

Formerly

GardaVita®

Introducing



u.s. doctors' clinical®

# JOURNAL OF LONGEVITY

Fall 2019

Introducing the new

## U.S. Doctors' Clinical brand.

Discover doctor-formulated supplements clinically proven to boost wellbeing and quality of life.



Tips for Keeping Your Brain Sharp,  
see page 40



"Five years ago my regular doctor sent me to the best arthritis specialist in the city. He informed me that there was nothing he could do and I wouldn't be walking within a year. While looking through a magazine, I saw an ad for Arthro-7. I ordered some and **I now golf twice a week.**" —Stanley R.



# Arthro-7<sup>®</sup>

Joint Health



## Best-selling flexibility formula.

Reach your maximum physical flexibility target and maintain joint health with best-selling formula Arthro-7. Clinically proven to improve joint comfort and range of motion in as little as two weeks, Arthro-7 is a proprietary blend of seven specially formulated ingredients designed to rebuild damaged joint tissue and cartilage while restoring mobility and physical comfort through a complex of collagen protein, bromelain, turmeric, and other vital ingredients. Arthro-7 was developed to help nourish and strengthen joints while also relieving the limiting symptoms of joint dysfunction.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1002

**FREE Shipping with Online Orders**

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## Benefits of Arthro-7

- Clinically Proven\*
- Supports Overall Joint Health\*
- Nourishes Joints and Cartilage\*
- Supports Mobility\*
- Gluten-Free
- GMO-Free

**Manufactured in the USA**  
of Imported & Domestic ingredients

## Previous Look



**For supplement facts, see page 26.**

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



# Letter from the Brand

**Dear Reader,**

At U.S. Doctors’ Clinical, we’re continually asking ourselves how we can better support our customers in their quest for enhanced health and wellbeing. We’re clear about our mission in providing high-quality, doctor-formulated dietary supplements, and committed to developing and delivering products that are not only good for you, but *clinically proven* to enhance your health!

Widely published studies suggest that preparing for current and future health requires continual and sustained effort. Proactive and positive attention to these five areas: what we eat, how we move, think, connect, and live can all contribute directly to the quality of our future. At U.S. Doctors’ Clinical, our clinical studies prove that including high-quality supplements can enhance nutrition, and directly affect flexibility, cognition, mood, and balance, making core goals for healthy aging achievable.

Finally, you may notice that we’ve made some exciting updates in our effort to continually improve on your behalf. Our sister brand, GardaVita, has merged with us to combine products under the U.S. Doctors’ Clinical label. Through this consolidation, we can provide an expanded selection of doctor recommended supplements containing high-quality nutrients developed to withstand the rigors of human clinical trials. Our packaging has a fresh, new look that is also reflected in our website and publications. We think you’ll not only enjoy discovering new products, but also continue to get reliable results from your tried and true supplements. As always, we’re dedicated to assisting you with the same great customer service and delivery options.

Thank you for trusting the U.S. Doctors’ Clinical team with your health needs!

*Yours in Health and Vitality,  
Your Wellness Team*

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# Arthro-7<sup>®</sup> Sport

Joint Health



## Benefits of Arthro-7 Sport

- Clinically Proven Arthro-7 Enhanced with Hyaluronic Acid for Greater Physical Performance\*
- Promotes Flexibility and Joint Health\*
- Gluten Free

**Manufactured in the USA**  
of Imported & Domestic ingredients

## Optimal joint support and repair for active adults.

Be prepared for peak athletic performance with maximum flexibility! Adding Arthro-7 Sport as a daily supplement optimizes joint comfort and mobility with a formula specifically designed to address the demands of an active lifestyle.

Discover how Hyaluronic Acid boosts the efficiency of clinically proven and best-selling formula Arthro-7 to support the health and strength of connective tissue while fighting inflammation. Adult joints requiring extra lubrication due to increased activity, impact, and physical stress will recover earlier and rebuild cartilage more efficiently.

**30-DAY SUPPLY**  
**\$34.99**

Product No.: US1003

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# Keep Joints Healthy for Easy Movement

The next time you go walking, running, exercising, or even sit at your desk, try to pay closer attention to how your body moves. Every little action of your limbs and torso involves the movement of hundreds of joints in your skeletal system. Your joints serve a crucial function: to join one bone to another, giving you the ability and flexibility to move as you please.

Joints move in many different ways: they roll, glide, rotate, and bend to enable you to perform a variety of movements, whether it's holding a pen or dancing the waltz. Your joints need to be strong and well-lubricated in order to ensure the smooth functioning of your body. You can keep your joints in good condition by maintaining a healthy weight, eating the right foods, exercising right, and supplementing as necessary.

## Anatomy of a Joint

A joint, also known as an articulation, is formed where two or more bones come in close contact in the body. The bones are attached to each other by ligaments, cartilage,



Keep joints healthy with USDC Arthro-7®.

and tendons that provide elasticity and cushioning to the joint. While not all joints in your body are movable (such as the joints in your skull or your pelvis), most of them are. These movable, or synovial joints are located in the limbs where mobility is critical.

Synovial joints depend on a system that cushions the ends of the bones, allowing them to glide over each other without friction. This system consists of hyaline cartilage — the smooth covering on the ends of the bones — and synovial fluid, which fills the space between cartilage surfaces and facilitates smooth, comfortable movement between bones. Synovial fluid is also important because it delivers nutrients and ox-

ygen to the hyaline cartilage, which — unlike most body tissues — doesn't have its own blood supply.

## Hyaluronic Acid — the Joint Lubricant

Hyaluronic acid is a naturally occurring compound made by all cells and present in every tissue of the body. It lubricates all membranes and helps deliver nutrients and carry away toxins for cells that don't have a blood supply, such as those in joint cartilage. A primary component of synovial fluid, it greases synovial joints and helps keep joint cartilage strong and flexible.

Just like the oil in an engine needs to be replaced before it loses viscosity, the body must continually

replenish itself with hyaluronic acid, because HA has a limited half-life. Unfortunately, HA levels decrease as you grow older, often causing joints to dry, stiffen, and tighten. When this happens to your joints, even the simplest tasks can seem monumental and cause discomfort.

## Keeping Joints Healthy

Healthy, well-lubricated joints are less susceptible to wear-and-tear and cause less friction, enabling you to move freely and stay active and flexible. But with age-related changes, joints can sometimes tighten and become stiff, causing discomfort and decreasing mobility. However, there are some simple things you can do to help keep your joints strong and healthy.

Regularly moving your joints by working out and exercising pumps more lubrication into your joints and releases more water into the synovial fluid, so that it spreads over the cartilage surfaces more easily.

Contrary to popular belief, exercise won't "wear out" your joints faster. In fact, building muscle helps support your body weight better, putting less stress on your joints.

Eating more healthy fats like omega-3s, from sources such as salmon, olive oil, and nuts, can help curb inflammation in the joints that can cause discomfort. Turmeric and vitamin C are also excellent natural inflammation-fighters. As a bonus, vitamin C is also essential for synthesizing collagen, a major component of the connective tissue that cushions your joints. Turmeric, vitamin C, and omega-3s are also available as supplements if you don't get enough in your diet.

Joint supplements can also provide your body with helpful elements that you can't normally get from food. For instance, hyaluronic acid supplements are available to help replenish your synovial fluid. Glucosamine and chondroitin supplements are also very popular for joint health. These are natural ele-



Boost physical performance with USDC Arthro-7®.

ments produced by the body that help strengthen and repair cartilage and nourish synovial fluid for better joint lubrication and cushioning.

From head to toe, every movement of your body depends on the smooth functioning of the hundreds of joints that allow you to twist and turn as you please. Strong, well-lubricated joints allow for easier mobility, less discomfort, and increased flexibility so that you can maintain the active lifestyle you desire. 🍌

## References

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- "A Review on Hyaluronic Acid." *International Journal of Research in Chemistry and Environment*. 2(4): 6–11. OregonLive.com. (2010).
- "You Docs: How to keep your joints well lubricated." [https://www.oregonlive.com/health/2010/07/you\\_docs\\_how\\_to\\_keep\\_your\\_join.html](https://www.oregonlive.com/health/2010/07/you_docs_how_to_keep_your_join.html)





“Arthro-7 Topical Cream did the job for **instant pain relief**. There is no cure for Arthritis but this is the next best thing!” —Jim L.



# Arthro-7<sup>®</sup> Topical Cream

Joint Support



## Benefits of Arthro-7 Topical Cream

- Relieves Joint Discomfort\*
- Rejuvenates Cartilage\*
- Improves Mobility\*
- Fast-Acting\*
- Gluten Free

**Manufactured  
in the USA**  
of Imported & Domestic  
ingredients

## Targeted topical pain relief for joints.

When immediate joint relief is needed, Arthro-7 Topical Cream delivers! Direct topical application targets discomfort at the site of inflammation—rapidly reducing joint pain and ache. Time to recovery is quick with a formula specifically designed to resolve symptoms.

