Introduction

With over 20 years of experience in the natural health industry, our goal here at Vita Aid is to provide health care practitioners worldwide with high quality and effective natural health products for use in improving patient health.

Vita Aid product line is developed and available exclusively for licensed health care practitioners. We focus on products for professional, safe, and effective therapeutic use and follow strict Health Canada NNHPD GMP standards.

Vita Aid is manufactured by Naturo Aid Pharmaceutical Inc., which is based in British Columbia, Canada. We have our own professional product development team, professional in-house formulator, and production facility (NNHPD-GMP site license #300391). Everything from product development, to production, to bottling and labeling is done in-house. No step in the process is contracted out, which means that we fully control the quality of our products from beginning to end.

Why choose Vita Aid Products?

• Exclusive for licensed practitioners – NO parallel self-medication product line that shares the same formulas in general consumer’s market.

• All products are developed via working with our panel of medical advisors, which includes Dr. John Bender (ND), Dr. Peter Bennett (ND), Dr. Brian Martin (ND), Dr. Martin Kwok (ND, DrTCM), Dr. Lorenzo Diana (ND), Dr. Carol Lin (ND), Dr. Brent Barlow (ND), Dr. Erica Kneeland (ND), Dr. Tornah Phillips (ND), Dr. Lisa Ghent (ND), and Clara Cohen (R.Ac).

• Carefully chosen, high potency, filler-free herbal extracts/isolates - minimizing the number of capsules needed to reach the therapeutic dosages.

• Vegetarian formulations to meet each individual’s lifestyle.

• Formulations are developed based on human clinical trials where the ingredients and dosages are proven by research to exert health benefits.

• No added magnesium stearate or other lubricating stearic salts – for higher bioavailability of the active ingredients.

• A Canadian NNHPD-GMP certified manufacturer – we develop, market, and manufacture all our products. This means that we fully control the quality from the beginning to the end.

• Using highly bioavailable glycine-chelated mineral sources.
Our Quality Assurance

Raw Materials/Ingredients
Vita Aid products are made using the highest quality raw materials, tested for quality and potency in-house, and via third party laboratories. We use non-irradiated, kosher certified herbs. Additionally, the raw materials for our ingredients are chosen based on specifications used in clinical studies, where their safety and efficacy have been demonstrated.

Inspection/Testing
Raw materials are tested for potency, heavy metals (Hg, As, Cd, Pb), pesticides, microbials, and irradiation when received. Every batch of raw material is sampled and the samples retained one year past the expiration of the products for quality control.

During the encapsulation process, we monitor the physical parameters of the capsules, ensuring that none are broken and that the capsule weight falls (+5%) within specifications.

The finished capsules undergo disintegration tests to ensure timely release of the ingredients and microbial tests to determine the absence of yeast and mould, E. coli, Salmonella spp., and Staphylococcus aureus, before being released. Finished products are retained one year past the product expiration date for ongoing quality control.

Production
Natroo Aid is a pharmaceutical-grade facility. The entire production area is equipped with a high performance air conditioning system which keeps each room in negative pressure, and a heavy-duty filtration system for dust/powder control, to prevent cross-contamination of different products. The facility is certified by Health Canada NNHPD Good Manufacturing Practice (GMP)*, and every aspect of the production process follows strict standard operating procedures (SOP).

*Site Licence #300391

Stability/Expiration Date
The expiration date for Vita Aid Professional Therapeutics Products are determined through real time tests to ensure that the finished products maintain their potency, retain their specified physical parameters, and are free of microbial contaminants throughout their shelf-life.
Product Development

Vita Aid product development is a continuous and dynamic process. New and innovative formulations are continually being developed and existing formulations are updated as new studies are published, new technology demonstrating higher bioavailability or vegetarian sources are developed, or when feedback from doctors and patients are received.

Vita Aid products are formulated based on scientific clinical trials and research, with combinations of active ingredients carefully chosen to synergize with each other and maximize effectiveness and bioavailability.

We know that excipients have no benefits for the body and some may decrease the bioavailability of the active ingredients. Therefore, we minimize the use of non-medicinal ingredients while containing absolutely no magnesium stearate or stearic acids, which may delay the rate of absorption.

In order to ensure that the active ingredient delivery system would not be hindered by manufacturing process and dosage form, Vita Aid products only use capsules, powder and oil in liquid. Most Vita Aid formulas are filler-free; for products with very potent ingredient(s) (ie. small therapeutic dose), only certified apple fiber and other natural substances are used as fillers.

Regulatory Compliance

Vita Aid is manufactured by Naturo Aid Pharmaceutical Inc. - a GMP-certified manufacturer in BC, Canada; every step of our product development and manufacturing process fully complies with the regulations from Health Canada.

The ingredients in Vita Aid’s products have demonstrated safety and efficacy in scientific clinical trials; and all Vita Aid’s products follow Health Canada’s licensing regulations.

Due to the fact that all Natural Health Products sold in Canada are required to have therapeutic claims, the cautions/ warnings on the products serve to prevent patients from self-medicating. Some cautions may in fact reflect the therapeutic actions of the product.
Customer Service

Office Hours:
Monday to Friday 9:00 am to 5:00 pm (PST)

Ways to Order:
2. Fax order form to 1-604-465-1299
3. Email order to info@vitaaid.com
4. Order through your local sales representatives:

For more information, please visit our website at www.vitaaid.com

Vita Aid products are available EXCLUSIVELY for health care practitioners. If you are not a health care practitioner but are interested in using our products, please speak to your health care practitioner about us, or contact our office to find a health care practitioner in your area.

Claims

The information contained in this professional product guide is based on sound clinical studies, trials, and research, and it may vary from others’ opinions. The information in this guide is for professional use only and is not meant to diagnose, treat, or replace conventional medical treatment. In order to comply with Canadian natural health product regulations, label information and claim may vary from this professional guide. Product label takes precedence in all cases. Inquire to confirm. Availability of products and conditions are subject to change without prior notice.
Terms and Conditions

Clients wishing to establish an account must either complete an account application form or call to set up.

Payment Terms
• Initial product orders are accepted on a prepaid basis only.
• Payments can be made by cash, cheque, Visa or Mastercard.
• A monthly administration fee of 2% will be applied on past due (over 30 days) accounts.
• There is a $25 service charge on all returned cheques.

Shipping
• Orders over CDN $250 in Canada or USD $350 in the United States (USD $500 in Alaska and Hawaii) will be shipped free of charge.
• There is a minimum order of $50. All orders under $250 CAD ($350 USD for US orders) are subject to the following fees:
  » $10 CAD for shipments to areas within British Columbia
  » $10 CAD for shipments (WITHOUT SynerClear®) to all other provinces in Canada
  » $15 CAD for shipments (WITH SynerClear®) to all other provinces in Canada
  » $20 USD for all US destinations.
• We will follow-up on any product that may be back ordered and will forward them free of shipping charge, as soon as they become available.
• We will ship products ordered before 11:30am (PST) on the same day. Products ordered after 11:30am (PST) will be shipped the following day.
• Rush air delivery is available. Prices vary depending on location and order size. Inquire for details.
• Please contact us to inquire about international shipping.

Returns
• Please inform us right away if there is a problem with your order. All claims must be made within 10 days from receipt of merchandise. Please have your invoice ready when you contact Vita Aid.
• After 10 days, a 20% restocking fee will be applied. No returns will be accepted after 60 days.
• To return, please call us first to obtain a Return Authorization Number (RAN).
• No returns will be accepted without an RAN. Products with less than 12 months expiry are NOT returnable.
• All returns must be in resale condition. For returns that require cleaning or removal of stickers, a 15% handling fee will be applied. Returned items that are opened or damaged due to improper packaging will not be credited.
PRODUCT SEARCH (BY FUNCTION)

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Protects against reactive oxygen species and replenishes glutathione levels
R.O.S-Quench.................................. 10
Synergistic super-antioxidant formula featuring high dose all-trans resveratrol
Thé VertAid........................................... 11
Highly concentrated and decaffeinated green tea extract
Verlusan+.......................................... 11
Natural cox-2 inhibitor to relieve inflammation; Bioavailability enhanced by Bioperine®

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ACV 500............................................. 53
Maintains body’s acid/alkaline homeostasis and controls blood sugar level
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For blood sugar regulation & complications associated with PCOS
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L-Glutamine Plus............................. 29
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   For vision and skin health, stronger immune function, and healthy respiratory and urinary tracts

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R.O.S-Quench
Synergistic super-antioxidant formula featuring high dose all-trans resveratrol
VA-121

R.O.S-Quench is a synergistic blend of powerful antioxidants in potent dosages, specifically formulated to strengthen the vasculature, modulate immune function, and reduce inflammation.

- Features natural, highly concentrated (99%) Trans-Resveratrol (200 mg/cap) - the more stable and bioavailable form.
- Also contains: Grape Seed Extract (100 mg/cap; 95% OPCs), Quercetin (100 mg/cap), Olive Leaf Extract, and Vitamin C.
- Comprehensive Mitochondrial Rescue & Anti-Aging formula.

Indications:
- Prevention of atherosclerosis and its complications (ie. CVD, stroke)
- Support for Healthy Aging
- Skin Rejuvenation - preventing wrinkle and age-spot formation
- Modulate immune system and helps relieve allergies and hypersensitivities
- Adjunct cancer therapy (under close supervision of an experienced practitioner in oncology)

Ingredients (per capsule):
trans-Resveratrol ............................................................. 200 mg
(99%, isoflavonid) from Reynoutria japonica (root)........ 100 mg
Grape Seed Extract 100:1 (Vitis vinifera)....................... 100 mg
(95% OPCs) (equivalent to 10,000 mg dried herb)
Quercetin (isolate).............................................................. 100 mg
Olive Leaf Extract 7:1 (Olea europaea)........................... 60 mg
(leaf) (95%) (equivalent to 420 mg dried herb)
Vitamin C................................................................. 60 mg
Mixed tocopherol concentrate................................. 30 mg

Non-medicinal Ingredients:
Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule, 1-2 times a day, with food, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 3 months.

Suggested Combination:
- For Cardiovascular Health: Alliimin DR (Garlic), Angiolaxin, H.C.Q10-Cardio, L-Citulline
- For Vascular Health & Prevention of Atherosclerosis: MQ-7, MQ-7+D3, Nattozimes®, Niacin 250
- For Seasonal Allergy: Bio-C, Imurex
- For Convalescence in Cancer Patients: L-Glutamine Plus, SpirithQ1, Verlusan+
- For Skin Health - Bio-C, Collagen Restore, Vitamin A+Zn

Dosage Form: 42 Vegetarian Capsules

NAC+
Protects against ROS and replenishes glutathione levels
VA-046 - See p.25 for product information
**Thé VertAid**

**VA-064**

**Thé VertAid** is a highly concentrated and standardized (EGCG) green tea extract exerting its antioxidant activity for maintenance of good health and weight management.

- Contains 225 mg of EGCG, the most powerful catechin in green tea with antioxidant activity approximately 25-100 times more potent than same dose of Vitamin C and E.
- To be used with a program of reduced intake of dietary calories and increased physical activity to help in weight management.

**Ingredients (per capsule):**
- Green Tea Extract (Camellia sinensis) (leaf)......................... 450 mg (standardized to contain 98% total polyphenols, 70% total catechins, min. 50% EGCG* (225mg), <1% caffeine)
- *EGCG = epigallocatechin gallate

**Non-medicinal Ingredients:**
- Mixed tocopherols, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
- Adults – Take 1-2 capsules once a day with food, or as directed by a health care practitioner.

**Suggested Combination:**
- For weight control - 5-HTP, ACV 500, SynerClear®
- For reducing the risk of tissue damage caused by free radicals - Bio-C, Hepasylin, R.O.S-Quench, NAC+

**Dosage Form:** 90 Vegetarian Capsules

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**Verlusan+**

**Natural COX-2 inhibitor to relieve inflammation; Bioavailability enhanced by Bioperine®**

**VA-116**

Verlusan+ is a unique formula with enhanced bioavailability by the addition of Bioperine® (black pepper). It contains multiple, natural COX-2 inhibiting agents specialized for relief of inflammation, swelling and minor pain.

- Contains daily dosage of 1000 mg of potent iso-alpha acid standardized Humulus lupulus extract clinically proven to be a COX-2 (Cyclooxygenases) inhibitor with comparable effect to 400 mg ibuprofen.
- Reduces PGE2 production of the specific target cells. Provides effective anti-inflammatory support without the cardiovascular, gastrointestinal and renal adverse effects.
- Contains highly concentrated phyto-antioxidants to scavenge free radicals and reduce oxidative stress in inflamed tissues such as arthritis, muscle tearing, and any discomfort caused by inflammation.

**Ingredients (per capsule):**
- (Each capsule contains 6300 mg Dried Herb Equivalent)
  - Hops Extract 30:1 (Humulus lupulus) ........................................ 167 mg (Perluxan®) (cone) (30% alpha and iso-alpha acids) (equivalent to 5000 mg of dried herb)
  - Boswellia Extract 20:1 (Boeswella serrata) (gum resin) .............. 60 mg (65% boswellic acids) (equivalent to 1200 mg of dried herb)
  - Curcumin (from Curcuma longa) ........................................... 200 mg (root, rhizome) (C3-Complex®)
  - Rosemary Extract 6:1 (Rosmarinus officinalis) .......................... 15 mg (leaf) (equivalent to 90 mg of dried herb)
- C3-Complex® and Bioperine® are registered trademarks of Sabinsa Corp.

**Non-medicinal Ingredients:**
- L-leucine, pullulan/hypromellose (capsule), piperine (Bioperine®)

**Suggested Use:**
- Adults - Take 3 capsules, 2 times a day, or as directed by a health care practitioner.

**Suggested Combination:**
- For osteoarthritis - Vegi-Glucosamine Complex
- For lesions of gut lining (ie. IBD) & abdominal adhesions (post-surgery, trauma) - L-Glutamine Plus, Optimum-PB10+ DF, Supreme-PB30+ DF, Ultra-PB100+ DF
- For joint pain associated with autoimmune diseases (eg. SLE, RA) - Verdana or other EPA/DHA omega-3 supplements.

**Dosage Form:** 84 Vegetarian Capsules

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Inositol+
For insulin resistance & PCOS-associated complications
VA-118

Inositol together with folic acid have been shown in clinical studies to help reverse the disease progression of polycystic ovarian syndrome (PCOS). It is able to normalize insulin response and improve oocyte and embryo quality during ovarian stimulation.

**Ingredients (per 1/4 teaspoon):**
- Myo-Inositol.................................................................500 mg
- Folic Acid (Folate)............................................................50 mcg
- Chromium (from AAC (glycine)*).........................................3 mcg
- *AAC: amino acid chelate (from vegetable source)

**Non-medical Ingredients:** none.

**Suggested Use:**
Adults – take 1/4 teaspoon per day.
For PCOS patients - take 2 teaspoons per day, or as directed by a health care practitioner.

**Dosage Form:** 224 g Powder (448 servings)

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TermiDM
For blood glucose regulation & protection against diabetic complications
VA-081

TermiDM is a comprehensive herbal formula with alpha lipoic acid and glucose tolerance factors (GTF) specifically designed for blood glucose control and protection against hyperglycemic complications.

- Helps to control blood glucose levels via different mechanisms that enable reaching the therapeutic goal more effectively.
- Contains Mulberry leaf extract that inhibits glucosidase, which digests disaccharides to glucose.
- Contains aqueous cinnamon extract that is clinically proven to reduce the glucose level by increasing both insulin sensitivity and insulin secretion.
- Contains milk thistle and alpha lipoic acid to help balance glucogenesis and glycylis in the liver, as well as reduce the risk of diabetic complications, such as neuropathy.

**Ingredients (per 2 capsules):**
(Each capsule contains 12,080 mg Dried Herb Equivalent)
- Mulberry Extract 8:1 (Morus alba).........................................................155 mg (leaf) (1% deoxynojirimycin)
  (equivalent to 1240 mg dried herb)
- Bitter Melon Extract 10:1 (Momordica charantia).........................170 mg (fruit) (5% triterpenoids)
  (equivalent to 1700 mg dried herb)
- Fenugreek Extract 75:1 (Trigonella foenum-graecum)..................48 mg (seed) (2% 4-hydroxyisoleucine)
  (equivalent to 360 mg dried herb)
- Cinnamon Extract 10:1 (Cinnamomum cassia).............................200 mg (aqueous) (bark) (8% flavonoids)
  (equivalent to 2000 mg dried herb)
- Gymnema Extract 17:1 (Gymnema sylvestre)..............................44.4 mg (leaf) (75% gymnemic acids)
  (equivalent to 777 mg dried herb)
- Milk Thistle Extract 40:1 (Silybum marianum)............................150 mg (seed) (80% silymarins, min. 30% silybins)
  (equivalent to 6000 mg dried herb)
- Alpha Lipoic Acid .................................................................100 mg
  (from chromium Amino Acid Chelate (glycine)*)
- Chromium.................................................................140 mcg

**Non-medical Ingredients:**
Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:**
Adults - Take 2 capsules before or with a meal, frequency as directed by your health care practitioner, or once per day.

**Dosage Form:** 84 Vegetarian Capsules

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ACV 500
Maintains body’s acid/alkaline homeostasis and controls blood sugar level
VA-006 - See p.53 for product information
Bisglycino-Mg

VA-035

- Bisglycino-magnesium is the most bioavailable form of magnesium that is readily up-taken into the blood stream and able to participate in the vital reactions in the body.
- Its absorption rate is more than twice that of minerals salts and not dependent on the pH in the stomach or food intake.
- High purity of bisglycino-magnesium with patent technique to remove the impurities (ie. MgO) and maximize the bioavailability.

Ingredients (per capsule):
Mg TRAACS®.......................................................... 150 mg
(from 1200 mg of magnesium bisglycinate)

TRAACS® (The Real Amino Acid Chelate System) is a registered trademark of Albion® Minerals.

Non-medicinal Ingredients:
L-leucine, silicon dioxide, pullulan/ hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule 3 times per day, or as directed by a health care practitioner.

Suggested Combination:
- For hypertension - Angiolaxin
- For CHF - Angiolaxin, H.C.10-Cardio
- For fibromyalgia - 5-HTP, H.C.10-Cardio, Adrenergyn®, AdrenoForte DP, SJW 450, Verlusan+

Dosage Form: 112 Vegetarian Capsules

MQ-7

VA-045

MQ-7 contains menaquinone-7 (MK-7), the most bioavailable form of vitamin K.

- MK-7 is a natural, bioavailable form of vitamin K2 commonly found in fermented soy.
- It only requires 1/1000 dosage of MK-7 compared to MK-4 to reach the therapeutic effect on bone health - minimizing the risk of interaction with blood thinning medications.

Ingredients (per capsule):
Vitamin K2 (menaquinone-7)................................. 120 mcg
Vitamin E (1.34 mg ATE) (from d-alpha-tocopheryl acetate)........... 2 IU

Non-medicinal Ingredients:
Certified organic apple fiber, L-leucine, silicon dioxide, pullulan/ hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule per day, or as directed by a health care practitioner.

Suggested Combination:
- For cardiovascular health - Allimin DR, Angiolaxin, H.C.10-Cardio, L-Citrulline, Natlozines®
- For prevention of soft tissue calcification due to chronic inflammation - R.O.S-Quench, Verlusan+

Dosage Form: 84 Vegetarian Capsules

Truth or Myth: Bioavailable Mg ≠ Good Stool Softener

Magnesium plays a role as a co-factor in 300+ biochemical reactions in the body; it is especially important in energy generation and macro-nutrient metabolism.

Most magnesium salts, such as magnesium oxide (MgO), carbonate and citrate, do not have ideal absorption rates. MgO in particular has only 4% of fractional absorption rate of magnesium.

When magnesium salt is not readily absorbed in the colon, it can draw water from the interstitial into the lumen resulting in softening of stool. Therefore, patients’ stool change can be a good indicator of the bioavailability of the magnesium supplement.
**MQ-7+D3**

*VA-111*

**MQ-7+D3** contains vitamin D3 and menaquinone-7 (MK-7), the most bioavailable form of vitamin K, used for prevention of soft tissue calcification and CVD, increasing bone mineral density, and promoting healthy platelet function.

- MK-7 is a natural, bioavailable form of vitamin K2 commonly found in fermented soy.
- It only requires 1/1000 dosage of MK-7 compared to MK-4 to reach the therapeutic effect on bone health - minimizing the risk of interaction with blood thinning medications.
- Combination of the two most important vitamins for bone mineralization.

**Ingredients (per capsule):**

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<th>Ingredient</th>
<th>Amount</th>
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<tr>
<td>Vitamin K2 (menaquinone-7)</td>
<td>120 mcg</td>
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<tr>
<td>Vitamin D3 (cholecalciferol)</td>
<td>1000 IU</td>
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**Non-medical ingredients:**

Certified organic apple fiber, L-leucine, silicon dioxide, pullulan/pullulanose (capsule)

**Suggested Use:**

Adults - Take 1 capsule per day, or as directed by a health care practitioner.

**Dosage Form:** 84 Vegetarian Capsules

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**K1 vs. K2 & MK-4 vs. MK-7**

There are two major forms of Vitamin K in supplements: Vitamin K1 and K2.

K1 is derived from plants and has less bioavailability. K2, on the other hand, has several forms including MK-4 (synthetic), MK-7 (from fermented soy) and MK-9 (from cheese). K3 is a toxic form and banned in Canada.

The current upper limit of Vitamin K in Canada is 120 mcg regardless of the forms used in the products. According to a number clinical studies, MK-7 is shown to be the most effective and bioavailable form of vitamin K. Studies have shown that only 45 microgram of MK-7 exerted comparable effectiveness in both CVD prevention and increasing the bone mineral density to 45 milligram of MK-4, a synthetic vitamin K2 supplement. Vita Aid uses MK-7 for all its products supplementing vitamin K.

MK-7 has been proven to reduce the CVD risk by guiding the serum Ca++ to the bone rather than depositing on the vascular walls. Vessel calcification is the result of chronically high serum calcium levels, which could be the result of long-term calcium supplementation - suggested by studies. It is recommended that patients should take 45 mcg of MK-7 minimum daily with their calcium supplement.
Os Matrice

Os Matrice is a comprehensive formula that includes major essential minerals, vitamin C, D3, and K2 to promote the bone matrix integrity and bone mineral density.

- Contains magnesium and vitamin K2 with amino acid chelated calcium to prevent bone mineral loss without the risk of vessel calcification.
- Contains no phosphorus - increased serum phosphorus level inhibits the calcium mineralization mechanism.
- Proper ratios of calcium to other bone minerals and vitamin D3, which balances parathyroid hormone secretion and facilitates active calcium transport to the bone.
- Natural MK-7 form of vitamin K, daily dose as low as only 45 microgram MK-7 is proven effective in promoting bone mineralization compared to the minimum daily dose of 45 milligram for MK-4.
- Easy-to-swallow capsule size - ideal for elderly individuals in need of calcium supplements.

**Ingredients (per capsule):**
- Calcium (from calcium AAC (glycine)*) ........................................ 200 mg
- Magnesium (from magnesium AAC (glycine)*) ........................................ 40 mg
- Zinc (from zinc AAC (glycine)*) ........................................ 2.5 mg
- Copper (from copper bisglycinate) ........................................ 15 mg
- Manganese (from manganese bisglycinate) ........................................ 30 mg
- Boron (from boron glycinate) ........................................ 100 mcg
- Silica (from horsetail [Equisetum arvense L.]) ........................................ 2.5 mg
- Vitamin C (ascorbic acid) ........................................ 20 mg
- Vitamin D3 (1.5 mcg) (cholecalciferol) ........................................ 200 IU
- Vitamin K2 (menaquinone-7) ........................................ 15 mcg

*AAC: mineral amino acid chelate (from vegetable source)

**Non-medicinal Ingredients:**
- L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Take 3-5 capsules daily with food or as directed by a health care practitioner. Take a few hours before or after taking other medications.

