

SUPPLEMENT REFERENCE GUIDE



NUTRAscriptives®

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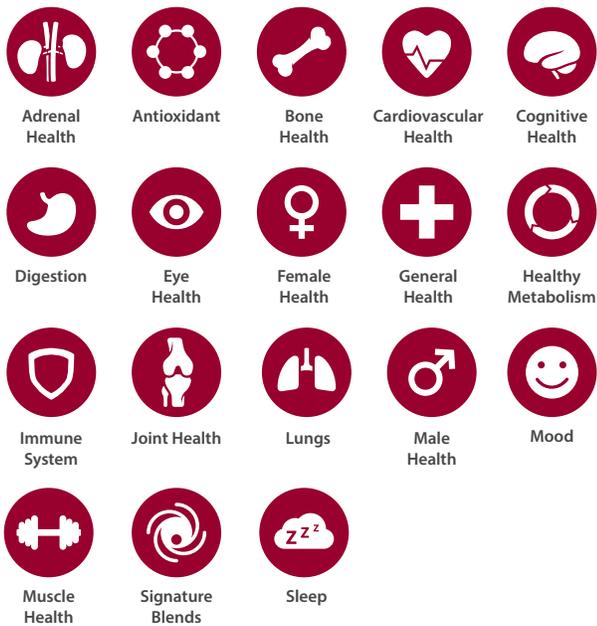
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Getting to Know Nutrascriptives.

Exceptional quality is the foundation of the Nutrascriptives® premium supplement line.

We believe that quality cannot be tested into a product, but instead must be built into a product. We build our product line by starting with a foundation of quality ingredients which we utilize in research-based and affective product formulations. Through the stringent qualification of all manufacturing partners, in-process verification of product specifications, and comprehensive 3rd-party testing of ingredients and finished products, Nutrascriptives® distinguishes itself as a leader in high quality dietary supplements.

**QUALITY
INGREDIENTS
FORMULATIONS
& PRODUCTS**

What Does Quality Mean at Nutrascriptives?

Quality is more than just excellent products, it is the culture at Medical Horizons and affects every step in the manufacturing process.

Quality is a term that we don't use lightly at Nutrascriptives and we wanted to give you more detail on the measures we take to ensure that we are providing the highest quality products to our customers. Nutrascriptives conducts finished good testing on every unique batch of product manufactured. Our finished good testing includes assay testing to validate label claim as well as microbiological and heavy metal testing to ensure the purity of our products. The U.S. Pharmacopeia is a scientific nonprofit organization that sets standards for the identity, strength, quality, and purity of medicines, food ingredients, and dietary supplements manufactured, distributed and consumed worldwide. Nutrascriptives uses the U.S. Pharmacopeia (USP) as a reference to determine the types of tests we conduct, the methods used to conduct those tests and the testing specification range for each test.

The acceptable specification range defines the acceptable limits for a given label claim or contaminant. These specification ranges are dependent on ingredient and product classification. For example, Vitamin D3 is a fat soluble vitamin and USP defines a range of 100-165% of label claim as acceptable; thus for a product with 1000 IU

of D3, the acceptable specification range would be 1000-1650 IU. These specification ranges vary with ingredient classification (i.e. fat soluble vs. water soluble vitamins) and are based on both safety data and the inherent stability of the ingredient.

The heavy metal testing panel used by Nutrascriptives was developed with reference to USP chapter <2232>, Elemental Contaminants in Dietary Supplements. This chapter identifies the four major elements of toxicological concern as lead, arsenic, cadmium, and mercury as well as the permitted daily exposure or PDE for each element. The microbiological testing panel used by Nutrascriptives was developed with reference to USP chapter <2023>, Microbiological Attributes of Nonsterile Nutritional and Dietary Supplements. This USP chapter, in general, as well as individual USP monographs, more specifically, provide recommended microbial limits for a range of supplement ingredients and products. Specifically, Nutrascriptives tests every lot produced for Total Plate count, Coliform count, Enterobacterial count, *Staphylococcus aureus*, E. Coli, Salmonella, yeast and mold.

Amino Acids

5-HTP

100 mg, 60 Capsules



5-hydroxytryptophan (5-HTP) is an intermediate in the conversion of the essential amino acid L-tryptophan to serotonin. Serotonin is an important neurotransmitter, associated with the regulation of sleep cycles, mood, and appetite. Supplementing with 5-HTP is an efficient way to support brain serotonin production because it bypasses the rate-limiting step in the synthesis of serotonin, the conversion of L-tryptophan into 5-HTP. Seventy percent of orally administered 5-HTP enters the blood stream and then easily crosses the blood-brain barrier. 5-HTP is produced by extraction from the seeds of *Griffonia simplicifolia*, a tree found mainly in West Africa.

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
5-HTP (L-5-Hydroxytryptophan)	100 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Acetyl-L-Carnitine

500 mg, 30 Capsules



Acetyl-L-Carnitine is the acetylated form of the amino acid L-carnitine and provides nutritional support for healthy mitochondrial function as well as cell membrane stability. Important in the production of acetylcholine, acetyl-L-carnitine functions as a cholinergic neurotransmitter and is important for healthy mental functioning, memory and attention. Additionally, as a source of L-carnitine, acetyl-L-carnitine supports healthy fatty acid metabolism by the mitochondria.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

Amount Per Capsule

Acetyl-L-Carnitine (as acetyl-L-carnitine hydrochloride)	500 mg*
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*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, L-leucine, and silicon dioxide.



GABA

500 mg, 60 Capsules



Gamma-aminobutyric acid (GABA) is both an amino acid and a major inhibitory neurotransmitter in the central nervous system (CNS), where it plays a major role in cellular communication. GABA may provide nutritive support for a positive mood, healthy relaxation and the moderation of anxiety through its regulation of neuronal excitability. Recent research suggests that in addition to its inhibitory action in the CNS, GABA has a parallel inhibitory role in the immune system and may modulate inflammation.

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
GABA (Gamma-aminobutyric acid)	500 mg	*

* Daily Value not established

Other Ingredients: Vegetarian Capsule (hypromellose) and stabilized rice bran.

L-Arginine

600 mg, 60 Capsules



Arginine is a semi-essential amino acid, while it can be naturally produced by the body, production does not increase with demand, and dietary intake is the primary determinant of plasma arginine levels. Arginine is a precursor to nitric oxide, a compound important for vasodilation, circulation and blood flow. In this capacity, L-arginine may provide nutritional support for healthy endothelial function, exercise performance, and sexual function.

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
L-Arginine (as L-arginine hydrochloride)	600 mg	*

* Daily Value not established

Other Ingredients: Vegetarian capsule (hypromellose) and stabilized rice bran.



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L-Carnitine

500 mg, 60 Capsules



Synthesized in the body from the amino acids lysine and methionine, L-carnitine is found abundantly in heart and skeletal muscle and is responsible for transporting fatty acids to the mitochondria for use as a fuel source. In the heart, L-carnitine promotes healthy heart rhythm and natural myocardial blood flow. Exercise can deplete muscle carnitine levels and supplementation with L-carnitine may increase the utilization of fatty acids to fuel working muscles, while simultaneously preserving muscle glycogen.

Supplement Facts

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Amount Per Serving		%Daily Value
L-Carnitine (as L-carnitine tartrate)	500 mg	*

* Daily Value not established

Other Ingredients: Vegetarian Capsule (hypromellose) and stabilized rice bran.



N-Acetyl-L-Cysteine

500 mg, 90 Capsules



N-acetyl-L-cysteine (NAC) is a derivative of the amino acid L-cysteine, a sulfur-containing amino acid that is vital to the production of glutathione, an important antioxidant. In addition to supporting the production of glutathione, NAC is itself an antioxidant and free-radical scavenger and supports healthy lung function by thinning mucus. NAC may also be used to effectively support normal liver detoxification.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Capsule

N-Acetyl-L-Cysteine USP	500 mg*
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*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, L-leucine, and silicon dioxide.



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Antioxidants

Alpha Lipoic Acid

200 mg, 60 Capsules



Alpha lipoic acid, an antioxidant itself, is integral in the induction of glutathione synthesis; an important intracellular antioxidant that decreases with age. Additionally, in vitro studies have demonstrated that alpha lipoic acid modulates normal insulin action, thus supporting healthy glucose metabolism. In addition to insulin signaling, alpha lipoic acid potentiates other cell signaling molecules that play important roles in hepatic health and normal vasodilation. Oral alpha lipoic acid supplements are better absorbed on an empty stomach and should be taken 1-2 hrs before a meal.

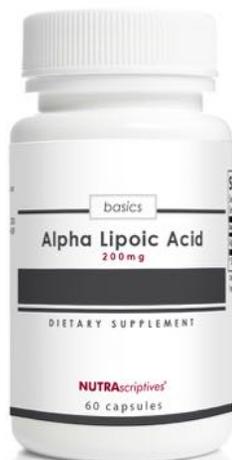
Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
Alpha Lipoic Acid	200mg	*

* Daily value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).



