug levels.</td>
<td>Clinical trial with healthy volunteers. 235</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>SSRIs eg paroxetine,</td>
<td>Potentiation effects possible in regard to serotonin levels.</td>
<td>Case reports: clinical significance unclear. 284,285</td>
<td>Monitor (very low level of risk)</td>
</tr>
<tr>
<td>trazodone, sertraline</td>
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<tr>
<td>and other serotonergic agents</td>
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<td>eg nefazodone, venlafaxine</td>
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<tr>
<td>Statin drugs</td>
<td>May decrease effect and/or drug levels.</td>
<td>Atorvastatin: Clinical study, serum LDL-cholesterol increased by 0.32 mmol/L (12.3 mg/dL) which corresponds to a decrease in effect of drug in patients by about 30%. Serum total cholesterol was also increased. 243.</td>
<td>Monitor blood cholesterol regularly (medium level of risk)</td>
</tr>
<tr>
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<td></td>
<td>Pravastatin: Clinical study, no effect on plasma level in healthy volunteers. 244.</td>
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<td></td>
<td>Rosuvastatin: Case report. 245.</td>
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<td></td>
<td></td>
<td>Simvastatin: Two clinical studies, decrease in drug levels in healthy volunteers, and small increases in serum total cholesterol and LDL-cholesterol in patients. 246</td>
<td></td>
</tr>
<tr>
<td>Talinolol</td>
<td>May decrease drug levels.</td>
<td>Clinical study with healthy volunteers. 214.</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>Theophylline</td>
<td>May decrease drug levels.</td>
<td>Clinical study. 145 No effect observed in clinical study. 216</td>
<td>Monitor (low level of risk)</td>
</tr>
<tr>
<td>Voriconazole</td>
<td>Decreases drug levels.</td>
<td>Clinical study. 147</td>
<td>Monitor (medium level of risk)</td>
</tr>
<tr>
<td>Zolpidem</td>
<td>May decrease drug levels (but with wide interindividual variability). 148</td>
<td>Clinical study (healthy volunteers). 148</td>
<td>Monitor (low level of risk)</td>
</tr>
</tbody>
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### Minerals especially iron and zinc

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron.</td>
<td>May reduce absorption of non-heme iron&lt;sup&gt;6&lt;/sup&gt; from food.</td>
<td>Clinical studies in healthy volunteers, administration during or immediately following the meal&lt;sup&gt;237-240&lt;/sup&gt;: (black tea, typical strength: 0.8–3.3 g/100 mL, its metabolite songhua&lt;sup&gt;2&lt;/sup&gt; (0.15% tannins), and in women with iron deficiency anemia&lt;sup&gt;241&lt;/sup&gt;: (black tea: 1–2 x 150 mL of 1:100 infusion containing 78 mg of tannins per 150 mL).&lt;sup&gt;242&lt;/sup&gt; Iron absorption reduced to a greater extent in those with iron deficiency anemia (IDA).&lt;sup&gt;242&lt;/sup&gt; However, the results from single test meals may exaggerate the effect of iron inhibitors and enhancing. Effects were not significant in a 14-day study.&lt;sup&gt;243&lt;/sup&gt; Cases of IDA resistant to treatment: heavy black tea drinkers (2 cases, 1.5–2 L/day).&lt;sup&gt;244,245&lt;/sup&gt; Epidemiological studies (12, to 2002) found mixed results, but some evidence of an association between drinking black tea and poor iron status.&lt;sup&gt;246&lt;/sup&gt; Clinical study in patients with hemochromatosis (black tea: 250 mL with meal).&lt;sup&gt;247&lt;/sup&gt;</td>
<td>Take at least 2 hours away from food or medication.</td>
</tr>
<tr>
<td>Zinc.</td>
<td>May reduce absorption from food.</td>
<td>Clinical studies with healthy volunteers: results conflicting for effect on zinc (undefined tea, black tea&lt;sup&gt;248&lt;/sup&gt; consumed at or immediately after food).&lt;sup&gt;248&lt;/sup&gt;</td>
<td>Take at least 2 hours away from food or medication.</td>
</tr>
</tbody>
</table>

### Turmeric<sup>6</sup> *Curcuma longa*

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talinolol</td>
<td>May decrease drug levels.</td>
<td>Clinical study with healthy volunteers (300 mg/day of curcuminoids).&lt;sup&gt;249&lt;/sup&gt;</td>
<td>Monitor at high doses (&gt;300 mg/day curcumin, low level of risk).</td>
</tr>
</tbody>
</table>

### Valerian *Valeriana officinalis*

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>CNS depressants or alcohol</td>
<td>May potentiate effects of drug.</td>
<td>Theoretical concern expressed by US Pharmacopeial Convention&lt;sup&gt;250&lt;/sup&gt; However a clinical study found no potentiation with alcohol&lt;sup&gt;250&lt;/sup&gt; Case report of adverse effect with benzodiazepine drug (lorazepam)&lt;sup&gt;250&lt;/sup&gt; – herb dosage undefined but likely high (tablet contained valerian and passionflower (Passiflora incarnata)). Alprazolam: Clinical study in healthy volunteers found no effect on drug levels (extract provided 11 mg/day total valerenic acids).&lt;sup&gt;251&lt;/sup&gt;</td>
<td>Monitor (very low level of risk).</td>
</tr>
</tbody>
</table>

### Willow Bark *Salix alba, Salix daphnoides, Salix purpurea, Salix fragilis* (See also Tannin-containing herbs)

<table>
<thead>
<tr>
<th>Drug</th>
<th>Potential Interaction</th>
<th>Basis of Concern</th>
<th>Recommended Action</th>
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<tbody>
<tr>
<td>Warfarin</td>
<td>May potentiate effects of drug.</td>
<td>Herb Alone</td>
<td>Monitor (low level of risk).</td>
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</tbody>
</table>

### CODE FOR RECOMMENDED ACTION

**Contraindicated:** Do not prescribe the indicated herb.

**Monitor:** Can prescribe the indicated herb but maintain close contact and review the patient's status on a regular basis. Note that where the risk is assessed as medium, self-prescription of the herb in conjunction with the drug is not advisable.

### ABBREVIATIONS

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>ACE</td>
<td>angiotensin-converting enzyme</td>
</tr>
<tr>
<td>ALI</td>
<td>alanine transaminase, also known as glutamic pyruvic transaminase (GPT)</td>
</tr>
<tr>
<td>AMP</td>
<td>adenosine monophosphate</td>
</tr>
<tr>
<td>APTT</td>
<td>activated partial thromboplastin time</td>
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<tr>
<td>AUC</td>
<td>area under the plasma/serum concentration-time curve (measures extent of absorption)</td>
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<tr>
<td>CNS</td>
<td>central nervous system</td>
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<tr>
<td>CYP</td>
<td>cytochrome P450</td>
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<tr>
<td>EGCG</td>
<td>epigallocatechin gallate</td>
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<tr>
<td>GAS</td>
<td>ginseng abuse syndrome</td>
</tr>
<tr>
<td>HIV</td>
<td>human immunodeficiency virus</td>
</tr>
<tr>
<td>IDA</td>
<td>iron deficiency anemia</td>
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<tr>
<td>INR</td>
<td>international normalized ratio</td>
</tr>
<tr>
<td>LDL</td>
<td>low density lipoprotein</td>
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<tr>
<td>NAFLD</td>
<td>nonalcoholic fatty liver disease</td>
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<tr>
<td>OPCs</td>
<td>oligomeric procyanidins</td>
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<tr>
<td>PCSO</td>
<td>polycystic ovary syndrome</td>
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<tr>
<td>PSA</td>
<td>prostate specific antigen</td>
</tr>
<tr>
<td>PT</td>
<td>prothrombin time</td>
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<tr>
<td>SSRIs</td>
<td>selective serotonin reuptake inhibitors</td>
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<tr>
<td>tds</td>
<td>three times per day</td>
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</table>

**Health care professionals please note:** when a patient presents using any of the drugs listed and there is a potential interaction with the herb you intend to dispense, it is important that you or your patient discuss the potential interaction with their prescribing physician before you dispense the herb to the patient.

---

**GLOSSARY**

290 | Standard Process | MediHerb
NOTES

This chart contains information the authors believe to be reliable or which has received considerable attention as potential issues. However, many theoretical concerns expressed by other authors have not been included. Due to the focus on safety, positive interactions between herbs and drugs, and the effect of drugs on the bioavailability of herbs are generally not included.

A. Research paper describes administration of Scutellaria radix. Trial authors confirm this was root of Chinese skullcap (Scutellaria baicalensis). 389

B. Analysis of Chinese skullcap root samples from Japan found the baicalin content varied from 3.5 to 12%. For a dose of 150 mg/day of baicalin, 1.2-4.3 g/day of dried root would be required. 390

C. Single-strength (freshly squeezed, 100%) cranberry juice is highly acidic and astringent, making it unpalatable. For this reason, cranberry juice is usually diluted and sweetened (often known as cranberry juice drink). Cranberry juice cocktail usually contains 25% cranberry juice, although can be up to 35%. Cranberry juice drinks contain about 10% cranberry juice. Cranberry juice is about half the strength of cranberry juice cocktail, about the same strength as juice drinks. Cranberry juice can be concentrated to a dry powder (unsweetened and usually up to 25:1) and used in tablets and capsules. Juices can be prepared by diluting juice concentrates yielding a concentrated juice (eg double-strength juice, at twice the strength of single-strength, squeezed juice). It is likely that unless defined, cranberry juice referred to in case reports and clinical studies is juice drink containing around 10% cranberry juice.

D. Refer to Assessment of Risk & Recommended Action (available on www.medherb.com) for definition of the extent of this interaction.

E. The cranberry ‘juice’ administered was similar in concentration to a reference cranberry ‘juice’ containing about 25% cranberry juice, 371 but with a higher concentration of anthocyanins, and lower in catechins and organic acids. See also note C.

F. No effect overall when midazolam was administered orally: oral clearance and area under the drug concentration-time curve were unchanged.

