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 health care practitioners
- Transparency in all ingredients. No ‘Proprietary’ Blend = Consistency in Product Quality
- Minimal Non-Medicinal Ingredients - less number of capsules needed to reach the therapeutic dosages
- All-Vegetarian formulas
- Every product is approved and licensed by Health Canada for their safety & efficacy.
- 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.
- Use highly bioavailable glycine-chelated mineral sources
- 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. Tomah Phillips (ND), Dr. Lisa Ghent (ND), Dr. Hamid Tajbakhsh (ND), and Clara Cohen (R.Ac).
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 are 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).

*S 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
• Free Shipping Requirements:
  > Orders over CDN $250 to BC, Alberta, Saskatchewan, Manitoba (1-2 Day Delivery)
  > Orders over CDN $350 to Ontario, Quebec, NS, NB, NF, and PEI (Next Day Delivery)
  > Orders USD $350 to Continental United States (Alaska and Hawaii, please inquire for rate)
• Orders below free shipping requirements are subject to the following fees:
  > $12.50 CAD for shipments to areas within BC
  > $12.50 CAD for shipments (WITHOUT SynerClear®) to all provinces outside BC in Canada
  > $16 CAD for shipments (WITH SynerClear®) to all other provinces outside BC in Canada
  > $20 USD for all US destinations
• Please contact us to inquire about shipping to all other international destinations.
• Orders under $75 are subject to an additional $5 handling fee.
• The above shipping policy does not apply to certain remote areas; in which case, shipping cost is by quote. Other restrictions may apply.
• 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 11:30 am (PST) on the same day. Products ordered after 11:30 am (PST) will be shipped the following day.

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 Functions)

ANTI-INFLAMMATORY & ANTIOXIDANTS
Inflamief .................................................. 10
Herbal Inflammation Relief Formula
R.O.S-Quench ............................................. 10
Synergistic Super-Antioxidant Formula featuring High Dose All-Rans Resveratrol
BLOOD GLUCOSE SUPPORT
ACV 500 .................................................. 11
Apple Cider Vinegar Powder 500 mg
Insolot+ .................................................. 11
Support insulin Sensitivity
TermidM .................................................. 12
Synergistic Herbal Support for Healthy Blood Glucose Metabolism

BONE / MSK / JOINT HEALTH
Bigglycino-Mg ........................................... 12
For Maintenance of Bone and Teeth & Support Muscle Function
MQ-7 .................................................. 13
All-Trans Menaquinone-7 – The Most Bioavailable Vitamin K2
MQ-7+D3 .................................................. 13
All-Trans Menaquinone-7 & Cholecalciferol
Os Matrix .................................................. 14
Strengthens Bone Matrix and Prevents Osteoporosis
Octofoort .................................................. 14
Strengthens Bone Matrix and Maintain Musculoskeletal Functions
Vegi-Glucose Complex .................................. 15
Vegan Joint Cartilage Support

CARDIOVASCULAR HEALTH
Angiavin .................................................. 15
Vegan BP & Vascular Support
H.C.Q10-Cardio ........................................... 16
Comprehensive Cardiovascular Support
L-Citruline .................................................. 16
Supports Nitric Oxide Production
Nattozymes .................................................. 17
Supports Probiotic System and Cardiovascular Health
Niacin 250 .................................................. 17
Reduced Flush Nicin
Tobalief .................................................. 18
Natural Smothing Cessation Aid

COGNITIVE & NEURAL
Coginich .................................................. 18
Supports Cognitive Function and Improves Memory
Methyl-Aido .................................................. 19
Comprehensive Support for Methylation & the Collateral Pathways
Neuromin .................................................. 19
Comprehensive Neuroplasticity Support
Verdha .................................................. 20
Vegan Source of DHA for Neural and Brain Development

DETOXIFICATION
AC-1350 .................................................. 20
Activated Charcoal + Ginger Extract in Powder Form
Chlorella 3000 ............................................ 21
Certified Organic, Natural Chelating & Detoxifying Agent
Hepasyn .................................................. 21
Herbal Hepato-Protean
NAC .................................................. 22
Support Glutathione Levels & Neutral Free Radicals
SyrnClear .................................................. 22
Detox Nutrition Support with Complete Nutrient Profile
Xenobiox .................................................. 22
Synergistic Support for Xenobiotic Detox

GASTROINTESTINAL SUPPORT
Elemental Nutrition ..................................... 25
Elemental Medical Foods
Betaine HCl .................................................. 24
Digestive Aid for Hypochlorhydria
Gl-Restore / Gl-Restore+ ................................ 24
Comprehensive Gut-Healing Formula
Gl-Restore! .................................................. 26
Comprehensive Gut-Healing Formula for Low FODMAP Diet
Keto-Elemental Nutrition ................................ 26
Elemental Medical Foods with Ketogenic Caloric Distributions
L-Glutamine Plus ........................................... 27
Vegan L-Glutamine with Antioxidants
Limonen .................................................. 26
D-Limonene for GERS Relief
Mg-Lax .................................................. 27
Gentle Osmotic Stool Softener
Prokine .................................................. 28
Natural Prokinetic Formula
Optzyme .................................................. 29
High-Dose, Full Spectrum Digestive Enzymes
Supreme Zymin Extra Forte ................................ 29
Balanced Blend of Digestive Enzymes
Zyme-Aid Carbo Fort .................................. 30
Carbohydrate-Digesting Enzymes

GASTROINTESTINAL SUPPORT - PROBIOTICS
Baby & Mom-PB15+ DF .................................. 30
Personalized Baby Probiotic & Prebiotic Formulation
Bifido-PB30+ DF ........................................... 31
Bifido-Only Probiotic Formula
Optimum-PB10+ DF ...................................... 31
Everyday Maintenance Probiotic Formula
S. Boulardii .................................................. 32
Support Gut Microbiota of Individuals on Antibiotic Treatment
Supreme-PB150+ DF ...................................... 32
High-Dose Probiotic Formula

ULTRA-PB100+ DF ...................................... 33
Ultra High-Dose Probiotic Formula

IMMUNE SUPPORT & ANTI-MICROBIALS
Allimin DR .................................................. 34
Biofilm Disrupting Formula
Coldexulin .................................................. 34
Di-Scissored Enzyme Support
Lysine 500 .................................................. 35
L-Lysine 500 mg/capsule
Microcinid .................................................. 35
Broad Spectrum Anti-Microbial Formula
Microcinid AF .............................................. 36
Low-FODMAP Anti-Microbial Formula
Propalos .................................................. 36
Natural Antivirobital & Mucosal Tonic

PEDIATRIC HEALTH
Medum .................................................. 37
Supports Neuro-Development Via Methylation & The Collateral Pathways
Pediatric Multi ........................................... 37
Kid’s Multi-Vitamin/Minersal + Certified Organic Elderberry

SKIN HEALTH
Collagen Restore ........................................... 38
Comprehensive Formula for Collagen Restoration and Protection

SLEEP & STRESS MANAGEMENT
5-HTP .................................................. 38
Aids in Sleep, Weight Management, Migraine and Fibromyalgia
Adenergyn .................................................. 39
Adaptogenic Support for HPA Dysregulation
AdrenalForte DP ........................................... 39
Herbal Cortisol Support
Melatonin 3 .................................................. 40
USP-Grade Melatonin 3 mg
Melatonin 5 .................................................. 40
USP-Grade Melatonin 5 mg
Resolinax .................................................. 41
Eases Stress and Promotes Relaxation without Sedative Effects
S/W 450 .................................................. 41
USP-Grade St. John’s Wort Extract
Thyroxide .................................................. 42
Support healthy thyroid function

VISION/ PROSTATE / UTI
OptiForte .................................................. 42
Synergistic support to improve vision health
Prostatin .................................................. 43
Herbal Prostate Support
UTI-X .................................................. 43
Support Urinary Tract Health

VITAMINS & MINERALS
Bio-Active Minocrylex ................................ 45
Essential Multi-Antioxidant Formula with Shiitake
Bio-Active Multiplex ................................ 44
Multiple-Vitamin Formula with Active B-vitamins, Phytominutrients & Antioxidants
Bio-Active Multiplex ................................ 44
without Iron & Copper
Bio-85 Forte .............................................. 46
Synergically combined to restore body’s energy and support the adrenals
Bio-86 Forte .............................................. 46
Bio-60 complex to support the nervous system
Bio-B Complete ........................................... 45
Balanced formulation of B-vitamins and lipotropic agents for energy support
Bio-C .................................................. 47
Buffered vitamin C with mixed bioflavonoids
C-Nergy .................................................. 47
Energizing Support for Sport Performance; with D-Ribose
Lamidione 800 ........................................... 48
Iodine from Organic Wildcrafted Kelp
Liquid O3 .................................................. 48
Liquid vitamin O3 (2,000 IU/drop)
Vitamin A plus Zinc ...................................... 49
Support Skin & Eye Health and Immune Function

WOMEN’S HEALTH
Estrolief .................................................. 50
Support Steroidal Hormone Detoxification
Melatonin-10 .............................................. 50
High Dose USP-Grade Melatonin
Oxyhome .................................................. 51
Support hemoglobin production and integrity
Oxyhome Intensive ...................................... 51
Intensive support for hemoglobin production and integrity
Perinatal Multi+ ........................................... 52
Comprehensive Multi with Probiotic For Prenatal & Breastfeeding Support
VitaSex 2000 .............................................. 52
Herbal Progestosterone Support

TCM FORMULAS
Femailance .................................................. 54
Augmenting Rambling Pills / Jia Wei Xiao Yao Wan
Harmonix .................................................. 55
Empyrean of Rejuvenating Pills Wan
Hemotonin .................................................. 56
Four Substance Pills / Si Wu Wan
Spiriting .................................................. 57
Eight Ingredient Pill with Rehmannia / Ba Wei Di Huang Wan
Spirithym .................................................. 58
Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan
Ventorrind .................................................. 59
Minor Bupleurum Pills / Xiao Cha-He Wan
**InflamRief**

**Herbal Inflammation-Relief Formula**

- **InflamRief** is a unique herbal formula with synergetic anti-
  oxidative herbs specialized for relief of inflammation, swelling, and minor pain.
- Features patented hops CO-extract, clinically shown to relieve pain with comparable effect to 400 mg ibuprofen.
- Provides relief without the cardiovascular, gastrointestinal and renal adverse effects of the pharmaceutical anti-
  inflammatory medications.
- 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):**

- Hops Extract 30:1 (Humulus lupulus) .......................... 167 mg
- (Perclus®) (hops) 10% alpha and iso-alpha acids
  (equivalent to 5,000 mg of dried hops)
- Boswellia Extract 2:1 (Boswellia serrata) (gum resins) .... 60 mg
  (65% boswelliac acid) (equivalent to 1,200 mg of dried hops)
- Curcumin (from Curcuma longa) ............................... 200 mg
  (root, rhizome) (C6 Complex®)
- Rosemary Extract 8:1 (Rosmarinus officinalis) ........... 15 mg
  (leaf) (equivalent to 50 mg of dried herb)
- Piperine (from Piper nigrum fruit) (Bioperine®) .......... 1.7 mg
  C6 Complex® and Bioperine® are registered trademarks of Sabinsa Corp.
- L-leucine, hypromellose (capsule)

**Suggested Use:**

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

**Dosage Form:**

- 42 Vegetarian Capsules

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**ACV 500**

**Apple Cider Vinegar Powder 500 mg**

Apple cider vinegar contains potassium and acetic acid clinically shown to support weight management and digestion. Chromium is also included to help with healthy blood sugar metabolism.

- Provides H+ to help acidify the stomach environment and support digestion.
- Provides safety 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.
- 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) 20% acetic acid)
- Chromium (from chromium nicotinate glycinate) ......... 2.2 mg

**Suggested Use:**

- Adults – Take 2 capsules, 3 times a day at meals to help with full glass of water, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Dosage Form:**

- 224 g Powder (448 servings)

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**Inositol+**

**Support Insulin Sensitivity**

Inositol together with folic acid have been shown in clinical studies to help support the insulin sensitivity in women with polycystic ovarian syndrome (PCOS).

**Ingredients (per 1/4 teaspoon):**

- Myo-Inositol .......................................................... 500 mg
- Folic Acid .............................................................. 5 mg
- Chromium (from chromium nicotinate glycinate) ....... 1 mg

**Suggested Use:**

- Adults – take 3/4 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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**R.O.S.-Quench**

**Synergistic Super-Antioxidant Formula**

Featuring High Dose All-Rans Resveratrol

**R.O.S.-Quench** is a synergistic blend of powerful antioxidants specifically formulated to support vasculature, modulate immune function, and neutralize oxidative stress from inflammation.