DIM

300 mg, 120 Capsules



Diindolymethane (DIM) is a phytochemical that is found in plants in a form known as Indole-3-Carbinol or I-3-C. I-3-C occurs naturally in cruciferous vegetables such as kale, broccoli, Brussel sprouts, cabbage, cauliflower, and collard greens. DIM is a supplement that may help support normal metabolic pathways of hormones in both men and women. DIM helps support healthy estrogen metabolism and has been found to help the body regulate defective cells by supporting normal apoptosis. It has been shown to support a shift in estrogen metabolism towards decreased estrogenic metabolites, thus it may assist in reducing the risk of estrogen sensitivities.

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 120

Amount Per Serving		%Daily Value
DIM (diindolymethane)	300 mg	*

*Daily Value not established

Other Ingredients: Vegetarian Capsule (hypromellose).



Grape Seed with Resveratrol

200 mg / 250 mg, 60 Capsules



Grapes (*Vitis vinifera*) have a long history of medicinal use dating back at least 6000 years. The medicinal value of grapes comes from the powerful antioxidants contained within their leaves, skins, and seeds. Flavonoids, polyphenols, and oligomeric proanthocyanidin complexes (OPC's) are highly concentrated in grape seeds while resveratrol is found mainly in the grape skin. Grape seed extract, and the antioxidants within, may provide nutritional support for vascular health and cellular fluid balance. Synergistically, resveratrol provides nutritive support for healthy cardiovascular function while providing antioxidant support.

Supplement Facts

Serving Size: 1 Vegetarian Cap • Servings Per Container: 60

Amount Per Serving	% Daily Value
Grape Seed Extract (<i>Vitis vinifera</i>) seed extract, 85% polyphenols	200 mg *
Resveratrol from Japanese Knotweed (<i>Polygonum cuspidatum</i>) root and rhizome extract	250 mg *

* Daily value not established.

Other Ingredients: Vegetarian capsule (hypromellose) and stabilized rice bran.

Vars Liposomal Glutathione

30 Servings



Glutathione has been noted to be the most important antioxidant produced in the human body and is present in every cell of the body. With a myriad of functions, it may act to help protect cells from toxic exposures such as pesticides, fungicides and toxins in the air we breathe. It also supports the chelation of heavy metals which acts as a protectant against metals such as lead, arsenic, cadmium and mercury. Additionally, VARS Liposomal Glutathione Spray from Setria® contains reduced Glutathione which is the most bio-available form of Glutathione. It is a tripeptide consisting of three amino acids: Glutamate, Cysteine, and Glycine. Glutathione may help fight free radicals, and supports healthy liver function, nervous system and immune system.

Supplement Facts

Serving Size: 1.61ml (7 Sprays orally) • Servings Per Container: 30

Amount Per Serving	% Daily Value
VARs® Glutathione	222 mg *
Phosphatidylcholine and Phosphatidylethanolamine complex (from non-GMO sunflower oil)	161 mg *

* Daily value not established.

Other Ingredients: Purified water, sunflower lecithin, polyglycerol esters of fatty acids, lemon oil, peppermint oil, potassium sorbate, sodium benzoate, stevia leaf extract and natural flavor.



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Cardiovascular Health

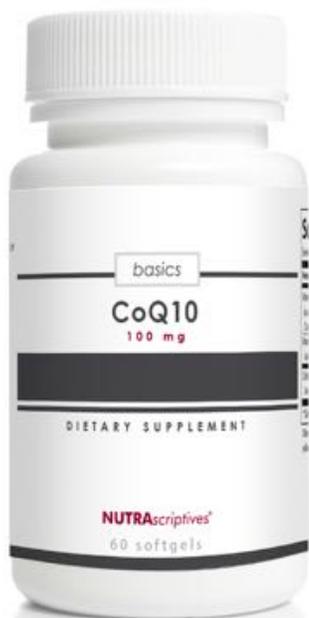
CoQ10

100 mg, 60 Softgels

200 mg, 60 Softgels



Coenzyme Q10 (CoQ10) is a fat-soluble compound required for mitochondrial ATP synthesis. CoQ10 functions as an antioxidant in cell membranes and lipoproteins (transport particles composed of lipids and protein). Tissue levels of CoQ10 decline with age and cholesterol-lowering medications decrease circulating levels of CoQ10. CoQ10 may provide nutritive support for optimal cardiovascular function by supporting healthy heart muscle function, normal blood pressure, and healthy endothelial function. Oral supplementation of CoQ10 is known to increase lipoprotein and blood levels and should be consumed with fat in a meal to maximize absorption.



Supplement Facts

Serving Size: 1 Softgel • Servings Per Container: 60

Amount Per Serving		%Daily Value
Vitamin A (as natural beta-carotene from <i>D. salina</i>)	2334 IU	46%
Vitamin E (as natural mixed tocopherols)	100 IU	333%
CoEnzyme Q10 (as ubiquinone)	100 mg	*

* Daily Value not established

Other Ingredients: Rice bran oil, gelatin, glycerin, water, yellow beeswax, annatto extract, and titanium dioxide.

Supplement Facts

Serving Size: 1 Softgel • Servings Per Container: 60

Amount Per Serving		%Daily Value
Vitamin A (as natural mixed carotenoids from <i>D. salina</i>)	2000 IU	40%
Vitamin E (as D-alpha tocopherol)	200 IU	667%
CoEnzyme Q10 (as ubiquinone)	200 mg	*

* Daily Value not established

Other Ingredients: Rice bran oil, gelatin, glycerin, water, yellow beeswax, annatto extract, and titanium dioxide.

CoQ10 Ubiquinol

100 mg, 60 Softgels



CoQ10 can exist in either of its oxidized forms, ubiquinone, or its reduced form, ubiquinol. The difference between these states is a matter of the amount of electrons present in the molecule. Although the body has the ability to convert CoQ10 between these two forms, some research suggests the reduced form of CoQ10, ubiquinol, may be more bioavailable than the oxidized form.

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

Amount Per Softgel

Reduced Coenzyme Q₁₀ (as ubiquinol)** 100 mg*

*Daily Value not established.

Other ingredients: D-limonene oil, gelatin, glycerin, water, caprylic acid, capric acid, natural caramel coloring, and alpha-lipoic acid.

**Kaneka QH™ reduced form of coenzyme Q₁₀. Kaneka QH™ is a trademark of Kaneka Corporation.

Heart

60 Servings



Nutrascriptives® Heart contains a broad spectrum of heart-healthy ingredients to support normal cardiovascular function. In addition to d-alpha tocopherol, this formulation contains 250mg of Hawthorn leaf and flower extract, an herbal that has been used to support heart health and vascular function as far back as the first century. High in oligomeric procyanidins, hawthorn provides nutritional support for healthy blood flow, normal blood pressure, and overall circulatory health. Additionally, Nutrascriptives® Heart contains CoEnzyme Q10 to support healthy heart muscle and endothelial function as well as alpha lipoic acid to support healthy glucose metabolism. As with all dietary supplements, please consult a physician before taking Nutrascriptives® Heart, particularly if you are on blood-thinning medication.

Supplement Facts

Serving Size: 3 Vegetarian Capsules • Servings Per Container: 60

Amount Per Serving		% Daily Value
Vitamin E (as mixed tocopherols)	100 IU	333%
Hawthorn (<i>Crataegus pinnatifida</i>) Berry Extract	250 mg	*
L-Taurine	250 mg	*
Alpha Lipoic Acid	200 mg	*
CoEnzyme Q10 (as ubiquinone)	200 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>), 95% phenolic content	100 mg	*
Resveratrol (from Japanese Knotweed (<i>Polygonum cuspidatum</i>), root extract)	50 mg	*
Proprietary Absorption Blend L-Carnitine, Onion, Garlic, Aloe Vera Amylase and Protease, BioPerine®	75 mg	*

*Daily Value not established.

Other Ingredients: Vegetarian capsule (hypromellose) and stabilized rice bran.



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Red Yeast Rice

1,000 mg, 60 Servings



Red yeast rice is a reddish purple fermented rice which acquires its color from cultivation with the mold *Monascus purpureus*. The Chinese have been using red yeast rice for centuries as both a food and a medicine. In Chinese medicine, red yeast rice is used to promote healthy cholesterol levels, normalize blood flow and support healthy digestion.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving		%Daily Value
Red Yeast Rice Extract (<i>Monascus purpureus</i>)	1000 mg	*

* Daily Value not established

Other Ingredients: Vegetarian capsule (hypromellose).

Turmeric Curcumin Phytosome

500 mg, 100 Capsules



Curcumin, the active component of turmeric, has an established history of supporting a healthy inflammatory response while providing potent antioxidant activity, but its health benefits are limited by its poor absorption from the gut. Meriva® is a unique turmeric phosphatidylcholine complex (phytosome) that is significantly better absorbed than regular turmeric extracts. Meriva® enhances oral absorption by over 20-fold, thus helping to maximize the beneficial impact of turmeric on the body's inflammatory response.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Capsule	
Meriva® (Curcumin Phospholids)** (<i>Curcuma longa</i>) root, dried extract, min. 18% curcuminoids, phosphatidylcholine complex	500 mg*

* Daily Value not established

Other Ingredients: Vegetarian capsule (hypromellose) microcrystalline cellulose, lecithin (from sunflower), and stabilized rice bran.