G. Eleutherosides (from Eleuthero) and ginsenosides (from Korean ginseng) and area under the drug concentration-time curve were unchanged. 372

H. These four trials used tablets containing a concentrated, standardized extract. A dosage of 900 mg/day of dry extract was equivalent to about 2.7 g/day of fresh garlic, 373 and was said to provide 12 mg/day of allin, 373,412 although there is some doubt as to the amount of allin released from this brand of tablet from around 1995 to 2000. 374

J. There may have been variation in patients’ interpretations (of bleeding) and the significant association between ginger use and bleeding was based on 7 self-reported events in 25 users. 375

K. Information is provided for specialized and/or concentrated extract, rather than galenical form of herb.

L. Ginkgotoxin (4’-O-methylpyridoxine) is present in substantial amounts in Ginkgo seed, and convulsions arising from ingestion of Ginkgo seed have been documented in Japan (infants are particularly vulnerable). Ginkgotoxin is known to inhibit vitamin B6 phosphorylation, which may lead to increased neuronal excitability. 374 Poisoning by ginkgotoxin can be counteracted by vitamin B6. 374 In cases of poisoning it is administered by intravenous injection. 373,376 Ginkgotoxin is present in very small amounts in standardized Ginkgo leaf extracts, 373 but is below the detection limits in human plasma after oral doses (240 mg of 50:1 extract, equivalent to 12 g of dried leaf). 374 According to the manufacturer, despite the extensive use of this special extract (more than 150 million daily doses per year for more than two decades) no cases of epileptic seizure have been attributed to this extract. 373 (Ginkgo preparations associated with the above case reports were undefined.) Strictly speaking this is a potential adverse effect (rather than a herb-drug interaction) as there is no pharmacokinetic data indicating an interaction for coadministration of Ginkgo and anticonvulsants in humans. An interaction is suggested though, because Ginkgo has been found to induce CYP2C19 activity (see entry for omeprazole), an enzyme involved in the metabolism of some anticonvulsants.

M. Analysis of over 320 000 patients in a German adverse drug reaction reporting system (1999-2002) found no increase in prevalence of bleeding during Ginkgo intake compared to periods without Ginkgo in those taking anticoagulant or antiplatelet medication. In a trial involving 3069 healthy volunteers treated for an average of 6.1 years, there were no statistically significant differences between placebo and Ginkgo in the rate of major bleeding or the incidence of bleeding in individuals taking aspirin. (Compliance during the trial was however low (at the end of the trial, about 60% were taking ginkgo/placebo)). 392 In Korea, Ginkgo extract is administered with ticlopidine for the prevention of ischemic stroke or acute coronary syndrome. 393

N. Information is provided for herbs containing standard levels of active constituents. See elsewhere for information on extracts containing very high levels of active constituents such as berberine and curcumin.

P. The in vitro reduction by EGCG was overcame when the concentration of the drug was increased (to a level expected clinically ie in plasma from the standard drug dose). 384 A further in vivo study found no reduction in the activity of the drug (when EGCG administered by injection to achieve plasma levels of 11–16 microm). 372

Q. The in vitro study found a pronounced reduction in the cytotoxic effect of the drug for a concentration of 2.5–5 microm of EGCG, and when applied as green tea polyphenols a very substantial effect occurred at a EGCG concentration of 1 microm (the other polyphenols may contribute to the activity). 371 A pharmacokinetic study with healthy volunteers found a EGCG plasma concentration of 0.7 microm after a dose of 580 mg of EGCG, and a EGCG plasma concentration of 0.5 microm after a dose of 1 g of green tea polyphenols. 395

R. A better design would have volunteers take warfarin alone for a period long enough to allow the drug to reach its maximum effect (about 3–5 days) before adding the herb.

S. Glycyrrhetic acid, is the aglycone of glycyrrhizin. Glycyrrhizin, is the glycoside and contains the aglycone (glycyrrhetic acid) and a sugar unit.

T. No effect on blood pressure in healthy volunteers in two studies (130 mg/day of glycyrrhetic acid = 227 mg/day of glycyrrhizin, for 14 days; 384 licorice tablets (266 mg/day of glycyrrhizin) for 56 days, 396) including where plasma renin levels were high (3.1 ng/mL/h). 396 But in another study, blood pressure increased in healthy volunteers taking 546 mg/day of glycyrrhizin for 4 weeks, only for those with plasma renin activity greater than 1.5 ng/mL/h. 385

U. This is a guide, based on a recommendation from the German Commission E for long-term consumption of licorice as a flavoring. Glycyrrhizin is also known as glycyrrhetic acid and glycyrrhizic acid.

V. ACE-inhibitors cause mild naiveties (an increase in sodium excretion in the urine) and occasionally hyperkalemia. The mechanism of the interaction is not known, although it may involve opposing effects on 11beta-hydroxysteroid dehydrogenase type 2 (glycyrrhizin inhibiting, ACE-inhibitor promoting), thus affecting mineralocorticoid receptor activity. Reduction of drug dosage revealed the existing hypokalemia caused by this dosage of glycyrrhizin.

W. Maximum plasma cortisol (exogenous) was not increased in one volunteer, 201 in the other, plasma (exogenous) cortisone/cortisol ratio decreased, 202 suggesting increased (exogenous) cortisol while (endogenous) cortisol decreased (although statistical and clinical significance is unknown, and may have been within the normal range). In these studies isotope-labelled cortisol was administered, which allowed exogenous and endogenous cortisol to be measured.

X. A higher prednisolone/prednisone ratio indicates decreased conversion of prednisolone (active) to prednisone (inactive).
Y. Several variants of CYP2C9 have been identified in humans: the most important mutations are CYP2C9*2 and CYP2C9*3. The CYP2C9*3 variant shows decreased metabolic activity for many drugs metabolized by CYP2C9. CYP2C9 is the main enzyme responsible for transforming losartan to its active metabolite.

Z. The word tannin has a long established and extensive usage although it is considered in more recent years to lack precision. Polyphenol is the preferred term when considering the properties at a molecular level. Plant polyphenols are broadly divisible into proanthocyanidins (condensed tannins) and polymers of esters based on gallic and/or hexahydroxydiphenic acid and their derivatives (hydrolyzable tannins). The terms ‘tannin’ and ‘polyphenol’ are sometimes used interchangeably. For example, the results of a clinical study are described: “polyphenols present in tea and coffee inhibited iron absorption in a dose-dependent manner”. The ‘polyphenol’ content was measured using a spectrophotometric method for the determination of “tannins and other polyphenolics.” Depending on the analytical method used, it is possible that the polyphenol content may actually be the content of tannins or tannins + polyphenols. It is recommended that both sections of this chart be considered. Polyphenol-containing or Flavonoid-containing herbs, and Tannin-containing or OPC-containing herbs.

AA. Heme iron is derived from hemoglobin and myoglobin mainly in meat products. Non-heme iron is derived mainly from cereals, vegetables and fruits.

BB. At an identical concentration of total polyphenols, black tea was more inhibitory than all the herb teas excluding peppermint: black tea was of equal inhibition to peppermint tea. The type of polyphenols present, as well as the concentration, may affect iron absorption.

CC. Another clinical study also found a dose-dependent effect, and the reduced absorption was most marked when coffee was taken with the meal or one hour later. No decrease in iron absorption occurred when coffee was consumed one hour before the meal.

DD. Administered in freeze-dried form (4.2 g), which would be expected to have a lower inhibitory effect than with the use of fresh chili, as freeze drying probably decreased the ascorbic acid content (ascorbic acid enhances iron absorption).

EE. The different results for cayenne and turmeric under the same experimental conditions, suggest it is not only the quantity of polyphenol present that determines the inhibition, but also for example, the structure of the polyphenol (and hence mechanism of iron binding).

FF. Fructus Schisandra is defined as the fruit of Schisandra chinensis or Schisandra sphenanthera in traditional Chinese medicine. The major constituents are dibenzocyclooctene lignans. Several factors including harvest season, origin of herb and extraction solvent affect the levels of the individual lignans. Aqueous or ethanolic extracts of S. chinensis are not likely to contain more than 2.5 mg/g of deoxyschisandrin. A maximum dose of S. chinensis extract equivalent to 4 g/day, would provide 10 mg/day of deoxyschisandrin.

GG. As noted for several drugs, the hyperforin content of the St John’s wort preparation, as well as the dosage of herb, affects the extent of the interaction. All types of preparations can contain hyperforin, including dry extracts used in tablets and capsules. Hyperforin is however, unstable – particularly when in solution. Tinctures and liquid extracts made using a standard ethanol content (45%) contain negligible amounts of hyperforin. Liquid extracts using a higher ethanol content (such as 60%) will contain a higher initial amount of hyperforin than standard liquid extracts. Over time the hyperforin content is substantially reduced and after a few months tinctures and liquid extracts contain no hyperforin.

HH. Genetic polymorphisms are important in determining differences in the response to drugs, and may influence interactions. There are many genetic variants of the CYP genes, including the CYP2C19 gene. Phenotypes of CYP2C19 have been classified functionally as extensive metabolizers and poor metabolizers, the latter having a deficiency of CYP2C19 activity.

JJ. Two of the 10 patients with the highest hyperforin levels prior to drug administration showed the greatest decrease in the AUC of docetaxel, for the other patients, no apparent correlation between hyperforin levels and the docetaxel AUC was observed.

KK. Of the 14 volunteers, in three, a small increase in AUC was observed after administration of St John’s wort.

LL. Sorghum also contains phytate. Both phytate and polyphenol inhibit nutrients such as iron.
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367 Donovan J, DelCava C, Chivin KD et al. Drug Metab Dispos 2004; 32(12): 1333-1336
369 Personal communication from trial author Yu KS, 2 February 2010.
375 De Smet PA, Floor-Shreuderling A, Bouvy M et al. Eur Drug Metab 2008; 9(10): 1055-1062
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384 Shah JJ, Kuhn DJ, Oktowzki RZ. Blood 2009; 113(23): 5695-5696
394 Lynch SR. Nat Med 1997; 37(5): 101-110
396
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Dogs, cats, and horses have nutritional needs beyond what their regular diets provide. Their well-being deserves more than an annual wellness exam. It deserves Standard Process Veterinary Formulas.