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

**Indications:**

- Supports Cardiovascular Health
- Supports Healthy Aging & Skin Health
- Modulates immune system and helps relieve mild allergies and hypersensitivities

**Ingredients (per capsule):**

- trans-Resveratrol .................................................. 200 mg
  (>99%; isolate from Reynoutria japonica (root))
- Grape Seed Extract 100:1 (Vitis vinifera) .................. 100 mg
  (10% proanthocyanidins) (95% OPCs)
  (equivalent to 10,000 mg of dried herb)
- Guaranine (isolate) ................................................. 100 mg
- Olive Leaf Extract 7:1 (Olea europaea) ............. 30 mg
  (leaf) (20% oleuropein)
  (equivalent to 420 mg of dried herb)
- Quercetin ......................................................... 60 mg
- Mixed tocopherol concentrate ................................ 10 mg
- Other Ingredients:
  - Silicon dioxide, L-leucine, 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.

**Dosage Form:**

- 42 Vegetarian Capsules

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TermDM
Synergistic Herbal Support for Healthy Blood Glucose Metabolism

TermDM is a comprehensive herbal formula fortified with alpha lipic acid and glucose tolerance factors (GTF) to support healthy blood sugar metabolism and neutralize free radicals.

• Contains Mulberry leaf extract that inhibits glucosidase, which digests carbohydrates to glucose.
• Contains aqueous cinnamon extract that is clinically shown to support insulin sensitivity.
• Contains milk thistle and alpha lipic acid to help balance glycosylation and glycolysis in the liver, as well as neutralize oxidative stress.

Ingredients
• (per 2 capsules): Each capsule contains 12.8 mg Dried Herb Equivalent Mulberry Extract 0.1 (Morus alba L.) (1% isocoumarinic acid) (equivalent to 1.2 mg dried herb) bitter Melon Extract 0.3 (Momordica charantia) (75% flavonoids) (equivalent to 1.7 mg dried herb) Fenugreek Extract 7.5:1 (Trigonellum foenum-graecum) 40 mg (8% methionine sulphoxide) (equivalent to 160 mg dried herb) Cinnamon Extract 10:1 (Cinnamomum cassia) 2000 mg (equivalent to 2.0 mg dried herb) Gymnema Extract 37.5:1 (Gymnema sylvestre) 44.4 mg (17% gymnemic acids) (equivalent to 77 mg dried herb) MK Thistle Extract 40:1 (Silybum marianum) 150 mg (equivalent to 500 mg dried herb) Alpha Lipoic Acid 66:1 72 mcg Other Ingredients: Hypromellose, silicon dioxide, and magnesium stearate.

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

Dosage Form: 112 Vegetarian Capsules

Bisglycino-Mg
For Maintenance of Bone and Teeth & Support Muscle Function

• Magnesium Bisglycinate 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 magnesium bisglycinate with patent technique to remove the impurities (ie. MgO) and maximize the bioavailability.

Ingredients (per capsule):
- Magnesium TRACCS⃝ (from 1,200 mg of magnesium bisglycinate) TRACCS⃝ (The Real Amino Acid-Chelate System) is a registered trademark of Albion® Minerals.

Dosage Form: 112 Vegetarian Capsules

MQ-7
All-Trans Menaquinone-7 - The Most Bioavailable Vitamin K2

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 1,000 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) ........................ 130 mcg (from 1,200 mg of magnesium bisglycinate) K2.

Dosage Form: 64 Vegetarian Capsules

MQ-7 + D3
All-Trans Menaquinone-7 & Cholecalciferol

MQ-7 + D3 contains vitamin D3 and menaquinone-7 (MK-7), the most bioavailable form of vitamin K, to support bone and vascular health.

• MK-7 is a natural, bioavailable form of vitamin K2 commonly found in fermented soy.
• It only requires 1,000 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 D3 (cholecalciferol) (25 mg) .... 1,000 IU

Dosage Form: 64 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 the softening of stool. Therefore, patients’ stool change can be a good indicator of the bioavailability of the magnesium supplement.

MQ-7 vs. K2 & MK-4 vs. MK-7

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

The current upper limit of Vitamin K in Canada is 120 mcg regardless of the forms used in the products. According to a number of 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 reducing vascular calcification and increasing the bone mineral density to 45 milligram of K-4, a synthetic vitamin K2 supplement. MK-7 has been proven to reduce calcification 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 without other cofactors - suggested by studies. It is recommended that patients should take 45 mcg of MK-7 minimum daily with their calcium supplement.

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

To TO PRODUCT SEARCH
TO INGREDIENT INDEX
www.vitaaid.com
Toll Free: 1-800-490-1738

To TO PRODUCT SEARCH
TO INGREDIENT INDEX
www.vitaaid.com
Toll Free: 1-800-490-1738
Os Matrice

Strengthens Bone Matrix and Prevents Osteoporosis

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

- Contains amino acid chelated essential minerals for bone health.
- Contains no phosphorus - elevated serum phosphorus levels actually inhibit calcium mineralization of the bone.
- Proper ratios of calcium to other bone minerals and vitamin D3, balancing parathyroid hormone secretion and facilitating active calcium transport to bone.
- Natural Mk-7 form of vitamin K1, daily dose of as low as 45 microgram-MK-7 is effective in promoting bone mineralization compared to the minimum daily dose of 45 milligram for MK-4.

Ingredients (per capsule):
- Calcium (from calcium bisglycinate) - 200 mg
- Magnesium (from magnesium bisglycinate) - 40 mg
- Zinc (from zinc bisglycinate) - 2.5 mg
- Copper (from copper bisglycinate) - 1 mg
- Manganese (from manganese bisglycinate) - 100 mg
- Boron (from boron glycinate) - 100 mg
- Silicon (from silicon dioxide) - 20 mg
- Vitamin C (ascorbic acid) - 100 mg
- Vitamin D3 (5 mcg) (cholecalciferol) - 200 IU
- Vitamin K2 (menaquinone-7) - 15 mcg
- Other Ingredients: L-leucine, hypromellose (capsule)

Dosage Form: 84 Vegetarian Capsules

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

OsteoFort

Strengthens Bone Matrix and Maintain Musculoskeletal Functions

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

- 2:1 calcium to magnesium ratio - beneficial for bone, muscles, and vessel tension.
- Contains minerals in both bisglycinate chelate and citrate forms to promote bone mineral density and electrolyte balance.
- Vitamin D3 and K2 (MK-7) to optimize the bioavailability and integration of calcium in bone building and reduce vascular calcification.

Dosage Form: 150 Vegetarian Capsules

Vegi-Glucosamine Complex

Vegan Joint Cartilage Support

Vegan joint care formula for support of the joint cartilage and relief of mild joint pain.

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

Ingredients (per capsule):
- Glucosamine Hydrochloride (from A. angularis) - 375 mg
- MSM (Methylsulfonylmethane) - 250 mg
- Vitamin C (as ascorbic acid) - 250 mg
- Vitamin K (as menaquinone-7) - 60 mcg

Dosage Form: 120 Vegetarian Capsules

Angiocalx

Vegan BP & Vascular Support

Angiocalx contains clinically studied Kim-20 sesame peptide and CoQ10, that work via different but complementary mechanisms to support cardiovascular health.

May be used to complement and support existing treatments for hypertension and cardiovascular health (eg. prescription drugs, natural health products, and/or healthy diets).

Dosage Form: 112 Vegetarian Capsules

Cardiovascular Health

- Vitamin E (as d-alpha tocopheryl acetate) - 10 IU
- Other Ingredients: Silica dioxide, L-leucine, hypromellose (capsule)

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

INDEX

TO PRODUCT SEARCH
TO INGREDIENT INDEX

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H.C.Q10-Cardio
Comprehensive Cardiovascular Support

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 support the cardiac output.
• 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
L-Carnitine .................................................................... 150 mg
Hawthorn Extract (Crataegus Monogyna) 12:1 (fruits) ............. 75 mg
(5% procyanidins) (equivalent to 900 mg dried herb)
Taurine ......................................................................... 50 mg
Magnesium (from magnesium bisglycinate) .......................... 20 mg

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

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

Dosage Form: 84 Vegetarian Capsules

L-Citrulline
Supports Nitric Oxide Production

• 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.
• Supports cardiovascular health, blood circulation, and athletic performance.

Ingredients (per teaspoon):
L-Citrulline ................................................................. 3,000 mg

Other Ingredients: None.

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

Dosage Form: 147 g Powder (49 servings)

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.

• Safe and high fibrinolytic unit (FU) per unit dose for better patient compliance.
• Specimen cultivated from allergen-free media.
• For support of cardiovascular health and relief of inflammation.

Ingredients (per capsule):
Nattozimes® (Proteolytic Protease) ..................................... 3,000 FU
[8,450 HUT* (from Aspergillus oryzae & Aspergillus oryzae)]
“FU” = Fibrin unit activity; HUT = Hemoglobin units on the tyrosine basis.
Nattozimes® is a registered trademark of National Enzyme Company.

Other Ingredients:
Microcrystalline cellulose, silicon dioxide, L-leucine, hypromellose (capsule)

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

Dosage Form: 90 Vegetarian Capsules

Niacin 250
Reduced Flush Niacin

Niacin is an essential coenzyme involved in numerous biochemical reactions. It’s been shown to modulate the LDL levels while elevating the HDL levels.

Niacin 250 utilizes lipid matrix technique to reduce the "flush" effect without modifying niacin’s chemical structure (eg. inositol hexaniocinate) or using sustain-release dosage form.

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

Other Ingredients:
Cellulose, vegetable oil powder, hypromellose (capsule)

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

Dosage Form: 112 Vegetarian Capsules
Tobalief
Natural Smoking Cessation Aid

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

Cognicin
Supports Cognitive Function and Improves Memory

Cognicin combines a synergistic blend of Huperzine A, phosphatidylserine and herbal remedies specifically formulated to improve cognitive function and memory.  
- Contains comprehensive herbal remedies for improving peripheral blood circulation.  
- Curcumin is shown to reduce beta-amyloid formulation and accumulation in the brain.  
- Phosphatidylserine plays a role in stabilizing membrane function of neurons and protecting the membrane against oxidative stress.  
- Huperzine A is clinically proven to enhance acetylcholine levels in the brain and augment activities of endogenous cellular antioxidants.

Methyl-Aide
Comprehensive Support for Methylation & the Collateral Pathways

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 P5P, 5-MTHF, methylcobalamin & betaine (TMG) to enhance methylation with MTHFR insufficiency.  
- Essential minerals, vitamins & tauine 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.  
  *sulfate, histamine, COMT, MAO, 50D, GST

Neuromin
Comprehensive Neuro-Protective Formula

Neuromin is a comprehensive formula to support neuro regeneration. Working via various mechanisms to protect neurons from oxidative stress.  
- Pyrroloquinoline quinone (PQQ) facilitates nerve regeneration by promoting nerve growth factor, and also acts as a neuro-protectant via it’s 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.  
- Benfotiamine combined with folate and B12 resulted in significant improvement in nerve conduction velocity.  
- Active R-alpha lipoic acid provides additional antioxidant effects and protects nerves and mitochondria from damage.  
- Phosphatidylserine has been shown to support memory and cognitive function in elderly patients.
AC-1350
Activated Charcoal (from Certified Organic Coconut) + Ginger Extract

- Uses highly potent activated charcoal (Iodine Number = 1350) from certified organic coconut shells.
- Laboratory-screened to meet pharmaceutical standards.
- Activated charcoal is commonly used as a binding agent for a variety of applications. Ingested internally, it may be used to neutralize toxins (eg. endotoxins, mycotoxins, heavy metals) and metabolic wastes (eg. hormone metabolites, medication metabolites) and reduce the re-absorption of harmful substances in the gut.

Ingredients (per capsule):
*Activated Charcoal (USP-Grade) ........................................ 100 mg (from Certified Organic Coconut)
Ginger Extract (Zingiber officinalis) (25:1) ....................... 5 mg (equivalent to 200 mg of dried herb)

Other Ingredients:
Vitamin E (dl-alpha-tocopherol), natural fruit flavor

Dosage Form: 126 capsules

Chlorella 3000
Certified Organic, Natural Chelating & Detoxifying Agent

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. Absolutely no fillers - nothing but 100% pure Chlorella is enclosed in each bottle.

Ingredients (per capsule):
Chlorella vulgaris (broken cells (Certified Organic) ........................................ 2000 mg

Dosage Form: 168 capsules

AC-1350P
Powder form for flexible, high-dose applications, such as in acute food/chemical poisoning.