**Suggested Combination:**
For osteoporosis prevention in pre-menopausal and menopausal women - Isoflavones 200

**Dosage Form:** 150 Vegetarian Capsules

OsteoFort

OsteoFort is formulated with the optimal ratio of calcium and magnesium and therapeutically effective dose of Vitamin D3 and K2 for maintenance of both bone health and muscle function.

- 2:1 calcium to magnesium ratio – beneficial for bone, muscles, and vessel tension.
- Contains AAC* and citrate form minerals to promote both bone mineral density and electrolyte balance.
- With upper limited doses of Vitamin D3 and K2 (MK-7) to maximize the bioavailability of calcium in bone mass building and reduce the process of vessel calcification, which is associated with CVD.

**Ingredients (per capsule):**
- Calcium (from calcium AAC (glycine)*) ........................................ 160 mg
- Magnesium ........................................ 80 mg
- Zinc (from zinc AAC (glycine)*) ........................................ 51 mg
- Copper (from copper bisglycinate) ........................................ 29 mg
- Manganese (from manganese bisglycinate) ........................................ 200 mcg

*AAC: mineral amino acid chelate (from vegetable source)

**Non-medicinal Ingredients:**
- L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Take 3-5 capsules daily with food or as directed by a health care practitioner. Take a few hours before or after taking other medications.

**Suggested Combination:**
For osteoporosis prevention in pre-menopausal and menopausal women - Isoflavones 200

**Dosage Form:** 84 Vegetarian Capsules
Vegi-Glucosamine Complex
with MSM & Vitamin C

VA-087

Vegetarian joint care formulation for regeneration of the joint cartilage and relief of mild pain

- Vegan source of glucosamine.
- Sodium and potassium free.
- Comprehensive approach to replenish the synovial fluid at joints, ensures the structural integrity of joints and elasticity of connective tissue as well as supports the formation and maintenance of collagen for skeletal health.

**Ingredients (per capsule):**

- Glucosamine hydrochloride (from *Aspergillus niger*)........... 375 mg
- MSM (Methylsulfonylmethane).................................................. 250 mg
- Vitamin C (as ascorbic acid)................................................... 60 mg

**Non-medicinal Ingredients:**

- L-leucine, silicon dioxide, pullulan/hypromellose (capsule)

**Suggested Use:**

Adults - Take 4 capsules a day with food or as directed by a health care practitioner. Avoid taking at bedtime. Use for a minimum of 4 weeks to see beneficial results.

**Suggested Combination:**

For osteoarthritis inflammation and pain - **Collagen Restore, Verlusan+**

**Dosage Form:** 120 Vegetarian Capsules

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Angiolaxin
Natural ACEI from Sesamum indicum
VA-005

Angiolaxin contains clinically studied patent ingredient KM-20—an angiotensin converting enzyme inhibitor (ACEI)—and CoQ10, that work via different but complementary mechanisms to support cardiovascular health and maintain normal blood pressure.

- Vegan source of natural ACEI for maintenance of normal blood pressure.
- Containing pharmaceutical grade, all-trans Coenzyme Q10.
- May be used to complement and support existing treatments for hypertension and cardiovascular health (e.g. prescription drugs, natural health products, and/ or healthy diets).

**Ingredients (per capsule):**
Sesamum indicum peptides KM-20 (seed) .......................... 125 mg
Coenzyme Q10 (ubiquinone) ........................................... 30 mg
Vitamin E (6.7 mg ATE) (from d-alpha tocopheryl acetate) .......... 10 IU

**Non-medicinal Ingredients:**
Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:**
Adults - Take 4 capsules once a daily, preferably before meals, or as directed by a health care practitioner, for a minimum of 4-6 weeks for noticeable effect. *May increase the dosage to 8 capsules per day as clinical studies have proven it to be safe.

**Suggested Combinations:**
- For hypertension and CV function - Bisglycino-Mg, H.C. Q10-Cardio
- For vegetarian patients with hyperlipidemia - Alliimin DR, Verada
- For hypertensive patients with hyperlipidemia - Alliimin DR, Verada
- For patient with high blood pressure induced by stress - Resolaxin
- For patient with atherosclerosis - MQ-7, R.O.S-Quench, Nattozymes®

**Dosage Form:** 112 Vegetarian Capsules

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CoQ10 Plus
VA-002

CoQ10 Plus features a synergistic blend of CoQ10, bioflavonoids and Vitamin E specifically formulated to provide nutritional support for cardiovascular and neurological health. When taken as a prophylactic, it also helps to reduce the frequency of migraines headaches associated with nausea and vomiting.

- Highly concentrated citrus bioflavonoids — supports CoQ10 stability and works in synergy to help scavenge free radicals in the body.
- Containing pharmaceutical grade, all-trans Coenzyme Q10.

**Ingredients (per capsule):**
Coenzyme Q10 (ubiquinone) .............................................. 50 mg
Vitamin E (6.7 mg ATE) (from d-alpha tocopheryl acetate) ........... 10 IU
Citrus Bioflavonoids (85% flavonoids) .................................. 100 mg

**Non-medicinal Ingredients:**
Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule, 1 to 3 times a day (for cardiovascular support), or 1 capsule, 2-3 times a day (for migraines), with meals or as directed by a health care practitioner. Use for minimum of 3 months to see beneficial effects for migraines.

**Suggested Combinations:**
- For congestive heart failure (CHF) - Angiolaxin, Bisglycino-Mg
- For chronic fatigue - Bio-BS Forte, Bisglycino-Mg, Adrenergyn®, AdrenoForte DP

**Dosage Form:** 120 Vegetarian Capsules

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Alliimin DR (Garlic Concentrate)
Highly potent allicin concentrate from garlic in entero-dissolving veg. capsules
VA-110 - See p.36 for product information

Bisglycino-Mg
For Maintenance of Bone and Teeth & Cardiac/Skeletal Muscle Function
VA-035 - See p.13 for detailed information
H.C.Q10-Cardio
Comprehensive Cardiovascular Support
VA-112

H.C.Q10-Cardio contains hawthorn, L-carnitine and CoQ10 with taurine and magnesium to provide synergistic support for cardiovascular function.

• Each vegetarian capsule contains 900 mg dried herb equivalent Hawthorn and 100 mg all-trans CoQ10 to help strengthen the cardiac output and increase coronary blood flow.
• L-carnitine is a carrier that shuttles fatty acids across the mitochondria membrane for beta-oxidation and promotes energy production.
• Numerous clinical studies have proven the efficacy of the treatment in CHF patients with combination of CoQ10 and L-carnitine.

Ingredients (per capsule):
Coenzyme Q10 (ubiquinone) ................................................................. 100 mg
Acetyl-L-Carnitine ................................................................. 150 mg
Hawthorn Extract (Crataegus laevigata) 12:1 (fruit) ........................................... 75 mg
(5% procyanidins) (equivalent to 900 mg dried herb)
Taurine ................................................................. 50 mg
Magnesium (from magnesium bisglycinate) ........................................... 20 mg

Non-medicinal Ingredients:
Silicon dioxide, L-ecplure, pullulan/ hyromellose (capsule)

Suggested Use:
Adults – Take 1 capsule, 3 times per day, or as directed by your health care practitioner. Use for a minimum of 3 months to see beneficial effects.

Suggested Combinations:
• For congestive heart failure (CHF) - Angiolaxin, Bigylicino-Mg
• For energy support - Bio-B5 Forte
• For chronic fatigue syndrome - Bigylicino-Mg, Bio-B Complete, Adenergyn®, AdrenoForte DP

Dosage Form: 84 Vegetarian Capsules

L-Citrulline
Boost Nitric Oxide Production
VA-018

L-Citrulline is an amino acid involved in both urea cycle and nitric oxide cycle. Though being the precursor of L-arginine, L-citrulline has been shown to be more effective in promoting the production of nitric oxide than L-arginine itself.

Potential applications may include cardiovascular conditions, erectile dysfunction due to arteriolar insufficiency, and athletic support.

Ingredients (per teaspoon):
L-Citrulline ......................................................................................................... 3000 mg

Non-medicinal Ingredients: None.

Suggested Use:
Adults – Take 1 teaspoon a day, or as directed by a health care practitioner.

Suggested Combination:
• For cardiovascular support: Angiolaxin, Allimin DR, CoQ10 Plus, H.C.Q10-Cardio, MG-7, Nattozyme
• For arteriolar insufficiency: R.O.S-Quench

Dosage Form: 147 g Powder (49 servings)

Methyl-Aide
Comprehensive Support for Methylation Cycle & Collateral Pathways
VA-132 - See p.22 for detailed information
Nattozimes®
Supports fibrinolytic system and cardiovascular health

Nattozimes® is a soy-free protease with fibrinolytic activity to potentially benefit in promoting the normal and healthy endogenous fibrinolysis and decrease the risk of blood clots that may contribute to severe cardiovascular diseases.

- Safe and high fibrinolytic unit (FU) per unit dose for better patient compliance.
- Specimen cultivated from allergen-free media (glucose).
- For support of cardiovascular health and prevention of atherosclerosis and other clot-associated conditions.

**Ingredients (per capsule):**
Nattozimes®.......................... 3000 FU (8450 HUT)*
(from Aspergillus oryzae & Aspergillus melleus)
*FU = fibrin unit activity; HUT = hemoglobin units on the tyrosine basis.
Nattozimes® is a registered trademark of National Enzyme Company®.

**Non-medicinal Ingredients:**
Microcrystalline cellulose, silicon dioxide, L-leucine, pullulan/ hyromellose (capsule)

**Suggested Use:**
Adults – Take 2 capsules daily, or as directed by a health care practitioner.

**Suggested Combination:**
For high risk of atherosclerosis - Allimin DR, MQ-7

Dosage Form: 90 Vegetarian Capsules

Niacin 250
VA-106

Niacin is an essential coenzyme involved in numerous biochemical reactions. It modulates the production of LDL and elevates HDL, and hence, is effective in treating hypercholesterolemia.

Vita Aid's Niacin 250 utilizes lipid-matrix-technique to reduce the “flush” effect without modifying niacin's chemical structure (e.g. inositol hexanicotinate) or using sustain-release dosage form.

**Ingredients (per capsule):**
Niacin (nicotinic acid).......................... 250 mg

**Non-medicinal Ingredients:**
Cellulose, vegetable oil powder, pullulan/ hyromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule 2 times per day, or as directed by a health care practitioner. Take right before meals.

**Suggested Combinations:**
- For hypertension - Angiolaxin
- For hyperlipidemia - may require higher dose (1500 mg daily) of Niacin 250 according to clinical research
- For vascular health - Allimin DR, MQ-7, Nattozimes®, R.O.S-Quench, Verda

Dosage Form: 112 Vegetarian Capsules

R.O.S-Quench
Synergistic super-antioxidant formula featuring high dose all-trans resveratrol

VA-121 - See p.10 for detailed information
**Tobalief®**

**Natural Smoking Cessation Aid**

**VA-129**

Tobalief® contains cytisine - a natural nicotine receptor partial agonist (NRPA).

- Clinically shown to yield higher success rate in smoking cessation than other agents, such as NRT, varenicline, and bupropion.
- Higher compliance - short course of treatment (25 days) & very well-tolerated.
- More cost-effective compared to other smoking cessation medications.

**Ingredients (per capsule):**

- Cytisine (isolate from Cytisus laburnum L.)............................... 1.5 mg

**Non-medicinal Ingredients:**

- Microcrystalline cellulose, silicon dioxide, L-Leucine, pullulan/ hypromellose (capsule)

**Suggested Use:**

- Day 1 to 3: 1 capsule every 2 hours; 6 capsules (9 mg) daily.
- Day 4 to 12: 1 capsule every 2.5 hours; 5 capsules (7.5 mg) daily.
- Day 13 to 16: 1 capsule every 3 hours; 4 capsules (6 mg) daily.
- Day 17 to 20: 1 capsule every 4 hours; 3 capsules (4.5 mg) daily.
- Day 21 to 25: 1 capsule every 6 hours; 2 capsules (3 mg) daily.

Complete discontinuation of smoking must occur by the 5th day of treatment.

**Dosage Form:** 100 Vegetarian Capsules
Cognicin

Protects against age-related cognitive decline and improves memory

VA-086

Cognicin combines a synergistic blend of Huperzine A, phosphatidylserine and herbal remedies specifically formulated to improve cognitive and memory decline caused by age-related neuro-degeneration.

- Contains comprehensive herbal remedies for improving peripheral blood circulation.
- Curcuminoids is clinically shown to reduce beta-amyloid accumulation in the brain caused by inflammation and/or aging.
- Phosphatidylserine plays a role in stabilizing membrane function of neurons and protecting the membrane against oxidative stress.
- Huperzine A is clinically proven to slow down the progression of Alzheimer’s disease by enhancing acetylcholine levels in the brain and augmenting activities of endogenous cellular antioxidants.

**Ingredients (per capsule):**

- Ginkgo Extract 50:1 (Ginkgo biloba) (leaf) ........................................ 60 mg (24% ginkgo flavonoid glycosides, 6% terpene lactones) (equivalent to 3000 mg dried herb)
- Phosphatidylserine .......................................................... 50 mg (from organic phosphatidylserine-enriched soy lecithin)
- Huperzine A (from Huperzia serrata) (whole plant) ..................... 100 mcg
- Curcumin (from Curcuma longa) ............................................. 133 mg (root, rhizome) (C3-Complex®)
- Rosemary Extract 6:1 (Rosmarinus officinalis) (leaf) ..................... 60 mg (6% rosmarinic acid) (equivalent to 360 mg dried herb)

C3-Complex® is a registered trademark of Sabinsa Corp.

**Non-medicinal Ingredients:**

- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**

Adults - Take 2-3 capsules per day, or as directed by a health care practitioner.

**Dosage Form:** 56 Vegetarian Capsules

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Ginkgo Biloba

VA-057

A potent herbal medicine to enhance cognitive function and memory and support peripheral circulation.

- Guaranteed to contain 120mg, minimum of 24% ginkgo flavonoid glycosids in each capsule.
- Contains ginkgosides, an anti-platelet agent, to prevent thrombosis-related cardiovascular conditions.
- Promotes peripheral circulation to improve cognition and memory degeneration related to aging.

**Ingredients (per capsule):**

- Ginkgo Extract 50:1 (Ginkgo biloba) (leaf) .............................. 120 mg (standardized to contain 24% ginkgo flavonoid glycosids & 6% terpene lactones) (equivalent to 6000 mg dried herb)

**Non-medicinal Ingredients:**

- Microcrystalline cellulose, silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**

Adults - Take 1 to 2 capsules daily as a dietary supplement or as directed by a health care practitioner.

**Dosage Form:** 84 Vegetarian Capsules

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**Suggested Combination:**

For enhancing memory and cognition - Neuromin, Verdha

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**Dosage Form:** 56 Vegetarian Capsules
Methyl-Aide
Comprehensive Support for Methylation & the Collateral Pathways
VA-132

Methyl-Aide is a comprehensive formula providing active methyl-donors (ie. 5-MTHF, methylcobalamin, betaine), plus other active B-vitamins and essential minerals, to support the methyl cycle, as well as its collateral pathways*.

- Active PSP, 5-MTHF, methylcobalamin & betaine (TMG) to enhance methylation with MTHFR insufficiency.
- Essential minerals, vitamins & taurine to support collateral metabolic pathways* to reduce metabolic overload from methylation enhancement.
- Comes in flexible dosages to help patients build up their system to the target doses. It is crucial to always *start low and go slow* with MTHFR patients as their impaired metabolism makes them more sensitive.

*sulfite, histamine, COMT, MAO, SOD, GST

**Ingredients (per 2 capsules):**
- Vitamin B1 (from thiamine HCl) .................................................. 50 mg
- Vitamin B2 (from riboflavin-5'-phosphate) .................................. 30 mg
- Niacinamide .................................................................................. 100 mg
- Vitamin B5 (from calcium a-pantothenate) ...................................... 150 mg
- Vitamin B6 (from calcium pyridoxal-5'-phosphate) ..................... 40 mg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF) ............................... 1000 mcg
- Vitamin B12 (methylcobalamin) .................................................. 1000 mcg
- Copper (from copper bisglycinate) ................................................ 500 mcg
- Magnesium (from magnesium bisglycinate) .................................. 90 mg
- Molybdenum (from molybdenum glycinate) ................................. 150 mcg
- Zinc (from zinc bisglycinate) ....................................................... 10 mg
- *Betaine Anhydrous ................................................................. 200 mg

**Non-medical Ingredients:**
- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule with food, 2 times a day, or as directed by a health care practitioner. (May take up to 6 capsules a day). Take a few hours before or after taking other medications.

Dosage Form: 84 Vegetarian Capsules

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Neuromin
Comprehensive Neuro-Protective Formula
VA-115

Neuromin is a comprehensive formula to support nerve regeneration and prevent cognitive decline. Working via various mechanisms to protect neurons from damage with aging and restore function in various disease processes.

- Pyrroquinoline quinone (PQQ) facilitates nerve regeneration by promoting nerve growth factor, and also acts as a neuro-protectant via its antioxidant effects. Its benefits for memory & attention are enhanced by the addition of CoQ10 according to clinical data.
- PQQ protects mitochondria by significantly reducing levels of inflammatory markers such as CRP and IL-6.
- Benfotammine combined with folate and B12 resulted in significant improvement in nerve conduction velocity and is effective in the treatment of diabetic neuropathy.
- Active R-alpha lipoic acid enhances memory and cognitive function in elderly patients.
- Phosphatidylserine has been shown to enhance memory and cognitive function in elderly patients.
- Active forms of vitamin B12 and folate to support methylation process in neurons.

**Ingredients (per capsule):**
- Pyrroquinoline quinone (BioPQQ®) .................................................. 5 mg
- Coenzyme Q10 (ubiquinone) ......................................................... 37.5 mg
- R-alpha-lipoic acid (sodium salt) (stabilized) ............................... 75 mg
- Benfotammine ............................................................................. 35 mg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF) ............................... 100 mcg
- Niacinamide ................................................................................ 25 mg
- Vitamin B2 (riboflavin-5'-phosphate) ......................................... 5 mg
- Vitamin B6 (pyridoxal 5'-phosphate) ......................................... 5 mg
- Vitamin B12 (methylcobalamin) ................................................ 100 mcg
- Mixed Phospholipids (from Glycine max) ................................. 50 mg
- Phosphatidylserine, phosphatidylcholine, phosphatidylinositol, phosphatidylethanolamine

**Non-medical Ingredients:**
- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**
Adults - Take 2 capsules, 2 times per day, or as directed by your health care practitioner. Use for a minimum of 3 months to see beneficial effects. For prolonged use over 24 weeks, consult a health care practitioner.

Dosage Form: 56 Vegetarian Capsules

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**Suggested Combination:**
- For enhancing memory and cognition - Cognicin
- For diabetes neuropathy - TermIDM, Inositol+
Verdha
Vegan source DHA for neural and brain development

VA-107

Verdha contains highly concentrated, plant-derived DHA to aid in brain, neural and eye development and to support cardiovascular health.

- Vegetarian DHA isolated from non-GMO marine algae.
- Cultivated in controlled marine environment to guarantee a heavy metal and PCB free quality.
- Unrefined algal oil with NO addition of diluent.
- Citrus splash taste. No unpleasant fishy aftertaste.
- Ideal essential fatty acid supplement for vegans or individuals not able to tolerate fish and its associated products.
- For development of eyes, brain and nerves in children; and promotion of cognitive, ocular and cardiovascular health in adults.

Ingredients (per teaspoon*):
DHA (docosahexanoic acid)....................................................... 1,500 mg
(from 3600 mg algal oil) (Schizochytrium sp.) (life’s DHA®)*

*Each teaspoon = 5mL = 100 drops
life’s DHA® is a registered trademark of DSM.

Non-medicinal Ingredients:
Vitamin E (d-alpha-tocopherol), natural fruit flavor

Suggested Use:
Children – 1/4 teaspoon (25 drops) daily or as directed by a health care practitioner.
Adults – 1/2 teaspooons (50 drops) daily or as directed by a health care practitioner.

Suggested Combination:
- For ADHD, autism and other developmental disorders - Bio-86 Forte, Cognicin, Neuromin, Supereme-P30+ DF
- For cardiovascular support - Alillimin DR, Angiolaxin, Brglycin-Mg, CoQ10 Plus, H.C.Q10-Cardio

Dosage Form: 50 ml Oil

R.O.S-Quench
Synergistic super-antioxidant formula featuring high dose all-trans resveratrol

VA-121 - See p.10 for detailed information

DHA is the only omega-3 fatty acid used DIRECTLY by neurons of the eyes and the brain to maintain membrane integrity. The converting ratio of other omega-3 FAs to DHA varies from 3% to 67% (EPA). Supplementing DHA solely is more effective and specific in promoting the neuro-development.
Chlorella 3000
Certified Organic, Natural Chelating & Detoxifying Agent

VA-123

Chlorella is known for its use in heavy metal chelation. However, its toxin-binding ability works not only on heavy metals, but also on common environmental toxins, such as dioxin and aflatoxin. Chlorella contains high amounts of amino acids, dietary fiber, chlorophyll, essential fatty acids, as well as various vitamins, mixed carotenoids, antioxidants, and essential minerals - making it more than just a chelating agent.

Due to Chlorella’s toxin-binding ability, its cultivation can be prone to environmental pollution. In other words, if a cultivation region is heavily polluted, chances of the products being polluted will be very high.

Chlorella 3000 sources the cleanest certified organic, non-GMO, irradiation-free, broken cell (which increases absorbability) Chlorella from Taiwan. Absolutely no fillers - nothing but 100% pure Chlorella is enclosed in each bottle.

Ingredients (per teaspoon):
Chlorella vulgaris (broken cells) (Certified Organic) .................. 3000 mg
Non-medicinal Ingredients: None

Suggested Use:
Adults - Take 1 teaspoon, 1-2 times daily, or as recommended by your health care practitioner. Take a few hours before or after taking other medications or natural health products.

Suggested Combination:
• For Improvement of Liver Function - Hepasylin
• Comprehensive detoxification program - SyncerClear, NAC+, Estrolief®, Hepasylin, XenobioX®

Dosage Form: 168 g Powder (56 servings)

Hepasylin
Herbal Hepato-Protectant

VA-050

Hepasylin is a comprehensive herbal liver tonic formula containing milk thistle, dandelion, artichoke and alpha lipoic acid to protect the hepatocytes and maintain healthy liver function.

• Contains milk thistle extract standardized by not only silymarins but also silybins – the most active compound of silymarin group – to guarantee the maximum liver-protecting effect.

• Increases the reduced glutathione level in the liver, promotes bile flow, provides powerful antioxidants for cell protection, and enhances the detoxification process in the liver.

Ingredients (per capsule):
(Each capsule contains 4120 mg Dried Herb Equivalent)
Milk Thistle Extract 15:1 (Silybum marianum) .......................... 250 mg
equivalent to 3750 mg dried herb)
Dandelion Root Extract 4:1 (Taraxacum officinale) ................. 20 mg
equivalent to 60 mg dried herb)
Artichoke Leaf Extract 5:1 (Cynara scolymus) ...................... 50 mg
(2.5% cynarin) (equivalent to 250 mg of dried herb)
Licorice Root Extract 4:1 (Glycyrrhiza glabra) ...................... 10 mg
( equivalent to 40 mg of dried herb)
Alpha Lipoic Acid ........................................................... 20 mg

Non-medicinal Ingredients:
Certified organic apple fiber, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule 2 times daily, or as directed by your health care practitioner.

Suggested Combination:
• For Improvement of Liver Function - NAC+, XenobioX®
• Comprehensive detoxification program - SyncerClear, NAC+, Estrolief®, Hepasylin®, XenobioX®, Chlorella 3000

Dosage Form: 120 Vegetarian Capsules

Estrolief®
Steroid Hormone Detoxifier

VA-099 - See p.54 for product information
NAC+
VA-046

NAC+ is a synergistic antioxidant formulation providing inter- and intra-cellular protection against free radicals, enhancing the detoxification process by increasing glutathione levels, and soothing the respiratory tract.