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. Offered through qualified veterinary professionals, Standard Process Veterinary Formulas utilize the same state-of-the-art manufacturing processes and high-quality ingredients used to produce our human supplements. That’s because we believe what is good for us is also good for our pets.

Each pet’s unique needs change based on age, activity level, and health status. Standard Process Veterinary Formulas were created to fill these potential nutritional gaps. The goal of whole food-based supplementation is to provide nutrients for the body that are as close as possible to how they are found in nature. After all, it is in this whole food state that nutrition is typically harnessed and presented to the body.

The key to pets’ optimal health is a diet rich in a variety of complex nutrients. The ingredient combinations in Standard Process Veterinary Formulas provide a spectrum of nutrients to support multiple organs and systems in the body. Our complex, whole food-based veterinary formulas combine targeted nutrients sourced from plant ingredients, organ and glandular tissue, and specialized protein extracts.

Whether you’re looking for everyday wellness or targeted system support, we have a formula designed with every pet’s needs in mind.
**CANINE FORMULAS OVERVIEW**
Our canine formulas provide optimal nutritional support for the canine patient.

**Broad-Spectrum Formulas**
- Canine Dermal Support
- Canine Hemp Oil Complex™
- Canine Immune System Support
- Canine Musculoskeletal Support
- Canine Whole Body Support
- VF Antronex®
- VF Hemp Oil
- VF Omega-3

**FELINE FORMULAS OVERVIEW**
Our feline formulas meet the specific nutritional needs of the feline patient.

**Broad-Spectrum Formulas**
- Feline Immune System Support
- Feline Whole Body Support
- VF Antronex®
- VF Hemp Oil
- VF Omega-3
COMMITMENT TO QUALITY

ORGANIC FARM
We are proud to be one of the few supplement manufacturers that can assure quality ingredients by growing many of our raw materials locally and organically. If we don’t grow it, we actively source the best-quality nutritional ingredients.

ENVIRONMENTALLY SAFE MANUFACTURING
Preserving the whole food complex is a top priority when manufacturing our supplements. We are committed to environmentally friendly manufacturing practices to help preserve the planet.

INNOVATION
Our Nutrition Innovation Center is the first of its kind, and it’s dedicated to researching new solutions in nutritional therapies.

QUALITY ASSURANCE
Our team of scientists includes chemists and microbiologists who test our product materials to ensure the purity and safety of our supplements.

HIGH-QUALITY INGREDIENTS
The great majority of raw plant ingredients are grown on our 868-acre certified organic farm. All raw animal tissues are obtained exclusively from U.S. Department of Agriculture (USDA)-inspected facilities.
How Standard Process Defines Whole Food Supplements

Quality frames our approach to making supplements — from our whole food philosophy and our careful ingredient sourcing, to our formulations and dedication to safety. “Quality from seed to supplement” is more than just a tag line to us. It’s a commitment we take to heart.

A whole food supplement is a complex formula of targeted ingredients that may include:

Whole Food Ingredients
Our product labels include many ingredients that you recognize as foods, and the great majority of the raw plant ingredients we use are grown on our certified organic farm. This allows us to control the quality of these ingredients from seed to supplement.

Whole Food Concentrates
Concentrates are used when a beneficial amount of nutrients cannot be delivered with a whole food ingredient. Fish oil is a good example. Derived from whole fish, the nonconcentrated triglyceride oil that makes up our final product allows patients to take advantage of the naturally occurring DHA and EPA omega-3 fatty acids.

Whole Food Isolates
Sometimes, foods do not contain sufficient quantities of specific nutrients to address certain health challenges. In this case, we use evidence-based food isolates to complement whole food ingredients. Isolates like glucosamine are used in our products because they are well-researched and have strong evidence for efficacy. Isolates can also be combined with other ingredients to maximize efficacy.

Animal Tissue Extracts and Concentrates
The use of specific animal tissue has a long history at Standard Process. The first product based on a Protomorphogen™ brand extract was introduced in 1952 and contained bovine heart PMG™ extract.

We start with glands and organs because they have more DNA per gram than skeletal muscle, have different protein profiles, and have different starting concentrations of vitamins and minerals. All raw animal tissues are exclusively sourced from U.S. Department of Agriculture (USDA)-inspected facilities.

Protomorphogen™ Brand Extracts
Continuing the pioneering work of Dr. Royal Lee, certain Standard Process products contain specific Protomorphogen™ brand extracts. Protomorphogen™ brand extracts are specific materials extracted from animal glands and organs through a complex process to retain what Dr. Lee termed “cellular determinants.” Current laboratory methods have confirmed that Protomorphogen™ brand extracts contain minerals, nucleotides (the components of nucleic acids like RNA and DNA), and peptides (short chains of amino acids).

Cytosol™ Brand Extracts
Cytosol™ brand extracts are derived from the cytoplasm of selected organs and glands through a process similar to the Protomorphogen™ extraction process. However, these extracts contain cellular factors, such as hormone precursors and synergistic cofactors, that are the biochemical building blocks essential to cellular metabolism.

Whole Desiccates
Whole desiccates are tissues that have been dried to provide the nutritional content of the organ in a concentrated form.

Botanicals
Botanicals provide important constituents that contribute additional support to the body’s systems. They complement the vitamins, minerals, and tissue concentrates found in whole food ingredients.

Synthetic Ingredients
Dr. Royal Lee included synthetics in his original formulas to meet label claims and/or enhance product effects. This type of ingredient has always been used selectively. Where synthetics appear, they have been added to protect the complexity and synergistic design of the formula.
Veterinary Formulas for Pets

Designed for both dogs and cats, these formulas contain a variety of whole food and other ingredients. These products are available in tablet or liquid form and can accommodate a range of body weights.

Please consult the actual product label for the most accurate product information.
VF ANTRONEX® introduced in 2015

A3010 - 90 Tablets

When the body’s natural histamine response function kicks in, other systems are affected including the immune system and the liver. Building up defenses helps make sure these systems are working at optimal levels to support pet health.

VF Antronex® supports the liver and the body’s normal detoxification mechanisms.

Indications for Use:
- Clinical signs associated with liver challenges
- Patients in need of additional hepatic support
- Short- or long-term support for patients influenced by environmental, seasonal and other stresses

Synergistic Product Support:
- Canine Dermal Support
- Canine or Feline Immune System Support
- Canine or Feline Enteric Support

VF BIO-DENT® introduced in 2015

A3000 - 90 Tablets

Nutrition is a powerful tool to support pet oral health. VF Bio-Dent® contains calcium, phosphorus, and manganese for support of the bony structures and connective tissue in the body, including the mouth. The formula also contains complex food-based ingredients that provide support for endocrine and immune system health.

VF Bio-Dent®:
- Contains many of the building blocks needed to support and maintain oral health
- Provides systemic support for an overall healthy mouth, especially in an orally challenged animal
- Provides building blocks for young animals that are experiencing tooth and bone growth and development

Indications for Use:
- Support for normal growth and development of bone and the oral cavity
- Support for the health of oral tissues
- Support for the oral cavity, particularly in times of stress

Synergistic Product Support:
- Canine or Feline Immune System Support
VF HEMP OIL  Introduced in 2020

A3040 - 30 mL (1 fl oz)

VF Hemp Oil is a hemp oil for cats and dogs that provides plant-derived cannabinoids — known as phytocannabinoids — to support pets’ endocannabinoid systems (ECS).

- Formulated for dogs and cats
- Liquid form — convenient, flexible dosing with a graduated dropper
- 1 mL delivers 15 mg of phytocannabinoids, which support the endocannabinoid system

Caution: This hemp-derived product should not be consumed by pregnant or lactating animals.

Synergistic Product Support:
- Canine or Feline Whole Body Support
- Canine or Feline Immune System Support
- Canine Musculoskeletal Support or Canine Flex Support

VF OMEGA-3  introduced in 2021

A3050 - 90 Softgels

VF Omega-3 is a fish oil supplement for dogs and cats formulated to provide omega-3 and omega-6 fatty acids that support pets’ critical body systems. It delivers concentrated fish oil in softgel form to bridge cats’ and dogs’ nutritional gap and help support:

- The pathways that regulate joint health
- Heart health
- Canine healthy skin and coat
- The central nervous system
- Brain development of puppies and kittens

Synergistic Product Support:
- Canine or Feline Whole Body Support
- Canine or Feline Cardiac Support
- Canine Musculoskeletal Support
- Canine Dermal Support

Measure omega-3 status with the Omega-3 Index for Pets Test (see page 305).
**OMEGA-3 INDEX FOR PETS TEST KIT**

*T2000 - 1 Test Kit*

The Omega-3 Index for Pets Test is a blood test for dogs that measures the amount of omega-3 fatty acids (EPA and DHA) in red blood cells. The Omega-3 Index for Pets Test is important for measuring omega-3 fats in the body to help maintain healthy fat levels — an important indicator of overall health.

- **Measure**: You won’t know if your patient’s balance of fats is optimal unless they’re measured.
- **Modify**: A low omega-3 index can be improved by increasing omega-3 intake.
- **Monitor**: Track how your patient’s dietary changes affect their blood levels by testing regularly.

Once you know the omega-3 index, you can supplement your patient’s diet to modify it in as little as 3-4 months.

This test is currently available for dogs and should only be administered by a veterinary professional.

**Synergistic Product Support:**
- VF Omega-3

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**VF THYMEX®**

*Introduced in 2015*

**A3020 - 90 Tablets**

Nutrition is a powerful tool to support pet immune system health. VF Thymex® supports a healthy thymus gland, the master gland of the immune system.