**Meriva® is a registered trademark of INDENA S.p.A., Italy.



Digestive Health

Berberine Support

60 Capsules



Berberine is a naturally occurring alkaloid and a primary constituent of several plants including barberry, goldenseal and phellodendron. Recent studies indicate that berberine is a helpful supplement for maintaining cardiometabolic health and is considered safe and effective. Berberine has been shown to regulate glucose and lipid metabolism in vitro and in vivo. In vivo and in vitro experiments have also shown blood pressure support and vasorelaxatory effects of berberine. It seems that berberine acts on both the endothelium and the underlying vascular smooth muscle to induce vasorelaxation via multiple cellular mechanisms. Berberine has been used for thousands of years in traditional Chinese and Ayurvedic medicine to provide antioxidant activity, immune system support and proper microbial balance.



Supplement Facts

Serving Size: 1 Vegetarian Capsule • Servings Per Container: 60

Amount Per Serving	%Daily Value	
Folate		
(as [6S]-5-methyltetrahydrofolic acid from 400 mcg of Quatrefolic® [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg	50%
Berberine (as Berberine HCl)	500 mg	*
LeucoSelect® Phytosome™ (Grape Seed (Vitis vinifera) Extract / Phosphatidylcholine Complex)	50 mg	*
R-Alpha Lipoic Acid	22 mg	*

*Daily Value not established.

Other Ingredients: Vegetarian capsule (hypromellose), and stabilized rice bran.

Contains soy.

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Digestive Enzymes

60 Servings



Enzymes are essential to the breakdown and absorption of nutrients in your body and efficient enzymatic function is integral to gastrointestinal health. Nutrascriptives® Digestive Enzymes is a high-potency and hypoallergenic formulation with a wide range of plant/microbial-derived enzymes to support the body's digestive capabilities. Active across a broad range of pH conditions (2 to 10), this formulation provides enzymatic benefit throughout the entire intestinal tract while supporting the efficient breakdown, absorption, and utilization of proteins, carbohydrates, fats and vegetable fibers.



Supplement Facts

Serving Size 2 Capsules • Servings Per Container 60

Amount Per 2 Capsules	Amount Per 2 Capsules
Comprehensive Enzyme Blend 800 mg*	Phytase 10 PUΔ
With the following minimum enzyme activity:	Beta Glucanase 20 BGIΔ
Carbohydrate Specific Enzymes	Alpha-Galactosidase 100 AGSUΔ
Amylase 1,830 BAUΔ	Galactomannase 200 HCUΔ
Alpha Amylase 100 DUΔ	Protein and Peptide Specific Enzymes
Glucoamylase (with isomaltase side chain activity) 30 AGUΔ	Acid Protease 50 SAPUΔ
Sugar Specific Enzymes	Alkaline Protease 50 PCΔ
Lactase 1,500 ALUΔ	Protease/Peptidase Complex with endopeptidase, exopeptidase, and DPP-IV activity 40,000 HUTΔ
Sucrase (invertase) 400 SUΔ	Fat Specific Enzyme
Maltase 200 DPΔ	Lipase 1,500 FIPUΔ
Pullulanase (debranching enzyme with isomaltase side chain activity) 25 UΔ	Other Enzymes
Vegetable/Plant Fiber Specific Enzymes	Lysozyme (from egg white) 100,000 SHUΔ
Cellulase 500 CUΔ	Serratia peptidase (enteric-coated)‡ 2,500 SPUΔ
Hemicellulase/Pectinase Complex 200 HSUΔ	

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), coconut oil powder, and cellulose.
Contains: Eggs and Tree Nut (coconut).

*Daily Value not established.

Δ Units are those used in edition five (V) of the Food Chemicals Codex (FCC)
‡ Peptizyme SP®, a registered trademark of Specialty Enzymes



Probiotic

25+ Billion CFUs, 60 Capsules



Daily consumption of a standardized probiotic with a high CFU (colony forming unit) count can provide nutritional support for healthy intestinal flora and optimal digestive function. Specifically, probiotics support the healthy metabolism of dietary components, including lactose, lipids, protein and carbohydrates. Additionally, recent research supports a link between gastrointestinal health and immune function, suggesting that probiotic supplementation can support a healthy immune response. This high potency, hypoallergenic blend of 12 certified probiotic species combines both colonizing and transient strains to support a healthy balance of microflora across the entire gastrointestinal tract.

Supplement Facts

Serving Size 1 Capsule • Servings Per Container 60

Amount Per Capsule

Probiotic Blend (25+ billion CFUs) in a base of inulin (derived from chicory root)	280 mg*
<i>Lactobacillus rhamnosus</i>	6.0+ billion CFUs*
<i>Bifidobacterium bifidum</i>	5.0+ billion CFUs*
<i>Lactobacillus acidophilus</i>	3.0+ billion CFUs*
<i>Lactobacillus casei</i>	2.5+ billion CFUs*
<i>Lactobacillus plantarum</i>	2.0+ billion CFUs*
<i>Lactobacillus salivarius</i>	2.0+ billion CFUs*
<i>Bifidobacterium longum</i>	1.0+ billion CFUs*
<i>Streptococcus thermophilus</i>	1.0+ billion CFUs*
<i>Lactobacillus bulgaricus</i>	1.0+ billion CFUs*
<i>Lactobacillus paracasei</i>	0.5+ billion CFUs*
<i>Bifidobacterium lactis</i>	0.5+ billion CFUs*
<i>Bifidobacterium breve</i>	0.5+ billion CFUs*

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), proprietary polysaccharide complex, and L-leucine



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Hormone Health

Adrenal

60 Servings



Adaptogens are compounds that may help the body adapt to stress by nutritionally supporting the adrenal glands and endocrine system. Adrenal combines a bovine glandular blend with essential nutrients and adaptogenic herbs to provide full spectrum adrenal support. Ashwagandha may help support thyroid function and a healthy immune response. *Rhodiola rosea*, standardized for rosavins, may help promote healthy balance in hypothalamic-pituitary-adrenal activity while maintaining mental and physical energy. Finally, the combination of magnolia bark, *Ginkgo biloba*, and siberian ginseng may provide nutritional support for general vitality, well-being, and mood.

Supplement Facts

Serving Size: 4 Vegetarian Capsules • Serving Per Container: 60

Amount Per Serving		%Daily Value
Vitamin C (as calcium ascorbate)	200 mg	333%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as calcium ascorbate)	25 mg	3%
Magnesium (as magnesium amino acid chelate)	50 mg	13%
Zinc (as zinc amino acid chelate)	5 mg	33%
Selenium (as l-selenomethionine)	200 mcg	286%
Manganese (as manganese amino acid chelate)	4 mg	200%
Adrenal Blend	750 mg	*
Hypothalamus substance, suprarenal substance and whole pituitary powder		
Rhodiola (<i>Rhodiola rosea</i> L.) root	150 mg	*
SerinAid®	100 mg	*
A phospholipid blend yielding 50mg of phosphotidylserine		
Citrus Bioflavonoids Complex	100 mg	*
Ashwagandha (<i>Withania somnifera</i>) root	100 mg	*
Magnolia (<i>Magnolia officinalis</i>) bark	100 mg	*
Proprietary Absorption Blend	70 mg	*
BioPerine®, L-Carnitine, Onion, Garlic, Aloe Vera, Amylase and Protease		
Ginkgo (<i>Ginkgo biloba</i>) leaf extract, 24% ginkgo flavone glycosides	50 mg	*
Eleutherooccus senticosus root	50 mg	*

*Daily Value not established.

Other Ingredients: Vegetarian Capsule (hypromellose), stabilized rice bran, and magnesium stearate.

SerinAid® is a registered trademark of Chemi Nutra, Inc.

BioPerine® is a registered trademark of Sabinsa Corp.

DHEA

5 mg, 60 Capsules

10 mg, 60 Capsules

25 mg, 60 Capsules

50 mg, 60 Capsules



DHEA (dehydroepiandrosterone) is a hormone produced by the adrenal glands and is a precursor to both androgens and estrogens. Androgens and estrogens help regulate fat metabolism and stabilize energy levels. Additionally, normal androgen and estrogen levels are the keystone to healthy endocrine and reproductive function. Multiple dosage forms are offered because the amount of DHEA needed to restore normal hormone levels can be dependent on individual biochemistry, age, and gender. Nutrascriptives® DHEA is micronized, meaning it has been ground to a very small size to improve absorption by the body. DHEA is fat-soluble, so this supplement should be consumed with fat to maximize absorption.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving		%Daily Value
DHEA (dehydroepiandrosterone) (micronized)	5 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value	
DHEA (dehydroepiandrosterone) (micronized)	10 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value	
DHEA (dehydroepiandrosterone) (micronized)	25 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 20

Amount Per Serving	%Daily Value	
DHEA (dehydroepiandrosterone) (micronized)	50 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

DHEA SR

- 5 mg, 100 Capsules
- 10 mg, 100 Capsules
- 15 mg, 100 Capsules
- 20 mg, 100 Capsules
- 25 mg, 100 Capsules
- 50 mg, 100 Capsules
- 100 mg, 100 Capsules



Nutrasciptives® DHEA-SR is a micronized sustained release formula that has been validated to maintain DHEA levels throughout the day. Although our regular release formula benefits many individuals, factors such as biochemistry, age, and gender may determine that a DHEA sustained release dosage is more effective in restoring an individual's optimal hormone balance.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving	%Daily Value	
DHEA (dehydroepiandrosterone) (micronized)	5 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving	%Daily Value	
DHEA (dehydroepiandrosterone) (micronized)	10 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

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

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
DHEA (dehydroepiandrosterone) (micronized)	15 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
DHEA (dehydroepiandrosterone) (micronized)	100 mg	*

*Daily Value not established

Other Ingredients: Hypromellose, stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
DHEA (dehydroepiandrosterone) (micronized)	20 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
DHEA (dehydroepiandrosterone) (micronized)	25 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 capsules
Servings Per Container: 100

Amount Per Serving		%Daily Value
DHEA (dehydroepiandrosterone) (micronized)	50 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).