Three powerful active ingredients of capsaicin, lidocaine, and soothing menthol can be used as a complementary treatment to Arthro-7 and Arthro-7 Sport to address joint dysfunction and discomfort following exercise and increased impact. Discover the benefits of a fast-acting, topical joint and muscle treatment. Easy to apply.

**30-DAY SUPPLY**  
**\$24.99**

Product No.: US1004

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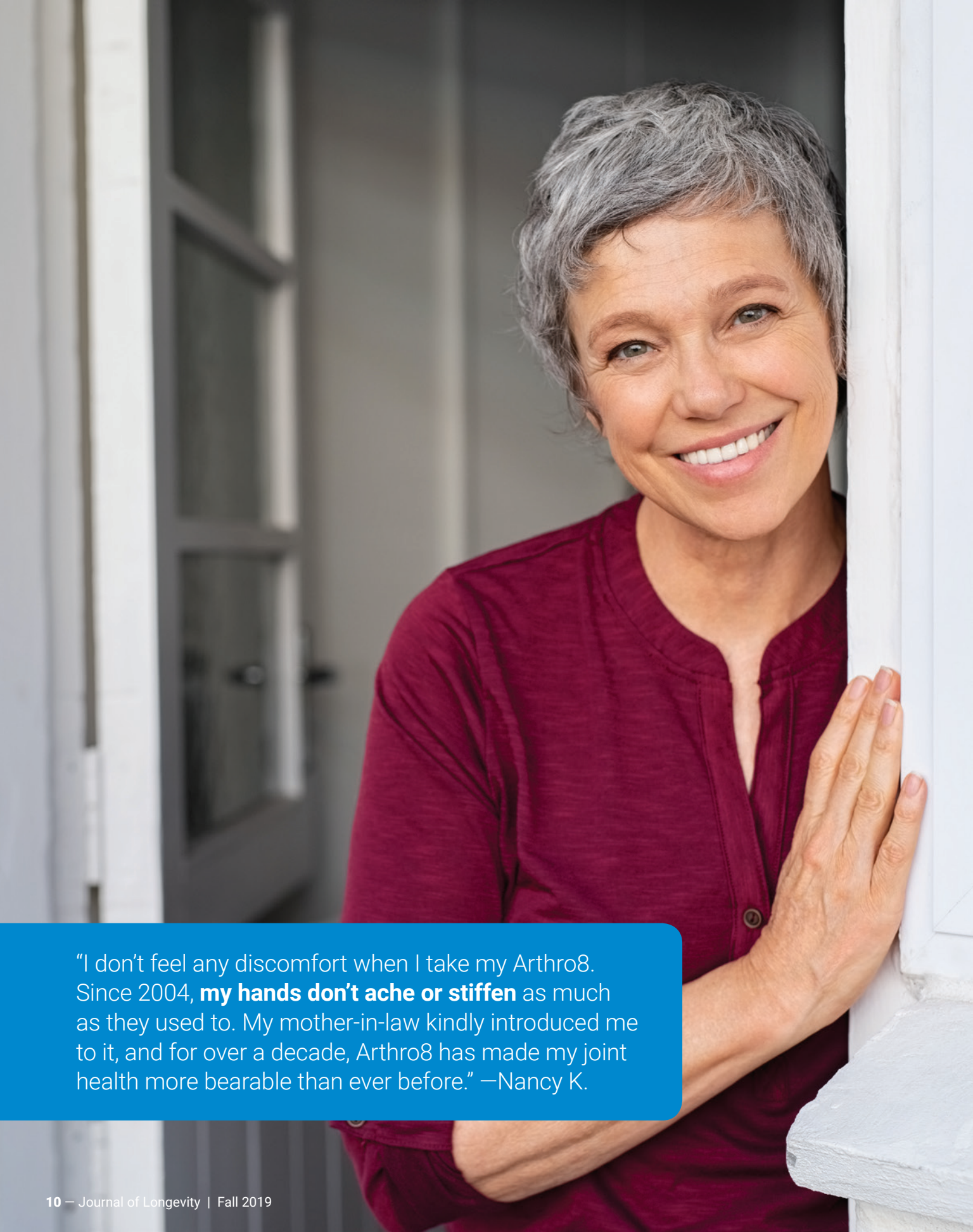
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"I don't feel any discomfort when I take my Arthro8. Since 2004, **my hands don't ache or stiffen** as much as they used to. My mother-in-law kindly introduced me to it, and for over a decade, Arthro8 has made my joint health more bearable than ever before." —Nancy K.





# Arthro8®

Joint Health



## Accelerated joint recovery. Naturally.

Restore flexibility and motion with an all-natural, doctor-approved formula that outperforms glucosamine and chondroitin. All natural Arthro8 contains the clinically proven proprietary blend AR7 Joint Complex that combines CMO (cetyl myristoleate-fatty acid) for lubrication, MSM (biologically active sulfur) for permeability, with collagen-the main component of cartilage, ligaments, and tendons.

Get additional relief with ingredients such as bromelain-recognized for its ability to speed healing, turmeric-a potent tonic for curbing inflammation, and Vitamin C to prevent oxidative stress. What ingredient makes this combination even more effective? Hyaluronic Acid.

**30-DAY SUPPLY**  
**\$34.99**

Product No.: US1005

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## Benefits of Arthro8

- Promotes Overall Joint Health\*
- Contains Clinically Proven AR7 Joint Complex plus Hyaluronic Acid\*
- Nourishes Joints and Cartilage\*

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## Previous Look



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### Benefits of Mega MSM

- Clinically Proven\*
- Supports Joint Flexibility\*
- Helps Improve Connective Tissue\*
- Aids in Anti-inflammatory Activity\*

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# Mega MSM

## Joint Support



### Joint specific nutrients with added benefits.

The science behind Mega MSM makes it a “go-to” product with benefits beyond movement and mobility. Proven to alleviate symptoms of pain and stiffness commonly associated with arthritis, MSM decreases joint and muscle pain, inhibits the breakdown of cartilage, and reduces systemic inflammation-the source of a wide variety of physical limitations.

The secret is sulfur. MSM helps support joint flexibility and effectively encourage joint elasticity by maintaining healthy sulfur levels. Contains 1200 mg of MSM per serving as well as other high-quality joint-specific nutrients: collagen (from chicken), Vitamin C, Neem, and Corydalis. Clinically proven.

**30-DAY SUPPLY**  
**\$27.99**

Product No.: US1016  
**FREE Shipping with Online Orders**

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# Glucosamine Advanced

Joint Support



## Triple strength cartilage protection in a softgel.

The benefits of glucosamine as a naturally occurring substance and supplement are well documented. When combined with chondroitin and MSM, Glucosamine Advanced can help develop, renew, and rebuild cartilage naturally.

This powerful, doctor-approved formula boosts recovery of tissue following injury or exercise, restoring an active lifestyle quickly and effectively. Adding Glucosamine Advanced to a daily regimen can fight chronic conditions such as knee pain or SI (sacroiliac) joint pain—often the cause of chronic upper leg pain and lower back discomfort.

**30-DAY SUPPLY**  
**\$24.99**

Product No.: US1012

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## Benefits of Glucosamine Advanced

- Promotes Joint Health\*
- Enhances Joint Comfort\*
- Protects Cartilage Strength\*
- Improves Flexibility\*
- Triple-Blend Tablet

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“Hyper Balance has done as advertised — it has **kept an already normal blood pressure normal.** I’m 64, and at last annual physical, my blood pressure was 110/68. The doctor recommended I continue using Hyper Balance.” —Michael T.



# Hyper Balance

Blood Pressure Support



## Benefits of Hyper Balance

- Clinically Proven\*
- Regulate Healthy Blood Flow\*
- Supports Healthy Blood Pressure Levels Already within Normal Range\*
- Supports Healthy Circulation with Traditional Herbal Ingredients\*

**Manufactured in the USA**   
of Imported & Domestic ingredients

## Maintain healthy blood pressure with an herbal blend.

Healthy blood pressure that is already in the normal range can benefit from the support of Hyper Balance. Regulation of blood pressure is enhanced with a proprietary blend of clinically proven ingredients designed to relieve cardiac tension.

The combination of broad-spectrum Chinese herbs Eucommia and Cat's Claw have been found to boost heart function and circulation. Reduced plaque formation within the human body along with positive effects on digestion and the defense system are a result of multi-system nutritional support and enhanced liver function.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1015

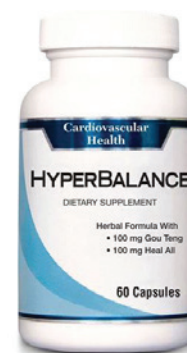
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## Benefits of VeinHealth

- Helps Maintain Circulation\*
- Encourages Vein Elasticity\*
- Boosts Vitamin C Utilization\*
- Pure Bioflavonoid Extracts\*
- Fights Free Radicals\*
- Super Nutrient-Rich\*

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Ingredients

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# VeinHealth

Circulatory Support



## Pure bioflavonoids support leg health...and more.

Keep moving with maximum blood flow throughout your cardiovascular system and especially, your legs! VeinHealth supports the function of the leg veins with bioflavonoid extracts, diosmin and hesperidin in their most purified forms and continues to boost the circulatory system by carrying nutrients and oxygen throughout the body.