- Uses highly potent activated charcoal (Iodine Number = 1350) from certified organic coconut shells.
- Laboratory-screened to meet pharmaceutical standards.

Ingredients (per scoop):
*Activated Charcoal (from Certified Organic Coconut) ...................... 4000 mg
Ginger Extract (Zingiber officinalis) (25:1) ...................... 5 mg (equivalent to 200 mg of dried herb)

Other Ingredients:
Soy lecithin, hypromellose, natural flavors, pectin, maltodextrin, citric acid

Dosage Form: 120 g Powder (50 servings per container)

Verdha
Vegan Source of DHA for Neural and Brain Development

Verdha contains highly concentrated, plant-derived DHA to aid in brain, neural and eye development and to support cardiovascular health.
- Vegan 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 detergent.
- 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 support of cognitive, ocular and cardiovascular health in adults.

Dosage Form: 50 ml Oil

Chlorella 3000
Certified Organic, Natural Chelating & Detoxifying Agent

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. Absolutely no fillers - nothing but 100% pure Chlorella is enclosed in each bottle.

Ingredients (per capsule):
Chlorella vulgaris (broken cells (Certified Organic) ........................................ 2000 mg

Dosage Form: 168 capsules

Hepasylin
Herbal Hepato-Protectant

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 USP-Grade Milk Thistle Extract standardized in silybins and HPLC-verified. Silybins are the most active compounds of silymarin group to provide the optimal 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):
Milk Thistle Extract (Silybum marianum) ........................................ 150 mg (equivalent to 240 mg dried herb)
Artichoke leaf extract 10:1 (Cynara scolymus) ...................... 50 mg (equivalent to 500 mg of dried herb)
Dandelion Root Extract 1:2 (Taraxacum officinale) .............. 20 mg (equivalent to 150 mg of dried herb)
Alpha Lipoic Acid ................................. 20 mg

Other Ingredients:
Silicon dioxide, L-leucine, hypromellose (capsule)

Dosage Form: 120 Vegetarian Capsules
NAC +
Support Glutathione Levels & Neutralize Free Radicals

- Contains mucolytic agent, NAC to help ease chronic respiratory illnesses by promoting sputum expectoration.
- Helps to increase glutathione levels in the body via supplying direct precursor and enhancing glutathione-S-transferase activity.

NAC+ is a synergistic antioxidant formula to help neutralize inter- and intra-cellular free radicals and support the glutathione levels.

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

Detoxification

Ingredients (per capsule):
- N-Acetyl Cysteine ............................................................................................................ 250 mg
- Vitamin E (45 mg ATE) (from dl-alpha tocopheryl acetate) ........................................ 100 IU
- Vitamin C (ascorbic acid) ............................................................................................. 54 mg
- Selenium (from selenized yeast) ................................................................................ 10 mg

Other Ingredients:
- Microcrystalline cellulose, silicon dioxide, L-leucine, hypromellose (capule)

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

Dosage Form:
- 90 Vegetarian Capsules

XenobioX
Synergistic Support for Xenobiotic Detox

- 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.

- Provides combination of herbal, botanical, and other extracts to help regulate GI environment and strengthen immune functions (Bl-04).

Ingredients (per 2 capsules):
- Vitamin B1 (from thiamin HCl) ..................................................................................... 30 mg
- Vitamin B2 (from riboflavin-5-phosphate) ................................................................... 20 mg
- Niacinamide .................................................................................................................. 50 mg
- Vitamin B5 (from calcium pantothenate) ..................................................................... 100 mg
- Zinc (from zinc gluconate) .......................................................................................... 60 mg
- Methylcobalamin (from cyanocobalamin) ................................................................. 200 mg
- Selenium (from selenized yeast) ................................................................................ 100 mg
- N-Acetyl L-Cysteine .................................................................................................... 500 mg
- D-Glucurate (from calcium d-glucarate) ..................................................................... 150 mg
- Betaine Arachidoxime .................................................................................................. 150 mg

Other Ingredients:
- Silicon dioxide, L-leucine, 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

SynerClear
Detox Nutrition Support with Complete Nutrient Profile

SynerClear is a complete hypolipidogenic 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; absolutely no sticking/thickening agents added.
- Provides key amino acids required in activities of the hepatic detoxification enzymes.

Ingredients (per serving: 2 scoops):
- Vitamin A (800 mcg RA) (from lutein, lutein, zeaxanthin) ........................................ 2000 IU
- Natural Mixed Carotenoids (from Curcuma longa) ..................................................... 900 mcg
- Lycopene, alpha-, beta-, and gamma-carotene ........................................................... 12 mg
- Vitamin B1 (from thiamin HCl) .................................................................................. 2 mg
- Vitamin B2 (from riboflavin-5-phosphate [Na]) ......................................................... 1.5 mg
- Vitamin B3 (nicotinamide) .......................................................................................... 10 mg
- Vitamin B5 (from calcium pantothenate) ................................................................. 20 mg
- Vitamin B6 .................................................................................................................. 3.5 mg
- Vitamin B12 (methylcobalamin) .............................................................................. 100 mcg
- 5-Methyltetrahydrofolate (from calcium l-5-MTHF) .................................................. 50 mcg
- Folate (folic acid) ........................................................................................................ 150 mcg
- Biotin ............................................................................................................................ 200 mcg
- Vitamin C (ascorbic acid) .......................................................................................... 200 mg
- Vitamin D3 (32.5 mcg) (cholecalciferol) .................................................................. 500 IU
- Vitamin E (20 mg ATE) (from dl-alpha tocopheryl acetate) ........................................ 10 IU
- Vitamin K2 (menaquinone-7) ...................................................................................... 5 mcg
- Potassium (from potassium citrate) ........................................................................... 100 mg
- Chromium (from chromium nicotinate) ...................................................................(100 mcg)
- Selenium (from selenium-glutathione) ..................................................................... 50 mcg
- Calcium (from calcium citrate/carbonate) ................................................................. 200 mg
- Magnesium (from magnesium citrate) ...................................................................... 100 mg
- Copper (from copper bicarbonate) ............................................................................ 1.0 mg
- Manganese (from magnesium gluconate) ................................................................. 1.0 mg
- Molybdenum (from molybdenum glycinate) ............................................................... 5 mcg
- Zinc (from zinc glycinate) .......................................................................................... 1.0 mg
- Iodine (from K1-VK) .................................................................................................. 120 mcg
- L-Lysine ..................................................................................................................... 450 mg
- L-Glutamine ............................................................................................................... 500 mg
- Glutamine .................................................................................................................. 1,500 mg
- Turmeric (Curcuma longa) .......................................................................................... 100 mg
- Bacopa (from bacopa monniera) ............................................................................... 100 mg
- Choline (from choline bitartrate) ............................................................................... 100 mg
- Methylfolate (folacin) ............................................................................................... 100 mcg
- HCl, hydroxychloride ................................................................................................ 50 mg
- Curcumin (from Curcuma longa) ................................................................................ 250 mg
- N-Acetyl-Cysteine ................................................................................................... 50 mg
- Quercetin (isoquercitrin) (from Samara pannonica) .................................................. 50 mg
- Burdock Root Extract 5:1 (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 (Camellia sinensis) (leaf) .............................................................. 50 EGCG mg
- Green Tea Extract 10:1 (Camellia sinensis) (leaf) ...................................................... 25 EGCG mg
- Bilberry Extract 10:1 (Vaccinium myrtillus) ............................................................ 30 mg
- Raspberry Leaf Extract 10:1 (Rubus idaeus) ............................................................... 20 mg
- Bifidobacterium lactis Bl-04 ..................................................................................... 3 billion CFU
- Algal Oil (100% DHA) (Schizochytrium sp.) ............................................................... 100 mg
- Bl-04 Complex® is a registered trademark of Salvia Corp.
- FOS, DHA is a registered trademark of DSM.

Other Ingredients:
- Inulin, medium chain triglycerides (1 g), certified organic rice concentrate, certified organic rice syrup powder (chocolate, vanilla, matcha), natural flavors (chocolate, vanilla)

Suggested Use:
- Adults - Take 2 level scoops (1 serving) twice a day, or as directed by a health care practitioner. Mix with 400 [8 oz] water or other beverages and stir well before drinking.

Dosage Form:
- Powder (1/4 servings per container)
Betaine HCl
Digestive Aid for Hypochlorhydria

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

**Ingredients (per capsule):**
- Betaine Hydrochloride: 825 mg
- Other Ingredients: Silicon dioxide, L-lysine, hypromellose (capsule)

**Dosage Form:** 150 Vegetarian Capsules

**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.

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**GI-Restore® / GI-Restore®+ Comprehensive Gut-Healing Formula**

**GI-Restore®/GI-Restore®+** is a comprehensive formula to help reduce inflammation of the GI tract and support 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
- Modulate inflammation and histamine actions - ensure gut lining integrity and regulate acid secretion
- Promote proper tissue formation and regeneration

**Key Features:**
- Polyphenols (Zinc L-Carnosine) – helps to protect intercellular tight junctions, and reduce gut hyperpermeability.
- Combination of herbal demulcants – DGL (10:1) and Slippery Elm (4:1 water extract) – to soothe andInflamed 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 5-methylmethionine from Cabbage juice concentrate to protect GI mucosa
- Powder form to ensure contact throughout the entire GI tract.

**Ingredients (per 1/2 tablespoon):**
- Slippery Elm Extract 4:1 (Ulmus rubra) (branch bark): 150 mg (water extract) (equivalent to 500 mg of dried herb)
- DGL (deglycyrrhizinated licorice) 30:1 (Glycyrrhiza glabra) (root): 152 mg (equivalent to 1530 mg of dried herb)
- Zinc L-carnosine (polypeptide): 25 mg
- L-Glutamine: 500 mg
- Guar gum (seed): 10 mg
- Included in GI-Restore®+
- Cabbage Juice Concentrate (20:1) (Brassica oleracea): 150 mg (leaf) (low-temperature spray-dried) (equivalent to 3,000 mg of cabbage juice)
- Other Ingredients: None.

**Dosage Form:** 105 g Powder (64 servings)

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**Elemental Nutrition**
Elemental Medical Foods

An elemental diet consists of only pre-digested/elemental nutrients (i.e. amino acids, simple carbohydrates, medium chain triglycerides), and essential vitamins and minerals. It can be used as the sole source of nutrition for a limited period of time in place of antimicrobials in the Eradication Phase to significantly decrease the bacterial overgrowth. A clinical trial demonstrated that a two-week, as well as a three-week, exclusive elemental diet was able to normalize the lactulose breath test (LBT) results in 80% and 85% of SIBO-positive patients, respectively. It can also be used in Crohn’s disease patients whose ability to digest and absorb is compromised.

**Nutrition Facts (per serving):**
- Total Calories: 7.5 g (30 kcal)
- Sugar: 0 g
- Fats: 15.5 g (140 kcal)

**Dosage Form:** Powder (9 servings or 27 servings per container)

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**Keto-Elemental Nutrition**
Elemental Medical Foods with Ketogenic Caloric Distributions

For patients with duodenal overgrowth or co-existing fungal overgrowth, even simple carbohydrates like maltodextrin can potentially be utilized by the bacteria/fungi before they can be absorbed by the body. By incorporating ketogenesis in Elemental Nutrition, we can further limit the food sources of the bacterial overgrowth, as well as providing a better sense of satiety.

**Nutrition Facts (per serving):**
- Total Calories: 7.5 g (30 kcal)
- Sugar: 0 g
- Fats: 15.5 g (140 kcal)

**Dosage Form:** Powder (9 servings or 27 servings per container)
GI-Restore® LF
Comprehensive Gut-Healing Formula for Low FODMAP Diet

GI-Restore® LF is a Low FODMAP, gut-healing formula to help relieve inflammation of the GI tract and support the linings of the gut via multiple mechanisms:
• Supports intercellular tight junctions
• Promotes mucus secretion in the stomach
• Modulates inflammation and histamine actions - ensure gut lining integrity and regulate acid secretion
• Promotes proper tissue formation and regeneration
• Contains 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 Carnosine .................................................. 150 mg
- Curcumin (from Curcuma longa) .................. 300 mg
- n-3 HU (reduced in size) (equivalent to 1,600 mg of dried herb) ........................................... 300 mg
- L-Glutamine .......................................................... 600 mg
- Cayenne Extract 181 S (Capsicum annum) .......... 20 mg
- Tricalcium Phosphate ................................. 250 mg
- Licorice Extract ................................. 400 mg
- Calcium Bicarbonate ...................................... 300 mg
- Inulin ................................................................. 100 mg

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

Other Ingredients:
- Silicon dioxide, L-leucine, hypromellose (capsule)

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

L-Glutamine Plus
Vegan L-Glutamine with Antioxidants

L-Glutamine Plus is a combination of highly purified, vegetarian-sourced L-glutamine and synergistic antioxidants to promote recovery and convalescence from chronic ailments.
• 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 and ailments.
• Helps to manage the conditions associated with bowel inflammation by improving the absorption of nutrients. (e.g. Short bowel syndrome, Crohn’s disease).

