

It's What's Inside That Counts.

ZERO
Coatings

ZERO
Gluten

ZERO
Magnesium
Stearate

ZERO
Carrageenan

ZERO
Titanium
Dioxide

ZERO
Artificial
Colours





We develop nutritional supplements with a pure commitment to pure ingredients.



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Sustainable Goodness.

We are committed to a sustainable future, and that comes through not just in what we produce, but also in what we practice as a company. That's why we are constantly working to reduce our environmental footprint, with practices like decreasing the plastic wrapping on our bottles and eliminating hard-to-recycle and single-use plastic from our offices. **And we won't stop there.**

Learn more about our sustainability goals on page 12.

THE PURE DIFFERENCE IN FOOD SUPPLEMENTS

For more than 30 years, Pure Encapsulations® has produced hypoallergenic, research-based food supplements. Available through health professionals, pharmacies and specialty stores, our products are meticulously formulated using pure ingredients and designed to deliver predictable results, even for the most sensitive people.

Pure Encapsulations® offers you a wide selection of products that can be personalised to address a range of health functions and help you reach your wellness goals.



We take high standards seriously, which is why we're the most recommended professional supplement brand, ranked highest in quality and trust.¹ And the most dispensed professional supplement brand by functional medicine practitioners.²

Why Pure Encapsulations®?



Hypoallergenic Products



Trust in Manufacturing



Efficacy



FREE-FROM



Research-Based

¹ In the U.S., among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020, 2023; Kaiser Associates 2014.

² In the U.S., among practitioners and brands surveyed, the Institute for Functional Medicine® 2017

GOOD FROM START TO FINISH

What makes us different isn't just our process or what goes into our supplements — what we leave out matters, too.

Pure Encapsulations® products are **FREE FROM:**



Wheat, Soy*, Dairy*, Eggs



Tree Nuts, Peanuts & Sesame



Gluten



Magnesium Stearate



Carrageenan



Titanium Dioxide



Trans Fat & Hydrogenated Oils



Genetically Modified Organisms (GMOs)



Artificial Colours, Flavours & Sweeteners



Coatings & Shellacs



Unnecessary Binders, Fillers & Preservatives



* Except where labeled

HYPOALLERGENIC PRODUCTS

When developing our hypoallergenic products, we source only high-quality ingredients, evaluate research to ensure accurate and safe results, and undergo additional third-party laboratory testing to ensure product purity and potency.

Purity & Potency

All of our raw materials are tested for identity, potency, microbial contaminants, heavy metals, solvent residue and allergens. Herbal ingredients are also tested for different pesticide compounds and essential fatty acids and fish/krill oils are tested for oxidation markers and environmental contaminants, including PCBs and dioxins.

Our comprehensive allergen procedures allow us to confidently prevent ingredient cross-contamination. Formulas undergo stability studies to ensure potency throughout shelf life.

Certified Gluten-Free



Pure Encapsulations® products are certified gluten-free by the Gluten-Free Certification Organisation. The GFCO symbol is internationally recognised and trusted, signifying that a product meets the highest quality standards for gluten-free certification.

RESEARCH-BASED

Research-Based

Scientific research is a top priority for Pure Encapsulations®. Only those compounds whose potency and clinical value have been validated through science or research go into our formulas.

Clinical Trials

More than 30 product-specific clinical studies have been published in leading peer-reviewed journals and more than 20 ongoing studies. Recipients of the 2016 Nutrition Business Journal (NBJ) Award for Achievement in Science & Innovation.

Investment in Science

In addition to clinical trials we support better healthcare. Cleveland Clinic Center for Functional Medicine: four year, \$1 million dollar partnership, focused on clinical research, education, medical curriculum development, and policy change.

EFFICACY

Collaboration

Pure Encapsulations® products are formulated by nutritionists, PhDs and leading medical experts to provide strengths and dosing consistent with clinical experience and published research.

Optimal Ingredients

Ingredients are selected for levels of active compounds, bioavailability and the most biologically active forms.

Professional Choice

Pure Encapsulations® is the **most dispensed premium supplement brand** by health professionals in the Institute of Functional Medicine (IFM) Practitioner Survey,¹ ranking highest among those surveyed in **quality and trust** in Nutrition Business Journal® Practitioner & Consumer Surveys.²

Our products have regularly been voted **Best Food Supplements** by health professionals.³

TRUST IN MANUFACTURING

Superior Quality Control

All manufacturing takes place in temperature and dust-controlled rooms and each piece of equipment is completely dismantled, sanitized, and inspected before every production run. Trained machine operators inspect the capsules every 30 minutes, and quality assurance specialists run their own inspection every 60 to 90 minutes.

Exceed Standards

Pure Encapsulations® is GMP certified and exceeds the standards of the United States Pharmacopeia (USP) for supplement manufacturing.

At Pure Encapsulations®, we are:

- An FDA inspected facility
- NSF GMP Registered
- Certified gluten-free facility
- GMP Certified

¹ In the U.S., among practitioners and brands surveyed, Nutrition Business Journal® 2016, 2020, 2023.

² In the U.S., among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020, 2023; Kaiser Associates 2014.

³ In the U.K. and Ireland., as voted by health professionals, IH CAN Magazine © 2017; O.N.E. Multivitamin, 2018; Digestive Enzymes Ultra, 2019; Liver-G.I., 2020; Magnesium (glycinate), 2021; PureDefense, 2022; Cogni Active, 2023; Poly-ProFlora Powder, 2023.

EDUCATION

Professional Education

Pure Encapsulations® is dedicated to advancing the research and clinical applications of nutrition and functional medicine. Current research initiatives span the areas of metabolic, cardiovascular, gastrointestinal, nutrigenomic, neurological, cognitive health and more.



Learn about upcoming webinars, events and educational seminars



Stay current on the latest research



Download clinical resources and information



View our free video library

Sign up to our newsletter and log-in to our website for free-access to our learning centre and to stay at the forefront of professional education.

Online professional education available at pure-encapsulations.co.uk



Winner of the Best Education Series

¹In the U.K. and Ireland., winner of the Best Education Series, as voted by health professionals IHCAN Magazine 2021 and 2022



QUALITY ASSURANCE & TESTING

Our extensive Quality Assurance programme includes label transparency and rigorous ingredient sourcing.

We work to formulate products using optimal ingredient levels in premium forms. To deliver on our Pure Quality Process, we rely on 8 quality control checkpoints.

		QUALITY CONTROLS
Suppliers	1	Our suppliers undergo rigorous qualification procedures and audits. We selectively partner with trusted suppliers with high-quality standards that match our own.
Raw Materials	2	<ul style="list-style-type: none"> • Identity, Potency and Purity* • Herbals: 70 different pesticide compounds • Essential fatty acids and fish/krill oils: dioxins, furans, PCBs, and other agents.
Manufacturing	3	Machine operators inspect capsules every 15/20 mins to ensure they meet the requirements
	4	Quality assurance specialists inspect our capsules every 60 to 90 minutes.
Finished Products	5	Stored in temperature, humidity, and dust-controlled rooms
	6	All production lots are tested by accredited and cGMP compliant laboratories
	7	Monthly tests are completed to check no cross contamination occurs during production process
	8	Stability tests are completed to ensure products retain their quality until expiry date

GMO Policy

All Pure Encapsulations ingredients, including those derived from corn, are GMO-free. We require each of our suppliers the necessary certifications to guarantee this. Furthermore, for some nutrients we conduct Polymerase Chain Reaction (PCR) Tests to have further confirmation of the total absence of genetically modified organisms.

*Microbial contaminants, heavy metals (including mercury, arsenic, cadmium, and lead), 32 solvent residues, and allergens depending on risk

CLINICAL TRIALS

P Published Trial

Scientific research is a top priority for Pure Encapsulations®. We continuously invest in studying both our ingredients and finished products. Learn more about some of the ongoing and completed trials involving Pure Encapsulations® products below.*

PRODUCT	STUDY TITLE	INSTITUTION
Acetyl-L-Carnitine Alpha Lipoic Acid	A placebo-controlled trial of acetyl-L-carnitine and alpha-lipoic acid in bipolar depression	P Biological Psychiatry Laboratory, McLean Hospital, an affiliate of Harvard Medical School
Alpha Lipoic Acid R-Lipoic Acid	Comparing the gastrointestinal tolerability and absorption of racemic lipoic acid and R-lipoic acid in progressive multiple sclerosis: a cross-over trial	P MS Center of Oregon, Oregon Health & Science University
	Lipoic acid and multiple sclerosis	
Alpha Lipoic Acid	Lipoic acid and secondary progressive MS: A randomised controlled pilot trial	P
	Lipoic acid pharmacokinetics at baseline and 1 year in secondary progressive multiple sclerosis	P
	Evaluation of alpha lipoic acid and geographic atrophy in subjects with age-related macular degeneration	Perelman School of Medicine, University of Pennsylvania
CurcumaSorb Vitamin D ₃ O.N.E. Omega	Correlative analysis of the genomics of vitamin d, omega-3 fatty acid intake and turmeric curcumin in men managed with active surveillance	Cleveland Clinic
DHA Ultimate	Effect of DHA-rich fish oil on PPAR γ target genes related to lipid metabolism in type 2 diabetes: A randomised, double-blind, placebo-controlled clinical trial	P Tehran University of Medical Sciences, Iran
Magnesium Glycinate	Magnesium and blood pressure trial	Brigham and Women's Hospital, an affiliate of Harvard Medical School
Resveratrol	Anti-inflammatory, reactive oxygen species and extract of Polygonum cuspidatum containing resveratrol	P Division of Endocrinology, Diabetes and Metabolism, State University of New York at Buffalo, and Kaleida Health
	Polygonum cuspidatum containing resveratrol and inflammation in male professional basketball players	P Department of Clinical Nutrition, School of Nutrition and Dietetics, Tehran University of Medical Sciences, Tehran, Iran

CLINICAL TRIALS

P Published Trial

PRODUCT	STUDY TITLE	INSTITUTION
Resveratrol EXTRA Teavigo®	Combined epigallocatechin-3-gallate and resveratrol supplementation for 12 weeks increases mitochondrial capacity and fat oxidation, but not insulin sensitivity, in obese humans: an RCT	P
	Gut microbiota composition in relation to the metabolic response to 12-week combined polyphenol supplementation in overweight men and women	P Maastricht University, Maastricht, Netherlands
	Short-term supplementation with a specific combination of dietary polyphenols, energy expenditure and substrate metabolism in overweight subjects	P
Saccharomyces Boulardii	Effect of the probiotic Saccharomyces boulardii on cholesterol and lipoprotein particles in hypercholesterolemic adults: A single-arm, open-label pilot study	P National University of Natural Medicine, Portland, Oregon
Saw Palmetto	Saw palmetto and symptom management during radiation therapy	P Michigan State University
Vitamin D ₃	The effects of oral vitamin D ₃ on markers of immune system regulation: an RCT	P University of Aberdeen, Aberdeen, Scotland
	A randomised, comparative study of the effects of winter supplementation with ultraviolet light versus oral vitamin D to assess the effects on immune tolerance	
	Hip bone loss is attenuated with 25 mcg (1000 IU) but not 10 mcg (400 IU) daily vitamin D ₃ : a 1-year double-blind RCT in postmenopausal women	
	Vitamin D supplementation and endometrial receptivity in infertile women	University of Hong Kong

*Independent studies conducted by independent, academic researchers. Pure Encapsulations® has no influence on study results. Study titles are provided for informational purposes only and are not intended as product claims or to imply a positive outcome.

SUSTAINABILITY

We believe our health starts with the health of our planet. At Pure Encapsulations®, we maintain a high-level commitment to improving our sustainable footprint through ongoing efforts, such as eliminating single-use plastic items in our corporate offices and reduced the amount of plastic wrapping on our bottles. We also print our product catalogue on uncoated, recycled stock paper.

Through our efforts, we're proud to have saved nine tons of plastic just this year (in the United States).

Our bottles are currently made from PET, which is recyclable and has a significantly lower carbon footprint than glass packaging.¹ We have a current sustainability goal to be 100% recyclable by 2025.

From 2020 we sponsored the leading health care professional publications transition from plastic to potato compostable bags, saving over 500 kg of plastic.²



SOCIAL RESPONSIBILITY



As a leader in the health and nutrition field, Pure Encapsulations® strives to be socially responsible to the global community. To accomplish this, we have joined forces with SOS Children's Villages and Vitamin Angels, two worldwide nonprofit organisations that make a genuine difference for children and families every day.

SOS Children's Villages

SOS Children's Villages provides up to 10 children the opportunity to grow up in a stable family environment with an SOS mother. They are supported until they become independent young adults. Pure Encapsulations® recently funded construction of two new SOS houses for children in Pachacamac, Peru.

We continue to support them by providing living expenses for food, clothing, school supplies and medical care.



For more information, visit sos-usa.org.

Vitamin Angels

Established in 1994, Vitamin Angels is a 501(c)3 non-profit leading the fight against global malnutrition. They work to provide new mothers and children with lifesaving vitamins, thus reducing the chance of preventable illness, blindness, and death.

In 2016, this unique organisation served over 51 million children and mothers in over 55 countries, including the US and Canada.

Pure Encapsulations® actively donates funds to support Vitamin Angels' mission of reducing childhood mortality rates and creating a healthier world.



For more information, visit vitaminangels.org

¹ Gujba H., Azapagic A. (2011) Carbon Footprint of Beverage Packaging in the United Kingdom. In: Finkbeiner M. (eds) Towards Life Cycle Sustainability Management. Springer, Dordrecht.

² Integrative Healthcare and Applied Nutrition Magazine, 2023.

MEDICAL ADVISORY BOARD⁺

Pure Encapsulations® is proud to be grounded in science every step of the way. To help guide us on this journey, we have elected an extensive and experienced Medical Advisory Board.

Our Medical Advisory Board is a panel of licensed healthcare professionals and recognised experts in their fields. With their expertise and guidance, we can further our mission to formulate exclusive supplements and create educational tools that help support a wide range of specific health areas.



Nathan Morris, M.D.
Chief Medical Advisor



Paige Bourassa,
LAc.



Denise Furness,
Ph.D.



Felice L. Gersh,
M.D.



James Greenblatt,
M.D.



Penny Kendall-Reed,
N.D.



Carl Hangee-Bauer,
N.D., LAc.



Dr. Daniel Kalish,
D.C.



Izabella Wentz,
Pharm.D., FASCP



Terry Wingo,
R.Ph., FACA



Samuel F. Yanuck,
D.C., FACFN, FIAMA

⁺Our Medical Consultants are retained advisors to Pure Encapsulations®

LEGEND

We know it's what's on the inside that counts, and it shows right on our labels. Every ingredient we put into our products, even if it's just a trace amount, is listed on the label. And if there's an ingredient sourced from a possible allergen, we call that out too. When you see these icons, you can be confident that the product is manufactured and tested to be FREE FROM GMOs, dairy, gluten or soy allergens, and is vegetarian or vegan.



VEGETARIAN



SOY FREE



VEGAN



DAIRY FREE



GLUTEN FREE



TREE NUT, SESAME &
PEANUT FREE

CAPSULE SIZE GUIDE

Capsule Size¹ Size in millimeters



3 – 17mm 0 – 21mm
2 – 18mm 00 – 22mm
1 – 19mm

Softgel Size¹ Size in millimeters



3 – 17mm
22 – 26mm

¹ Shown at approx actual size ² Images may differ when viewed online

Better Health from Within

There's goodness in our DNA

Personalised nutrition matters — and PureGenomics® can help bring its benefits to your practice. We harness the science of nutrigenomics and the relationship between **genes, nutrition,** and **wellness** to develop strategies for optimal health, one patient at a time.

Enhance Your Practice With Simple, Reliable, Actionable Genomic Data From PureGenomics®



Let us focus on the science of nutrigenomics, so that you can focus on your patients

PureGenomics® is here to help support you at every step with:



Accessible & Applicable Insights

Our reports are easy to understand and actionable, so that you and your patients get the most from their genetic test results.



Scientific Credibility

PureGenomics® is based on science, and you can be confident that you are receiving clinically relevant and scientifically credible recommendations.



Ongoing Education

We help keep you informed and up to date with useful tools and one of the most comprehensive ongoing nutrigenomic education programs available.



Innovation

We research, innovate, and invest to ensure that we remain at the forefront of functional nutrition.



We provide our service at no cost

It's easy to start using our complimentary PureGenomics® platform. All your patient needs is a DNA test result from a company such as Ancestry®. The kit is typically available for a one-time fee of £80.

Bring PureGenomics® to your practice. Learn more at [PureGenomics.co.uk](https://www.puregenomics.co.uk)

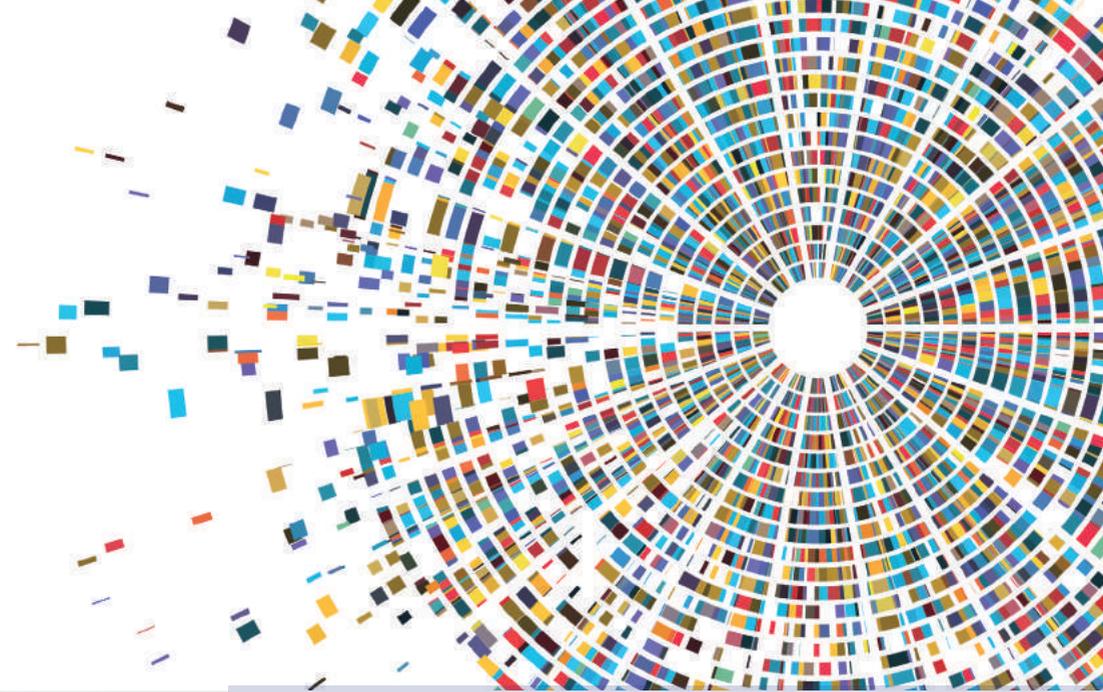
PURE
Genomics®

PureGenomics® is backed by science - here's proof

Free Nutrigenomics Online Course

4h CPD BANT Approved

Navigate through a series of **engaging modules** covering the **foundations of nutrigenomics**.



Ready to unleash the goodness from within?

PureGenomics® Nutrigenomics Course provides an intuitive, user-friendly experience and allows you to learn about genetic traits and nutritional interventions as you go – offering everything from 1-minute tutorials for every SNP, to a new introductory level nutrigenomics course, to ratings of the science behind it all.

Enrol for free today!



Scan the QR code or visit:
pureencapsulations.thinkific.com/enrollments

PURE
Genomics®

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5-HTP 100 mg	89
5-HTP 50 mg	90
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Alpha Lipoic Acid 600 mg	176
Ascorbic Acid	39
★ Ashwagandha	150
Ashwagandha Xtra	151
B	
B ₆ Complex	40
B ₁₂ (adenosyl/hydroxy)	41
B ₁₂ Folate	42
B ₁₂ Liquid	43
★ B ₁₂ (methylcobalamin)	44
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Betaine HCl Pepsin	106
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Calcium (MCHA)	67
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CBD VESIsorb®	162
+ Choline (bitartrate)	49
Chromium (pic) 200 mcg	70
★ Cogni Active	147
Copper (citrate)	71
Copper (glycinate)	72
CoQ ₁₀ 60 mg	128
CoQ ₁₀ 120 mg	129
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MUTIVITAMINS

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MINERAL 650A

MINERAL AND TRACE ELEMENT FORMULA

Description

Mineral 650A is a highly bioavailable combination of essential minerals and trace elements essential to support optimal nutritional intake. Minerals and trace elements are essential for numerous metabolic functions. For example, calcium is important for the maintenance of normal bones. Iron contributes to normal formation of red blood cells and haemoglobin. Zinc contributes to the normal functioning of the immune system. And magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Product Features

- ✓ Broad-spectrum mineral and trace element formula
- ✓ Highly bioavailable chelated minerals
- ✓ Calcium contributes to the maintenance of normal muscle function, bones and teeth
- ✓ Magnesium contributes to electrolyte balance
- ✓ Iron and magnesium contribute to the reduction of tiredness and fatigue
- ✓ Iodine contributes to normal thyroid function
- ✓ Zinc contributes to the maintenance of normal hair, skin and nails
- ✓ Selenium contributes to protecting cells from oxidative stress



Nutritional Information

Serving size 6 capsules

	Amount per Serving	% NRV*
Magnesium (as magnesium citrate)	250 mg	67%
Calcium (as calcium citrate)	300 mg	38%
Potassium (as potassium citrate)	102 mg	5%
Zinc (as zinc picolinate)	25 mg	250%
Iron (as iron citrate)	10 mg	71%
Selenium (as selenomethionine)	200 µg	364%
Copper (as copper citrate)	2 mg	200%
Manganese (as manganese citrate)	3.8 mg	190%
Iodine (as potassium iodide)	100 µg	67%
Chromium (as chromium picolinate)	200 mg	500%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 3 capsules twice daily, with meals, or as directed by a health professional.

Ingredients

Magnesium citrate, calcium citrate, potassium citrate, zinc picolinate, ascorbyl palmitate, iron citrate, selenomethionine, copper citrate, manganese citrate, potassium iodide, chromium picolinate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MF61UK	180	6 capsules	0	30

NUTRIENT 950E

MULTIVITAMIN WITH ACTIVATED VITAMINS AND CHELATED MINERALS

Description

Nutrient 950E is a complete hypoallergenic multivitamin and mineral supplement. Our multivitamin is complete with activated vitamins and chelated minerals to promote optimal absorption.

Health Benefits and Product Features

- ✓ Complete hypoallergenic multivitamin and mineral
- ✓ With activated vitamins and chelated minerals for optimal absorption
- ✓ Vitamins A, C, D, and the minerals selenium and zinc contribute to a normal function of the immune system
- ✓ Vitamins B₁, B₂, B₃, B₅, B₆, biotin and the minerals magnesium and iodine contribute to a normal energy metabolism
- ✓ Magnesium, folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue
- ✓ Calcium, magnesium, zinc, manganese and vitamin D contribute to the maintenance of normal bones



Directions For Use

As a food supplement, take 2 capsules daily, with meals, or as directed by a health professional.

Ingredients

Calcium citrate, magnesium citrate, ascorbic acid, potassium citrate, calcium pantothenate, d-alpha tocopheryl succinate, zinc picolinate, niacinamide, natural carotenoids (Betatene®), ascorbyl palmitate, inositol hexaniacinate, thiamin HCl, riboflavin, iron bisglycinate, selenomethionine, manganese aspartate, riboflavin 5' phosphate, pyridoxine HCl, pyridoxal 5' phosphate, copper bisglycinate, potassium iodide, vitamin D₃, chromium picolinate, methylcobalamin, calcium-L-methylfolate (Metafolin®), biotin, sodium molybdate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MVFE1UK	180	2 Capsules	00	90

Details continued on next page.

NUTRIENT 950E

CONTINUED

Nutritional Information

Serving size 2 capsules

	Amount per Serving	%NRV*
Vitamin A (as beta carotene)	500 µg RE**	376%
Vitamin C (as ascorbic acid)	334 mg	417%
Vitamin D ₃ (as cholecalciferol, 134 IU)	3.4 µg	68%
Vitamin E (as D-alpha tocopheryl succinate, 134 IU)	90 mg a-TE	750%
Vitamin B ₁ (as thiamin HCl)	33.4 mg	3,036%
Vitamin B ₂ (as riboflavin 16.6 mg and 'active' riboflavin 5' phosphate 6.6 mg)	23.2 mg	1,657%
Vitamin B ₃ (as niacinamide 40 mg, and inositol hexaniacinate [no-flush niacin] 26.7 mg)	66.7 mg	417%
Vitamin B ₅ (as calcium pantothenate)	133.4 mg	2,223%
Vitamin B ₆ (as pyridoxine HCl 8.4 mg, and 'active' pyridoxal 5' phosphate 5.7 mg)	14.1 mg	1,007%
Folate (as calcium l-methylfolate, Metafolin®)	266 µg	133%
Vitamin B ₁₂ (as methylcobalamin)	340 µg	13,600%
Biotin	266 µg	532%

Calcium (as calcium citrate)	100 mg	12.5%
Magnesium (as magnesium citrate)	66 mg	17%
Potassium (as potassium citrate)	100 mg	5%
Zinc (as zinc picolinate)	8.4 mg	84%
Iron (as iron bisglycinate)	3.4 mg	24%
Copper (as copper bisglycinate)	66 µg	66%
Iodine (as potassium iodide)	66 µg	44%
Chromium (as chromium picolinate)	66 µg	165%
Molybdenum (as sodium molybdate)	34 µg	68%
Selenium (as selenomethionine)	66 µg	120%
Manganese (as manganese aspartate)	3.4 mg	170%

*Nutrient Reference Value **RE = Retinol Equivalents

NUTRIENT 950E

(WITHOUT CU,
FE AND IODINE)

MULTIVITAMIN WITH ACTIVATED VITAMINS AND CHELATED MINERALS

Description

Nutrient 950E without Copper, Iron & Iodine is a complete hypoallergenic multivitamin and mineral supplement. Our multivitamin is complete with activated vitamins and chelated minerals to promote optimal absorption.

Product Features

- ✓ Complete hypoallergenic multivitamin and mineral
- ✓ With activated vitamins and chelated minerals for optimal absorption
- ✓ Vitamins A, C, D, and the minerals selenium and zinc contribute to a normal function of the immune system
- ✓ Vitamins B₁, B₂, B₃, B₅, B₆, biotin and magnesium contribute to a normal energy metabolism
- ✓ Magnesium, folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue
- ✓ Calcium, magnesium, zinc, manganese and vitamin D contribute to the maintenance of normal bones



Directions For Use

As a food supplement, take 2 capsules daily, with meals, or as directed by a health professional.