- Contains mucolytic agent, NAC to help ease chronic respiratory illnesses, such as obstructive pulmonary disease (COPD), and promote sputum expectoration.
- Helps to promote the recovery of respiratory infections and ease dry cough, especially during nighttime.
- Helps to increase glutathione levels in the body via supplying direct precursor and enhancing glutathione-S-transferase activity.

**Ingredients (per capsule):**
- N-Acetyl Cysteine .......................................................... 250 mg
- Vitamin E (67 mg ATE) (from d-alpha tocopheryl acetate) .......... 100 IU
- Vitamin C (ascorbic acid) ................................................. 54 mg
- Selenium (from selenium glycinate) .................................. 50 mcg

**Non-medicinal Ingredients:**
- Microcrystalline cellulose, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1-4 capsules daily as needed or as directed by a health care practitioner.

**Dosage Form:** 90 Vegetarian Capsules

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**XenobioX®**
**Synergistic Support for Xenobiotic Detox**
VA-133

- Support Multiple Detox Mechanisms:
  - Active B-vitamins & Essential Minerals to prevent overload of toxic/reactive metabolites by supporting methylation, sulfation, and transamination
  - D-glucarate - reduce xen-hormone metabolites from being recycled
  - NAC & Selenium - quench reactive oxygen species
  - Restore metabolic pathways impacted by environmental toxins (sulfite, COMT, MAO, histamine, SOD, GST, GPx)

**Ingredients (per 2 capsules):**
- Vitamin B1 (from thiamine HCl) .................................................. 30 mg
- Vitamin B2 (from riboflavin-5'-phosphate) ......................... 20 mg
- Niacinamide ...................................................................... 50 mg
- Vitamin B6 (from calcium d-pantothenate) ....................... 50 mg
- Vitamin B12 (methylcobalamin) ....................................... 600 mcg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF) ..................... 800 mcg
- Vitamin B12 (methylcobalamin) ....................................... 600 mcg
- Zinc (from zinc bisglycinate) ............................................. 20 mg
- Molybdenum (from molybdenum glycinate) .................... 200 mcg
- Selenium (from selenium glycinate) .............................. 400 mcg
- N-Acetyl-L-Cysteine ........................................................... 500 mg
- D-Glucarate (from calcium d-glucarate) ......................... 350 mg
- Betaine Anhydrous ................................................................. 150 mg

**Non-medicinal Ingredients:**
- Microcrystalline cellulose, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 2 capsules with food, 1-2 times a day, or as directed by your health care practitioner. Take a few hours before or after taking other medications.

**Dosage Form:** 84 Vegetarian Capsules

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**Tobalief®**
**Natural Smoking Cessation Aid**
VA-129 - See p.20 for product information

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All contents in this catalogue serve solely as a reference for health care practitioners, not for self-medication; they have not been evaluated by the Food and Drug Administration. All information is not intended to diagnose, treat, cure, or prevent any disease. Label information and claims may vary from this professional guide. Product label takes precedence in all cases.

www.vitaaid.com
Toll Free: 1-800-490-1738
SynerClear®

Detox Protein Supplement with Complete Nutrient Profile

VA-012 (Choclate)  
VA-013 (Vanilla)  
VA-014 (Unflavored & Unsweetened)  
VA-017 (Matcha)

SynerClear® is a complete hypoallergenic protein supplement with macro- and micro- nutrient support for the body during convalescence, detoxification, and protein deficiency.

- Contains 22.5 g / 28 g (Unflavored) of protein per serving.
- Made with Certified Organic sprouted whole grain rice, which being pre-digested contains natural-occurring B-vitamins and hydrolysed proteins.
- Ultra-smooth texture made via a nano-tech like process; absolutely no sticking/thickening agents added.
- Provides key amino acids required in activities of the hepatic detoxification enzymes.
- Contains potent antioxidative phyto-nutrients (eg, curcuminoids [250 mg], quercetin, burdock, rosemary, green tea & bilberry) to protect against free radicals produced during Phase 1 detoxification and exert an anti-inflammatory effect.
- Addition of L-Glutamine, peppermint, probiotics and prebiotic to support gastrointestinal environment and elimination of toxins.
- Contains 5 billion probiotics to help regulate GI environment and strengthen immune functions (B-04).

Nutrition Facts (per serving; 2 scoops):

Unflavored:  
Total Calories: 148 kcal  
Protein: 22.5 g  
Carbohydrate: 4.3 g  
Fat: 3.5 g  
Dietary Fiber: 3.3 g

Chocolate & Vanilla:  
Total Calories: 162 kcal  
Protein: 22.5 g  
Carbohydrate: 13.5 g  
Fat: 3.5 g  
Dietary Fiber: 3.3 g

Matcha:  
Total Calories: 168 kcal  
Protein: 22.5 g  
Carbohydrate: 15 g  
Fat: 3.5 g  
Dietary Fiber: 3.3 g

Dosage Form: 609 g / 595 g (Unflavored) Powder (14 servings)

Ingredients (per serving 42.5 g / 43.5 g; 2 scoops):
- Vitamin A (600 mcg RAE) (from vitamin A palmitate) 2000 IU  
- Mixed Natural Carotenoids (from Equisetum arvense) 900 mcg  
- Lycopene, alpha-, beta-, and gamma-carotene  
- Vitamin B1 (from thiamine HCl) 2.4 mg  
- Vitamin B2 (from riboflavin & riboflavin-5-phosphate (Na salt)) 1.3 mg  
- Vitamin B3 (niacinamide) 10 mg  
- Vitamin B5 (from calcium-d-pantothenate) 20 mg  
- Vitamin B6 (from pyridoxine HCl & pyridoxal-5-phosphate (calcium salt)) 3.5 mg  
- Vitamin B12 (methylcobalamin) 100 mcg  
- S-Ergothioneine 50 mg  
- Folic acid (folacin) 350 mcg  
- Biotin (d-biotin) 200 mcg  
- Vitamin C (ascorbic acid) 200 mg  
- Vitamin D3 (cholecalciferol) 50 mcg  
- Vitamin E (d-alpha-tocopheryl acetate) 30 IU  
- Vitamin K2 (menaquinone-7) 22.5 mcg  
- Potassium (from potassium citrate) 100 mg  
- Chromium (from chromium nicotinate glycinate) 100 mcg  
- Selenium (from selenium glycinate) 50 mcg  
- Calcium (from AAC® (glucine) and citrate) 200 mg  
- Magnesium (from Mg citrate) 100 mg  
- Copper (from copper bisglycinate) 0.9 mg  
- Manganese (from magnesium bisglycinate) 1.6 mg  
- Molybdenum (from molybdenum glycinate) 25 mcg  
- Zinc (from zinc gluconate) 5 mg  
- Iodine (from KI) 120 mcg  
- L-Lysine 450 mg  
- L-Glutamine 500 mg  
- L-Glycine 1500 mg  
- L-Taurine 300 mg  
- N-Acetyl Cysteine (NAC) 100 mg  
- Choline (from choline bitartrate) 20 mg  
- MSM (Methylsulfonylmethane) 100 mg  
- Inositol 50 mg  
- Curcumin (from Curcuma longa) 250 mg  
- (root, rhizome) (C3-Complex®) 50 mcg  
- Quecetin (isolate) (flower) (from Sora (apnoca)) 50 mg  
- Burdock Root Extract 15:1 (Arctium lappa) (root) 100 mg  
- Rosemary Extract 10:1 * (Rosmarinus officinalis) (leaf) 15 mg  
- Peppermint Extract 20:1 (Mentha piperita) (leaf) 60 mg  
- Green Tea Extract (Carnellia sinensis) (leaves) (50% EGCG) 50 mg  
- Monk Fruit Extract 18:1 (Stevia rebaudiana) (fruits) 350 mg  
- Bilberry Extract 100:1 (Vaccinium myrtillus) 30 mg  
- Alpha-Lipoic Acid 100 mg  
- Lactobacillus acidophilus La-14 2 billion cfu  
- Bifidobacterium lactis Bl-04 3 billion cfu  
- Algal Oil (life’sDHA®) (12% DHA) (Schizochytrium sp.) 100 mg

*AAC: mineral amino acid chelate (from vegetable source)  
C3-Complex® is a registered trademark of Sabinsa Corp.  
life’sDHA® is a registered trademark of DSM.

Non-medicinal Ingredients:
- Inulin, medium chain triglycerides (3 g), certified organic rice protein concentrate, certified organic rice syrup powder (chocolate, vanilla, matcha), natural flavor (chocolate, vanilla)

Suggested Use:
- Adults - Take 2 level scoops (1 serving) twice a day, or as directed by a health care practitioner. Mix with 240 ml (8 oz) water or other beverages and stir well before drinking.

Suggested Combination:

- Comprehensive detoxification program: Estrolief®, Hepasylin, NAC+, Chlorella 3000
- Adjunct to Anti-Candida - Microcide®, Supreme-PB30+
- www.vitaaid.com  
- Toll Free: 1-800-490-1738
Betaine HCl

Digestive Aid for Hypochlorhydria

VA-135

Betaine HCl is a source hydrochloric acid to aid in the digestion of protein in the stomach.

**Ingredients (per capsule):**
- Betaine Hydrochloride ............................................. 825 mg
- Non-medicinal Ingredients:
  - Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
- General Digestive Aid: Adults - Take 1 capsule with each meal, 3 times a day.
- Patients diagnosed with Hypochlorhydria: Dosage may be increased as directed by your health care practitioner.

**Dosage Form:** 150 Vegetarian Capsules

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GI-Restore® / GI-Restore®+

Comprehensive Gut-Healing Formula

VA-119 / VA-120

GI-Restore® GI-Restore®+ is a comprehensive formula to help relieve inflammatory conditions of the GI tract and repair the linings of the gut via multiple mechanisms:

- Support intercellular tight junctions
- Increase mucus secretion in the stomach
- Coat gut linings to soothe and protect damaged/inflamed tissue
- Anti-inflammatory and anti-histamine actions - ensure gut lining integrity and regulate acid secretion
- Promote proper tissue formation and regeneration

**Key Features:**
- Polaprezinc (Zinc L-Carnosine) – helps to protect intercellular tight junctions, heal ulcers, and reduce gut hyper-permeability.
- Combination of herbal demulcents – DGL (10:1) and Slippery Elm (4:1 water extract) – to coat and soothe inflamed GI linings.
- L-glutamine to promote tissue regeneration in the GI tract.
- Quercetin to exert anti-histamine and anti-inflammatory effects in the gut.
- GI-Restore®+ contains S-methylmethionine from Cabbage juice concentrate to protect GI mucosa
- Powder form to ensure contact throughout the entire GI tract.

**Dosage Form:** 105 g Powder (84 servings)
GI-Restore® LF

Comprehensive Gut-Healing Formula for Low FODMAP Diet

VA-136

GI-Restore® LF is a Low FODMAP, gut-healing formula to help relieve inflammatory conditions of the GI tract and repair the linings of the stomach, the small intestine, and the colon via multiple mechanisms:

- Support intercellular tight junctions
- Promote mucus secretion in the stomach
- Anti-inflammatory and anti-histamine actions - ensure gut lining integrity and regulate acid secretion
- Promote proper tissue formation and regeneration
- Contain Butyrate (SCFA) to support Colonocytes & Colon Lining Integrity: SCFAs are derived from soluble fibers via bacterial fermentation, and can become deficient over long term Low FODMAP diet.

Ingredients (per 3 capsules):

Zinc Camosine .......................................................... 150 mg
Curcumin (from Curcuma longa) .................................. 200 mg
(Coil, rhizome) (*C3-Complex®)
L-Glutamine .............................................................. 600 mg
Cayenne Extract 18:1 (Capsicum annuum) ...................... 20 mg
(fruit) (equivalent to 360 mg of dried herb)
Quercetin (isolate) .......................................................... 300 mg
Calcium Butyrate ......................................................... 300 mg

*C3-Complex® is a registered trademark of Sabinsa Corp.

Non-Medicinal Ingredients:
Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

Suggested Use:
Adults: Take 1 capsule, 3 times a day, or as directed by a health care practitioner.

Suggested Combination:
- For SIBO Recovery Phase: Betaine HCl, Intolerance, Prolinase, Prebiotics WITHOUT Probiotics

Dosage Form: 84 Vegetarian Capsules

Limonen-E

D-Limonene for GERD Relief

VA-122

D-Limonene has been shown to be effective in relieving occasional heartburn and gastroesophageal reflux disease (GERD).

- Ultra-Purified D-Limonene (>99.5%).
- 1 g of D-Limonene (~24 drops) daily or every other day for 2 weeks has been clinically shown to achieve complete relief of GERD symptoms.
- Inclusion of vitamin E to stabilize D-Limonene from oxidation.

Ingredients (per 24 drops):
D-Limonene (from Citrus sinensis peel) ........................................ 1000 mg
Vitamin E (from alpha-d-tocopheryl acetate) ............................. 2.4 IU

Non-medicinal Ingredients: None.

Suggested Use:
Take 24 drops daily on an empty stomach, or as recommended by your health care practitioner.

Dosage Form: 30 mL Liquid (28 servings)
L-Glutamine Plus
VA-010

L-Glutamine Plus is a combination of highly purified, vegetarian-sourced L-glutamine and synergistic antioxidants to promote recovery from illness, trauma and medical treatments, such as chemotherapy.

- Restores plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise).
- Supports immune and digestive systems after periods of physical stress (e.g. cancer chemotherapy, post-surgery, protease inhibitor treatment for HIV/AIDS).
- Helps to manage the symptoms associated with bowel inflammation; and improve the absorption of nutrients. (e.g. Short bowel syndrome, Crohn’s disease).
- Ensures proper repair of damaged intestinal tissues and prevents abdominal adhesion.

**Ingredients (per tablespoon):**
- L-Glutamine (vegetarian source) ......................................................... 9 g
- Vitamin C (from calcium ascorbate) .................................................. 300 mg
- Vitamin E (from alpha-tocopheryl acetate) ........................................ 67 mg
- Selenium (from selenium glycinate) ................................................... 70 mcg
- Natural Mixed Carotenoids .................................................................. 3 mg
  - (from Eziel guineensis)
  - (lycopene, alpha-, beta-, and gamma-carotene)
  - (equivalent to 3500 IU vitamin A)

**Non-medicinal Ingredients:** Maltodextrin

**Suggested Use:**
Adults - Once a day, mix 1 tablespoon with 1 cup of cold liquid or semi-solid food and stir briskly. Consume immediately after mixing. Increase the dosage up to 3 tablespoons per day or as recommended by a health care practitioner.

**Suggested Combination:**
- For cancer patient recovering from chemotherapy - R.O.S-Quench
- For post-surgery recovery and abdominal adhesion prevention - Verluscan+
- For leaky gut & IBD - GI-Restore®+)., Supreme Zyme-Aid Extra Fort, Supreme-PB30+ DF, Verluscan+, Vitamin A Plus Zinc

**Dosage Form:** 315 g Powder (30 servings)

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Mg-Lax
VA-036

Mg-Lax is specifically formulated to promote regular bowel movements, loosen stools, and aid in constipation.

- Contains magnesium oxide and citrate, which act as an osmotic laxative, increasing stool volume while also making stools softer.
- A safe and gentle alternative to stimulating laxatives.
- Magnesium citrate helps relax bowel spasms and prevent cramping.
- Useful in elderly patients to prevent straining and promote healthy bowel movements.

**Ingredients (per capsule):**
- Magnesium (from magnesium oxide & magnesium citrate)....150 mg

**Non-medicinal Ingredients:**
- L-leucine, microcrystalline cellulose, silicon dioxide, hypromellose/pullulan (capsule)

**Suggested Use:**
Adults - For constipation, take 1-3 capsules at bed time, or as directed by a health care practitioner.

**Note:** For therapeutic use of magnesium other than constipation, or treatment of magnesium deficiency choose Bisglycino-Mg for maximum absorption.

**Suggested Combination:**
- For constipation with dysbiosis: Proline, Supreme-PB 30+ DF, Ultra-PB100+ DF

**Dosage Form:** 84 Vegetarian Capsules

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Prokine
Natural Prokinetic Formula
VA-130

Comprehensive Prokinetic Formula to help regulate gut motility.

- Acts on the 5-HT receptors to promote gastrointestinal migrating motor complex (MMC) function.
- Promotes digestive enzyme & bile secretions.
- Contains cofactors to support neurotransmitter synthesis & restore MMC.
- Indications:
  - Small intestine bacterial overgrowth (SIBO)
  - Dyspepsia, Gastroparesis, Indigestion, Nausea & Vomiting
  - Gastroesophageal Reflux Disease (GERD)
  - Irritable Bowel Syndrome (IBS)

**Ingredients (per 3 capsules):**
- L-5-HTP (L-5-Hydroxytryptophan) ................................................ 225 mg (from *Griffonia simplicifolia* (seed))
- Ginger Extract (Zingiber officinalis) ............................................ 600 mg (rhizome) (standardized to contain 6% gingerols)
- Chamomile Extract 10:1 (Matricaria chamomilla) ..................... 150 mg (flower) (equivalent to 1500 mg of dried herb)
- Cinnamon Extract 10:1 (Cinnamomum zeylanicum) .................... 90 mg (bark) (equivalent to 900 mg of dried herb)
- Peppermint Extract 20:1 (Mentha piperita) ............................. 120 mg (herbs) (equivalent to 2400 mg of dried herb)
- Gentian Extract 10:1 (Gentiana lutea) ...................................... 90 mg (root) (equivalent to 900 mg of dried herb)
- Benfotiamine .............................................................................. 30 mg
- Vitamin B6 (from calcium pyridoxal-5-phosphate) .................... 15 mg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF) ............................. 300 mcg
- Vitamin B12 (methylcobalamin) ................................................ 300 mcg

**Non-medicinal Ingredients:**
- Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule between each meal and 2 capsules at bedtime, or as directed by a health care practitioner.

**Dosage Form:** 126 Vegetarian Capsules

Suggested Combination:
- For SIBO Recovery Phase: Betaine HCl, GI-Restore® LF, Intolerase, Probiotics WITHOUT Prebiotics
Intolerase

“Digest Your Intolerances” for SIBO & Malabsorption

VA-134

Intolerase is an ultra-potent, broad-spectrum carbohydrase formula designed to break down fermentable carbohydrates and support post-eradication phase of SIBO treatment.

• Helps prevent SIBO and its recurrence.
• Easier-to-comply alternative to strict low FODMAP & elemental diets.
• Enzyme potencies are based on the estimated dietary intake of common FODMAPs in general population.
• Contains butyrate (SCFA) to support colonocytes & lining integrity.

Ingredients (per capsule):
Alpha-Galactosidase (from Aspergillus niger) ....................... 925 GalU
Lactase (from Aspergillus oryzae) ........................................ 3,000 ALU
Amylase (from Aspergillus oryzae) .................................... 8,109 DU
Glucoamylase (from Aspergillus niger) ................................. 150 GalU
Pectinase (from Aspergillus niger) ...................................... 90 endo-P
Beta-Glucanase (from Trichoderma longibrachiatum) ........... 105 BGU
Hemicellulase (from Aspergillus niger) ................................. 20,000 HCU
Invertase (from Aspergillus niger) ....................................... 2,100 Sumner
Xylanase (from Trichoderma longibrachiatum) ................. 1,650 XU
Maltase (from Hordeum vulgare seed) ................................. 300 DP
Protease (from Aspergillus oryzae) ................................... 15,000 HUT
Amylase (from Aspergillus oryzae) .................................... 15 SAPU

Non-medicinal Ingredients:
Calcium butyrate (250 mg), microcrystalline cellulose, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule).

Suggested Use:
Adults - Take 1 capsule with carbohydrate-rich meal, 2-3 times a day, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner.

Suggested Combination:
• For SIBO Recovery Phase: Betaine HCl, GI-Restore®, LF, Prokin, Probiotics WITHOUT Prebiotics

Dosage Form: 84 Vegetarian Capsules

Optizyme

VA-024/ VA-025

Optizyme contains full spectrum of plant-derived digestive enzymes working in different pH zones of the entire GI tract.

• Contains high potency digestive enzymes to yield much more effective relief to symptoms of indigestion and malnutrition.
• By breaking down the potential allergens, proteases could effectively relieve prolonged allergic symptoms such as bloating, eczema and chronic sinusitis caused by food sensitivities.
• Also useful for individuals who are recovering from illnesses, severe injuries, burns, chemotherapy or surgeries by helping them obtain better absorption and tolerance of foods.

Ingredients (per capsule):
For Carbohydrate Digestion:
Amylase (from Aspergillus oryzae) ........................................ 17,500 DU
Glucoamylase (from Aspergillus niger) ................................. 9.5 AGU
Alpha-Galactosidase (from Aspergillus niger) ................. 180 GalU
Cellulase (from Aspergillus niger) ........................................ 160 CU
Beta-glucanase (from Trichoderma longibrachiatum) ....... 70 BGU
Maltase (from Aspergillus niger) ........................................ 60 DP
Hemicellulase (from Aspergillus niger) ................................. 30 HCU
Lactase (from Aspergillus oryzae) .......................................... 650 ALU
Invertase (from Saccharomyces cerevisiae) ......................... 213 SU
Pectinase (from Aspergillus niger) ...................................... 8 endo-P
Phytase (from Aspergillus niger) .......................................... 13.5 FTU

For Fat Digestion:
Lipase (from Rhizopus oryzae) ........................................... 11,500 LU

For Protein Digestion:
Acid Protease (from Aspergillus oryzae) .............................. 23 SAPU
Protease (from Aspergillus oryzae) ................................. 22,500 HUT
Bromelain .......................................................... 1,800,000 PU (120 GDU)
( from pineapple [Ananas comosus] stem)
Papain (from papaya [Carica papaya] fruit/latex) .......... 100,000 PU

Non-medicinal Ingredients:
Maltodextrin, microcrystalline cellulose, pullulan/ hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule 3 times a day, or as directed by a health care practitioner. Take with first bite of food. For prolonged use, consult a health care practitioner.

Dosage Form: 120 / 60 Vegetarian Capsules
Supreme Zyme-Aid Extra Fort

VA-021

Balanced blend of enzymes with specific proteases to work in different pH zones of the GI tract and help reduce food allergies, sensitivities, and intolerances.

- Contains only the essential carbohydrate digesting enzymes - lactase and alpha-galactosidase - to help prevent food intolerances caused by the hard-to-digest carbohydrates, such as lactose from dairy, as well as beans and yam.
- Formulated with emphasis on protein digestion - ideal for prevention of food hypersensitivities.

**Ingredients (per capsule):**

For Carbohydrate Digestion:
- Alpha-Amylase (from Aspergillus oryzae).............................. 5,000 DU
- Glucoamylase (from Aspergillus niger)................................. 5 AGU
- Alpha-Galactosidase (from Aspergillus oryzae)...................... 150 GalU
- Lactase (from Aspergillus oryzae)........................................ 300 ALU
- Invertase (from Saccharomyces cerevisiae)............................ 75 SU
- Phytase (from Aspergillus Niger)......................................... 5 FTU

For Fat Digestion:
- Lipase (from Rhizopus oryzae)............................................ 5,000 LU

For Protein Digestion:
- Acid Protease (from Aspergillus oryzae)............................... 15 SAPU
- Protease (from Aspergillus oryzae)....................................... 15,000 HUT
- Bromelain ........................................................................... 1,500,000 PU (100 GDU)
- Papain (from pineapple [Ananas comosus] stem)................... 100,000 PU
- Papain (from papaya [Carica papaya] fruit/latex) ....................

Non-medical Ingredients:
- Microcrystalline cellulose, maltodextrin, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults – Take 1 capsule with or after meals, 3 times a day, or as directed by a health care practitioner.

**Dosage Form:** 90 Vegetarian Capsules

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Zyme-Aid Carbo Fort

VA-022

Full spectrum of plant-derived digestive enzymes formulated to help digest complex carbohydrates, such as fiber, ribose and lactose.