MTHFR Support

100 Capsules



MTHFR Support is specially formulated by a physician and is part of NUTRAscriptives proprietary Blends product line. This blend of ingredients contains a specialized combination of ingredients designed to address nutritional deficiencies commonly found today. This synergistic formula uses Quatrefolic from Gnosis™, a form of folate as (6S)-5-methyltetrahydrofolic acid, glucosamine salt which is a highly bioavailable form of naturally-occurring folate. Folate has been shown to play a crucial role in DNA and RNA synthesis as well as contributing to healthy function of the central nervous system and immune system. This formula also contains a combination of B vitamins, including Pantothenic Acid, B6 and B12. Pantothenic acid is involved in synthesizing energy, fatty acid synthesis, and oxidation. The Vitamin B6 used in this formula contains P-5-P which is the most biologically active form of B6, it also includes pyridoxine HCL. As a co-factor for more than 50 different enzymes, Vitamin B6 is involved in key metabolic activities. Finally, vitamin B12 Methylcobalamin is the active form of B12 which plays a key role in homocysteine metabolism, red blood cell formation, and may contribute to healthy function of the nervous and immune systems.

Supplement Facts

Serving Size: 2 Capsules • Servings Per Container: 50

Amount Per Serving	%Daily Value	
Vitamin B-6 (as pyridoxine HCL 50%) (pyridoxyl 5' phosphate 50%)	50 mg	2500%
Folate (5-MTHF as (6S)-5-methyltetrahydrofolic acid, glucosamine salt)**	1 mg	250%
Vitamin B-12 (as methylcobalamin)	0.5 mg	8333%
Vitamin B5 (Calcium Pantothenate)	125 mg	1250%
Zinc (as amino acid chelate)	5 mg	33%
N-Acetyl L-Cysteine	100 mg	*
Trimethyl Glycine (Betasure)	80 mg	*
Serine	50 mg	*
N-Acetyl L-Tyrosine	50 mg	*
Glutamine	25 mg	*

*Daily Value not established.

Other Ingredients: Stabilized rice bran, vegetarian capsule (hypromellose).

Patent pending.

**Quatrefolic is a registered Trademark of Gnosis SpA and covered by US Patent No. 7,947,662.



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Pregnenolone

25 mg, 60 Capsules



Nutrascriptives® Pregnenolone is a formula that has been verified to maintain pregnenolone levels throughout the day. Although our regular release formula benefits many individuals, factors such as biochemistry, age, and gender may determine that a pregnenolone sustained release dosage is more effective in restoring an individual's optimal hormone balance.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
Pregnenolone (micronized)	25 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Pregnenolone SR

50 mg, 100 Capsules

100 mg, 100 Capsules



Nutrascriptives® Pregnenolone-SR is a micronized sustained release formula that has been verified to maintain pregnenolone levels throughout the day. Although our regular release formula benefits many individuals, factors such as biochemistry, age, and gender may determine that a pregnenolone sustained release dosage is more effective in restoring an individual's optimal hormone balance.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Pregnenolone (micronized)	50 mg	*

*Daily Value not established

Other Ingredients: Hypromellose, stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Pregnenolone (micronized)	100 mg	*

*Daily Value not established

Other Ingredients: Hypromellose, stabilized rice bran and vegetarian capsule (hypromellose).



Prostate

120 Capsules



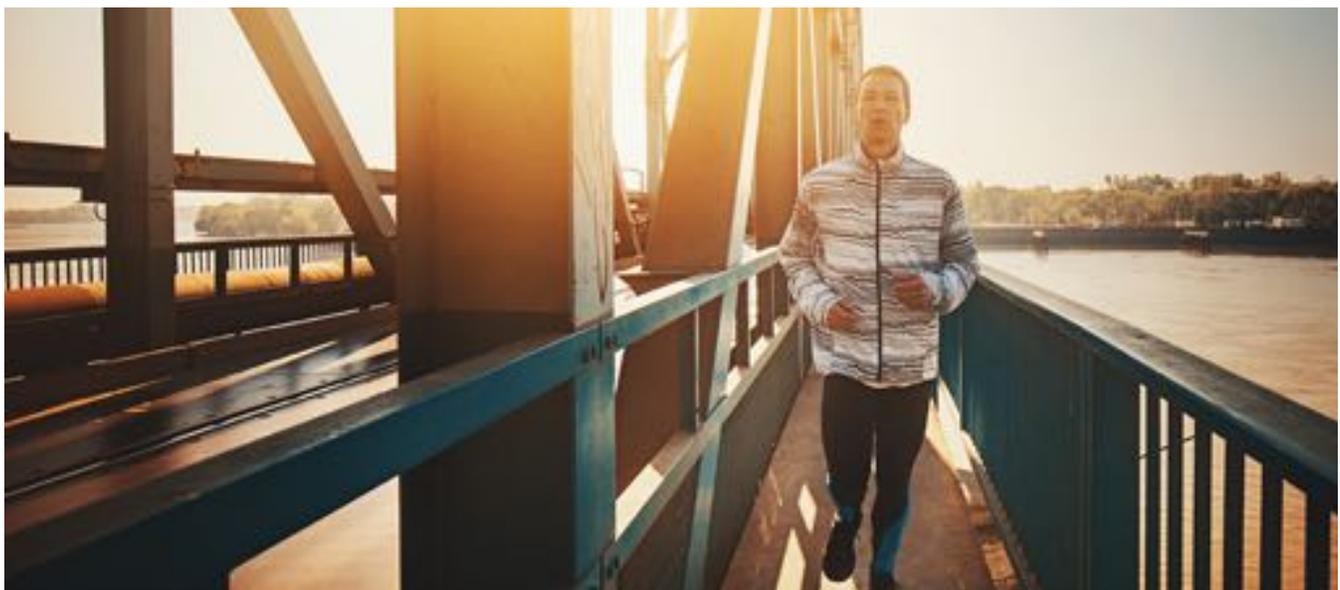
A comprehensive blend of research-supported herbals, carotenoids and minerals, Nutrascriptives® Prostate provides valuable nutritional support for prostate and urinary tract health. Saw Palmetto extract and β -sitosterol, from pygeum and stinging nettle, support healthy prostate function by maintaining healthy hormone metabolism and enzyme function. Combining both the water and fat soluble portions of the flower pollen extract promotes both a healthy inflammatory response and supports healthy urinary tract function.



Supplement Facts		
Serving Size: 1 Vegetarian Capsule • Servings Per Container: 120		
Amount Per Serving		% Daily Value
Zinc (as zinc AAC)	10 mg	67%
Selenium (as l-selenomethionine)	50 mcg	71%
Saw Palmetto (<i>Serenoa repens</i>) fruit extract, 45% total fatty acids	300 mg	*
Flower Pollen Extract (<i>Secale cereale</i>) (standardized extract 20:1)	50 mg	*
Proprietary Absorption blend BioPerine™, L-Carnitine, Onion, Garlic, Aloe Vera, Amylase and Protease	50 mg	*
Pygeum (<i>Pygeum africanum</i>) Powder	50 mg	*
Turmeric Root Extract, 95% Curcuminoids	30 mg	*
Beta-Sitosterols, 40% B-sitosterols	20 mg	*
Green Tea Extract	20 mg	*
Stinging Nettle (<i>Urtica dioica</i>) Powder	20 mg	*
Lycopene	5 mg	*

* Daily Value not established.

Other Ingredients: Vegetarian capsule (hypromellose), stabilized rice bran.



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Joint/Muscle

Joint

60 Servings



Glucosamine HCl and chondroitin sulfate provide proven nutritional support for healthy joint motility and function. Glucosamine promotes the synthesis of glycosaminoglycans, like chondroitin sulfate, that are the structural basis for articular cartilage. Added chondroitin sulfate provides nutritional support for the synthesis and structural integrity of cartilage. Finally, sulfur-containing methylsulfonylmethane (MSM) provides synergistic support for healthy cartilage composition, connective tissue strength and joint mobility.

Supplement Facts

Serving Size: 2 Vegetarian Capsules • Servings Per Container: 60

Amount Per Serving		% Daily Value
Methylsulfonylmethane (OptiMSM®)	500 mg	*
GreenGrown® Glucosamine HCl (as Glucosamine hydrochloride)	500 mg	*
Chondroitin sulfate	250 mg	*

*Daily value not established

Other Ingredients: Vegetarian capsule (hypromellose), and Stabilized Rice Bran.