Ingredients

Calcium citrate, magnesium citrate, ascorbic acid, potassium citrate, calcium pantothenate, d-alpha tocopheryl succinate, zinc picolinate, niacinamide, beta-carotene, ascorbyl palmitate, inositol hexaniacinate, thiamin HCl, riboflavin, selenomethionine, manganese aspartate, riboflavin 5' phosphate, pyridoxine HCl, pyridoxal 5' phosphate, vitamin D₃, chromium picolinate, methylcobalamin, calcium-L-methylfolate (Metafolin®), biotin, sodium molybdate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MVME1UK	180	2 Capsules	00	90

Details continued on next page.

NUTRIENT 950E

(WITHOUT CU,
FE AND IODINE)

CONTINUED

Nutritional Information

Serving size 2 capsules

	Amount per Serving	%NRV*
Vitamin A (as beta carotene)	500 µg RE**	376%
Vitamin C (as ascorbic acid)	334 mg	417%
Vitamin D ₃ , 134 IU (as cholecalciferol)	3.4 µg	68%
Vitamin E, 134 IU (as D-alpha tocopheryl succinate)	90 mg α-TE	750%
Vitamin B ₁ (as thiamin HCl)	33.4 mg	3,036%
Vitamin B ₂ (as riboflavin 16.6 mg and 'active' riboflavin 5' phosphate 6.6 mg)	23.2 mg	1,657%
Vitamin B ₃ (as niacinamide 40 mg, and inositol hexaniacinate [no-flushniacin] 26.7 mg)	66.7 mg	417%
Vitamin B ₅ (as calcium pantothenate)	133.4 mg	2,223%
Vitamin B ₆ (as pyridoxine HCl 8.4 mg, and 'active' pyridoxal 5' phosphate 5.7 mg)	14.1 mg	1,007%
Folate (as calcium L-methylfolate, Metafolin®)	266 µg	133%
Vitamin B ₁₂ (as methylcobalamin)	340 µg	13,600%
Biotin	266 µg	532%
Calcium (as calcium citrate)	100 mg	12.5%
Magnesium (as magnesium citrate)	66 mg	17%

Potassium (as potassium citrate)	100 mg	5%
Zinc (as zinc picolinate)	8.4 mg	84%
Chromium (as chromium picolinate)	66 µg	165%
Molybdenum (as sodium molybdate)	34 µg	68%
Selenium (as selenomethionine)	66 µg	120%
Manganese (as manganese aspartate)	3.4 mg	170%

*Nutrient Reference Value **RE = Retinol Equivalents

★ O.N.E. MULTIVITAMIN

COMPREHENSIVE ONCE-DAILY MULTIVITAMIN



Description

O.N.E. Multivitamin is a once-daily formula with a comprehensive profile of highly bioavailable vitamins, minerals and phytonutrients and other factors to support optimal nutrition for both men and women. Provides vitamins A, B, C, D, E and K in highly bioavailable forms. With active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate. Provides 2,000 IU of vitamin D₃ in each vegetarian capsule. Features sustained-release water-soluble CoQ₁₀ as well as the carotenoids lycopene, lutein and zeaxanthin for greater daily nutritional support. Expertly formulated to provide optimal levels of each nutrient.



Product Code	Size	Serving Size	Capsule Size	Servings per container
UKM23UK UKM26UK	30, 60	1 capsule	00	30, 60

Product Features

- ✓ Comprehensive blend of bioavailable vitamins, minerals and phytonutrients and other factors for optimal nutrition
- ✓ Convenient once-daily capsule
- ✓ Provides active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate
- ✓ Provides 2,000 IU of vitamin D₃ in each vegetarian capsule
- ✓ Features sustained-release water-soluble naturally-fermented CoQ₁₀
- ✓ Offers vitamins A, B, C, D, E and K in highly bioavailable forms
- ✓ Provides the phytonutrients lycopene, lutein and zeaxanthin
- ✓ Free-from the pro-oxidant metals copper and iron
- ✓ Iodine contributes to normal thyroid function
- ✓ Zinc and vitamins C and D contribute to the normal functioning of the immune system
- ✓ Selenium and vitamin E contribute to protecting cells from oxidative stress
- ✓ Vitamins B₁, B₂, B₃, B₅ and B₆ contribute to normal energy-yielding metabolism
- ✓ Vitamins B₁, B₃, and B₆ contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue

Details continued on next page.

O.N.E. MULTIVITAMIN

Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin A, 3750 IU (as vitamin A acetate & 73% beta carotene)	800 µg RE**	100%
Vitamin C (as ascorbic acid)	180 mg	45%
Vitamin K (as phytomenadione (K1) 65 µg, & menaquinone-7, MK-7 (K2) 10 µg)	75 µg	100%
Vitamin D ₃ , 2000 IU (as cholecalciferol)	50 µg	1,000%
Vitamin E, 30 IU (as d-alpha tocopherol succinate)	20 mg a-TE	250%
Vitamin B ₁ (as thiamin HCl)	3 mg	273%
Vitamin B ₂ (as 50% riboflavin & 50% 'activated' riboflavin 5' phosphate)	3.4 mg	243%
Vitamin B ₃ (as niacinamide)	20 mg	125%
Vitamin B ₅ (as calcium pantothenate)	10 mg	167%
Vitamin B ₆ (as 50% pyridoxine HCl & 50% 'activated' pyridoxal 5' phosphate)	5 mg	357%
Folate (as Metafolin®, L-5-MTHF)	400 µg	200%
Vitamin B ₁₂ (as methylcobalamin)	500 µg	20,000%
Biotin	300 µg	600%
Iodine (as potassium iodide)	150 µg	100%
Zinc (as zinc citrate)	25 mg	250%
Selenium (as selenomethionine)	55 µg	100%

Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium picolinate)	200 µg	500%
Molybdenum (as sodium molybdate)	75 µg	150%
Choline bitartrate	25 mg	†
Inositol	25 mg	†
Coenzyme Q ₁₀ (CoQ ₁₀) (as ubiquinone & MicroActive® Q ₁₀)	50 mg	†
Alpha lipoic acid	50 mg	†
Lutein	3 mg	†
Zeaxanthin	500 µg	†
Lycopene	500 µg	†

*Nutrient Reference Value † NRV not yet determined
**Retinol Equivalent

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Ubiquinone, MicroActive® Q₁₀ ubiquinone cyclodextrin complex, carotenoids providing lutein, choline bitartrate, d-alpha tocopherol succinate, inositol, cholecalciferol, niacinamide, beta carotene, calcium pantothenate, carotenoids providing lycopene, selenomethionine, carotenoids providing zeaxanthin, ascorbyl palmitate, menaquinone-7, phytomenadione, manganese citrate, potassium iodide, thiamine HCl, retinol acetate, pyridoxal 5' phosphate, pyridoxine HCl, riboflavin 5' phosphate, riboflavin, chromium picolinate, methylcobalamin, calcium-l-methylfolate, biotin, sodium molybdate, ascorbic acid, zinc citrate, alpha lipoic acid. Vegetarian capsule (hydroxypropyl methyl cellulose).

O.N.E. MULTIVITAMIN WITH IRON

ONCE-DAILY NUTRIENT ESSENTIALS WITH IRON

Description

O.N.E. Multivitamin is a once-daily formula with a comprehensive profile of highly bioavailable vitamins, minerals and phytonutrients and other factors to support optimal nutrition for both men and women. Provides vitamins A, B, C, D, E and K in highly bioavailable forms. With active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate. Provides 2000 IU of vitamin D₃ in each vegetarian capsule. Features sustained-release water-soluble CoQ₁₀ as well as the carotenoids lycopene, lutein and zeaxanthin for greater daily nutritional support. Expertly formulated to provide optimal levels of each nutrient.



Product Code	Size	Serving Size	Capsule Size	Servings per container
UKMI3UK, UKMI6UK	30, 60	1 capsule	00	30, 60

Product Features

- ✓ Comprehensive blend of bioavailable vitamins, minerals and phytonutrients and other factors for optimal nutrition
- ✓ Convenient once-daily capsule
- ✓ Provides active forms of B vitamins including folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate
- ✓ Provides 2000 IU of vitamin D₃ in each vegetarian capsule
- ✓ Features sustained-release water-soluble naturally-fermented CoQ₁₀
- ✓ Offers vitamins A, B, C, D, E and K in highly bioavailable forms
- ✓ Provides the phytonutrients lycopene, lutein and zeaxanthin
- ✓ Featuring iron as well absorbed and tolerated iron glycinate
- ✓ Iodine contributes to normal thyroid function
- ✓ Zinc and vitamins C and D contribute to the normal functioning of the immune system
- ✓ Selenium and vitamin E contribute to protecting cells from oxidative stress
- ✓ Vitamins B₁, B₂, B₃, B₅ and B₆ contribute to normal energy-yielding metabolism
- ✓ Vitamins B₁, B₃, and B₆ contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue

Details continued on next page.

O.N.E. MULTIVITAMIN WITH IRON

CONTINUED

Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin A, 3750 IU (as vitamin A acetate and 73% beta carotene)	800 µg RE**	100%
Vitamin C (as ascorbic acid)	180 mg	45%
Vitamin K (as phytomenadione (K1) 65 µg, & menaquinone-7, MK-7 (K2) 10 µg)	75 µg	100%
Vitamin D ₃ , 2000 IU (as cholecalciferol)	50 µg	1,000%
Vitamin E, 30 IU (as d-alpha tocopherol succinate)	20 mg α-TE	250%
Vitamin B ₁ (as thiamin HCl)	3 mg	273%
Vitamin B ₂ (as 50% riboflavin & 50% 'activated' riboflavin 5' phosphate)	3.4 mg	243%
Vitamin B ₃ (as niacinamide)	20 mg	125%
Vitamin B ₅ (as calcium pantothenate)	10 mg	167%
Vitamin B ₆ (as 50% pyridoxine HCl & 50% 'activated' pyridoxal 5' phosphate)	5 mg	357%
Folate (as Metafolin®, L-5-MTHF)	400 µg	200%
Vitamin B ₁₂ (as methylcobalamin)	500 µg	20,000%
Biotin	300 µg	600%
Iodine (as potassium iodide)	150 µg	100%
Iron (as iron bis-glycinate)	16 mg	114%
Zinc (as zinc citrate)	25 mg	250%
Selenium (as selenomethionine)	55 µg	100%
Manganese (as manganese citrate)	2 mg	100%

Chromium (as chromium picolinate)	200 µg	500%
Molybdenum (as sodium molybdate)	75 µg	150%
Choline bitartrate	25 mg	†
Inositol	25 mg	†
Coenzyme Q10 (CoQ ₁₀) (as ubiquinone & MicroActive® Q ₁₀)	50 mg	†
Alpha lipoic acid	50 mg	†
Lutein	3 mg	†
Zeaxanthin	500 µg	†
Lycopene	500 µg	†

*Nutrient Reference Value † NRV not yet determined

**Retinol Equivalent

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a healthcare professional.

Ingredients

Ubiquinone, MicroActive® Q₁₀ ubiquinone cyclodextrin complex, carotenoids providing lutein, choline bitartrate, d-alpha tocopherol succinate, inositol, cholecalciferol, niacinamide, beta carotene, calcium pantothenate, carotenoids providing lycopene, selenomethionine, carotenoids providing zeaxanthin, ascorbyl palmitate, menaquinone-7, phytomenadione, manganese citrate, potassium iodide, thiamine HCl, retinol acetate, pyridoxal 5' phosphate, pyridoxine HCl, riboflavin 5' phosphate, riboflavin, chromium picolinate, methylcobalamin, calcium-L-methylfolate, biotin, sodium molybdate, ascorbic acid, ferrous bisglycinate, zinc citrate, alpha lipoic acid. Vegetarian capsule (hydroxypropyl methyl cellulose).

+ PRENATAL NUTRIENTS

MULTIVITAMIN AND MINERAL COMPLEX FOR PREGNANCY AND LACTATION

Description

PreNatal Nutrients is formulated to support women of childbearing age, pregnant women and lactating women. Provides essential vitamins, minerals and nutrients based on scientific recommendations for pregnancy. Convenient and easy to take vegetarian capsules.

Product Features

- ✓ Nutrient support for women of childbearing age, pregnant women and lactating women
- ✓ Provides essential vitamins, minerals and nutrients based on scientific recommendations for pregnancy
- ✓ Convenient and easy to take vegetarian capsules
- ✓ Featuring iron as well absorbed and tolerated iron glycinate
- ✓ Includes 100 mg of choline which contributes to normal homocysteine metabolism
- ✓ With folate as both folic acid and 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate
- ✓ Folate contributes to maternal tissue growth during pregnancy
- ✓ Iodine contributes to the normal production of thyroid hormones and normal thyroid function
- ✓ Vitamins B₁, B₃, and B₆ contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue

Directions For Use

As a food supplement, take 2 capsules, once daily, with a meal, or as directed by a healthcare professional.

Ingredients

Calcium citrate, magnesium citrate, choline bitartrate, iron glycinate, ascorbic acid, zinc citrate, antioxidant: ascorbyl palmitate, niacinamide, beta carotene, D-alpha tocopherol succinate, selenomethionine, phytomenadione, sodium molybdate, manganese citrate, potassium iodide, cholecalciferol (vegan), calcium pantothenate, copper bisglycinate, pyridoxine HCL, lycopene, lutein (FloraGLO®), thiamine HCL, riboflavin, zeaxanthin (OPTISHARP®), chromium picolinate, folic acid, biotin, calcium-L-methylfolate (Metafolin®), methylcobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
UKP1UK	120	2 capsules	00	60



Details continued on next page.

PRENATAL NUTRIENTS

CONTINUED

Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Vitamin A (as % beta carotene)	270 µg RE	34%
Vitamin C (as ascorbic acid)	70 mg	87%
Vitamin D ₃ , 600 IU (as cholecalciferol)	15 µg	300%
Vitamin E, 18 IU (as d-alpha tocopherol succinate)	12 mg α-TE	100%
Vitamin K (as phytomenadione (K1))	90 µg	122%
Vitamin B ₁ (as Thiamine HCl)	1.6 mg	145%
Vitamin B ₂ (as riboflavin)	1.7 mg	243%
Vitamin B ₃ (as niacinamide)	20 mg	125%
Vitamin B ₅ (as calcium pantothenate)	6 mg	100%
Vitamin B ₆ (as pyridoxine HCl)	2.2 mg	157%
Vitamin B ₁₂ (as methylcobalamin)	2.6 µg	104%
Folate (as folic acid 400 µg and Metafolin® L-5-MTHF 200 µg)	600 µg	600%
Biotin	300 µg	600%
Choline (as choline bitartrate)	100 mg	†
Calcium (as calcium citrate)	150 mg	19%
Iron (as iron glycinate)	16 mg	114%
Iodine (as potassium iodide)	200 µg	133%
Magnesium (as magnesium citrate)	80 mg	21%
Zinc (as zinc citrate)	15 mg	150%
Selenium (as selenomethionine)	70 µg	127%

Copper (as copper glycinate)	1 mg	100%
Manganese (as citrate)	2 mg	100%
Chromium (as chromium picolinate)	120 µg	300%
Molybdenum (as sodium molybdate)	75 µg	150%
Proprietary carotenoid blend (as lutein (FloraGLO®, lycopene, and zeaxanthin (OPTISHARP®))	20 mg	†

*Nutrient Reference Value † NRV not yet determined

+ PUREGENOMICS® ULTRAMULTIVITAMIN

3-PER-DAY COMPREHENSIVE MULTIVITAMIN/MINERAL

Description

PureGenomics® UltraMultivitamin is designed to support optimal nutrition with a comprehensive profile of bioavailable vitamins, chelated minerals and other nutrients. It includes vitamin B6, B12, folate and choline which contribute to normal homocysteine metabolism. And features optimised levels of nutrients for personalised nutritional requirements.



Product Features

- ✓ Comprehensive multivitamin/mineral supporting PureGenomics®
- ✓ With pre-formed vitamin A for individuals with decreased conversion efficacy of carotenoids
- ✓ Provides 3,000 IU vitamin D3 for supporting optimal levels
- ✓ Includes 100 mg of choline which contributes to normal homocysteine metabolism, particularly for individuals with MTHFR or PEMT genetic variations
- ✓ With vitamin B12 as adenosylcobalamin and hydroxycobalamin, which contributes to normal functioning of the nervous system and psychological function
- ✓ Provides a targeted blend of alpha lipoic acid, vitamin C, CoQ10, and n-acetylcysteine
- ✓ With the macular carotenoid's lutein and zeaxanthin



Product Code	Size	Serving Size	Capsule Size	Servings per container
PGUK9UK	90	3 capsules	00	30

Directions For Use

As a food supplement, take 3 capsules, once daily, with a meal, or as directed by a healthcare professional.

Ingredients

Magnesium citrate, Choline bitartrate, Ascorbic acid, Dimacal (dicalcium malate), N-acetyl-L-cysteine, Alpha lipoic acid, Trimagnesium citrate, Hypoallergenic plant fibre (microcrystalline cellulose), Mixed tocopherol, Zinc citrate, Coenzyme Q10 - kaneka material, Vitamin D3, Lutein (FloraGLO®), Ascorbyl palmitate, D-Alpha tocopherol succinate, Niacinamide powder usp, Inositol, Selenomethionine, Calcium pantothenate, Vitamin K2 (MK7), Vitamin K1, OPTISHARP® (Zeaxanthin), Sodium molybdate, Copper bisglycinate, Manganese citrate, Vitamin A (acetate), Potassium iodide, Thiamine HCL USP, Pyridoxal 5 phosphate, Beta carotene, Pyridoxine HCL, Riboflavin 5 phosphate, Chromium picolinate, Riboflavin, Calcium-L-methylfolate (metafolin), Hydroxocobalamin, Adenosylcobalamin, Biotin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Details continued on next page.

PUREGENOMICS® ULTRAMULTIVITAMIN

CONTINUED

Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Vitamin A (as vitamin A acetate and 20% beta carotene)	800 RE	100%
Vitamin C (as ascorbic acid)	250 mg	312%
Vitamin D3 (as cholecalciferol)	74 µg (3,000 IU)	1,480%
Vitamin E (as d-alpha tocopherol succinate)	20 mg	166%
Vitamin K (as phytomenadione (K1) 100 µg, & menaquinone-7, MK-7 (K2) 20 µg)	120 µg	160%
Vitamin B1 (as thiamine HCl)	3 mg	273%
Vitamin B2 (as riboflavin and 50% riboflavin-5-phosphate (activated B2))	3.4 mg	243%
Vitamin B3 (as niacinamide)	20 mg	125%
Vitamin B5 (as calcium pantothenate)	10 mg	120%
Vitamin B6 (as pyridoxine HCl and 50% pyridoxal 5' phosphate (activated B6))	5 mg	357%
Folate (as Metafolin® L-5-MTHF)	800 µg	400%
Vitamin B12 (as methylcobalamin)	800 µg	32,000%
Biotin	300 µg	600%

Choline (as choline bitartrate)	100 mg	†
Inositol	50 mg	†
Calcium (as di-calcium malate)	60 mg	7.5%
Iodine (as potassium iodide)	200 µg	133%
Magnesium (as magnesium citrate)	80 mg	21%
Zinc (as zinc citrate)	20 mg	200%
Selenium (as selenomethionine)	70 µg	127%
Copper (as copper glycinate)	2 mg	200%
Chromium (as chromium picolinate)	200 µg	500%
Manganese (as manganese citrate)	2 mg	100%
Molybdenum (as sodium molybdate)	75 µg	150%
Mixed tocopherols	20 mg	†
Lutein (FloraGLO®)	3 mg	†
Zeaxanthin (OPTISHARP®)	500 µg	†
Coenzyme Q10	50 mg	†
Alpha lipoic acid (thioctic acid)	90 mg	†
N-Acetyl-L-Cysteine (free-form)	145 mg	†

*Nutrient Reference Value † NRV not yet determined



VITAMINS

Ascorbic Acid.....	39	Folic Acid.....	52
B ₆ Complex.....	40	Homocystiene Factors.....	53
B ₁₂ (Adenosyl Hydroxy).....	41	Liposomal Vitamin C Liquid.....	54
B ₁₂ Folate.....	42	Niacitol 500 mg.....	55
B ₁₂ Liquid.....	43	P5P 50.....	56
B ₁₂ Methylcobalamin.....	44	Vitamin A 10,000 IU.....	57
B-Complex Plus.....	45	Vitamin C Chewable.....	58
Biotin 8 mg.....	46	Vitamin D ₃ 1,000 IU.....	59
Buffered Ascorbic Acid.....	47	Vitamin D ₃ (vegan) 2000 IU.....	60
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ASCORBIC ACID

PURE VITAMIN C

Description

Ascorbic Acid provides pure, natural vitamin C (ascorbic acid) in a professional-strength 1,000 mg capsule. Vitamin C contributes to the normal function of the immune system. Vitamin C contributes to normal psychological function and functioning of the nervous system. Vitamin C contributes to the reduction of tiredness and fatigue.

Product Features

- ✓ Professional-strength 1,000 mg capsule
- ✓ Pure and natural vitamin C (ascorbic acid)
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin teeth & cartilage
- ✓ Contributes to normal psychological function and functioning of the nervous system
- ✓ Protects cells from oxidative stress
- ✓ Contributes to the reduction of tiredness and fatigue
- ✓ Increases iron absorption



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin C (as l-ascorbic acid)	1,000 mg	1,250%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule, 1–4 times daily, with meals, or as directed by a health professional.

Ingredients

L-ascorbic acid, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
A19UK, A12UK	90, 250	1 capsule	00	90, 250

B₆ COMPLEX

WITH ENHANCED B₆ AND ACTIVE B VITAMINS

Description

B₆ Complex provides active B₆ with vitamin B₁₂, folate, other B vitamins and nutrients. Vitamin B₆ is provided as pyridoxine and the activated form pyridoxal-5-phosphate. Vitamin B₁₂ is provided as a combination of adenosylcobalamin and hydroxycobalamin. Featuring folate as L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolised form of folate. Vitamin B₆ contributes to normal functioning of the nervous system. Vitamin B₆ contributes to the regulation of hormonal activity.

Product Features

- ✓ Features enhanced B₆ and active B vitamins
- ✓ Convenient once-daily capsule
- ✓ Features folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate
- ✓ Vitamin B₆ contributes to the regulation of hormonal activity
- ✓ Vitamin B₆ contributes to normal homocysteine metabolism
- ✓ Vitamins B₁, B₃, and B₆ contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue



Product Code	Size	Serving Size	Capsule Size	Servings per container
B6C26UK	60	1 capsule	00	60

Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₁ (as thiamin HCl)	100 mg	9,091%
Vitamin B ₂ (as riboflavin & 67% 'activated' riboflavin 5' phosphate)	15 mg	1,071%
Vitamin B ₃ (as niacinamide and 9% inositol hexaniacinate [no-flush niacin])	110 mg	688%
Vitamin B ₅ (as calcium pantothenate)	100 mg	1,667%
Vitamin B ₆ (as pyridoxine HCl and 5% pyridoxal 5' phosphate (activated B ₆))	200 mg	14,286%
Folate (as Metafolin®, L-5-MTHF)	400 µg	200%
Vitamin B ₁₂ (as methylcobalamin, 30% adenosylcobalamin and 30% hydroxycobalamin HCl)	1,000 µg	40,000%
Biotin	400 µg	800%
Choline bitartrate	30 mg	†
Inositol	25 mg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Pyridoxine HCl, thiamin HCl, calcium pantothenate, niacinamide, choline bitartrate, inositol, pyridoxal 5' phosphate, riboflavin 5' phosphate, ascorbyl palmitate, inositol hexaniacinate, riboflavin, calcium-L-methylfolate, methylcobalamin, biotin, adenosylcobalamin, hydroxycobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

B₁₂ (ADENOSYL/HYDROXY)

ACTIVE VITAMIN B₁₂ FORMULA

Description

B₁₂ (Adenosyl/Hydroxy) provides 2,000 µg of vitamin B₁₂ as a blend of 'active' forms. Adenosylcobalamin is an activated form of vitamin B₁₂. Hydroxycobalamin is a precursor form of vitamin B₁₂ that is converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin and hydroxycobalamin have independent and unique biological functions. Vitamin B₁₂ contributes to normal functioning of the nervous system and psychological function. Vitamin B₁₂ contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

Product Features

- ✓ Provides a blend of 'active' forms of vitamin B₁₂
- ✓ Features 2,000 µg in each vegetarian capsule
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal red blood cell formation
- ✓ Contributes to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	2,000 µg	80,000%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), adenosylcobalamin, hydroxycobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
AHB9UK	90	1 capsule	3	90

B12 FOLATE

ACTIVATED VITAMIN B12 AND FOLATE

Description

Activated vitamin B12 and folate features B12 as methylcobalamin and folate as L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolised form of folate. Vitamin B12 and folate have complementary biological activities and are interrelated in function. Vitamin B12 & folate contribute to normal psychological function. Vitamin B12 & folate contribute to normal homocysteine metabolism.

Product Features

- ✓ Features active forms of vitamin B12 and folate
- ✓ With folate as L-5-methyltetrahydrofolate (5MTHF), the naturally occurring universally metabolised form of folate
- ✓ Vitamin B12 & folate contribute to normal homocysteine metabolism
- ✓ Vitamin B12 & folate contribute to normal psychological function
- ✓ Vitamin B12 & folate contribute to the reduction of tiredness and fatigue
- ✓ Vitamin B12 contributes to normal red blood cell formation
- ✓ Folate contributes to normal blood formation



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Folate (as Metafolin®, L-5-MTHF)	800 µg	400%
Vitamin B12 (as methylcobalamin)	800 µg	32,000%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate, calcium-l-methylfolate, methylcobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
B12UK	60	1 capsule	3	60

B12 LIQUID

VITAMIN B12

Description

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue. Vitamin B12 contributes to normal functioning of the nervous system and psychological function.

Product Features

- ✓ Each serving provides 1,000 µg of vitamin B12
- ✓ Contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal red blood cell formation



Nutritional Information

Serving size 1 ml (one full dropper)

	Amount per Serving	% NRV*
Vitamin B12	1,000 µg	40,000 %

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 ml daily, with a meal, or as directed by a health professional.

Ingredients

Purified water, vegetable glycerin, methylcobalamin, citric acid, potassium sorbate, stevia leaf extract.