- Can be used in combination with other immune system support products
- Source of antioxidant vitamin C

**Indications for Use:**
- Patients in need of additional immune system support
- Patients in need of generalized trophic immune system support
- Patients with short-term or ongoing immune system challenges

**Synergistic Product Support:**
- Canine or Feline Immune System Support
- Canine or Feline Hepatic Support
- Canine or Feline Whole Body Support

**Ingredients:** Calcium lactate, bovine thymus Cytoisol™ extract, magnesium citrate, and ascorbic acid.

**Guaranteed Analysis:**
- Ascorbic Acid (Vitamin C) (min) 5 mg / tablet
- *Not recognized as an essential nutrient by the AAFCO Dog or Cat Food Nutrient Profile.*

**Dosage Schedule:**
- All cats, dogs <20 lbs: 1 tablet 3x / day
- Dogs 20-50 lbs: 2 tablets 3x / day
- Dogs >51 lbs: 3 tablets 3x / day
- Or as directed by a veterinarian.

**How to Administer:** The tablets can be given whole or crushed and dosed directly or given with food.

**Servings per Container:**
- 90 based on 1 tablet per serving
Canine Formulas

Since dogs are omnivores, the canine formulas contain a variety of ingredients, including a balance of animal tissues and botanical materials. These ingredient combinations provide a spectrum of nutrients to support multiple organs. Most of the canine formulas are powdered to accommodate the range of body weights in the canine population.
CANINE ADRENAL SUPPORT  Introduced in 2002

A1100 - 0.9 oz (25 g)  |  A1150 - 3.5 oz (100 g)

The adrenal glands help the body adapt to stress through the release of corticosteroids and hormones. With chronic stress, the adrenals can become fatigued, affecting many body systems, including the pituitary and thyroid glands, autonomic nervous system, liver, duodenum, and kidneys.

Canine Adrenal Support is formulated to:

• Help adrenal glands respond normally to stress and metabolic demands
• Support the glands’ ability to rebuild and regenerate
• Provide vital nutritional support to related organs

Indications for Use:

• Sudden stressful event or ongoing stress (internal or external)
• Signs of fatigue, reduced stamina, glucose intolerance, inflammatory response, and inadequate immune system functioning
• Clinical signs associated with adrenal stress

Synergistic Product Support:

• Canine Whole Body Support
• Canine Hepatic Support

Ingredients: (Dairy, soy, gluten, and shellfish free):
- Bovine liver
- Bovine adrenal PMG™ extract
- Black currant juice
- Organic alfalfa (aerial parts) juice powder
- Poria (citronella) mushroom powder
- Organic Reishi mushroom powder
- Organic Chlorella
- Organic cranberry juice powder
- Organic licorice root powder
- Organic kelp
- Organic dandelion root powder
- Organic chondroitin sulfate (shark)
- Organic ashwagandha root powder
- Organic turmeric root powder
- Organic Houttuynia cordata extract
- Organic fenugreek seed extract
- Organic licorice root powder

How to Administer:
- Can be mixed with or poured over the dog's food, mixed with water and administered by oral syringe, or made into a paste and given directly.

Dosage Schedule:
- 1-10 lbs: ½ teaspoon 1x / day
- 11-20 lbs: ½ teaspoon 2x / day
- 21-40 lbs: ¾ teaspoon 2x / day
- 41-90 lbs: 1 teaspoon 2x / day
- 91-190 lbs: 1 teaspoon 3x / day
- >190 lbs: 1 teaspoon 4x / day

Servings per Container:
- A1100: 60 based on ½ teaspoon
- A1150: 70 based on ¼ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a ¼ teaspoon scoop is included with the large canine powder bottles.

CANINE CARDIAC SUPPORT  Introduced in 2002

A1200 - 0.9 oz (25 g)  |  A1250 - 3.5 oz (100 g)

The heart is at the center of the cardiovascular system, which is a complex, coordinated group of organs and tissues. Nutritional support for the cardiovascular system also includes the other organs that support the heart, such as the liver, kidneys, and digestive system.

Canine Cardiac Support provides nutrients that:

• Support optimal cardiac function
• Support normal function of muscle cells

Indications for Use:

• General cardiac support
• Patients with increased cardiac demand or conditions that increase cardiac workload

Synergistic Product Support:

• Canine Renal Support
• Canine Adrenal Support
• Canine Whole Body Support

Ingredients: (Dairy, soy, gluten, and shellfish free):
- L-carnitine
- Bovine liver
- Bovine heart PMG™ extract
- Rice bran, bovine kidney, bovine cardiac extract, organic beet (root), defatted wheat germ, bovine spleen, ovine spleen, selenium yeast, riboflavin acid, wheat germ oil, bovine pancreas Cytozyme™ extract, yeast (baker's) yeast, soybean lecithin, organic rice, organic buckwheat flour, sea salt, alfalfa, organic parsley extract, organic Alfalfa (aerial parts) juice powder, calcium lactate, Hawthorn (berry), organic carrot, organic shiitake mushroom powder, organic Reishi mushroom powder, nutritional yeast, organic pea (aerial parts) juice powder, Spanish moss (Tolobania cordifolia), oat flour, fat soluble extract from alfalfa (leaf) and sunflower seed, linoleate, choline bitartrate, porcine brain, and ascorbic acid.

Guaranteed Analysis:
- Calcium (min) 0.3 mg / ½ tsp. or 1 mg / ⅓ tsp.
- Sodium (max) 3 mg / ⅓ tsp. or 12 mg / ⅓ tsp.
- Selenium (min) 4 mg / ⅓ tsp. or 18 mcg / ⅓ tsp.

Dosage Schedule:
- Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.
- 1-10 lbs: ¼ teaspoon 1x / day
- 11-20 lbs: ½ teaspoon 2x / day
- 21-40 lbs: ½ teaspoon 2x / day
- 41-90 lbs: ¾ teaspoon 2x / day
- 91-190 lbs: 1 teaspoon 2x / day
- >190 lbs: 1 teaspoon 3x / day

How to Administer:
- The powder can be mixed with or poured over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

Servings per Container:
- A1200: 60 based on ½ teaspoon
- A1250: 70 based on ¼ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a ¼ teaspoon scoop is included with the large canine powder bottles.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.
Nutrition plays a major role in skin health. Healthy skin is a result of a well-functioning, synchronized effort by tissues and organs in the body.

Canine Dermal Support contains whole food ingredients to help:

- Maintain proper liver, adrenal, immune, and intestinal function
- Support and maintain the skin’s ability to withstand the effects of environmental exposures

Indications for Use:

- General skin health
- General digestive system health, adrenal gland health, or immune system health

Synergistic Product Support:

- Canine Enteric Support
- Canine Adrenal Support
- Canine Hepatic Support
- Canine Whole Body Support

**Ingredients:** Bovine liver, L-glutamine, New Zealand green mussel (*Perna canalicula*; shellfish), milk thistle extract (80% silymarin), bovine kidney, defatted wheat germ, organic alfalfa (genus *Medicago*) juice powder, amla extract, fat soluble extract from alfalfa (leaf) and sunflower seed, bovine adrenal PMG™ extract, bovine liver fat extract, bovine spleen, whey isolate, calcium lactate, maltodextrin, organic extra virgin olive oil, organic carrot, bovine liver PMG™ extract, nutritional yeast, porcine pignut, organic SF boost blend (organic swiss chard juice powder, organic beet (root), organic beet (leaf juice powder), black currant juice, porcine shiitake, betaine hydrochloride, bovine parotid PMG™ extract, organic shiitake mushroom powder, organic swiss mushroom powder, oat flour, porcine brain, bovine adrenal Cytacon™ extract, dandelion (root) (*Taraxacum officinale*; root), purified bovine bile salts, bovine bone, organic buckwheat/feral grain, Spanish moss (*Tolentia usneoides*), and organic pea flour.

**Guaranteed Analysis:**

- Zinc (min) 14 mg / ½ tsp or 56 mg / ½ tsp.

**Dosage Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

<table>
<thead>
<tr>
<th>Weight (lbs)</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>½ teaspoon 1x / day</td>
</tr>
<tr>
<td>11-20</td>
<td>1 teaspoon 2x / day</td>
</tr>
<tr>
<td>21-40</td>
<td>1½ teaspoon 2x / day</td>
</tr>
<tr>
<td>41-50</td>
<td>2 teaspoons 2x / day</td>
</tr>
<tr>
<td>51-60</td>
<td>2½ teaspoons 2x / day</td>
</tr>
<tr>
<td>&gt;60</td>
<td>1 teaspoon 2x / day</td>
</tr>
</tbody>
</table>

**How to Administer:** The powder can be mixed with or poured over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

**Servings per Container:**

<table>
<thead>
<tr>
<th>Formula</th>
<th>Servings (lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1300</td>
<td>65 lbs based on ½ teaspoon</td>
</tr>
<tr>
<td>A1350</td>
<td>75 lbs based on ½ teaspoon</td>
</tr>
</tbody>
</table>

A ½ teaspoon scoop is included with the small canine powder bottles, and a 1 teaspoon scoop is included with the large canine powder bottles.
CANINE ENTERIC SUPPORT  Introduced in 2002

A healthy digestive tract is critical to overall health and well-being. In addition to breakdown and absorption of nutrients, digestive health can also have a significant impact on other body systems (immune system, liver, bone marrow, or adrenal glands). This product contains a variety of functional foods, both plant and animal, that “feed” the various components of the digestive system to:

• Provide general digestive system support
• Support the ability of intestinal cells to function, regenerate, and respond to daily metabolic and immune challenges

Indications for Use:
• General enteric support
• Patients with increased metabolic demand
• Hepatic patients in need of additional enteric support

Synergistic Product Support:
• Canine Immune System Support
• Canine Hepatic Support
• Canine Whole Body Support

CANINE FLEX SUPPORT  Introduced in 2011

Wear and tear of joints and surrounding tissues, especially in very active and aging dogs, can cause stiffness and trigger the body’s normal inflammatory response function. Canine Flex Support helps maintain healthy joint function, including support for the cartilage.

It provides nutrients that:
• Moderate the body’s normal inflammatory response
• Provide potent antioxidants
• Support healthy immune modulation

Indications for Use:
• Maintenance: especially for large breeds, performance dogs, and growing puppies
• Short- or long-term support for any dog with joint challenges, especially for active or aging dogs

Synergistic Product Support:
• Canine Musculoskeletal Support
**CANINE HEMP OIL COMPLEX™** Introduced in 2018

**A3030 - 60 Softgels**

Canine Hemp Oil Complex™ is a unique formulation of ingredients, combined to provide a 3-in-1 benefit for a dog’s whole body – supporting the endocannabinoid system, inflammation response resolution pathways, and endogenous antioxidant pathways.