Lean

60 Servings



NutraScriptives® Lean contains a combination of high-quality nutrients that provides full spectrum support for healthy metabolic function. In addition to a well-balanced combination of metabolically supportive vitamins and minerals, Lean contains green tea extract and L-carnitine to support normal fat oxidation, *Garcinia cambogia* to help stabilize appetite, and Cinnamon and *Gymnema sylvestre* to support healthy glucose metabolism. While no supplement alone can potentiate weight loss, Lean is a valuable addition to diet and exercise in the quest to achieve a healthy weight.

Supplement Facts

Serving Size: 3 Vegetarian Capsules • Servings Per Container: 60

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Thiamin (as thiamin hydrochloride)	25 mg	1,667%
Riboflavin	25 mg	1,471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1,250%
Vitamin B12 (as cyanocobalamin)	1,000 mcg	1,667%
Biotin	100 mcg	33%
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as molybdenum amino acid chelate)	100 mcg	133%
Garcinia (<i>Garcinia cambogia</i>) 60% hydroxycitric acid	500 mg	*
Cinnamon (<i>Cinnamomum burmanii</i>) bark extract, 2.5% type-A polymers	250 mg	*
L-Carnitine (as L-carnitine tartrate)	250 mg	*
Gymnema (<i>Gymnema sylvestre</i>) leaf extract, 25% gymnemic acid	250 mg	*
Hoodia (<i>Hoodia gordonii</i>)	200 mg	*
Green Tea Blend	180 mg	*
Two Green Tea (<i>Camellia sinensis</i>) leaf extracts standardized to 40% EGCG and 80% caffeine		

*Daily Value not established.

Other Ingredients: Vegetarian Capsule (hypromellose) and stabilized rice bran.



Osteo

60 Servings



Nutrascriptives Osteo is a synergistic formula containing both calcium and magnesium to support healthy bone mineralization and metabolism, as well as vitamin D to increase calcium absorption and vitamin K to support osteocalcin function. Additionally, Nutrascriptives® Osteo provides highly bioavailable forms of both calcium and magnesium to ensure maximum absorption and avoid the gastrointestinal discomfort that may accompany poorly absorbed forms of these minerals. Finally, boron is included to reduce urinary calcium and magnesium excretion and support healthy bone formation.

Supplement Facts

Serving Size: 2 Capsules • Servings Per Container: 60

Amount Per Serving	% Daily Value	
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin K (100 mcg as Vitamin K1 (phytonadione) and 100 mcg as Vitamin K2 (menaquinone-4 and -7))	200 mcg	250%
Calcium from Aquamin® Red Algae (<i>Lithothamnium spp.</i>) Whole Plant Extract	250 mg	25%
Magnesium (as amino acid chelate)	100 mg	25%
Boron (as boron citrate)	0.5 mg	*

*Daily value not established

Other Ingredients: Vegetarian Capsule (hypromellose), and stabilized rice bran.

Aquamin® is a registered trademark of Marigot Limited.

Osteo Additional Support

60 Servings



Nutrascriptives® Osteo Additional Support is a valuable complement to everyday calcium supplementation. Bones require additional nutrients to sustain healthy bone metabolism and density, including vitamin D to aid calcium absorption and vitamin K to support osteocalcin function. Formulated with 5000 IU of vitamin D and over 1 mg of vitamin K, Nutrascriptives® Osteo Additional Support fills the gaps left by supplementing with calcium and magnesium alone. In addition, with 1000mg of strontium, osteo additional support may provide nutritional support for optimal bone quality and promote healthy bone formation.

Supplement Facts

Serving Size: 3 Vegetarian Capsules • Servings Per Container: 60

Amount Per Serving	% Daily Value	
Vitamin D (as cholecalciferol)	5,000 IU	1,250%
Vitamin K (1000 mcg as vitamin K1 (phytonadione) and 45 mcg as vitamin K2 (menaquinone-7))	1045 mcg	1,306%
Strontium (as strontium citrate)	1,000 mg	*

*Daily value not established

Other Ingredients: Vegetarian Capsule (hypromellose).



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Plant Protein

Chocolate - 30 Servings



Plant-based protein powders, such as pea and rice protein, are an easily digestible and hypo-allergenic alternative to whey protein. Additionally, the amino acid profiles of pea and rice protein complement each other and the resulting complete amino acid profile increases bioavailability and offers a Protein Efficiency Ratio that rivals dairy and egg. The Protein Efficiency Ratio is a measure of the assimilation of a consumed protein into body mass. Finally, pea and rice protein blends also offer a branch chain amino acid profile that is only slightly lower than that found in whey, an important fact for those looking to optimize athletic potential.

Supplement Facts

Serving Size: 2 scoops (33g) • Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0 g	0%*
Cholesterol	0 mg	0%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	2 g	8%*
Sugars	0 g	†
Sugar Alcohol	2 g	†
Protein	21 g	42%*
Sodium	230 mg	10%*
Proprietary Plant Protein Blend	26 g	†
Pea Protein Isolate		
Sprouted Brown Rice Protein		

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

†Daily Value not established.

Other Ingredients: Dutch Cocoa, Xylitol, Natural Chocolate Flavor, Rebaudioside A (from Organic Stevia Extract) and Stearic Acid.

Sports Cream

4 fl oz



Muscle stiffness can make it difficult to reach your optimal athletic performance. Sports Cream provides relief to sore muscles that can develop from daily activities or intense physical exertion. With menthol, soothing wintergreen, sweet almond, and clove oil, Sports Cream deeply penetrates through skin to alleviate muscle aches.



Lipids & Fatty Acids

Flaxseed Oil

1000 mg, 60 Softgels



Flaxseed oil comes from the seeds of the flax plant (*Linum usitatissimum*, L.). NutraScriptives® Flaxseed oil is organic and cold pressed, to retain nutrients without the use of added and damaging heat. Flaxseed Oil contains both omega-3 and omega-6 fatty acids as well as the essential fatty acid, alpha-linolenic acid (ALA). Alpha-linolenic acid is the primary omega-3 fatty acid in flaxseed oil and can be converted to both eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Flaxseed oil may provide nutritive support for cardiovascular function and healthy lipid balance.

Supplement Facts

Serving Size: 1 Softgel • Servings Per Container: 60

Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	0 g	0%†
Polyunsaturated Fat	1 g	*

Organic Flaxseed Oil 1000 mg *

†Percent Daily Values are based on a 2000 calorie diet.

*Daily value not established.

Other Ingredients: Gelatin, glycerin, purified water, and carob extract.



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

Marine Fish Oil

EPA 360 mg / DHA 270 mg, 60 Softgels
800 MG EPA/600mg DHA, 4 fluid oz



Nutrascriptives® Marine Fish Oil is a highly purified, concentrated fish oil supplement containing 70% omega-3 fatty acids. The major biologically active omega-3 fatty acids include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Research has shown that DHA is involved in the development and normal function of the brain, central nervous system (CNS) and retina, while EPA plays an important role in mediating inflammatory pathways. Supplementation with a direct source of EPA and DHA, like fish oil, will improve the omega-6 to omega-3 ratio and may provide nutritive support for healthy brain, CNS, and eye function while promoting a normal inflammatory response.

Supplement Facts

Serving Size: 1 Softgel • Servings Per Container: 60

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Polyunsaturated Fat	1 g	*
Marine Lipid Concentrate (fish)	1,000 mg	*
Supplying Omega-3 fatty acids:		
Eicosapentaenoic acid (EPA)	360 mg	*
Docosahexaenoic acid (DHA)	270 mg	*

*Daily Value not established

Other Ingredients: Gelatin, glycerin, natural mixed tocopherol vitamin E, natural lemon oil, rosemary extract, and water.



Supplement Facts

Serving Size: 1/2 Teaspoon (Approx. 2.5 ml)

Servings Per Container 48

Amount Per Serving	%Daily Value	
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	0 g	0%†
Polyunsaturated Fat	2 g	*
Marine Lipid Concentrate	2,222 mg	*
Supplying the following Omega-3 fatty acids:	Compound Weight**	FFA Weight***
Eicosapentaenoic acid (EPA)	800 mg	734 mg
Docosahexaenoic acid (DHA)	600 mg	556 mg

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

Other Ingredients: Natural mixed tocopherol vitamin E from soy, natural lemon oil, rosemary extract

**Amounts reported as weight of the fatty acid compound.

***Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.



Skin

Ventox Anti-Aging Serum

1 fl oz

Nutrascriptives® Ventox carries nutrients and additional moisture to deeper layers in your skin. Ventox contains a peptide complex that has been shown to discourage facial expression wrinkles. This formula also contains several skin-rejuvenation nutrients that penetrate the skin, including aloe leaf juice, pumpkin seed extract, bamboo leaf extract, pomegranate, and pea extract. Applying Ventox facial serum to the skin on a daily basis may help diminish fine lines and wrinkles while boosting skin hydration.