- Beneficial for individuals ingesting high-carbohydrate diets containing higher amounts of crude fiber and other polysaccharides.
- Particularly useful for people with underweight issues due to malabsorption of nutrients.
- Quick relief of GI discomforts (e.g., gas & bloating) caused by indigestion.

**Ingredients (per capsule):**

For Carbohydrate Digestion:
- Alpha-Amylase (from Aspergillus oryzae).............................. 5,000 DU
- Glucoamylase (from Aspergillus niger)................................. 1.5 AGU
- Alpha-Galactosidase (from Aspergillus oryzae)...................... 45 GalU
- Cellulase (from Aspergillus niger)......................................... 50 CU
- Beta-Glucanase ................................................................ 35 BGU
- (from Trichoderma longibrachium)
- Maltase (from Aspergillus niger)........................................... 50 DP
- Hemicellulase (from Aspergillus oryzae)............................... 15 HCU
- Lactase (from Aspergillus oryzae)......................................... 100 ALU
- Invertase (from Aspergillus niger)........................................ 50 SU
- Pectinase (from Aspergillus niger)......................................... 3.5 endo-P
- Phytase (from Aspergillus niger)......................................... 2.5 FTU

For Fat Digestion:
- Lipase (from Rhizopus oryzae)............................................ 2000 LU

For Protein Digestion:
- Bromelain (from Ananas comosus stem)............................ 750,000 PU (50 GDU)
- Papain (from Carica papaya fruit/latex)............................... 5,000 PU

Non-medical Ingredients:
- Microcrystalline cellulose, maltodextrin, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults – Take 1 capsule with or after meals, 3 times a day, or as directed by a health care practitioner.

**Suggested Combination:**
For leaky gut & IBD - GI-Restore™+, L-Glutamine Plus, Supreme-PB30+ DF, Verlusan+, Vitamin A Plus Zinc

**Dosage Form:** 90 Vegetarian Capsules
**Baby & Mom-PB15+ DF**

VA-141

Baby & Mom-PB15+ DF is a Dairy Free probiotic formula that contains 25 billion viable cells comprised of 13 species of human gut-anchoring probiotics to ensure successful establishment in each of their particular niche.

- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are registered in genome banks.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract while helping inhibit *H. pylori* infections and *C. difficile* overgrowth.
- **L. rhamnosus** GG, the most effective probiotic in reducing both severity and duration of acute infectious diarrhea.
- **B. lactis** Bi-04 is shown in RCT to significantly reduce the risk of upper respiratory infections by 27%.
- Perinatal & neonatal supplementation of **L. rhamnosus** HN001 has been shown clinically to reduce the risk of gestational diabetes by 68%, as well as eczema (44%) and rhinoconjunctivitis (62%) in babies and toddlers.
- **Lactobacillus reuteri** - effective in reducing risk of infantile colic & duration of acute diarrhea.
- **B. infantis**, a superior colonizer of infant gut, improves stool consistency in healthy infants and reduces the risk of necrotizing enterocolitis in premature infants.

### Ingredients (per 1/2 teaspoon):

- *Lactobacillus acidophilus* La-14 ........................................ 1.5 billion cfu
- *Lactobacillus rhamnosus* Lr-32 ........................................ 1.5 billion cfu
- *Lactobacillus casei* Le-11 ........................................ 1 billion cfu
- *Lactobacillus salivarius* Ls-33 ........................................ 1 billion cfu
- *Bifidobacterium bifidum* Bb-06 ........................................ 0.5 billion cfu
- *Bifidobacterium lactis* Bi-04 ........................................ 1.5 billion cfu
- *Streptococcus thermophilus* St-21 ........................................ 1 billion cfu
- *Bifidobacterium breve* Bb-03 ........................................ 1 billion cfu
- *Lactobacillus plantarum* Lp-115 ........................................ 1.5 billion cfu
- *Lactobacillus rhamnosus* HN001 ........................................ 2 billion cfu
- *Bifidobacterium infantis* Bi-20 ........................................ 1 billion cfu
- *Lactobacillus rhamnosus* GG ........................................ 2 billion cfu
- *Lactobacillus reuteri* 1E1 ........................................ 0.5 billion cfu

May contain up to 25 billion viable cells at the time of manufacture.

**Non-medicinal Ingredients:**

Fructo-Oligosaccharide (FOS) / Maltodextrin.

**Suggested Use:**

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1/2 teaspoon, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 1 teaspoon, 3 times a day, or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics.

**Dosage Form:** Powder (56 servings)

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**Optimum-PB10+ DF**

VA-007 (without FOS) / VA-004 (with FOS)

Optimum-PB10+ DF is a Dairy Free probiotic formula that contains 10 species of human gut-anchoring probiotics in the formula to ensure the successful establishment of each species in its particular niche.

- 18 billion active cells per capsule upon manufacturing.
- For general GI problems, such as cramps, bloating, diarrhea and constipation, and IBS.
- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are registered in genome banks.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract while helping inhibit *H. pylori* infections and *C. difficile* overgrowth.
- Prevents dysbiosis caused by long-term antibiotics use, improves immune function, and reduces symptoms of food allergies/ sensitivities.
- FOS free formulation also available to meet each individuals’ needs.

### Ingredients (per capsule):

- *Lactobacillus acidophilus* La-14 ........................................ 2 billion cfu
- *Lactobacillus rhamnosus* Lr-32 ........................................ 1 billion cfu
- *Lactobacillus casei* Le-11 ........................................ 0.6 billion cfu
- *Lactobacillus salivarius* Ls-33 ........................................ 0.6 billion cfu
- *Bifidobacterium bifidum* Bb-06 ........................................ 0.4 billion cfu
- *Bifidobacterium lactis* Bi-04 ........................................ 1.6 billion cfu
- *Streptococcus thermophilus* St-21 ........................................ 0.5 billion cfu
- *Bifidobacterium breve* Bb-03 ........................................ 0.6 billion cfu
- *Lactobacillus plantarum* Lp-115 ........................................ 1.5 billion cfu
- *Lactobacillus rhamnosus* GG ........................................ 1.2 billion cfu

May contain up to 18 billion viable cells at the time of manufacture.

**Non-medicinal Ingredients:**

Fructo-Oligosaccharide (FOS) / Maltodextrin, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule).

**Suggested Use:**

Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 2 capsules, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 4 capsules, 3 times a day; or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics. For children under 6 years old, open the capsule and administer the powder form.

**Dosage Form:** 56 Vegetarian Capsules

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S. boulardii
VA-094

Saccharomyces boulardii is a probiotic clinically used in the treatment and prevention of gastrointestinal disease such as antibiotic-associated diarrhea, acute traveller's diarrhea, C. difficile infections, and H. pylori.

- The most effective probiotic for the prevention and treatment of antibiotic-associated diarrhea and recurrent C. difficile infections.
- Significantly reduces the duration of acute childhood diarrhea and the risk of prolonged diarrhea.
- Improves intestinal permeability and reduces relapse rate in patients with Crohn’s disease.
- Reduces diarrhea in patients undergoing total enteral nutrition (TEN).
- Regulates intestinal microbial homeostasis and stabilizes the gastrointestinal barrier, interfering with the ability of pathogens to colonize and infect the mucosa.
- Modulates local and systemic immune responses.

**Ingredients (per capsule):**
Saccharomyces boulardii (whole cell) .......................... 5 billion cfu
* cfu - colony forming units

**Non-medicinal Ingredients:**
L-leucine, maltodextrin, silicon dioxide, hypromellose/ pullulan (capsule)

**Suggested Use:**
Children, Adolescents, and Adults – Take 2 capsules, 1-3 times a day, or as directed by a health care practitioner. For children under 6 years old, open the capsule and administer the powder form.

**Suggested Combination:**
- For infectious gastroenteritis: Microacidin®, Allimin DR
- For recovery from infectious gastroenteritis: Supreme-PB30+ DF, Ultra-PB100+ DF
- For IBD or post-surgery to heal intestinal lining: L-Glutamine Plus

**Dosage Form:** 84 Vegetarian Capsules

 Supreme-PB30+ DF
VA-100 (without FOS)/ VA-108 (with FOS)

Supreme-PB30+ DF is a Dairy Free probiotic formula that contains 55 billion viable cells comprised of 11 species of human gut-anchoring probiotics to ensure successful establishment in each of their particular niche.

- Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are ATCC-registered.
- All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract while helping inhibit H. pylori infections and C. difficile overgrowth.
- Lactobacillus rhamnosus GG, the most effective probiotic in reducing both severity and duration of acute infectious diarrhea.
- Bifidobacterium lactis Bi-04 is shown in RCT to significantly reduce the risk of upper respiratory infections by 27%.
- Perinatal & neonatal supplementation of L. rhamnosus HN001 has been shown clinically to reduce the risk of gestational diabetes by 68%, as well as eczema (44%) and rhinoconjunctivitis (62%) in babies and toddlers.
- Provides formulas with or without prebiotic (FOS) to meet each individual’s needs.

**Ingredients (per capsule):**
Lactobacillus acidophilus Lo-14 .................................. 6 billion cfu
Lactobacillus rhamnosus L-32 .................................. 2 billion cfu
Lactobacillus casei Shirota .................................... 5 billion cfu
Lactobacillus salivarius Ls-33 ................................ 1 billion cfu
Bifidobacterium bifidum Bb-06 ............................. 1 billion cfu
Bifidobacterium lactis Bi-04 ................................. 5 billion cfu
Streptococcus thermophilus Str-21 ........................ 2 billion cfu
Bifidobacterium breve Bb-03 ................................ 1.5 billion cfu
Lactobacillus plantarum Lp-115 ............................. 1.5 billion cfu
Lactobacillus rhamnosus HN001 ........................... 2 billion cfu
Lactobacillus rhamnosus GG .............................. 3 billion cfu
May contain up to 55 billion viable cells at the time of manufacture.

**Non-medicinal Ingredients:**
Fructo-Oligosaccharides (FOS) / maltodextrin, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:**
Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1 capsule, 3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 2 capsules, 2-3 times a day; or as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics. For children under 6 years old, open the capsule and administer the powder form.

**Dosage Form:** 56 Vegetarian Capsules

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Ultra-PB100+ DF

Ultra-PB100+ DF is a Dairy Free probiotic formula that contains 200 billion viable cells comprised of 13 species of human gut-anchoring probiotics to ensure successful establishment in each of their particular niche.

• Carefully selected strains with complete resistance tests (22 antibiotics); all genomes are registered in genome banks.
• All strains are acid- and bile-resistant, ensuring their passage through the entire GI tract while helping inhibit H. pylori infections and C. difficile overgrowth.
• Comprehensive strain combination to maximize efficacy.
• Provides formulas with or without prebiotic (FOS) to meet each individual’s needs.
• Powdered formula for easy dose adjustment & administration.
• High dose probiotic has been used as an adjunct support in inflammatory bowel diseases (IBD) to achieve remission and reduce relapse rate.

**Ingredients (per teaspoon):**
- *Lactobacillus acidophilus La-14* ........................................ 15 billion cfu
- *Lactobacillus rhamnosus Lr-32* ........................................ 15 billion cfu
- *Lactobacillus casei Lc-11* ........................................... 10 billion cfu
- *Lactobacillus salivarius Ls-33* ..................................... 8 billion cfu
- *Bifidobacterium bifidum Bb-06* ..................................... 2 billion cfu
- *Bifidobacterium lactis Bl-04* ...................................... 12 billion cfu
- *Streptococcus thermophilus St-21* .................................. 8 billion cfu
- *Bifidobacterium breve Bb-03* ...................................... 5 billion cfu
- *Lactobacillus plantarum Lp-115* .................................. 15 billion cfu
- *Lactobacillus rhamnosus HN001* .................................. 3 billion cfu
- *Bifidobacterium infantis Bi-26* ................................... 1 billion cfu
- *Lactobacillus rhamnosus GG* ..................................... 6 billion cfu
- *Lactobacillus reuteri 1E1* ........................................... 1 billion cfu

May contain up to 200 billion viable cells at the time of manufacture.

**Non-medicinal Ingredients:**
- Fructo-Oligosaccharide (FOS) / Maltodextrin.

**Suggested Use:**
- Children, Adolescents, Adults - To help manage acute infectious diarrhea, take 1 teaspoon, 1-3 times a day; to help reduce the risk of antibiotic-associated diarrhea, take 1 teaspoon, 2-3 times a day, or use as directed by a health care practitioner. Take at least 2-3 hours before or after antibiotics.

**Dosage Form:** Powder (28 servings, with & without FOS)
**Alliimin DR** *(Garlic Concentrate)*

**VA-110**

Alliimin DR is a potent allicin concentrate from freeze-dried fresh garlic, encapsulated in a pH-controlled releasing (i.e., stomach friendly) vegetarian capsule.

- Standardized and lab-certified to contain 20,000 mcg allicin per gram (yielding 10,000 mcg allicin).
- Broad spectrum antimicrobial effects. Clinically proven to relieve the symptoms associated with upper respiratory tract infections, as well as other microbial infections.
- Helps to improve hyperlipidemia and maintain cardiovascular health.

**Ingredients (per capsule):**
- Garlic *Allium sativum* (bulb)..........................500 mg
- Standardized to contain:
  - Allicin ..........5,000 mcg (from 10,000 mcg of Alliin)

**Non-medicinal Ingredients:**
Certified organic apple fiber, L-leucine, hypromellose/pullulan (capsule)

**Suggested Use:**
Adults - Take 1-2 capsules daily with food, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner.

**Suggested Combination:**
- For respiratory infection - Coldefenxin, NAC+, Pure Propolis
- For hyperlipidemia and high risk of cardiovascular diseases - Angiolaxin, H.C.Q10-Cardio, Verdha

**Dosage Form:** 90 Vegetarian Capsules

**Coldefenxin**

**VA-085**

Coldefenxin is a specific remedy for prevention/ relief of cold/ flu symptoms and complications.

- Coldefenxin works by boosting and strengthening the immune system, helping patients recover from cold symptoms without exhausting the immune function.
- Highly concentrated herbal extract, which provides effective dose in less capsules.

**Ingredients (per capsule):**
- Echinacea Extract 20:1 (Echinacea purpurea)..........................60 mg (whole plant) (equivalent to 1200 mg dried herb)
- American Ginseng Extract 4:1 (Panax quinquefolius).............75 mg (root) (standardized 10% ginsenosides) (equivalent to 300 mg dried herb)
- Allicin (from garlic).....................................................7.5 mg
- Vitamin C (ascorbic acid)..................................................200 mg
- Rosemary Extract (Rosmarinus officinalis)..........................30 mg (leaf) (6% rosmarinic acid) (equivalent to 180 mg dried herb)

**Non-medicinal Ingredients:**
Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule 4 times a day, or as directed by a health care practitioner. Take with food and a few hours before or after taking other medications.

**Suggested Combination:**
For Cold/Flu - Alliimin DR, Pure Propolis, Bio-C, Microcidin®, Vitamin A+Zn

**Dosage Form:** 70 Vegetarian Capsules
Lysine 500
VA-016

L-Lysine has been shown to reduce the recurrence of herpes simplex virus (HSV) infections (eg. cold sores) by maintaining the lysine to arginine ratio in the system.

HSV are known to utilize L-arginine in their replication, and hence, they thrive in environment high in arginine. L-lysine is able to inhibit the uptake of L-arginine to limit the outbreak of infection.

**Ingredients (per capsule):**
L-Lysine (L-Lysine hydrochloride) .............................................. 500 mg

**Non-medicinal Ingredients:**
Silicon dioxide, L-leucine, microcrystalline cellulose, pullulan/ hypromellose (capsule)

**Suggested Use:**
Adults - Take 2 capsule 1-3 times per day, or as directed by a health care practitioner.

**Suggested Combination:**
For Cold Sores: Bio-C, Vitamin A + Zn

**Dosage Form:** 84 Vegetarian Capsules

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Microcidin®
Broad-Spectrum Anti-Microbial & Anti-Candida Formula
VA-109

Microcidin® contains multiple antimicrobial ingredients with different mechanisms to inhibit and eradicate pathogenic microbes such as bacteria, virus, fungus (eg. Candida albicans) and parasites.

- Coptis (Huang Lian) contains berberine as its main constituent. Coptis is the king herb for detoxification in Traditional Chinese Medicine, especially during infections and Liver Fire. In modern medicine, coptis by itself or combined with clove extract has been shown to inhibit fungal growth and candidiasis.
- Contains lab-standardized high alliin content from freeze-dried garlic concentrate. Alliin is a potent natural antibiotic that does not cause dysbiosis.
- Synergized with highly concentrated oregano extract, undecylc acid and caprylic acid for broad spectrum microcidal effect in prevention and eradication of microbial infections.

**Ingredients (per capsule):**
Huang Lian Extract 12:1 (Coptis chinensis)................................. 60 mg
(10,000 mcg allicin/g) (20,000 mcg alliin/g)
Garlic (Allium sativum) (bulp).................................................. 240 mg
(20,000 mcg alliin/g to yield 10,000 mcg allicin/g)
Oregano Extract 23:1 (Origanum vulgare)................................. 40 mg
(dm) (30% carvacrol) (equivalent to 920 mg dried herb)
*Clove Extract 3:1 (Syzygium aromaticum)............................. 50 mg
((water bud) (30% volatile oil) (equivalent to 150 mg dried herb)

*Non-medicinal Ingredients:
Magnesium caprylate, undecylc acid, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule with meal, 2-3 times per day, or as directed by a health care practitioner.

**Suggested Combination:**
For Cold/ Flu: Coldefenxin, Bio-C, Vitamin A+Zn
For SIBO: Intolerance, Prokine, S.Boulardii, Supreme-PB30+ DF (FOS Free)

**Dosage Form:** 84 Vegetarian Capsules
Microcidin® AF
Low FODMAP Anti-Microbial Formula

Microcidin® AF is a low-FODMAP “Allium-Free” broad spectrum antimicrobial formula that targets multiple mechanisms to inhibit and eradicate pathogenic bacteria, fungi and parasites.

- Allium-free formula (low-FODMAP compatible) for individuals sensitive to garlic.
- Berberine has been shown to improve IBS symptoms (abdominal pain, stool frequency & urgency), as well as anxiety and depression in patients with IBS-D.
- Cinnamon - “warming” antimicrobial to prevent loose stool from the “cooling” property of berberine.
- Synergized with concentrated Thyme and Oregano extracts for spasmylytic, carminative, and broad spectrum antimicrobial effect in the GI tract.
- Neem and Uva Ursi extract are potent antimicrobials, anti-biofilm, and provide additional gastroprotective and anti-ulcer effects.

Ingredients (per capsule):
Berberine Hydrochloride .............................................. 300 mg
Thyme Extract 20:1 (Thymus vulgaris) .......................... 35 mg
[leaf] (equivalent to 700 mg dried herb)
Cinnamon Extract 10:1 (Cinnamomum aromaticum) ......... 40 mg
[ bark] (equivalent to 400 mg dried herb)
Neem Extract 20:1 (Azadirachta indica) ......................... 35 mg
[leaf] (equivalent to 700 mg dried herb)
Uva Ursi Extract 10:1 (Arctostaphylos uva-ursi) .......... 35 mg
[leaf] (equivalent to 350 mg dried herb)
Oregano Extract 5:1 (Origanum vulgare) ......................... 75 mg
[leaf] (30% carvacrol) (equivalent to 375 mg dried herb)

Non-medicinal Ingredients:
Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule daily with food or as directed by a health care practitioner.

Suggested Combination:
For SIBO: GI-Restore® AF, Intolerase, Proxine, S.boulardii, Supreme-PB30+ DF (FOS Free)

Dosage Form: 90 Vegetarian Capsules

Pure Propolis

Bee Propolis is a natural antibiotic and antioxidant to help relieve minor inflammations and sores of the oral mucous membranes.

- Contains organic aromatic acids and flavonoids with antibacterial, antifungal, antiviral, antioxidant, and anti-inflammatory properties.
- Beneficial in prevention and relief of symptoms related to upper respiratory infections (e.g. sore throat or cold/flu), and nocturnal asthma attacks.
- Clinically shown to improve male infertility via its protection of spermatozoa from ROS damage.

Ingredients (per capsule):
Bee Propolis .............................................................. 500 mg
(from bee hive of the honey bee – Apis mellifera L.)

Non-medicinal Ingredients:
Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule daily with food or as directed by a health care practitioner.

Suggested Combination:
- For Cold/Flu: Allimin DR, Bio-C, Coldefenixin, Microcidin®, Vitamin A+Zn
- For respiratory (or other) infections: Allimin DR, Coldefenixin, Microcidin®, NAC+

Dosage Form: 90 Vegetarian Capsules

Vitamin A plus Zinc

For vision and skin health, stronger immune function, and healthier respiratory and urinary tracts

VA-049 - See p.52 for product information

All contents in this catalogue are only a reference for health care practitioners, not self-medication; they have not been evaluated by the Food and Drug Administration. All information is not intended to diagnose, treat, cure, or prevent any disease. Label information and claims may vary from this professional guide. Product label takes precedence in all cases.
BiofilmX

Biofilm Disrupting Formula

VA-139

BiofilmX combines multiple fibrinolytic & mucolytic enzymes to help breakdown biofilms and augment the efficacy of antimicrobial agents.

- **Semanpeptase** - a potent mucolytic enzyme that help reduce the inhibitory effects of bacterial biofilms and decrease chronic inflammation.
- **Systemic fibrinolytic proteases and polysaccharide-digesting enzymes** to help breakdown the integrity of biofilms and their adhesion to target tissues.
- **Alpha lipolic acid** - a sulfur-containing compound known to disrupt biofilms and provide antioxidant protection to the host.
- **Delayed-release encapsulation** (FREE of phthalate - commonly found in enteric coating) to help bypass the stomach and retain the bioactivity of the enzymes.

Clinical Applications:

- Decrease inflammatory edema.
- Accelerates the elimination of sputum, pus and hematoma.
- Enhance pathogen eradication of antibiotics/antimicrobials.

**Ingredients (per capsule):**

- **Semanpeptase (from Senatio incanae E-15)** ............................................. 30,000 SU
- **Protease (from Aspergillus oryzae)** ............................................................. 15,000 HU
- **Alkaline Protease** *(Nattosomes)* ................................................................. 4,225 HU (1,500 FU) (from Aspergillus oryzae & Aspergillus melleus)
- **Xylanase** *(from Trichoderma longibrachiatum)* ........................................... 1,100 XU
- **Pectinase** *(from Aspergillus niger)* .............................................................. 50 endo-P
- **Beta-Glucanase** *(from Trichoderma longibrachiatum)* ................................. 30 BGU
- **Glucosamylase** *(from Aspergillus niger)* ...................................................... 25 AGU
- **Hemicellulase** *(from Aspergillus niger)* ....................................................... 4,000 HCU
- **Cellulase** *(from Aspergillus niger)* ............................................................... 500 CU
- **Alpha Lipoic Acid**  ..................................................................................... 200 mg
- **Nattosomes** is a registered trademark of National Enzyme Company*

**Non-medicinal Ingredients:**

- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**

Adults - Take 1 capsule with meal, 3 times a day, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 months.

**Dosage Form:** 84 Vegetarian Capsules

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Migrainelief

Comprehensive Migraine Relief and Prophylaxis

VA-138

Migrainelief is a synergistic formula to provide acute pain relief, as well as to help reduce the frequency & intensity of migraine headaches and associated symptoms (e.g. nausea and vomiting) when taken as prophylaxis.

- **Butterbur extract** has established traditional & clinical evidence in migraine prophylaxis. It is tested free of pyrrolizidine alkaloids and standardized to contain 15% petasins (anti-inflammatory and antimicrobial).
- **Feverfew & Ginger extract** - support healthy blood vessel tone and inhibit neuroinflammation induced by calcitonin-gene related peptide (CGRP).
- **White Willow extract** - acute analgesia & anti-inflammation.
- **Coenzyme Q10 & Riboflavin** - reduce attack frequency and by ameliorating mitochondrial dysfunction.
- **5-HTP** – reduces migraine intensity & duration and alleviates photophobia and symptoms associated with low serotonin level.