Product Code	Size	Serving Size	Servings per container
B12LUK	30 ml	1 ml (one full dropper)	30

B12 (METHYLCOBALAMIN)

VITAMIN B12 AS ACTIVE METHYLCOBALAMIN

Description

B₁₂ (Methylcobalamin) provides 1,000 µg of vitamin B₁₂ as methylcobalamin. A Methylcobalamin is an activated form of vitamin B₁₂. Vitamin B₁₂ contributes to normal functioning of the nervous system and psychological function. Vitamin B₁₂ contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

Product Features

- ✓ Features vitamin B₁₂ as methylcobalamin
- ✓ Provides 1,000 µg in each vegetarian capsule
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal red blood cell formation
- ✓ Contributes to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₁₂ (as methylcobalamin)	1,000 µg	40,000%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), methylcobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MT6UK	60	1 capsule	3	60

★ B-COMPLEX PLUS

BALANCED B VITAMIN FORMULA WITH ACTIVE FOLATE

Description

B-Complex Plus offers a comprehensive blend of B vitamins packed into one easy-to-take supplement. Includes active forms of B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate. Vitamins B₁, B₃, and B₆ contribute to normal functioning of the nervous system. Folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue.

Product Features

- ✓ Comprehensive blend of B vitamins
- ✓ Convenient once-daily capsule
- ✓ Provides active forms of B vitamins
- ✓ Features folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate
- ✓ Vitamins B₁, B₂, B₃, B₅ and B₆ contribute to normal energy-yielding metabolism
- ✓ Vitamins B₁, B₃, and B₆ contribute to normal functioning of the nervous system
- ✓ Folate, vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue



Product Code	Size	Serving Size	Capsule Size	Servings per container
BCP6UK, BCP1UK	60, 120	1 capsule	1	60, 120

Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₁ (as thiamin HCl)	100 mg	9,090%
Vitamin B ₂ (as 60% riboflavin 5'-phosphate [activated B ₂] and riboflavin)	13 mg	929%
Niacin (as niacinamide and 8% inositol hexaniacinate no-flush niacin)	108 mg	675%
Pantothenic acid (as calcium pantothenate)	100 mg	1,667%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5'-phosphate [activated B ₆])	17 mg	1,214%
Folate (as calcium-L-methylfolate, L-5-MTHF)	400 µg	200%
Vitamin B ₁₂ (as methylcobalamin)	400 µg	16,000%
Biotin (as d-biotin)	400 µg	200%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule, 1–2 times daily, with meals, or as directed by a health professional.

Ingredients

Thiamine HCl, calcium pantothenate, niacinamide, ascorbyl palmitate, pyridoxine HCl, riboflavin 5 phosphate, inositol hexanicotinate, pyridoxal 5'-phosphate, riboflavin, calcium-L-methylfolate, methylcobalamin, biotin. Vegetarian capsule (hydroxypropyl methyl cellulose).

BIOTIN 8 MG

FOR MAINTENANCE OF NORMAL HAIR AND SKIN

Description

Biotin 8 mg features biotin, a water-soluble B-vitamin that contributes to the maintenance of normal hair and skin. Biotin also contributes to normal psychological and nervous system function. Each vegetarian capsule provides 8 mg daily.

Product Features

- ✓ Features biotin, a water-soluble B-vitamin
- ✓ Contributes to the maintenance of normal hair and skin
- ✓ Contributes to normal psychological and nervous system function
- ✓ Each vegetarian capsule provides 8 mg of biotin



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Biotin	8 mg	16,000%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), biotin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BI6UK	60	1 capsule	3	60

BUFFERED ASCORBIC ACID

GENTLE VITAMIN C

Description

Buffered Ascorbic Acid combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate to create a neutral pH vitamin C for sensitive individuals. Vitamin C contributes to normal psychological function and functioning of the nervous system. Vitamin C contributes to the reduction of tiredness and fatigue.

Product Features

- ✓ Neutral pH vitamin C for sensitive individuals
- ✓ Provides 670 mg vitamin C in each capsule
- ✓ Combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin teeth & cartilage
- ✓ Contributes to normal psychological function and functioning of the nervous system
- ✓ Protects cells from oxidative stress
- ✓ Contributes to the reduction of tiredness and fatigue
- ✓ Increases iron absorption



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin C (as calcium ascorbate, magnesium ascorbate and potassium ascorbate)	670 mg	838%
Calcium (from calcium ascorbate)	20 mg	2%
Magnesium (from magnesium ascorbate)	37 mg	10%
Potassium (from potassium ascorbate)	20 mg	1%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule, 1–4 times daily, with or between meals, or as directed by a health professional.

Ingredients

Magnesium ascorbate, calcium ascorbate, potassium ascorbate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
AB23UK, AB29UK, AB22UK,	30, 90, 250	1 capsule	00	30, 90, 250

BUFFERED ASCORBIC ACID POWDER

GENTLE VITAMIN C POWDER

Description

Buffered Ascorbic Acid combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate to create a neutral pH vitamin C for sensitive individuals. Vitamin C contributes to normal psychological function and functioning of the nervous system. Vitamin C contributes to the reduction of tiredness and fatigue.

Product Features

- ✓ Neutral pH vitamin C for sensitive individuals
- ✓ Easy to use and flexible dosing powder
- ✓ Combines calcium ascorbate, magnesium ascorbate, and potassium ascorbate
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin, teeth and cartilage
- ✓ Contributes to normal psychological function and functioning of the nervous system
- ✓ Protects cells from oxidative stress
- ✓ Contributes to the reduction of tiredness and fatigue
- ✓ Increases iron absorption



Nutritional Information

Serving size 1 rounded scoop (2.2 g)

	Amount per Serving	% NRV*
Vitamin C (from calcium ascorbate, magnesium ascorbate and potassium ascorbate)	1,220 mg	1,525%
Calcium (from calcium ascorbate)	100 mg	12%
Magnesium (from magnesium ascorbate)	60 mg	16%
Potassium (from potassium ascorbate)	20 mg	1%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 rounded scoop (2.2 g) daily, or as directed by a health professional.

Ingredients

Calcium ascorbate, magnesium ascorbate, potassium ascorbate.

Product Code	Size	Serving Size	Servings per container
ABP32UK	227 g	1 scoop (2.2 g)	103

+ CHOLINE (BITARTRATE)

CHOLINE TO SUPPORT HOMOCYSTEINE METABOLISM AND LIVER FUNCTION

Description

Choline (bitartrate) features 275 mg of choline per capsule. Choline contributes to normal homocysteine and lipid metabolism. Choline contributes to the maintenance of normal liver function.

Product Features

- ✓ Features 275 mg of choline per capsule
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal lipid metabolism
- ✓ Contributes to the maintenance of normal liver function



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Choline (as choline bitartrate)	275 mg

Directions For Use

As a food supplement, take 1 capsule, 1-2 times daily, with meals, or as recommended by a health professional.

Ingredients

Choline bitartrate, stabiliser: magnesium citrate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CLB1UK	100	1 capsule	00	100

ESTER-C® & FLAVONOIDS

UNIQUE BUFFERED VITAMIN C WITH BIOFLAVONOIDS

Description

Ester-C® & Flavonoids is a unique blend of vitamin C and flavonoid compounds to provide enhanced vitamin C support. Ester-C® provides a non-acidic water-soluble form of vitamin C. Ester-C® is an easy-to-absorb, enhanced-retention form of vitamin C. Vitamin C contributes to normal psychological function and functioning of the nervous system. Vitamin C contributes to the reduction of tiredness and fatigue.

Product Features

- ✓ Features non-acidic buffered Ester-C® vitamin C
- ✓ Easy-to-absorb, enhanced-retention form of vitamin C
- ✓ With bioflavonoids, quercetin and rutin
- ✓ Vitamin C contributes to the normal function of the immune system
- ✓ Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin teeth & cartilage
- ✓ Vitamin C contributes to normal psychological function and functioning of the nervous system
- ✓ Vitamin C protects cells from oxidative stress
- ✓ Vitamin C contributes to the reduction of tiredness and fatigue
- ✓ Vitamin C increases iron absorption



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin C (from Ester-C® calcium ascorbate blend)	619 mg	774%
Calcium (from Ester-C® calcium ascorbate blend)	68 mg	9%
Threonic acid (from Ester-C® calcium ascorbate blend)	7 mg	†
Quercetin	50 mg	†
Rutin	100 mg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1-2 capsules daily, in divided doses, with or between meals, or as directed by your healthcare professional.

Ingredients

Ester-C® calcium ascorbate, rutin, quercetin, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
ECF29UK	90	1 capsule	00	90

FOLATE 400

UNIVERSALLY METABOLISED FORM OF FOLATE

Description

Folate 400 provides folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate. Provides 400 µg in each vegetarian capsule. Folate contributes to normal homocysteine metabolism, psychological function and to the reduction of tiredness and fatigue.

Product Features

- ✓ Featuring folate as 5-methyltetrahydrofolate (5-MTHF), the universally metabolised and biologically active form of folate.
- ✓ Provides 400 µg in each vegetarian capsule
- ✓ Folate contribute to normal homocysteine metabolism
- ✓ Folate contribute to normal psychological function
- ✓ Folate contribute to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Folate (as calcium-L-methylfolate, L-5-MTHF)	400 µg	200%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule 1 to 2 times daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), calcium-L-methylfolate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
FOL49UK	90	1 capsule	3	90

FOLIC ACID

FOLATE FOR PRE-CONCEPTION AND PREGNANCY CARE

Description

Folic Acid provides 800 µg of folic acid in each vegetarian capsule. Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. Folic acid also contributes to normal psychological function and the reduction of tiredness and fatigue.

Product Features

- ✓ Provides 800 µg of folic acid in each vegetarian capsule
- ✓ Contributes to maternal tissue growth during pregnancy
- ✓ Contributes to normal amino acid synthesis and cell division
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal psychological function
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Folic acid	800 µg	400%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), folic acid. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
FO6UK	60	1 capsule	3	60

HOMOCYSTEINE FACTORS

METHYL NUTRIENTS WITH ACTIVE FOLATE

Description

Homocysteine Factors provides vitamin B₆, B₁₂, natural folate and betaine which contribute to normal homocysteine metabolism. Features a highly bioavailable and complementary combination of nutrients in their active forms. Vitamin B₆ is provided as the activated form, pyridoxal-5-phosphate. Vitamin B₁₂ is provided as methylcobalamin. Featuring folate as L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolised form of folate.

Product Features

- ✓ Vitamin B₆, B₁₂, folate and betaine contribute to normal homocysteine metabolism
- ✓ Highly bioavailable combination of nutrients in their active forms
- ✓ Vitamin B₆ as the activated form, pyridoxal-5-phosphate
- ✓ Vitamin B₁₂ is provided as methylcobalamin
- ✓ Featuring folate as L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolised form of folate



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₆ (as 'activated' pyridoxal 5' phosphate)	25 mg	1,786%
Folate (as Metafolin®, L-5-MTHF)	400 µg	200%
Vitamin B ₁₂ (as methylcobalamin)	200 µg	8,000%
Trimethylglycine (anhydrous betaine)	500 mg	†

*Nutrient Reference Value †NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by your healthcare professional.

Ingredients

Calcium-L-methylfolate, trimethylglycine, methylcobalamin, pyridoxal 5' phosphate, hypoallergenic plant (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
HO6UK, HO1UK	60, 180	1 capsule	00	60, 180

★ LIPOSOMAL VITAMIN C LIQUID

ENHANCED-ABSORPTION LIPOSOMAL VITAMIN C

Description

Liposomal Vitamin C liquid offers vitamin C in an enhanced-absorption liposomal form. The liposomal delivery system utilises phospholipids from GMO-free sunflower seeds. Provided in a pleasant-tasting, citrus-flavoured liquid. Featuring 1,000 mg of Vitamin C per serving. Vitamin C contributes to the normal function of the immune system. Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin, teeth and cartilage.

Product Features

- ✓ Vitamin C in an enhanced-absorption liposomal form
- ✓ Pleasant-tasting, citrus-flavoured liquid
- ✓ Featuring 1,000 mg of vitamin C per serving
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin teeth and cartilage
- ✓ Contributes to normal psychological function and functioning of the nervous system
- ✓ Protects cells from oxidative stress
- ✓ Contributes to the reduction of tiredness and fatigue
- ✓ Increases iron absorption



Nutritional Information

Serving size 5 ml (approximately 1 teaspoon)

	Amount per Serving	% NRV*
Vitamin C (as sodium ascorbate)	1000 mg	1,250%
Phospholipids (from sunflower)	250 mg	†

*Nutrient Reference Value †NRV not yet determined

Directions For Use

As a food supplement, take 1 teaspoon daily with a meal, or as directed by a health professional.

Ingredients

Purified water, glycerin, sodium ascorbate, ethanol, phospholipid complex (sunflower), natural citrus oils.

Product Code	Size	Serving Size	Servings per container	Flavour
LCLUK	120ml	5 ml	24	Citrus

NIACITOL 500 MG

WELL-TOLERATED, NO-FLUSH NIACIN

Description

Niacitol® contains inositol nicotinate, a form of no-flush niacin (vitamin B₃). Niacitol is well tolerated and unlikely to cause flushing of the skin, a common side-effect of niacin. Inositol nicotinate is composed of one molecule of inositol and six molecules of niacin. Niacin contributes to normal nervous system and psychological function. Niacin contributes to normal energy-yielding metabolism.

Product Features

- ✓ Each vegetarian capsule provides 500 mg of no-flush niacin
- ✓ Contributes to normal energy-yielding metabolism
- ✓ Contributes to normal functioning of the nervous system & psychological function
- ✓ Contributes to the maintenance of normal mucous membranes
- ✓ Contributes to the maintenance of normal skin
- ✓ Contributes to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Niacin (vitamin B ₃ , as inositol hexaniacinate [no-flush niacin])	500 mg	3,125%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-4 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Niacin (inositol hexaniacinate), hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
NI56UK	60	1 capsule	00	60

P5P 50

ACTIVATED VITAMIN B₆

Description

Pyridoxal-5'-phosphate (P5P) is the active metabolite of pyridoxine and is the predominant form of plasma B₆. Vitamin B₆ contributes to normal functioning of the nervous system and psychological function. Vitamin B₆ contributes to the reduction of tiredness and fatigue. Vitamin B₆ also contributes to the regulation of hormonal activity.

Product Features

- ✓ Provides pyridoxal-5'-phosphate (P5P), the 'active' form of vitamin B₆
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to the reduction of tiredness and fatigue
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to the regulation of hormonal activity



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin B ₆ (as 'activated' pyridoxal 5 phosphate) (activated B ₆)	50 mg	37,571%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), pyridoxal-5'-phosphate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
P56UK, P51UK	60, 180	1 capsule	3	60, 180

VITAMIN A 10,000 IU

VITAMIN A FOR THE MAINTENANCE OF NORMAL SKIN, VISION AND IMMUNE FUNCTION

Description

Vitamin A from Norwegian cod liver oil and vitamin A palmitate. Vitamin A contributes to the maintenance of normal mucous membranes, skin, and vision. Vitamin A also contributes to the normal function of the immune system.

Product Features

- ✓ Features vitamin A from Norwegian cod liver oil and vitamin A palmitate
- ✓ Provides preformed vitamin A which is the most bioactive form
- ✓ Vitamin A contributes to the maintenance of normal mucous membranes, skin, and vision
- ✓ Vitamin A contributes to the normal function of the immune system



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving	% NRV*
Vitamin A, 10,000 IU (from Norwegian cod liver oil and vitamin A palmitate)	3,000 RE**	375%

*Nutrient Reference Value

**Retinol Equivalents

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Cod liver oil, vitamin A palmitate, natural lemon flavour, proprietary antioxidant blend (natural tocopherols, rosemary extract, and ascorbyl palmitate). Gelatin softgel capsule (gelatin, glycerin, water).

Product Code	Size	Serving Size	Capsule Size	Servings per container
VAC1UK	120	1 capsule	3	120

Precautions

If you are pregnant or lactating, have any health condition or are taking any medication, consult a health professional before use. Use only if safety seal is intact. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated daily dosage. Keep out of the reach of young children. This product contains vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.

+ VITAMIN C CHEWABLE

CONVENIENT VITAMIN C CHEWABLE TABLET FOR NORMAL FUNCTION OF THE IMMUNE SYSTEM

Description

Vitamin C Chewable provides vitamin C as a great tasting and convenient chewable tablet. With natural orange/strawberry flavour. Made with mineral ascorbates to be gentler on the stomach. Vitamin C contributes to the normal function of the immune system. Vitamin C contributes to normal psychological function and functioning of the nervous system. Vitamin C contributes to the reduction of tiredness and fatigue.

Product Features

- ✓ Great tasting and convenient chewable tablet
- ✓ Natural orange/strawberry flavour
- ✓ With mineral ascorbates to be gentler on the stomach
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal collagen formation for the normal function of blood vessels, bones, gums, skin teeth and cartilage
- ✓ Contributes to normal psychological function and functioning of the nervous system
- ✓ Contributes to the protection of cells from oxidative stress
- ✓ Contributes to the reduction of tiredness and fatigue
- ✓ Increases iron absorption



Nutritional Information

Serving size 1 chewable tablet

	Amount per Serving	% NRV*
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, ascorbyl palmitate)	525 mg	656%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 tablet, 1-2 times daily, or as directed by a healthcare professional.

Ingredients

Sweeteners: xylitol and mannitol, calcium ascorbate, sodium ascorbate, antioxidant: ascorbyl palmitate, emulsifier: sunflower lecithin, ascorbic acid, flavours: natural orange and strawberry with other natural flavours, bulking agent: hydroxypropyl cellulose.

Product Code	Size	Serving Size	Servings per container	Flavour
VCC6UK	60	1 chewable tablet	60	Orange/strawberry

VITAMIN D₃ 1,000 IU

VITAMIN D₃ PROVIDING 1000 IU PER CAPSULE

Description

Vitamin D₃ 1,000 IU (25 µg) provides pure vitamin D as D₃, the preferred form of vitamin D. Vitamin D contributes to the maintenance of normal muscle function and normal bones. Vitamin D also contributes to the normal function of the immune system.

Product Features

- ✓ Provides 1,000 IU (25 µg) vitamin D₃ per capsule
- ✓ With vitamin D as D₃, the preferred form of vitamin D
- ✓ Contributes to normal absorption/ utilisation of calcium and phosphorus
- ✓ Contributes to the maintenance of normal muscle function, teeth and bones
- ✓ Contributes to the normal function of the immune system



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin D ₃ , 1,000 IU (as cholecalciferol)	25 µg	500%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-4 capsules daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), cholecalciferol. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
VD11UK	120	1 capsule	3	120

+ VITAMIN D₃ (VEGAN) 2,000 IU

VEGAN VITAMIN D₃ PROVIDING 2000 IU PER CAPSULE

Description

Vitamin D₃ (vegan) 2000 IU (50 ug) provides pure vitamin D as D₃, the preferred form of vitamin D. Vitamin D contributes to the maintenance of normal muscle function and normal bones. Vitamin D also contributes to the normal function of the immune system.

Product Features

- ✓ Features vegan vitamin D₃, certified by the Vegan Society
- ✓ Provides 2000 IU (50 ug) vitamin D₃ per capsule
- ✓ With vitamin D as D₃, the preferred form of vitamin D
- ✓ Contributes to normal absorption/ utilisation of calcium and phosphorus
- ✓ Contributes to the maintenance of normal muscle function, teeth and bones
- ✓ Contributes to the normal function of the immune system



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin D ₃ , 2000 IU (as cholecalciferol)	50 µg	1,000%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-2 capsules daily, with meals, or as directed by a healthcare professional.

Ingredients

Hypoallergenic plant fiber (microcrystalline cellulose), cholecalciferol (vegan). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
VD3V1UK	120	1 capsule	3	120

★ VITAMIN D₃ 5,000 IU

VITAMIN D₃ PROVIDING 5000 IU PER CAPSULE

Description

Vitamin D₃ 5,000 IU (125 µg) provides pure vitamin D as D₃, the preferred form of vitamin D. Vitamin D contributes to the maintenance of normal muscle function and normal bones. Vitamin D also contributes to the normal function of the immune system.

Product Features

- ✓ Provides 5,000 IU (125 µg) vitamin D₃ per capsule
- ✓ With vitamin D as D₃, the preferred form of vitamin D
- ✓ Contributes to normal absorption and utilisation of calcium and phosphorus
- ✓ Contributes to the maintenance of normal muscle function, teeth and bones
- ✓ Contributes to the normal function of the immune system



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin D ₃ , 5,000 IU (as cholecalciferol)	125 µg	2,500%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), cholecalciferol. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
VD56UK VD51UK	60, 120	1 capsule	3	120

VITAMIN D₃ LIQUID

VITAMIN D₃ PROVIDING 1,000 IU PER DROP

Description

Vitamin D₃ Liquid provides 1,000 IU (25 µg) pure vitamin D as D₃, the preferred form of vitamin D, per drop. Featuring a convenient liquid formula for easy use. Vitamin D contributes to the maintenance of normal muscle function and normal bones. Vitamin D also contributes to the normal function of the immune system.

Product Features

- ✓ Provides 1,000 IU (25 µg) of pure vitamin D₃ per drop
- ✓ Featuring a convenient liquid formula for easy use
- ✓ Contributes to the maintenance of normal muscle function and normal bones
- ✓ Contributes to the normal function of the immune system



Nutritional Information

Serving size 1 drop (0.03 ml)

	Amount per Serving	% NRV*
Vitamin D ₃ , 1000 IU (as cholecalciferol)	25 µg (1,000 IU)	500%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-2 drops, once daily, with a meal, or as directed by a health professional.

Ingredients

Medium chain triglycerides, cholecalciferol.

Product Code	Size	Serving Size	Servings per container
VDLUK	22.5 ml	1 drop (0.03 ml)	810

VITAMIN E (MIXED TOCOPHEROLS)

WITH MIXED TOCOPHEROLS

Description

Vitamin E with mixed tocopherols provides vitamin E as natural d-alpha tocopherol with natural mixed tocopherols (d-alpha, beta and gamma) for a synergistic, full-spectrum formulation. Vitamin E contributes to the protection of cells from oxidative stress.

Product Features

- ✓ Features natural vitamin E with mixed tocopherols
- ✓ Provides 400 IU as natural d-alpha tocopherol in each capsule
- ✓ Contributes to the protection of cells from oxidative stress



Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving	% NRV*
Vitamin E, 400 IU (as natural d-alpha tocopherol)	268 mg α-TE	2,791%
Other tocopherols (as d-alpha, beta and gamma tocopherol)	67 mg	†

*Nutrient Reference Value † NRV not yet established

Directions For Use

As a food supplement, take 1 softgel daily, with a meal, or as directed by a health professional.

Ingredients

D-alpha tocopherol, rapeseed oil, sunflower oil, mixed tocopherols. Softgel capsule (gelatin, glycerin, water).

Product Code	Size	Serving Size	Capsule Size	Servings per container
DE9UK	90	1 softgel	3	90

VITAMIN K WITH D₃

VITAMIN K WITH D₃

Description

Vitamin K is a blend of vitamin K₁, vitamin K₂ and vitamin D₃. Vitamin K and vitamin D have mutually beneficial functions making the combination of these vitamins synergistic. Vitamin K contributes to normal blood clotting. Vitamin D contributes to normal blood calcium levels. Vitamin K and Vitamin D contribute to the maintenance of normal bones.

Product Features

- ✓ Features a synergistic blend of vitamin K₁, vitamin K₂ and vitamin D₃
- ✓ Vitamin K and vitamin D have mutually beneficial functions
- ✓ Provides 1,545 mcg vitamin K and 1,000 IU vitamin D₃ per capsule
- ✓ Vitamin K contributes to normal blood clotting
- ✓ Vitamin D contributes to normal blood calcium levels
- ✓ Vitamin K and Vitamin D contribute to the maintenance of normal bones



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Vitamin D3, 1,000 IU (as cholecalciferol)	25 µg	500%
Vitamin K (total)	1,545 µg	2,060%
as phytomenadione (K1)	500 µg	†
menaquinone-4 (K2)	1,000 µg	†
menaquinone-7 (K2)	45 µg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), phytomenadione, menaquinone (MK-7), cholecalciferol, menaquinone (menatetrenone) (MK-4). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
SKD6UK, SKD1UK	60, 120	1 capsule	2	60, 120



MINERALS

Calcium (citrate).....	66	Magnesium Powder.....	78
Calcium (MCHA).....	67	Manganese.....	79
Calcium Magnesium (citrate).....	68	Potassium (citrate).....	80
Calcium Magnesium (citrate/malate).....	69	Potassium Magnesium (citrate).....	81
Chromium (Picolinate) 200 µg.....	70	Selenium.....	82
Copper (citrate).....	71	Zinc 15.....	83
Copper (glycinate).....	72	Zinc 30.....	84
Iodine (potassium iodide).....	73	Zinc (citrate).....	85
Iron-C.....	74	Zinc Chewables.....	86
Magnesium (citrate).....	75	Zinc Complex.....	87
Magnesium (citrate/malate).....	76		
Magnesium (glycinate).....	77		

CALCIUM (CITRATE)

HIGHLY ABSORBABLE CALCIUM CITRATE

Description

Calcium (citrate) is a highly bioavailable form of calcium to help ensure adequate calcium intake in conjunction with a balanced diet. Calcium contributes to normal muscle function and the maintenance of normal bones and teeth.

Product Features

- ✓ Features highly bioavailable calcium citrate
- ✓ Helps replenish low calcium levels
- ✓ Calcium contributes to normal muscle function and the maintenance of normal bones and teeth



Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Calcium (as calcium citrate)	450 mg	56%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 3 capsules daily, with a meal, or as directed by a health professional.

Ingredients

Calcium citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CC1UK	180	3 capsules	00	60

CALCIUM (MCHA)

SUPERIOR BIOAVAILABILITY CALCIUM IN A NATURAL NUTRIENT MATRIX

Description

Calcium (MHCA) is a microcrystalline form of calcium with superior bioavailability over other forms of calcium, as demonstrated consistently in clinical studies. Microcrystalline hydroxyapatite also provides additional minerals (magnesium, phosphorus, potassium, zinc), and proteins (osteocalcin, type I collagen, type I insulin growth factor I and II, transforming growth factor beta) associated with bone metabolism. Calcium is needed for the maintenance of normal bones.

Product Features

- ✓ Calcium microcrystalline hydroxyapatite (MHCA) has superior bioavailability
- ✓ MHCA also provides additional minerals and proteins associated with bone metabolism
- ✓ Calcium contributes to the maintenance of normal muscle function, bones and teeth



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Calcium (as MCHC)	750 mg	94%
Phosphorus (as MCHC)	340 mg	49%
Microcrystalline Hydroxyapatite Complex (MCHC) (bovine)	3,585 mg	†

*Nutrient Reference Value †NRV not yet established

Directions For Use

As a food supplement, take 3 capsules daily, with meals, or as directed by a health professional.