- Supports the endocannabinoid system
- Supports the body’s natural inflammatory response function
- Ingredients that provide antioxidant activity
- Non-genetically engineered hemp
- Combination of natural omega-3 fatty acids, including DHA, DPA and EPA
- Calamari oil certified sustainable from the independent nonprofit group Friend of the Sea®

We also offer VF Hemp Oil which is suitable for both dogs and cats.

**CANINE HEPATIC SUPPORT** Introduced in 2002

**A1500 - 1.1 oz (30 g) | A1550 - 3.9 oz (110 g)**

The liver is a complex organ that interacts with most organs in the body, including the intestinal tract, cardiovascular system, kidneys, and autonomic nervous system. Nutritional support for the liver must address these interactions to be effective.

This product is formulated to support:

- Liver metabolism
- Hepatic circulation
- Bile production and flow
- Hepatic immune function

**Indications for Use:**
- General hepatic support
- Patients with increased metabolic demand

**Synergistic Product Support:**
- Canine Renal Support
- Canine Enteric Support
CANINE IMMUNE SYSTEM SUPPORT

A1600 - 1.1 oz (30 g) | A1650 - 3.9 oz (110 g)

The immune system is a complex array of cells that are found throughout the body. Immune cells are designed to work in conjunction with other cells to provide a defense against unwanted invaders. The complexity of the immune system requires a multidimensional approach of nutritional factors. The nutritional support of the immune system is directed at facilitating normal function and is not intended to be suppressive or stimulating.

- Provides nutritional and biochemical support for healthy immune cells and tissues
- Supports optimal immune system function

Indications for Use:
- General immune system support
- Colder climates or during the fall/winter months
- When kenneled or in a shelter

Synergistic Product Support:
- VF Thymex®
- Canine Hepatic Support
- Canine Enteric Support
- Canine Whole Body Support

Ingredients:
- Bovine liver, nutritional yeast, rice bran, bovine spleen PMS™ extract, bovine thymus PMS™ extract, organic carrot, bovine kidney, bovine thymus Cytosol™ extract, bovine pancreas Cytosol™ extract, bovine spleen, swine spleen, organic pea pine juice powder, eleuthero (Eleutherococcus senticosus), organic buckwheat (peripheral plant) juice powder, organic buckwheat flour, porcine duodenum, porcine jejunum, bovine adrenal Cytosol™ extract, wild oat PMS™ extract, defatted wheat germ, oat flour, calcium lactate, purified bovine bile salts, maltodextrin, black currant juice, organic Spanish black radish (root), riboflavin acid, bovine adrenal PMS™ extract, organic reishi mushroom powder, organic shiitake mushroom powder, astaxanthin (Alphanor®), Spanish moss (Tillandia usneoides), zinc amino acid (rice) chelate, kelp, and black currant (seaweed) oil.

Guaranteed Analysis:
- Calcium (min) 0.8 mg / ¼ tsp. or 2.5 mg / ½ tsp.
- Sodium (max) 6 mg / ¼ tsp. or 25 mg / ½ tsp.
- Magnesium (min) 175 mg / ¼ tsp. or 780 mg / ½ tsp.
- Zinc (min) 120 mg / ¼ tsp. or 480 mg / ½ tsp.

Dose Schedule: Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lb ¼ teaspoon 1x / day
11-20 lb ½ teaspoon 2x / day
21-40 lb ¼ teaspoon 2x / day
41-60 lb ½ teaspoon 2x / day
61-80 lb ½ teaspoon 2x / day
>80 lb 1 teaspoon 2 / day

How to Administer: The powder can be mixed with or poured over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

Servings per Container:
A1600 76 based on ¼ teaspoon
A1650 75 based on ½ teaspoon

A ¼ teaspoon scoop is included with the small canine powder bottles, and a ½ teaspoon scoop is included with the large canine powder bottles.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.
The canine musculoskeletal system has many components: bones, joints, muscles, tendons, ligaments, nerves, blood vessels, and organs that support these tissues, including the liver, kidneys, and adrenal glands.

- Supports optimal musculoskeletal function
- Provides a wide range of essential nutrients
- Helps maintain optimal health and function

**Indications for Use:**
- General growth support
- Performance/working animals
- Senior animals

**Synergistic Product Support:**
- Canine Hepatic Support
- Canine Whole Body Support
- Canine Flex Support

**Ingredients:** Yeast culture PM™ extract, Indian Frankincense (Boswellia serrata), New Zealand green mussel (Perna canaliculus), black and white onion (Allium cepa), alfalfa (Medicago sativa), horsetail (Equisetum arvense), rice bran, white burdock (Arctium lappa), and dandelion (Taraxacum officinale). 

**Guaranteed Analysis:**
- Sodium (max) 4 mg / ¹/₂ tsp. or 17 mg / ¹/₄ tsp.
- Magnesium (min) 223 mg / ¹/₂ tsp. or 900 mg / ¹ tsp.
- Manganese (min) 175 mg / ¹/₂ tsp. or 700 mg / ¹ tsp.

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10 lbs</td>
<td>½ teaspoon 1x/day</td>
</tr>
<tr>
<td>11-20 lbs</td>
<td>½ teaspoon 2x/day</td>
</tr>
<tr>
<td>21-40 lbs</td>
<td>¾ teaspoon 2x/day</td>
</tr>
<tr>
<td>41-80 lbs</td>
<td>1 teaspoon 2x/day</td>
</tr>
<tr>
<td>&gt;80 lbs</td>
<td>2 teaspoons 2x/day</td>
</tr>
</tbody>
</table>

**How to Administer:** The powder can be mixed with or poured over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

**Servings per Container:**
A1700 60x based on ½ teaspoon
A1750 78 based on ½ teaspoon

A ½ teaspoon scoop is included with the small canine powder bottles, and a 1 teaspoon scoop is included with the large canine powder bottles.
CANINE RENAL SUPPORT  Introduced in 2002

A1800 - 1.1 oz (30 g)  |  A1850 - 3.9 oz (110 g)

For renal challenges, not only should the kidneys be supported but consideration should also be given to support of the liver, cardiovascular system, and autonomic nervous system.

- Provides support for the normal function of the kidneys
- Supports the liver, cardiovascular system, and nervous system

**Indications for Use:**
- Patients in need of renal support
- Hepatic patients in need of additional renal support

**Synergistic Product Support:**
- Canine Hepatic Support
- Canine Cardiac Support
- Canine Whole Body Support

**Ingredients:**
- Bovine kidney, organic kidney bean (aerial parts), juice powder, oat flour, bovine liver, ribonucleic acid, veal bone, nutritional yeast, bovine orchic CytoSorb™ extract, organic beef (root), organic pea vine juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, organic alfalfa (aerial parts) juice powder, bovine kidney PMG™ extract, bovine spleen, ovine spleen, rice bran, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), organic carrot, black currant seed oil, wheat germ oil, organic shiitake mushroom powder, organic nettle mushroom powder, leek, bovine adrenal, black currant juice, methionine, enzymatically processed Spanish moss (Affinisoria univariata) and beef (root), bovine buplurary PMG™ extract, fat soluble extract from alfalfa (leaf) and sunflower seed, magnesium glycerophosphate, and organic beet (beet) juice powder.

**Guaranteed Analysis:**
- Sodium (max) 5 mg/8 tsp or 60 mg/2 tsp
- Chloride (min) 2.5 mg/8 tsp or 10 mg/2 tsp

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

- 1-10 lbs 1/8 teaspoon 1x/day
- 11-20 lbs 1/4 teaspoon 2x/day
- 21-40 lbs 1/2 teaspoon 2x/day
- 41-80 lbs 1 1/2 teaspoons 2x/day
- >80 lbs 1 teaspoon 2x/day

**How to Administer:** The powder can be mixed with or poured over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

**Servings per Container:**
- A1800 70 based on 1/8 teaspoon
- A1850 75 based on 1/2 teaspoon

A 1/8 teaspoon scoop is included with the small canine powder bottles, and a 1 teaspoon scoop is included with the large canine powder bottles.

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CANINE THYROID SUPPORT  Introduced in 2002

A1900 - 0.9 oz (25 g)  |  A1950 - 3.5 oz (100 g)

The endocrine system has an interesting network of interactions with different organs in the body, and the thyroid gland plays a major role.

- Provides critical trace mineral support for the thyroid gland
- Supports glands and tissues that interface with the thyroid, including the adrenals and liver
- Supports all aspects of thyroid function

**Indications for Use:**
- General thyroid support
- Patients with increased metabolic demand

**Synergistic Product Support:**
- Canine Whole Body Support
- Canine Hepatic Support

**Ingredients:**
- Eleuthero (Eleutherococcus senticosus), bovine liver, bovine orchic extract, bovine adrenal, bovine thyroid PMG™ extract (processed to substantially remove its thyroxine), New Zealand green mussel (Perna canaliculus) (shells), Spanish moss (Affinisoria univariata), calcium lactate, bovine adrenal PMG™ extract, sunflower lecithin, porcine ovary CytoSorb™ extract, organic shiitake mushroom powder, organic reishi mushroom powder, organic buckwheat flour, kelp, wheat germ oil, bovine bone, rice bran, organic pea vine juice powder, dehydrated wheat germ, organic alfalfa (aerial parts) juice powder, bovine heart PMG™ extract, ribonucleic acid, porcine duodenal, oat flour, porcine brain, calcium glycerophosphate, and ascorbic acid.