**Ingredients (per capsule):**

- **Butterbur Extract (Petasites hybridus)** .......................................................... 50 mg
- **Feverfew Extract (Tanacetum parthenium)** .................................................. 50 mg
- **Ginger Extract 25:1 (Zingiber officinale)** ..................................................... 40 mg (HBI) (equivalent to 1000 mg of dried herb)
- **White Willow Extract 10:1 (Salix alba)** ....................................................... 100 mg
- **Vitamin B2 (Riboflavin)**  ............................................................................. 30 mg
- **5-HTP** (from Griffonia simplicifolia) ......................................................... 100 mg

*PAs - Pyrrolizidine alkaloids (lab-verified)

**Non-medicinal Ingredients:**

- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**

Adults - Take 1 capsule with food, 3 times a day with food, or as directed by a health care practitioner. Reduce the dosage gradually if treatment is to be paused or discontinued. Use for a minimum of 2-3 weeks to see beneficial effects. Consult a health care practitioner for use beyond 4 months.

**Dosage Form:** 126 Vegetarian Capsules
Collagen Restore

Comprehensive Formula for Collagen Restoration and Protection

VA-124

Collagen Restore is a comprehensive nutrient formula for collagen regeneration by providing the building blocks (amino acids), cofactors (vitamin & minerals), and protection (antioxidants) required for collagen restoration and protection.

- L-Proline, Glycine, and L-Lysine – key components in collagen synthesis.
- B-Vitamins, Vitamin C, Vitamin A, Omega-3, MSM, and Trace Essential Minerals (Zinc & Silica) to enhance connective tissue regeneration/repair.
- Phyto-Antioxidants: Trans-Resveratrol, OPCs, CoQ10, Mixed Tocopherols, and Lutein - for maximum protection against free radicals.
- Bearberry Extract – shown to reduce age-spot formation and hyperpigmentation by slowing melanin-producing process.

Dosage Form: 112 Vegetarian Capsules

Ingredients (per capsule):

- L-Proline .......................................................... 50 mg
- L-Proline .......................................................... 100 mg
- Glycine .................................................................. 150 mg
- Green Tea Extract 50:1 (Camellia sinensis) (50% EGCG) .......... 50 mg (leaf) (equivalent to 2,500 mg dried herb)
- Trans-Resveratrol (99%) (from Polygala japonica) (root) .......... 15 mg
- Bearberry Extract 10:1 (Arctostaphylos uva-ursi) ................. 15 mg (leaf) (equivalent to 150 mg dried herb)
- Grape Seed Extract 100:1 (Vitis vinifera) ....................... 20 mg (seed) (95% OPCs) (equivalent to 2,000 mg dried herb)
- Coenzyme Q10 (ubiquinone) .................................. 10 mg
- Vitamin A (from vitamin A palmitate) (750 mcg RAE) .......... 2,500 IU
- Vitamin B1 (from thiamine HCl) ................................ 2 mg
- Vitamin B2 (riboflavin) .......................................... 2 mg
- Vitamin B6 (from pyridoxine HCl) ............................. 2 mg
- Vitamin C (ascorbic acid) ....................................... 100 mg
- Biotin .................................................................. 25 mcg
- Niacinamide ....................................................... 5 mg
- Vitamin B5 (from calcium d-pantothenate) ...................... 10 mg
- Vitamin B12 (methylcobalamin) .................................. 25 mcg
- Folate .................................................................. 50 mcg
- Zinc (from zinc bisglycinate) .................................... 3 mg
- Silica (from horsetail (Equisetum arvense L)) .................. 700 mcg
- MSM (Methylsulfonylmethane) ................................ 50 mg
- Algal Oil (life’s DHA®) (12% DHA) (Schizochytrium sp.) ........ 10 mg
- Lutein (FloraGLO®) (isolate from Tagetes erecta) (free form) . 750 mcg
- Mixed tocopherol concentrate .................................. 30 mg

life’s DHA® and FloraGLO® are registered trademarks of DSM.

Non-medicinal Ingredients:
- Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

Suggested Use:
- Adults – Take 2 capsules, 2 times a day, or as directed by a health care practitioner.

R.O.S-Quench

Synergistic super-antioxidant formula featuring high dose all-trans resveratrol

VA-121 - See p.10 for product information

Vitamin A + Zinc

For vision and skin health, stronger immune function, and healthier respiratory and urinary tracts

VA-049 - See p.52 for product information
Dosage Form: 84 Vegetarian Capsules

**Adrenergyn®**

Adrenal Support for HPA-Axis Dysfunction

VA-090

Adrenergyn® contains a synergized ratio of adaptogenic herbs and vitamin B5 for patients with HPA-axis dysfunction and debility or during convalescence.

- Contains Cs-4 strain of Cordyceps sinensis, the most extensively studied strain shown to enhance ATP generation and modulate cortisol level under stress.
- Clinically proven herbal remedies to increase the oxygen utilization in the body, scavenge free radicals that cause oxidative stress, and regulate the adrenal functions.
- Useful in restoring circadian rhythm, improving restless sleep, tiredness, declined cognitive ability, and weakened immune function caused by prolonged stress.

### Ingredients (per capsule):

- Rhodiola Extract/Extrait de Rhodiola (10:1)...........75 mg (root/racine) (3% rosavins, 1% salidroside) (equivalent to 750 mg dried herb/ de herbe séchée)
- Cordyceps Cs-4 Extract 8:1 (Cordyceps sinensis)..........200 mg (mycelium) (7% cordycepic acid) (equivalent to 1600 mg dried herb)
- Eleuthero Extract 10:1 (Eleutherococcus senticosus)........70 mg (root) (0.8% eleutherosides) (equivalent to 700 mg dried herb)
- Ashwagandha Extract 6:1 (Withania somnifera).............170 mg (root) (7% withanolides) (equivalent to 1020 mg dried herb)
- Vitamin B5 [from d-Calcium pantothenate].....................10 mg

### Non-medicinal Ingredients:

- Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**

Adults - Take 3 capsules daily, preferably before meals, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 1 month.

### Suggested Combinations:

- For stress and tiredness - Bio-B Complete, CoQ10 Plus, H.C.Q10-Cardio
- For insomnia caused by stress - Bisglycino-Mg, Resolaxin
- For adrenal fatigue stages 1 & 2 - Bio-C, Bio-B5 Forte

Dosage Form: 84 Vegetarian Capsules

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5-HTP

VA-015

5-Hydroxytryptophan (5-HTP) is a naturally-occurring amino acid and chemical precursor in the biosynthesis of serotonin and melatonin from tryptophan.

5-HTP has been clinically proven effective for healthy mood balance, migraine prophylaxis, weight management, sleep aid, and relief of symptoms associated with fibromyalgia.

**Ingredients (per capsule):**

- L-5-HTP (l-5-Hydroxytryptophan)..........................100 mg (from Griffonia simplicifolia (seed))
- Vitamin B5/ Vitamine B5..............................................10 mg

**Non-medicinal Ingredients:**

- Micrcrystalline cellulose, L-leucine, pullulan/hypromellose (capsule), silicon dioxide.

**Suggested Use:**

- For healthy mood balance - take 1 capsule, 3 times a day. Take with food. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond one year.
- For relief of fibromyalgia symptoms - take 1 capsule, 3-4 times a day. Take with food. Use for a minimum of 2 weeks to see beneficial effects. Consult a health care practitioner for use beyond one year.
- For migraine prophylaxis - take 1-2 capsules, 2-3 times a day. Take with food. Use for a minimum of 2-3 weeks to see beneficial effects. Consult a health care practitioner for use beyond 6 months if taking more than 400 mg per day.
- For weight management - take 3 capsules, 3 times a day. Take 30 minutes prior to a meal. Consult a health care practitioner for use beyond 12 weeks.
- As a sleep aid - take 1-2 capsules, 30-45 minutes before bedtime. To minimize the risk of GI side effects, start dosing at 100 mg, 2-3 times per day and slowly increase to effective dose over 2 week period.

### Suggested Combination:

- For Weight Management - Thé VertAid, ACV500, SynerClear®
- For Fibromyalgia - Adrenergyn®, AdrenoForte DP, Bisglycino-Mg, Resolaxin, SJW 450
- For Migraine/Headache - Bisglycino-Mg, CoQ10 Plus
- For Sleep Disturbances - Bisglycino-Mg, Resolaxin

Dosage Form: 84 Vegetarian Capsules

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www.vitaaid.com
Toll Free: 1-800-490-1738
AdrenoForte DP
Herbal Cortisol Depletion Support
VA-113

AdrenoForte DP is a synergistic herbal formula specifically designed to tonify the depleted adrenals and give the body a kick start to restore its physiological functions in Stage 3 Adrenal Exhaustion.

- Comparable effect to glandular tissue-containing formulas.
- Licorice helps to increase the cortisol level via its inhibitory effect on cortisol breakdown (e.g. inhibition of 11-beta-hydroxysteroid dehydrogenases).
- Asian Ginseng helps to tonify the adrenal functions. In TCM, Panax ginseng tonifies Qi and Yang.
- Eleuthero to modulate the blood pressure and cortisol levels to prevent them from overshoot.
- Astragalus - "The King Herb of Qi" in TCM - to tonify Spleen and Lungs and enhance the immune functions.
- Highly concentrated Bacopa Extract (30:1; 50% bacosides) - a potent Ayurvedic brain tonic to support cognitive function and memory. Also known as a cooling & bitter herb - balances the stimulatory effects of Licorice/Asian Ginseng/Astragalus.

Dosage Form: 84 Vegetarian Capsules

Ingredients (per capsule):
(Each capsule contains 610 mg Dried Herb Equivalent)
- Asian Ginseng Extract 10:1 (Panax ginseng) ............................... 85mg (root) [20% ginsenosides]
- (equivalent to 850 mg of dried herb)
- Astragalus Extract 12:1 (Astragalus membranaceus) ............. 100mg (root) (equivalent to 1200 mg of dried herb)
- Licorice Extract 8:1 (Glycyrrhiza glabra) ................................. 170mg (root) [12% glycyrrhizin]
- (equivalent to 1360 mg of dried herb)
- Eleuthero Extract 10:1 (Eleutherococcus senticosus) ............ 75mg (root) [0.8% eleutherosides]
- (equivalent to 750 mg of dried herb)
- Bacopa Extract 30:1 (Bacopa monnieri) ........................... 65mg (whole plant) [50% bacosides]
- (equivalent to 1950 mg of dried herb)
- Vitamin B5 (from d-calcium pantothenate) ......................... 10 mg

Non-medicinal Ingredients:
Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

Suggested Use:
Adults - Take 3-4 capsules a day, or as directed by a health care practitioner. Take this formula during the day (before 2 pm). Avoid taking in late afternoon or at night. Consult a health care practitioner for use beyond 4 weeks.

Suggested Combinations:
- For stress and tiredness - Bio-8 Complete
- For insomnia caused by stress - Bisglycino-Mg, Resolaxin
- For adrenal fatigue stages 3 & 4 - Adrenergyn®, Bio-C, Bio-85 Forte, H.C.Q10-Cardio
- For Fibromyalgia - 5-HTP, Adrenergyn®, Bisglycino-Mg, Resolaxin, SJW 450
Melatonin-3
VA-055

Melatonin helps to reset the body’s circadian rhythm and increase the sleep quality in people with sleep restriction or altered sleep schedule.

- Safe and effective dose for individuals suffering from delayed sleep phase syndrome and jet lag.
- May increase the dose to 6-9 mg to help alleviate sleep disturbance.
- Clinical research has demonstrated that melatonin may help reduce peri-menopausal symptoms via its modulating action on the HPO-axis.

**Ingredients (per capsule):**
- Melatonin (*USP grade) (vegetarian source)................................. 3 mg
- Non-medicinal Ingredients:
  - Microcrystalline cellulose, silicon dioxide, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 to 3 capsules at bedtime, or as directed by a health care practitioner.

**Suggested Combinations:**
- For insomnia with anxiety: Resolaxin

**Dosage Form:** 84 Vegetarian Capsules

Melatonin-10
High dose melatonin for hormone-associated cancer adjunct therapy
VA-117 - See p.55 for product information

Melatonin-5
VA-137

Melatonin helps to reset the body’s circadian rhythm and increase the sleep quality in people with sleep restriction or altered sleep schedule.

- Safe and effective dose for individuals suffering from delayed sleep phase syndrome and jet lag.
- Clinical research has demonstrated that melatonin may help reduce peri-menopausal symptoms via its modulating action on the HPO-axis.

**Ingredients (per capsule):**
- Melatonin (*USP grade) (vegetarian source)................................. 5 mg
- Non-medicinal Ingredients:
  - Microcrystalline cellulose, silicon dioxide, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 to 2 capsules at bedtime, or as directed by a health care practitioner.

**Suggested Combinations:**
- For insomnia with anxiety: Resolaxin

**Dosage Form:** 84 Vegetarian Capsules

**“Why “USP grade” melatonin?”**
Many melatonin products on the market are labeled as “natural.” Natural melatonin commonly contains actual animal tissues, which may be contaminated with other hormones and animal proteins (e.g. risk of BSE). Furthermore, it does not meet the US Pharmacopeia (USP) standards of quality.

On the other hand, USP-grade melatonin is bioidentical to the melatonin in the human body. When administering hormones such as melatonin to patients, purity & potency should be the top priority.

A study from American Academy of Sleep Medicine (AASM) identified significant variability of melatonin content, and more disturbingly, presence of serotonin contamination in commercially available products. AASM recommends consumers look for “USP grade” when choosing melatonin products.
Resolaxin

Eases stress and promotes relaxation without sedative effects

VA-082 / VA-097

Resolaxin is a comprehensive herbal stress management formula targeting individuals that are constantly stressed, nervous, anxious, restless, and/or suffering from Irritable Bowel Syndrome (IBS).

- Natural herbal combination that works by binding the GABA receptors to promote muscle relaxation and calm the mind.
- Wild jujube seed is a traditional Chinese medicine herb used for calming the mind, improving sleep quality & digestive function, and reducing the high blood pressure & relieving IBS caused by stress.
- Contains L-theanine to induce a sense of inner calm without affecting alertness.
- Combination of carminative and calming herbs - an ideal formulation for IBS.

**Ingredients (per 2 capsules):**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chamomile Extract 6:1 (Matricaria chamomila)</td>
<td>240 mg</td>
</tr>
<tr>
<td>(flower) (1% apigenin)</td>
<td></td>
</tr>
<tr>
<td>Lemon Balm Extract 5:1 (Melissa officinalis)</td>
<td>120 mg</td>
</tr>
<tr>
<td>(leaf) (5% rosmarinic acid)</td>
<td></td>
</tr>
<tr>
<td>Wild Jujube Extract 18:1 (Zizyphus spinosa)</td>
<td>220 mg</td>
</tr>
<tr>
<td>(seed) (2% triterpene saponins)</td>
<td></td>
</tr>
<tr>
<td>Passion Flower Extract 4:1 (Passiflora incarnata)</td>
<td>90 mg</td>
</tr>
<tr>
<td>(flower) (3.5% vitexin)</td>
<td></td>
</tr>
<tr>
<td>L-Theanine (from Camellia sinensis) (leaf)</td>
<td>80 mg</td>
</tr>
<tr>
<td>Magnesium (from magnesium citrate)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B6 (from pyridoxine hydrochloride)</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

Non-medicinal Ingredients:
- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**
- Adults - Take 2 capsules 2-3 times a day, or as needed for calming effect. Take 2-3 capsules 1/2 to 1 hour before sleep as needed for relaxation and better sleep. Take 1-2 capsules with each meal for IBS. Or else use as directed by a health care practitioner.

**Dosage Form:** 56 / 112 Vegetarian Capsules

**Suggested Combination:**
- For muscle stiffness caused by stress - Bisglycino-Mg, Verlusan+
- For restless sleep - 5-HTP
- For hypertension caused by stress - Angiolaxin, Bisglycino-Mg
- For irritation in menopause women - Bio-66 Forte, Bisglycino-Mg, Phytoestrol, SJW 450
- For IBS or SIBO - Microcidin®, Microcidin® AF, Optimum-PB10+ DF, Supreme-PB30+ DF, S. boulardii
SJW 450
VA-053

St. John’s Wort helps maintain healthy levels of serotonin, norepinephrine and dopamine, neurotransmitters that help boost morale and mood in the central nervous system.

- 450 mg per capsule. Easy-to-administer dosage of 2 capsules a day.
- Supports healthy mental and nervous system function, and brings emotional balance.
- Comparable therapeutic effect to conventional antidepressants for the treatment of depression, but with less side effects.

**Ingredients (per capsule):**

- St. John’s Wort Extract 7:1 (*Hypericum perforatum* L) ................. 450 mg (petal parts, flowers) (standardized to 0.3% hypericin) (equivalent to 3150 mg of dried herb)
  (tested to contain approx. 3% hyperforin* in fresh extract)

**Non-medicinal ingredients:**

- Microcrystalline cellulose, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**

- Adults - Take 1 capsule 2 times a day, or as directed by a health care practitioner. Use for a minimum of 1 week to see beneficial effects. Consult a health care practitioner for use beyond 18 weeks.

**Suggested Combination:**

- For PMS - Resolaxin, Estrolief®
- For menopausal women suffering from depression, restless sleep or mood swings - Phytoestrol, Resolaxin
- For Fibromyalgia - 5-HTP, AdrenoForte®, AdrenoForte DP, Bisglycino-Mg, Resolaxin

**Dosage Form:** 56 Vegetarian Capsules

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Thyroaide®
Support healthy thyroid function
VA-095

Thyroaide® is a combination of herbs, vitamins and minerals formulated to support thyroid function through a broad spectrum of mechanisms.

- Provides essential nutrients - Iodine, L-tyrosine, vitamin A, B6, Zn and Se - for thyroid hormone synthesis.
- Contains Ashwagandha to support T4 to T3 conversion.
- Contains Forskohlii, a traditional Ayurvedic medicine to treat thyroid disorder - scientifically proven to balance TSH levels.
- Synergistic formulation that supports thyroid activity and maintains body’s basal metabolic rate and mental alertness.

**Ingredients (per capsule):**

- Ashwagandha Extract 6:1 (*Withania somnifera*) ...................... 200 mg (root) (7% withanolides) (equivalent to 1200 mg of dried herb)
- L-tyrosine .................................................................................. 125 mg
- Forskohlii Extract 6:1 (*Plectranthus barbatus*) ......................... 50 mg (root) (20% forskolin) (equivalent to 3125 mg of dried herb)
- Vitamin B6 (from pyridoxine HCl) ........................................... 7.5 mg
- Vitamin A (750 mcg RAE) (from vitamin A palmitate) ............... 2500 IU
- Folate (folic acid) ................................................................. 300 mcg
- Zinc (from zinc AAC (glucose)*) .............................................. 6 mg
- Iodine (from Laminaria sp.) .................................................... 150 mcg
- Selenium (from selenium glycinate) ....................................... 100 mcg

*AAC: mineral amino acid chelate (from vegetable source)

**Non-medicinal ingredients:**

- Certified organic apple fiber, silicon dioxide, L-leucine, hypromellose/pullulan (capsule)

**Suggested Use:**

- Adults - Take 2 capsules daily with meals, or as directed by a health care practitioner.

**Suggested Combination:**

- For hypothyroidism caused by stress - Bio-85 Forte, AdrenoForte®, Bio-C
- For hypothyroidism caused by hormone imbalance (Post/Pre-Menopausal) - Bio-B6 Forte, Estrolief®

**Dosage Form:** 56 Vegetarian Capsules

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*What is Hyperforin?*

Hyperforin is believed to be the primary active constituent responsible for the antidepressant and anxiolytic properties of the extracts of St. John’s wort (SJW). It acts as a reuptake inhibitor of monoamines, including serotonin, norepinephrine, dopamine, and of GABA and glutamate.

It is also believed that hyperforin may be actually responsible for inducing the P450 liver enzymes, which may increase the metabolism of other drugs in the body.

However, hyperforin is a very unstable compound and is degraded by light and oxygen exposure very quickly; therefore, hyperforin is often not standardized because the storage time will change its content. SJW is mostly standardized in hypericin because it is much more stable.
**Vision Health**

**OptiFort VA-089**

OptiFort is a synergistic formula specifically designed to improve visual acuity and eye fatigue, slow the progression of disorders of the eye.

- Contains patented free-form lutein and zeaxanthin - the only two antioxidants in eyes for protection of macula and lens from UV and other free radicals.
- Free-form lutein has higher bioavailability than the ester form lutein.
- Contains clinically proven antioxidants for the eyes that help to prevent age-related macular degeneration, cataracts, glaucoma and retinopathy.
- Laboratory certified *Vaccinium myrtillus* contains 36% anthocyanosides that improve night vision via re-synthesis of rhodopsin in rod cells, modulation of retinal enzyme activity, and improvement of microcirculation.
- Helps prevent diabetic retinopathy.

**Ingredients (per capsule):**

- Bilberry Extract 100:1 (*Vaccinium myrtillus*) (fruit) ...80 mg (standardized min. 25% anthocyanidins, 36% anthocyanosides)
- Lutein (FloraGLO®) (free form) (from *Tagetes erecta*), ...6.3 mg
- Vitamin A (300 mcg RAE) (from vitamin A palmitate) ...1000 IU
- Vitamin C (ascorbic acid) ...60 mg
- Vitamin E (20.1 mg ATE) (from d-alpha tocopheryl acetate) ...30 IU
- Zinc (from zinc gluconate) ...5 mg

FloraGLO® is a registered trademark of DSM.

**Non-medicinal Ingredients:**

- Organic apple fiber, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**

Adults - Take 1 capsule, 3 times a day with food, or as directed by a health care practitioner.

**Dosage Form:** 56 Vegetarian Capsules

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**Prostate Health**

**Prostaxin VA-084**

Prostaxin is a comprehensive herbal remedy to relieve and slow the progression of the urological symptoms associated with mild to moderate benign prostatic hyperplasia (BPH).

- Contains a synergistic herbal combination to inhibit the activity of 5-alpha-reductase, which can cause abnormal prostate growth and bladder hyperactivity.
- Helps to relieve obstructive and irritating symptoms including frequent nocturia, incomplete bladder emptying, abdominal straining, weak urinary stream, and intermittency caused by BPH.

**Ingredients (per capsule):**

- Saw Palmetto Extract 6:1 (*Serenoa repens*) ...210 mg (berry) (45% total fatty acids) (equivalent to 1250 mg dried herb)
- Stinging Nettle 10:1 (*Urtica dioica*) ...135 mg (root) (0.8% total sterols) (equivalent to 1350 mg dried herb)
- Pygeum Bark Extract 50:1 (*Prunus africana*) ...5 mg (bark) (13% phytosterols) (equivalent to 250 mg dried herb)
- Rosemary Extract 6:1 (*Rosmarinus officinalis*) (leaf) ...50 mg (leaf) (6% rosmanic acid) (equivalent to 300 mg dried herb)
- Vitamin E (6.7 mg ATE) (from d-alpha tocopheryl acetate) ...10 IU

**Non-medicinal Ingredients:**

- Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**

Adults - Take 3 capsules per day. Take with food to minimize gastric disturbance, or as directed by a health care practitioner.

**Suggested Combination:**

- For prostatitis or post surgery of BPH - UTI-X, Microcidin®, Allimine DR, Vertusan+
- For re-balancing hormones in PCOS - Inositol+, Melatonin-10
- For Acne - Microcidin®, Vitamin A + Zn

**Dosage Form:** 84 Vegetarian Capsules
Urinary Tract Health

UTI-X

VA-069

UTI-X is a unique formula that specifically targets the urinary system to help relieve and prevent recurrent urinary tract infections.