Ingredients (per tablespoon):
- L-Glutamine .......................................................... 9 g
- Vitamin C (from calcium ascorbate) ................. 300 mg
- Vitamin E (from d-alpha-tocopheryl acetate) .......... 27 mg
- Selenium (from selenious acid) ...................... 70 mcg
- Mixed Carotenoids (from plants and fruits) .......... 3 mg
- D-Limonene ........................................................... 5% (equiv. to 350 IU vitamin A)

Other Ingredients:
- Multivitamins, medium chain triglycerides

Dosage:
Adults - Once a day, mix 1 teaspoon (4 drops) in 8 oz of cold liquid or semi-solid food and stir briskly. Consume immediately after mixing. Increase the dosage up to 3 tablespoons per day as recommended by a health care practitioner.

Mg-Lax
Gentle Osmotic Stool Softener

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 stool softener by increasing stool water content
• A safe and gentle alternative to stimulating laxatives
• Magnesium citrate helps relax bowel spasm and relieve cramping.
• Useful in elderly patients to prevent straining and promote healthy bowel movements.

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

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

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 or Health Canada. All information is not intended to diagnose, treat, cure, or prevent any disease. Label information and claim may vary from this professional guide. Product label takes precedence in all cases.
### Prokine
**Natural Prokinetic Formula**

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, Gastroprotection, Indigestion, Nausea & Vomiting
- Gastroesophageal Reflux Disease (GERD)
- Irritable Bowel Syndrome (IBS)

### Intolerase
**“Digest Your Intolerances” for SIBO & Malabsorption**

Intolerase is an ultra-potent, broad-spectrum carbohydrate formula designed to break down fermentable carbohydrates and support post-eradication phase of SIBO treatment.
- Helps support the compliance of FODMAP-restrictive diet
- 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 niger: 1,000 ALU
- Amylase from Aspergillus oryzae: 8,100 DU
- Cellulase (from Cellulomonas arancia): 50 mg
- Beta-Glucanase (from Trichoderma longibrachiatum): 105 BGU
- Invertase from Aspergillus niger: 2,100 SUM
- Xylanase from Trichoderma longibrachiatum: 1,050 KU
- Maltase (from Aspergillus oryzae): 30 OP
- Protease from Aspergillus oryzae: 15,000 HT
- Acid Protease from Aspergillus oryzae: 15 SAPU
- Other Ingredients: Calcium butyrate, silicon dioxide, L-lucine, hypromellose (capsule)

#### Dosage Form: 84 Vegetarian Capsules

#### Suggested Use:
Adults - Take 1 capsule with each meal and 2 capsules at bed time, on an empty stomach, or as directed by a health care practitioner.

### Optyzme
**High-Dose, Full-Spectrum Digestive Enzymes**

Optyzme 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.
- With proteases to help break down the potential allergens in the ingested foods.
- 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:
  - Alpha-Amylase from Aspergillus oryzae: 17,500 DU
  - Glucoamylase from Aspergillus niger: 9.5 AGU
  - Alpha-Galactosidase from Aspergillus oryzae: 180 GalU
  - Cellulase from Aspergillus niger: 160 CU
  - Beta-glucanase (from Trichoderma longibrachiatum): 70 BGU
  - Invertase from Aspergillus oryzae: 215 SU
  - Acid Protease from Aspergillus oryzae: 6 OP
  - Phytase from Aspergillus oryzae: 13.5 FTU
- For Protein Digestion:
  - Lipase from Aspergillus oryzae: 5,580 LP
  - Acid Protease from Aspergillus oryzae: 15 SAPU
  - Phytase from Aspergillus oryzae: 15,000 FTU
  - Bromelain: 2,500,000 U (100 SGU)
  - Papain: 100,000 U
- Other Ingredients: Microcrystalline cellulose, maltodextrin, hypromellose (capsule)

#### Dosage Form: 90 Vegetarian Capsules

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

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Gastrointestinal Support - Digestive Enzymes

**Zyme-Aid Carbo Fort**

**Carbohydrate-Digesting Enzymes**

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.
- Helps relieve GI discomforts (e.g. gas & bloating) caused by intolerances of carbohydrates.

**Ingredients (per capsule):**

- **For Carbohydrate Digestion:**
  - Alpha Amylase (from Aspergillus oryzae) .......................... 1,000 DU
  - Glucamylase (from Aspergillus oryzae) .......................... 125 IU
  - Alpha Galactosidase (from Aspergillus oryzae) .......................... 45 Gal
  - Cellulase (from Aspergillus oryzae) .......................... 80 CU
  - Beta-Glucanase ........................................ 35BGU
  - (from Thielobema longischnuchae)
  - Maltase (from Aspergillus oryzae) .................................. 50 DP
  - Hemicellulase (from Aspergillus oryzae) .................................. 15 RCU
  - Lactase (from Aspergillus oryzae) .................................. 100 ALU
  - Invertase (from Aspergillus oryzae) .................................. 50 SU
  - Pectinase (from Aspergillus oryzae) .................................. 0.5 endo-P
  - Phytase (from Aspergillus oryzae) .................................. 2.5 FTU

- **For Fat Digestion:**
  - Lipase (from Aspergillus oryzae) .................................. 2,000 UI

- **For Protein Digestion:**
  - Bromelain (from Ananas comosus stem) .................................. 750,000 PU (90 GDU)
  - Papain (from Carica papaya Hurstlata) .................................. 5,000 PU

- **Other Ingredients:**
  - Microcrystalline cellulose, maltodextrin, hypromellose (capsule)

- **Suggested Use:**
  - Adults – Take 1 capsule with or after meals, 5 times a day, or as directed by a health care practitioner.

**Dosage Form:** 90 Vegetarian Capsules

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Gastrointestinal Support - Probiotics

**Baby & Mom-PB15+ DF**

**Perinatal/Baby Probiotic & Prebiotic Formula**

Baby & Mom-PB15+ DF is a Dairy-Free probiotic formula comprised of 13 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.
- L. rhamnosus GG, clinically shown to support and relieve diarrhea.
- B. lactis BI-04 is shown in RCT to support immunity
- Perinatal & neonatal supplementation of L. rhamnosus HN011 has been clinically shown to support healthy blood sugar metabolism during gestation and healthy immune functions of newborns.
- B. infantis, a superior colonizer of infant gut, may help improve stool consistency in healthy infants.

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

- Lactobacillus acidophilus LA-14 .................................. 1.5 billion cfu
- Lactobacillus rhamnosus L-32 .................................. 1.5 billion cfu
- Lactobacillus rhamnosus LC-11 .................................. 1 billion cfu
- Lactobacillus salivarius Ls-33 .................................. 1 billion cfu
- Bifidobacterium bifidum BB-90 .................................. 0.5 billion cfu
- Lactobacillus acidophilus Lb-06 .................................. 1 billion cfu
- Streptococcus thermophilus St-21 .................................. 0.5 billion cfu
- Lactobacillus plantarum LP-15 .................................. 1 billion cfu
- Lactobacillus rhamnosus GN .................................. 1 billion cfu
- Lactobacillus johnsonii HN010 .................................. 1 billion cfu

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

**Other Ingredients:**
- Fructo-Oligosaccharide (FOS) Maltodextrin, silicon dioxide, L-lysine, hypromellose (capsule)

- **Suggested Use:**
  - Take 1 capsule, 1-3 times a day, or as directed by your health care practitioner.
  - Take a few hours before or after taking antibiotics.

**Dosage Form:** 42 Vegetarian Capsules

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**Blifido-PB30+ DF**

**Blifido-Only Probiotic Formula**

Blifido-PB30+ DF combines five proprietary, research-driven Bifidobacteria strains, which have been extensively studied in clinical trials to carry out a myriad of health benefits, such as modulating inflammatory response, enhancing immune function, and normalizing gut motility.

**Key Features**

- Without FOS & Dairy-Free. Suitable for SIBO Patients
- Includes HN019 - clinically shown to Regulate Gut Motility
- Stability: Acid & Bile-Resistant
- Efficacy: Human-Gut-anchoring Ability
- Safety: ATCC-Registered & Antibiotic Resistance Tested

**Indications:**

- Newborns with disrupted microbiota (ie. antibiotic use)
- Restoring gut motility in the elderly
- Patients with predisposition to d-lactic acidosis, as Small Intestinal Bacterial Overgrowth (SIBO) and Short Bowel Syndrome

**Ingredients (per capsule):**

- BlifidoBacterium adaptivum BB-06 .................................. 4 billion
- BlifidoBacterium breve BB-03 .................................. 5 billion
- BlifidoBacterium infantis subsp. infantis BI-26 ................. 1 billion
- BlifidoBacterium lactis BI-04 .................................. 10 billion
- BlifidoBacterium infantis HN010 .................................. 0.5 billion

May contain up to 30 billion viable cells at the time of manufacture.

**Other Ingredients:**
- L-lysine, hypromellose, maltodextrin, silicon dioxide, microcrystalline cellulose, triethyl

- **Suggested Use:**
  - Take 1 capsule, 1-3 times a day, or as directed by your health care practitioner.
  - Take a few hours before or after taking antibiotics.

**Dosage Form:** 56 Vegetarian Capsules

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**Optimum-PB10+ DF**

**Everyday Maintenance Probiotic Formula**

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.
- 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.
- Supports gut microbiota and immune function.
- **Formulation WITHOUT FOS Available.**

**Ingredients (per capsule):**

- Lactobacillus acidophilus La-14 .................................. 2 billion cfu
- Lactobacillus rhamnosus Lr-32 .................................. 1 billion cfu
- Lactobacillus casei LC-11 .................................. 0.6 billion cfu
- Lactobacillus salivarius La-33 .................................. 0.5 billion cfu
- BlifidoBacterium adaptivum BB-06 .................................. 0.4 billion cfu
- BlifidoBacterium lactis BI-04 .................................. 1.5 billion cfu
- Streptococcus thermophilus St-21 .................................. 0.15 billion cfu
- BlifidoBacterium breve BI-03 .................................. 0.6 billion cfu
- BlifidoBacterium plantarum LP-15 .................................. 1.5 billion cfu
- Lactobacillus rhamnosus GN .................................. 1.3 billion cfu

- **Suggested Use:**
  - Take up to 18 billion viable cells at the time of manufacture.

**Other Ingredients:**
- Fructo-Oligosaccharide (FOS) Maltodextrin, silicon dioxide, L-lysine, 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 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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**31**

TO PRODUCT SEARCH

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

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TO INGREDIENT INDEX

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### Supreme-PB30+ DF
#### High-Dose Probiotic Formula

**Supreme-PB30+ DF** is a Dairy-Free probiotic formula that contains 10 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.
- L. rhamnosus GG: clinically shown to support and relieve antibiotic-associated diarrhea.
- B. lactis BI-04 is shown in RCT to support immunity.
- Perinatal & neonatal supplementation of L. rhamnosus HMD01 has been clinically shown to support healthy blood sugar metabolism during gestation and healthy immune functions of newborns.
- Formulation WITHOUT FOS Available.

#### Ingredients

- **Saccharomyces boulardii** (whole cell) ...................... 5 billion cfu
- **L. lactis, maltodextrin, silicon dioxide, hypromellose (capsule)**

**Suggested Uses:**
- 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.

#### Dosage Form:
- 56 Vegetarian Capsules

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### S. boulardii
#### Support Gut Microbiota of Individuals on Antibiotic Treatment

Saccharomyces boulardii is a probiotic clinically used to support the gut flora of patients on antibiotic treatment.