Ingredients

Microcrystalline hydroxyapatite. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CH31UK	180	3 capsules	00	60

CALCIUM MAGNESIUM (CITRATE)

HIGHLY ABSORBABLE FORM OF CALCIUM WITH MAGNESIUM

Description

Calcium Magnesium (citrate) is a high bioavailability calcium dietary supplement formulated with magnesium to help provide optimal nutritional support. Calcium and magnesium contribute to normal muscle function and the maintenance of normal bones and teeth.

Product Features

- ✓ Features highly bioavailable calcium and magnesium citrate
- ✓ Helps replenish low calcium and magnesium levels
- ✓ Calcium and magnesium contribute to normal muscle function and the maintenance of normal bones and teeth



Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Calcium (as calcium citrate)	240 mg	30%
Magnesium (as magnesium citrate)	240 mg	64%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 3 capsules daily, with a meal, or as directed by a health professional.

Ingredients

Magnesium citrate, calcium citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CM9UK	90	3 capsules	00	30

CALCIUM MAGNESIUM (CITRATE/MALATE)

HIGHLY ABSORBABLE FORM OF CALCIUM WITH MAGNESIUM

Description

Calcium Magnesium (citrate/malate) is a high bioavailability calcium dietary supplement formulated with magnesium to help provide optimal nutritional support. Calcium and magnesium contribute to normal muscle function and the maintenance of normal bones and teeth.

Product Features

- ✓ Features highly bioavailable calcium and magnesium citrate/malate
- ✓ Helps replenish low calcium and magnesium levels
- ✓ Calcium and magnesium contribute to normal muscle function and the maintenance of normal bones and teeth



Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Calcium (as calcium citrate/malate)	225 mg	28%
Magnesium (as magnesium citrate/malate)	225 mg	60%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 3 capsules daily, with a meal, or as directed by a health professional.

Ingredients

Magnesium citrate/malate, calcium citrate/malate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CMC1UK	180	3 capsules	00	60

CHROMIUM (PICOLINATE) 200 µg

MAINTENANCE OF NORMAL BLOOD GLUCOSE

Description

Chromium (picolinate) 200 µg features chromium as chromium picolinate, a highly bioavailable form of chromium. Chromium contributes to the maintenance of normal blood glucose levels.

Product Features

- ✓ Features chromium as highly bioavailable chromium picolinate
- ✓ Provides 200 µg in each vegetarian capsule
- ✓ Contributes to the maintenance of normal blood glucose levels



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Chromium (as chromium picolinate)	200 µg	500%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), chromium picolinate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CRP26UK	60	3 capsules	3	60

COPPER (CITRATE)

HIGHLY BIOAVAILABLE FORM OF COPPER

Description

Copper (citrate) features a highly bioavailable form of the essential trace mineral copper. Copper has several important physiological roles including contribution to the protection of cells from oxidative stress and normal function of the immune system.

Product Features

- ✓ Features a highly bioavailable form of copper
- ✓ Each vegetarian capsule provides 2 mg of copper
- ✓ Contributes to the protection of cells from oxidative stress
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal hair and skin pigmentation
- ✓ Contributes to normal iron transport in the body



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Copper (as copper citrate)	2 mg	200%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-2 capsules daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), copper citrate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CUC6UK	60	1 capsule	3	60

COPPER (GLYCINATE)

HIGHLY BIOAVAILABLE COPPER GLYCINATE

Description

Copper (glycinate) provides the trace mineral copper in a highly bioavailable form. Featuring 2 mg of copper in each vegetarian capsule. Copper contributes to the normal function of the immune system and to the protection of cells from oxidative stress.

Product Features

- ✓ Features copper (glycinate) as a highly bioavailable form
- ✓ Providing 2 mg of copper in each vegetarian capsule
- ✓ Copper contributes to maintenance of normal connective tissues
- ✓ Copper contributes to normal skin and hair pigmentation
- ✓ Copper contributes to the normal function of the nervous and immune systems
- ✓ Copper contributes to the protection of cells from oxidative stress



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Copper (as copper glycinate)	2 mg	200%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule 1 to 2 times daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), copper bisglycinate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CUG6UK	60	1 capsule	3	60

IODINE (POTASSIUM IODIDE)

SUPPORTS HEALTHY THYROID FUNCTION

Description

Iodine (potassium iodide) provides nutritional iodine to help ensure adequate dietary intake, as part of a healthy diet. Potassium iodide is a more consistent and reliable form of iodine than seaweed and kelp. Each vegetarian capsule provides 225 µg of iodine for optimal nutritional intake. Iodine contributes to the normal production of thyroid hormones and normal thyroid function.

Product Features

- ✓ Ensures optimal iodine intake, as part of a healthy diet
- ✓ Provides a more reliable form of iodine than kelp
- ✓ Each vegetarian capsule provides 225 µg of iodine
- ✓ Contributes to normal cognitive function
- ✓ Contributes to normal functioning of the nervous system
- ✓ Contributes to normal energy-yielding metabolism
- ✓ Contributes to the maintenance of normal skin
- ✓ Contributes to the normal production of thyroid hormones and normal thyroid function



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Iodine (as potassium iodide)	225 µg	150%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), potassium iodide. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
IO6UK	60	1 capsule	3	60

IRON-C

HIGHLY ABSORBABLE GENTLE IRON FORMULA

Description

Iron-C provides a highly bioavailable form of iron that is gentle on digestion. Features iron as Ferrochel® bis-glycinate, a well-tolerated form of iron with superior absorption. With calcium ascorbate, a buffered form of vitamin C. Vitamin C increases iron absorption. Iron contributes to normal formation of red blood cells and haemoglobin, oxygen transport in the body and the reduction of tiredness and fatigue.

Product Features

- ✓ Features Ferrochel® bis-glycinate, a highly bioavailable form of iron
- ✓ Well-tolerated and gentle on digestion
- ✓ With calcium ascorbate, a buffered form of vitamin C
- ✓ For people with low iron levels and/or higher iron needs
- ✓ Iron contributes to normal formation of red blood cells and haemoglobin
- ✓ Iron contributes to normal oxygen transport in the body
- ✓ Iron and vitamin C contribute to the reduction of tiredness and fatigue
- ✓ Vitamin C increases iron absorption



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Iron (as iron bis-glycinate)	28 mg	200%
Vitamin C (from calcium ascorbate)	100 mg	125%
Calcium (from calcium ascorbate blend)	11 mg	1%

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by your healthcare professional.

Ingredients

Ferrous bisglycinate, Ester-C® calcium ascorbate, hypoallergenic plant (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
OF26UK	60	1 capsule	2	60

MAGNESIUM (CITRATE)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

Description

Magnesium (citrate) is a highly bioavailable magnesium chelate providing 150 mg of magnesium in each capsule for convenient use. Magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Product Features

- ✓ Highly bioavailable magnesium citrate
- ✓ Provides 300 mg of magnesium per 2 capsule
- ✓ Helps replenish low magnesium levels
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Contributes to normal muscle function and the maintenance of normal bones and teeth
- ✓ Contributes to electrolyte balance



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Magnesium (as citrate)	150 mg	40%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-4 capsules daily, in divided doses, with a meal, or as directed by a health professional.

Ingredients

Magnesium citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MC9UK, MC1UK	90, 180	2 capsules	00	45, 90

MAGNESIUM (CITRATE/MALATE)

HIGHLY BIOAVAILABLE MAGNESIUM CHELATE

Description

Magnesium (citrate/malate) is a highly bioavailable magnesium chelate. Featuring 120 mg of magnesium in each vegetarian capsule. Magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Product Features

- ✓ Highly bioavailable magnesium chelate
- ✓ Provides 120 mg of magnesium per capsule
- ✓ Helps replenish low magnesium levels
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Contributes to normal muscle function and the maintenance of normal bones and teeth
- ✓ Contributes to electrolyte balance



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Magnesium (as magnesium citrate/malate)	120 mg	32%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-4 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Magnesium citrate/malate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MCM9UK, MCM1UK	90, 180	1 capsule	00	90, 180

★ MAGNESIUM (GLYCINATE)

BIOAVAILABLE MAGNESIUM CHELATE FOR SENSITIVE INDIVIDUALS

Description

Magnesium (glycinate) is a highly bioavailable magnesium chelate that is well tolerated and suitable for sensitive individuals. Featuring 120 mg of magnesium in each vegetarian capsule. Magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Product Features

- ✓ Well tolerated and highly bioavailable magnesium glycinate
- ✓ Provides 120 mg of magnesium per 1 capsule serving
- ✓ Helps replenish low magnesium levels
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Contributes to normal muscle function and the maintenance of normal bones and teeth
- ✓ Contributes to electrolyte balance



Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Magnesium (as magnesium glycinate)	240 mg	64%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 2 capsules, 1-2 times daily, with meals, or as directed by a health professional.

Ingredients

Magnesium bisglycinate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MG9UK, MG1UK, MG3UK	90, 180, 360	1 capsule	00	90, 180, 360

MAGNESIUM POWDER

CONVENIENT ADDITIVE-FREE MAGNESIUM POWDER

Description

Magnesium (powder) features pure, additive-free magnesium in a convenient, no-taste powder. Providing magnesium as bioavailable magnesium citrate. Provides a professional-strength dose of 250 mg magnesium per scoop. Magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Product Features

- ✓ Features magnesium in a convenient, additive-free, no-taste powder
- ✓ Providing magnesium as bioavailable magnesium citrate
- ✓ Professional-strength dose of 250 mg magnesium per scoop
- ✓ Contributes to normal functioning of the nervous system
- ✓ Contributes to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 scoop (1.7 g)

	Amount per Serving	% NRV*
Magnesium (as magnesium citrate)	250 mg	67%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1-2 scoops daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Magnesium citrate.

Product Code	Size	Serving Size	Servings per container
MGP1UK	107 g	1 scoop (1.7 g)	63

MANGANESE

ESSENTIAL TRACE MINERAL MANGANESE

Description

Manganese (aspartate/citrate) provides the essential trace mineral manganese. Manganese helps activate and synthesise important enzymes and contributes to the protection of cells from oxidative stress. Each vegetarian capsule provides 8 mg of highly bioavailable manganese.

Product Features

- ✓ Each vegetarian capsule provides 8 mg of manganese
- ✓ Highly bioavailable formula
- ✓ Contributes to normal energy-yielding metabolism
- ✓ Contributes to the maintenance of normal bones and connective tissue
- ✓ Contributes to the protection of cells from oxidative stress



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Manganese (as manganese aspartate and 50% as manganese citrate)	8 mg	400%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant (microcrystalline cellulose), manganese aspartate, manganese citrate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MN6UK	60	1 capsule	3	60

POTASSIUM (CITRATE)

ALKALINE POTASSIUM CITRATE

Description

Potassium (citrate) provides potassium as well absorbed and alkaline potassium citrate. Each vegetarian capsule provides 200 mg of potassium as citrate. Potassium contributes to the maintenance of normal blood pressure.

Product Features

- ✓ Provides well absorbed and alkaline potassium citrate
- ✓ Each vegetarian capsule provides 200 mg of potassium as citrate
- ✓ Potassium contributes to normal functioning of the nervous system
- ✓ Potassium contributes to normal muscle function
- ✓ Potassium contributes to the maintenance of normal blood pressure



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Potassium (as potassium citrate)	200 mg	10%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 3 capsules once daily, with a meal, or as directed by a health professional.

Ingredients

Potassium citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PC9UK	90	1 capsule	1	90

POTASSIUM MAGNESIUM (CITRATE)

ALKALINE POTASSIUM AND MAGNESIUM CITRATES

Description

Potassium Magnesium (citrate) provides potassium and magnesium absorbed and alkaline citrates. Potassium contributes to the maintenance of normal blood pressure. Magnesium contributes to normal functioning of the nervous system and the reduction of tiredness and fatigue.

Product Features

- ✓ Alkaline & highly bioavailable potassium & magnesium citrate
- ✓ Potassium & magnesium contributes to normal functioning of the nervous system
- ✓ Magnesium contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Magnesium contributes to normal muscle function and the maintenance of normal bones and teeth
- ✓ Magnesium contributes to electrolyte balance
- ✓ Potassium contributes to the maintenance of normal blood pressure



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Potassium (as potassium citrate)	140 mg	7%
Magnesium (as magnesium citrate)	70 mg	19%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 4 capsules once daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Magnesium citrate, potassium citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PMC1UK	180	1 capsule	0	180

SELENIUM

200 MG OF SELENIUM AS ORGANIC SELENOMETHIONINE

Description

Selenium provides 200 µg of selenium as organic selenomethionine in each vegetarian capsule. Selenium is an essential trace mineral that plays several important roles, including contributes to the normal function of the immune system & thyroid. Selenium also contributes to the maintenance of normal hair and nails.

Product Features

- ✓ Provides 200 µg of selenium in each vegetarian capsule
- ✓ Organic selenium as selenomethionine
- ✓ Contributes to normal spermatogenesis
- ✓ Contributes to the maintenance of normal hair and nails
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to the normal thyroid function
- ✓ Contributes to the protection of cells from oxidative stress



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Selenium (as L-selenomethionine)	200 µg	364%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), selenomethionine, ascorbyl palmitate.

Product Code	Size	Serving Size	Capsule Size	Servings per container
SE6UK	60	1 capsule	3	60

ZINC 15

HIGH ABSORPTION ZINC PICOLINATE

Description

High absorption zinc picolinate Zinc 15 provides 15 mg of zinc as zinc picolinate, a high absorption mineral chelate. Zinc contributes to the maintenance of normal hair, skin and nails. Zinc also contributes to the normal function of the immune system and normal cognitive function.

Product Features

- ✓ Features highly bioavailable zinc picolinate
- ✓ Provides 15 mg of zinc in each vegetarian capsule
- ✓ Contributes to normal DNA synthesis and acid-base metabolism
- ✓ Contributes to the maintenance of normal testosterone levels in the blood
- ✓ Contributes to normal fertility and reproduction
- ✓ Contributes to the maintenance of normal hair, skin and nails
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal cognitive function



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Zinc (as zinc picolinate)	15 mg	150%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), zinc picolinate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
Z16UK	60	1 capsule	3	60

★ ZINC 30

HIGH ABSORPTION ZINC PICOLINATE

Description

Zinc 30 provides 30 mg of zinc as zinc picolinate, a high absorption mineral chelate. Zinc contributes to the maintenance of normal hair, skin and nails. Zinc also contributes to the normal function of the immune system and normal cognitive function.

Product Features

- ✓ Features highly bioavailable zinc picolinate
- ✓ Provides 30 mg of zinc in each vegetarian capsule
- ✓ Contributes to normal DNA synthesis and acid-base metabolism
- ✓ Contributes to the maintenance of normal testosterone levels in the blood
- ✓ Contributes to normal fertility and reproduction
- ✓ Contributes to the maintenance of normal hair, skin and nails
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal cognitive function



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Zinc (as zinc picolinate)	30 mg	300%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Zinc picolinate, hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
Z36UK, Z31UK	60, 180	1 capsule	3	60, 180

ZINC (CITRATE)

HIGHLY BIOAVAILABLE FORM OF ZINC

Description

Zinc (citrate) provides 30 mg of zinc as zinc citrate, a high absorption mineral chelate. Zinc contributes to the maintenance of normal hair, skin and nails. Zinc also contributes to the normal function of the immune system and normal cognitive function.

Product Features

- ✓ Features highly bioavailable zinc citrate
- ✓ Provides 30 mg of zinc in each vegetarian capsule
- ✓ Contributes to normal DNA synthesis and acid-base metabolism
- ✓ Contributes to the maintenance of normal testosterone levels in the blood
- ✓ Contributes to normal fertility and reproduction
- ✓ Contributes to the maintenance of normal hair, skin and nails
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal cognitive function



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Zinc (as zinc citrate)	30 mg	300%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), zinc citrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
ZC6UK	60	1 capsule	3	60

+ ZINC CHEWABLES

CONVENIENT ZINC CHEWABLE TABLET FOR NORMAL FUNCTION OF THE IMMUNE SYSTEM

Description

Zinc Chewable provides zinc as a great tasting and convenient chewable tablet. With natural orange flavour. Zinc contributes to the maintenance of normal hair, skin and nails. Zinc also contributes to normal cognitive function and the normal function of the immune system.

Product Features

- ✓ Great tasting and convenient chewable tablet
- ✓ Natural orange flavour
- ✓ Contributes to normal cognitive function
- ✓ Contributes to normal DNA synthesis and acid-base metabolism
- ✓ Contributes to the maintenance of normal testosterone levels in the blood
- ✓ Contributes to normal fertility and reproduction
- ✓ Contributes to the maintenance of normal hair, skin and nails
- ✓ Contributes to the normal function of the immune system



Nutritional Information

Serving size 1 chewable tablet

	Amount per Serving	% NRV*
Zinc (as zinc citrate)	10 mg	91%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 tablet, 1-2 times daily, or as directed by a healthcare professional.

Ingredients

Xylitol (sweetener), mannitol (sweetener), hydroxypropyl cellulose (bulking agent), ascorbyl palmitate (antioxidant), citric acid (acidity regulator), zinc citrate, natural orange and other natural flavours.

Product Code	Size	Serving Size	Servings per container	Flavour
ZNC1UK	100	1 chewable tablet	100	orange

+ ZINC COMPLEX

HIGH ABSORPTION ZINC CHELATES

Description

Zinc Complex provides 21 mg of zinc as mixed chelates. Zinc contributes to the maintenance of normal hair, skin and nails. Zinc also contributes to the normal function of the immune system and normal cognitive function.

Product Features

- ✓ Provides 21 mg of zinc in each vegetarian capsule
- ✓ Contributes to normal DNA synthesis and acid-base metabolism
- ✓ Contributes to the maintenance of normal testosterone levels in the blood
- ✓ Contributes to normal fertility and reproduction
- ✓ Contributes to the maintenance of normal hair, skin and nails
- ✓ Contributes to the normal function of the immune system
- ✓ Contributes to normal cognitive function



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Zinc (as zinc picolinate, gluconate, citrate)	21 mg	210%

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), zinc gluconate, zinc picolinate, zinc citrate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
ZKC6UK, ZKCIUK	60, 180	1 capsule	3	60, 180



5-HTP 100 MG

PROFESSIONAL STRENGTH 5-HTP

Description

5-HTP (5-Hydroxytryptophan) provides high quality 5-HTP as a highly bioavailable free-form amino acid. Natural plant-source derived from the Griffonia simplicifolia plant. 5-HTP has been subject to clinical research. Each vegetarian capsule provides 100 mg of 5-HTP.

Product Features

- ✓ Features high quality natural source 5-HTP
- ✓ Highly bioavailable free-form amino acid
- ✓ 5-HTP has undergone clinical research



Nutritional Information

Serving size 1 capsule

	Amount per Serving
5-hydroxytryptophan (5HTP) (from Griffonia simplicifolia)	100 mg

Directions For Use

As a food supplement, take 1-3 capsules daily, before meals, or as directed by a health professional.

Ingredients

5-hydroxytryptophan, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
HYD16UK	60	1 capsule	3	60

AMINO ACIDS

5-HTP 100 mg.....89	I-Glutamine powder.....97
5-HTP 50 mg.....90	I-Lysine.....98
Acetyl-L-Carnitine 500 mg.....91	I-Theanine.....99
Griffonia.....92	I-Tyrosine.....100
I-Arginine.....93	Liposomal Glutathione.....101
I-Carnitine.....94	NAC 600 mg.....102
I-Glutamine 500 mg.....95	NAC + Glycine powder.....103
I-Glutamine 850 mg.....96	Reduced Glutathione.....104

5-HTP 50 MG

HIGH QUALITY 5-HTP

Description

5-HTP (5-Hydroxytryptophan) provides high quality 5-HTP as a highly bioavailable free-form amino acid. Natural plant-source derived from the Griffonia simplicifolia plant. 5-HTP has been subject to clinical research. Each vegetarian capsule provides 50 mg of 5-HTP.

Product Features

- ✓ Features high quality natural source 5-HTP
- ✓ Highly bioavailable free-form amino acid
- ✓ 5-HTP has undergone clinical research



Nutritional Information

Serving size 1 capsule

	Amount per Serving
5-hydroxytryptophan (5HTP) (from Griffonia simplicifolia)	50 mg

Directions For Use

As a food supplement, take 1-6 capsules daily, before meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), 5-hydroxytryptophan. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
HYD56UK	60	1 capsule	3	60

ACETYL-L-CARNITINE 500 MG

HIGH QUALITY ACETYL-L-CARNITINE

Description

Acetyl-L-Carnitine provides high-quality acetyl-l-carnitine at a strength of 500 mg in each vegetarian capsule. Acetyl-l-carnitine is an essential amino acid involved in a wide-range of metabolic functions. Acetyl-l-carnitine is a unique form of the amino acid, l-carnitine, and has different metabolic properties due to the presence of the acetyl group including enhanced delivery. Acetyl-l-carnitine is one of the most clinically studied forms of carnitine.

Product Features

- ✓ Features high-quality acetyl-l-carnitine
- ✓ Provides 500 mg in each vegetarian capsule
- ✓ One of the most clinically studied forms of carnitine



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Acetyl-L-Carnitine HCl	500 mg

Directions For Use

As a food supplement, take 1 capsule, 1-2 times daily, between meals, or as directed by a health professional.

Ingredients

Acetyl-L-Carnitine HCl, hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
ALC56UK	60	1 capsule	00	60

+ GRIFFONIA EXTRACT

NATURAL 5-HTP FROM GRIFFONIA SEED EXTRACT

Description

Griffonia provides natural 5-Hydroxytryptophan (5-HTP). Natural plant-source 5-HTP derived from the Griffonia simplicifolia plant. Features 5-HTP from Griffonia as a highly bioavailable free-form amino acid. 5-HTP is an amino acid that has been subject to clinical research. Each serving of two vegetarian capsules provides 100 mg of 5-HTP.

Product Features

- ✓ Features high quality natural source 5-HTP
- ✓ Highly bioavailable free-form amino acid
- ✓ 5-HTP has undergone clinical research



Nutritional Information

Serving size 2 capsules

	Amount per Serving
Griffonia (<i>Griffonia simplicifolia</i>) seed extract providing 100 mg (30%) 5-hydroxytryptophan (5HTP)	330 mg

Directions For Use

As a food supplement, take 2 capsules once daily, before meals, or as directed by a health professional.

Ingredients

Griffonia simplicifolia seed extract, hypoallergenic plant fiber (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
GRF6UK	60	2 capsules	2	30

I-ARGININE

HIGH QUALITY L-ARGININE

Description

L-Arginine provides high quality l-arginine as a highly bioavailable free-form amino acid. L-Arginine is the precursor to nitric oxide (NO), which has a wide range of metabolic functions. L-Arginine has been subject to a great deal of clinical research. Each serving of two vegetarian capsules provides 1400 mg of l-arginine.

Product Features

- ✓ Features high quality l-arginine
- ✓ Provides 1,400 mg in each serving of two vegetarian capsules
- ✓ Highly bioavailable free-form amino acid
- ✓ Subject to considerable clinical research



Nutritional Information

Serving size 2 capsules

	Amount per Serving
L-Arginine HCl	1,400 mg

Directions For Use

As a food supplement, take 2 capsules daily, with a meal, or as directed by a health professional.

Ingredients

L-Arginine HCl. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LAR9UK	90	2 capsules	00	45

I-CARNITINE

HIGH QUALITY L-CARNITINE

Description

L-Carnitine provides high quality l-carnitine as a highly bioavailable free-form amino acid. L-Carnitine is an amino acid found abundantly in skeletal and heart muscle and acts as a carrier of fatty acids into the mitochondria. Each vegetarian capsule provides 340 mg of l-carnitine from l-carnitine-l-tartrate.

Product Features

- ✓ Features high quality l-carnitine
- ✓ Provides 340 mg in each vegetarian capsule
- ✓ Highly bioavailable free-form amino acid



Nutritional Information

Serving size 1 capsule

	Amount per Serving
L-Carnitine	340 mg

Directions For Use

As a food supplement, take 2-4 capsules daily, in divided doses, between meals, or as directed by a health professional.

Ingredients

L-Carnitine-l-tartrate, hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LC6UK	60	1 capsule	0	60

I-GLUTAMINE 500 MG

HIGH QUALITY GLUTAMINE CAPSULES

Description

L-Glutamine 500 mg is a convenient and easy way to obtain the amino acid glutamine in a vegetarian capsule. Glutamine is the most abundant amino acid in the body and requirements may be higher in times of increased metabolic demand.

Product Features

- ✓ High quality glutamine providing 500 mg in each capsule
- ✓ Features pure free-form l-glutamine
- ✓ Glutamine is the most abundant amino acid in the body
- ✓ Requirements may be higher in times of increased metabolic demand



Nutritional Information

Serving size 1 capsule

	Amount per Serving
L-Glutamine (free-form)	500 mg

Directions For Use

As a food supplement, take 1 capsule, 1-3 times daily, between meals, or as directed by a health professional

Ingredients

L-Glutamine, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LG59UK	90	1 capsule	1	90

I-GLUTAMINE 850 MG

PROFESSIONAL STRENGTH GLUTAMINE CAPSULES

Description

L-Glutamine 850 mg is a convenient and easy way to obtain the amino acid glutamine in professional strength capsule. Glutamine is the most abundant amino acid in the body and requirements may be higher in times of increased metabolic demand.

Product Features

- ✓ Professional-strength providing 850 mg in each capsule
- ✓ Features pure free-form l-glutamine
- ✓ Glutamine is the most abundant amino acid in the body
- ✓ Requirements may be higher in times of increased metabolic demand



Nutritional Information

Serving size 1 capsule

	Amount per Serving
L-Glutamine (free-form)	850 mg

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule, 1–3 times daily, between meals, or as directed by a health professional.

Ingredients

L-Glutamine, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LG89UK	90	1 capsule	00	90

I-GLUTAMINE POWDER

PROFESSIONAL STRENGTH GLUTAMINE POWDER

Description

L-Glutamine powder is a convenient and easy way to obtain the amino acid glutamine in a highly soluble, pleasant tasting, additive-free powder. Glutamine is the most abundant amino acid in the body and requirements may be higher in times of increased metabolic demand.

Product Features

- ✓ Glutamine powder providing 3 g in each scoop
- ✓ Features pure free-form l-glutamine
- ✓ Highly soluble, pleasant tasting and mixes well into water or juice for convenient use



Nutritional Information

Serving size approximately 3.1 g (1 heaped scoop)

	Amount per Serving
L-Glutamine (free form)	3 g

Directions For Use

As a food supplement, take 1 heaped scoop 2-3 times daily, mixed in water or juice, between meals, or as directed by a health professional.

Ingredients

L-Glutamine.