Veins benefit from the elasticity and flexibility enhanced by these nutrients. It's the antioxidative properties in these compounds that protect leg veins from free-radical damage. VeinHealth also acts to maintain leg and foot circulation.

**30-DAY SUPPLY**  
**\$24.99**

Product No.: US1028

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# CoQ10 Advanced

Cardio Health



## Benefits of CoQ10 Advanced

- "Heart Hero"\*
- Boosts Energy\*
- Effective Antioxidants\*
- Provides Tissue Support\*
- Anti-aging Benefits\*
- Convenient Softgel

**Manufactured  
in the USA**   
of Imported & Domestic  
ingredients

## Supercharge energy production.

Coenzyme Q10, also referred to as "ubiquinone," is an essential coenzyme found within every cell in the human body. Individuals with heart disease may have lower levels of this coenzyme. Needed for energy production, it can be significantly depleted by modern-day statin-drug therapies. It is found in meat, fish, and dietary whole grains, but generally not enough to satisfy clinical requirements.

Taking CoQ10 Advanced can help reverse the effects of coenzyme depletion and also provide super antioxidant support which is critical to the maintenance of heart health, brain function, and respiratory system vitality.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1010

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# CoQ10 Benefits for Your Heart

Coenzyme Q10 is an essential molecule that your body needs to function. It's also known as ubiquinone (from the root word “ubiquitous”) because it is found everywhere in your body. Your cells need CoQ10 to help produce energy — especially for the hardworking heart muscle.

Mitochondria are the power plants of your cells. They use CoQ10 to help manufacture adenosine triphosphate (ATP). ATP is the major source of energy for all biological reactions that take place in your body, from manufacturing proteins to helping muscles contract.

Your body creates CoQ10 through a complex, 16-step process that requires the interaction of a variety of B vitamins, the amino acid tyrosine, folic acid, vitamin C, and trace elements. Without enough of these essential nutrients to make CoQ10, your energy levels naturally decrease.

When CoQ10 levels are insufficient, our high energy-demanding tissues like the heart, brain, and organs will be running on an energy deficit, and they won't function at their best. It's important to supplement your diet with CoQ10 to help keep your energy levels up.



Boost energy production with USDC CoQ10.

## Clinical CoQ10 Benefits

Studies suggest that CoQ10 can help keep your heart healthy by increasing energy production, lowering blood pressure, and protecting your cells from free radical damage. CoQ10 supplements are shown to be safe and effective in improving heart muscle function.

If you are taking statins to lower cholesterol, there's more good news. Studies show that you can take both together, and CoQ10 will not reduce the effectiveness of the statins. This is important, because research shows that statins can seriously deplete your CoQ10 levels.

## Healthy CoQ10 Dosage

While your body does produce CoQ10 on its own, it's a good idea

to boost your natural storehouses by eating fish, spinach, nuts, organ meats, and whole grains. This isn't necessarily efficient, though: you'd have to eat a pound of sardines to get just 30 mg of CoQ10.

As your metabolism slows with age, your body also loses the ability to effectively produce and assimilate CoQ10. In fact, research shows that our serum levels of coenzyme Q10 drop by as much as 65% between ages of 21 and 80.

A concentrated CoQ10 supplement may be the best way to obtain a healthy dosage of 90–200 mg per day. Not only can you get up to 300 mg in a single tiny softgel, but the softgel delivery system is also much more absorbable and increases bioavailability to your body. 🍷



# CoQ10

Cardio Health



## Benefits of CoQ10

- Cellular Support for the Heart Muscle\*
- Helps Reduce Free Radicals\*
- Encourages Energy Production\*

**Manufactured  
in the USA**   
of Imported & Domestic  
ingredients

## Taking statin-drugs? Take CoQ10.

The human body can produce coenzyme Q10 on its own, but the effects of aging can decrease CoQ10 levels significantly and make supplementation essential. CoQ10 is necessary for energy production in every cell of the body. It is used mostly by mitochondria but is also essential to the support of cells and tissue.

It's especially vital to individuals taking cholesterol-lowering statin drugs primarily because statins can rapidly deplete the body of this essential enzyme. This heart-friendly antioxidant may also produce antiaging benefits that protect cells from free radical damage.

**30-DAY SUPPLY**  
**\$24.99**

Product No.: US1009

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### Benefits of Omega 3Q10

- Clinically Proven\*
- For Cardiovascular Health Support\*
- Supercharged Fish Oil Supplement with the High Levels of DHA and EPA\*
- Supports Heart Health and Muscle Energy\*
- Gluten Free

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# Omega 3Q10

Cardio Health



### Supercharged with fish oil!

Omega3Q10 is known as the “Superhero of the Heart.” This specific formula delivers complete cardiovascular care other fish oils lack: it is supercharged with Lycopene, CoQ10, and Folic Acid. An essential fatty acid, it delivers all the benefits of omega-3s.

Omega3Q10 is documented to increase good HDL cholesterol, support circulation, and promote healthy blood pressure. It has also been found to reduce fatty build-up in the arteries and heart, resulting in greater circulatory system efficiency. Feel the difference of a quality fish oil. Create more energy and reduce inflammation with Omega3Q10 added to your daily health regimen.

**30-DAY SUPPLY**  
**\$19.99**

Product No.: US1020

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# Omega 3 Fish Oil

Cardio Health



## A rich, natural source of Omega 3 Fatty Acids.

Fish oil is one of the best sources of essential fatty acids and taking a high-quality fish oil is important to overall wellbeing. Nutrient-rich Omega 3 Fish Oil as a dietary supplement provides beneficial nutrition high in two essential fatty acids: EPA and DHA.

These are important for heart health, brain function, and fighting joint inflammation. Each softgel contains 1000mg of high-quality fish oil per serving, delivering absorbable results efficiently!

**30-DAY SUPPLY**  
**\$12.99**

Product No.: US1019

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## Benefits of Omega 3 Fish Oil

- Supports Brain Function\*
- Encourages Anti-Inflammatory Activity
- Supports Heart Health\*
- Promotes Joint Health\*

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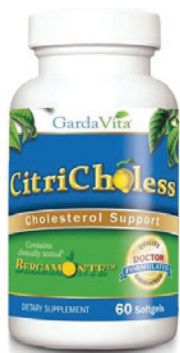


### Benefits of CitriCholeless

- Helps Maintain Cholesterol within Normal Range\*
- Supports Normal Blood Sugar Levels\*
- Gluten Free

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# CitriCholeless

## Cholesterol Management



### Clinically proven to support healthy cholesterol levels!

Discover a way to increase good HDL, lower LDL and triglycerides, all in a softgel. Take CitriCholeless and experience the proprietary extract, Bergamonte®. It is clinically proven to help lower cholesterol within normal range and is not a statin-drug.

Get added support from the Vegapure® plant sterols to block cholesterol receptors in the digestive tract. Reduce blood sugar levels safely and experience healthy weight loss benefits. Works in as little as 30 days in clinical trials.

**30-DAY SUPPLY**  
**\$39.99**

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# HeartHealth

Cardiovascular Support



## Extend good heart health daily.

When added to a daily regimen of balanced nutrition and physical exercise, HeartHealth can boost cardiac health from the inside...out. Maximize oxygen utilization, maintain healthy triglyceride levels, and boost overall cardiovascular system health with HeartHealth.

Now with higher concentrations of rosemary, garlic, olive leaf, and hawthorne along with high-quality vitamins, minerals, and botanical extracts to combat the effects of free radicals. Extend vibrant and active days with a smart formula for your heart!

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1014

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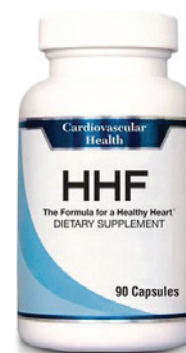
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## Benefits of HeartHealth

- Helps Maximize Oxygen Use\*
- Maintains Healthy Cholesterol Already within Normal Ranges\*
- Assist to Promote Positive Triglycerides\*
- Supports Vascular Health\*
- Encourages Reduction of Free Radicals\*

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“Have taken Lung Support formula for many years. Has **helped me breathe** during the heavy allergy season, especially during the night when it is worst. Helped me get off allergy meds that stopped working for me after a week or two of use.” —Randi M.





# Lung Support

Respiratory Support



## Breathe easier the natural way!

Deep, clear breathing is possible with Lung Support. Specifically formulated with a wide spectrum of traditional Chinese herbs including Asian ginseng, astragalus, ginkgo, and Vitamins A and C. Cordyceps sinensis is known to assist with bronchial health, making breathing more efficient.

Clinically proven Lung Support improves respiratory health and minimizes coughing and wheezing...naturally. When support for the for the respiratory system is maximized, detoxification occurs and ultimately enhances the immune system, strength of the spleen, kidneys, heart, and liver.