- **Support the recovery of the antibiotic-associated diarrhea, as well as other types of acute, prolonged diarrhea.**
- **Improves intestinal permeability and supports the remission of patients with history of inflammatory bowel disorders.**
- **Regulates intestinal microbial homeostasis and stabilizes the gastrointestinal barrier, interfering with the ability of pathogens to colonize and infect the mucosa.**

#### Ingredients (per capsule):
- Saccharomyces boulardii (whole cell) ...................... 5 billion cfu
- **L. lactis, maltodextrin, silicon dioxide, hypromellose (capsule)**

**Suggested Uses:**
- 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.

#### Dosage Form:
- 84 Vegetarian Capsules

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### Ultra-PB100+ DF
#### Ultra High-Dose Probiotic Formula

**Ultra-PB100+ DF** is a Dairy-Free probiotic formula comprised of 13 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.
- Comprehensive strain combination to maximize efficacy.
- Provides formulas with or without probiotic (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-34 ...................... 15 billion cfu
- Lactobacillus rhamnosus LR-32 ...................... 15 billion cfu
- Lactobacillus casei LC-11 ...................... 10 billion cfu
- Lactobacillus salivarius UA-33 ...................... 1 billion cfu
- Bifidobacterium infantis BB-06 ...................... 2 billion cfu
- Bifidobacterium breve BB-01 ...................... 12 billion cfu
- Streptococcus thermophilus ST-61 ...................... 8 billion cfu
- Bifidobacterium bifidum BB-03 ...................... 8 billion cfu
- Lactobacillus plantarum 131-35 ...................... 15 billion cfu
- Lactobacillus rhamnosus HMD01 ...................... 3 billion cfu
- Bifidobacterium infantis BB-26 ...................... 1 billion cfu
- Lactobacillus reuteri RE-11 ...................... 1 billion cfu

May contain up to 55 billion viable cells at the time of manufacture.

**Other Ingredients:**
- Fructo-Oligosacharide (FOS) / maltodextrin, silica dioxide, L-leucine, Hypromellose (capsule)

**Suggested Uses:**
- 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:
- 90 g Powder (28 servings per container)

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### Allimin DR
#### Delayed-Release Garlic Concentrate

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

- **Standardized and lab-certified to contain 20,000 mcg allin per gram (yielding 10,000 mcg allicin).**
- **Broad spectrum antimicrobial effects.**
- Helps to support upper respiratory tract, as well as the GI tract.
- Helps to support lipid profile and cardiovascular health.

#### Ingredients (per capsule):
- Garlic (Allium sativum) (bulb) ...................... 500 mcg
- (1,000 mcg allin from 10,000 mcg allin)

**Other Ingredients:**
- Certified organic apple fiber, L-leucine, hypromellose (capsule)

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

#### Dosage Form:
- 90 Vegetarian Capsules

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### Gastrointestinal Support - Probiotics

**Use:**
- Supports healthy gut function, reduces digestive distress, and promotes natural defense.
- Supports immune health in a variety of conditions.
- Helps to maintain normal bowel function.
- Supports healthy upper respiratory tract.
- Supports healthy cardiovascular health.
- Helps to maintain normal blood sugar levels.
- Supports healthy immune function.
- Helps to support weight management.

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

**Pregnancy & Lactation:**
- Use with caution.

**Interactions:**
- Consult a health care practitioner before use, especially if you are taking any prescription or over-the-counter medications, or if you are pregnant or breastfeeding.

**Side Effects:**
- Generally well tolerated; some may experience mild digestive discomfort. If symptoms persist or worsen, consult a health care practitioner.

**Drug Interactions:**
- Consult a health care practitioner before use, especially if you are taking any prescription or over-the-counter medications.
BiofilmX
Biofilm Disrupting Formula

BiofilmX combines multiple fibrinolytic & mucolytic enzymes to help breakdown biofilms and augment the efficacy of antimicrobial agents.
- Serrapeptase - 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 lipic acid - a sulfur-containing compound known to disrupt biofilms and provide antioxidant protection.
- 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:
- Helps relieve inflammatory edema.
- Promotes the elimination of sputum, pus and hematoma.
- Enhances the effectiveness of antibiotics / antimicrobials.

Ingredients (per capsule):
- Serrapeptase (from Serrata microana C-15) .................. 30,000 SU
- Protease (from Aspergillus oryzae) .................. 20,000 IU
- Fibrinolytic Protease (Nattokinase) .................. 6,225 HUT / 1,500 FU
- Xylanase (from Trichoderma longibrachiatum) ........ 1,300 IU
- Pectinase (from Aspergillus niger) .................. 50 endo-P
- Beta-Glucanase (from Trichoderma longibrachiatum) ........ 30 BGU
- Glucomannase (from Aspergillus niger) .................. 25 AGL
- Hemoglobinase (from Aspergillus niger) .................. 4,000 HUC
- Cellulase (from Aspergillus niger) .................. 500 CU
- Alpha Lipoic Acid .................. 200 mg
- *Nattokinase is a registered trademark of National Enzyme Company*

Other Ingredients:
- Silicon dioxide, L-leucine, hypromellose (capsule)

Suggested Use:
- Adults - Take 1 capsule 3 times per day, or as directed by a health care practitioner. Take with food and a few hours before or after taking other medications.

Dosage Form: 70 Vegetarian Capsules

Coldefenxin
Synergistic Immune Support

Coldefenxin is a synergistic formula designed to support the body’s immune function.
- Works by boosting and strengthening the immune system, supporting the recovery of cold / flu symptoms.
- Highly concentrated herbal extract, which provides effective dose in less capsules.

Ingredients (per capsule):
- Ethanoxina Extract 20:1 (Ethanoxina purpurea) ........... 60 mg
- American Ginseng Extract 4:1 (Panax quinquefolia) ........ 71 mg
- Rosemary Extract 6:1 (Rosmarinus officinalis) .......... 30 mg
- Cellulase (from Aspergillus oryzae) .................. 7.5 mcg
- Vitamin-C (ascorbic acid) .................. 200 mg
- Hypromellose (capsule)

Other Ingredients:
- Silicon dioxide, L-leucine, microcrystalline cellulose, hypromellose (capsule)

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

Dosage Form: 70 Vegetarian Capsules

Lysine 500
L-Lysine 500 mg/capsule

Herpes simplex virus (HSV) (eg. cold sores) are known to utilize L-arginine in their repliciations, 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

Other Ingredients:
- Silicon dioxide, L-leucine, microcrystalline cellulose, hypromellose (capsule)

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

Dosage Form: 84 Vegetarian Capsules

Microcidin
Broad-Spectrum Anti-Microbial Formula

Microcidin® contains multiple antimicrobial ingredients with different mechanisms to inhibit and kill pathogenic microbes.
- 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. Coptis by itself or combined with clove extract has been shown to inhibit fungal growth.
- Contains lab-standardized high allin content from freeze-dried garlic concentrate.
- Synergized with highly concentrated oregano extract, undecylenic acid and caprylic acid for broad spectrum microbicidal effects.

Ingredients (per capsule):
- Huang Lian Extract 12:1 (Coptis chinensis) ........... 60 mg
- Clove bud oil (Syzygium aromaticum) (15 mg), magnesium caprylate, undecylenic acid, silicon dioxide, L-leucine, pullulan (capsule)

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

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 kill pathogenic microbes.

- 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 supporting the mood in patients with IBS-D.
- Cinnamon - "warming" antimicrobial to balance the "cooling" property of berberine.
- Synergized with concentrated Thyme and Oregano extracts for spasmolytic, carminative, and broad spectrum antimicrobial effect in the GI tract.
- Neem and Uva Ursi extract are potent antimicrobials, anti-inflammatory, and provide additional gastroprotective effects.

### Ingredients (per capsule):
- Berberine hydrochloride ........................................ 250 mg
- Thyme extract 2:1 (Thymus vulgaris) .......................... 35 mg (leaf) (equivalent to 700 mg dried herb)
- Cinnamon extract 3:1 (Cinnamomum aromaticum) .......... 35 mg ( bark) (equivalent to 400 mg dried herb)
- Neem extract 2:1 (Azadirachta indica) ......................... 35 mg (leaf) (equivalent to 700 mg dried herb)
- Oregano extract 1:1 (Origanum vulgare) ................... 35 mg (leaf) (equivalent to 350 mg dried herb)
- Uva Ursi extract 10:1 (Arctostaphylos uva-ursi) .......... 50 mg (leaf) (equivalent to 375 mg dried herb)

### Other Ingredients:
- Silicon dioxide, L-leucine, hypromellose (capsule)

**Dosage Form:** 90 Vegetarian Capsules

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**Pure Propolis**
Natural Antimicrobial & Mucosal Tonic

Bee Propolis has been shown 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.
- May help relieve the symptoms related to upper respiratory infections.
- Clinically shown to support male fertility via its protection of spermatozoa from oxidative damage.

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

**Other Ingredients:**
- Silicon dioxide, L-leucine, hypromellose (capsule)

**Dosage Form:** 120 Vegetarian Capsules

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**Modism**
Supports Neuro-Development Via Methylation & The Collateral Pathways

Modism is a comprehensive formula designed to support multiple biochemical pathways of neurotransmitters and metabolic intermediates, enhance antioxidant capacity and help restore healthy microbiota; all of which have been implicated in the clinical presentations of autism spectrum disorders (ASD) and ADHD.

- Active P5, S5-MTHF, methylcobalamin & betaine to enhance methylation in patients with MTHFR insufficiency.
- Essential minerals, vitamins & taunine to support the collateral metabolic pathways of the methylation cycle and reduce the symptoms caused by the metabolic overload from methylation enhancement.

- The inclusion of S. boulardii helps to support the gut flora in cases of opportunistic bacteria overgrowth, particularly the ones that secrete neurotoxins, such as Clostridium spp.

**Ingredients (per scoop):**
- Vitamin A (from vitamin A palmitate) .................. 300 mcg
- Vitamin B12 (from cyanocobalamin) .......... 2 mcg
- Vitamin B12 (from riboflavin 5’-phosphate, sodium) ...... 5 mcg
- Inositol ................................................ 150 mg
- Vitamin B6 (from pyridoxine 5’-phosphate, calcium) ...... 3 mcg
- Folate (from L-5-MTHF, calcium) .................. 100 mcg
- Vitamin B12 (methylcobalamin) .................. 10 mcg
- Biotin ................................................ 50 mcg
- Vitamin C (ascorbic acid) .................. 100 mg
- Riboflavin ........................................ 400 mcg
- Thiamine .......................................... 1 mg
- Magnesium (from magnesium glycinate) ............... 100 mg
- Zinc (from zinc oxide) .................. 12 mg
- Copper (from copper oxide) .................. 1 mg
- Copper (from copper (II) sulfate) ............... 1 mg
- Magnesium (from magnesium sulfate) ............... 12 mg
- Zinc (from zinc sulfate) .................. 1 mg
- Iodine (from Kelp (Laminaria japonica)) .................. 3 mcg
- Elderberry Extract (Sambucus nigra) (54:1) ........... 29.3 mg
- L-theanine concentrate (equivalent to 1,875 mg dried herb)

**Other Ingredients:**
- Citric acid, natural mixed berry flavor, erythritol (certified organic), stevia rebaudiana extract, elderberry juice concentrate (certified organic)

**Dosage Form:** 180 g Powder (42 servings per container)

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**Pediatric Multi +**
Kid’s Multi-Vitamin/Mineral + With Certified Organic Elderberry

A comprehensive multi-vitamin/mineral formula to support healthy development of kids.

- Formulated with Active Forms of B-Vitamins (i.e. S5-MTHF, methylcobalamin, PSP, RSP).
- Inclusion of organic Elderberry extract & juice concentrate, zinc, and vitamin A to support the immune functions.
- Utilizes amino acid mineral chelates to ensure optimal absorption.

**Ingredients (per scoop):**
- Vitamin A (from retinyl palmitate) .................. 300 mcg
- Vitamin B12 (from cyanocobalamin) .......... 2 mcg
- Vitamin B12 (from cyanocobalamin) .......... 5 mcg
- Vitamin B6 (from pyridoxine 5’-phosphate, calcium) ...... 3 mcg
- Folate (from L-5-MTHF, calcium) .................. 100 mcg
- Vitamin B12 (methylcobalamin) .................. 10 mcg
- Biotin ................................................ 50 mcg
- Vitamin C (ascorbic acid) .................. 100 mg
- Riboflavin ........................................ 400 mcg
- Thiamine .......................................... 1 mg
- Magnesium (from magnesium glycinate) ............... 100 mg
- Zinc (from zinc oxide) .................. 12 mg
- Copper (from copper oxide) .................. 1 mg
- Copper (from copper (II) sulfate) ............... 1 mg
- Magnesium (from magnesium sulfate) ............... 12 mg
- Zinc (from zinc sulfate) .................. 1 mg
- Iodine (from Kelp (Laminaria japonica)) .................. 3 mcg
- Elderberry Extract (Sambucus nigra) (54:1) ........... 29.3 mg
- L-theanine concentrate (equivalent to 1,875 mg dried herb)

**Other Ingredients:**
- Citric acid, natural mixed berry flavor, erythritol (certified organic), stevia rebaudiana extract, elderberry juice concentrate (certified organic)

**Dosage Form:** 285 g Powder (90 servings per container)
Collagen Restore
Comprehensive Formula for Collagen Restoration and Protection

Collagen Restore is a comprehensive nutrient formula for collagen regeneration by providing the building blocks (amino acids), cofactors (vitamin and minerals), and protective (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.
- Bioiberiin Extract – shown to reduce age-spot formation and hyperpigmentation by slowing melanin-producing process.