**Guaranteed Analysis:**
- Calcium (min) 2 mg/1/8 tsp or 8 mg/1/2 tsp
- Phosphorus (min) 1.25 mg/1/8 tsp or 5 mg/1/2 tsp
- Sodium (max) 6 mg/1/8 tsp or 25 mg/1/2 tsp

**Dose Schedule:** Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

- 1-10 lbs 1/8 teaspoon 1x/day
- 11-20 lbs 1/4 teaspoon 2x/day
- 21-40 lbs 1/2 teaspoon 2x/day
- 41-80 lbs 1 1/2 teaspoons 2x/day
- >80 lbs 1 teaspoon 2x/day

**How to Administer:** The powder can be mixed with or poured over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

**Servings per Container:**
- A1900 65 based on 1/8 teaspoon
- A1950 80 based on 1/2 teaspoon

A 1/8 teaspoon scoop is included with the small canine powder bottles, and a 1 teaspoon scoop is included with the large canine powder bottles.

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Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient’s individual needs.
CANINE WHOLE BODY SUPPORT

Supplements made from whole foods, organ and tissue extracts, botanicals, and other ingredients can fill nutrition gaps.

- Provides general multisystem support for daily maintenance of all body systems, with emphasis on a healthy endocrine system
- Is an excellent nutritional foundation for use with all other system-support formulas

Indications for Use:
- Daily supplement for any patient
- Growing animals
- Performance/working animals
- Endocrine system support
- Senior animals

Synergistic Product Support:
- Canine Hepatic Support
- Canine Immune System Support
- Canine Renal Support
- Canine Cardiac Support
- Canine Enteric Support

Ingredients: Defatted wheat germ, bovine liver, organic pea protein, nutritional yeast, rice bran, organic carrots, organic alfalfa (algal part) juice powder, milk thistle extract (88% silymarin), organic beet root, porcine stomach, ear flours, bovine heart PMG™ extract, Spanish moss (Tillandsia usneoides), L-carotene, organic Brewers' yeasts (algal parts), bovine orchic Cytosol™ extract, bovine spleen, ovine spleen, kidney bean (algal part) juice powder, hobo, bovine liver PMG™ extract, bovine thymus, bovine bone, bovine kidney PMG™ extract, bovine kidney, choline bitartrate, inositol, thiamin hydrochloride, bovine adrenal CytoSox™ extract, citrus (algal parts), bovine liver fat extract, oat bran, organic shiitake mushroom powder, organic reishi mushroom powder, calcium lactate, bovine adrenal PMG™ extract, copper amino acid (copper chelate, porcine hypothalamus CytoSox™ extract, iron amino acid (iron chelate, magnesium gluconate), bovine pituitary PMG™ extract, bovine thymus PMG™ extract, canker, zinc amino acid (zinc chelate, porcine hypothalamus PMG™ extract, sunflower lecithin, bovine thymus CytoSox™ extract, porcine brain, and ascorbic acid.

Guaranteed Analysis:
- Calcium (min) 1.25 mg / 1/8 tsp, or 5 mg / 1/4 tsp
- Sodium (max) 3.5 mg / 1/8 tsp, or 14 mg / 1/4 tsp
- Iron (min) 125 mcg / 1/8 tsp, or 500 mcg / 1/4 tsp
- Copper (min) 50 mcg / 1/8 tsp, or 200 mcg / 1/4 tsp
- Manganese (min) 150 mcg / 1/8 tsp, or 600 mcg / 1/4 tsp
- Zinc (min) 75 mcg / 1/8 tsp, or 300 mcg / 1/4 tsp

Dose Schedule: Based on body weight, the patient should receive the formula according to the following recommendations, or as otherwise directed.

1-10 lbs ½ teaspoon 1/day
11-20 lbs ⅛ teaspoon 2/day
21-40 lbs ¼ teaspoon 2/day
41-80 lbs ⅛ teaspoon 2/day
81-180 lbs ¼ teaspoon 2/day
>180 lbs 1 teaspoon 2/day

How to Administer: The powder can be mixed with or pureed over the dog’s food, mixed with water and administered by oral syringe, or made into a paste and given directly.

Servings per Container:
- A2000: 65 Based on ½ teaspoon
- A2050: 70 Based on ½ teaspoon

A ⅛ teaspoon scoop is included with the small canine powder bottles, and a ½ teaspoon scoop is included with the large canine powder bottles.
Feline Formulas

Since cats are obligate carnivores, the feline formulas contain fewer ingredients than the canine formulas and focus more on animal tissues. These ingredient combinations provide a wide range of nutrients to support multiple organs. The feline formulas are in tablet form to allow for several administration options.
FELINE CARDIAC SUPPORT  Introduced in 2002

A5005 - 90 Tablets

The heart is at the center of the cardiovascular system, which is a complex, coordinated group of organs and tissues. Nutritional support for the cardiovascular system also includes the organs that support the heart, such as the liver, kidneys, and digestive system.

- Provides nutrients that support optimal cardiac function
- Supports normal function of muscle cells

Indications for Use:
- General cardiac support
- Patients with increased cardiac demand or conditions that increase cardiac workload

Synergistic Product Support:
- Feline Renal Support
- Feline Hepatic Support
- Feline Whole Body Support

Ingredients: Evine heart PAM™ extract, bovine cardiac GynoVetTMD extract, bovine adrenal, bovine liver, Spanish iris (Iris spicata), organic alfalfa (medicinal) powder, L-carnitine, bovine kidney, bovine spleen, echinacea, garlic extract, rice bran, organic buckwheat (pericarp juice powder, nutritional yeast, bovine adrenal GynoVet™ extract, hawthorn berry), riboflavin (vitamin), hibiscus, wheat germ oil, oat flour, and bone meal.

Other Ingredients: Honey, maltodextrin, and calcium stearate.

Guaranteed Analysis:
- Calcium (mg) 10 mg/tablet
- Potassium (mg) 5 mg/tablet
- Sodium (mg) 3 mg/tablet
- Magnesium (mg) 3.5 mg/tablet

How to Administer: The feline patient should receive one tablet two times per day, as directed. Feline formulas can be administered in a variety of ways, including:
- Whole tablet or crushed
- Mixed directly or mixed with food
- Suspension in water or other liquid

To facilitate use of the tablet, it may be helpful to place one tablet beside the food bowl for two or three days prior to enrolling the tablet with the food.

Servings per Container: 90 based on 1 tablet per serving.

FELINE ENTERIC SUPPORT  Introduced in 2002

A5105 - 90 Tablets

A healthy digestive tract is critical to overall health and well-being. In addition to affecting breakdown and absorption of nutrients, the digestive health of an animal can also have a significant impact on other body systems (immune system, liver, bone marrow, or adrenal glands).

This product contains a variety of functional foods, both plant and animal, that “feed” the various components of the digestive system to:

- Provide general digestive system support
- Support the ability of intestinal cells to function, regenerate, and respond to daily metabolic and immune challenges

Indications for Use:
- General enteric support
- Patients with increased metabolic demand
- Hepatic patients in need of additional enteric support

Synergistic Product Support:
- Feline Immune System Support
- Feline Hepatic Support
- Feline Whole Body Support

Ingredients: Parenting, probiotics, blueberry, grapeseed, stomach L-glutamine, probiotics, duodenal, bovine pancreas, bile acid, dehydrated wheat germ, rice bran, nutritional yeast, bovine liver, colostrum, organic alfalfa (pericarp) juice powder, New Zealand green mussel (Perna canaliculata) shell, whole PAM™ extract, milk, and red lentils.

Other Ingredients: Honey and calcium stearate.

Guaranteed Analysis:
- Magnesium (mg) 3.5 mg/tablet

How to Administer: The feline patient should receive one tablet two times per day, as directed. Feline formulas can be administered in a variety of ways, including:
- Whole tablet or crushed
- Mixed directly or mixed with food
- Suspension in water or other liquid

To facilitate use of the tablet, it may be helpful to place one tablet beside the food bowl for two or three days prior to enrolling the tablet with the food.

Servings per Container: 90 based on 1 tablet per serving.

Please consult the actual product label for the most accurate product information.
FELINE HEPATIC SUPPORT

AS205 - 90 Tablets

The liver is a complex organ that interacts with most organs in the body, including the intestinal tract, cardiovascular system, kidneys, and autonomic nervous system. Nutritional support for the liver must address these interactions to be effective. This product is formulated to support:

- Liver metabolism
- Hepatic circulation, bile production and flow
- Hepatic immune function

Indications for Use:
- General hepatic support
- Patients with increased metabolic demand

Synergistic Product Support:
- Feline Renal Support
- Feline Enteric Support
- Feline Whole Body Support

Ingredients:
- Bovine liver PMG™ extract, bovine liver, bovine kidney, bovine spleen, prunes, olive extract, L-glutamine, porcine stomach, garlic extract, bovine bone, organic pea sprout juice powder, porcine duodenum, New Zealand green mustard, parsley, celery, turmeric, organic buckwheat flour, defatted wheat germ, oat flour, bovine kidney PMG™ extract, nutritional yeast, bovine liver fat extract, dextrose, bovine adrenal, organic S½ blend (organic swiss chard juice powder, organic beef (heart), organic beef kidney (prune powder), milk chelate extract (50% skimmed), choline bitartrate, inositol), organic alfalfa (aerial part) leaf powder, rice bran, enzymatically processed Spanish moss, (Turmeric standardized), and beet root, copper amino acid (rice) chelate, iron amino acid (rice) chelate, and zinc amino acid (rice) chelate.

Guaranteed Analysis:
- Sodium (min) 2 mg / tablet
- Calcium (min) 2 mg / tablet
- Iron (min) 50 mg / tablet
- Copper (min) 15 mg / tablet
- Zinc (min) 21 mg / tablet

How to Administer: The feline patient should receive one tablet two times per day, as directed. Feline formulas can be administered in a variety of ways, including:
- Whole tablet or crushed
- Dissolved directly or mixed with food
- Continuously as a powder suspended in water given by oral syringe

To familiarize the cat with this supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

Servings per Container: 90 based on 1 tablet per serving

FELINE IMMUNE SYSTEM SUPPORT

AS305 - 90 Tablets

The immune system is a complex array of cells that are found throughout the body. Immune cells are designed to work in conjunction with each other to provide a defense against unwanted invaders. The complexity of the immune system requires a multidimensional approach to nutritional factors. Nutritional support of the immune system is directed at facilitating normal function and is not intended to be suppressive or stimulating.