- Includes highly concentrated cranberry juice and hibiscus flower extract, which contains anti-microbial polyphenols and organic acids to protect against common epithelial pathogens.
- Contains D-mannose, a non-caloric sugar capable of preventing the adhesion of bacteria like E. coli to the bladder wall and scientifically proven for its ability to prevent infection of the urinary tract.
- Can be used in conjunction with regular antibiotics for urinary tract infection.

**Ingredients (per capsule):**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Source/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hibiscus Extract 12:1</td>
<td>175 mg</td>
<td>(Hibiscus sabdariffa)</td>
</tr>
<tr>
<td>Cranberry Juice Concentrate 20:1</td>
<td>200 mg</td>
<td>(Vaccinium macrocarpon) (fruit/ juice)</td>
</tr>
<tr>
<td>D-mannose</td>
<td>75 mg</td>
<td>(equivalent to 4 g of cranberry/ juice)</td>
</tr>
</tbody>
</table>

**Non-medicinal Ingredients:**

- Silicon dioxide, L-leucine, hypromellose/pullulan ( capsule)

**Suggested Use:**

Adults - Take 3-4 capsules daily, or as directed by your health care practitioner. Use for a minimum of 4 weeks to see beneficial results.

**Suggested Combination:**

- For UTI and/or bladder infection: Allilimin DR, Microcidin®
- For prostatitis: Microcidin®, Protaxin

**Dosage Form:** 60 Vegetarian Capsules

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Multi-Mineral Supplement

Bio-Active Mineroplex

VA-142

Bio-Active Mineroplex is a highly bioavailable multi-mineral formula with Shilajit to support structure and function, and to replenish essential minerals following chelation therapies.

- Post-chelation support to replenish essential mineral loss and relieve fatigue.
- Formulated based on the affinity of each mineral to commonly used chelating agents.
- Amino-acid-chelated minerals to ensure optimal absorption.
- Shilajit extract, traditionally used in Ayurvedic medicine as synergistic enhancer in transporting different mineral substances to their cellular targets.
- Fulvic acid, a major bioactive constituent in Shilajit, is known to have strong anti-inflammatory and immunomodulatory effect, and to support mitochondrial energy production.
- Shilajit has also been shown to restore serum testosterone levels and treat oligosperma

**Ingredients (per capsule):**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Source/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (from Ca AAC* (glycine))</td>
<td>30 mg</td>
<td></td>
</tr>
<tr>
<td>Chromium (from chromium nicinate glycinate)</td>
<td>100 mcg</td>
<td></td>
</tr>
<tr>
<td>Copper (from copper bisglycinate)</td>
<td>500 mcg</td>
<td></td>
</tr>
<tr>
<td>Iodine (from Laminaria spp.)</td>
<td>75 mcg</td>
<td></td>
</tr>
<tr>
<td>Magnesium (from magnesium bisglycinate)</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>Manganese (from manganese bisglycinate)</td>
<td>1 mg</td>
<td></td>
</tr>
<tr>
<td>Molybdenum (from molybdenum glycinate)</td>
<td>250 mcg</td>
<td></td>
</tr>
<tr>
<td>Potassium (from potassium citrate)</td>
<td>25 mg</td>
<td></td>
</tr>
<tr>
<td>Selenium (from selenium glycinate)</td>
<td>50 mcg</td>
<td></td>
</tr>
<tr>
<td>Zinc (from zinc AAC* (glycine))</td>
<td>10 mg</td>
<td></td>
</tr>
<tr>
<td>Boron (from boron glycinate)</td>
<td>300 mcg</td>
<td></td>
</tr>
<tr>
<td>Silica (from horsetail (Equisetum arvense L.))</td>
<td>1 mg</td>
<td></td>
</tr>
<tr>
<td>Shilajit Extract (standardized to contain 20% fulvic acid)</td>
<td>125 mg</td>
<td></td>
</tr>
</tbody>
</table>

*AAC: amino acid chelate (from vegetable source)

**Non-medicinal Ingredients:**

- Silicon dioxide, L-leucine, hypromellose/pullulan ( capsule)

**Suggested Use:**

Adults - Take 2-4 capsules daily, or as directed by your health care practitioner.

**Dosage Form:** 112 Vegetarian Capsules

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Bio-Active Multiplex

Multiple vitamins and mineral complex with active B-vitamins for optimal methylation, phytonutrients & antioxidants

VA-044

Comprehensive multi-vitamin/mineral formula with essential vitamins, minerals, plus additional phytonutrients, antioxidants, and lipotropic agents.

- Contains all B-vitamins in Active Forms to provide optimal support to the body’s methylation.
- Contains EGCG, 100% free-form lutein, OPCs, rosemary, NAC, quercetin, bioflavonoids, R-alpha-lipoic acid (active form) and CoQ0 to strengthen cells’ structural integrity and protect them against free radicals.
- Minimized non-medicinal ingredients - only requires 2 capsules to reach recommended daily dosage.

Dosage Form: 120 Vegetarian Capsules

Ingredients (per capsule):

- Vitamin A (450 mcg RAE) (from vitamin A palmitate) .................................................. 1500 IU
- Natural Mixed Carotenoids (from Zeaxanthin) .......................................................... 300 mcg
- Vitamin B1 (from thiamine HCl) .................................................................................. 10 mg
- Vitamin B2 (riboflavin-5-phosphate (sodium salt)) .................................................. 10 mg
- Vitamin B3 (nicotinamide) ............................................................................................ 15 mg
- Vitamin B5 (from calcium-d-pantothenate) ................................................................. 15 mg
- Vitamin B6 (pyridoxal-5-phosphate (calcium salt)) .................................................. 10 mg
- Vitamin B12 (methylcobalamin) .................................................................................. 50 mcg
- Biotin ............................................................................................................................ 30 mcg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF) ................................................................. 100 mcg
- Vitamin C (ascorbic acid) ............................................................................................ 40 mg
- Vitamin D3 (6mcg) (cholecalciferol) .......................................................................... 200 IU
- Mixed tocopherols (from Elaeis guineensis (fruit)) ........................................................ 10 mg
- Vitamin K2 (menaquinone-7) ...................................................................................... 25 mcg
- Calcium (from Ca AAC (gluconate)) ............................................................................ 33 mg
- Chromium (from chromium nicotinate gluconate) ....................................................... 30 mcg
- Copper (from copper bisglycinate) ............................................................................. 500 mcg
- Iron (from ferric bisglycinate) (Fericrole®) .................................................................. 2 mg
- Magnesium (from magnesium AAC (glycine)) .......................................................... 20 mg
- Manganese (from manganese bisglycinate) ............................................................... 2 mg
- Molybdenum (from molybdenum gluconate) ............................................................... 20 mcg
- Potassium (from potassium citrate) ............................................................................. 5 mg
- Selenium (from selenium gluconate) .......................................................................... 25 mcg
- Zinc (from zinc AAC (glycine)) .................................................................................. 5 mg
- R-alpha-Lipoic Acid ...................................................................................................... 5 mg
- Choline (from choline bitartrate) .................................................................................. 5 mg
- Citrus Bioflavonoids (85% flavonoids) ....................................................................... 5 mg
- Coenzyme Q10 (ubiquinone) ....................................................................................... 5 mg
- OPC (from grapeseed Vitis vinifera) .......................................................................... 95 mcg
- Green Tea Extract (Camellia sinensis) (50% EGCG) (leaf) ......................................... 30 mg
- Inositol .......................................................................................................................... 5 mg
- Iodine (from Laminaria spp.) ..................................................................................... 75 mcg
- Lutein (FloraGLO®) (free form) ................................................................................ 208 mcg
- (isolated from Tagetes erecta)
- N-Acetyl-Cysteine ....................................................................................................... 10 mg
- Quercetin (isolate) (from Sophora japonica) ............................................................... 5 mg
- Para-Aminobenzoic Acid (PABA) .............................................................................. 5 mg
- Rosemary Extract (Rosmarinus officinalis) (leaf) ....................................................... 5 mg
- *AAC: amino acid chelate (from vegetable source)
- EGCG: Epigallocatechin 3-gallate
- OPC: Oligomeric Proanthocyanidins
- Fericrole® is a registered trademark of Albion® Minerals.
- FloraGLO® is a registered trademark of DSM.
- * Not included in the Fe & Cu free formulation

Non-medicinal Ingredients:
Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 2 capsules daily with meals, or as directed by a health care practitioner.

Bio-Active Multiplex without Iron & Copper

VA-104

Bio-Active Multiplex without Iron & Copper contains the same bioavailable active ingredients as Bio-Active Multiplex, without the addition of iron and copper to minimize pro-inflammatory factors.

Dosage Form: 120 Vegetarian Capsules
Bio-B Complete

Bio-B Complete is a combination of all essential B-vitamins and lipotrophic agents specifically designed to support healthy metabolism and body’s energy level.

- Supplies active vitamins B2, B6, B9, and B12 in optimal ratios of stable and active forms to ensure continuous supplementation to the metabolic system.
- Emphasized dosage of vitamin B3 for optimal cellular energy (ATP) production, healthy glucose metabolism, and maintenance of serum cholesterol levels.

**Ingredients (per capsule):**
- Vitamin B1 (from thiamine HCl)......................................................... 40 mg
- Vitamin B2 (from riboflavin & riboflavin-5-phosphate [Na salt]) ...... 15 mg
- Vitamin B3..................................................................................149.5 mg
  (as niacinamide (140 mg) & nicotinic acid (9.5 mg))
- Vitamin B5 (from Ca d-pantothenate) ........................................ 100 mg
- Vitamin B6 (from pyridoxine HCI & pyridoxal-5-phosphate) ...... 20 mg
- Vitamin B12 (as methylcobalamin) ................................................. 300 mcg
- Biotin (as d-biotin) ................................................................... 300 mcg
- Folate (folic acid and Ca 5-MTHF).............................................. 800 mcg
- Choline (from choline bitartrate)................................................. 20 mg
- Inositol ...................................................................................... 20 mg

**Non-medicinal Ingredients:**
- Betaine, L-leucine, silicon dioxide, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule per day with meals, or as directed by a health care practitioner.

**Suggested Combinations:**
For fatigue and stress - CoQ10 Plus, Adrenergyn®, AdrenoForte DP, H.C.Q10-Cardio

**Dosage Form:** 84 Vegetarian Capsules

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Bio-B5 Forte

Bio-B5 Forte is specifically formulated to restore the body’s depleted energy, support adrenal function, and thereby increase the body’s ability to cope with stress.

- Pantothenic acid is a vital component of coenzyme A, which is involved in the metabolism of proteins, fats, and carbohydrates and production in energy. B5, hence, is especially important for individuals with chronic fatigue syndrome.
- Supplies vitamins B2, B6, B9, and B12 in optimal ratios of stable and active forms to ensure that they are readily available to the metabolic system.

**Ingredients (per capsule):**
- Vitamin B1 (from thiamine HCl)........................................................ 50 mg
- Vitamin B2 (from riboflavin & riboflavin-5-phosphate [Na salt]) ...... 30 mg
- Vitamin B3.................................................................................. 80 mg
  (as niacinamide (65 mg) & nicotinic acid (15 mg))
- Vitamin B5 (from Ca d-pantothenate) ........................................ 250 mg
- Vitamin B6 (from pyridoxine HCI & pyridoxal-5-phosphate) ...... 20 mg
- Vitamin B12 (as methylcobalamin) ................................................. 150 mcg
- Biotin (as d-biotin) ................................................................... 100 mcg
- Folate (folic acid and Ca 5-MTHF).............................................. 200 mcg
- Choline (from choline bitartrate)................................................. 45 mg
- Inositol ...................................................................................... 15 mg

**Non-medicinal Ingredients:**
- Microcrystalline cellulose, L-leucine, silicon dioxide, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1-2 capsules per day with meals, or as directed by a health care practitioner.

**Suggested Combinations:**
For fatigue and stress - CoQ10 Plus, Adrenergyn®, AdrenoForte DP, H.C.Q10-Cardio

**Dosage Form:** 84 Vegetarian Capsules
Bio-B6 Forte
VA-101

Bio-B6 Forte is a complete B-vitamin complex with focused dosage of B6 and folate to target healthy nervous system and homocysteine levels.

• Supplies stable and active forms of vitamin B2, B6, and B9 to enhance bioavailability.
• Ideal dosage ratio of vitamin B6, B9 (folate), and B12 to help reduce serum homocysteine levels and support cardiovascular health.
• Contains clinically proven safe and effective dosage of B6 to reduce interleukin-6 and TNF-alpha in rheumatoid arthritis individuals.
• Promotes healthy metabolism of carbohydrate, protein and fatty acid.

Ingredients (per capsule):

- Vitamin B1 (from thiamine HCl) .......................................................... 50 mg
- Vitamin B2 (from riboflavin & riboflavin-5-phosphate [Na salt]) ........ 25 mg
- Vitamin B3 .......................................................... 55 mg (as niacinamide [40 mg] & nicotinic acid [15 mg])
- Vitamin B5 (from Ca-d-pantothenate) ........................................... 50 mg
- Vitamin B6 (from pyridoxine HCl & pyridoxal-5-phosphate) ....... 100 mg
- Vitamin B12 (as methylcobalamin) ............................................. 100 mcg
- Biotin (as d-biotin) .......................................................... 100 mcg
- Folate (folic acid and Ca 5-MTHF) ............................................ 800 mcg
- Choline (from choline bitartrate) .................................................. 45 mg
- Inositol ........................................................................... 35 mg

Non-medical Ingredients:
- L-leucine, silicon dioxide, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 1 capsule per day with meals, or as directed by a health care practitioner.

Suggested Combinations:
• For ADHD or autism - Supreme-PB30+ DF, Vertha
• For cardiovascular health - Allimin DR, Angiolaxin, CoQ10 Plus, H.C.Q10-Cardio
• For PMS-associated symptoms - Phytoestrol
• For anxiety - Resolaxin, Bisglycino-Mg

Dosage Form: 84 Vegetarian Capsules

BioAct B-Complex
VA-043

BioAct B-Complex is a balanced formulation of B-vitamins with lipotrophic agents providing basic maintenance of the body’s metabolism.

• Supports the body’s production of energy and promotes healthy hormone balance and stress management.

Ingredients (per capsule):

- Vitamin B1 (from thiamine HCl) .............................................. 50 mg
- Vitamin B2 (from riboflavin) ...................................................... 50 mg
- Niacinamide .......................................................... 50 mg
- Vitamin B5 (from calcium d-pantothenate) ................................. 50 mg
- Vitamin B6 (from pyridoxine HCl) ............................................. 50 mg
- Vitamin B12 (methylcobalamin) ............................................. 150 mcg
- Biotin (d-biotin) ...................................................... 100 mcg
- Folate (folic acid) .................................................................. 800 mcg
- Choline (from choline bitartrate) .................................................. 30 mg
- Inositol ........................................................................... 50 mg
- PABA (para-aminobenzoic acid) ........................................... 50 mg

Non-medical Ingredients:
- Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

Suggested Use:
Children (>14yo) & Adults - Take 1 capsule per day, preferably with meals, or as directed by a health care practitioner.

Suggested Combinations:
For fatigue and stress - CoQ10 Plus, Adrenegyn®, AdrenoForte
DP, H.C.Q10-Cardio

Dosage Form: 90 Vegetarian Capsules
Bio-C
VA-103

Bio-C is a bio-active vitamin C formula with buffered ascorbic acid and natural mixed bioflavonoids.

- Contains high dose vitamin C as antioxidant, immune system and cartilage support.
- Buffered to have higher bioavailability and to be more stomach-friendly.
- Contains mixed bioflavonoids to help increase the absorption of vitamin C and provide additive antioxidant function.
- Bioflavonoids synergize with vitamin C to help strengthen blood vessel integrity and immune system function, and support cardiovascular health.

Ingredients (per capsule):
Vitamin C (from ascorbic acid & calcium ascorbate) ............ 900 mg

Non-medicinal Ingredients:
Citrus bioflavonoids, calcium carbonate, magnesium carbonate, potassium citrate, silicon dioxide, L-leucine, pullulan/ hypromellose (capsule).

Suggested Use:
Adults - Take 2 capsules daily, or as directed by your health care practitioner.

Dosage Form: 120 Vegetarian Capsules

Liqui-D3
VA-126

Vitamin D3 is known for its function in:
- Increasing calcium absorption in the gut for osteoporosis prevention.
- Modulating serotonin synthesis and release and improving mental health.
- Optimizing immune system and reducing the risk of metabolic syndrome.

Key Features:
- Utilize pure crystalline vitamin D3 as our starting material minimizing unnecessary non-medicinal ingredients.
- Use Medium Chain Triglycerides (MCT) from coconut as base - a much more stable source than PUFAs, such as corn or sunflower oil.
- Free of preservative or stabilizing agent, such as butylated hydroxytoluene (BHT).
- Laboratory-tested potency and stability from the first to the last drop.

Ingredients (per drop):
Vitamin D3 (25 mcg) (cholecalciferol) ............................................ 1000 IU

Non-medicinal Ingredients:
Medium chain triglycerides (MCT), natural flavor

Suggested Use:
Take 1 drop per day, or as directed by a health care practitioner. Suitable for all age groups.

Dosage Form: 60 mL Liquid (~2100 servings)
Lamiodine 800
VA-034

Lamiodine 800 contains iodine sourced from organic wildcrafted kelp to aid in thyroid function, prevent iodine deficiency, and reduce the risk of thyroid tissue damage from radiation.

Ingredients (per capsule):
- Iodine (from wildcrafted kelp (species from Laminariales)) .... 800 mcg
Non-medicinal Ingredients:
- L-leucine, microcrystalline cellulose, silicon dioxide, pullulan/hypromellose (capsule)

Suggested Use:
Adults & Adolescents (>14yo) - take 1 capsule daily, or as directed by a health care practitioner.

Suggested Combinations:
- For uterine fibroids - Estrolief®
- For fibrocystic breast - Estrolief®

Dosage Form: 112 Vegetarian Capsules

Vitamin A plus Zinc
VA-049

Vitamin A Plus Zinc is a simple combination formula targeting immune system support and skin health.
- Vitamin A plays a significant role in cell division and cell differentiation - thereby supporting skin health.
- Zinc is an important factor in immune system and synthesis of retinol binding protein (RBP); thus, it can enhance the bioavailability of vitamin A.

Ingredients (per capsule):
- Vitamin A (3000 mcg RAE) (from vitamin A palmitate) ........... 10,000 IU
- Zinc (from zinc gluconate) .................................................. 15 mg
Non-medicinal Ingredients:
- Microcrystalline cellulose, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take one capsule daily with food or as directed by a health care practitioner. Take a few hours before or after taking other medications.

Suggested Combination:
- For Acne - Microcidin®, Prostaxin (hormone-associated)
- For Respiratory Infections - Allimin DR, Coldefenxin, NAC, Pure Propolis
- For IBD - Ultra-PB100+ DF, Supreme Zyme-Acid Extra Fort, Vetlusan+, L-Glutamine Plus, GI-Restore®[+]

Dosage Form: 112 Vegetarian Capsules

MQ-7
All-trans menaquinone-7 - the most bioavailable vitamin K2
VA-045 - See p.13 for product information

MQ-7+D3
Prevents vascular calcification and CVD, increases bone mineral density, and promotes healthy platelet function
VA-111 - See p.14 for product information

Niacin 250
Reduced-Flush Niacin
VA-106 - See p.19 for product information

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ACV 500
VA-006

Apple cider vinegar contains potassium and acetic acid clinically proven to aid in weight management and balancing the pH in body fluid. Chromium is also included to help with blood sugar regulation.

- Provides H+ to help acidify the stomach environment for patients with hypochlorhydria or GERD associated with low acidity in the stomach.
- Provides satiety with small portion of meal; beneficial for glucose control and weight management.
- Each capsule is equivalent to 1 teaspoon (5cc) of pure apple cider vinegar.
- May help acid reflux caused by hypochlorhydria.
- Guaranteed 100% pure apple cider vinegar crystals made with apples grown in North America.

**Ingredients (per capsule):**
- Apple cider vinegar powder ........................................ 500 mg
  (Malus sylvestris) (fruit) (35% acetic acid)
- Chromium (from AAC glycine)* ........................................ 2.2 mcg
  *AAC: amino acid chelate (from vegetable source)

**Non-medicinal Ingredients:**
- L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults – Take 2 capsules, 3 times a day at mealtimes with a full glass of water, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Suggested Combination:**
- For diabetes patient with low insulin sensitivity - Inositol+,
  TermiDM
- For weight management - 5-HTP, Thé VertAid, Bio-BS Forte
- For indigestion caused by low acid secretion -
  Betaine HCl, Supreme Zyme-Aid Extra Fort

**Dosage Form:** 84 Vegetarian Capsules

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SynerClear®
Detox Protein Supplement with Complete Nutrient Profile
VA-017 (Matcha) - See p.26 for detailed information

Thé VertAid
Highly concentrated and decaffeinated green tea extract
VA-064 - See p.11 for detailed information

Weight Management
Estrolief®
Steroid Hormone Detoxifier
VA-099

Estrolief® contains key components and vitamins to aid in hormone metabolism and reduce the risk of hormone-sensitive, abnormal cell proliferation via different mechanisms.

- DIM is the bioactive metabolite of Indole-3-Carbinol (I3C) from cruciferous vegetables. DIM has been shown in studies to better aid in the estrogen metabolism than I3C due to its actions further down the pathway. DIM enhances the estrone conversion to 2-OH-estrone (protective) and decreases the conversion to 4-OH & 16-OH metabolites (persistently estrogenic).
- SDG (Secoisolariciresinol diglucoside) has a strong affinity to the receptor of 4-, 16-OH estrone. It exerts an "amphoteric effect" to reduce the harmful estrogenic effect of 4-OH & 16-OH estrogens by occupying the receptors while alleviating menopausal symptoms.
- D-glucarate has been shown to inhibit beta-glucuronidase - an enzyme that recycles toxins and hormone metabolites back into the blood stream rather than excreted and, thus, slows down the detoxification process.
- Formulated with essential coenzymes: 5-MTHF, pyridoxine-5-phosphate, and B12 – to promote steroid detoxification (ie. methylation, transamination).

Suggested Use:
Adults – Take 1 capsule, two times per day, or as directed by a healthcare practitioner. Consult a health care practitioner for use beyond 1 month.

Dosage Form: 56 Vegetarian Capsules

Ingredients (per capsule):
- 3,3’-Diindolylmethane (DIM) .................................................. 54 mg
- Flax Extract (Linum usitatissimum) (seed) .................................. 100 mg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF).......................... 350 mcg
- Vitamin B12 (pyridoxine HCl) ............................................. 250 mcg

Non-medicinal Ingredients:
- Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

Suggested Use:
Adults – Take 1 capsule, two times per day, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 1 month.

Suggested Combination:
- Comprehensive detoxification program: Hepasylin, NAC+, SynerClear®
- PMS, per-menopause, or any other estrogen-dominance conditions: Vitex 2000

Inositol+
For blood sugar regulation & complications associated with PCOS
VA-118 - See p.12 for detailed information.
 Isoflavones 200  
**VA-065**

Isoflavones 200 contains phytoestrogens derived from Non-GMO soy, clinically proven effective for treatment in menopausal symptoms and menopause-associated bone mineral density loss.

- Standardized by Aglycone Isoflavone Equivalents (AIE) - the unit that determines the maximum amount of bioavailable isoflavones upon ingestion. Standardization by total isoflavones simply does not indicate the bioavailability of the isoflavones.
- Single daily dose for better patient compliance.

**Ingredients (per capsule):**
- Soy Isoflavones Extract (Glycine max) (bean) (Non-GMO*). ..... 200 mg
  (Standardized to contain 40% (w/w) total isoflavones)
- (79 mg AIE) (20 mg AIE Genistein/Genistin)

* AIE = Aglycone Isoflavone Equivalent

**Non-medicinal Ingredients:**
- Microcrystalline cellulose, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
- Adults - Take 1 capsule a day, at or before bedtime, or as directed by a health care practitioner. Take a few hours before or after taking other medications or health care products.