Ingredients (per capsule):
- L-Proline .................................. 50 mg
- L-Proline .................................. 100 mg
- Glycine ................................... 120 mg
- Green Tea Extract 50:1 (Camellia sinensis) (50% GCG) .................................. 50 mg (leaf) (equivalent to 2,500 mg dried herb)
- Trans-Resveratrol (99%) from Resveratrol/picea (root) .................................. 15 mg
- Bioberry Extract 10:1 (Antioxidophyto ura ura) .................................. 15 mg (leaf) (equivalent to 150 mg dried herb)
- Grape Seed Extract 100:1 (Vitis vinifera) .................................. 20 mg (seed) (equivalent to 2,000 mg dried herb)
- Coenzyme Q10 (ubiquinone) .................................. 10 mg
- Vitamin A from vitamin A palmitate (170 mg MA) .................................. 2,500 IU
- Vitamin B1 (thiamine HCl) .................................. 2 mg
- Vitamin B2 (riboflavin) .................................. 2 mg
- Vitamin B6 (pyridoxine HCl) .................................. 2 mg
- Vitamin B12 (from calcium cobalt lactate) .................................. 75 mcg
- Biotin .................................. 25 mcg
- Nicotinate .................................. 5 mg
- Vitamin B3 (from niacinamide) .................................. 10 mg
- Vitamin B2 (from riboflavin) .................................. 10 mg
- Vitamin C (from ascorbic acid) .................................. 50 mg
- Zinc (from zinc gluconate) .................................. 3 mg
- Silica (from horsetail) .................................. 800 mcg
- MSM (Methylsulfonylmethane) .................................. 50 mg
- L-Agen (12% DHA®) (Schizochytrium sp.) .................................. 10 mg
- Lutein (FloraGLO®) (Isolate from Tappeti elegans) .................................. 750 mcg
- Mixed tocopherol concentrate .................................. 15 mg
- Life’s DNA® and FloraGLO® are registered trademarks of DSM

Other Ingredients: Silicon dioxide, L-lysine, hypromellose (capsule)

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

Melatonin helps to reset the body’s circadian rhythm and support 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 support peri-menopausal transitions via its modulating action on the HPO-axis.

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

**Dosage Form:** 84 Vegetarian Capsules

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**Melatonin-5**
**USP-Grade Melatonin 5 mg**

Melatonin helps to reset the body’s circadian rhythm and support 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 support peri-menopausal transitions via its modulating action on the HPO-axis.

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

**Dosage Form:** 84 Vegetarian Capsules

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**Resolaxin**
**Eases Stress and Promotes Relaxation without Sedative Effects**

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 to 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.
- 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):**
- Contains 6,160 mg Dried Herb Equivalent
- Chamomile Extract 6:1 (Matricaria chamomilla) .................. 240 mg
- (Flower) (1% apigenin) (equivalent to 1,540 mg dried herb)
- Lemon Balm Extract 5:1 (Melissa officinalis) ...................... 120 mg
- (Leaf) (2% rosmarinic acid) (equivalent to 600 mg dried herb)
- Wild Jujube Extract 18:1 (Ziziphus spinosa) ......... 220 mg
- (Seed) (equivalent to 1,260 mg dried herb)
- Passion Flower Extract 4:1 (Passiflora incarnata) 90 mg
- (Flower) (equivalent to 285 mg dried herb)
- L-Theanine (from Camellia sinensis) (leaf) 40 mg
- Magnesium (from magnesium citrate) 50 mg
- Vitamin B6 (from pyridoxine hydrochloride) 30 mg
- Other Ingredients:
- Hypromellose (capsule)

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

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**SJV 450**
**USP-Grade St. John’s Wort Extract**

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 anti-depressants 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
- (aerial parts, flower) (0.2% hypericin & 2% hyperforin) (equivalent to 3,150 mg of dried herb)
- Other Ingredients:
- Microcrystalline cellulose, L-ascorbic, hypromellose (capsule)

**Dosage Form:** 56 Vegetarian Capsules

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*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 the American Academy of Sleep Medicine (AASM) identified significant variability of melatonin content, and more disturbingly, the presence of serotonin contamination in commercially available products. AASM recommends that consumers look for "USP grade" when choosing melatonin products.

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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 (S JW). 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.
**Thyroade**
Support healthy thyroid function

Thyroade® is a combination of herbs, vitamins and minerals formulated to support thyroid function through multiple mechanisms.

- Provides essential nutrients - iodine, L-tyrosine, vitamin A, B6, folic acid, and selenium - for thyroid hormone synthesis.
- Contains Astragalus 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.

**OptiFort**
Synergistic support to improve vision health

OptiFort is a synergistic formula specifically designed to improve vision health and support multiple eyesight functions.

- Contains patented free-form lutein and zeaxanthin - the only two antioxidants in eyes to help neutralize free radicals generated from UV and blue light.
- Only free-form lutein has higher bioavailability than the ester form lutein.
- Laboratory certified Vaccinium myrtillus contains 36% anthocyanosides that have been shown to support night vision via re-synthesis of rhodopsin in rod cells, modulation of retinal enzyme activity, and improvement of micromacular.

**Prostaxin**
Herbal Prostate Support

Prostaxin is a comprehensive herbal remedy to support and relieve 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 irritant symptoms including frequent nocturia, incomplete bladder emptying, abdominal straining, weak urinary stream, and intermittency caused by BPH.

**UTI-X**
Support Urinary Tract Health

UTI-X is a unique formula that specifically targets the urinary system to help support the lining integrity of the urinary tract.

- Includes highly concentrated cranberry juice and Hibiscus flower extract, which contains anti-microbial polyphenols and organic acids shown to inhibit epithelial bacteria.
- Contains D-mannose, a non-caloric sugar capable of inhibiting the adhesion of bacteria like E. coli to the bladder wall.
- Can be used in conjunction with regular antibiotics for urinary tract infection.

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**Ingredients**

**OptiFort**

Ingredients (per capsule):

- Bilberry Extract (Vaccinium myrtillus) (fruit) ............ 80 mg
- Lutein (FloralGD®) (free form) (from Tagetes erecta) ....... 60 mg
- Vitamin E (20:1 mixed tocopherols) (from d-alpha tocopheryl acetate) ... 30 IU
- Zinc (from zinc gluconate) ........................................ 5 mg
- DMSO® is a registered trademark of DSM.

**OptiFort**

Ingredients (per capsule):

- FloraGLO® (from Zeaxanthin, equivalent to 6 mg of lutein)
- Bilberry Extract (Vaccinium myrtillus) (fruit) ............ 80 mg
- Lutein (FloralGD®) (free form) (from Tagetes erecta) ....... 60 mg
- Vitamin E (20:1 mixed tocopherols) (from d-alpha tocopheryl acetate) ... 30 IU
- Zinc (from zinc gluconate) ........................................ 5 mg
- DMSO® is a registered trademark of DSM.

**Thyroade**

Ingredients (per capsule):

- Astragalus extract 6:1 (Astragalus membranaceus) ........ 200 mg
- L-Tyrosine ................................................................. 125 mg
- Forskohlii extract 62.5:1 (Forskohlii barbatus) ............ 50 mg
- Zinc (from zinc gluconate) ........................................ 8 mg
- Iodine (from Lemnaria spp.) ........................................ 150 mcg
- Selenium (from sodium selenite) ............................... 150 mcg

**Other Ingredients:**

- Certified organic apple fiber, silicon dioxide, L-lysine, hypromellose (capsule)

**Suggested Use:**

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

**Dosage Form:** 60 Vegetarian Capsules

**Prostaxin**

Ingredients:

- Saw Palmetto Extract 6:1 (Serenoa repens) .............. 210 mg
- Pygeum Bark Extract 50:1 (Prunus africana) ............ 5 mg
- Rosemary Extract 6:1 (Rosmarinus officinalis) (leaf) .... 30 mg
- D-mannose (equivalent to 300 mg dried herb) ....... 10 IU
- Other Ingredients:
  - Silicone dioxide, L-lysine, hypromellose (capsule)
  - Suggested Use:
    - Adults - Take 3 capsules per day. Take with food to minimize gastric disturbance, or as directed by a healthcare practitioner.

**Dosage Form:** 84 Vegetarian Capsules

**UTI-X**

Ingredients:

- Hibiscus Extract 12:1 (Hibiscus sabdariffa) ............. 175 mg
- Cranberry Juice Concentrate 20:1 (Prunus africana) .... 100 mg
- D-mannose ................................................................. 75 mg

**Other Ingredients:**

- Silicone dioxide, L-lysine, hypromellose (capsule)

**Suggested Use:**

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

**Dosage Form:** 60 Vegetarian Capsules
**Bio-Active Multiplex**

**Multiplex Vitamin Formula with Active B-vitamins, Phyttonutrients & Antioxidants**

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

- Contains all 8 B-vitamins in Active Forms to provide optimal support to the body’s methylation.
- Contains EGCQ, 100% free-form lutein, OPCs, rosemary, NAC, quercetin, bioflavonoids, R-alpha-lipoic acid (active form) and CoQ10, to strengthen cells’ structural integrity and help neutralize free radicals.
- Minimalized non-medicated ingredients - only requires 2 capsules to reach recommended daily dosage.

**Dosage Form:** 120 Vegetarian Capsules

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**Bio-Active Mineroplex**

**Essential Multi-Mineral Formula with Shilajit Extract**

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 energy levels.
- 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 antioxidant activities, immunomodulatory effects, and to support mitochondrial energy production.
- Shilajit has also shown to restore serum testosterone levels and support sperm count and quality.

**Dosage Form:** 112 Vegetarian Capsules

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**Bio-B Complete**

**Balanced Formulation of B-vitamins and lipotrophic agents for energy support**

Bio-B Complete is a combination of all essential B-vitamins and lipotropic 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.

**Dosage Form:** 84 Vegetarian Capsules

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**Bio-Active Multiplex** without Iron & Copper

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

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**Ingredients (per capsule):**

- Calcium (from calcium citrate) .......................................................... 30 mg
- Chromium (from chromium picolinate glycinate) .......................... 100 mcg
- Copper (from copper glycinate) ......................................................... 10 mcg
- Iodine (from Kelp) ................................................................. 150 mcg
- Iron (from ferrous glycinate) ......................................................... 60 mg
- Iodine (from Laminaria spp.) ......................................................... 15 mcg
- Iodine (from Laminaria spp.) ......................................................... 15 mcg
- Magnesium (from magnesium glycinate) ....................................... 15 mg
- Molybdenum (from molybdenum glycinate) ............................... 50 mcg
- Potassium (from potassium citrate) ............................................. 15 mg
- Selenium (from selenite) .............................................................. 50 mcg
- Zinc (from zinc glycinate) ............................................................ 10 mcg
- L-Leucine, hyromellose (capsule) .................................................. 15 mg

**Other Ingredients:**

- L-leucine, hyromellose (capsule)
- Suggested Use: Adults - Take 2 capsules daily, or as directed by your health care practitioner.