**30-DAY SUPPLY**  
**\$24.99**

Product No.: US1030

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## Benefits of Lung Support

- Clinically Proven\*
- Helps Support Lung Health\*
- Proprietary Blend of 12 Active Traditional Chinese and Western Herbal Ingredients\*
- Over 2 Million Sold

**Manufactured in the USA**   
of Imported & Domestic ingredients

## Previous Look



**For supplement facts, see page 26.**

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

Supplement Facts

Serving Size: 2 Veggie Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin C</b> (as ascorbic acid)	140 mg	156%
<b>AR7 Joint Complex</b>	1170 mg	†
Collagen (from chicken) <sup>††</sup> , Cetyl myristoleate (CMO), Lipase 30, Methylsulfonylmethane (MSM), Turmeric ( <i>Curcuma longa</i> extract, root, 95% curcumin), Bromelain 2400 GDU (from pineapple)		

† Daily Value not established.  
†† Not a significant source of Collagen Type II.

Supplement Facts

Serving Size: 2 Veggie Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin C</b> (as ascorbic acid)	140 mg	156%
<b>AR7 Blend</b>	1170 mg	†
Collagen (from chicken) <sup>††</sup> , Cetyl myristoleate (CMO), Lipase 30, Methylsulfonylmethane (MSM), Turmeric ( <i>Curcuma longa</i> extract, root, 95% curcumin), Bromelain 2400 GDU (from pineapple)		

**Hyaluronic Acid** (as sodium hyaluronate) 100 mg †  
† Daily Value not established.  
†† Not a significant source of Collagen Type II.

**Suggested Use:** For external use only. Apply a thin layer to the affected area two to three times a day. Use only as directed.

**Active Ingredients:** Capsicum (0.06%), lidocaine (0.1%), menthol (3.0%).

**Inactive Ingredients:** Water, caprylic/capric triglyceride, glyceryl stearate, PEG-100 stearate, glycerin, cetyl alcohol, sorbitol, dimethicone, butylene glycol, ethoxydiglycol, grape seed oil (*Vitis vinifera*), shea butter (*Butyrospermum parkii*), capsicum resin (*Capsicum frutescens*), aloe leaf (*Aloe barbadensis*, extract), vitamin E (tocopheryl acetate), allantoin, sodium hyaluronate, burdock root (*Arctium majus*, extract), propylene glycol, diazolidinyl urea, methylparaben, propylparaben, leopard's bane flower (*Arnica montana*, extract), carbomer, triethanolamine.

Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin C</b> (as ascorbic acid)	140 mg	156%
<b>Hyaluronic Acid</b> (as sodium hyaluronate)	10 mg	†
<b>AR7 Joint Complex</b>	1170 mg	†
Collagen (from chicken) <sup>††</sup> , Cetyl myristoleate (CMO), Lipase 30, Methylsulfonylmethane (MSM), Turmeric ( <i>Curcuma longa</i> extract, root, 95% curcumin), Bromelain 2400 GDU (from pineapple)		

† Daily Value not established.  
†† Not a significant source of Collagen Type II.

Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Vitamin C</b> (as PureWay-C)	20 mg	22%
<b>MSM</b> (methylsulfonylmethane)	1200 mg	†
<b>Collaplex</b> (Joint Support Complex)	220 mg	†
Collagen (from chicken), Neem ( <i>Azadirachta indica</i> , leaf), Corydalis extract ( <i>Corydalis yanhusuo</i> , rhizome)		

† Daily Value not established.

Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>D-Glucosamine Sulfate 2KCl</b>	1500 mg	†
<b>Chondroitin Sulfate</b>	1200 mg	†
<b>MSM</b> (Methylsulfonylmethane)	500 mg	†
† Daily Value not established.		

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Hyper Balance Proprietary Blend</b>	615 mg	†
Apocynum ( <i>Apocynum venetum</i> ), Gouteng ( <i>Uncaria rhynchophylla</i> , stem), Eucommia ( <i>Eucommia ulmoides</i> , bark), Heal-all ( <i>Prunella vulgaris</i> , herb), Senna ( <i>Cassia obtusifolia</i> , seed), Gastrodia ( <i>Gastrodia elata</i> , rhizome), Wild chrysanthemum ( <i>Chrysanthemum indicum</i> , flower), Rauwolfia ( <i>Rauwolfia yunnanensis</i> , root)		

† Daily Value not established.

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Veinicin<sup>®</sup> Blend</b>	500 mg	†
Diosmin, Hesperidin (from <i>Citrus aurantium</i> , fruit)		

† Daily Value not established.

Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin E</b> (as d-alpha tocopherol)	3.35 mg	22%
<b>Coenzyme Q10</b> (as ubiquinone)	300 mg	†

† Daily Value not established.

Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Coenzyme Q10</b> (as ubiquinone)	100 mg	†
† Daily Value not established.		

Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin E</b> (as d-alpha tocopheryl acetate, d-gamma tocopherol from Covi-ox <sup>®</sup> T-70 natural mixed tocopherols oil)	36.7 mg	245%
<b>Vitamin B6</b> (as pyridoxine HCl, pyridoxal-5-phosphate monohydrate)	20 mg	1176%
<b>Folate</b> 666 mcg DFE (400 mcg folic acid)		167%
<b>Vitamin B12</b> (as cyanocobalamin)	500 mcg	20833%
<b>Omega-3 Fish Oil</b>	1020 mg	†
EPA (eicosapentaenoic acid as EE)+ 312 mg †		
DHA (docosahexaenoic acid as EE)+ 202 mg †		
<b>Omega3Q10 Complex</b>	265 mg	†
L-carnitine fumarate, Coenzyme Q10 (Ubidecarenone), Lycopene		

† Daily Value not established. +EE (Ethyl Ester)

Supplement Facts

Serving Size: 1 Softgel  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Calories</b>	10	
Calories from Fat 10		
<b>Total Fat</b>	1 g	2% <sup>††</sup>
Saturated Fat	0.5 g	0% <sup>†</sup>
Polysaturated Fat	0.5 g	†
Monounsaturated Fat	0 g	†
<b>Cholesterol</b>	<10 mg	<3% <sup>††</sup>
<b>Natural Fish Oil Concentrate</b>	1000 mg	†
Total Omega-3 Fatty Acids 300 mg		
EPA (Eicosapentaenoic Acid) & DHA (Docosahexaenoic Acid) as TG		

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

Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Vitamin C</b> (as ascorbic acid)	25 mg	28%
<b>Vitamin B6</b> (as Pyridoxine Hydrochloride)	10 mg	588%
<b>Folate</b> 667 mcg DFE (=400 mcg Folic Acid)		167%
<b>Vitamin B12</b> (as Methylcobalamin)	1000 mcg	41667%
<b>CitriCholest Blend</b>	410 mg	†
Vegapure <sup>®</sup> 95 FF (Plant Sterol Esters), Orange Oil Five Fold ( <i>Citrus sinensis</i> , peel of fruit)		
<b>Bergamonte<sup>®</sup></b> ( <i>Citrus bergamia</i> Risso, fruit)	250 mg	†

† Daily Value not established.

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as Retinyl acetate and beta-carotene 20% mixed carotenoids)	374 mcg	42%
<b>Vitamin C</b> (as calcium ascorbate)	50 mg	56%
<b>Vitamin E</b> (as d-alpha tocopheryl acetate)	23 mg	153%
<b>Iron</b> (from Phytaval <sup>®</sup> Multimin)	0.34 mg	2%
<b>Chromium</b> (from Phytaval <sup>®</sup> Multimin)	29 mcg	83%
<b>Selenium</b> (from Phytaval <sup>®</sup> Multimin and L-selenomethionine)	77 mcg	140%
<b>Copper</b> (from Phytaval <sup>®</sup> Multimin)	0.15 mg	17%
<b>Manganese</b> (from Phytaval <sup>®</sup> Multimin)	0.14 mg	6%
<b>Chromium</b> (from Phytaval <sup>®</sup> Multimin)	29 mcg	83%
<b>Molybdenum</b> (from Phytaval <sup>®</sup> Multimin)	4.5 mcg	10%
<b>Healthy Heart Blend</b>	465 mg	†
Phytaval <sup>®</sup> Multimin ( <i>Brassica juncea</i> , whole plant), Hawthorn extract ( <i>Crataegus pinnatifida</i> , fruit), Olive extract ( <i>Olea europaea</i> , leaf), Deodorized garlic extract ( <i>Allium sativum</i> , bulb), Grape extract ( <i>Vitis vinifera</i> , seed), Red wine extract ( <i>Vitis vinifera</i> , fruit), Rosemary extract ( <i>Rosmarinus officinalis</i> , leaf), Citrus bioflavonoids ( <i>Citrus aurantium</i> , skin)		

† Daily Value not established.