- Provides nutritional and biochemical support for healthy immune cells and tissues
- Supports optimal immune system function

Indications for Use:
- General immune system support
- Colder climates or during the fall/winter months
- When kenneled or in a shelter

Synergistic Product Support:
- VF Thymex®
- Feline Whole Body Support
- Feline Enteric Support

Ingredients:
- Euphorbia (Euphorbia cyparissias), bovine liver, L-glutamine, porcine jejunum, bovine orchic CytoCell™ extract, chromium carbomer, beef retinol, beef extract, bovine spleen PMG™ extract, bovine thymus CytoCell™ extract, bovine pituitary PMG™ extract, bovine adrenal CytoCell™ extract, organic pea sprout juice powder, bovine spleen, swine spleen, porcine hypophyseal extract, CytoCell™ extract, organic buckwheat (aerial part) powder, organic buckwheat flour, bovine kidney, oat flour, organic alfalfa (aerial part) juice powder, copper amino acid (rice) chelate, iron amino acid (rice) chelate, zinc amino acid (rice) chelate, and bovine pancreas PMG™ extract.

Guaranteed Analysis:
- Potassium (min) 3.5 mg / tablet
- Iron (min) 140 mg / tablet
- Copper (min) 20 mg / tablet
- Zinc (min) 70 mg / tablet

How to Administer: The feline patient should receive one tablet two times per day, as directed. Feline formulas can be administered in a variety of ways, including:
- Whole tablet or crushed
- Dissolved directly or mixed with food
- Continuously as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

Servings per Container: 90 based on 1 tablet per serving
FELINE RENAL SUPPORT  
Introduced in 2002

A5405 - 90 Tablets

For renal challenges, not only should the kidneys be supported but consideration should also be given to support of the liver, cardiovascular system, and autonomic nervous system.

- Facilitates support and natural rehabilitation of the kidneys
- Provides balanced cellular nutrition for all aspects of urinary system function

Indications for Use:
- Patients in need of renal support
- Hepatic patients in need of additional renal support

Synergistic Product Support:
- Feline Hepatic Support
- Feline Cardiac Support
- Feline Whole Body Support

Ingredients:
- Bovine kidney PMG™ extract, bovine kidney, bovine liver, real bison FAE™ extract, bovine bone, defatted wheat germ, organic buckwheat (aerial parts) juice powder, organic blackstrap molasses, rice bran, organic alfalfa (aerial parts) juice powder, organic pea alien juice powder, oat flour, bovine adrenal Cytosol™ extract, arils extract, riboflavin acid, organic kidney bean (aerial parts) juice powder, bovine heart PMG™ extract, New Zealand green mussels (Perna canaliculus) (shellfish), Spanish mussels (Mallotus venosus), rice bran, enzymatically processed Spanish moss (Tillandsia usneoides) and beet (root), organic carrots (beet) (juice powder), and porcine dihydrogen.

Guaranteed Analysis:
- Calcium (min) 0.5 mg/tablet
- Phosphorus (min) 2.4 mg/tablet
- Sodium (max) 15 mg/tablet

How to Administer: The feline patient should receive one tablet two times per day, as directed. Feline formulas can be administered in a variety of ways, including:
- Whole tablet or crushed
- Dosed directly or mixed in food
- Carefully, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

Servings per Container: 90 based on 1 tablet per serving

FELINE WHOLE BODY SUPPORT  
Introduced in 2002

A5505 - 90 Tablets

Supplements made with whole food ingredients, organ and tissue extracts, botanicals, and other ingredients can fill nutrition gaps.

- Provides general multisystem support for daily maintenance of all body systems with emphasis on a healthy endocrine system
- Is an excellent nutritional foundation for use with all other system-support formulas

Indications for Use:
- Daily supplement for any patient
- Growing animals
- Active animals
- Endocrine system support
- Senior animals

Synergistic Product Support:
- Feline Hepatic Support
- Feline Enteric Support
- Feline Renal Support
- Feline Cardiac Support
- Feline Immune System Support
- VF Hemp Oil

Ingredients:
- Bovine liver, organic alfalfa (aerial parts) juice powder, bovine liver PMG™ extract, bovine brain tissue, bovine bone, bovine heart PMG™ extract, bovine spleen, ovine spleen, L-glutamine, fish oil, porcine muscle, alfalfa extract, bovine kidney PMG™ extract, bison kidney, bovine liver, tremella, alfalfa extract, organic flaxseed Oil™ extract, nutritional yeast, organic pea vine juice powder, organic alfalfa (aerial parts) juice powder, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, bovine heart Cytosol™ extract, chromium yeast, New Zealand green mussels (Perna canaliculus) (shellfish), zinc amino acid (rice) chelate, L-carnitine, kidney bean (aerial parts) juice powder, defatted wheat germ, millet, choline bitartrate, enzymatically processed Spanish moss (Tillandsia usneoides) and beet (root).

Guaranteed Analysis:
- Sodium (max) 5 mg/tablet
- Zinc (min) 180 mg / tablet
- Chromium (min) 5 mcg/tablet

Not recognized as an essential nutrient by the AAFCO Dog (or Cat) Food Nutrient Profiles.

How to Administer: The feline patient should receive one tablet two times per day, as directed. Feline formulas can be administered in a variety of ways, including:
- Whole tablet or crushed
- Dosed directly or mixed in food
- Carefully, as a powder suspended in water given by oral syringe

To familiarize the cat with the supplement, it may be helpful to place one tablet beside the food bowl for two or three days prior to mixing the tablet with the food.

Servings per Container: 90 based on 1 tablet per serving
Equine Formulas

The equine formulas contain ingredients derived from vegetables, herbs, and fruits to deliver a full spectrum of phytonutrients, enzymes, minerals, and vitamins in their most potent form. Safe and effective, these formulas were developed to target the nutritional demands of specific systems. The equine formulas are in powder form and do not contain any animal tissues. Each formula can be used for either short- or long-term support.

FEEDING TIPS

• Start slowly by mixing a small amount of powder into the feed.
• Add the powder to the feed and dampen with water. (Spray bottles can be helpful.) Shake the container to mix the powder with the feed. This will also prevent the powder from settling in the bottom of the feeding container.
• Mix with unsweetened applesauce and add to the horse’s feed or syringe directly into the horse’s mouth.
• Add to a mash made of commonly found low-starch pelleted feeds or soaked hay cubes.
EQUINE GI SUPPORT  Introduced in 2011

E7700 - 30 ounces (850 g)

The equine gastrointestinal (GI) tract is an extensive set of organs that must efficiently function together to support adequate nutrition for the horse to maintain a cooperative working attitude and pleasant disposition. Horses experiencing a challenge to the GI tract may or may not display a perceivable change in behavior, eating patterns, or performance.

This product contains a variety of whole food and other ingredients that may support:

- Liver and GI tract detoxification pathways
- Lining of the intestinal wall
- Healthy bacterial populations in the hindgut
- Oxidation processes

**Indications for Use:**
- Horses in training
- Horses with limited access to pasture
- Horses experiencing a change in routine
- Horses that travel
- Horses with limited turnout

**Key Ingredients:** Brussels sprouts, kale, chamomile†, inulin, L-glutamine, and vitamin E

**Caution:** For equine use only. Keep out of reach of children.

†This ingredient could be considered a controlled substance by certain entities that govern equine competitions. We advise those who feed any supplement to competing horses to check with the governing body specific to the event regarding whether the product contains ingredients that could be considered a controlled substance.
EQUINE IMMUNE SUPPORT  Introduced in 2002

E7800 - 30 ounces (850 g)

Training, competition, travel, environmental factors, and lack of turnout combined with age, diet, and stress level may present challenges to the immune system in any season. Some horses may react to those challenges by exhibiting subtle or not-so-subtle changes in behavior, depending on the temperament, personality, and or management of the animal. This product encourages and supports the innate and adaptive immune response that is necessary for the health, performance, and stamina of the horse.

The product includes an array of ingredients derived from functional foods that may support:

- Immune-cell signaling
- Antioxidant activities
- Cell integrity

Indications for Use:
- Horses with limited turnout
- Horses under bouts of stress
- Horses enduring environmental changes
- Traveling horses
- Horses experiencing a change in routine

Key Ingredients: L-glutamine, turmeric, mushrooms, vitamin A palmitate, vitamin D, and yeast cultures† (Saccharomyces boulardii)

Caution: For equine use only. Keep out of reach of children.

†This ingredient could be considered a controlled substance by certain entities that govern equine competitions. We advise those who feed any supplement to competing horses to check with the governing body specific to the event regarding whether the product contains ingredients that could be considered a controlled substance.

Ingredients: Whey protein (milk), turmeric (root) powder, organic flax meal, L-glutamine, rice protein, yeast culture, turmeric (rhizome) extract, organic turkey tail mushroom powder, organic shiitake mushroom powder, organic reishi mushroom powder, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic kale (aerial parts), organic Brussels sprouts (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, dried yeast fermentate (ExGald™), sunflower tocotrienol powder, modified corn starch, grape (seed) extract, sucrose, aniseed gum, red wine extract, organic carrot, vitamin A palmitate, and cholic acid.

Serving Size: 1/4 cup (59 g)

Servings per Container: 28

Suggested Use: 1/4 cup (59 g) per 1,000 lb. horse per day, or as directed.
The realities of modern equine management may result in challenges to the metabolic processes of the horse. Identifying early signs of these challenges and responding with management suggestions and nutritional support is critical for the overall health of the horse.

This product includes a variety of whole food and other ingredients that may promote healthy metabolic processes of the horse by:

- Promoting healthy glucose metabolism
- Supporting healthy insulin function
- Providing plant-based ingredients that may promote antioxidant activity

**Indications for Use:**
- Horses struggling with excess weight or fat deposits, especially on the rump or neck
- Horses who exhibit seasonal pasture sensitivities
- Horses struggling with changing insulin levels

**Key Ingredients:** Licorice root, cinnamon, cayenne (chili powder),† buckwheat flour, green tea extract, chromium, and vanadium.