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**Ingredients (per capsule):**

- Calcium (from calcium citrate) .......................................................... 30 mg
- Chromium (from chromium picolinate glycinate) .......................... 100 mcg
- Copper (from copper glycinate) ......................................................... 10 mcg
- Iodine (from Kelp) ................................................................. 150 mcg
- Iron (from ferrous glycinate) ......................................................... 60 mg
- Iodine (from Laminaria spp.) ......................................................... 15 mcg
- Iodine (from Laminaria spp.) ......................................................... 15 mcg
- Magnesium (from magnesium glycinate) ....................................... 15 mg
- Molybdenum (from molybdenum glycinate) ............................... 50 mcg
- Potassium (from potassium citrate) ............................................. 15 mg
- Selenium (from selenite) .............................................................. 50 mcg
- Zinc (from zinc glycinate) ............................................................ 10 mcg
- L-Leucine, hyromellose (capsule) .................................................. 15 mg

**Other Ingredients:**

- L-leucine, hyromellose (capsule)
- Suggested Use: Adults - Take 2 capsules daily, or as directed by your health care practitioner.
Bio-B5 Forte

B5-focused complex to restore body's energy and support the adrenals

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

- Panthenic 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.
- 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) ........................................ 30 mg
- Vitamin B3 .................................................................................................................. 30 mg
- Vitamin B5 (from calcium pantothenate) ................................................................. 50 mg
- Vitamin B6 (from pyridoxine HCl & pyridoxyl-5-phosphate) ................................. 20 mg
- Vitamin B12 (as methylcobalamin) ........................................................................... 15 mcg
- Biotin ............................................................................................................................ 100 mcg
- Folic acid (as folic acid & Ca 5-MTHF) ...................................................................... 200 mcg
- Choline (from choline bitartrate) .............................................................................. 45 mg
- Inositol ......................................................................................................................... 15 mg

**Other Ingredients:**
- Microcrystalline cellulose, L-leucine, silicon dioxide, hypromellose (capsule)

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

**Dosage Form:** 84 Vegetarian Capsules

Bio-B6 Forte

B6-focused complex to support the nervous system

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 B6, B9, and B12 to enhance bioavailability.
- Ideal dosage ratio of vitamin B6, B9 (folate), and B12 to help reduce serum homocysteine levels and support cardiovascular health.
- 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) ........................................ 25 mg
- Vitamin B3 .................................................................................................................. 25 mg
- Vitamin B5 (as nicotinamide & B3) ............................................................................ 25 mg
- Vitamin B6 (from Ca d-pantothenate) ....................................................................... 50 mg
- Vitamin B12 (as methylcobalamin) ........................................................................... 150 mcg
- Biotin ............................................................................................................................ 300 mcg
- Folic acid (as folic acid & Ca 5-MTHF) ...................................................................... 800 mcg
- Choline (from choline bitartrate) .............................................................................. 45 mg
- Inositol ......................................................................................................................... 15 mg

**Other Ingredients:**
- L-leucine, silicon dioxide, hypromellose (capsule)

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

**Dosage Form:** 84 Vegetarian Capsules

Bio-C

Buffered vitamin C with mixed bioflavonoids

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 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 (ascorbic acid) .......................................................................................... 900 mg

**Other Ingredients:**
- Citrus bioflavonoids, calcium carbonate, magnesium carbonate, potassium citrate, silicon dioxide, L-leucine, hypromellose (capsule)

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

**Dosage Form:** 120 Vegetarian Capsules

C-Nergy with D-Ribose

Energy & Recovery Support for Sport Performance

High-dose vitamin C + Active B-Vitamins + Electrolytes + D-Ribose + Immune Tonic Elderberry (Certified Organic)

- Features high dose vitamin C as antioxidant, immune system and tissue-repair support
- Synergized with active B-vitamins and essential minerals/electrolytes to support body’s metabolism
- Taurine & D-Ribose for energy and cardiovascular support
- Elderberry juice concentrate, vitamin A & zinc to support immune function

**Ingredients (per serving):**
- Vitamin C (ascorbic acid) ........................................................................................................ 1,000 mg
- Vitamin B5 (calcichelodion) ......................................................................................... 2.5 mg
- Vitamin E (d-alpha tocopheryl acetate) ............................................................................. 12 mcg
- Vitamin B12 (from thiamine hydrochloride) ................................................................. 0.5 mcg
- Vitamin B2 (from riboflavin & riboflavin-5-phosphate sodium) ................................... 0.5 mg
- Niacinamide .................................................................................................................... 5 mg
- Vitamin B6 (from pyridoxine HCl calcium) ................................................................. 10 mg
- Folic acid (from calcium L-5-MTHF) ............................................................................. 50 mcg
- Vitamin B2 (methylcobalamin) ..................................................................................... 50 mcg
- Biotin ................................................................................................................................. 10 mcg
- Vitamin B8 (from calcium d-pantothenate) .................................................................. 10 mg
- Calcium (from calcium bicarbonate) ........................................................................... 50 mg
- Iodine (from potassium iodate) ..................................................................................... 45 mcg
- Magnesium (from magnesium bicarbonate) ............................................................... 80 mg
- Zinc (from zinc glutamate) ........................................................................................... 5 mg
- Selenium (from selenelium glutinate) ........................................................................... 50 mcg
- Manganese (from manganese bicarbonate) ................................................................. 500 mcg
- Chromium (from chromium niacinomate gluconate) ................................................... 50 mcg
- Molybdenum (from molybdenum glycinate) ................................................................. 500 mcg
- Sodium (from sodium bicarbonate) ............................................................................. 145 mg
- Potassium (from potassium citrate and bicarbonate) .................................................. 200 mg
- Alpha-Lipoic Acid ........................................................................................................ 20 mg
- Mixed Carotenoids ....................................................................................................... 300 mg
- L-lysine .......................................................................................................................... 1,200 mg
- L-cysteine (as L-cysteine) ............................................................................................ 60 mg
- Taurine ............................................................................................................................ 200 mg
- Glycine .......................................................................................................................... 200 mg
- L-Lysine (from L-lysine hydrochloride) ....................................................................... 15 mg
- L-Leucine ....................................................................................................................... 15 mg
- L-Cysteine ...................................................................................................................... 15 mg
- Elderberry Juice Concentrate (5:1) (Certified Organic) .................................................. 2,400 mg
- Seabuckthorn nigra subsp. s. exaltata (equivalent to 12 g fresh fruit) D-Ribose .......................... 2,500 mg

**Other Ingredients:**
- Natural mixed berry flavour, Stevia extract, aspartame (certified organic), citric acid, reconstituted cellulose

**Suggested Use:**
- Adults - take 1 scoop, 1-2 times per day, or as directed by a healthcare practitioner.

**Dosage Form:** 340 g Powder (30 servings per container)
**Liqui-D3**  
Liquid vitamin D3 (1,000 IU/drop)

Vitamin D3 is known for its function in:
- increasing calcium absorption in the gut.
- Modulating serotonin synthesis and release to support mental health.
- Supporting immune function & metabolism

**Key Features:**
- Utilizes pure crystalline vitamin D3 as our starting material minimizing unnecessary non-medicinal ingredients.
- Uses 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) ................................. 2,000 IU

**Other Ingredients:**
- Medium chain triglycerides (MCT), natural berry 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 LiquiD3 (2,100 servings)

**Lamiodine 800**  
Iodine from Organic Wildcrafted Kelp

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

**Other Ingredients:**
- L-leucine, microcrystalline cellulose, silicon dioxide, hypromellose (capsule)

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

**Dosage Form:** 112 Vegetarian Capsules

**Vitamin A plus Zinc**  
Support Skin & Eye Health and Immune Function

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 (3,000 mcg RAE) (from vitamin A palmitate) . . . . . 10,000 IU
- Zinc (from zinc gluconate) .................................................. 25 mg

**Other Ingredients:**
- Microcrystalline cellulose, silicon dioxide, L-leucine, hypromellose (capsule)

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

**Dosage Form:** 112 Vegetarian Capsules
Estrolief  
Support Steroid Hormone Detoxification

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 "anahgestic effect" to reduce the harmful estrogenic effect of 4-OH & 16-OH estrogens by occupying the receptors while alleviating menopausal symptoms.
- D-glucurate 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 support steroid hormone detoxification (ie. methylation, transamination).

Ingredients (per capsule):
- 3’,3’-Oxidized Almonds (DOA) ............................. 54 mg
- Calcium diglycinate ........................................... 215 mg
- Flax Extract (Linum usitatissimum) (seed) ......... 100 mg (30% Selenium content as digluconate)
- 5-Methyltetrahydrofolate (from Ca-5-MTHF) .......... 350 mcg
- Vitamin B6 (pyridoxine HC1 & pyridoxine-5-phosphate) ... 35 mcg
- Vitamin B12 (methylcobalamin) ....................... 250 mcg

Other Ingredients:
- Silicon dioxide, L-leucine, hypromelloses (capsule)

Suggested Use:
Adults – Take 1 capsule once or as directed by a health care practitioner. Consult a health care practitioner for use beyond 1 month.

Dosage Form: 84 Vegetarian Capsules

Melatonin-10  
High Dose USP-Grade Melatonin

Melatonin-10 helps to reset the body’s circadian rhythm and support 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 support peri-menopausal transitions via its modulating action on the HP0-axis.

Ingredients (per capsule):
Melatonin (USP grade) (vegetarian source) ................. 10 mg

Other Ingredients:
- Microcrystalline cellulose, L-leucine, hypromelloses (capsule)

Suggested Use:
Adults: for insomnia, take 1 capsule before bed.
Cancer Adjunct Therapy: take 2-4 capsules before bed. (Consult with health care practitioner)

Dosage Form: 84 Vegetarian Capsules

Oxyheme  
Support hemoglobin production and integrity

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

- Contains iron in amino acid chelated form, providing MFP factor-like effect for better bioavailability and G1 tolerance.
- Folic acid and vitamin B12 to support hemoglobin production and integrity.
- Red beet juice extract is used for blood deficiency in traditional Ayurvedic and Chinese Medicine.

Ingredients (per capsule):
- Iron (from ferrous bisglycinate) (Ferrsch®) ................ 12.5 mg
- Vitamin B12 (methylcobalamin) ......................... 300 mcg
- Vitamin C (as ascorbic acid) ............................. 40 mg
- Vitamin E (12 mg AT5) (from d-alpha tocopheryl acetate) ........ 10 mg
- Beet Juice Concentrate 20:1 (Beta vulgaris) (root) ....... 200 mg (equivalent to 2,000 mg of beet juice)

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

Dosage Form: 56 Vegetarian Capsules

Oxyheme Intensive  
Intensive support for hemoglobin production and integrity

Oxyheme® Intensive is the fortified version of Oxyheme® 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 G1 tolerance.
- Active folate, vitamin B6 and vitamin B12 to support hemoglobin production and integrity.
- Red beet juice extract is used for blood deficiency in traditional Ayurvedic and Chinese Medicine.

Ingredients (per capsule):
- Iron (from ferrous bisglycinate) (Ferrsch®) .......... 22.5 mg
- Vitamin B6 (as pyridoxal-5-phosphate) .............. 0.5 mg
- Vitamin B12 (as methylcobalamin) ................. 100 mcg
- 5-Methyltetrahydrofolate (from Ca-5-MTHF) ........ 110 mcg
- Vitamin C (as ascorbic acid) .......................... 100 mg
- Vitamin E (12 mg AT5) (from d-alpha tocopheryl acetate) .... 18 mg
- Beet Juice Concentrate 20:1 (Beta vulgaris) (root) .... 200 mg (equivalent to 4,000 mg of beet juice)

Suggested Use:
Adults - Take 1 capsule, 1-2 times per day, or as recommended by your health care practitioner.
Children & Adolescents (12-18 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

TO PRODUCT SEARCH
www.vitaaid.com
Full Fax: 1-800-490-1738

TO INGREDIENT INDEX
www.vitaaid.com
Full Fax: 1-800-490-1738
Perinatal Multi+
Comprehensive Multi with Probiotic For Perinatal & Breastfeeding Support

Perinatal Multi+ is a comprehensive multi-formula for women planning to get pregnant, during pregnancy, and breastfeeding. It provides essential vitamins and minerals, plus probiotics L. rhamnosus (HN003) 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 (e.g. 5-MTHF [800 mcg/day], methylcobalamin, P5P, RSP).
• Perinatal supplementation of L. rhamnosus HN003 has been clinically shown to support healthy blood sugar metabolism during gestation and healthy immune functions of newborns.
• 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 Form: 112 Vegetarian Capsules

Vitex 2000
Herbal Progesterone Support

• Highly concentrated (12:1) Vitex castus-agnus formula with each capsule equivalent to 2000 mg of dried herb.
• Support progesterone levels in peri-menopause, menopause and reproductive years.

Ingredients (per capsule):
Chaste Tree Berry Extract 12:1 (Vitex agnus-agnus) .................. 165.7 mg (fruit) (5% flavonoids) (equivalent to 2,000 mg dried herb)
Other Ingredients: Certified organic apple fiber, silicon dioxide, L-leucine, 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
Femalance
Augmented Rambling Pills / Jia Wei Xiao Yao Wan

Soothes the Liver and Relieves Qi Stagnation
Strengthens the Spleen
Nourishes the Blood
Calms 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 thickened blood coating, often times in the middle or the reare 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.