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as retinyl palmitate)	750 mcg RAE	83%
<b>Vitamin C</b> (as ascorbic acid)	50 mg	56%
<b>Magnesium</b> (as magnesium aspartate)	20 mg	5%
<b>Zinc</b> (as Zinc amino acid chelate)	7 mg	64%
<b>Proprietary Blend</b>	445 mg	†
Asian Ginseng Extract ( <i>Panax ginseng</i> , root), Astragalus Extract ( <i>Astragalus membranaceus</i> , root), Radix Ophiopogonis Extract ( <i>Ophiopogon japonicus</i> , root), Mulberry Extract ( <i>Morus alba</i> , root), Cynanchum Stauntoni Extract ( <i>Rhizoma Cynanchi Stauntoni</i> , root), Cordyceps Fungus Extract ( <i>Cordyceps Sinensis</i> , mycelium), Apricot Fruit Extract ( <i>Prunus armenica</i> ), Ginkgo Extract ( <i>Ginkgo biloba</i> , leaf), Forsythia Extract ( <i>Forsythia suspensa</i> , fruit), Chinese Salvia Extract ( <i>Salvia miltiorrhiza</i> , root), Magnolia Extract ( <i>Magnolia officinalis</i> , flower), Gekko Gecko Extract.		

† Daily Value not established.

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as retinyl palmitate)	750 mcg RAE	83%
<b>Vitamin C</b> (as ascorbic acid)	50 mg	56%
<b>Magnesium</b> (as magnesium aspartate)	20 mg	5%
<b>Zinc</b> (as Zinc amino acid chelate)	7 mg	64%
<b>Lung Support Proprietary Blend</b>	445 mg	†
Asian ginseng ( <i>Panax ginseng</i> , root), Astragalus Extract ( <i>Astragalus membranaceus</i> , root), Ophiopogon ( <i>Ophiopogon japonicus</i> , root), Mulberry Extract ( <i>Morus alba</i> , root), Cynanchum Stauntoni Extract (root), Cordyceps ( <i>Cordyceps sinensis</i> , mycelium), Apricot Extract ( <i>Prunus amniaca</i> , fruit), Ginkgo Extract ( <i>Ginkgo biloba</i> , leaf), Forsythia Extract ( <i>Forsythia suspensa</i> , fruit), Salvia Extract ( <i>Salvia miltiorrhiza</i> , root), Magnolia Extract ( <i>Magnolia officinalis</i> , flower), Gekko Extract ( <i>Gekko gecko</i> , whole body).		
<b>BroccoPhane<sup>®</sup> Broccoli</b>	50 mg	†
(Brassica oleracea, sprout)		

† Daily Value not established.

RenalHealth

(p. 32)

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>RenalHealth Blend</b> Cordyceps sinensis ( <i>Cordyceps sinensis</i> , fruiting bodies), Astragalus extract ( <i>Astragalus membranaceus</i> , root, 10:1 extract), Quercetin dihydrate ( <i>Sophora japonica</i> , bud), American ginseng ( <i>Panax quinquefolius</i> , root), Turmeric ( <i>Curcuma longa</i> , root), Resveratrol ( <i>Polygonum cuspidatum</i> , root).	725 mg	†

† Daily Value not established.

Control-X

(p. 33)

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Control-X Blend</b> Sharp-leaf Galangal ( <i>Alpinia oxyphylla</i> , fruit), Astragalus ( <i>Astragalus membranaceus</i> , root), Black Cohosh ( <i>Cimicifuga foetida</i> , root), Cinnamon ( <i>Cinnamomum cassia</i> , bark), Psoralea ( <i>Psoralea corylifolia</i> , fruit), Cherokee Rose ( <i>Rosa laevigata</i> , fruit), Raspberry ( <i>Rubus chingii</i> , fruit), Ginger ( <i>Zingiber officinale</i> , root), Asian Ginseng ( <i>Panax ginseng</i> , root)	700 mg	†

**BioVinca® Vinpocetine**  
(Periwinkle plant)

† Daily Value not established.

GlucoVita

(p. 35)

Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>GlucoBlend</b> (herbal complex) Indian Kino Tree extract ( <i>Pterocarpus marsupium</i> , wood), Jambolan ( <i>Syzygium cumini</i> , fruit), Bitter Melon ( <i>Momordica charantia</i> , fruit), Fenugreek ( <i>Trigonella foenum-graecum</i> , seed), Fig ( <i>Ficus carica</i> , fruit), Gymnema ( <i>Gymnema sylvestre</i> , leaf), Neem ( <i>Azadirachta indica</i> , leaf), Bilwa extract ( <i>Aegle marmelos</i> , fruit)(10:1), Nopal cactus ( <i>Opuntia ficus-indica</i> , aerial), Indian Cassia ( <i>Cinnamomum tamarla</i> , bark).	1000 mg	†

† Daily Value not established.

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Vitamin E</b> (as d-alpha tocopheryl acid succinate)	46.9 mg	313%
<b>Vitamin B6</b> (as pyridoxine hydrochloride)	10 mg	588%
<b>Zinc</b> (as zinc arginate)	5 mg	45%
<b>Selenium</b> (as L-selenomethionine)	35 mcg	64%
<b>Copper</b> (as copper gluconate)	0.5 mg	56%

**Prostate Support Complex**  
Pumpkin seed (*Cucurbita moschata*, seed, 50% fatty acids), Nettle (*Urtica dioica*, root, 0.8% sterols), Saw palmetto extract (*Serenoa repens*, berry, 45% fatty acids), Lycopene (10%), Pygeum extract (*Pygeum africanum*, bark, 2.5% sitosterols)

**Amino Complex**  
L-alanine, L-glutamic acid HCl, L-glycine

† Daily Value not established.

Prostata® Advanced

(p. 37)

Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as beta-carotene)	3,003 mcg RAE	334%
<b>Selenium</b> (as L-selenomethionine)	50 mcg	91%

**Prostataplex** (Prostate Support Complex Blend) Vegapure® 95 FF (Vegapure sterol esters), Saw palmetto extract, Pumpkin oil (cucurbita pepo, seed), Lutemax 2020® (as lutein & zeaxanthin), Lycopene

† Daily Value not established.

GutHealth

(p. 38)

Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Unique IS2 Bacillus Coagulans®</b> (15 B cfu/g)	6 billion††	†

† Daily Value not established.

NeuroSur®

(p. 39)

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Vitamin B6</b> (as pyridoxal-5-phosphate)	1 mg	59%
<b>Folate</b> (as Quatrefolic® (5S)-Methyltetrahydrofolic acid, glucosamine salt)	1486 mcg DFE (890 mcg folic acid)	372%
<b>Vitamin B12</b> (as methylcobalamin)	200 mcg	8333%
<b>Magnesium</b> (as magnesium glycinate)	10 mg	2%
<b>NeuroSur® Blend</b> GABA (gamma-aminobutyric acid), L-Theanine, L-5-Hydroxytryptophan (5-HTP), N-Acetyl-L-Cysteine	150 mg	†

† Daily Value not established.

Serezec Plus

(p. 41)

Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Thiamin</b> (as thiamin mononitrate)	19 mg	1583%
<b>Riboflavin</b>	19 mg	1462%
<b>Niacin</b> (as niacinamide)	19 mg	119%
<b>Vitamin B6</b> (as pyridoxine hydrochloride)	6 mg	353%
<b>Vitamin B12</b> (as cyanocobalamin)	7.5 mcg	313%
<b>Pantothenic Acid</b> (as d-calcium pantothenate)	19 mg	380%
<b>Calcium</b> (as calcium carbonate)	225 mg	17%
<b>Magnesium</b> (as magnesium oxide)	112 mg	27%

**Serezec Plus Proprietary Blend**  
SAMe (S-Adenosyl-L-Methionine), DL-Methionine, L-Tyrosine

† Daily Value not established.

Ocu-Max®

(p. 43)

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as vitamin A palmitate and beta-carotene)	140 mg	167%
<b>Vitamin C</b> (as ascorbic acid)	150 mg	167%
<b>Vitamin E</b> (as d-alpha tocopheryl acetate)	68 mg	453%
<b>Zinc</b> (as zinc oxide)	35 mg	318%
<b>Copper</b> (as copper sulfate)	1 mg	111%

**Ocu-Max® Proprietary Blend**  
Citrus Bioflavonoid (*Citrus sinensis*, fruit), Ginkgo (*Ginkgo biloba*, leaf), Alpha-Lipoic Acid, Bilberry (*Vaccinium uliginosum*, fruit), Eyebright (*Euphrasia repens* Wettst, whole herb), Rosemary (*Rosmarinus officinalis*, leaf), Lutein (FloraGLO®), Zeaxanthin (FloraGLO®)

† Daily Value not established.

OsteoNourish®

(p. 45)

Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
<b>Vitamin D</b> (as cholecalciferol)	12.5 mcg	63%
<b>Calcium</b> (as calcium carbonate, calcium gluconate, calcium malate, calcium aspartate, calcium citrate)	600 mg	46%
<b>Magnesium</b> (as magnesium oxide, magnesium citrate, magnesium aspartate)	200 mg	48%
<b>OsteoNourish® Proprietary Blend</b> Perluxan® (from hops, <i>Humulus lupulus</i> L.), Silica (from horsetail extract, <i>Equisetum hyemale</i> , whole herb), Boron (as Fruits B® calcium fructoborate)	176.5 mg	†

† Daily Value not established.