Product Code	Size	Serving Size	Servings per container
LGPUK	227 g	1 heaped scoop (3.1 g)	73

★ I-LYSINE

HIGH QUALITY L-LYSINE

Description

L-Lysine provides high-quality l-lysine at a strength of 500 mg in each vegetarian capsule. L-Lysine is an essential amino acid involved in a wide-range of metabolic functions.

Product Features

- ✓ Features high-quality free-form l-lysine
- ✓ Provides 500 mg in each vegetarian capsule
- ✓ L-Lysine is an essential amino acid



Nutritional Information

Serving size 2 capsules

	Amount per Serving
L-Lysine (as l-lysine HCl)	1,000 mg

Directions For Use

As a food supplement, take 2 capsules once daily, with a meal, or as directed by a health professional.

Ingredients

L-Lysine HCl, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LL9UK, LL2UK	90, 270	2 capsules	0	45, 135

I-THEANINE

HIGHLY BIOAVAILABLE AND PURE SUNTHEANINE®

Description

L-Theanine features high quality theanine as Suntheanine®, the brand which has been used in scientific studies. L-Theanine is a constituent of green tea. Suntheanine® provides only l-theanine whereas other brands may not be as pure or active. In one study, only Suntheanine® contained pure l-theanine whereas generic brands contained D-theanine. Research shows pure l-theanine is better absorbed and metabolised. Each vegetarian capsule provides 200 mg consistent with clinical research.

Product Features

- ✓ Features clinically studied Suntheanine®
- ✓ Suntheanine® guarantees active and pure l-theanine
- ✓ L-Theanine is a constituent of green tea
- ✓ Each vegetarian capsule provides 200 mg



Nutritional Information

Serving size 1 capsule

	Amount per Serving
L-Theanine	200 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, in divided doses, between meals, or as directed by a health professional.

Ingredients

L-Theanine, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LTH6UK	60	1 capsule	2	60

I-TYROSINE

HIGH QUALITY L-TYROSINE

Description

L-Tyrosine is a convenient and easy way to obtain the amino acid tyrosine in a vegetarian capsule. Tyrosine is an amino acid precursor to various proteins. Each vegetarian capsule provides 500 mg of tyrosine.

Product Features

- ✓ Providing 500 mg of tyrosine in vegetarian each capsule
- ✓ Features pure free-form l-tyrosine
- ✓ Tyrosine is an amino acid precursor to various proteins



Nutritional Information

Serving size 1 capsule

	Amount per Serving
L-Tyrosine (free-form)	500 mg

Directions For Use

As a food supplement, take 1 capsule, 2–4 times daily, between meals, or as directed by a health professional

Ingredients

L-Tyrosine. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
LT59UK	90	1 capsule	00	90

LIPOSOMAL GLUTATHIONE

GLUTATHIONE IN AN INNOVATIVE LIPOSOMAL FORM

Description

Liposomal Glutathione features glutathione in a liposomal delivery system. BioGlute™ proprietary blend of glutathione and phosphatidylcholine with natural liposome formation due to the hydrophobic and hydrophilic nature of phospholipids. Liposomal form protects glutathione from degradation that can occur during digestion. Setria® Glutathione is a bioavailable and in its biologically active reduced form.

Product Features

- ✓ Features BioGlute™ proprietary liposomal delivery system
- ✓ With bioavailable Setria® Glutathione
- ✓ Providing 250 mg of reduced glutathione in each softgel



Contains soy. Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving
BioGlute™ proprietary blend of glutathione and phospholipids providing:	375 mg
Setria® glutathione	200 mg
Phospholipid complex	125 mg

Directions For Use

As a food supplement, take 1 softgel capsule, 1-2 times daily, with meals, or as directed by a healthcare professional.

Ingredients

Extra virgin olive oil, Setria® l-glutathione (reduced), gelatin capsule (gelatin, glycerin, water), phospholipid complex (soy), calcium carbonate, beeswax.

Product Code	Size	Serving Size	Capsule Size	Servings per container
LSG6UK	60	1 softgel	16	60

NAC 600 MG

PROFESSIONAL STRENGTH N-ACETYL-L-CYSTEINE

Description

NAC (n-acetyl-l-cysteine) provides pure NAC, which is a derivative of the dietary amino acid l-cysteine. NAC is a sulphur containing amino acid involved in glutathione synthesis.

Product Features

- ✓ Provides free-form NAC (n-acetyl-l-cysteine)
- ✓ Professional strength of 600 mg per capsule
- ✓ NAC is a sulphur containing amino acid involved in glutathione synthesis



Nutritional Information

Serving size 1 capsule

	Amount per Serving
N-Acetyl-L-Cysteine (free-form)	600 mg

Directions For Use

As a food supplement, take 1 capsule, 1–3 times daily, between meals, or as directed by a health professional.

Ingredients

N-acetyl-l-cysteine, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
NA69UK	90	1 capsule	0	90

+ NAC + GLYCINE POWDER

N-ACETYL-CYSTEINE AND GLYCINE COMBINATION TO SUPPORT GLUTATHIONE SYNTHESIS

Description

NAC + Glycine Powder provides 1.8 grams of both N-acetylcysteine (NAC) and glycine per serving in a great-tasting natural peach-ginger flavour. NAC and glycine are both involved in glutathione synthesis. Co-supplementation with NAC and glycine may be more effective than either amino acid alone.

Product Features

- ✓ Providing 1.8 grams of both NAC and glycine per serving
- ✓ Great-tasting natural peach-ginger flavour
- ✓ NAC and glycine are both involved in glutathione synthesis
- ✓ Co-supplementation may be more effective than either amino acid alone



Nutritional Information

Serving size 1 scoop (approximately 5.3 g)

	Amount per Serving
N-Acetyl-L-Cysteine (free-form)	1,800 mg
Glycine	1,800 mg

Directions For Use

As a food supplement, 1 scoop, once daily, or as directed by a healthcare professional. Add 1 scoop to 250 ml of water or juice

Ingredients

N-acetylcysteine, glycine, flavours: natural peach, mango, orange, and ginger with other natural flavours, acidity regulators: potassium citrate, tri-magnesium citrate, sweetener: stevia leaf extract.

Product Code	Size	Serving Size	Servings per container	Flavour
NGY1UK	159 g	1 scoop (5.3 g)	30	Peach-ginger

REDUCED GLUTATHIONE

GLUTATHIONE IN ITS BIOLOGICALLY ACTIVE REDUCED FORM

Description

Reduced Glutathione contains glutathione in its biologically active reduced form. Setria® Glutathione is manufactured through a proprietary fermentation process and has been shown to be well absorbed in published clinical research.

Product Features

- ✓ Features bioavailable Setria® Glutathione
- ✓ Manufactured through a proprietary fermentation process
- ✓ Providing 100 mg of reduced glutathione in each vegetarian capsule



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Setria® glutathione (reduced) (free-form)	100 mg

Directions For Use

As a food supplement, take 1 capsule, 1–2 times daily, between meals, or as directed by a health professional.

Ingredients

Setria® l-glutathione (reduced), hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
RG6UK	60	1 capsule	1	60



DIGESTIVE HEALTH

Betaine HCl Pepsin.....	106	Gluten Dairy Enzymes.....	112
Bromelain 2,400 500 mg.....	107	MicroDefense with Oregano.....	113
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BETAINE HCL PEPSIN

ACIDIC BETAINE WITH PROTEIN-DIGESTING ENZYME

Description

Betaine HCl Pepsin provides a professional strength of 520 mg betaine HCl per capsule with additional pepsin. Betaine HCl is an acidic form of betaine, and pepsin is a protein-digesting enzyme.

Product Features

- ✓ Professional-strength of 520 mg betaine HCl per capsule
- ✓ Provides strength of betaine HCl consistent with clinical use
- ✓ Features additional pepsin, a protein-digesting enzyme



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 capsule

	Amount per Serving
Betaine HCl	520 mg
Pure pepsin (porcine-derived) (1:10000 potency, lactose-free)	21 mg

Directions For Use

As a food supplement, take 1 capsule, 3 times daily, with meals, or as directed by a health professional.

Ingredients

Betaine HCl, hypoallergenic plant fibre (microcrystalline cellulose), pepsin, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BP2UK	250	1 capsule	0	250

BROMELAIN 2,400 500 MG

PROFESSIONAL STRENGTH BROMELAIN

Description

Bromelain 2,400 features high potency bromelain of 2,400 GDU per gram. GDU's (gelatin dissolving units) are a measure of the activity of bromelain and ensure strength. Each vegetarian capsule provides 500 mg of professional strength bromelain. Bromelain is a proteolytic enzyme from the stem of the pineapple plant that can be absorbed systemically. Bromelain has a long history of clinical use and has been subject to scientific research.

Product Features

- ✓ Features high potency bromelain of 2,400 GDU per gram
- ✓ GDU's are a measure of the activity of bromelain and ensure strength
- ✓ Each vegetarian capsule provides 500 mg of professional strength bromelain
- ✓ Bromelain is a proteolytic enzyme from the stem of the pineapple plant



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Bromelain (2,400 GDU/gram)	500 mg

Directions For Use

As a food supplement, take 1-4 capsules daily, in divided doses, with or between meals, or as directed by your health professional.

Ingredients

Bromelain, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BR56UK	60	1 capsule	00	60

+ DGL PLUS

LICORICE ROOT EXTRACT WITH ALOE, SLIPPERY ELM AND MARSHMALLOW

Description

DGL Plus features deglycyrrhizinated licorice (DGL) root extract. Provides 300 mg of DGL in each vegetarian capsule. With aloe inner leaf extract. Also providing slippery elm and marshmallow.

Product Features

- ✓ Features deglycyrrhizinated licorice (DGL) root extract
- ✓ 300 mg of DGL in each vegetarian capsule
- ✓ With aloe inner leaf extract
- ✓ Providing slippery elm and marshmallow



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Deglycyrrhizinated licorice (Glycyrrhiza glabra) root extract	300 mg
Aloe vera (Aloe barbadensis) inner fillet (standardised to contain 10% polysaccharides)	50 mg
Slippery elm (Ulmus fulva) bark powder	100 mg
Marshmallow (Althaea officinalis) root extract	200 mg

Directions For Use

As a food supplement, take 1 capsule daily, 1-3 times daily, before a meal, or as directed by a healthcare professional.

Ingredients

Deglycyrrhizinated Glycyrrhiza glabra extract, Althaea officinalis root extract, Ulmus fulva bark powder, Aloe barbadensis inner fillet, antioxidant: ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
DG6UK	60	1 Capsule	00	60

★ DIGESTIVE ENZYMES ULTRA

BROAD SPECTRUM VEGETARIAN DIGESTIVE ENZYMES



Description

Digestive Enzymes Ultra contains a high-strength, broad-spectrum mixture of vegetarian digestive enzymes. This comprehensive formula provides enzymes that are involved in the digestion of protein, carbohydrate, fat, fibre and lactose.

Product Features

- ✓ Provides a high-strength, broad spectrum vegetarian digestive enzymes
- ✓ Features enzymes that are involved in the digestion of protein, carbohydrate, fat, fibre and lactose
- ✓ With 3,000 FIP of lipase per serving, assisting in the breakdown of dietary fats and fatty foods
- ✓ With 120 GAU of alpha-galactosidase per serving, promoting the breakdown of galacto-oligosaccharides (FODMAP's) found in some vegetables, grains and legumes
- ✓ Protease enzymes for protein digestion
- ✓ Amylase, glucoamylase and invertase enzymes to digest carbohydrates
- ✓ Lactase enzymes to help digest lactose from dairy products
- ✓ Additional enzymes to help digest plant and legume fibres



Product Code	Size	Serving Size	Capsule Size	Servings per container
DEU3UK, DEU9UK	30, 90	2 Capsules	3	15, 45

Nutritional Information

Serving size 2 capsules

	Amount per Serving
Proprietary enzyme blend	391 mg
Providing:	
amylase	24,000 DU
protease	60,000 HUT
protease 6.0	20,000 HUT
glucoamylase	30 AGU
lactase	1,600 ALU
lipase	3,000 FIP
beta-glucanase	20 BGU
invertase	900 SU
cellulase	800 CU
alpha-galactosidase	120 GalU
protease 3.0	20 SAPU
phytase	10 FTU
hemicellulase	200 HCU

Directions For Use

As a food supplement, take 2 capsules with each meal, or as directed by a health professional.

Ingredients

Enzyme blend, ascorbyl palmitate, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

DIGESTIVE ENZYMES ULTRA WITH BETAININE HCL

BROAD SPECTRUM VEGETARIAN DIGESTIVE ENZYMES WITH BETAININE HCL

Description

Digestive Enzymes Ultra with Betaine HCl contains a high-strength, broad-spectrum mixture of vegetarian digestive enzymes with Betaine HCl. This comprehensive formula provides enzymes that are involved in the digestion of protein, carbohydrate, fat, fibre and lactose. Betaine HCl is an acidic form of betaine, and pepsin is a protein-digesting enzyme.

Product Features

- ✓ Provides a high-strength, broad-spectrum vegetarian digestive enzymes
- ✓ Professional-strength of 500 mg betaine HCl per each two capsule serving
- ✓ Features enzymes that are involved in the digestion of protein, carbohydrate, fat, fibre and lactose
- ✓ With 3,000 FIP of lipase per serving, assisting in the breakdown of dietary fats and fatty foods
- ✓ With 120 GAU of alpha-galactosidase per serving, promoting the breakdown of galacto-oligosaccharides (FODMAP's) found in some vegetables, grains and legume
- ✓ Protease enzymes for protein digestion
- ✓ Amylase, glucoamylase and invertase enzymes to digest carbohydrates
- ✓ Lactase enzymes to help digest lactose from dairy products
- ✓ Additional enzymes to help digest plant and legume fibres



Nutritional Information

Serving size 2 capsules

	Amount per Serving
Proprietary enzyme blend	391 mg
Providing:	
Amylase	24,000 DU
Protease	60,000 HUT
Protease 6.0	20,000 HUT
Glucoamylase	30 AGU
Lactase	1,600 ALU
Lipase	3,000 FIP
Beta-glucanase	20 BGU
Invertase	900 SU
Cellulase	800 CU
Alpha-galactosidase	120 GalU
Protease 3.0	20 SAPU
Phytase	10 FTU
Hemicellulase	200 HCU
Betaine HCl	500 mg

Directions For Use

As a food supplement, take 2 capsules with each meal, or as directed by a health professional.

Ingredients

Betaine HCl, enzyme blend, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
DEUB3UK, DEUB9UK	30, 90	2 Capsules	0	15, 45

+ EPI-INTEGRITY

GLUTAMINE AND PREBIOTIC BLEND WITH NUTRIGUT® PERILLA LEAF EXTRACT

Description

Epi-Integrity provides a unique broad-spectrum combination of glutamine, prebiotics, and targeted botanical supporting a great-tasting natural strawberry-lemonade flavoured powder. Featuring clinically studied Nutrigut® Perilla (Perilla frutescens) leaf extract. Providing 2.4 g of glutamine and 2.4 g of prebiotic arabinogalactan per serving. With astragalus and deglycyrrhizinated licorice (DGL) extracts.

Product Features

- ✓ Providing 2.4 g of glutamine and 2.4 g of prebiotic arabinogalactan per serving
- ✓ Featuring clinically studied Nutrigut® Perilla (Perilla frutescens) leaf extract
- ✓ With astragalus and deglycyrrhizinated licorice (DGL) extracts
- ✓ Great-tasting natural strawberry-lemonade flavoured powder



Nutritional Information

Serving size 1 scoop (approximately 5.7 g)

	Amount per Serving
Arabinogalactan	2.4 g
L-Glutamine (free from)	2.4 g
Nutrigut® Perilla (Perilla frutescens) leaf extract	150 mg
Astragalus (Astragalus membranaceus)	200 mg
Deglycyrrhizinated licorice (Glycyrrhiza glabra) root extract	50 mg

Directions For Use

As a food supplement, take 1 scoop with each meal, or as directed by a health professional.

Ingredients

L-glutamine, arabinogalactan, Astragalus membranaceus extract, Perilla frutescens leaf extract, deglycyrrhizinated Licorice root extract, acidity regulator: citric acid, flavours: natural strawberry and lemonade, acidity regulator: malic acid, sweetener: stevia leaf extract

Product Code	Size	Serving Size	Servings per container	Flavour
EIP1UK	171g	1 scoop (5.7 g)	30	Strawberry-lemonade

+ GLUTEN DAIRY ENZYMES

WITH TOLLERASE® G AND LACTASE

Description

Gluten Dairy Enzymes features the unique, clinically researched Tolerase® G prolyl-endopeptidase enzyme at the level designed to target the breakdown of 500 mg gluten. Contains enzymes to break down casein, beta-lactoglobulin, and lactose components of dairy. Made with high-quality, vegetarian ingredients backed by verifiable science.

Product Features

- ✓ Featuring clinically researched Tolerase® G prolyl-endopeptidase enzyme designed to target the breakdown of gluten
- ✓ Contains enzymes to break down casein, beta-lactoglobulin, and lactose components of dairy
- ✓ Made with high-quality, vegetarian ingredients backed by verifiable science



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Tolerase® G Prolyl Endopeptidase	83300 PPI
BioCare® Dairy protease (endo/exopeptidase)	105 mg
lactase	630 BL GU 1000 ALU

*Nutrient Reference Value

Directions For Use

As a food supplement, take 1 capsule with a meal, or as directed by your healthcare professional.

Ingredients

Prolyl-endopeptidase (Tolerase® G), Protease (endo/exopeptidase) and lactase (BioCore® Dairy). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
GDD26UK	60	1 capsule	00	60

MICRODEFENSE WITH OREGANO

BROAD-SPECTRUM BOTANICAL FORMULA

Description

MicroDefense features a comprehensive combination of botanicals for broad-spectrum, multi-targeted support. Featuring a blend of concentrated olive leaf, wormwood and clove bud extracts. With oregano oil for additional botanical support.

Product Features

- ✓ Features a comprehensive botanical blend for broad-spectrum support
- ✓ Featuring concentrated olive leaf, wormwood and clove bud extracts
- ✓ With oregano oil



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Berberine sulfate	100 mg
Olive (Olea europaea) leaf extract (standardised to contain minimum 15% oleuropein)	100 mg
Sweet wormwood (Artemisia annua) aerial parts extract	150 mg
Clove (Syzygium aromaticum) bud powder	50 mg
Oregano (Origanum vulgare) leaf and Flower oil extract	100 mg

Directions For Use

As a food supplement, take 1 capsule daily, with or between meals, with a 6-8 oz glass of water, for 2-3 months, or as directed by a health professional.

Ingredients

Sweet wormwood extract, berberine sulfate, olive leaf extract, oregano oil powder, clove powder. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MI39UK	90	1 capsule	00	90

MOTILPRO

ADVANCED NUTRITIONAL SUPPORT COMPLEX

Description

MotilPro is a unique combination of nutrients, including 5-HTP and ginger. Provides pyridoxal 5' phosphate (activated vitamin B₆) and 5-hydroxytryptophan (5-HTP). 5-HT receptors play a role in the function of the colonic migrating motor complex. With high potency ginger extract standardised to contain 5% gingerols. Providing free-form acetyl-L-carnitine specifically for contribution of acetyl groups.

Product Features

- ✓ Features a unique combination of nutrients, including 5-HTP and ginger.
- ✓ Provides pyridoxal 5' phosphate (activated vitamin B₆) and 5-hydroxytryptophan (5-HTP)
- ✓ With high potency ginger extract standardised to contain 5% gingerols
- ✓ Providing free-form acetyl-L-carnitine



Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Vitamin B ₆ (as pyridoxal 5' phosphate [activated B ₆])	6.7 mg	479%
Ginger (<i>Zingiber officinale</i>) root extract (standardised to contain 5% gingerols)	1,000 mg	†
Acetyl-L-Carnitine	500 mg	†
5-Hydroxytryptophan	50 mg	†

*Nutrient Reference Value †NRV not yet determined

Directions For Use

As a food supplement, take 3 capsules, 1-2 times daily, between meals, or as directed by a health professional.

Ingredients

Ginger root extract, acetyl-L-carnitine, 5-hydroxytryptophan, ascorbyl palmitate, pyridoxal 5' phosphate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MOP1UK	180	3 capsules	00	60

PANCREATIC ENZYME

PROFESSIONAL STRENGTH DIGESTIVE ENZYMES

Description

Pancreatic Enzyme Formula is one of the highest potency digestive enzyme formulas available. Each capsule contains 500 mg of pancreatin and 17,500 lipase units. Providing lipase, which digests fat; proteases, which digest protein; and amylases, which digest starch.

Product Features

- ✓ Professional strength digestive enzyme formula
- ✓ Each capsule contains 500 mg of pancreatin and 17,500 lipase units
- ✓ Providing lipase, protease, and amylase



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 capsule

	Amount per Serving
Pancreatin (from porcine) (lactose free), providing:	500 mg
Lipase	17,500 USP units
Protease	110,000 USP units
Amylase	120,000 USP units

Directions For Use

As a food supplement, take 1 capsule with each meal, or as directed by a health professional.

Ingredients

Pancreatin (porcine). Vegetarian capsule (hydroxypropyl methyl cellulose), gellan gum.

Product Code	Size	Serving Size	Capsule Size	Servings per container
PE6UK	60	1 capsule	00	60

PANCREATIC VEGENZYMES

VEGETARIAN PANCREATIC ENZYME ALTERNATIVE

Description

Pancreatic VegEnzymes provides a professional-strength digestive enzyme formulation derived from the plant sources. It is a vegetarian alternative to Pancreatic Enzyme Formula comparable in amylase, protease and lipase profile. Each 200 mg capsule of Pancreatic VegEnzymes provides the equivalent of one 500 mg capsule of Pure Encapsulations Pancreatic Enzyme Formula.

Product Features

- ✓ Provides professional-strength vegetarian digestive enzymes
- ✓ Vegetarian alternative and equivalent potency to Pancreatic Enzyme Formula
- ✓ Features enzymes that are involved in carbohydrate, lipid and protein digestion
- ✓ With 5,000 FIP of lipase per capsule



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Proprietary enzyme blend providing:	200 mg
Protease 4.5	40,000 HUT
Lipase	5,000 FIP
Amylase	1,500 DU

Directions For Use

As a food supplement, take 1 capsule, 3 times daily, with each meal, or as directed by a healthcare professional.

Ingredients

Enzyme blend, tapioca dextrin, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PV1UK	180	1 capsule	3	180

★ POLY-PROFLORA POWDER

A UNIQUE POWDERED BLEND OF PREBIOTIC FIBERS AND TARGETED POLYPHENOLS



Description

Poly-ProFlora Powder features a blend of prebiotics and targeted polyphenols. With PreticX™ xylooligosaccharide (XOS), and BioEcolians® α-glucooligosaccharide (α-GOS). And polyphenol-rich extracts of Cranberry, Blueberry, and Pomegranate. In a pleasant-tasting fruit flavour. Made with hypoallergenic, vegan ingredients.

Product Features

- ✓ Featuring a blend of prebiotics and targeted polyphenols
- ✓ With PreticX™ xylooligosaccharide (XOS), and BioEcolians® α-glucooligosaccharide (α-GOS)
- ✓ Provides polyphenol-rich extracts of Cranberry, Blueberry, and Pomegranate
- ✓ In a pleasant-tasting natural fruit flavour
- ✓ Made with hypoallergenic, vegan ingredients



Nutritional Information

Serving size 1 scoop (approximately 4.6 g)

	Amount per Serving
Energy	10 kcal
Carbohydrate	3 g
Sugars	2 g
PreticX™ xylooligosaccharide (XOS)	1.4 g
BioEcolians® α-glucooligosaccharide (α-GOS)	1 g
Cranberry (Vaccinium macrocarpon) fruit extract (standardised to contain 12 mg proanthocyanidins [PACs])	1.2 g
Blueberry (Vaccinium angustifolium) fruit extract (standardized to contain 4% polyphenols)	100 mg
Pomegranate (Punica granatum) fruit juice powder	500 mg

Directions For Use

1 scoop (approximately 4.6 g), 1-2 times daily, mixed with a beverage or into food, or as directed by a healthcare professional.

Ingredients

Xylooligosaccharide, cranberry fruit extract, α-glucooligosaccharide, pomegranate fruit juice powder, blueberry fruit extract, citric acid, malic acid, sweetener: stevia leaf extract.

Product Code	Size	Serving Size	Servings per container
PPRP1UK	138 g	1 scoop (approx 4.6 g)	30



BLACK CURRANT SEED OIL

HIGH QUALITY BLACK CURRANT SEED OIL

Description

Black Currant Seed Oil is a herbal extract from blackcurrant seed and is rich in nutrients including gamma linolenic acid (GLA). Black Currant seed oil has undergone several unique clinical studies. Black Currant seed is rich in polyunsaturated fatty acids, especially GLA. GLA is an essential fatty acid found in the fatty acid fractions of some plant seed oils.

Product Features

- ✓ Featuring blackcurrant seed oil
- ✓ Each softgel provides 500 mg of blackcurrant seed oil
- ✓ A rich source of gamma linolenic acid (GLA)



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving	% NRV*
Blackcurrant (<i>Ribes nigrum</i>) seed oil, fresh pressed, chemical-free extraction	500 mg	†
Providing 14% gamma linolenic acid (GLA)	70 mg	†
Vitamin E, 10 IU (as natural d-alpha-tocopherol)	6.7 mg	56%

*Nutrient Reference Value †NRV not yet determined

Directions For Use

As a food supplement, take 2-4 capsules daily, with meals, or as directed by a health professional.

Ingredients

Blackcurrant seed oil, natural d-alpha tocopherol. Gelatin capsule (gelatin, glycerin, water).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BL1UK	100	1 softgel	10	100

FATTY ACIDS & OMEGA 3

Black Currant Seed Oil.....119	Evening Primrose Oil.....122
Borage Oil.....120	O.N.E. Omega.....123
EPA/DHA Essentials.....121	Phosphatidylcholine.....124

BORAGE OIL

A RICH SOURCE OF GAMMA LINOLENIC ACID (GLA)

Description

Borage Seed Oil features cold-pressed borage oil providing 20% gamma linoleic acid (GLA), the highest GLA content of any plant source. GLA is an essential fatty acid found in the fatty acid fractions of some plant seed oils. Each softgel provides 200 mg of gamma linolenic acid (GLA) with vitamin E as mixed tocopherols.

Product Features

- ✓ Featuring cold-pressed borage oil
- ✓ Each softgel provides 200 mg of gamma linolenic acid (GLA)
- ✓ The highest GLA content of any plant source



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving	% NRV*
Borage (<i>Borago officinalis</i>) seed oil, fresh pressed, chemical-free extraction	1,000 mg	†
Vitamin E, 2 IU (as natural d-alpha-tocopherol)	1.34 mg α-TE	11%

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1-4 capsules daily, with meals, or as directed by a health professional.