Reference

Ingredients (per capsule):
Jia Wei Xiao Yao Wan Extract 8:1

- (equivalent to 3.2 g of dried crude ingredients)

- Contains:
  - Zhi Zi (aulacocarpus venenosa) (root) 40.2 mg
  - Mu Dan Pi (Angelica sinensis) (root) 40.2 mg
  - Bai Shao (Paeonia lactiflora) (root) 40.2 mg
  - Cang Zhu (Atractylodes lancea) (rhizome) 40.2 mg
  - Fu Ling (Poria cocos) (sclerotium) 40.2 mg
  - Gan Cao (Glycyrrhiza uralensis) (root & rhizome) 32.1 mg
  - Mu Dan Pi (Shaoxing suffruticosus) (root bark) 30.3 mg
  - Zhi Zi (Gardenia jasminoides) (fruit) 60.3 mg
  - Bai He (Iridestem baccatum) (aerial part) 8.0 mg
  - Zhi Xian (Digitaria viridis) (rhizome) (rhizome) (rhizome) 13.4 mg

Other Ingredients:
Certified organic apple fiber, hypromellose (capsule)

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

Dosage Form: 112 Vegetarian Capsules

Harmovex
Emperor of Heaven’s Heart Tonifying Pills / Tian Wang Bu Xin Wan

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.
• Mal-nourishment due to Blood deficiency - Signs & Symptoms: lassitude.
• Yin-deficient/fire consuming fluids - Signs & Symptoms: dry stools.
• Yin-deficient/fire rising - Signs & Symptoms: tongue ulcerations.
• Tongue Appearance: red tonge 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 modern daily rhythms. Di Huang also nourishes Kidney yin 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 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, neuroanxiety, mental instability, ADHD, impotence, and hepatitis.

Ingredients (per capsule):
Tian Wang Bu Xin Wan extract 8:1

- (equivalent to 3.8 g of dried crude ingredients)

- Contains:
  - Dan Shen (Sakali miobringa) (root, rhizome) 34.5 mg
  - Dang Gui (Angelica sinensis) (root) 24.7 mg
  - Shi Chang Pu (Azorix japonica) (rhizome) 24.7 mg
  - Dang Shen (Codonopsis lancea) (root) 32.1 mg
  - Fu Ling (Poria cocos) (sclerotium) 32.1 mg
  - Wu Wei Zi (Schisandra chinensis) (fruit) 24.7 mg
  - Mai Men Dong (Coptis japonica) (root) 24.7 mg
  - Tian Men Dong (Aranopsis ochracea) (root) 24.7 mg
  - Di Huang (Rehmannia glutinosa) (root) 98.0 mg
  - Xuan Shen (Scrophularia ningprofus) (root) 24.7 mg
  - Yuan Zhi (Polygonatum tuber) (root) 12.3 mg
  - Zhi Bai Ren (Ziziphus spinosus) (seed) 24.7 mg
  - Bai Zi Ren (Platycodon orientalis) (kernel) 24.7 mg
  - Jie Geng (Platycodon grandiflorum) (root) 12.3 mg
  - Gan Cao (Glycyrrhiza uralensis) (root, rhizome) 32.3 mg

Other Ingredients:
Certified organic apple fiber, 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
Hemotonin
Four Substance Pills / Si Wu Wan
Tonifies the Blood and Regulates the Liver
Supports Blood Deficiency and Regulates Menstruation

Clinical Manifestations
• Blood Deficiency in General - Signs & Symptoms: pale face, lips, nails, 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 palpatations 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, lumbar, sciatica, polyarthritides of the shoulder, dermatitis, psoriasis, urticaria, and allergic rhinitis.1,2,3

Ingredients (per capsule):
Si Wu Wan Extract B1: 2.5 g (equivalent to 3.75 g of dried crude ingredients)

• 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

Other Ingredients:
Certified organic apple fiber, 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

Spirityang
Eight-Ingredient Pill with Rehmannia / Ba Wei Di Huang Wan
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

Spirityang (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 Spirityang (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-tonifying properties.

The chief herb in Spirityang is Shu Di Huang, which is included to tonify Kidney yin and yin essence. Two of the deputy herbs — Shu Di Huang and Rou Gui — are to tonify Kidney & Liver yin and the Kidney & Spleen, respectively.

The other two deputies are Rou Gui (Cinnamon 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 greedy nature of the yin tonic herbs from obstructing the qi flow, Zhi 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.

• Gout/arthritis: nephritis, nephroclerosis, chronic glomerulonephritis, urhotitis, renal tubulocarcinosis, proteinuria, anuria, urinary incontinence, nocturia, prostate disorders;

Dosage Form: 126 Vegetarian Capsules

Ingredients (per capsule):
Ba Wei Di Huang Wan Extract B1: 3.775 mg (equivalent to 2.7 g of dried crude ingredients)

• Shu Di Huang (Rehmannia glutinosa) (prepared) (root) .......... 100 mg
• Shen Zhu Yu (Cornus officinalis) (fruit) .......................... 50 mg
• Shen Yan (Shosasena oppositifolia) (rhizome) .................. 50 mg
• Fu Ling (Polyporus sclerotium) (stolon) .................. 37.5 mg
• Ma Dan Pi (Phausia suffruticosa) (root bark) .................. 37.5 mg
• Zhi Xie (Allophylus pterocarpus subsp. orientalis) .................. 37.5 mg
• Rou Gui (Cinnamomum aromaticum) (branch bark) ........ 12.5 mg
• Fu Zi (Curcuma longa) (prepared) (root) .................. 12.5 mg

Other Ingredients:
Certified organic apple fiber, hypromellose (capsule)

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

Reference

TO PRODUCT SEARCH
TO INGREDIENT INDEX

56

TCM Formulas

57

TCM Formulas

www.vitaaid.com
Full Site: 1-800-450-1738

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**Spirityn**
Six-Ingredient Pill with Rehmannia / Liu Wei Di Huang Wan

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**
Spirityn (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 Liver, Kidney, and Spleen.

Ze Xie calms the kidney, the turndish, and the kidney, and stabilizes the qi. Di Huang tonifies the Spleen to resolve dampness and harmonizes Shao Yao.

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

1. 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 B: .......................... 300 mg (equivalent to 2.4 g of dried crude ingredients) Containing: 
  - Di Huang (Rehmannia glutinosa) (root) ............... 56 mg
  - Zhi Hua (Citrus reticulata) (fruit) .................. 48 mg
  - Mu Dan Pi (Paeonia suffruticosa) (bark) .......... 18 mg
  - Shen Nai (Zizyphus spina-christi) (rhizome) .. 48 mg
  - Fu Ling (Poria cocos) (sclerotium) ............ 36 mg
  - Ze Xie (Allium orientale) (rhizome) .......... 18 mg

Other Ingredients: Certified organic apple fiber, L-lysine, hypromellose (capsule)

**Dosage Form:** 12 Vegetarian Capsules

**Reference**

**Ventorrid**
Minor Bupleurum Pills / Xiao Chai Hu Wan

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 insufficiency causes 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 yang (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, reflux esophagitis, gastritis, gallbladder, constipation, Meniere's syndrome, diziness, seizures, migraine, anger, depression, chronic fatigue syndrome, morning sickness, postpartum infection/ fever, dysmenorrhea, PMS, and malaria. 1,2,3

**Ingredients (per capsule):**
- Xiao Chai Hu Wan Extract B: .......................... 415 mg (equivalent to 3.7 g of dried crude ingredients) Containing: 
  - Chai Hu (Bupleuri chinensis) (root) ............ 140.9 mg
  - Huang Qin (Scutellaria baicalensis) (root) ....... 52.8 mg
  - Ban Xia (Aconitum tataricum) (roots) .......... 52.8 mg
  - Dang Shen (Codonopsis pilosula) (tuber) ...... 52.8 mg
  - Sheng Jiang (Zingiber officinale) (rhizome) . 52.8 mg
  - Gan Cao ( Glycyrrhiza uralensis) (roots) ...... 52.8 mg
  - Da Zao (Jujubae fructus) (fruit) .............. 52.8 mg

Other Ingredients: Certified organic apple fiber, hypromellose (capsule)

**Dosage Form:** 12 Vegetarian Capsules

**Reference**
### Vitamin A
- Bio-Active Multiplex
- Bio-A + Zinc

### Vitamin B1
- Bio-Active Multiplex
- Bio-B6 Forte
- Bio-B6 Complete
- C-Nergy
- Collagen Restore
- Elemental Nutrition
- Keto-Essential Nutrition
- Methyl-Aide
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Xendosil

### Vitamin B2
- Bio-Active Multiplex
- Bio-B2 Forte
- Bio-B2 Complete
- C-Nergy
- Collagen Restore
- Elemental Nutrition
- Keto-Essential Nutrition
- Methyl-Aide
- Pediatric Multi+
- Perinatal Multi
- Proline
- Resolaxin
- SynerClear
- Thyl-Aide
- Xendosil

### Vitamin B3
- Bio-Active Multiplex
- Bio-B5 Forte
- Bio-B5 Complete
- C-Nergy
- Collagen Restore
- Elemental Nutrition
- Keto-Essential Nutrition
- Methyl-Aide
- Modium
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Xendosil

### Vitamin B5
- Adenergize
- Adenergize B5
- Bio-Active Multiplex
- Bio-B5 Forte
- Bio-B5 Complete
- C-Nergy
- Collagen Restore
- Elemental Nutrition
- Keto-Essential Nutrition
- Methyl-Aide
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Xendosil

### Vitamin B6
- Bio-Active Multiplex
- Bio-B6 Forte
- Bio-B6 Complete
- C-Nergy
- Collagen Restore
- Elemental Nutrition
- Estrofuel
- Keto-Essential Nutrition
- Methyl-Aide
- Neuroin
- Ougheme Intensive
- Pediatric Multi+
- Perinatal Multi
- Proline
- Resolaxin
- SynerClear
- Thyl-Aide
- Xendosil

### Vitamin B12
- Bio-Active Multiplex
- Bio-B12 Forte
- Bio-B12 Complete
- C-Nergy
- Collagen Restore
- Elemental Nutrition
- Estrofuel
- Keto-Essential Nutrition
- Methyl-Aide
- Modium
- Neuroin
- Ougheme Intensive
- Pediatric Multi+
- Perinatal Multi
- Proline
- SynerClear
- Xendosil

### Vitamin C
- Bio-Active Multiplex
- Bio-C
- C-Nergy
- Cofibrations
- Collagen Restore
- Elemental Nutrition
- Keto-Essential Nutrition
- L-Glutamine Plus
- Modium
- MD-7+D5
- Osi-Matrix
- OptiFort
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Xendosil

### Vitamin D3
- Bio-Active Multiplex
- C-Nergy
- Elemental Nutrition
- Keto-Essential Nutrition
- Liquid-D3
- Modium
- MD-7+D5
- Osi-Matrix
- OptiFort
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Xendosil

### Vitamin E
- Angelesain
- C-Nergy
- Elemental Nutrition
- Keto-Essential Nutrition
- L-Glutanine Plus
- L-Glutamine
- MD-7
- Osi-Matrix
- OptiFort
- Pediatric Multi+
- Perinatal Multi
- Prostain
- Resolaxin
- SynerClear
- Thyl-Aide
- Xendosil

### Vitamin K2
- Bio-Active Multiplex
- Elemental Nutrition
- Keto-Essential Nutrition
- MD-7
- MD-7+D5
- Osi-Matrix
- OptiFort
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Xendosil

### Wild Jujube
- Resolaxin

### Zinc
- Bio-Active Mineroplex
- Bio-Active Multiplex
- C-Nergy
- Cofibrations
- Collagen Restore
- Elemental Nutrition
- Keto-Essential Nutrition
- Methyl-Aide
- Modium
- Osi-Matrix
- OptiFort
- Pediatric Multi+
- Perinatal Multi
- SynerClear
- Thyl-Aide
- Xendosil
- Zinco bioactive

### L-Carnosine (polaprezinc)
- GI Restore
- GI Restore Sf

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**Bio-B5 F**

**Bio-Active**

**Vitamin B2**

**Vitamin C**

**Vitamin D3**

**Vitamin E**

**Vitamin K2**

**Wild Jujube**

**Zinc**

**L-Carnosine (polaprezinc)**

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**Bio-Active Multiplex**

**Bio-A + Zinc**

**Bio-B12 Forte**

**Bio-B12 Complete**

**Bio-B2 Forte**

**Bio-B2 Complete**

**Bio-B5 Forte**

**Bio-B5 Complete**

**Bio-C**

**C-Nergy**

**Cofibrations**

**Collagen Restore**

**Elemental Nutrition**

**Keto-Essential Nutrition**

**Methyl-Aide**

**Modium**

**Pediatric Multi+**

**Perinatal Multi**

**Proline**

**Resolaxin**

**SynerClear**

**Xendosil**