PhytoPlex

(p. 46)

Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>PhytoPlex Blend</b> Broccoli ( <i>Brassica oleracea</i> , florets), Spirulina ( <i>Spirulina platensis</i> , whole plant), barley grass ( <i>Hordeum vulgare</i> , leaf), Citrus bioflavonoids ( <i>Citrus aurantium</i> , fruit), <i>Chlorella algae</i> ( <i>Chlorella vulgaris</i> , whole plant), Green tea extract ( <i>Camellia sinensis</i> , leaf), Alfalfa herb ( <i>Medicago sativa</i> , aerial parts), Catalase 20,000 IU/G, Oxidase 500 G/U (from glucose oxidase), Tomato ( <i>Lycopersicon esculentum</i> , fruit), Hawthorne berry extract ( <i>Crataegus pinnatifida</i> Bunge, berry), Cayenne red pepper ( <i>Capiscum annuum</i> , fruit), Turmeric extract ( <i>Curcuma longa</i> , root), Ginger extract ( <i>Zingiber officinale</i> , root), Ginkgo biloba (leaf), Kudzu extract ( <i>Pueraria lobata</i> , root), Onion ( <i>Allium cepa</i> , bulb), Garlic ( <i>Allium sativum</i> , bulb), Grape seed extract ( <i>Vitis vinifera</i> ), Red wine extract ( <i>Vitis vinifera</i> , fruit), Rosemary extract ( <i>Rosmarinus officinalis</i> , leaf), Wheat sprout ( <i>Triticum aestivum</i> , Coenzyme Q10 (ubidecarenone)	1077 mg	†

† Daily Value not established.

OxyPlex

(p. 47)

Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as beta carotene)	600 mcg RAE	67%
<b>Vitamin C</b> (as ascorbic acid)	250 mg	278%
<b>Vitamin E</b> (as d-alpha tocopheryl acid succinate)	33.5 mg	223%
<b>Selenium</b> (as L-selenomethionine)	35 mcg	64%

**OxyPlex Blend**  
Red wine extract (*Vitis vinifera*, fruit), Grape seed extract (*Vitis vinifera* L., seed), Green tea extract (*Camellia sinensis*, leaf), Alpha-Lipoic Acid, Citrus bioflavonoids (*Citrus aurantium*, skin).

† Daily Value not established.

NeoGene

(p. 49)

Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as beta-carotene)	1200 mcg RAE	133%
<b>Vitamin C</b> (as ascorbyl palmitate)	42 mg	47%
<b>Vitamin E</b> (as d-alpha tocopheryl acetate)	90 mg	600%
<b>Vitamin B1</b> (as thiamine mononitrate)	100 mg	8333%
<b>Vitamin B2</b> (as riboflavin)	100 mg	7692%
<b>Vitamin B3</b> (as niacin)	20 mg	125%
<b>Vitamin B6</b> (as pyridoxine HCl)	50 mg	2941%
<b>Folate</b>	1334 mcg DFE (800 mcg Folic Acid)	334%
<b>Vitamin B12</b> (as cyanocobalamin)	20 mcg	833%
<b>Calcium</b> (as calcium carbonate and dicalcium phosphate)	100 mg	8%
<b>Magnesium</b> (as magnesium oxide)	100 mg	24%
<b>Zinc</b> (as zinc picolinate)	1.2 mg	11%
<b>Selenium</b> (as selenium chelate)	100 mcg	182%
<b>Chromium</b> (as chromium polynicotinate)	20 mcg	57%

**NeoGene Complex**  
St. John's wort (*Hypericum perforatum*, whole herb), DMAE (dimethylaminoethanol bitartrate), PABA (para-aminobenzoic acid), Ginkgo (*Ginkgo biloba*, leaf), L-Carnitine

† Daily Value not established.

NeoGene Advanced

(p. 50)

Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin A</b> (as beta-carotene)	1200 mcg RAE	133%
<b>Vitamin C</b> (as ascorbyl palmitate)	42 mg	47%
<b>Vitamin D3</b> (as cholecalciferol)	50 mcg	250%
<b>Vitamin E</b> (as d-alpha tocopheryl acetate)	90 mg	600%
<b>Vitamin B1</b> (as thiamine mononitrate)	100 mg	8333%
<b>Vitamin B2</b> (as riboflavin)	100 mg	7692%
<b>Vitamin B3</b> (as niacin)	20 mg	125%
<b>Vitamin B6</b> (as pyridoxine HCl)	50 mg	2941%
<b>Folate</b>	1334 mcg DFE (800 mcg Folic Acid)	334%
<b>Vitamin B12</b> (as cyanocobalamin)	20 mcg	833%
<b>Calcium</b> (as calcium carbonate)	76 mg	6%
<b>Magnesium</b> (as magnesium oxide)	100 mg	24%
<b>Zinc</b> (as zinc picolinate)	1.2 mg	11%
<b>Selenium</b> (as selenium chelate)	100 mcg	182%
<b>Chromium</b> (as chromium polynicotinate)	20 mcg	57%

**NeoGene Complex**  
St. John's wort extract (*Hypericum perforatum*), DMAE (dimethylaminoethanol bitartrate), PABA (para-aminobenzoic acid), Ginkgo (*Ginkgo biloba*, leaf), L-Carnitine

**NeoGene Advanced Complex**  
Green tea extract (*Camellia sinensis*, leaf), Resveratrol (*Polygonum cuspidatum*, root)

† Daily Value not established.

BrainPower Advanced

(p. 51)

Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
<b>Vitamin B6</b> (as pyridoxine hydrochloride)	20 mg	1176%
<b>Vitamin B12</b> (as cyanocobalamin)	200 mcg	8333%
<b>Choline</b> (as choline bitartrate)	60 mg	11%
<b>BrainPower Proprietary Blend</b> Ginkgo biloba extract (Leaf), L-Tyrosine, L-Pyrroglutamic acid, Green tea extract ( <i>Camellia sinensis</i> , leaf), Acetyl-L-Carnitine HCl, Kola nut extract ( <i>Cola acuminata</i> , seed), L-Glutamine, Huperzine-A ( <i>Huperzia serrata</i> , whole plant), Biovinca® Vinpocetine (Periwinkle plant), SerinAid® 70P (phosphatidylserine), L-Cysteine HCl, L-Phenylalanine	806 mg	†

† Daily Value not established.

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Breathe deeply with USDC Lung Support.

# Healthy Lungs, Healthy Brain

A recent Swedish study found a strong link between good lung health and slower brain aging. Analysis of data on people aged 50 to 85 found that those with healthy pulmonary function maintained better brain health as they aged.

This stands to reason: larger lung volume means that more oxygen-rich blood is transported to the brain to keep it healthy. By contrast, smoking has long been associated with brain

aging, because it interferes with the delivery of oxygen and nutrients to the brain.

Unfortunately, the lungs typically begin to lose tissue after age 30, causing them to shrink. A 20 percent loss occurs between ages 30 and 40, and by age 50, 40 percent is lost!

Since poor lung nutrition is a main factor affecting lung shrinkage, getting those key nutrients that support healthy lung function is one of the best ways to maintain

both lung health and brain health as we age.

## Stress & Lung Health

One of the major causes of age-related lung shrinkage is oxidative stress. The very act of breathing produces oxidative stress, as well as environmental factors such as smoking, pollution, or lung infections.

Oxidative stress generates free radicals — damaged molecules that are a by-product of the oxidative process. These radical

oxidants accumulate in the lungs and wreak havoc at the cellular level, causing tissue damage that contributes to lung shrinkage.

While the production of free radicals is inevitable, we can help balance their effects with antioxidants. The body produces antioxidants to neutralize harmful free radicals — but our natural supply of antioxidants often falls short. (*Cont'd*)

Fruits and veggies are rich in antioxidants such as vitamins C and A, but we can also get them through supplements. Turmeric curcumin, astaxanthin, and resveratrol are all powerful antioxidants that come as supplements.

Other factors besides oxidative stress can also affect lung health. Lung inflammation leads to breathing difficulties, allowing bacteria to accumulate in lung tissue and cause infection. Sluggish circulation and airway constriction diminish oxygen transport throughout the body.

## Chinese Herbal Medicine

The ancient Chinese have used herbal medicine to support lung function and respiratory health for thousands of years. These Traditional Chinese herbs work in multiple ways to nourish and refresh the lungs and lung-supporting organs, such as the heart, kidneys, liver, and spleen.

Panax ginseng, astragalus, and cordyceps are prime examples of these multitasking herbs. As adaptogens, they help the body adapt to stress of any kind. All have antioxidant, anti-inflammatory, and antibacterial properties, and can strengthen immunity.

Ginseng enhances the lung-supporting spleen and kidneys, and has been shown to increase aerobic capacity. In TCM, astragalus is used for weakness in the lungs



Improve lung function with USDC Lung Support Advanced.

and to calm airway hyperactivity. Cordyceps enhances airway flow and oxygen capacity by relaxing bronchial walls.

Herbs such as ginkgo, white mulberry, and Chinese salvia support healthy circulation and oxygenation to the brain. Ginkgo and mulberry increase levels of nitric oxide, a compound that dilates blood vessels and benefits blood

flow, while Chinese salvia assists by regulating clotting.