**Indication:**
- For general menopausal symptoms or prophylactic purposes:
  - Daily dosages 30-100 mg AIE with a minimum of 15mg AIE from genistein/genistin.
  - For bone mineral density loss: Daily dosages 75-125 mg AIE.

**Dosage Form:** 60 Vegetarian Capsules

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 Melatonin-10  
**VA-117**

Melatonin-10 is a high dose (10mg/capsule) melatonin supplement focusing on adjunct cancer treatment with radiation and chemotherapy via its antioxidant property and hormone balancing mechanisms in the hypothalamus-pituitary-gonadal (HPO) axis.

- Melatonin is a balancer and stabilizer in all stages of solid tumors.
- Increases effectiveness of radiotherapy/chemotherapy and reduces myelosuppression (bone marrow damage) and thrombocytopenia.
- Improves survival time as a sole agent in terminal cancer, as well as response rate to conventional therapy in all hormone sensitive cancers.
- Decreases production of estrogen receptors in breast cells, and is a primary selective ER modulator via negative feedback to the HPO axis, and therefore synergistic with Tamoxifen.

**Ingredients (per capsule):**
- Melatonin [USP grade] (vegetarian source) ......................... 10 mg

**Non-medicinal Ingredients:**
- Microcrystalline cellulose, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
- Adults: for insomnia, take 1 capsule before bed.
- Cancer: take 2-4 capsules before bed. (consult with health care practitioner before taking melatonin in cancer)

**Suggested Combinations:**
- For insomnia with anxiety: Resolaxin
- For cachexia due to chemotherapy: omega 3 EPA, R.O.S-Quench, Bio-C, Thé VertAid

**Dosage Form:** 84 Vegetarian Capsules

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www.vitaaid.com  
Toll Free: 1-800-490-1738
**Oxygheme®**
**VA-083**

Oxygheme® contains glycine-chelated iron - one of the most bioavailable vegetarian sources of iron - with essential vitamins for healthy hemoglobin production and integrity.

- Contains iron in amino acid chelated form, providing MFP factor-like effect for better bioavailability and GI tolerance.
- Folic acid and vitamin B12 to support hemoglobin production and integrity.
- Red meat juice extract is used for anemia or blood deficiency in traditional Ayurvedic and Chinese Medicine.

**Ingredients (per capsule):**
- Iron (from ferrous bisglycinate) (Ferrochel®) 15 mg
- Vitamin B12 (as methylcobalamin) 330 mcg
- Folate (as folacin) 270 mcg
- Vitamin C (as ascobic acid) 60 mg
- Vitamin E (12 mg ATE) (from d-alpha tocopheryl acetate) 18 IU
- Beetroot Extract 10:1 (Beta vulgaris) (root) 200 mg (equivalent to 2 g of dried beetroot)

Ferrochel® is a registered trademark of Albion Minerals.

**Non-medicinal Ingredients:**
- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**
- Adults - Take 1-3 capsules per day or as recommended by a health care practitioner.

**Dosage Form:** 56 Vegetarian Capsules

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**Oxygheme® Intensive**
**VA-114**

Oxygheme® Intensive is the fortified version of Oxygheme® containing higher dose of iron (22.5 mg/capsule), active folate (5-methyltetrahydrofolate), and active vitamin B6 (pyridoxal-5-phosphate).

- Contains iron in amino acid chelated form, providing MFP factor-like effect for better bioavailability and GI tolerance.
- Active folate, vitamin B6 and vitamin B12 to support hemoglobin production and integrity.
- Red meat juice extract is used for anemia or blood deficiency in traditional Ayurvedic and Chinese Medicine.

**Ingredients (per capsule):**
- Iron (from ferrous bisglycinate) (Ferrochel®) 22.5 mg
- Vitamin B6 (as pyridoxal-5-phosphate) 3 mg
- Vitamin B12 (as methylcobalamin) 300 mcg
- 5-Methyltetrahydrofolate (from Ca 5-MTHF) 100 mcg
- Vitamin C (as ascobic acid) 100 mg
- Vitamin E (12 mg ATE) (from d-alpha tocopheryl acetate) 18 IU
- Beet Juice concentrate 20:1 (Beta vulgaris) (root) 200 mg (equivalent to 4 g of beet juice)

Ferrochel® is a registered trademark of Albion Minerals.

**Non-medicinal Ingredients:**
- Silicon dioxide, L-leucine, pullulan, hypromellose (capsule)

**Suggested Use:**
- Adults - Take 1 capsule, 1-2 times per day, or as recommended by your health care practitioner.
- Children & Adolescents (2-18 years) - Take 1 capsule once daily, or as recommended by your health care practitioner.
- Take a few hours before or after taking other medications.

**Dosage Form:** 56 Vegetarian Capsules
Phytoestrol
Herbal HRT Alternative

VA-068

Phytoestrol is a natural herbal HRT that helps to improve menopausal symptoms including hot flash, irritability, insomnia, night sweat, and mood fluctuations.

- Contains standardized isoflavones from both soy and red clover to help increase calcium utilization and reduce the risk of osteoporosis in menopausal women.
- High quality Cimicifuega racemosa carefully selected, harvested and extracted by pharmaceutical grade extraction company in North America - minimizing the risk of hepatotoxicity in other close species.
- Helps alleviate peri-menopausal symptoms in women, such as vaginal dryness, hot flushes, palpitations, anxiety, depression, irritability, insomnia and mood swings.

**Ingredients (per capsule):**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Dose</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soybean Extract</td>
<td>100 mg</td>
<td>(Non-GMO)</td>
</tr>
<tr>
<td>Red Clover Extract 30:1</td>
<td>50 mg</td>
<td>(stem, leaf, flower)</td>
</tr>
<tr>
<td>Wild Yam Extract 6:1</td>
<td>50 mg</td>
<td>(root)</td>
</tr>
<tr>
<td>Black Cohosh Extract 15:1</td>
<td>50 mg</td>
<td>(root)</td>
</tr>
<tr>
<td>Chaste Tree Berry Extract 4:1</td>
<td>50 mg</td>
<td>(fruit)</td>
</tr>
<tr>
<td>Dong Quai Extract 10:1</td>
<td>50 mg</td>
<td>(root)</td>
</tr>
<tr>
<td>Passion Flower 8:1</td>
<td>50 mg</td>
<td>(axial, flower, fruit)</td>
</tr>
<tr>
<td>Burdock Root Extract 15:1</td>
<td>50 mg</td>
<td>(root)</td>
</tr>
</tbody>
</table>

*AIE = Aglycone Isoflavone Equivalent

**Non-medicinal Ingredients:**
Certified organic apple fiber, silicon dioxide, L-leucine, pullulain/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule daily, or as directed by a health care practitioner.

**Suggested Combination:**
- For anxiety and insomnia: Resolaxin, 5-HTP
- For low energy and mood fluctuations: Adrenergyn®, Resolaxin, Bio-B6 Forte, SJW450
- For maintenance of bone health: Os Matrice
- For menopausal symptoms: Vitex 2000

**Dosage Form:** 90 Vegetarian Capsules

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Perinatal Multi+
Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support
VA-127

Perinatal Multi+ is a comprehensive multi-formula for women planning to get pregnant, during pregnancy, and breastfeeding. It provides essential vitamins and minerals, plus probiotic L. rhamnosus (HN001) to support the gut and immune health of both mother and child.

- Provides essential vitamins & minerals for women before, during, and after pregnancy.
- Formulated with Active Forms of B-Vitamins (ie. 5-MTHF [800 mcg/d], methylcobalamin, FSP, RSP).
- Inclusion of Lactobacillus rhamnosus (HN001) - shown in a 6-year RCT to reduce the risk of baby developing atopy (ie. eczema) by 44-49%.
- All minerals included are amino acid chelates to ensure optimal absorption and avoid toxicity.
- Natural Mixed Carotenoids as the only source of vitamin A.

**Dosage:**
Adults - Take 1 capsule daily, or as directed by a health care practitioner. Take 2-3 hours away from antibiotic(s).

**Non-medicinal Ingredients:**
- Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule, twice daily, with food, or as directed by a health care practitioner. Take 2-3 hours away from antibiotic(s).

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Vitex 2000
Herbal Progesterone Support
VA-128

- Highly concentrated (12:1) Vitex castus-agnus formula with each capsule equivalent to 2000 mg of dried herb.
- Helps alleviate conditions associated with progesterone deficiency, such as peri-menopause, menopause and PMS, and hyperprolactinemia.

**Ingredients (per capsule):**
Chaste Tree Berry Extract 12:1 [Vitex agnus-castus] (fruit)....... 166.7 mg (5% flavonoids) (equivalent to 2000 mg dried chastetree berry)

**Non-medicinal Ingredients:**
- Certified organic apple fiber, silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule daily, or as directed by a health care practitioner. Use for a minimum of 3 months to see beneficial effects.

**Dosage Form:** 84 Vegetarian Capsules

**Suggested Combination:**
- PMS, peri-menopause, or any other estrogen-dominance conditions: Estrolief®
- Menopausal symptoms: Phytoestrol, Bisglycino-Mg

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**Ingredients (per 2 capsules):**
Natural Mixed Carotenoids (from Basiis guineensis)........... 1500 mcg
Vitamin B1 (from thiamine HCl)................................. 20 mg
Vitamin B2 (riboflavin-5-phosphate [sodium salt])............ 10 mcg
Vitamin B3 (niacinamide)........................................ 25 mg
Vitamin B5 (from calcium-d-pantothenate)..................... 30 mg
Vitamin B6 (pyridoxal-5-phosphate [calcium salt])........... 50 mcg
Vitamin B12 (methylcobalamin)............................... 500 mcg
Bioflavonoids.................................................. 100 mcg
5-Methyhydroxylolate (from Ca 5-MTHF)...................... 800 mcg
Vitamin C (ascorbic acid)........................................ 100 mg
Vitamin D3 (25 mcg) (cholecalciferol).......................... 1000 IU
Mixed tocopherols.............................................. 40 mg
Vitamin K2 (menaquinone-7).................................. 90 mcg
Calcium (from calcium AAC [glycine]*)........................ 150 mg
Chromium (from chromium nicotinate glycinate)............. 50 mcg
Copper (from copper bisglycinate).......................... 600 mcg
Iron (from ferrous bisglycinate) (Ferrochel®)............... 30 mg
Magnesium (from magnesium AAC [glycine]*)................. 80 mg
Manganese (from manganese bisglycinate).................... 1 mg
Molybdenum/ (from molybdenum glycinate).................... 50 mcg
Selenium (from selenium glycinate).......................... 50 mcg
Zinc (from zinc AAC [glycine]*)............................ 15 mg
Choline (from choline bitartrate)........................... 20 mg
Insolosl ...................................................... 10 mg
Iodine (from Laminaria spp.).............................. 130 mcg
Lutein (FloraGLO®) (free form) (from Tagetes erecta)..... 2 mg
Lactobacillus rhamnosus (HN001).................................. 6 billion cfu

*AAC: amino acid chelate (from vegetable source)
Ferrochel® is a registered trademark of Albion® Minerals.
FloraGLO® is a registered trademark of DSM.

**Non-medicinal Ingredients:**
- Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

**Suggested Use:**
Adults - Take 1 capsule, twice daily, with food, or as directed by a health care practitioner. Take 2-3 hours away from antibiotic(s).

**Dosage Form:** 112 Vegetarian Capsules
Innovative Traditional Chinese Medicine

Traditional Chinese Formulas with Western Pharmaceutical Standards

• Special extraction / granulation technique; does not involve carriers such as corn starch or maltodextrin often used as diluting agents.

• Highly concentrated 8 : 1 extraction ratio, meaning that fewer capsules are needed to reach effective dosage.

• Made in Canada by NNHPD-GMP site licence holder and in full compliance with NNHPD regulations.

• Tested by 3rd party and in-house laboratory. Kosher Certified raw materials.

• Free of stearic lubricant, such as magnesium stearate, that can reduce the bioavailability of the active ingredients.

• Using only certified organic apple fiber as filler in a capsule.

• Fully follows the traditional process of decoction.

• Low temperature extraction technique to preserve the active ingredients.

• In order to follow the extraction process of the Traditional Chinese herbal pharmacy, all herbs are prepared into proper ratios and are decocted and extracted together to enhance synergism and natural chelation between the herbs.
Femalance
Augmented Rambling Pills
Jia Wei Xiao Yao Wan / 加味逍遥丸
SP-501
Soothes the Liver and Relieves Qi Stagnation
Strengthens the Spleen
Nourishes the Blood
Calm Heat and Fire

Clinical Manifestations
- Liver Qi Stagnation - Signs & Symptoms:
  bilateral hypochondriac pain, headache, vertigo, alternating fever and chills.
- Interior Heat - Signs & Symptoms:
  irritability, a shorter temper, red cheeks, and dysuria.
- Yin and Blood Deficiencies - Signs & Symptoms:
  dry mouth and dry throat, dry eyes, spontaneous perspiration, night sweats.
- Spleen Deficiency - Signs & Symptoms:
  lassitude/fatigue and loss of appetite.
- PMS or menstrual syndrome, and dysuria.
- Tongue Appearance: red dots in the liver area (one or both sides) OR thicker yellow tongue coating, often times in the middle or at the rear of the tongue.
- Pulse Pattern: wiry pulse and deficient pulse.

Formula Rationale
Femalance (Jia Wei Xiao Yao Wan) treats Liver qi stagnation accompanied by interior heat and underlying blood and Spleen deficiencies. In cases when the interior qi and blood is deficient, especially Spleen, Liver qi stagnation turns into heat and fire.

Femalance is modified from Xiao Yao San (Rambling Powder) by including Mu Dan Pi and Zhi Zi in the formula to calm the interior heat arising from Spleen and blood deficiencies, as well as from Liver qi stagnation.

Clinical Applications
("Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.

Anxiety, stress, neurasthenia, postmenopausal symptoms, affective/emotional disorders, and panic disorders, hepatitis, early stage of liver cirrhosis, hepatomegaly, stomatitis, IBS caused by stress, gingivitis, cystitis, urinary tract infection, PMS, menstrual disturbance, menstrual pain and cramps, female infertility, pelvic inflammatory disease, and fibrocystic breasts."

Ingredients (per capsule):
Jia Wei Xiao Yao Wan Extract 8:1………………………………………………………………375 mg (equivalent to 3.0 g of dried crude ingredients)
Contains:
Chai Hu (Paeonia lactiflora plant root)……………………………………40.2 mg
Dang Gui (Angelica sinensis plant root)……………………………………40.2 mg
Bai Shao (Paeonia lactiflora plant root)……………………………………40.2 mg
Chang Zhu (Allachyloides lancea root)……………………………………40.2 mg
Fu Ling (Poria cocos sclerotium)……………………………………………………40.2 mg
Gan Cao (Glycyrrhiza uralensis root & rhizome)……………………………32.1 mg
Mu Dan Pi (Paeonia suffruticos root bark)…………………………………60.3 mg
Zhi Zi (Gardenia jasminoides fruit)………………………………………………60.3 mg
Bo He (Mentha haplocalyx aerial part)………………………………………8.0 mg
Sheng Jiang (Zingiber officinale rhizome (fresh))…………………………13.4 mg

Non-medicinal Ingredients:
Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 2 capsules, twice a day, better before meals, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules

Reference
**Harmovex**
Emperor of Heaven’s Heart Tonifying Pills
Tian Wang Bu Xin Wan / 天王補心丸
SP-502

**Replenishes Yin and Blood**
**Strengthens Heart and Kidney**
**Calms Mind (Shen)**

**Clinical Manifestations**

- Heart blood deficiency - Signs & Symptoms: forgetfulness and palpitations.
- Hyperactivity of yang due to Heart blood deficiency - Signs & Symptoms: Irritability and insomnia.
- Yin-deficient/fire consuming fluids - Signs & Symptoms: dry stools.
- Yin-deficient/fire rising - Signs & Symptoms: tongue ulcers.
- Tongue Appearance: red tongue body (especially red dots at the tip) with little coating. May also be sores of the mouth and tongue.
- Pulse Pattern: fine, rapid pulse.

**Formula Rationale**

Harmovex (Tian Wang Bu Xin Wan) is designed to treat Heart and Kidney deficiencies with yin and blood insufficiencies. Di Huang is the chief herb in this formula; its main actions are tonifying yin and blood to help control hyperactivity of yang and moisten dryness. Di Huang also nourishes kidney water and helps to control Heart fire.

Xuan Shen, Tian Men Dong, and Mai Men Dong are assistant herbs to further strengthen yin to clear fire. Dan Shen and Dang Gui both act to tonify and activate blood circulation.

Dang Shen and Fu Ling tonify qi to calm the shen (mind). Suan Zao Ren and Wu Wei Zi astringe the Heart qi to calm the shen (mind). Bai Zi Ren and Yuan Zhi nourish the Heart to calm the shen (mind). Jie Geng leads all the herb actions to the Upper Jiao (burner).

**Clinical Applications**

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.*)

Irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, difficult concentrating for even short periods of time, fibromyalgia, nocturnal emissions, forgetfulness, dry stools, low grade fever, night sweats, hypertension, hyperthyroidism, neuroasthenia, mental instability, ADHD, impotence, and hepatitis.1,2,3

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### Ingredients (per capsule):

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tian Wang Bu Xin Wan extract</td>
<td>81.0</td>
</tr>
</tbody>
</table>

(12.3 mg equivalent to 2.8 g of dried crude ingredients)

Contains:

- Dan Shen (Salvia miltiorrhiza) (root, rhizome)
- Dang Gui (Angelica sinensis) (root)
- Shi Chang Pu (Acausus towels) (rhizome)
- Dang Shen (Codonopsis tangshen) (root)
- Fu Ling (Poria cocos) (sclerotium)
- Wu Wei Zi (Schizandra chinensis) (fruit)
- Mai Men Dong (AAPHB. japonicus) (root)
- Tian Men Dong (Asparagus cochinchinesis) (root)
- Di Huang (Rehmannia glutinosa) (root)
- Xuan Shen (Scrophularia ningpoensis) (root)
- Yuan Zhi (Pogalata tenuiolica) (root)
- Suan Zao Ren (Ziziphus spinos) (seed)
- Bai Zi Ren (Platycladus orientalis) (kernel)
- Jie Geng (Platycodon grandiflorum) (root)
- Gan Cao ( Glycyrrhiza uralensis) (root, rhizome)

### Non-medicinal Ingredients:

Certified organic apple fiber, pullulan/hypromellose (capsule)

### Suggested Use:

Adults - Take 2 capsules, twice a day, better before meals, or as directed by a health care practitioner.

### Dosage Form:

112 Vegetarian Capsules

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**Reference**


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Hemotonin
Four Substance Pills
Si Wu Wan / 四物丸
SP-504
Tonifies the Blood and Regulates the Liver
Supports Blood Deficiency and Regulates Menstruation

Clinical Manifestations
• Blood Deficiency in General - Signs & Symptoms: pale face, lips, fingernails, sallow appearance, dizziness, blurry vision, palpitations, insomnia, a pale tongue with a white coating.
• Deficiency and injury of the Chong (thoroughfare) and the Ren (conception) channels - Signs & Symptoms: irregular menstruation, hypomenorrhea or hypermenorrhea, delayed menstruation or amenorrhea, pale red menses, abdominal mass from blood stasis, and umbilical and lower abdominal pain.
• Gestational and postpartum disorders: unstable fetus with bleeding, postpartum uterine bleeding with lower abdominal pain, chills and fever.
• Tongue Appearance: pale, purple, or dusky tongue. White coating.
• Pulse Pattern: fine/deficient or fine/wiry.

Formula Rationale
When the Liver blood is deficient, not enough blood is able to rise and supply the head, as well as the sensory organs in the head. This manifests as dizziness, blurred vision, chronic eye strain and generalized muscle tension.

The health of the Liver is reflected in the nails; deficiency Liver blood would result in soft, dry, pale, and lusterless nail appearances.

Menstrual cycle is governed by the Liver – to supply or close off the flow of blood at the appropriate times; hence, in deficiency of the Liver blood, the menses are usually irregular with a scanty flow, or even amenorrhea. Blood stasis could develop as well when the blood is little and does not move well, resulting in periumbilical and lower abdominal pain at the onset of menstruation.

The Heart is also nourished by Liver blood; one may experience palpitations and shortness of breath when the Liver blood is deficient.

All herbs in Hemotonin (Si Wu Wan) enter the blood level. Di Huang, the chief herb, tonifies the blood, as well as Kidney, which produces the marrow to increase hemopoiesis. On the other hand, it is imperative to move the blood to prevent stasis after tonifying the blood; Dang Gui enhances blood circulation and tonifies the blood - nourishing the Liver and regulates the menses. Bai Shao nourishes the blood and consolidates yin while Chuan Xiong assists Dang Gui promoting blood circulation.

Clinical Applications
(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Anemia, postpartum anemia, menstrual pain, irregular menstruation, abnormal vaginal discharge, breech birth presentation, threatened abortion, ectopic pregnancy, endometriosis, infertility, pelvic inflammatory disease, headaches (neurogenic, vascular, and/or trauma-associated), insomnia, chronic nephritis, lumbago, sciatica, periarthritis of the shoulder, dermatitis, psoriasis, urticaria, and allergic rhinitis.1,2,3

Ingredients (per capsule):
Si Wu Wan Extract #1……………………………………448 mg (equivalent to 3.74 g of dried crude ingredients)
Contains:
Dang Gui (Angelica sinensis) (root)…………………………117 mg
Bai Shao (Paeonia lactiflora) (root)…………………………117 mg
Chuan Xiong (Ligusticum chuanxiong) (rhizome)………………117 mg
Shu Di Huang (Rehmannia glutinosa) (steamed root)……117 mg

Non-medicinal Ingredients:
Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 4 capsules, 2-3 times a day, with food, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules

Reference
Imurex
Jade Windscreen Pill
Yu Ping Feng Wan / 玉屏風丸
SP-505
Barrier against the Invasion of Pathogenic Wind
Augments the Defensive Qi
Stabilizes the Exterior
Stops Spontaneous Sweating

Clinical Manifestations
• Wei (Defensive) Qi Deficiency - Signs & Symptoms: spontaneous sweating, aversion to wind and cold, increased susceptibility to exterior pathogens, pale face.
• Tongue Appearance: pale tongue with a thin, shiny white coat.
• Pulse Pattern: floating, soggy, and weak pulse.

Formula Rationale
Imurex (Yu Ping Feng Wan) was originally compiled and recorded in Dan Qi Xin Fa during the Yuan Dynasty (1347 A.D.). It is used to augment the qi (especially Wei/ Defensive Qi), which stabilizes the exterior and arrests spontaneous sweating. Deficiency of Wei Qi may lower the defensive function of the skin, increasing a person’s susceptibility to exterior pathogens.

Large dose of Huang Qi is the chief herb in the formula, used to strengthen Wei Qi at the exterior. Bai Zhu assists Huang Qi in strengthening and stops spontaneous sweating. Fang Feng dispels wind pathogens.

The herbs in the formula have a unique complementary/balancing property: the exterior-releasing herb, Fang Feng, prevents the retention of pathogenic factors trapped by qi-tonifying Huang Qi, whereas, Huang Qi supplies the qi to the body and prevents damage potentially induced by exterior-releasing herb.

Clinical Applications
("Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.

Prevention of respiratory tract infection, allergic rhinitis, low immune function, recurrent cold/flu, atopic eczema, abnormal perspiration, nephritis, and facial paralysis."

Ingredients (per capsule):
Yu Ping Feng Wan Extract B1:.................................................468 mg
(equivalent to 3.74 g of dried crude ingredients)
Contains:
Huang Qi (Astragalus membranaceus) (root) ................................280.8 mg
Fang Feng (Saposhnikovia divaricata) (root) .................................93.6 mg
Bai Zhu (Atractylodes macrocephaloides) .................................93.6 mg
(Prepared rhizome)

Non-medicinal Ingredients:
Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 4 capsules, two times per day, with food, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules

Reference
Clinical Manifestations

- Deficiency of Qi resulting in cold of the middle burner (Jiao) - Signs & Symptoms: abdominal pain alleviated by warmth and pressure, palpitations, fidgeting, irritability, a sallow and dull complexion, sore and cold extremities, and a dry mouth and throat.
- Tongue Appearance: pale, white coating.
- Pulse Pattern: a fine, wry and moderate pulse.