Ingredients

Borage seed oil, natural d-alpha tocopherol. Gelatin capsule (gelatin, glycerin, water).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BOG6UK	60	1 softgel	20	60

EPA / DHA ESSENTIALS

ULTRA-PURE, MICROFILTERED FISH OIL CONCENTRATE

Description

EPA / DHA essentials is an ultra-pure, molecularly distilled fish oil concentrate that has been tested for environmental contaminants (heavy metals, PCBs, dioxins and furans), microbial contaminants, and oxidation and rancidity. It contains well below the strict limits for these criteria as established by the Council for Responsible Nutrition (CRN), Europea Pharmacoepeia (EP) and U.S. Pharmacoepeia (USP). DHA contributes to maintenance of normal vision and brain function. EPA and DHA contribute to the normal function of the heart.

Product Features

- ✓ Provides 500 mg EPA / DHA per softgel
- ✓ Purified through a gentle, multi-step molecular distillation process
- ✓ Thoroughly tested for environmental contaminants (heavy metals, PCBs, dioxins and furans), microbial contaminants, and oxidation and rancidity
- ✓ Exceeds strict purity and quality guidelines established by the Council for Responsible Nutrition (CRN), European Pharmacoepeia (EP) and U.S. Pharmacoepeia (USP)
- ✓ DHA contributes to maintenance of normal vision and brain function
- ✓ EPA and DHA contribute to the normal function of the heart



Not suitable for vegetarians or vegans. Contains fish.

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving	% NRV*
Calories	10	†
Calories from fat	10	†
Total fat	1 g	2%
Cholesterol	<5 mg	<2%
Fish oil concentrates (from anchovies, sardines, mackerel) providing:	1,000 mg	†
EPA (eicosapentaenoic acid)	300 mg	†
DHA (docosahexaenoic acid)	200 mg	†

*Nutrient Reference Value † NRV not yet determined
Contains fish (anchovies, sardines, mackerel).

Directions For Use

As a food supplement, take 1-2 capsules daily, with a meal, or as directed by a health professional.

Ingredients

Fish oil concentrate, gelatin capsule (gelatin, glycerin, water), natural tocopherols.

Product Code	Size	Serving Size	Capsule Size	Servings per container
ED19UK, ED11UK	90, 180	1 capsule	20	90, 180

EVENING PRIMROSE OIL

COLD-PRESSED SOLVENT-FREE EVENING PRIMROSE OIL

Description

Evening Primrose Oil features cold-pressed oil produced without the use of any solvents. Evening primrose oil is a rich natural source of gamma-linolenic acid (GLA) and has been used for many years as a food supplement. GLA is an essential fatty acid found in the fatty acid fractions of some plant seed oils. Each softgel provides 1,000 mg of high quality oil with a guaranteed level GLA.

Product Features

- ✓ Features cold-pressed solvent-free evening primrose oil
- ✓ Convenient softgel capsule for easy dispensing
- ✓ Each softgel provides 1,000 mg of evening primrose oil



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving
Evening primrose (oenothera biennis) seed oil, cold pressed, chemical-free extraction	500 mg
Providing 9% gamma linolenic acid (GLA)	45 mg

Directions For Use

As a food supplement, take 1-4 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Evening primrose oil. Gelatin capsule (gelatin, glycerin, water).

Product Code	Size	Serving Size	Capsule Size	Servings per container
EPO1UK	100	1 softgel	NA	100

★ O.N.E. OMEGA

PROVIDES 1,000 MG TRIGLYCERIDE-FORM EPA & DHA PER SOFTGEL

Description

O.N.E. Omega provides 1,000 mg triglyceride-form EPA and DHA in each softgel making it one of the highest strength fish oils available. High potency formulation means fewer capsules are required. Features ultra-pure, molecularly distilled fish oil concentrate that contains well below the strict limits for environmental contaminants (heavy metals, PCBs, dioxins and furans), microbial contaminants, and oxidation and rancidity. DHA contributes to maintenance of normal vision and brain function. EPA and DHA contribute to the normal function of the heart.

Product Features

- ✓ Provides 1,000 mg EPA/DHA per softgel
- ✓ Ultra-pure, molecularly distilled fish oil concentrate
- ✓ Tested for environmental contaminants (heavy metals, PCBs, dioxins and furans), microbial contaminants, and oxidation and rancidity
- ✓ Exceeds strict purity and quality guidelines established by the Council for Responsible Nutrition (CRN), European Pharmacopoeia (EP) and U.S. Pharmacopoeia (USP)
- ✓ DHA contributes to maintenance of normal vision and brain function
- ✓ EPA and DHA contribute to the normal function of the heart



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving	% NRV*
Calories	10	†
Total fat	1 g	2%
Fish oil concentrate (from anchovies, jack, herring, smelt, salmon, mackerel, squid)	1,250 mg	†
Providing:		
EPA (eicosapentaenoic acid)	600 mg	†
DHA (docosahexaenoic acid)	400 mg	†

*Nutrient Reference Value †NRV not yet determined

Contains fish (anchovies, jack, herring, smelt, salmon, mackerel, squid).

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Fish oil concentrate, gelatin capsule (gelatin, glycerin, water), natural tocopherols.

Product Code	Size	Serving Size	Capsule Size	Servings per container
ONO3UK	30	1 capsule	22	30

+ PHOSPHATIDYLCHOLINE

PHOSPHOLIPID-BOUND CHOLINE TO SUPPORT HOMOCYSTEINE METABOLISM AND LIVER FUNCTION

Description

Phosphatidylcholine provides soy-free, GMO-free, sunflower-derived phosphatidylcholine. Choline contributes to normal homocysteine and lipid metabolism. Choline contributes to the maintenance of normal liver function.

Product Features

- ✓ Featuring choline as phospholipid-bound phosphatidylcholine
- ✓ Soy-free, GMO-free, and sunflower-derived
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal lipid metabolism
- ✓ Contributes to the maintenance of normal liver function



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 3 softgel capsules

	Amount per Serving
Phosphatidylcholine	825 mg

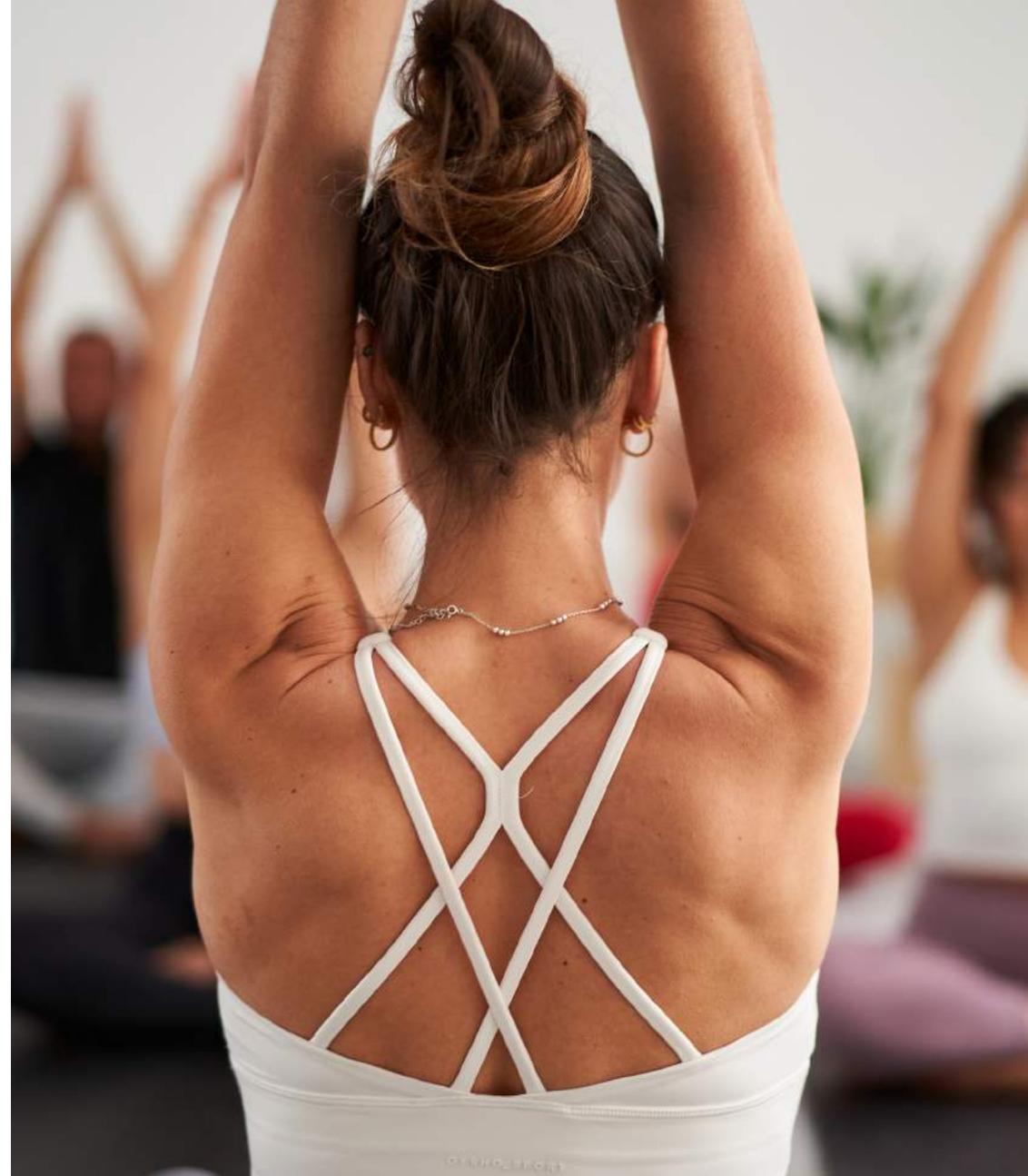
Directions For Use

As a food supplement, take 3 capsules daily, with a meal, or as directed by a healthcare professional.

Ingredients

Sunflower lecithin, medium-chain triglycerides. Gelatin capsule (gelatin, glycerin, water, carob).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PCH9UK	90	3 softgel capsules	22	30



ENERGY & FATIGUE

Phyto-ADR.....126

PHYTO-ADR

PLANT-BASED ADAPTOGEN FORMULA

Description

Phyto-ADR is a plant-based formula featuring adaptogenic herbs including Rhodiola, Astragalus, Ashwagandha, Panax ginseng, and Siberian ginseng for broad-spectrum and synergistic support. Also features pantothenic acid (Vitamin B5). Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, some neurotransmitters, and the reduction of tiredness and fatigue.

Product Features

- ✓ Features a blend of key adaptogenic herbs including Rhodiola, Astragalus, Ashwagandha, Panax ginseng, and Siberian ginseng
- ✓ Standardised extracts to guarantee identity and levels of active phytonutrients
- ✓ Pantothenic acid contributes to normal energy-yielding metabolism
- ✓ Pantothenic acid contributes to normal mental performance
- ✓ Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, and some neurotransmitters
- ✓ Pantothenic acid contributes to the reduction of tiredness and fatigue



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Pantothenic acid (vitamin B5, as calcium pantothenate)	150 mg	2,500%
Asian ginseng (Panax ginseng) root extract (standardised to contain 5% total ginsenosides)	150 mg	†
Eleuthero (Eleutherococcus senticosus) root extract (standardised to contain 0.8% eleutheroside E & B)	100 mg	†
Ashwagandha (Withania somnifera) root extract (standardised to contain 2.5% withanolides)	150 mg	†
Rhodiola (Rhodiola rosea) root extract (standardised to contain 3% total rosavins and min. 1% salidroside)	50 mg	†
Astragalus (Astragalus membranaceus) root extract	150 mg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Pantothenic acid, ashwagandha extract, astragalus extract, panax ginseng extract, eleutherococcus senticosus extract, rhodiola root extract. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PHY6UK	60	1 capsule	00	60



COENZYME Q10

COQ10 60 mg.....	128
COQ10 120 mg.....	129
COQ10-SR with PQQ.....	130
Ubiquinol-QH 100 mg.....	131

COQ₁₀ 60 MG

NATURAL AND BIO-IDENTICAL FERMENTED COQ₁₀

Description

Pure Encapsulations CoQ₁₀ is produced from fermentation and is bio-identical to the CoQ₁₀ produced within the body. Fermented CoQ₁₀ does not contain the impurities that synthetically processed CoQ₁₀ might. CoQ₁₀ is a vitamin-like substance found within every cell in the human body and is especially important in the mitochondria.

Product Features

- ✓ Features fermented, bio-identical CoQ₁₀
- ✓ Provides 60 mg in each vegetarian capsule
- ✓ CoQ₁₀ is a vitamin-like substance found in the mitochondria



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Coenzyme Q ₁₀ (CoQ ₁₀) (as ubiquinone)	60 mg

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), Coenzyme Q₁₀ (Ubiquinone).
Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CQ66UK	60	1 capsule	3	60

COQ₁₀ 120 MG

NATURAL AND BIO-IDENTICAL FERMENTED COQ₁₀

Description

Pure Encapsulations CoQ₁₀ is produced from fermentation and is bio-identical to the CoQ₁₀ produced within the body. Fermented CoQ₁₀ does not contain the impurities that synthetically processed CoQ₁₀ might. CoQ₁₀ is a vitamin-like substance found within every cell in the human body and is especially important in the mitochondria.

Product Features

- ✓ Features fermented, bio-identical CoQ₁₀
- ✓ Provides 120 mg in each vegetarian capsule
- ✓ CoQ₁₀ is a vitamin-like substance found in the mitochondria



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Coenzyme Q ₁₀ (CoQ ₁₀) (as ubiquinone)	120 mg

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), Coenzyme Q₁₀ (Ubiquinone).
Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CQ13UK, CQ16UK	30, 60	1 capsule	0	30, 60

+ COQ₁₀ - SR WITH PQQ

SUSTAINED-RELEASE MICROACTIVE® COQ₁₀ WITH BIOPQQ®

Description

CoQ₁₀-SR with PQQ features sustained release CoQ₁₀ combined with PQQ. Provides clinically studied PQQ (pyrroloquinoline quinone). With sustained-release MicroActive® CoQ₁₀ for longer-term absorption. PQQ and CoQ₁₀ are vitamin-like substances especially important in the mitochondria.

Product Features

- ✓ CoQ₁₀-SR with PQQ features sustained release CoQ₁₀ combined with PQQ (pyrroloquinoline quinone).
- ✓ Provides clinically studied PQQ (pyrroloquinoline quinone)
- ✓ With sustained-release MicroActive® CoQ₁₀ for longer-term absorption
- ✓ PQQ and CoQ₁₀ are vitamin-like substances especially important in the mitochondria



Nutritional Information

Serving size 2 capsules

	Amount per Serving
Coenzyme Q ₁₀ (from MicroActive® CoQ ₁₀ -cyclodextrin complex)	100 mg
BioPQQ® pyrroloquinoline quinone disodium salt	20mg

Directions For Use

As a food supplement, take 2 capsules daily, with a meal, or as directed by your healthcare professional.

Ingredients

Coenzyme Q₁₀ (ubiquinone) cyclodextrin complex (MicroActive®), pyrroloquinoline quinone (PQQ) disodium salt, bulking agent: potato starch, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CQP6UK	60	2 capsules	0	30

UBIQUINOL-QH 100 MG

ACTIVE FORM OF CO-ENZYME Q₁₀

Description

Ubiquinol-QH 100 mg features ubiquinol, the active form of coenzyme Q₁₀ (CoQ₁₀). Provides ubiquinol as natural yeast-fermented and bio-identical CoQ₁₀. Ubiquinol may be better absorbed than conventional CoQ₁₀ (ubiquinone), which means that optimal levels of CoQ₁₀ can be restored quickly and efficiently.

Product Features

- ✓ Features ubiquinol, the active form of CoQ₁₀
- ✓ Natural yeast-fermented and bio-identical CoQ₁₀
- ✓ Considered superior to conventional CoQ₁₀



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving
Ubiquinol (Kaneka ubiquinol™ [active coenzyme Q ₁₀])	100 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, with meals, or as directed by a health professional.

Ingredients

Medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), Kaneka ubiquinol™, ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil.

Product Code	Size	Serving Size	Capsule Size	Servings per container
UQ16UK	60	1 capsule	14	60



GLUCOSAMINE/MSM WITH GINGER & TURMERIC

GLUCOSAMINE AND MSM WITH HIGH-POTENCY GINGER AND TURMERIC EXTRACTS

Description

Glucosamine/MSM with Ginger & Turmeric provides a targeted and complementary blend of glucosamine, MSM, ginger and turmeric. Featuring glucosamine sulfate, the most active form of glucosamine. Formulated with OptiMSM a well-studied, high-quality form of MSM (methylsulfonylmethane). With standardised extracts of ginger and turmeric to ensure quality and potency.

Product Features

- ✓ Complementary blend of glucosamine, MSM, ginger and turmeric
- ✓ Featuring glucosamine sulfate, the most active form of glucosamine
- ✓ With OptiMSM a well-studied, high-quality form of MSM
- ✓ Standardised extracts of ginger and turmeric ensure quality and potency



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 2 capsules

	Amount per Serving
Glucosamine sulfate (from crab/shrimp)	500 mg
MSM (methylsulfonylmethane)	500 mg
Ginger (<i>Zingiber officinale</i>) root extract (standardised to contain 5% gingerols)	250 mg
Turmeric (<i>Curcuma longa</i>) root extract (standardised to contain 95% total curcuminoids [237.5 mg])	250 mg

Directions For Use

As a food supplement, take 2-6 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Glucosamine sulfate (from shellfish), methylsulfonylmethane, ginger extract, turmeric extract, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
GM6UK	60	2 capsules	00	30

BONES & JOINTS



PROFLORA-5

FIVE STRAINS OF LACTOBACILLUS AND BIFIDOBACTERIA

Description

ProFlora-5 provides 5-strains of *Lactobacillus* and *Bifidobacteria* for everyday use. Each dairy-free capsule provides 10 billion colony forming units (CFU) of good bacteria.

Product Features

- ✓ Multi-strain broad-spectrum probiotic for everyday use
- ✓ Provides five well documented specific strains of *Lactobacillus* and *Bifidobacteria*
- ✓ Features 10 billion CFU per capsule
- ✓ Dairy-free for sensitive individuals



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Live bacteria proprietary blend providing:	10 billion CFU
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	
<i>Bifidobacterium longum</i> (Bl-05)	
<i>Bifidobacterium lactis</i> (Bl-04)	
<i>Bifidobacterium bifidum</i> (Bb-06)	

Directions For Use

As a food supplement, take 1 capsule, 1–2 times daily, with or between meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), *Bifidobacterium bifidum* Bb-06, *Bifidobacterium longum* Bl-05, *Lactobacillus acidophilus* La-14, *Lactobacillus rhamnosus* La-32, *Bifidobacterium lactis* Bl-04. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PRB6UK	60	1 capsule	0	60

PROBIOTICS

ProFlora-5.....135	ProFlora G.I.....138
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ProFlora 123.....137	Saccharomyces Boulardii.....140

PROFLORA 50B

50 BILLION CFU IN ACID-RESISTANT CAPSULES WITH PH TARGETED RELEASE

Description

ProFlora 50B is a probiotic formula that offers 50 billion colony forming units (CFU) of good bacteria per capsule. Probiotic 50B provides broad-spectrum bacterial strains in acid-resistant capsules to avoid destruction in stomach acid and deliver them to the intestine.

Product Features

- ✓ Features a high strength of 50 billion CFU per capsule
- ✓ Acid-resistant capsules to avoid destruction in stomach acid and delivery to the intestine
- ✓ Multi-strain blend of *Lactobacillus* and *Bifidobacterium* species
- ✓ Provides specific and well and documented strains of bacteria



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Live bacteria proprietary blend providing:	50 billion CFU
<i>Lactobacillus plantarum</i> (Lp-115)	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus rhamnosus</i> (Lr-32)	
<i>Bifidobacterium lactis</i> (BI-04)	
<i>Bifidobacterium longum</i> (BI-05)	

Directions For Use

As a food supplement, take 1 capsule daily, with or between meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), *Lactobacillus acidophilus* La-14, *Lactobacillus rhamnosus* Lr-32, *Bifidobacterium longum* BI-05, *Lactobacillus plantarum* Lp-115, *Bifidobacterium lactis* BI-04. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PR56UK	60	1 capsule	00	60

PROFLORA 123

CHILDREN'S ACIDOPHILUS AND BIFIDOBACTERIA POWDER

Description

ProFlora 123 is a specially formulated blend of *Lactobacillus acidophilus* and *Bifidobacteria* for children in a convenient powder. For daily use in children ages 1 and up. Featuring a dairy-free blend of *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium lactis* (formerly known as *Bifidobacterium infantis*). Provides 2.25 billion CFU of good bacteria per serving.

Product Features

- ✓ Features a blend of *Lactobacillus* and *Bifidobacteria* for children
- ✓ Convenient powder for easy use
- ✓ Provides 2.25 billion CFU of good bacteria per serving
- ✓ Features well-documented strains of good bacteria
- ✓ Dairy-free formula



Nutritional Information

Serving size 1 scoop (0.5 g)

	Amount per Serving
Live bacteria blend providing: <i>Lactobacillus acidophilus</i> La-14 <i>Bifidobacterium bifidum</i> Bb-06 <i>Bifidobacterium lactis</i> BI-04	2.25 billion CFU

Directions For Use

As a food supplement, ages 1 to 3, take 1/2 scoop daily, ages 4 and up, take 1 scoop daily, or as directed by a health professional. Can be mixed with cold water, juice, or foods.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), *Bifidobacterium bifidum* Bb-06, *Lactobacillus acidophilus* La-14, *Bifidobacterium lactis* BI-04.

Product Code	Size	Serving Size	Servings per container
PRO8UK	80 g	1/2 (0.25 g) to 1 scoop (0.5 g)	160 to 320

PROFLORA G.I.

BROAD-SPECTRUM BLEND OF GOOD BACTERIA

Description

ProFlora G.I. is a shelf-stable blend of good bacteria and dairy-free for sensitive individuals. ProFlora G.I. provides unique strains of *Lactobacillus*, *Bifidobacterium* and *Streptococcus* in a broad-spectrum formula.

Product Features

- ✓ Multi-strain blend of *Lactobacillus*, *Bifidobacterium* and *Streptococcus*
- ✓ Provides 10 billion CFU per capsule for daily use
- ✓ Features specific and well and documented bacteria strains
- ✓ Shelf-stable for convenient storage and use
- ✓ Dairy-free for sensitive individuals



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Live bacteria proprietary blend providing:	10 billion CFU
<i>Bifidobacterium lactis</i> (BI-04)	
<i>Lactobacillus acidophilus</i> (La-14)	
<i>Lactobacillus salivarius</i> (Ls-33)	
<i>Lactobacillus casei</i> (Lc-11)	
<i>Streptococcus thermophilus</i> (St-21)	
<i>Bifidobacterium bifidum</i> (Bb-06)	

Directions For Use

As a food supplement, take 1 capsule, 1–2 times daily, with or between meals, or as directed by a health professional

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), *Lactobacillus acidophilus* La-14, *Bifidobacterium lactis* BI-04, *Bifidobacterium bifidum* Bb-06, *Lactobacillus salivarius* Ls-33, *Lactobacillus casei* Lc-11, *Streptococcus thermophilus*. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PGI6UK	60	1 capsule	0	60

PROFLORAGG 25B

HIGHLY RESEARCHED LACTOBACILLUS RHAMNOSUS GG

Description

ProFloraGG 25B offers 25 billion CFU per capsule of *Lactobacillus rhamnosus* GG. Featuring *Lactobacillus rhamnosus* GG, one of the most characterised and clinically studied strains of bacteria available. With shelf-stable bacteria and no refrigeration required. Dairy free, certified gluten-free, hypoallergenic and vegetarian.

Product Features

- ✓ ProFloraGG 25B offers 25 billion CFU per capsule of *Lactobacillus rhamnosus* GG.
- ✓ Featuring *Lactobacillus rhamnosus* GG, one of the most characterised and clinically studied strains of bacteria available.
- ✓ With shelf-stable bacteria and no refrigeration required.
- ✓ Dairy free, certified gluten-free, hypoallergenic and vegetarian.



Nutritional Information

Serving size 1 capsule

	Amount per Serving
<i>Lactobacillus rhamnosus</i> GG	25 billion CFU

Directions For Use

As a food supplement, take 1 capsule daily, with or between meals, or as directed by a healthcare professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), *Lactobacillus rhamnosus* GG. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PGG3UK	30	1 capsule	00	30

★ SACCHAROMYCES BOULARDII

SPECIFIC INTESTINAL FLORA SUPPORT

Description

Saccharomyces Boulardii features five billion CFU per capsule consistent with clinical use. Saccharomyces Boulardii is a non-pathogenic yeast that influences the bacterial and microbiological balance of the gastrointestinal tract and has been subject to a large amount of research worldwide. Saccharomyces Boulardii is widely used in clinical settings as well as for wellness and travel.

Product Features

- ✓ Provides *Saccharomyces boulardii* for influence on intestinal flora
- ✓ Features 5 billion CFU per capsule consistent with clinical use
- ✓ *Saccharomyces boulardii* is a well-documented yeast subject to clinical research



Nutritional Information

Serving size 1 capsule

	Amount per Serving
<i>Saccharomyces boulardii</i>	5 billion CFU

Directions For Use

As a food supplement, take 1-4 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Saccharomyces boulardii, Hypoallergenic plant fibre (microcrystalline cellulose), Vegetarian capsule(hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
SB3UK	30	1 capsule	00	30



IMMUNE SYSTEM

PUREDEFENSE

WITH VITAMIN C, D AND ZINC FOR NORMAL FUNCTION OF THE IMMUNE SYSTEM



Description

PureDefense is a targeted blend of nutrients and plant extracts including Vitamin C, D and Zinc which contribute to the normal function of the immune system. Also providing n-acetylcysteine (NAC), EpiCor® dried yeast fermentate complex, Elderberry fruit extract and quercetin. Featuring 450 mg of NAC in each serving of two capsules. EpiCor® is a dried yeast fermentate complex that has undergone published clinical research. Provides 1000 IU (25 ug) vitamin D₃ in each serving of two capsules.

Product Features

- ✓ Featuring n-acetylcysteine (NAC), EpiCor® dried yeast fermentate complex, Elderberry fruit extract and quercetin.
- ✓ With 450 mg of NAC in each serving of two capsules.
- ✓ EpiCor® is a dried yeast fermentate complex that has undergone published clinical research.
- ✓ Provides 1000 IU (25 ug) vitamin D₃ in each serving of two capsules.
- ✓ Vitamin C, D and Zinc contribute to the normal function of the immune system.

Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Vitamin C (as ascorbic acid)	250 mg	312%
Vitamin D ₃ , 1000 IU (as cholecalciferol)	25 µg	500%
Zinc (as zinc citrate)	7.5 mg	75%
N-acetyl-1-cysteine (free-form)	450 mg	†
EpiCor® dried yeast fermentate complex (from <i>Saccharomyces cerevisiae</i>)	250 mg	†
Elderberry (<i>Sambucus nigra</i>) fruit extract	200 mg	†
Quercetin	25 mg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 2 capsules, twice daily, with meals, or as directed by a healthcare professional.

Ingredients

N-acetyl-l-cysteine, ascorbic acid, EpiCor® dried yeast fermentate complex (from *Saccharomyces cerevisiae*), Elderberry extract, quercetin, zinc citrate, ascorbyl palmitate (antioxidant), cholecalciferol. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PDN3UK	30,	2 Capsules	0	15,
PDN1UK	120			60



WOMEN'S FORMULAS

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MACA-3

FULL-SPECTRUM MACA PHYTONUTRIENTS

Description

Maca-3 provides a blend of maca extracts with guaranteed levels of key phytonutrients to ensure quality and potency. Maca is cultivated in the highlands of Peru and has long been considered an important plant in traditional food and culture. Modern research has also explored the properties of maca. Maca-3 is a blend of three maca extracts, including the whole plant and extracts with guaranteed levels of glucosinolates, macamides and macaenes, for a full-spectrum of key phytonutrients. Concentrated high-quality extracts allow for a more convenient dose of just 1-2 capsule daily. Suitable for men and women.

Product Features

- ✓ Provides a full-spectrum of key phytonutrients
- ✓ Guaranteed levels of glucosinolates, macamides and macaenes
- ✓ Concentrated extracts allow for a more convenient dose
- ✓ Suitable for men and women



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Maca (<i>Lepidium meyenii</i>) tuber extract (standardised to contain 0.6% macamides and macaenes)	225 mg
Maca (<i>Lepidium meyenii</i>) tuber extract (standardised to contain 0.2% glucosinolates)	225 mg
Maca (<i>Lepidium meyenii</i>) tuber extract	100 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, with a meal, or as directed by a health professional.

Ingredients

Maca extract (0.6% macamides and macaenes), maca extract (0.2% glucosinolates), maca extract, hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MAC6UK	60	1 capsule	00	60

MENOVIVE

MENOPAUSAL HEALTH AND COMFORT

Description

Provides a blend of clinically studied botanical extracts. HMRlignan™ provides a naturally occurring phytoestrogen called 7-hydroxymatairesinol (7-HMR), from the Norway spruce and has undergone scientific research. Lifenol® hops extract contains 8-prenylnaringenin (8-PN) which is a natural phytoestrogen that has been well-studied. Also featuring ashwagandha, rhodiola and maca extracts for additional care. With grape seed extract and resveratrol to provide holistic, wide-ranging nutritional support.

Product Features

- ✓ Provides a blend of clinically studied botanical extracts
- ✓ HMRlignan™ provides a naturally occurring phytoestrogen called 7-hydroxymatairesinol (7-HMR) from the Norway spruce
- ✓ Lifenol® hops extract contains 8-prenylnaringenin (8-PN), a natural phytoestrogen
- ✓ Featuring ashwagandha, rhodiola and maca extracts for additional care
- ✓ With grape seed extract and resveratrol for nutritional support



Product Code	Size	Serving Size	Capsule Size	Servings per container
MOV6UK	60	1 capsule	00	60

Nutritional Information

Serving size 1 capsule

	Amount per Serving
HMRlignan™ Norway spruce extract (containing 7 hydroxymatairesinol)	36 mg
Lifenol® hop (<i>Humulus lupulus</i> L.) female cone extract (standardised to contain 0.15% 8-prenylnaringenin)	42.5 mg
Ashwagandha (<i>Withania somnifera</i>) root extract (standardised to contain 2.5% withanolides)	125 mg
Maca (<i>Lepidium meyenii</i>) tuber extract	250 mg
Rhodiola (<i>Rhodiola rosea</i>) root extract (standardised to contain 3% total rosavins and 1% salidroside)	50 mg
Grape (<i>Vitis vinifera</i>) seed extract (standardised to contain 92% polyphenols)	50 mg
resVida® resveratrol (as trans-resveratrol)	12.5 mg

Directions For Use

As a food supplement, take 1 capsule twice daily, with meals, or as directed by a health professional

Ingredients

Maca extract, ashwagandha extract, hypoallergenic plant fibre (microcrystalline cellulose), grape seed extract, rhodiola extract, Lifenol® hops extract, HMRlignan™ norway spruce extract, resVida® resveratrol. Vegetarian capsule (hydroxypropyl methyl cellulose).



★ COGNI ACTIVE

WITH COGNIZIN® CITICOLINE. ZINC SUPPORTS NORMAL COGNITIVE FUNCTION



Description

Cogni Active features clinically researched Cognizin® citicoline with a blend of supportive vitamins, zinc, lutein, and zeaxanthin.

Product Features

- ✓ Featuring clinically researched Cognizin® citicoline
- ✓ Zinc contributes to normal cognitive function
- ✓ Vitamin B₆ contributes to normal psychological function
- ✓ Folate, vitamin B₆ and B₁₂ contribute to the reduction of tiredness and fatigue
- ✓ With phytonutrients lutein and zeaxanthin



Nutritional Information

Serving size 2 capsules

	Amount per Serving
Cognizin® Citicoline	250 mg
Vitamin B ₆ (as pyridoxal 5'-phosphate [activated B6])	4 mg
Folate (as Metafolin®, L-5-MTHF)	300 µg
Vitamin B ₁₂ (as adenosyl and methylcobalamin 1:1)	25 µg
Zinc (as citrate)	5 mg
Lutein (FloraGLO®)	7 mg
Zeaxanthin (OPTISHARP®)	1.4 mg

Directions For Use

As a food supplement, take 2 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Citicoline (Cognizin®), Lutein (FloraGLO®), Hypoallergenic plant fibre (microcrystalline cellulose), Zeaxanthine (Optisharp®), Zinc (citrate), Pyridoxal 5' Phosphate, Metafolin (calcium L-Methylfolate), Methylcobalamin, Adenosylcobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CCA6UK	60	2 capsules	00	30

BRAIN HEALTH

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Ginkgo 50 160 mg.....	148

GINKGO 50 160 MG

HIGH QUALITY GINKGO EXTRACT

Description

Ginkgo 50 160 mg is high quality plant extract providing guaranteed levels of active phytonutrients. Pure Encapsulations ginkgo leaf extract is standardised to contain 24% ginkgoheterosides and 6% terpene lactones.

Product Features

- ✓ Provides 160 mg of high quality Ginkgo extract in each vegetarian capsule
- ✓ Standardised to guarantee identity and levels of active phytonutrients
- ✓ Formulated to provide levels consistent with clinical research



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Ginkgo (<i>Ginkgo biloba</i>) leaf extract (standardised to contain 24% ginkgoheterosides and 6% terpene lactones)	160 mg

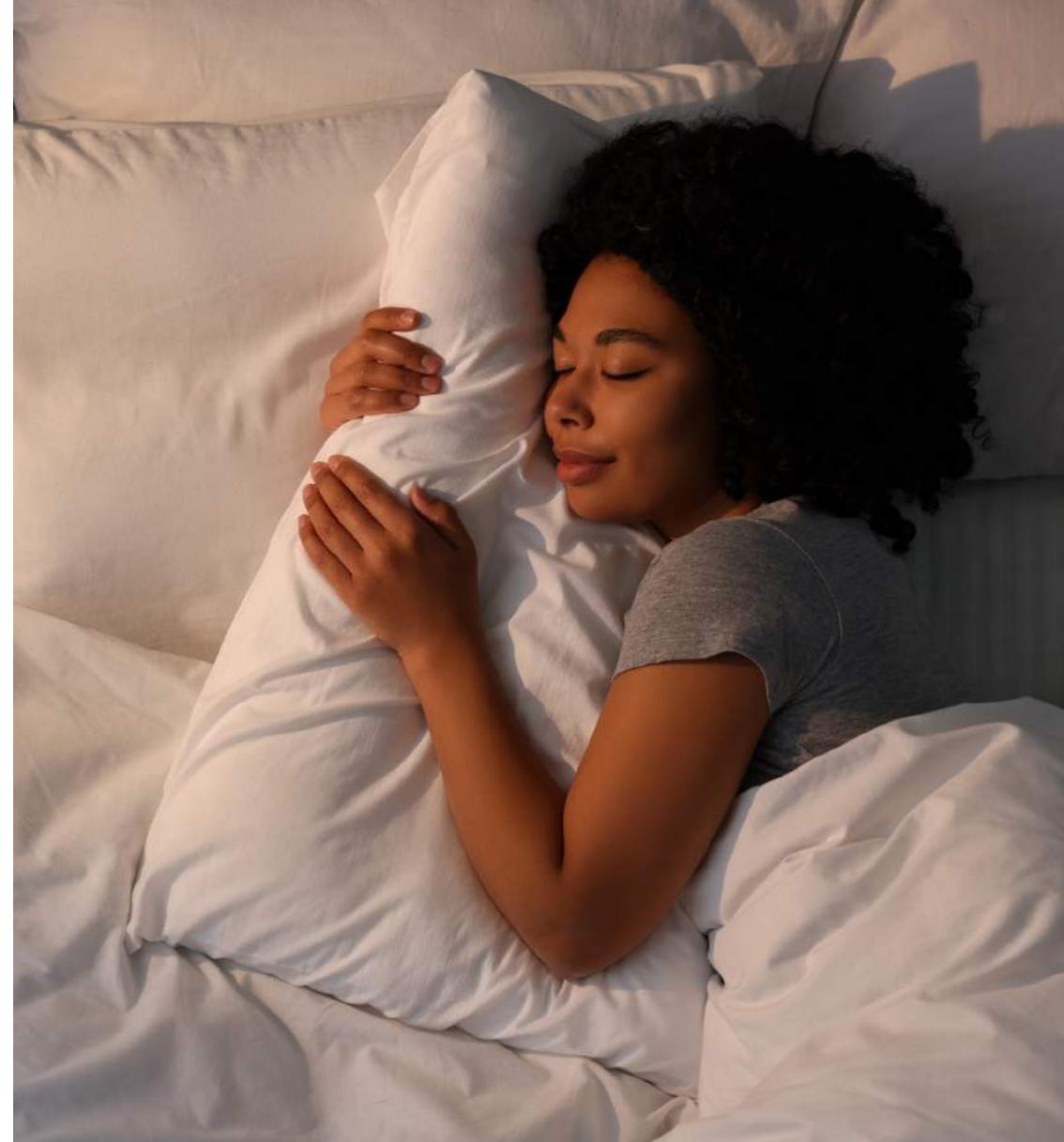
Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Ginkgo biloba extract, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
GB16UK	60	1 capsule	1	60



STRESS & SLEEP

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★ ASHWAGANDHA

HIGH POTENCY ASHWAGANDHA EXTRACT

Description

Ashwagandha provides 500 mg of high potency ashwagandha extract in each vegetarian capsule and is standardised to provide a guaranteed level of active phytonutrients known as withanolides. Ashwagandha has a long-history of use and is one of the most prized botanicals in traditional Ayurvedic medicine. Modern research interest has also resulted in several human clinical trials documenting its use.

Product Features

- ✓ Ashwagandha is one of the most prized botanicals in Ayurvedic medicine
- ✓ Provides 500 mg of ashwagandha extract in each vegetarian capsule
- ✓ Standardised to provide a guaranteed level of active withanolides



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Ashwagandha (<i>Withania somnifera</i>) root extract (standardised to contain 2.5% [12.5 mg] withanolides)	500 mg

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Withania somnifera extract, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
ASH6UK, ASH1UK	60, 120	1 capsule	00	60, 120

ASHWAGANDHA XTRA

ADVANCED ADAPTOGEN FORMULA

Description

Ashwagandha Xtra features a blend of key adaptogenic herbs including Ashwagandha, *Panax ginseng*, Siberian ginseng and *Rhodiola* for broad-spectrum and synergistic support. Traditionally used for hundreds of years these are some of the most prized herbs in ancient cultures for health and wellbeing. Ideal for supporting busy and demanding modern lifestyles.

Product Features

- ✓ Features a blend of key adaptogenic herbs including Ashwagandha, *Panax ginseng*, Siberian ginseng and *Rhodiola*
- ✓ Provides broad-spectrum and synergistic support
- ✓ Standardise extracts to guarantee identity and levels of active phytonutrients
- ✓ Formulated to provide levels consistent with clinical research



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Ashwagandha (<i>Withania somnifera</i>) root extract (standardised to contain 5% withanolides)	200 mg
Asian ginseng (<i>Panax ginseng</i>) root extract (standardised to contain 5% total ginsenosides)	200 mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root extract (standardised to contain 0.8% eleutherosides)	125 mg
<i>Rhodiola</i> (<i>Rhodiola rosea</i>) root extract (standardised to contain 3% total rosavins and min. 1% salidroside)	100 mg

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Ashwagandha extract, *Panax ginseng* extract, *Eleutherococcus senticosus* extract, *Rhodiola* extract, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
EX26UK	60	1 capsule	00	60

★ DAILY SUPPORT FORMULA

SUPPORTIVE NUTRITIONAL AND BOTANICAL FORMULA

Description

Daily Support Formula provides a comprehensive profile of magnesium, vitamin C, B-group vitamins, l-tyrosine and plant extracts. Features Vitamins C, B₁, B₃, B₅, B₆, and B₁₂ which contribute to normal psychological function and functioning of the nervous system. Delivers pure free-form l-tyrosine. With a blend of plant extracts including Lemon balm, Chamomile, Ashwagandha, Bacopa, Siberian ginseng and Rhodiola for broad-spectrum and synergistic support. Ideal for supporting busy and demanding modern lifestyles.

Product Features

- ✓ Comprehensive profile of magnesium, vitamin C, B-group vitamins, l-tyrosine and plant extracts
- ✓ Features Vitamins C, B₁, B₃, B₅, B₆, and B₁₂ which contribute to normal psychological function and functioning of the nervous system
- ✓ Vitamin C and Vitamin B₅ and B₁₂ contribute to the reduction of tiredness and fatigue
- ✓ Provides pure free-form l-tyrosine
- ✓ Plant extracts including Lemon balm, Chamomile, Ashwagandha, Bacopa, Siberian ginseng and Rhodiola



Directions For Use

As a food supplement, take 3 capsules daily, with or between meals, or as directed by a healthcare professional.

Ingredients

Magnesium citrate, ascorbic acid, l-tyrosine, *bacopa monnieri* extract, calcium pantothenate, *withania somnifera* extract, *rhodiola rosea* extract, *eleutherococcus senticosus* extract, *melissa officinalis* extract, *matricaria recutita* extract, niacinamide, thiamine HCl, ascorbyl palmitate pyridoxine HCl, riboflavin 5' phosphate, pyridoxal 5' phosphate.

Product Code	Size	Serving Size	Capsule Size	Servings per container
DSF9UK	90	3 capsules	00	30

[Details continued on next page.](#)

DAILY SUPPORT FORMULA

CONTINUED

Nutritional Information

Serving size 3 capsules

	Amount per Serving	% NRV*
Vitamin C (as ascorbic acid)	250 mg	312%
Vitamin B1 (as thiamin HCl)	20 mg	1818%
Vitamin B2 (as 56% riboflavin & 44% 'activated' riboflavin 5' phosphate)	17.7 mg	1264%
Niacin (vitamin B3, as 58% niacinamide and 42% inositol hexaniacinate [no-flush niacin])	35 mg	219%
Pantothenic acid (vitamin B5, as calcium pantothenate)	200 mg	3333%
Vitamin B6 (as 60% pyridoxine HCl and 40% pyridoxal 5'-phosphate [activated B6])	16.7 mg	1193%
Vitamin B12 (as methylcobalamin)	200 µg	8000%
Magnesium (as magnesium citrate)	50 mg	13%
l-tyrosine (free-form)	250 mg	†
Eleuthero (<i>Eleutherococcus senticosus</i>) root extract (standardised to contain 0.8% eleutheroside E & B)	200 mg	†
Bacopa (<i>Bacopa monnieri</i>) leaf extract (standardised to contain 20% bacosides)	200 mg	†
Rhodiola (<i>Rhodiola rosea</i>) root extract (standardised to contain 3% total rosavins and min. 1% salidroside)	200 mg	†

Chamomile (<i>Matricaria recutita</i>) flower extract	100 mg	†
Lemon balm (<i>Melissa officinalis</i>) leaf extract (standardised to contain 5% rosmarinic acid)	100 mg	†
Ashwagandha (<i>Withania somnifera</i>) root extract (standardised to contain 2.5% withanolides)	200 mg	†

*Nutrient Reference Value † NRV not yet determined



IODINE & TYROSINE

WITH IODINE FOR NORMAL THYROID FUNCTION

Description

Iodine & Tyrosine provides a combination of the amino acid tyrosine with iodine as potassium iodide. Potassium iodide is a more consistent and reliable form of iodine than seaweed and kelp. Tyrosine is an amino acid precursor to various proteins. Each vegetarian capsule provides 500 mg of tyrosine with 225 µg of iodine for optimal nutritional intake. Iodine contributes to the normal production of thyroid hormones and normal thyroid function.

Product Features

- ✓ Ensures optimal iodine intake, as part of a healthy diet
- ✓ Provides a more reliable form of iodine than kelp
- ✓ Features the amino acid precursor tyrosine
- ✓ Each vegetarian capsule provides 225 µg of iodine
- ✓ Iodine contributes to normal cognitive function
- ✓ Iodine contributes to normal functioning of the nervous system
- ✓ Iodine contributes to normal energy-yielding metabolism
- ✓ Iodine contributes to the normal production of thyroid hormones and normal thyroid function



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Iodine (as potassium iodide)	225 µg	150%
L-Tyrosine (free-form)	500 mg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Ingredients

Tyrosine, potassium iodide. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
IT6UK	120	1 capsule	00	120

THYROID

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THYROID SUPPORT COMPLEX

COMPREHENSIVE NUTRITIONAL SUPPORT

Description

Thyroid Support Complex is a blend of vitamins, minerals and plant extracts for comprehensive nutritional support. Vitamin C contributes to the reduction of tiredness and fatigue. Thyroid Complex provides iodine and selenium which contribute to normal thyroid function.

Product Features

- ✓ Comprehensive blend of vitamins, minerals and plant extracts
- ✓ Featuring nutritional co-factors vitamin A, iodine, tyrosine, selenium and zinc
- ✓ Vitamin C contributes to the reduction of tiredness and fatigue
- ✓ Iodine contributes to normal energy-yielding metabolism
- ✓ Selenium and zinc contributes to the protection of cells from oxidative stress
- ✓ Iodine contributes to the normal production of thyroid hormones
- ✓ Iodine and selenium which contribute to normal thyroid function



Ingredients

L-tyrosine, ashwagandha extract, guggul extract, ascorbic acid, forskohlii extract, turmeric extract, zinc (citrate), ascorbyl palmitate, vitamin A retinyl acetate, potassium iodide, cholecalciferol, Vitamin D₃. Vegetarian capsule (hydroxypropyl methyl cellulose).

Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Vitamin A (as retinyl acetate)	750 µg RE**	94%
Vitamin C (as L-ascorbic acid)	150 µg	188%
Vitamin D (as cholecalciferol) (D3)	5 µg	100%
Iodine (as potassium iodide)	200 IU	100%
Zinc (as zinc citrate)	20 mg	200%
Selenium (as L-selenomethionine)	200 µg	634%
L-Tyrosine (free-form)	500 mg	†
Ashwagandha (Withania somnifera) extract (root) (standardised to 2.5% withanolides)	400 mg	†
Forskohlii (Coleus forskohlii) extract (root) (standardised to 10% forskolin)	100 mg	†
Guggul (Commiphora mukul) extract (gum resin) (standardised to contain 2.5% guggulsterones)	150 mg	†
Turmeric (Curcuma longa) extract (root) (standardised to contain 95% curcuminoids)	100 mg	†

*Nutrient Reference Value

**Retinol Equivalent

† NRV not yet determined

Directions For Use

As a food supplement, take 2 capsules daily, with a meal, or as directed by a health professional.

Product Code	Size	Serving Size	Capsule Size	Servings per container
TS26UK, TS21UK	60, 120	2 Capsules	00	30, 60



EYE HEALTH

Vision Support Formula.....158

VISION SUPPORT FORMULA

COMPREHENSIVE FORMULA WITH LUTEIN AND ZEAXANTHIN

Description

Vision Support Formula is a blend of powerful nutrients and botanicals formulated with vitamin A to support healthy vision. Featuring lutein and zeaxanthin, the only two carotenoids found in macular pigment. Provides N-Acetyl-L-Cysteine and Setria® reduced glutathione. With high quality bilberry and grape seed extract. Vitamin C contributes to the protection of cells from oxidative stress.

Product Features

- ✓ Featuring the macular carotenoids lutein and zeaxanthin
- ✓ Vitamin A contributes to the maintenance of normal vision
- ✓ Provides N-Acetyl-L-Cysteine and Setria® reduced glutathione.
- ✓ With high quality bilberry and grape seed extract
- ✓ Vitamin C contributes to the protection of cells from oxidative stress



Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Vitamin A, 25,000 IU (as beta carotene)	7,500 µg	9,375%
Vitamin C (as ascorbic acid)	800 mg	1,000%
N-Acetyl-L-Cysteine (free-form)	250 mg	†
Setria® glutathione (reduced)	50 mg	†
Bilberry (Vaccinium myrtillus) fruit extract (standardised to contain 25% anthocyanosides)	80 mg	†
Grape (Vitis vinifera) seed extract (standardised to 92% polyphenols)	50 mg	†
FloraGLO® Lutein	10 mg	†
Zeaxanthin	2 mg	†
Proprietary mixed carotenoid blend (as lycopene, lutein and zeaxanthin)	1,445 µg	†

*Nutrient Reference Value

Directions For Use

As a food supplement, take 2 capsules, once daily, with a meal, or as directed by a health professional

Ingredients

Ascorbic acid, n-acetyl-l-cysteine, beta-carotene, lutein, ascorbyl palmitate, bilberry extract, grape seed extract, Setria® glutathione, zeaxanthin, lycopene. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MS26UK	60	2 capsules	00	30



PLANT EXTRACTS

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BOSWELLIA

HIGH QUALITY BOSWELLIA EXTRACT

Description

Boswellia is high quality plant extract providing guaranteed levels of active phytonutrients. Pure Encapsulations Boswellia extract is standardised to contain 60% boswellic acids.

Product Features

- ✓ Provides 400 mg of high quality Boswellia extract in each vegetarian capsule
- ✓ Standardised to guarantee identity and levels of active phytonutrients
- ✓ Features Boswellia extract providing 60% boswellic acids



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Indian frankincense (<i>Boswellia serrata</i>) gum resin extract	400 mg

Directions For Use

As a food supplement, take 1 capsule daily, with a meal, or as directed by a health professional. a health professional.

Ingredients

Boswellia extract, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BW36UK	60	1 capsule	00	60

BOSWELLIA AKBA

5-LOXIN® PLANT EXTRACT

Description

Boswellia AKBA contains 5-LOXIN® a clinically studied boswellia extract providing ten times as much AKBA as typical boswellia extracts. AKBA (3-acetyl-11-keto-beta-boswellic acid) has been identified as one of the most active phytonutrients in *Boswellia serrata*. Clinical studies have examined 100 mg (1 capsule) daily of 5-LOXIN® over as little as 7-days, making it a convenient, fast-acting product.

Product Features

- ✓ Featuring 5-LOXIN® a clinically studied boswellia extract
- ✓ Providing ten times as much AKBA as typical boswellia extracts
- ✓ Clinical studies have examined 1 capsule daily over as little as seven days



Nutritional Information

Serving size 1 capsule

	Amount per Serving
5-LOXIN® Indian frankincense (<i>Boswellia serrata</i>) gum resin extract (standardised to contain 30% [30 mg] 3-acetyl-11-keto-beta-boswellic acid (AKBA))	100 mg

Directions For Use

As a food supplement, take 1 capsule daily, with meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), 5-LOXIN® *Boswellia serrata* extract, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
BWA6UK	60	1 capsule	0	60

CBD VESIsorb®

ENHANCED BIOAVAILABILITY, BROAD-SPECTRUM EXTRACT;
SOLVENT-FREE, SUPERCRITICAL CO2 EXTRACTION

Description

CBD VESIsorb® is derived from hemp and extracted using solvent-free, clean CO2 technology, an environmentally friendly and efficient method. Featuring a broad-spectrum of over 10 phytocannabinoids, including 25 mg CBD per capsule, 10-12 mg beta-caryophyllene (BCP), and other terpenes. Each batch is THC-free and tested to ensure non-detectable levels. The patented VESIsorb® lipid-based delivery system has been shown to increase bioavailability and enhance absorption of CBD.

Product Features

- ✓ Featuring a broad-spectrum of over 10 phytocannabinoids, including 25 mg CBD per capsule, 10-12 mg beta-caryophyllene (BCP), and other terpenes
- ✓ Extracted using solvent-free, clean CO2 technology, an environmentally friendly and efficient method
- ✓ THC-free and tested to ensure non-detectable levels
- ✓ VESIsorb® lipid-based delivery system has been shown to increase bioavailability and enhance absorption of CBD



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 1 softgel capsule

	Amount per Serving
VESIsorb® hemp (<i>Cannabis sativa</i>) oil extract (aerial parts) (standardised to contain 35 mg of phytocannabinoids and terpenes including beta-caryophyllene and 25 mg of cannabidiol (CBD))	334 mg

Directions For Use

As a food supplement, take 1 softgel capsule daily, with or between meals, or as directed by a healthcare professional.

Ingredients

Hemp (*Cannabis sativa*) oil extract, VESIsorb® colloidal delivery system (medium chain triglycerides, antioxidant: tocopherol, mono and diglycerides, fatty acids, natural flavor). Softgel capsule (gelatin, glycerin, carob, water).

Product Code	Size	Serving Size	Capsule Size	Servings per container
HEV3UK	30	1 Capsule	NA	30

Broad-spectrum hemp extract is made from CO2-extracted, EU-sourced agricultural hemp.

This product contains a total delta-9 tetrahydrocannabinol (THC) concentration that does not exceed 0.3%.

VESIsorb® is a registered trademark of SourceOne Global Partners.

CURCUMASORB

HIGH ABSORPTION MERIVA® TURMERIC

Description

CurcumaSorb provides the Meriva® curcumin-phosphatidylcholine complex for enhanced absorption and bioavailability. The proprietary 'phytosome' complex promotes resistance to digestive degradation and efficient absorption across membranes. This produces significantly higher peak plasma concentrations and larger area under concentration-time curves (AUC). A human pharmacokinetic study demonstrated that elevations in plasma curcumin from 450 mg Meriva® were similar to values obtained from 4,000 mg of a standard curcumin extract.