Supporting your respiratory health with extra nutrition is the smart thing to do to help reduce lung shrinkage and brain shrinkage as you age. You'll breathe easier knowing you are keeping your brain and whole body fueled with oxygen, the breath of life. 🍷





# Lung Support Advanced

Respiratory Support



## Boost breathing with detoxifying extract.

Environmental pollutants bombard your lungs with toxins that can adversely affect your health. Improve lung function and protect your respiratory system with Lung Support Advanced.

Now with BroccoPhane®, a proprietary broccoli extract containing sulforaphane that protects lung health and provides support to the immune system. The focus of clinical studies, BroccoPhane is a key ingredient in this advanced formula of Asian ginseng, ginkgo leaf, magnesium, zinc, Vitamin A and Vitamin C and a rich spectrum of phytochemicals.

**30-DAY SUPPLY**  
**\$29.99**

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## Benefits of Lung Support Advanced

- Improves Lung Function\*
- Boosts Detoxification\*
- Provides Lung Protection\*
- Supports Respiratory Health\*
- Enhances Immune System\*
- Concentrated Formula

**Manufactured in the USA**  
of Imported & Domestic ingredients

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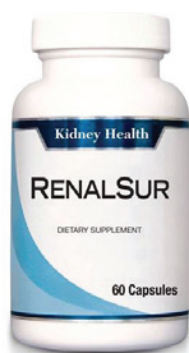


### Benefits of RenalHealth

- Provides Nutrients for Kidneys and Immune System\*
- Helps Reduce Occasional Bloating and Water Retention\*
- Nutrient Support\*

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# RenalHealth

## Kidney Support



### Traditional Chinese herbs support kidney function.

A distinctive blend of traditional herbs including Cordyceps sinensis provides a matrix of proteins, peptides, essential amino acids, and plant sterols for 28 types of saturated and unsaturated fatty acids.

Significantly improve kidney function with a blend of traditional Tibetan and Chinese herbal ingredients designed to target the elimination of wastewater through the urinary system, reduce water retention and bloating which results in greater vitality and feelings of overall wellbeing.

Get bonus benefits in antioxidant effects from Resveratrol and effective herbal cardiovascular system support in the perfect kidney tonic.

**30-DAY SUPPLY**  
**\$19.99**

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# Control-X

Urinary Health



## Benefits of Control-X

- Supports Kidneys and Liver Functions\*
- Encourages Circulation\*
- Helps Support Memory\*
- Assist to Boost Endurance\*

**Manufactured  
in the USA**   
of Imported & Domestic  
ingredients

## Take control of your urinary health. Take Control-X.

Chinese herbs make Control-X a powerful formula designed to nourish and support the kidneys...for both men and women. A proprietary blend of palm-leaf raspberry, Asian ginseng, ginger, and astragalus combine to maintain proper urinary function and overall urinary system health by fortifying the liver and kidneys.

This formula specifically helps the body process stress and anxiety which can adversely impact the urinary tract and cause bladder leakage. Ginger is added as a benefit to urinary function but can also calm upset stomach and relieve stiff joints.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1008

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"I have had positive results from this product. **My blood sugar has been stabilized** at normal levels. I have been diagnosed as being at the pre-diabetic phase, but with diet modification and GlucoVita, I have been able so far to avoid becoming a full blown diabetic." —Rizpah



# GlucoVita

Blood Sugar Support



## Patented botanical blood sugar control.

Discover a blend of ten specific Ayurvedic botanical extracts including Indian Kino Tree, Jambolan, and Fenugreek designed to work synergistically to improve nutrient balance and support healthy blood sugar levels in adults.

Get potent antioxidant support from Bitter Melon and the powerful herbal complex GlucoBlend® formulated to balance and improve the quality of your life curbing your appetite and preventing glucose absorption in the intestines. Indian tinospora is added to boost the immune system.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1013

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## Benefits of GlucoVita

- Helps Improve Nutrient Balance\*
- Provides Healthy Antioxidants\*
- Supports Healthy Blood Sugar Levels\*

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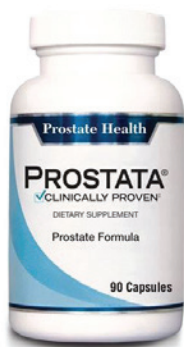


## Benefits of Prostata

- Clinically Proven\*
- Promotes Normal Urinary Function and Prostate Health\*
- Promotes Healthy Sexual Function\*
- Supports Urinary Health\*
- With Saw Palmetto, Pygeum, Lycopene, & Selenium
- Over 4 Million Sold

**Manufactured  
in the USA**  
of Imported & Domestic  
Ingredients

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# Prostata®

Prostate Health



## Clinically proven prostate support formula.

Have you been diagnosed with an enlarged prostate? Do you suffer with BPH (Benign Prostatic Hyperplasia) or frequency of urination? Bothered by interrupted activity or even altered sleep due to the sensation of urgency? Find relief with Prostata.

Get effective support for issues related to enlarged prostate with urinary tract-friendly nutrients such as lycopene, amino acids, vitamins, and minerals focused on toning the prostate gland and ultimately benefitting the urinary system and bladder.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1024

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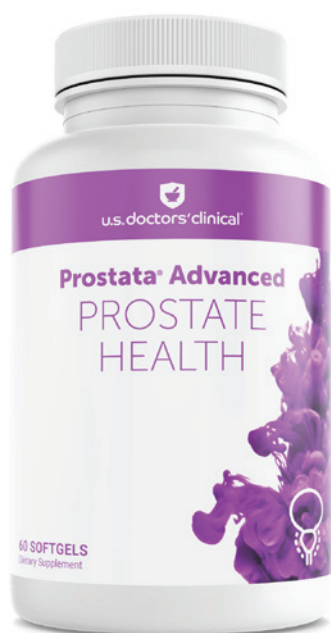
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# Prostata® Advanced

Prostate Health



## Benefits of Prostata Advanced

- Prostate Health Formula\*
- Supports Urinary Function\*
- Beneficial Vitamin A
- Phytonutrient-Rich\*

**Manufactured  
in the USA**   
of Imported & Domestic  
ingredients

## Prostate support in a new bioavailable softgel!

Clinical studies have revealed a wealth of natural herbs that support prostate health and do so by toning tissue in the organs of the urinary tract.

Prostata Advanced combines the beneficial ingredients of Vitamin A, Cucurbita pepo, and many “prostate-friendly” phyto-nutrients including lycopene which has been linked in multiple clinically studies to the maintenance of healthy prostate cells. Antioxidants, and minerals nourish the prostate and boost healthy urinary function. Even better...Prostata Advanced comes in a bioavailable softgel for improved absorption.

**30-DAY SUPPLY**  
**\$34.99**

Product No.: US1025

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## Benefits of Gut Health

- Promotes Healthy Digestion\*
- Helps Balance Good Bacteria\*
- Assists Your Natural Body Defenses\*
- Supports Cholesterol in Normal Range\*
- 6 Billion Live Bacteria Cells per Day

**Manufactured in the USA**  
of Imported & Domestic Ingredients

## Previous Look



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# Gut Health

Digestive Help



## These Powerful Probiotics Pass the Test

Friendly gut bacteria are essential for healthy digestion and a strong immune system. When these tiny helpers become depleted, your body has more trouble digesting food and defending itself against viruses.

Gut Health to the rescue. Our formula features clinically tested Unique IS2 Bacillus Coagulans, a powerful probiotic strain that's highly resilient to the conditions within the body. It's been shown to live longer and fight harder than other probiotics, helping to keep your digestion and immunity strong.

Gut Health probiotics help break down foods that can cause digestive distress, synthesize important vitamins, and maintain a healthy gut barrier, which supports a healthy inflammation and immune response.

**30-DAY SUPPLY**  
**\$39.99**

Product No.: US1031

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# NeuroSur®

Memory Support



## Balance mood, anxiety, and sleep better!

Fight memory fog, sharpen focus, and balance mood to optimize your busy life. Your brain needs a broad spectrum of nutrients designed specifically for the nervous system.

Folic Acid promotes mental and emotional balance, GABA (a primary neurotransmitter in the central nervous system) helps to ease anxiety and encourage feelings of calmness. L-theanine is an amino acid that stimulates feelings of tranquility and can actually contribute to better sleep-boosting overall health, wellness, and promotes optimal weight maintenance.

30-DAY SUPPLY  
**\$24.99**

Product No.: US1011

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## Benefits of NeuroSur

- Memory Support  
Essential to the Brain\*
- Contains Active  
5-MTHF to  
Support Balanced  
Neurotransmitters\*
- Supports a  
Healthy Memory\*
- Supports a  
Healthy Mood\*
- Gluten Free

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# Tips for Keeping Your Brain Sharp

As we age, most of us will have moments when we feel as if our brains have become fuzzy around the edges. We may briefly forget the name of someone we know, an event we planned to attend, or something the boss told us to do. Unnervingly, it's sometimes difficult to distinguish these signs of simple brain fog from symptoms of a more complex brain-health issue.

When it comes to staying healthy and functional, your brain is a lot like your body — it needs regular exercise and proper nutrition fitness to keep working at peak capacity. Here are some tips for keeping your brain sharp as you age.