Skin

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Sleep Support

L-Theanine

200 mg, 60 Capsules



Theanine is a water-soluble amino acid primarily found in tea, *Camellia sinensis*. Theanine is able to cross the blood-brain barrier and may promote relaxation, balanced stress levels and mental focus. A structural analog to the excitatory neurotransmitter glutamate, theanine has been shown to promote alpha wave production in the brain and increase brain dopamine levels. Additionally, more recent research has explored the synergistic effect of l-theanine and caffeine on memory, attention, cognition and mood.

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value
L-Theanine	200 mg *

* Daily Value not established

Other Ingredients: Stabilized rice bran and Vegetarian capsule (Hypromellose).

Melatonin

1 mg, 60 Capsules

3 mg, 60 Capsules



Melatonin is a hormone synthesized from the amino acid tryptophan and secreted by the pineal gland in the brain. Melatonin is secreted in a circadian rhythm and helps to regulate the body's sleep/wake cycle. In addition to promoting restful sleep, melatonin also functions as an antioxidant and plays a key role in maintaining healthy immune function. An effective dose of melatonin varies depending on the individual and the intended use; best practice is to start with a low dose and gradually increase until desired effect is achieved.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value
Melatonin (micronized)	1 mg *

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%Daily Value
Melatonin (micronized)	3 mg *

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).



Melatonin Liposomal Spray

3 mg, 1 fl. oz.



The liposomal liquid delivery system used for Melatonin Liposomal Spray allows for flexible, convenient dosing of melatonin to address individual requirements. Liposomal technology helps to maintain the benefits of melatonin by protecting it from the degradative environment of the stomach. This aspect is especially beneficial for patients who have gastro-intestinal dysfunction. Liposomal encapsulation of nutritional ingredients represents a unique delivery system that appears to offer important advantages over existing methods of delivery.

Supplement Facts

Serving Size: 2 Sprays (0.4 ml)
Servings Per Container: 75

Amount Per Serving	%Daily Value
Melatonin 3 mg	*

*Daily Value (%DV) not established

Other Ingredients: Glycerin, water, pectin, oleic acid polyglyceride, sunflower lecithin, citric acid, orange oil, rosmarinic acid.
Vegetarian, Gluten Free



Melatonin SR

1 mg, 100 Capsules

3 mg, 100 Capsules

5 mg, 100 Capsules

10 mg, 100 Capsules

25 mg, 100 Capsules



Sleep disturbances come in many forms, including trouble falling asleep and trouble staying asleep. Melatonin Sustained Release (SR) may nutritionally support the body's natural sleep cycle and promote healthy total sleep times by providing a slower and more controlled dose of melatonin.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving	%Daily Value
Melatonin (micronized)	1 mg *

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving	%Daily Value
Melatonin (micronized)	3 mg *

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Melatonin (micronized)	5 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Melatonin (micronized)	10 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Melatonin (micronized)	25 mg	*

*Daily Value not established

Other Ingredients: Stabilized rice bran, hypromellose and vegetarian capsule (hypromellose).

Sleep

60 Capsules



Sleep disturbances come in many forms and Nutrascriptives® Sleep offers a unique blend of nutrients to encourage rest and relaxation. L-theanine is able to cross the blood-brain barrier and may promote relaxation while balancing stress levels. A structural analog to the excitatory neurotransmitter glutamate, theanine has been shown to promote alpha wave production in the brain and increase brain dopamine levels. Melatonin, naturally synthesized in the pineal gland and gastrointestinal tract, is involved in regulating the body's sleep cycle. Finally, lemon balm has calming properties that may support healthy management of stress and anxiety.

Supplement Facts

Serving Size: 1 Vegetarian Capsule • Servings Per Container: 60

Amount Per Serving		% Daily Value
Melatonin	1.5 mg	*
Proprietary Blend: Lemon Balm extract, Suntheanine® (L-Theanine)	400 mg	*

*Daily value not established

Other Ingredients: Vegetarian capsule (hypromellose), and Stabilized Rice Bran.

Suntheanine® is a registered trademark of Taiyo International, Inc.



Vitamins/Minerals

Calcium Citrate-Malate

250 mg, 120 Tablets



Calcium plays a key role in maintaining bone strength as well as supporting healthy muscle function and glycogen metabolism. Dietary surveys indicate that calcium intake is often low, particularly among women and elderly individuals and that adequate calcium intake throughout life, in conjunction with exercise and healthy diet, is linked to a reduced risk of osteoporosis. A highly absorbable form of calcium, calcium citrate-malate is well-assimilated when taken with or without food.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 120

Amount Per Tablet%	Daily Value	
Calcium (as calcium citrate-malate)	250 mg	25%

Other ingredients: Cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, and cellulose coating.



Copper Conform

60 Capsules



Nutrascriptives Copper Conform is physician formulated to contain a specialized combination of ingredients that may assist the body's removal of heavy metals that can have undesired health effects. Pyridoxine (Vitamin B6) is essential for enzyme reactions and is involved in metabolizing amino acids, lipids and carbohydrates. Zinc amino acid chelate (AAC) is a more bioavailable form of zinc which has been shown to assist with immune and vision functions and promote general health and well-being. Molybdenum is an essential trace mineral which functions as an enzyme cofactor and has been shown to interact with copper and may help reduce the heavy metal in the digestive tract.

Supplement Facts

Serving Size: 1 Capsule • Servings Per Container: 60

Amount Per Serving	%Daily Value	
Vitamin B6 (Pyridoxine HCl)	25 mg	1250%
Zinc AAC	18 mg	120%
Molybdenum Chelate	0.025 mg	33%
N-Acetyl L-Cysteine	25 mg	*
Serine	25 mg	*
Glutamine	25 mg	*
Boron (as amino acid chelate)	0.75 mg	*

*Daily Value not established.

Other Ingredients: Stabilized rice bran, vegetarian capsule (hypromellose).

Patent pending.

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Daily Basic

30 Packets



Daily Basic combines four Nutrascriptives® stand-alone products to ensure that essential nutrients are conveniently obtained on a daily basis. Each daily packet includes Daily Multiple Tablet, Heart, Mind, and a Marine Fish Oil Softgel, providing essential nutrients for cognitive, cardiovascular and immune support. A standout product in its class, features of Daily Basic include 1200 IU of natural vitamin D3, 400mcg of Metafolin®, highly bioavailable forms of essential minerals, 360mg/270mg of EPA/DHA, and effective doses of cardiovascular and neurosupportive herbals and nutrients like hawthorn, CoQ10, *Eleutherococcus senticosus* root extract, and *Ginkgo biloba*.



Supplement Facts

Serving Size: 1 Packet - Servings Per Container: 30

Amount Per Packet	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%†
Saturated Fat	0 g 0%†
Polyunsaturated Fat	1 g *
Vitamin A (1800 IU as retinyl palmitate and 3200 IU as natural carotenes (alpha, beta, cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i>)	5000 IU 100%
Vitamin C (as L-ascorbic acid USP)	250 mg 417%
Vitamin D3 (as cholecalciferol)	1200 IU 300%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma from soy)	250 IU 833%
Vitamin K (37.5 mcg as vitamin K1, phytonadione, and 22.5 mcg as vitamin K2, menaquinone-7)	60 mcg 75%
Thiamine (as thiamine hydrochloride USP)	25 mg 1667%
Riboflavin USP	15 mg 882%
Niacin (40 mg as niacinamide USP and 20 mg as niacin USP)	60 mg 300%
Vitamin B6 (as pyridoxine hydrochloride USP)	15 mg 750%
Folate (as Metafolin®** L-5-methyltetrahydrofolate)	400 mcg 100%
Vitamin B12 (as methylcobalamin)	50 mcg 833%
Biotin USP	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg 500%
Calcium (as calcium citrate-malate)	100 mg 10%
Iodine (from kelp)	150 mcg 100%
Magnesium (as magnesium bisglycinate chelate***)	100 mg 25%
Zinc (as zinc bisglycinate chelate***)	15 mg 100%
Selenium (as selenium amino acid complex)	200 mcg 286%
Manganese (as manganese bisglycinate chelate***)	5 mg 250%
Chromium (75 mcg as chromium polynicotinate**** and 75 mcg as chromium nicotinate bisglycinate chelate***)	150 mcg 125%
Molybdenum (as molybdenum bisglycinate chelate***)	100 mcg 133%
Boron (as boron aspartate-citrate)	2 mg *
Vanadium (as bis-glycinato oxovanadium)	50 mcg *
Choline (as choline bitartrate)	75 mg *
Inositol	25 mg *
Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex and 15 mg as hesperidin methylchalcone)	100 mg *
L-Taurine	250 mg *
Hawthorn (<i>Crataegus laevigata</i>) berry extract	250 mg *
Activin*** Grape Seed Extract (<i>Vitis vinifera</i>) 65% total phenolics	100 mg *
CoEnzyme Q10 (as ubiquinone)	200 mg *
Alpha-Lipoic Acid	200 mg *
Marine Lipid Concentrate Supplying the following Omega-3 fatty acids:	1000 mg *
Eicosapentaenoic acid (EPA)	360 mg† (330mg‡)
Docosahexaenoic acid (DHA)	270 mg† (250 mg‡)
Acetyl-L-Carnitine (as acetyl-L-carnitine hydrochloride)	500 mg *
L-Glutamine	250 mg *
Pyroglutamic acid	100 mg *
L-Tyrosine	250 mg *
DMAE (as dimethylaminoethanol bitartrate)	100 mg *
Ashwagandha (<i>Withania somnifera</i>) root extract	100 mg *
Blueberry (<i>Vaccinium corymbosum</i>) fruit extract	100 mg *
Ginkgo (<i>Ginkgo biloba</i>) leaf extract, 24% ginkgo flavone glycosides	80 mg *
<i>Eleutherococcus senticosus</i> root extract, 0.8% eleutherosides	100 mg *
Vinpocetine	10 mg *
Rhodiola (<i>Rhodiola rosea</i>) root extract, 2% rosavins and 1% salidroside	100 mg *
SerinAid**** a phospholipid blend delivering 100mg of phosphatidylserine	200 mg *
Resveratrol (from Japanese Knotweed (<i>Polygonum cuspidatum</i>) root extract)	50 mg *

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

Other Ingredients: stabilized rice bran, Carboxymethylcellulose sodium, hydroxypropylmethylcellulose, gelatin, cellulose, silicon dioxide, vegetable stearine, glycerin, natural mixed tocopherol vitamin E, magnesium stearate, natural lemon oil, rosemary extract, vegetable gum, titanium dioxide, cellulose coating and water.

**Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

***Albion® Laboratories

****ChromMate® brand, InterHealth Nutraceuticals, Inc.

††Amounts reported as weight of the fatty acid compound †††Activin® is a trademark of San Joaquin Valley Concentrates, Inc. ††††SerinAid® is a registered trademark of Chemi Nutraceuticals weight in accordance with voluntary CRN Monograph

Daily Multiple

60 Servings (Capsules or Tablets)



Nutrascriptives® Daily Multiple is a balanced combination of vitamins and minerals, as well as additional key nutrients that are essential to general health and well-being. Highlights of the Daily Multiple formulation include a 100% natural vitamin E complex, preformed vitamin A (retinol) and its carotene precursor for more complete vitamin A nutrition, inclusion of both vitamin K1 and K2 (menaquinone-7), complete vitamin-B complex, natural vitamin D3 at a dose of 1200 IU/serving, and minerals delivered as amino acid chelates to maximize bioavailability and avoid gastrointestinal discomfort. Nutrascriptives® Daily Multiple is iron and copper-free and offered as both a tablet and capsule to provide a dosage form that works best with your supplement regimen.

Supplement Facts

Serving Size: 3 Vegetarian Capsules • Servings Per Container: 60

Amount Per Serving		% Daily Value
Vitamin A (3,500 IU as retinyl acetate and 3,500 IU as beta carotene)	7,000 IU	140%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D3 (from cholecalciferol)	1,200 IU	300%
Vitamin E (as mixed tocopherols)	150 IU	500%
Vitamin K (37.5 mcg as vitamin K1 phytonadione and 22.5 mcg as vitamin K2 menaquinone-7)	60 mcg	75%
Thiamine (as thiamine hydrochloride USP)	25 mg	1667%
Riboflavin USP	15 mg	882%
Niacin (as niacinamide USP)	60 mg	300%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg	750%
Folic Acid USP	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%
Biotin USP	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg	500%
Calcium (as calcium citrate-malate)	100 mg	10%
Iodine (as iodine amino acid chelate)	150 mcg	100%
Magnesium (as magnesium glycinate)	50 mg	13%
Zinc (as zinc amino acid chelate)	15 mg	100%
Selenium (as l-selenomethionine)	200 mcg	286%
Manganese (as manganese amino acid chelate)	5 mg	250%
Chromium (as chromium amino acid chelate)	150 mcg	125%
Molybdenum (as molybdenum amino acid chelate)	100 mcg	133%
Citrus Bioflavonoid Complex (min. 50% bioflavonoids)	100 mg	*
Choline (as choline bitartrate)	75 mg	*
Inositol	25 mg	*
Boron (as boron amino acid chelate)	2 mg	*
Vanadium (as vanadium amino acid chelate)	50 mcg	*

*Daily value not established.

Other Ingredients: Vegetarian capsule (hypromellose) and stabilized rice bran.

Supplement Facts

Serving Size: 2 Tablets • Servings Per Container: 60

Amount Per Serving		% Daily Value
Vitamin A (1800 IU as retinyl palmitate and 3200 IU as natural carotenes)	5000 IU	100%
Vitamin C (as ascorbic acid)	250 mg	417%
Vitamin D3 (from cholecalciferol)	1200 IU	300%
Vitamin E (as mixed tocopherols)	150 IU	500%
Vitamin K (37.5 mcg as vitamin K1 phytonadione and 22.5 mcg as vitamin K2 menaquinone-7)	60 mcg	75%
Thiamine (as thiamine hydrochloride USP)	25 mg	1667%
Riboflavin USP	15 mg	882%
Niacin (40 mg as niacinamide USP and 20 mg as niacin USP)	60 mg	300%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg	750%
Folate (as Metafolin*** L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	50 mcg	833%
Biotin USP	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate USP)	50 mg	500%
Calcium (as calcium citrate-malate)	100 mg	10%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium bisglycinate chelate****)	100 mg	25%
Zinc (as zinc bisglycinate chelate****)	15 mg	100%
Selenium (as selenium amino acid complex)	200 mcg	286%
Manganese (as manganese bisglycinate chelate****)	5 mg	250%
Chromium (as 75 mcg chromium polynicotinate**** and 75mcg chromium nicotinate glycinate****)	150 mcg	125%
Molybdenum (as molybdenum glycinate chelate****)	100 mcg	133%
Citrus Bioflavonoid Complex (85 mg as citrus bioflavonoid complex and 15 mg as hesperidin methylchalcone)	100 mg	
Choline (as choline bitartrate)	75 mg	
Inositol	25 mg	
Boron (as boron aspartate citrate)	2 mg	
Vanadium (as bisglycinate oxovanadium)	50 mcg	

*Daily value not established.

Other Ingredients: Carboxymethylcellulose sodium, silicon dioxide, cellulose, vegetable stearine, vegetable gum, magnesium stearate, cellulose coating, and titanium dioxide.

***Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany
 ****Albion® Laboratories
 *****ChromeMate® brand, InterHealth Nutraceuticals, Inc.



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Folate-B12

800 mcg - 1,000 mcg, 60 Capsules



Vitamin B12 and folate are synergistic nutrients that play an integral role in nervous system function, macronutrient metabolism, and gastrointestinal function. Additionally, folate is essential for healthy fetal neural development and the synthesis of DNA and RNA. Supplementation with either folate or B12 alone can often increase requirements of the other nutrient, so it is highly recommended that both vitamins be supplemented simultaneously. Nutrascriptives® Folate-B12 is a high potency, fast dissolving tablet that combines the active coenzyme form of B12, methylcobalamin, with the active form of folate, Metafolin® L-5 methyltetrahydrofolate.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
Folate (as Metafolin ^{®1} L-5-methyltetrahydrofolate)	800 mcg	200%
Vitamin B ₁₂ (as methylcobalamin)	1 mg	16,667%

Other Ingredients: Stabilized rice bran, and vegetarian capsule (hypromellose).

¹Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Iodine-Iodide Complex

12.5 mg, 90 Capsules



Iodine is essential to the production of thyroid hormones and is necessary for normal thyroid function. Thyroid hormones regulate a wide array of physiological processes including growth, development, metabolism and reproductive function. Certain subpopulations may be at risk for iodine deficiency, including those that consume vegetarian and non-vegetarian diets that exclude iodized salt, fish, and seaweed. Iodine-Iodide Complex is formulated with inorganic iodine in three highly bioavailable forms, molecular iodine, sodium iodide and potassium iodide.

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 90

Amount Per Serving		%Daily Value
Iodine (5 mg as molecular iodine, 5 mg as sodium iodide and 2.5 mg as potassium iodide)	12.5 mg	8333%

* Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).



Iron Amino Acid Chelate

30 mg, 100 Capsules



Iron, a component of hemoglobin in red blood cells and myoglobin in muscles, is integral to the delivery of oxygen to tissues. Additionally, iron plays an important role in mitochondrial energy production and is required for the synthesis of thyroid hormone. Vegetarians, women of child-bearing age and endurance athletes are all groups that are at a heightened risk for iron deficiency. Ferrochel® Iron amino acid chelate is a highly bioavailable form of iron that is non-constipating and reduces the occurrence of stomach upset.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Capsule	% Daily Value	
Iron (as Ferrochel® ferrous bisglycinate chelate*)	30 mg	167%

Other ingredients: Cellulose, vegetarian capsu (hydroxypropyl methylcellulose, water), magnesi stearate, and silicon dioxide.