Formula Rationale

MJ+ (Xiao Jian Zhong Tang) is designed to treat cold and deficiency of the middle jiao with the following clinical manifestations:

1) Spasmodic abdominal pain (cramping) due to interior cold generated from deficiency of the middle jiao – this type of abdominal pain is often relieved by warmth application or pressure. Other associated symptoms may include flatulence and loose stool.

2) Palpitations/fidgeting/irritability/and a dull complexion due to Qi & Blood being compromised by the internal cold & the deficient Spleen (middle jiao).

3) Sore/cold limbs: the deficiency in Qi & blood can cause disharmony between the Ying (nutritive) and Wei (defensive) Qi - resulting in muscles of the limbs not being nourished and warmed.

The Brown Rice Syrup is included instead of the traditionally used barley maltose. The complex sugar is the chief ingredient that warms the middle jiao, tonifies Spleen Qi, and nourishes Spleen Yin; it also soothes the Liver and moistens the dryness in the Lung.

Another chief herb – Gui Zhi (cinnamon twig) – warms the middle jiao and disperses cold.

Bai Shao helps to nourish Yin and blood and relieve distension. Zhi Gan Cao (prepared licorice) tonifies Qi and enhances the warming effects of other herbs.

Da Zao (jujubae) and Sheng Jiang (ginger) together harmonize the Ying (nutritive) and Wei (defensive) levels and tonify the Spleen.

Ingredients (per scoop):
Xiao Jian Zhong Formula Extract 8:1………………………………2125 mg (equivalent to 17 g of dried crude ingredients)
Contains:
Bai Shao (Paonia lactiflora) (root)…………………………750 mg
Da Zao (Ziziphus jujuba) (fruit)…………………………375 mg
Gui Zhi (Cinnamomum cassia) (branch)…………………..375 mg
 Prepared Gan Cao (Glycyrrhiza uralensis) (root)……..250 mg
Sheng Jiang (Zingiber officinale) (rhizoma)……………375 mg

Non-medicinal Ingredients: Brown rice syrup, maltodextrin

Suggested Use:
Adults - Take 1 scoop, 3 times a day, or as directed by a health care practitioner.

Dosage Form: 150 g Powder (42 servings)

Reference

Seromind
Wild Jujube Complex
Suan Zao Ren Wan / 酸棗仁丸
SP-508
Nourish the Blood & Calm the Spirit

Clinical Manifestations
- Liver blood deficiency with deficiency-heat (yin-deficiency)
  rising further leading to Heart yin & blood deficiency.
  - Signs & Symptoms: irritability, insomnia, palpitations, night sweating, dizziness, vertigo, dry mouth and throat.
- Tongue Appearance: dry, red tongue
- Pulse Pattern: a thready, wiry pulse, maybe rapid.

Formula Rationale
Seromind (Suan Zao Ren Wan) is designed primarily to treat insomnia caused by Liver blood deficiency with deficiency heat rising due to chronic over exertion – both physically & mentally.

The primary strategy is to nourish the Heart and calm the spirit; heat-clearing is the secondary strategy.

The chief herb – Suan Zao Ren (Wild Jujube Seed) – nourishes the Heart and Liver and calms the spirit.

The deputy herb – Chuan Xiong – regulates Liver blood flow. This combination of blood astringing and dispersing herbs is very effective in cases of Liver blood deficiency resulting in deficiency heat rising.

The assistant herbs are Fu Ling, which calms the spirit and tonifies the Spleen and Stomach, and Zhi Mu, which nourishes Yin, clears heat, and moistens internal dryness (controlling the drying properties of Chuan Xiong). Gan Cao (Licorice) – the carrier – harmonizes all other herbs in the formula.

Clinical Applications
(*Note: This formula is ONLY indicated in the following conditions if the patient's match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Insomnia, nocturnal emissions, somnolence, neurasthenia, menopausal syndrome, anxiety, and excessive worrying.

Ingredients (per capsule):
Suan Zao Ren Extract 8.1…………………………………….500 mg (equivalent to 4.0 g of dried crude ingredients)
Contains:
Suan Zao Ren (Ziziphus jujubae) (seed)…………………………208.4 mg
Fu Ling (Wolfiporia extensa) (seed)…………………………83.3 mg
Zhi Mu (Anemarrhena asphodeloides) (root)………………….33.3 mg
Chuan Xiong (Ligusticum sinense) (root)………………………83.3 mg
Gan Cao (Glcyrrhiza uralensis) (root)…………………………41.6 mg

Non-medicinal Ingredients:
Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:
Adults: Take 3 capsules, 3 times a day, or as directed by a health care practitioner.

Dosage Form: 126 Vegetarian Capsules

Reference
SpiritQi
Tonify the Middle & Qi Pills
Bu Zhong Yi Qi Wan / 补中益气丸
SP-509
Tonify the Middle-Burner (jiao) to Replenish Qi and Elevate Yang

Clinical Manifestations

- Spleen and Stomach Qi deficiencies.
  - Signs & Symptoms: intermittent feverish body (mostly during the day), spontaneous sweating, aversion to cold, thirst - prefers warm drinks, shortness of breath/ shallow breathing, no desire to speak, fatigue, weak extremities, pale complexion, loose stools.

- Qi deficiency causing organs prolapse and Qi sinking.
  - Signs & Symptoms: rectal and/or uterine prolapses, chronic diarrhea, menorrhagia, fatigue, hypotonicity of muscles.

- Tongue Appearance: pale tongue with a thin white coating.

- Pulse Pattern: floating, forceless pulse.

Formula Rationale

Spleen and Stomach are the two chief organs in charge of transformation and transportation of food, and hence, they are the source of Qi & Blood production.

SpiritQi (Bu Zhong Yi Qi Wan) includes Huang Qi (Astragalus) as the chief herb for its tonifying effect in zhong (central) Qi causing Yang to ascend and spirit to be lifted. Huang Qi also tonifies Wei (defensive) Qi and consolidates the exterior (boost the immune system).

Dang Shen (Codonopsis), Bai Zhu (Atractylodes), and Zi Gan Cao (stir-fried licorice) together tonify Qi and support the middle jiao (i.e. digestive function – transportation & transformation of nutrients).

Dang Gui (Angelica sinensis) helps nourish the blood and enhance the generation of Qi. Chen Pi (aged citrus peel) regulates the flow of Qi to prevent the tonic herbs, such as codonopsis and astragalus, from causing stagnation in the middle jiao. Chen Pi also helps to harmonize the Spleanch and Spleen.

Chai Hu (Bupleurum) and Sheng Ma (Cimicifuga) together help Yang Qi to ascend and lift prolapsed organs.

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Debility after a severe illness (e.g. cancer), chronic fatigue syndrome, gastric/ rectal/ uterine prolapsed, nephroptosis, gastritis, constipation/diarrhea, leucopenia, compromised immunity, chronic bronchitis, common cold, dysuria, incontinence, myasthenia gravis, depression, menorrhagia, metrorrhagia, pernicious anemia, recurrent miscarriage, male infertility, allergic rhinitis, chronic hepatitis.1,2,3

Ingredients (per capsule):

Bu Zhong Yi Qi Wan Extract 8:1..............................375 mg (equivalent to 3 g of dried crude ingredients)
Contains:
  Huang Qi (prepared) (Astragalus membranaceus) (root)........104.2 mg
  Dang Shen (Codonopsis pilosula) (root)..........................31.2 mg
  Gran Cao (prepared) (Glycyrrhiza uralensis) (root).............62.1 mg
  Bai Zhu (Atractylodes macrocephalae) (rhizome).............31.2 mg
  Dang Gui (Angelica sinensis) (root)..............................31.2 mg
  Sheng Ma (Cimicifuga heracleotolata) (rhizome).............31.2 mg
  Chai Hu (Bupleurum chinense) (root).........................31.2 mg
  Chen Pi (Citrus reticulata) (fruit peel).........................31.2 mg
  Sheng Jiang (Zingiber officinale) (rhizome)..................10.4 mg
  Da Zao (Ziziphia jujuba) (fruit)...............................20.8 mg

Non-medicinal Ingredients:
Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 2-3 capsules, 2 times a day, with food, or as directed by a health care practitioner.

Dosage Form: 126 Vegetarian Capsules

Reference


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Spirtiyang
Eight-Ingredient Pill with Rehmannia
Ba Wei Di Huang Wan / 八味地黄丸
SP-507

Warm and Tonify Kidney Yang

Clinical Manifestations

• Kidney Yang Deficiency - Signs & Symptoms:
  lower back pain, weak lower extremities, cold sensations in
  the lower body, pain and cramps in the lower abdomen, impotence, premature ejaculation, dysuria or polyuria with
  edema sometimes to the point of urinary incontinence, breathing worse lying down and better leaning against
  something.
• Tongue Appearance: pale and flabby body with a thin, white tongue coating.
• Pulse Pattern: deep, fine pulse at the chi (Kidney) position.

Formula Rationale

Spirtiyang (Ba Wei Di Huang Wan) treats kidney yang deficiency and/or deficiency of ming men (life gate) fire. This formula is essentially a modified formula from the famous Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet); in Spirtiyang (Ba Wei Di Huang Wan), Shu Di Huang (prepared Rehmannia root) and Rou Gui (Cinnamon Bark) are used instead of Sheng Di Huang (raw Rehmannia root) and Gui Zhi (Cinnamon Twig) to provide more kidney-yin nourishing and better kidney-yang tonifying properties.

The chief herb in Spirtiyang is Shu Di Huang, which is included to tonify kidney yin and jing (essence). Two of the deputy herbs – Shan Zhi Yu and Shan Yao – are to tonify Kidney & Liver yin and the Kidney & Spleen, respectively.

The other two deputys are Rou Gui (Cinnamom bark) and Fu Zi. Rou Gui benefits the joints, warms & unblocks the channels; Fu Zi tonifies source fire to dispel cold and eliminate dampness. Rou Gui and Fu Zi are only added in small amounts because that is more than adequate to ignite the ming men (life gate) fire and raise Kidney yang like a fire starter.

Moreover, in order to prevent the greasy nature of the yin tonic herbs from obstructing the qi flow, Ze Xie, Fu Ling, and Mu Dan Pi are the assistant herbs included to balance the formula.

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Endocrine: diabetes mellitus, hyperaldosteronism, hypothyroidism;
Reproductive: benign prostate hyperplasia, male & female infertility, gynecomastia;
Genitourinary: nephritis, nephrosclerosis, chronic glomerulonephritis, uraemia, renal tuberculosis, prostatitis, anuria, urinary incontinence, nocturia, prostate disorders;
Cardiovascular: coronary artery disease, arteriosclerosis, hypertension, hypotension;
Respiratory: chronic bronchitis, asthma, pulmonary emphysema.

Ingredients (per capsule):

Ba Wei Di Huang Wan Extract 81:...............................337.5 mg
(=equivalent to 2.7 g of dried crude ingredients)
Shu Di Huang (Rehmannia glutinosa) (prepared) (root)...100 mg
Shan Zhu Yu (Coriaria officinalis) (fruit)..........................50 mg
Shan Yao (Dioscorea opposita) (rhizome)......................50 mg
Fu Ling (Wolfiporia extensa) (sclerotium).....................37.5 mg
Mu Dan Pi (Paeonia suffruticosa) (root bark)..............37.5 mg
Ze Xie (Alisma plantago-aquatica subsp. orientale).......37.5 mg
(Rhizome and stolon)
Rou Gui (Cinnamomum aromaticum) (branch bark)....12.5 mg
Fu Zi (Aconitum carmichaelii) (prepared) (root).........12.5 mg

Non-medicinal Ingredients:
Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:
Adults - Take 3 capsules twice daily, or as directed by a health care practitioner.

Dosage Form: 126 Vegetarian Capsules

Reference

www.vitaaid.com
Toll Free: 1-800-490-1738

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**Spirtiyin**

**Six-Ingredient Pill with Rehmannia**

*Liu Wei Di Huang Wan / 六味地黃丸*

**SP-503**

**Nourishes Liver and Kidney Yin**

**Clinical Manifestations**

- **Kidney and Liver yin deficiencies - Signs & Symptoms:** soreness and weakness of the lower back and knees, seminal emissions, night sweats, delayed closing or unclosed fontanel in infants, dizziness, vertigo, tinnitus, deafness, and blurred vision.

- **Yin-deficient heat - Signs & Symptoms:** steaming bone sensation, heat sensations in the palm and soles, tidal fever, thirst, toothache, a dry mouth and throat.

- **Tongue Appearance:** red tongue body with a scanty tongue coating.

- **Pulse Pattern:** fine, rapid pulse.

**Formula Rationale**

Spirtiyin (Liu Wei Di Huang Wan) consists of three tonic and three sedative herbs. Both sedative and tonifying actions are carried out simultaneously, with more emphasis on the tonifying action though.

*Di Huang* is the chief herb with its action in tonifying Kidney yin and *jing* (essence), and replenishes the marrow. *Shan Zhu Yu* nourishes the Liver and Kidney and condenses *jing*. *Shan Yao* tonifies the Spleen and Kidney and consolidates *jing*. Altogether these three herbs address the deficiencies in the Kidney, Liver, and Spleen.

*Ze Xie* calms the Kidney, descends the turbidity, and checks the stagnating effect of *Di Huang*. *Mu Dan Pi* sedates yin-deficiency fire of the Liver and balances the astringent property of *Shan Zhu Yu*. *Fu Ling* tonifies the Spleen to resolve dampness and harmonizes *Shao Yao*.

**Clinical Applications**

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.*)

Diabetes mellitus, menopause, coronary heart disease, hypertension, hyperthyroidism, hypothyroidism, thyroid adenoma, bronchial asthma, atrophic gastritis, esophagitis, chronic nephritis, nephritic syndrome, chronic renal failure, periodic paralysis, miscarriage, chronic hepatitis, stroke sequelae, chronic prostatitis, BPH, male or female infertility, impotence, frequent urination, galacturia, side effects of chemotherapy, heel pain, lumbago, retarded growth in children, optic neuritis, and central retinitis.1,2,3

**Ingredients (per capsule):**

Liu Wei Di Huang Wan Extract 6:1.................................................300 mg (equivalent to 2.4 g of dried crude ingredients)

Contains:

- Di Huang (Rehmannia glutinosa) root........................................96 mg
- Shan Zhu Yu (Cornus officinalis) fruit......................................48 mg
- Mu Dan Pi (Paeonia suffruticosa) bark....................................36 mg
- Shan Yao (Dioscorea opposita) rhizome....................................48 mg
- Fu Ling (Poria cocos) sclerotium.............................................36 mg
- Ze Xie (Allium orientalis) rhizome...........................................36 mg

**Non-medicinal Ingredients:**

Certified organic apple fiber, pullulan/hypromellose (capsule)

**Suggested Use:**

Adults - Take 2 capsules twice daily, better before meals, or as directed by a health care practitioner.

**Dosage Form:** 112 Vegetarian Capsules

**Reference**


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Ventorrid
Minor Bupleurum Pills
Xiao Chai Hu Wan / 小柴胡丸
SP-506
Harmonize and Release Lesser (Shao) Yang-Stage Disorders

Clinical Manifestations

- Alternating chills and fever - Signs & Symptoms: indicating the location of the illness between exterior and interior.
- Qi Stagnation - Signs & Symptoms: fullness in the chest and hypochondria.
- Heat rising upward in the shaoyang Gallbladder channel - Signs & Symptoms: bitter or sour taste in the mouth, dry throat, and dizziness.
- Gallbladder qi insulps the Stomach - Signs & Symptoms: heartburn, nausea, vomiting, and reduced appetite.
- Tongue Appearance: normal with a thin white coating - exterior condition.
- Pulse Pattern: wiry pulse - qi stagnation.

Formula Rationale

Ventorrid (Xiao Chai Hu Wan) was originally compiled and recorded in Shang Han Lun (Discussion of Cold-Induced Disorders). It is used to harmonize and release lesser yang-stage disorders.

At this level of invasion, the pathogenic qi is in between the “exterior” and the “interior” aspects of the body and trying to penetrate deeper into the body while the normal qi is forcing it out.

Moreover, disorders in the lesser-yang may cause qi stagnation and eventually heat formation in the Gallbladder channel (a lesser-yang channel).

Since the disease resides between the exterior and the interior, using only exterior-releasing herbs will not treat the interior while using only the heat-cleaning herbs will bring the pathogens from exterior into the interior. Therefore, harmonizing action is the most suitable approach to this condition.

Chai Hu is the chief herb, especially used for treating lesser-yang disorders. Chai Hu has the actions of both dispersing stagnation and releasing pathogens to exterior. Huang Qin, a bitter cold herb, can enter the Gallbladder channel and help clear shaoyang heat. Together Chai Hu and Huang Qin achieve the harmonizing effect.

Other herbs have actions to relieve nausea and vomiting, harmonizing the middle jiao, tonifying Stomach qi (to mitigate the damage induced by dispersing action of Chai Hu), nourishing body fluids and harmonizing the ying (nutritive) and wei (defensive) levels.

Clinical Applications

Hepatitis (viral/chronic), hepatic fibrosis and carcinoma, jaundice, cholecystitis, cholelithiasis, pancreatitis, fever, nephritis, chronic renal insufficiency, acute tonsillitis, infectious parotitis, stomatitis, common cold, influenza, measles, bronchitis, pneumonia, pulmonary tuberculosis, cough, allergic rhinitis, bronchial asthma, refract esophagitis, gastritis, gastric prolapse, constipation, Meniere’s syndrome, diziness, seizures, migraine, angina, depression, chronic fatigue syndrome, morning sickness, postpartum infection/fever, dysmenorrhea, PMS, and malaria.1–3

Ingredients (per capsule):

- Xiao Chai Hu Wan Extract 6:1…………………………………….458 mg (equivalent to 3.7 g of dried crude ingredients)
- Contains:
  - Chai Hu (Bupleuri chinensis) (root)…………………………140.9 mg
  - Huang Qin (Scutellaria baicalensis) (root)………………52.8 mg
  - Ban Xia (Pinellia ternata) (root)……………………………52.8 mg
  - Dang Shen (Codonopsis pilosula) (root)………………….52.8 mg
  - Sheng Jiang (Zingiber officinale) (rhizome)………………52.8 mg
  - Gan Cao (Glycyrrhiza uralensis) (root)…………………..52.8 mg
  - Da Zao (Ziziphus jujuba) (fruit)…………………………..52.8 mg

Non-medicinal Ingredients:

Certified organic apple fiber, pullulan/hypromellose (capsule)

Suggested Use:

Adults - Take 2-4 capsules, twice a day, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules

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**Green Tea Extract:**

| Bio-Active Multiplex                | 48         |
| Bio-Active Multiplex without Fe & Cu| 48         |
| Collagen Restore                    | 40         |
| SynerClear                          | 26         |
| Thè VertAid                         | 11         |

**Gymnema Extract:**

| Termiid                             | 12         |

**Hawthorn Extract:**

| H.C.Q10-Cardio                      | 18         |

**Hemicellulase:**

| BiofilmX                           | 39         |
| OptiZyme                            | 31         |
| Zyme-Aid Carbo Fort                 | 32         |

**Hops Extract (Peruvian):**

| Vertuvin                            | 11         |

**Hibiscus Extract:**

| Ul X                                | 47         |

**Huang Lian Extract:**

| Microaid                             | 37         |

**Huaxitine A:**

| Cognich                             | 21         |

**Inositol:**

| Bio-Active Multiplex                | 48         |
| Bio-Active Multiplex without Fe & Cu| 48         |
| Bio-B Complete                      | 49         |
| Bio-B Forte                         | 49         |
| Bio-B Forte                         | 50         |
| BioAct B Complex                    | 50         |
| Inositol                            | 12         |
| Perinatal Multi                    | 58         |
| SynerClear                           | 26         |

**Inulin:**

| Baby & Mom-PB15 + DF               | 33         |
| OptiPB10 + DF                      | 33         |
| Supreme-PB30 + DF                 | 34         |
| Ultra-PB100 + DF                   | 35         |

**Invertase:**

| Invertase                           | 31         |
| OptiZyme                            | 31         |
| Supreme Zyme-Aid Extra Fort         | 32         |
| Zyme-Aid Carbo Fort                 | 32         |

**Iodine:**

| Bio-Active Miroplex                 | 47         |
| Bio-Active Multiplex                | 48         |
| Bio-Active Multiplex without Fe & Cu| 48         |
| Laminolone BD                      | 52         |
| Perinatal Multi                    | 58         |
| SynerClear                           | 26         |
| Thryocade                           | 45         |

**Iron:**

| Bio-Active Multiplex                | 48         |
| Oxygherma                           | 56         |
| Oxygherma Intensive                | 56         |
| Perinatal Multi                    | 58         |

**J:**

| Jujube Extract                      | * See Wild Jujube Extract |

**Kelp Extract:**

| * See Iodine                           |

**L-Citrulline:**

| L-Citrulline                          | 18         |

**L-Glutamine:**

| GI Restore                           | 27         |
| GI Restore LF                       | 28         |
| L-Glutamine Plus                    | 29         |
| SynerClear                           | 26         |

**L-Tyrosine:**

| L-Tyrosine                           | 45         |

**L-Theanine:**

| L-Theanine                           | 44         |

**L-Proline:**

| L-Proline                            | 40         |

**L-Tryptophan:**

| L-Tryptophan                         | 37         |

**L-Lysine:**

| L-Lysine                             | 40         |

**L-Theanine:**

| L-Theanine                           | 44         |

**L-Theanine:**

| L-Theanine                           | 44         |

**Lactase:**

| Lactase                             | 31         |

**Lactobacillus acidophilus:**

| Baby & Mom-PB15 + DF               | 33         |
| OptiPB10 + DF                      | 33         |
| Supreme-PB30 + DF                 | 34         |
| Ultra-PB100 + DF                   | 35         |

**Lactobacillus casei:**

| Baby & Mom-PB15 + DF               | 33         |
| OptiPB10 + DF                      | 33         |
| Supreme-PB30 + DF                 | 34         |
| Ultra-PB100 + DF                   | 35         |

**Lactobacillus plantarum:**

| Baby & Mom-PB15 + DF               | 33         |
| OptiPB10 + DF                      | 33         |
| Supreme-PB30 + DF                 | 34         |
| Ultra-PB100 + DF                   | 35         |

**Lemon Balm Extract:**

| Lemon Balm Extract                 | 44         |

**Licorice Extract:**

| Licorice Metal                     | 10         |
| Licorice Forte                     | 42         |
| Hepasol                            | 24         |

**Limonene:**

| Limonene                            | 28         |

**Lo Han Guo Extract:**

| * See Monk Fruit Extract           | 40         |

**Lipase:**

| Lipase                              | 40         |

**Magnesium:**

<p>| Magnesium                           | 40         |
| Magnesium                           | 40         |
| Magnesium                           | 40         |
| Bio-C                               | 51         |
| Bio-C                               | 51         |
| Bioglyco-Mg                         | 13         |
| H.C.Q10-Cardio                      | 18         |
| Methyl Aide                         | 22         |
| Mg-Lax                              | 20         |
| Os Matrix                           | 15         |
| Olive Fort                          | 15         |
| Perinatal Multi                     | 58         |
| Resolaxin                           | 44         |</p>
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<tr>
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<th>Quantity</th>
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<td>Niacinamide:</td>
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<tr>
<td>M-Milk</td>
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<td>Bio-Active Multiplex</td>
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<tr>
<td>Bio-Active Multiplex without Fe &amp; Cu</td>
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<tr>
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<td>Perinatal Multi +</td>
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<td>Mannose:</td>
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<td>* See D-Mannose</td>
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<td>Marigold Flower:</td>
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<td>* See Lutein</td>
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