Product Features

- ✓ Features patented Meriva® curcumin-phytosome complex
- ✓ Providing enhanced absorption and bioavailability
- ✓ Clinically studied for enhanced absorption



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Meriva® turmeric phytosome (Curcuma longa root extract and phospholipid complex) (standardised to contain 18% [45 mg] curcuminoids)	250 mg

Directions For Use

As a food supplement, take 2-6 capsules daily, in divided doses, with or between meals, or as directed by your health professional.

Ingredients

Hypoallergenic plant fiber (microcrystalline cellulose), sunflower phospholipid complex, curcuma longa root extract. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MCU9UK	90	1 capsule	00	90

★ CURCUMIN

TURMERIC CURCUMIN C3 COMPLEX

Description

Turmeric has a long history of traditional use and has undergone much modern research. Curcuminoids, including curcumin, are some of the main active phytonutrients in turmeric. Curcumin C₃ Complex[®] is high potency turmeric extract providing a full spectrum of curcuminoids and has been the subject of scientific investigations at many hospitals and universities.

Product Features

- ✓ Curcumin C₃ Complex[®] is a high-quality, clinically-studied turmeric extract
- ✓ High-potency turmeric extract standardised to curcuminoids
- ✓ Provides a guaranteed amount of curcumin in each capsule
- ✓ Features the full-spectrum of curcuminoids including curcumin, demethoxycurcumin, and bisdemethoxycurcumin
- ✓ Free-from synthetic and chemical additives common in curcumin products



Nutritional Information

Serving size 2 capsules

	Amount per Serving
Turmeric (<i>Curcuma longa</i>) root extract (providing 95% total curcuminoids [475mg] as Curcumin 75-81%, Demethoxycurcumin 15 – 19%, Bisdemethoxycurcumin 2.2 – 6.5%).	500 mg

Directions For Use

As a food supplement, take 2 capsules, 1–3 times daily, between meals, or as directed by a health professional.

Ingredients

Curcumin C₃ complex[®] turmeric extract, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CUR6UK	60	2 Capsules	0	30

CURCUMIN 500 WITH BIOPERINE[®]

ENHANCED BIOAVAILABILITY TURMERIC EXTRACT

Description

Curcumin with Bioperine promotes the absorption of curcumin. Bioperine[®] is a black pepper extract that contains piperine. Research reveals that Bioperine[®] has the potential to enhance the bioavailability of curcumin, promoting its absorption. Also featuring Curcumin C₃ Complex[®], a high potency turmeric extract providing a full spectrum of curcuminoids which has been the subject of scientific investigations at many hospitals and universities.

Product Features

- ✓ Features curcumin with bioperine to enhance absorption
- ✓ With high-quality, clinically-studied turmeric extract Curcumin C₃ Complex[®]
- ✓ High-potency turmeric extract standardised to curcuminoids
- ✓ Provides a guaranteed amount of curcumin in each capsule
- ✓ Features the full-spectrum of curcuminoids including curcumin, demethoxycurcumin, and bisdemethoxycurcumin
- ✓ Free-from synthetic and chemical additives common in curcumin products



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Turmeric (<i>Curcuma longa</i>) root extract (standardised to contain 95% total curcuminoids [475mg] as Curcumin 75-81%, Demethoxycurcumin 15 – 19%, Bisdemethoxycurcumin 2.2 – 6.5%)	500 mg
Bioperine [®] black pepper (<i>Piper nigrum</i>) fruit extract (standardised to contain 95% piperine)	5.3 mg

Directions For Use

As a food supplement, take 1 capsule, 1–3 times daily, with meals, or as directed by a health professional.

Ingredients

Curcumin C₃ complex[®] turmeric extract, hypoallergenic plant fibre (microcrystalline cellulose), Bioperine[®] black pepper extract, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CUB56UK	60	1 capsule	00	60

GRAPEFRUIT SEED EXTRACT

HIGH STRENGTH GRAPEFRUIT SEED EXTRACT

Description

Grapefruit seed extract provides a highly-concentrated grapefruit extract providing 250 mg of extract in each vegetarian capsule.

Product Features

- ✓ Provides 250 mg of Grapefruit seed extract in each vegetarian capsule
- ✓ Features a concentrated extract for convenient dosing
- ✓ High quality plant extract tested for identify and purity



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Grapefruit (<i>Citrus x paradisi</i>) seed and fruit extract	250 mg

Directions For Use

As a food supplement, take 1-3 capsules daily, with meals, or as directed by a health professional.

Ingredients

Grapefruit (*Citrus x paradisi*) extract (seed and fruit), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CUB56UK	120	1 capsule	2	120

★ LIVER-G.I.

COMPREHENSIVE PHYTONUTRIENT AND NUTRITIONAL SUPPORT



Description

Liver-G.I. provides a comprehensive blend of phytonutrients and nutritional factors. Featuring N-acetyl-L-cysteine and alpha lipoic. With milk thistle and turmeric extracts as well as broccoli sprout extract standardised to sulforaphane. Provides the amino acids glutamine, glycine, taurine and methionine. Also, featuring chlorella, the most studied green superfood.

Product Features

- ✓ Provides a comprehensive blend of phytonutrients and nutritional factors
- ✓ Featuring N-acetyl-L-cysteine and alpha lipoic
- ✓ With standardised milk thistle and turmeric extracts
- ✓ Broccoli sprout extract guaranteed to provide 400 µg of sulforaphane
- ✓ Provides the amino acids glutamine, glycine, taurine and methionine
- ✓ With chlorella, the green superfood



Product Code	Size	Serving Size	Capsule Size	Servings per container
LGD6UK	60	2 Capsules	00	30

Nutritional Information

Serving size 2 capsules

	Amount per Serving
Amino Acids	
Taurine (free-form)	225 mg
Glycine (free-form)	225 mg
L-Glutamine (free-form)	225 mg
L-Methionine (free-form)	100 mg
N-Acetyl-L-Cysteine (free-form)	100 mg
Botanicals	
Turmeric (<i>Curcuma longa</i>) extract (rhizome/root) (standardised to contain 95% curcuminoids)	100 mg
Milk thistle (<i>Silybum marianum</i>) extract (seed) (standardised to contain 80% silymarin)	125 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardised to contain a minimum of 400 µg sulforaphane)	100 mg
Artichoke (<i>Cynara scolymus</i>) extract (leaf)	125 mg
Chlorella ssp. powder (cracked cell wall)	200 mg
Other	
Alpha lipoic acid (thioctic acid)	100 mg

Directions For Use

As a food supplement, take 2 capsules daily, with a meal, or as directed by a health professional.

Ingredients

Glycine, taurine, l-glutamine, chlorella, milk thistle extract, artichoke extract, l-methionine, n-acetyl-l-cysteine, alpha lipoic acid, broccoli sprout extract, turmeric extract, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

PYCNOGENOL 100 MG

PREMIUM MARITIME PINE BARK EXTRACT

Description

Pycnogenol® 100 mg features the specific and clinically studied extract of maritime pine bark. Pycnogenol® is a high quality premium ingredient widely studied for the past 40 years and has more than 400 published studies and review articles ensuring safety and efficacy as an ingredient.

Product Features

- ✓ Clinically studied, premium maritime pine bark extract
- ✓ Each vegetarian capsule provides 100 mg of pycnogenol
- ✓ More than 400 published studies and review articles



Nutritional Information

Serving size 1 capsule

	Amount per Serving
French maritime pine (Pinus pinaster) bark extract	100 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, in divided doses, with or between meals, or as directed by a health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), Pycnogenol® french maritime pine bark extract, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
PY13UK	30	1 capsule	3	30

★ QUERCETIN

NATURAL PLANT-SOURCE QUERCETIN

Description

Quercetin features pure quercetin derived from a natural plant source. Quercetin is a flavonoid found in many fruits and vegetables and is one of the most bioactive and best studied bioflavonoids. Each vegetarian capsule provides 250 mg of quercetin.

Product Features

- ✓ Features pure quercetin derived from a natural plant source
- ✓ Quercetin is one of the most bioactive and best studied bioflavonoids
- ✓ Each vegetarian capsule provides 250 mg of quercetin



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Quercetin	250 mg

Directions For Use

As a food supplement, take 2-4 capsules daily, in divided doses, with or between meals, or as directed by a health professional.

Ingredients

Quercetin, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
QU6UK, QU1UK	60, 120	1 capsule	0	60, 120

RESVERATROL

NATURAL PLANT-SOURCE RESVERATROL

Description

Resveratrol features the phytonutrient often associated with red skinned grapes. Pure Encapsulations Resveratrol is derived from one of the richest known sources, *Polygonum cuspidatum*, a plant utilised nutritionally for centuries.

Product Features

- ✓ Natural plant-source resveratrol
- ✓ Standardised to contain 20% trans resveratrol
- ✓ Each vegetarian capsule provides 40mg of resveratrol



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Resveratrol (as trans resveratrol, from <i>Polygonum cuspidatum</i> extract)	40 mg

Directions For Use

As a food supplement, take 1-5 capsules daily, in divided doses, with or between meals, or as directed by a health professional.

Ingredients

Polygonum cuspidatum extract (20% trans resveratrol). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
REGUK	60	1 capsule	2	60

RESVERATROL EXTRA

RESVERATROL WITH GRAPE SEED EXTRACT AND RED WINE POLYPHENOLS

Description

Resveratrol EXTRA combines resveratrol with polyphenols from red wine and grape seed. Features 100 mg trans resveratrol per capsule. The trans-isomer of resveratrol is considered superior to the cis isomer. Grape seed extract and red wine provide additional polyphenols.

Product Features

- ✓ Features 100 mg trans resveratrol per capsule
- ✓ Natural plant-source resveratrol
- ✓ With grape seed & red wine polyphenols



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Resveratrol (as trans resveratrol, from <i>Polygonum cuspidatum</i> extract)	100 mg
Red wine grape (<i>Vitis vinifera</i>) whole fruit concentrate (standardised to contain 25% total polyphenols)	50 mg
Grape (<i>Vitis vinifera</i>) seed extract (standardised to contain 92% polyphenols)	50 mg

Directions For Use

As a food supplement, take 1 capsule daily, with or between meals, or as directed by a health professional.

Ingredients

Polygonum cuspidatum extract (20% trans resveratrol), hypoallergenic plant fibre (microcrystalline cellulose), grape seed extract, red wine grape whole fruit concentrate, ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
REE6UK	60	1 capsule	0	60

RHODIOLA ROSEA

HIGH QUALITY RHODIOLA EXTRACT

Description

Pure Encapsulations Rhodiola rosea is standardised to contain 3% total rosavins and a minimum of 1% salidroside, providing broad-spectrum adaptogen support. Rhodiola, also known as golden root, has been used traditionally for hundreds of years and has been subject to a great deal of modern scientific research.

Product Features

- ✓ Provides 100 mg of high quality Rhodiola extract in each vegetarian capsule
- ✓ Standardised to guarantee identity and levels of active phytonutrients
- ✓ Formulated to provide levels consistent with clinical research



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Rhodiola (Rhodiola rosea) root extract (standardised to contain 3% total rosavins and min. 1% salidroside)	100 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, with meals, or as directed by a health professional.

Ingredients

Rhodiola rosea extract, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
RR9UK	90	1 capsule	3	90

SILYMARIN

MILK THISTLE EXTRACT

Description

Silymarin is a milk thistle seed extract standardised to the active phytonutrients silymarin. Silymarin is a unique flavonoid complex of silybin, silydianin, and silychrisin derived from the milk thistle plant.

Product Features

- ✓ High quality milk thistle (Silybum marianum) seed extract
- ✓ Standardised to the active phytonutrients silymarin
- ✓ Features a guaranteed content of 80% silymarin
- ✓ High potency convenient once-daily dose



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Silymarin (as a standardised extract from Silybum marianum seed)	200 mg

Directions For Use

As a food supplement, take 1 capsule, once daily, between meals, or as directed by a health professional

Ingredients

Milk thistle extract. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
SL6UK	60	1 capsule	2	60



ADRENAL

WHOLE ADRENAL AND ADRENAL CORTEX EXTRACTS

Description

Adrenal provides a blend of whole adrenal and adrenal cortex extracts. Each capsule provides 460 mg of total adrenal concentrate and is free-free from additives, binders and fillers.

Product Features

- ✓ Provides a blend of whole adrenal and adrenal cortex extracts
- ✓ Each capsule provides 460 mg of total adrenal concentrate
- ✓ Free-free from additives, binders and fillers



Not suitable for vegetarians or vegans

Nutritional Information

Serving size 2 capsules

	Amount per Serving
Whole adrenal (bovine)	300 mg
Adrenal cortex (bovine)	160 mg

Directions For Use

As a food supplement, take 2 capsules 1-2 times daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Whole adrenal (bovine), adrenal cortex (bovine). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
AR6UK	60	1 capsule	3	60

SPECIAL FORMULAS

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ALPHA LIPOIC ACID 600 MG

PROFESSIONAL-STRENGTH WATER AND LIPID SOLUBLE NUTRITIONAL SUPPORT

Description

Alpha Lipoic Acid 600 mg provides lipoic acid, which is uniquely water and lipid soluble for broad-spectrum nutritional support. Lipoic Acid is an endogenous molecule involved in several metabolic functions and has been subject to considerable clinical research.

Product Features

- ✓ Featuring alpha lipoic acid
- ✓ Provides 600 mg in each vegetarian capsule
- ✓ Water and lipid soluble for broad-spectrum nutritional support



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Alpha lipoic acid (thioctic acid)	600 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

Alpha lipoic acid, ascorbyl palmitate, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
AL66UK	60	1 capsule	00	60

CRANBERRY/D-MANNOSE

CRANBERRY EXTRACT COMBINED WITH D-MANNOSE

Description

Cranberry/d-Mannose combines cranberry extract and d-mannose for their complementary nutritional features. Each vegetarian capsule features 450 mg of d-mannose. D-Mannose is rapidly absorbed in about 30 minutes and then is excreted by the urinary tract. Cranberry extract provides the fruit without the unwanted sugar found in cranberry juices.

Product Features

- ✓ Featuring cranberry extract and d-mannose
- ✓ Each vegetarian capsule features 450 mg of d-mannose
- ✓ Providing complementary nutritional ingredients



Nutritional Information

Serving size 2 capsules

	Amount per Serving
D-Mannose	900 mg
Cranberry (Vaccinium macrocarpon) fruit concentrate	200 mg

Directions For Use

As a food supplement, take 2-6 capsules daily, in divided doses, with or between meals, or as directed by your health professional.

Ingredients

D-Mannose, cranberry extract, ascorbyl palmitate. Vegetarian capsule (cellulose, water), ascorbyl palmitate, cranberry fibre, cranberry seed oil, guar gum, sunflower lecithin.

Product Code	Size	Serving Size	Capsule Size	Servings per container
CRD9UK	90	2 capsules	00	45

+ CRANBERRY/D-MANNOSE POWDER

WITH VITAMIN C AND ZINC

Description

Cranberry D-Mannose powder combines the natural cranberry extract with D-Mannose as a drinking powder. D-Mannose is a simple sugar that is hardly metabolised by the body and is flushed out via the kidneys and bladder. In addition to the cranberry extract, which is valued for its flavonoids, the powder contains vitamin C and zinc. Vitamin C and zinc help protect cells from oxidative stress and ensure a strong immune system. This natural formula makes Cranberry D-Mannose very popular with women and is also ideal for short-term use.

Product Features

- ✓ Features natural cranberry extract with D-Mannose as a drinking powder.
- ✓ Instant cranberry and D-Mannose solution with zinc & vitamin C
- ✓ Vitamin C and Zinc contributes to the protection of cells from oxidative stress and normal function of the immune system
- ✓ Without artificial flavours or sweeteners
- ✓ Natural taste



Nutritional Information

Serving size 2 measuring spoons (3.7g)

	Amount per Serving	% NRV*
D-Mannose	6000 mg	†
Cranberry Extract	1000 mg	†
Vitamin C	160 mg	200%
Zinc (as picolinate)	6 mg	60%

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, on day 1-3 dissolve 2 measuring spoons (1.85 g each) in a glass of water (250 ml) in the morning and evening and drink immediately. From day 4 use 2 measuring spoons in the evening, or as directed by your healthcare professional.

Ingredients

D-Mannose, Cranberry (*Vaccinium macrocarpon*) extract (fruit), ascorbic acid, zinc picolinate.

Product Code	Size	Serving Size	Servings per container
CDM3UK	37 g	2 spoons (3.7 g)	10

DIM ULTRA

DIM WITH PHYTONUTRIENTS, MILK THISTLE AND AMINO ACIDS

Description

DIM Ultra features BioResponse DIM® with phytonutrients, milk thistle, lipoic acid and amino acids for advanced nutritional support. BioResponse DIM® is a highly absorbable form of diindolylmethane, an important metabolite of indole-3-carbinol. With the lignan 7-hydroxymatairesinol (HMR), which is converted in the body to enterolactone. Also featuring broccoli sprout concentrate with a guaranteed level of sulforaphane. Provides silymarin, alpha lipoic acid and n-acetyl-L-cysteine. With the amino acids taurine, glycine and methionine.

Product Features

- ✓ Featuring BioResponse DIM®, a highly absorbable form of diindolylmethane
- ✓ With a plant lignan precursor to enterolactone
- ✓ Broccoli sprout concentrate with a guaranteed level of sulforaphane
- ✓ Provides silymarin, alpha lipoic acid and n-acetyl-L-cysteine
- ✓ With taurine, glycine and methionine



Product Code	Size	Serving Size	Capsule Size	Servings per container
DD6UK	60	2 capsules	00	30

Nutritional Information

Serving size 2 capsules

	Amount per Serving
BioResponse DIM® (diindolylmethane complex) (standardised to contain 25% diindolylmethane)	100 mg
Calcium-D-glucarate	100 mg
Broccoli (<i>Brassica oleracea italica</i>) sprout concentrate (whole plant) (standardised to contain a minimum of 400 µg sulforaphane)	100 mg
HMRlignan™ (contains 7-hydroxymatairesinol)	10 mg
Alpha lipoic acid (thioctic acid)	200 mg
N-Acetyl-L-Cysteine (free-form)	200 mg
Milk thistle (<i>Silybum marianum</i>) seed extract (standardised to contain 80% silymarin)	150 mg
L-Methionine (free-form)	200 mg
Glycine (free-form)	100 mg
Taurine (free-form)	100 mg

Directions For Use

As a food supplement, take 2 capsules daily, in divided doses, with meals, or as directed by a health professional.

Ingredients

N-Acetyl-L-Cysteine, L-methionine, alpha lipoic acid, silymarin extract, BioResponse® DIM complex, taurine, glycine, broccoli sprout concentrate, calcium-d-glucarate, hypoallergenic plant fibre (microcrystalline cellulose), ascorbyl palmitate, HMRlignan™. Vegetarian capsule (hydroxypropyl methyl cellulose).

INOSITOL POWDER

HIGHLY SOLUBLE, PLEASANT TASTING MYO-INOSITOL

Description

Inositol powder features myo-inositol, the primary form of inositol used in clinical research. Each scoop provides 2 g which is a dose consistent with clinical use and not easily achievable with capsules. Highly soluble, pleasant tasting, pure and additive-free inositol that mixes well into water for convenient use.

Product Features

- ✓ Features myo-inositol, the primary form of inositol used in clinically
- ✓ Each scoop provides 2 g, consistent with research
- ✓ Highly soluble, pleasant tasting and mixes well into water for convenient use



Nutritional Information

Serving size 1 scoop (2.1 g)

	Amount per Serving
Inositol (as myo-inositol)	2 g

Directions For Use

As a food supplement, take 1 scoop twice daily, mixed in water or juice, with or between meals, or as directed by your health professional.

Ingredients

Myo-inositol.

Product Code	Size	Serving Size	Servings per container
INP2UK	250 g	2.1g (1 scoop)	60

PHYTOSTEROL COMPLEX

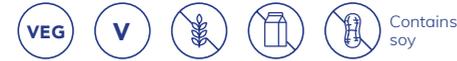
BROAD SPECTRUM PHYTOSTEROLS

Description

Phytosterol Complex is a broad spectrum phytosterol complex providing beta-sitosterol, campesterol, stigmasterol, and brassicasterol. Phytosterols are sterol molecules, similar in structure to cholesterol, which are synthesised by plants and are present naturally in grains, nuts, seeds, fruits and plant oils.

Product Features

- ✓ Featuring a broad spectrum phytosterol complex
- ✓ Providing beta-sitosterol, campesterol, stigmasterol, and brassicasterol
- ✓ Each vegetarian capsule provides 450 mg total phytosterols



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Phytosterols (including betasitosterol, campesterol, stigmasterol, brassicasterol and sitostanol)	450 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, with meals, or as directed by a health professional.

Ingredients

Phytosterols, ascorbyl palmitate, hypoallergenic plant fibre (microcrystalline cellulose). Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
CHO9UK	90	1 capsule	00	90



★ HAIR/SKIN/NAILS ULTRA

WITH BIOCELL COLLAGEN®

Description

Hair/Skin/Nails features a comprehensive blend of nutrients that support healthy skin hair and nails. Combines vitamins and trace elements with special bioactive substances in a complete formula for everyday use. Provides nutrients specially selected for their contribution to normal collagen formation, protecting cells from oxidative stress and the maintenance of normal skin, hair and nails.

Product Features

- ✓ For healthy skin, vital hair and strong nails
- ✓ Biotin contributes to the maintenance of healthy skin and hair
- ✓ Zinc contributes to the maintenance of normal skin, hair and nails
- ✓ Vitamin C contributes to normal collagen formation, normal skin function and protects cells from oxidative stress
- ✓ Copper contributes to normal skin and hair pigmentation and to the maintenance of normal connective tissue
- ✓ Featuring clinically studied BioCell Collagen®
- ✓ Also features CoQ10, natural silica from bamboo and grape seed extract



Not suitable for vegetarians or vegans

Product Code	Size	Serving Size	Capsule Size	Servings per container
HSN6UK	60	2 capsules	00	30

Nutritional Information

Serving size 2 capsules

	Amount per Serving	% NRV*
Vitamin C (as ascorbic acid)	250 mg	312%
Vitamin B3 (as niacinamide)	20 mg	125%
Folate (as Metafolin®, L-5-MTHF)	400 µg	200%
Biotin	6 mg	12,000%
Zinc (as zinc citrate)	30 mg	300%
Copper (as copper bisglycinate)	1 mg	100%
Manganese (as manganese citrate)	2 mg	100%
Silica (from bamboo extract)	30 mg	†
PABA (para-aminobenzoic acid)	150 mg	†
BioCell Collagen™ (hydrolysed chicken sternal cartilage extract), providing (typical): hydrolysed collagen type-II 60%, chondroitin sulfate 20%, hyaluronic acid 10%	500 mg	†
Grape (<i>Vitis vinifera</i>) extract (seed) (standardised to contain 92% polyphenols)	140 mg	†
Coenzyme Q10 (as ubiquinone and 33% MicroActive® Q10)	60 mg	†

*Nutrient Reference Value †NRV not yet determined

Directions For Use

As a food supplement, take 2 capsules daily, with a meal, or as directed by a health professional.

Ingredients

BioCell Collagen® (hydrolyzed type-II collagen complex), ascorbic acid, grape seed extract, para-aminobenzoic acid, zinc citrate, Coenzyme Q10 (ubiquinone, MicroActive® Q10 ubiquinone cyclodextrin complex), bamboo extract, ascorbyl palmitate, manganese citrate, biotin, copper bisglycinate, calcium-L-methylfolate. Vegetarian capsule (hydroxypropyl methyl cellulose).

HAIR SKIN NAILS

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HYALURONIC ACID

FERMENTED LOW MOLECULAR WEIGHT HYALURONIC ACID

Description

Hyaluronic Acid features HyaMax®, a low molecular weight source of hyaluronic acid to promote absorption in the body. Hyaluronic acid is a naturally occurring polymer found in every tissue of the body. HyaMax® sodium hyaluronate is a low molecular hyaluronic acid produced through fermentation. Hyaluronic acid is hydrophilic and hydrates by attracting and retaining water in the extracellular matrix of tissues.

Product Features

- ✓ Features HyaMax® fermented low molecular weight hyaluronic acid
- ✓ Low molecular weight hyaluronic acid promotes optimal absorption
- ✓ Stable form of hyaluronic acid produced by fermentation



Nutritional Information

Serving size 1 capsule

	Amount per Serving
Hyaluronic acid (low molecular weight)	70 mg

Directions For Use

As a food supplement, take 1-2 capsules daily, in divided doses, with or between meals, or as directed by your health professional.

Ingredients

Hypoallergenic plant fibre (microcrystalline cellulose), hyaluronic acid. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
HYA6UK	60	1 capsule	3	60



BLOOD GLUCOSE

Metabolic Xtra with Svetol® Green Coffee Extract.....186

METABOLIC XTRA WITH SVETOL® GREEN COFFEE EXTRACT

WITH CHROMIUM FOR MAINTENANCE OF NORMAL
BLOOD GLUCOSE

Description

Metabolic Xtra with Svetol® Green Coffee Bean Extract features a blend of ResVida® resveratrol, alpha lipoic acid and chromium. Svetol® is a clinically studied decaffeinated green coffee bean extract providing chlorogenic acids. Featuring the recommended amount of 400 mg Svetol® per daily dose. With ResVida® resveratrol providing high purity trans-resveratrol and alpha lipoic acid. Highly bioavailable chromium picolinate contributes to the maintenance of normal blood glucose levels.

Product Features

- ✓ Featuring Svetol®, a clinically studied decaffeinated green coffee bean extract
- ✓ With ResVida® resveratrol and alpha lipoic acid
- ✓ Chromium contributes to the maintenance of normal blood glucose levels



Nutritional Information

Serving size 1 capsule

	Amount per Serving	% NRV*
Green coffee bean extract Extract (Svetol®)	265 mg	†
Chromium (as chromium picolinate)	200 µg	500%
Alpha lipoic acid (thioctic acid)	100 mg	†
ResVida® resveratrol (as trans-resveratrol)	20 mg	†

*Nutrient Reference Value † NRV not yet determined

Directions For Use

As a food supplement, take 1 capsule, 1-3 times daily, with meals, or as directed by a healthcare professional.

Ingredients

Svetol® green coffee extract, alpha lipoic acid, hypoallergenic plant fibre (microcrystalline cellulose), resVida® resveratrol, ascorbyl palmitate, chromium picolinate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Capsule Size	Servings per container
MXS9UK	90	1 capsule	0	90



See what's in our products, and **what's not** at
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