**Caution:** For equine use only. Keep out of reach of children.

†This ingredient could be considered a controlled substance by certain entities that govern equine competitions. We advise those who feed any supplement to competing horses to check with the governing body specific to the event regarding whether the product contains ingredients that could be considered a controlled substance.
EQUINE MOBILITY SUPPORT  Introduced in 2006

E8000 - 40 ounces (1,134 g)

Equine joints inevitably suffer stress during daily riding, training, and competing and are expected to deteriorate as a result of the natural aging process.1 Horses are the longest-lived domesticated animal, with a potential life span of 40 years.2 Friction and load-bearing stress on a horse’s joints over time may affect comfort and performance, sometimes even before the signs are apparent.

This product is a unique blend of whole foods and other ingredients that may help both the performance and retired horse by:

- Promoting healthy joint function, flexibility, and mobility
- Supplying antioxidants
- Supporting a healthy inflammatory response

Indications for Use:
- Horses in regular training
- Horses on rest due to a mobility challenge
- Geriatric or retired horses

Key Ingredients: Glucosamine sulfate, chondroitin sulfate, wheat germ oil, flax meal, ginger†

Caution: For equine use only. Keep out of reach of children.


†This ingredient could be considered a controlled substance by certain entities that govern equine competitions. We advise those who feed any supplement to competing horses to check with the governing body specific to the event regarding whether the product contains ingredients that could be considered a controlled substance.

Please consult the actual product label for the most accurate product information. The synergistic products listed are for general reference only. Protocols should be devised by health care professionals according to each patient's individual needs.
EQUINE PERFORMANCE

E8100 - 30 ounces (850 g)

Equine Performance is a supplement for horses that may help in training, traveling, or competition by providing important energy & immune response substrates. Horses that train rigorously, travel, or compete may experience an inflammatory response, exercise-related muscle soreness, and oxidative stress. Diet, level and amount of exercise, age, and the nature of a training program are all factors that may play a role in maintaining a balance between oxidative stress and antioxidant status in the performance horse.1 Oxidative stress may be the result of decreased antioxidant activity, increased amounts of reactive oxygen species, or both.2 Horses in training may experience a physiological challenge and as a result will attempt to regain homeostasis through coordination of multiple organ systems.3 Dietary antioxidants may help the horse cope with rigorous athletic demands.4

This product is a unique blend of whole foods and other ingredients that may help horses in training, traveling, or competition by:

• Providing important energy and immune response substrates
• Supporting energy pathways
• Offering antioxidant support
• Providing ingredients that may support recovery from strenuous activity

Indications for Use:

• Horses preparing for, participating in, or recovering from competition
• Horses preparing for, participating in, or recovering from travel
• Horses in demanding or rigorous training programs

Key Ingredients: Glutamate, L-glutamine, selenium yeast (contains 550 micrograms organically bound selenium), ribonucleic acid, tart cherry

Caution: For equine use only. Keep out of reach of children.

Key Ingredient Cross-Reference

Use this quick reference to find the products that contain specific ingredients as one of their primary ingredients. Please consult the actual product label for the most accurate product information.

**Adrenal**
Canine Adrenal Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support, Feline Hepatic Support

**Adrenal Cytosol™ Extract**
Canine Adrenal Support, Canine Dermal Support, Canine Immune System Support, Canine Whole Body Support, Feline Cardiac Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

**Adrenal PMG™ Extract**
Canine Adrenal Support, Canine Dermal Support, Canine Enteric Support, Canine Immune System Support, Canine Thyroid Support, Canine Whole Body Support

**Alfalfa Juice**
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support

**Allantoin**
Canine Adrenal Support, Canine Enteric Support, Canine Hepatic Support, Canine Renal Support, Feline Enteric Support, Feline Whole Body Support

**Antronex® Base**
Canine Dermal Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support

**Arginex® Base (Extract of Rhizopus oryzae Grown on Tillandsia usneoides and Beet Root)**
Canine Musculoskeletal Support, Canine Renal Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

**Beet Leaf Juice**
Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

**Beet Root**
Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

**Black Currant Juice**
Canine Adrenal Support, Canine Dermal Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support

**Black Currant Seed Oil**
Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support

**Bone Meal**
Canine Dermal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

**Boswellia serrata (Boswellia)**
Canine Musculoskeletal Support

**Bovine Bile Salts**
Canine Dermal Support, Canine Enteric Support, Canine Immune System Support

**Brussels Sprouts**
Equine GI Support, Equine Performance, Equine Immune Support

**Buckwheat**

**Calcium Glycerophosphate**
Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Thyroid Support

**Calcium Lactate**
Canine Cardiac Support, Canine Dermal Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, VF Antronex®, VF Thymex®

**Carrot**
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support

**Cayenne**
Equine Metabolic Support

**Chamomile**
Equine GI Support

**Chlorophyll Extract**
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Feline Enteric Support

**Choline Bitartrate**
Canine Cardiac Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support, Feline Whole Body Support

**Chondroitin Sulfate**
Canine Flex Support, Equine Mobility Support
Chromium
Equine Metabolic Support

Cinnamon
Equine Metabolic Support, Equine Mobility Support

Copper Rice Chelate
Canine Whole Body Support, Feline Immune System Support

Crataegus oxyacantha (Hawthorn)
Canine Cardiac Support, Feline Cardiac Support

Duodenum
Canine Adrenal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support

Eleutherococcus senticosus (Eleuthero)
Canine Adrenal Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Immune System Support

Emblica officinalis (Indian Gooseberry)
Canine Dermal Support, Feline Cardiac Support, Feline Hepatic Support, Feline Immune System Support, Feline Whole Body Support

Fish Oil
VF Omega-3

Flax Meal
Equine Mobility Support

Ginger
Canine Flex Support, Equine Mobility Support

Glucosamine Sulfate
Canine Flex Support, Equine Mobility Support

Glutamate
Equine Performance

Green Tea
Equine Metabolic Support

Heart PMG™ Extract
Canine Cardiac Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Renal Support, Feline Whole Body Support

Hemp Oil
VF Hemp Oil, Canine Hemp Oil Complex™

Hypothalamus Cytosol™ Extract
Canine Whole Body Support, Feline Immune System Support

Hypothalamus PMG™ Extract
Canine Whole Body Support

Inositol
Canine Cardiac Support, Canine Dermal Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support, Feline Whole Body Support

Inulin
Equine GI Support

Iron Rice Chelate
Canine Whole Body Support, Feline Hepatic Support, Feline Immune System Support

Jejunum
Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Enteric Support, Feline Immune System Support, Feline Whole Body Support

Kale
Equine GI Support, Equine Performance, Equine Immune Support

Kelp
Canine Adrenal Support, Canine Immune System Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Immune System Support

Kidney
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

Kidney Bean Extract
Canine Renal Support, Canine Whole Body Support, Feline Renal Support, Feline Whole Body Support

Kidney PMG™ Extract
Canine Renal Support, Canine Whole Body Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

L-carnitine
Canine Cardiac Support, Canine Whole Body Support, Feline Cardiac Support, Feline Whole Body Support

L-glutamine
Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Feline Enteric Support, Feline Hepatic Support, Feline Whole Body Support

Licorice Root
Equine Metabolic Support

Liver
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Flex Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

Liver PMG™ Extract
Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support, Feline Whole Body Support

Manganese Glycerophosphate
Canine Adrenal Support, Canine Renal Support, Canine Whole Body Support
**Mushroom**  
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Equine Immune Support

**Nutritional Yeast**  
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Whole Body Support

**Orchic Cytosol™ Extract**  
Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Immune System Support, Feline Whole Body Support

**Orchic Extract**  
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Thyroid Support

**Pancreas Cytosol™ Extract**  
Canine Cardiac Support, Canine Enteric Support, Canine Immune System Support

**Peanut Vine Juice**  
Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Hepatic Support, Feline Immune System Support, Feline Renal Support, Feline Whole Body Support

**Perna canaliculus (Green-Lipped Mussel)**  
Canine Dermal Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Thyroid Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

**Pituitary PMG™ Extract**  
Canine Adrenal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support

**Ribonucleic Acid**  
Canine Cardiac Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support, Feline Immune System Support, Feline Renal Support

**Rice Bran**  
Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Renal Support, Feline Whole Body Support

**Selenium**  
Equine Performance

**Silybum marianum (Milk Thistle)**  
Canine Dermal Support, Canine Hepatic Support, Canine Whole Body Support, Feline Hepatic Support

**Spleen**  
Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Renal Support, Canine Whole Body Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support, Feline Whole Body Support

**Stomach**  
Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Enteric Support, Feline Hepatic Support

**Sunflower Lecithin**  
Canine Adrenal Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support

**Tart Cherry**  
Equine Performance

**Thymus Cytosol™ Extract**  
Canine Immune System Support, Canine Whole Body Support

**Thymus PMG™ Extract**  
Canine Immune System Support, Canine Whole Body Support

**Thyroid PMG™ Extract**  
Canine Adrenal Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Whole Body Support, Feline Immune System Support

**Tillandsia usneoides (Spanish Moss)**  
Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Cardiac Support, Feline Renal Support

**Trachea**  
Canine Musculoskeletal Support, Canine Whole Body Support, Feline Whole Body Support

**Turmeric**  
Canine Flex Support, Equine Immune Support

**Vanadium**  
Equine Metabolic Support

**Veal Bone PMG™ Extract**  
Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Enteric Support, Feline Renal Support

**Wheat Germ**  
Canine Adrenal Support, Canine Cardiac Support, Canine Dermal Support, Canine Enteric Support, Canine Hepatic Support, Canine Immune System Support, Canine Musculoskeletal Support, Canine Thyroid Support, Canine Whole Body Support, Feline Enteric Support, Feline Hepatic Support, VF Bio-Dent®

**Wheat Germ Oil**  
Canine Adrenal Support, Canine Cardiac Support, Canine Enteric Support, Canine Hepatic Support, Canine Musculoskeletal Support, Canine Renal Support, Canine Thyroid Support, Feline Cardiac Support, Feline Enteric Support, Feline Hepatic Support

**Zinc Rice Chelate**  
Canine Hepatic Support, Canine Immune System Support, Canine Whole Body Support, Feline Hepatic Support, Feline Immune System Support, Feline Whole Body Support
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