*Albion® Laboratories

Magnesium Glycinate

250 mg, 60 Servings



Magnesium is a cofactor for more than 300 different enzymes, including the liver enzyme responsible for converting vitamin D to its active form. Magnesium also stimulates the hormone calcitonin, which helps support healthy bone structure by drawing calcium out of the blood and tissues and back into the bones. Additionally, magnesium is involved in healthy neuronal, muscular, and vascular function and plays a key role in the synthesis of glutathione and adenosine triphosphate (ATP). Magnesium deficiency is widespread and repeated surveys have indicated that dietary magnesium intake is usually below the recommended daily allowance (RDA). Magnesium glycinate is a highly absorbable form of magnesium that is unlikely to cause gastrointestinal upset.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving	%Daily Value	
Magnesium (from Magnesium Glycinate)	250 mg	63%

* Daily Value not established

Other Ingredients: Vegetarian capsule (hypromellose) and stabilized rice bran



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Methylcobalamin B-12 Spray

1,000 mcg, 150 Spray



Methylcobalamin, Vitamin B-12, is a member of the B-Complex family of water-soluble vitamins. Of the various forms of Vitamin B-12 available, methylcobalamin is more bioactive than cyanocobalamin, which has to be converted by the liver to the active coenzyme form of methylcobalamin before it can function in the body. Methylcobalamin has numerous functions in the body including stimulating red blood cell production and aiding in the production of normal, healthy myelin which protects the nervous system and supports its function.

Supplement Facts

Serving Size: 1 Spray (0.2 ml)
Servings Per Container: 150

Amount Per Serving	%Daily Value
Folic Acid 100 mcg	25%
Vitamin B6 (as Pyridoxal 5-Phosphate & Pyridoxine HCl) 2 mg	100%
Vitamin B12 (as Methylcobalamin & Hydroxocobalamin) 1,000 mcg	16,667%

Other Ingredients: Glycerin, water, potassium citrate.



Mind

60 Servings



Nutrascriptives® Mind provides full spectrum cognitive support through a combination of herbs and neurosupportive nutrients. Ashwagandha, *Eleutherococcus senticosus* root extract and *Ginkgo biloba* help support mental acuity and memory, while blueberry extract may provide nutritive support for healthy cognitive function. Vinpocetine crosses the blood brain barrier to provide support for optimal cerebral blood flow and healthy oxygen utilization. Phosphatidylserine, a phospholipid component of cell membranes concentrated in brain cells, may provide support for the maintenance of mental acuity and memory. Finally, acetyl-L-carnitine and L-tyrosine both provide the precursors for important neurotransmitters like acetylcholine, dopamine, and norepinephrine.

Supplement Facts

Serving Size: 3 Vegetarian Capsules • Servings Per Container: 60

Amount Per Serving	% Daily Value
Acetyl-L-Carnitine (as acetyl-L-carnitine hydrochloride)	500 mg *
SerinAid® A phospholipid blend including 100mg of phosphatidylserine	200 mg *
L-Glutamine	250 mg *
L-Tyrosine	250 mg *
Ashwagandha (<i>Withania somnifera</i>) root extract	100 mg *
Blueberry (<i>Vaccinium spp.</i>) fruit extract	100 mg *
DMAE (as dimethylaminoethanol bitartrate)	100 mg *
Pyroglutamic acid	100 mg *
Rhodiola (<i>Rhodiola rosea</i>) root extract, 2% rosavins, 1% salidroside	100 mg *
<i>Eleutherococcus senticosus</i> root extract, 0.8% eleutherosides	100 mg *
Ginkgo (<i>Ginkgo biloba</i>) leaf extract, 24% ginkgo flavone glycosides	80 mg *
Vinpocetine	10 mg *

* Daily Value not established.

Other Ingredients: Vegetarian capsule (hypromellose).

SerinAid® is a registered trademark of Chemi Nutra.



Niacin SR

500 mg, 120 Tablets



Niacin is a water-soluble vitamin, which is also known as nicotinic acid or vitamin B3. Niacin is a dietary precursor of nicotinamide adenine dinucleotide (NAD), which is essential for oxidation-reduction reactions, DNA repair, lipid metabolism, and ATP synthesis. Niacin SR 500mg delivers a slow release of niacin over several hours that help avoid the uncomfortable flushing action normally experienced with regular niacin dosing.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 120

Amount Per Serving		%Daily Value
Niacin (as niacin USP)	500 mg	2,500%

Other Ingredients: Vegetable stearine, cellulose, silicon dioxide, magnesium stearate, and croscarmellose sodium.

Selenium

200 mcg, 60 Capsules



Selenium is an essential trace element required for the function of a number of selenium-dependent enzymes, also known as selenoproteins. At least 25 selenoproteins have been identified with wide ranging metabolic functions that include antioxidant enzyme activity, thyroid hormone function, and a healthy immune response. NutraScriptives® Selenium is formulated as a combination of selenomethionine, a bioavailable storage form, and sodium selenate, a readily available active form of selenium.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving		%Daily Value
Selenium (as selenomethionine)	200 mcg	286%

*Daily Value not established

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).



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Vitamin A, D, & K

60 Servings



Vitamin A, also known as retinol, plays a critical role in maintaining epithelial tissues that line several surfaces and structures, such as skin, gastrointestinal tract, respiratory tract, and nose. Vitamin A also plays a role in visual function, and immune functions.

Vitamin D3 (cholecalciferol) plays an integral role in calcium metabolism and bone health as well as healthy immune defense. Adequate amounts of Vitamin D, an essential and fat-soluble vitamin, come from consistent exposure to sunshine and are difficult to obtain from dietary sources. Postmenopausal women, older individuals, and those with malabsorption, limited sun exposure, or certain illnesses may require higher intakes of vitamin D.

Vitamin K2 (menaquinone MK-7) is a long chain vitamin, which is an optimal form available in dietary supplements as it may stay in the body for a longer period of time. Vitamin K2 supports the deposition of calcium into bone, it also has a regulatory effect on Vitamin A and D by activating the proteins in both vitamins and with regard to osteoclast and osteoblast activity. When vitamin K2 is deficient or not well used in our bodies, bone structure and function can be compromised.

Supplement Facts

Serving Size: 1 Capsule • Servings Per Container: 60

Amount Per Serving	%Daily Value	
Vitamin A (as Retinyl Palmitate)	5000 IU	100%
Vitamin D3 (as Cholecalciferol)	5000 IU	1250%
Vitamin K2 (as MK-7)	500 mcg	625%

Other Ingredients: Stabilized rice bran, vegetarian capsule (hypromellose).

Vitamin B Complex

60 Capsules



Nutrascriptives® B-Complex provides a full-complement of essential B-complex vitamins in high potency amounts. Activated, coenzyme forms provide optimum B complex vitamin support for individuals who may have difficulty metabolizing standard supplemental forms of B vitamins. Inclusion of Metafolin®** L-5-methyltetrahydrofolate (L-5-MTHF), a bioactive form of folate, ensures more immediate effects on metabolism than folic acid, the form of folate commonly used in fortified foods and supplements. Activated vitamin B12 as methylcobalamin enhances B12 absorption and bioavailability. The lipid-soluble form of thiamine, is also included together with active forms of riboflavin and vitamin B6.

Supplement Facts

Serving Size: 1 Capsule • Servings Per Container: 60

Amount Per Serving	%Daily Value	
Thiamine (as thiamine hydrochloride USP)	50 mg	3,333%
Riboflavin USP	50 mg	2,941%
Niacin (80% as niacinamide USP and 20% as niacin USP)	50 mg	250%
Vitamin B6 (as P-5-P)	25 mg	1,250%
Folate (as Metafolin®** L-5-methyltetrahydrofolate)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	200 mcg	3,334%
Biotin USP	1,500 mcg	500%
Pantothenic acid (as d-calcium pantothenate USP)	100 mg	1,000%
Choline (as choline bitartrate)	50 mg	*
Inositol	100 mg	*
para-Aminobenzoic Acid USP	50 mg	*

*Daily Value not established.

Other Ingredients: Vegetarian capsule (hypromellose), and stabilized rice bran.

**Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany



Vitamin C

1000 mg, 60 Tablets



Vitamin C, also known as ascorbic acid, is a water-soluble nutrient that functions as a potent antioxidant, as well as a cofactor in numerous enzymatic reactions. Vitamin C is integral in the synthesis of key nutrients such as collagen and carnitine while supporting both immune and cardiovascular function. Additionally, vitamin C supplementation improves iron absorbance and the formation of red blood cells.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

Amount Per Serving		%Daily Value
Vitamin C (as L-ascorbic acid)	1000 mg	1667%

* Daily Value not established

Other Ingredients: Silicon dioxide, cellulose, stearic acid, magnesium stearate, carboxymethylcellulose sodium and cellulose coating.



Vitamin D3

1,000 IU, 100 Capsules

5,000 IU, 100 Capsules



Vitamin D levels are inadequate in many individuals and daily need appears to be higher than previously thought. Vitamin D plays an integral role in calcium metabolism and bone health as well as healthy immune defense. Adequate amounts of vitamin D, an essential and fat-soluble vitamin, come from consistent exposure to sunshine and are difficult to obtain from dietary sources. Post-menopausal women, older individuals, and those with malabsorption, limited sun exposure, or certain illnesses may need higher intakes of vitamin D. As a fat-soluble vitamin, vitamin D is best absorbed when taken with a fat-containing meal.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Vitamin D ₃ (as cholecalciferol)	1,000 IU	250%

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving		%Daily Value
Vitamin D ₃ (as cholecalciferol)	5,000 IU	1250%

Other Ingredients: Stabilized rice bran and vegetarian capsule (hypromellose).

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