## Brain Exercises Sharpen Mental Acuity

Experts once believed that the brain was a static organ that didn't grow or change much throughout life — except to get smaller and less efficient. Hence, the old adage “You can't teach an old dog new tricks.” Fortunately, research in recent years has dispelled that belief.



Ease your anxiety with USDC NeuroSur.

Today we know the brain is far from static. When kept active, it can grow and change throughout life, an effect known as “neuroplasticity”. This process occurs in response to mental stimulation — adapting to a new environment, developing new skills, learning new things. When stimulated, the brain is able to remap brain cells, grow new communication pathways, and rearrange existing neurons to encompass the new knowledge.

The best part is that keeping your mind sharp by keeping it active is not complicated — in fact, it's a lot of fun! Maybe you've always wanted to learn how to scuba dive or dance the Salsa. Do it! Sign up for a community college course to learn

a subject that you didn't have time for when you were in college. Turn off the TV and join a book discussion group. Learn a new language or a new craft. Just think about it: the more you do, the more agile your mind becomes.

## Food for Thought

Keeping your brain well nourished is just as important as keeping it busy. Many experts believe that many of the cognitive and memory issues associated with aging may be a result of poor nutrition and an unhealthy lifestyle. Bad habits such as smoking and overeating can slow circulation to the brain, while a lack of nutrients and antioxidants deprives the brain of fuel (*Cont'd*)



# Serezec Plus

Mood Support



## Benefits of Serezec Plus

- Regulates Mood\*
- Boosts Serotonin Production\*
- Supports Neurotransmission\*
- With B Vitamins, Magnesium, and L-Tyrosine
- Enhances Energy\*

**Manufactured  
in the USA**  
of Imported & Domestic  
ingredients

## Elevate your mood without side effects.

Get natural support and a healthy, balanced mood by helping your body produce neurotransmitters like serotonin and dopamine. Feelings of stress are reduced with essential vitamins, minerals, and amino acids that encourage optimal brain function without residual effects.

Contains SAME (S-adenosyl-L-methionine), a naturally occurring compound shown to boost mood consistently without bothersome side-effects. High-grade B Vitamins, magnesium, and tyrosine maintain and regulate mood while reducing stress. Tyrosine synthesizes proteins and helps nerve cells communicate to improve alertness, attention, and focus.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1027

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Elevate your mood with USDC Serezec Plus.

and makes it more vulnerable to oxidative stress, which can lead to brain aging symptoms. Colorful fruits and vegetables are high in antioxidants that can help protect your brain from the ravages of oxidative stress. Fish, nuts, and vegetable oils are rich in healthy fats, such as monounsaturated fats, which promote healthy blood flow to the brain, and omega 3 fatty acids, which have been shown to support synaptic plasticity.

B complex vitamins are also crucial for healthy brain function — especially B6, B12, and folic acid or folate. They nourish the brain with healthy blood flow and help produce important neurotransmitters for brain communication and maintaining a healthy mood. Low levels of these vitamins have been linked with slower cognitive function, mood imbalances, and symptoms of age-related cognitive decline. Interestingly, vitamin B12 deficiency is widespread, especially

among the aging population. B vitamins work best together, so it's a good idea to take a B complex supplement for the best effect.

### A Break in the Fog

The secret to keeping your brain sharp is proper nourishment and plenty of mental activity. Challenging yourself to grow and learn, coupled with powerful cognitive-support nutrients, can help support a healthy brain and cognitive function throughout life. 🍌

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# Ocu-Max<sup>®</sup>

Eye Health



## Visualize a bright future.

Keep your eyes bright and vision clear as you age with a formula providing total eye support. The link between antioxidants and vision health are strong. Antioxidant-rich vitamins, minerals, and herbal extracts protect eyes from oxidative stress. The eyes are particularly vulnerable to free radical damage yet respond well to diet and supplements.

Vital nutrients lutein and zeaxanthin form a protective layer to shield eyes from damage. These nutrients decrease with age...even with a healthy diet. Symptoms of dry eye may also benefit from proper supplementation.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1018

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## Benefits of Ocu-Max

- Provides Antioxidants to Support Eye Health\*
- Supports Vision Health\*
- Contains Lutein and Zeaxanthin
- Gluten Free

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"I wanted to find a natural way to prevent my bone loss, and OsteoNourish was just what I have been looking for. I've now taken it for 8 years! I can keep up my active lifestyle because of OsteoNourish. **My bones feel stronger than ever!**" —Mary W.



# OsteoNourish®

Bone Health



## A smart solution to maintain bone health.

Experience a revolutionary estrogen-free formula of five forms of chelated calcium designed to fight age-related bone loss and rebuild healthy bone by slowing resorption. OsteoNourish is a hormone-free approach to safely maintaining bone health.

Patented Perluxan®, an extract from hops, adds anti-inflammatory and antioxidant properties to the blend. Bioavailable forms of calcium, Vitamin D, magnesium, and plant-based alpha acids provide maximum support for bone-building. Easily absorbed for ultimate effectiveness.

30-DAY SUPPLY  
**\$24.99**

Product No.: US1021

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## Benefits of OsteoNourish

- Contains the Patented Extract Perluxan® to Support Bone Health\*
- Contains Active Vitamin D and Magnesium to Support Healthy Levels of Calcium and Phosphorus within the Bone\*
- Gluten Free

**Manufactured in the USA**  
of Imported & Domestic ingredients

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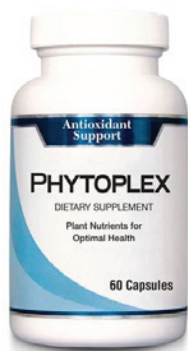


### Benefits of PhytoPlex

- Maintains Daily Health and Vitality\*
- Aids in Antioxidant Protection\*
- Supports Digestion\*

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of Imported & Domestic  
Ingredients

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# PhytoPlex

## Antioxidant Support



### Not getting enough fruits and vegetables? Get PhytoPlex.

It's essential to get sufficient vitality-building key phytonutrients to provide antioxidant protection, healthy metabolism, and strengthen the immune system. A loss of youthful energy often indicates a diet low in the fruits and vegetables needed for balanced health.

Ingredients of green vegetables, fruit extracts, ginger, onion, and cayenne red pepper make PhytoPlex a reliable daily supplement to diets lacking in phytonutrients. Add this powerful formulation to a daily health regimen. Then, further optimize the effects of PhytoPlex by following suggested daily dosing and complement with an improved daily diet that includes beneficial fruits and vegetables!

**30-DAY SUPPLY**  
**\$19.99**

Product No.: US1023

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# OxyPlex

## Antioxidant Support



### Protect against oxidative stress and inflammation.

How does oxidative stress and inflammation really affect vitality? When oxidative stress occurs, it is harder for the human body to recover. A unique blend of powerful compounds makes this the most comprehensive formula available to neutralize free radicals and stop oxidative damage-important in supporting and maintaining cellular health.

A natural source of Vitamin A maintains body tissue and immune system health. Selenium, polyphenols, green tea, and alpha lipoic acid are key ingredients.

**30-DAY SUPPLY**  
**\$24.99**

Product No.: US1022

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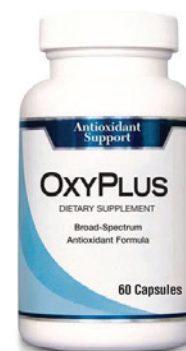
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### Benefits of OxyPlex

- Maintains Cellular Health\*
- Boosts Immune System\*
- Preserves Tissue Elasticity\*
- Supports Cardiovascular System\*
- Neutralizes Free Radicals\*
- Potent Antioxidants\*

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“My husband and I have been taking NeoGene for over 20 years, and we can notice the difference when we skip once. We both are in our late sixties and we are **still in good health, good energy, and alert minds.**” —Cecelia M.



# NeoGene

Anti-Aging



## Feel the invigorating power of youth.

Embrace the best years of your life with the antiaging vitality formula of NeoGene. Ancient Chinese herbs Ginkgo biloba, Hypericum perforatum, vital amino acids PABA and DMAE and other key nutrients are proven to brighten mood, sharpen the mind, and support heart and neuro-health.

Extend the life of cells by protecting their ability to replicate and reduce age-related decline in cognitive ability and memory. Boost the immune system, protect skin and eyes to combat the effects of aging and potential physical degeneration.

**30-DAY SUPPLY**  
**\$29.99**

Product No.: US1001

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## Benefits of NeoGene

- Clinically Proven\*
- Contains Vitality Nutrients for Mind and Body\*
- Supports a Healthy Mood, Concentration, and Heart Health\*
- Antioxidant Support\*
- Over 4 Million Sold
- Gluten Free

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



### Benefits of NeoGene Advanced

- Enhances Mood\*
- Increases Energy\*
- Sharpens Cognition\*
- Preserves Telomere Length\*
- Anti-aging Complex\*
- Nutrient-Rich

**Manufactured  
in the USA**  
of Imported & Domestic  
Ingredients

### Previous Look



**For supplement facts,  
see page 27.**

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# NeoGene Advanced

Anti-Aging



### Renowned anti-aging formula.

Discover maximum antioxidant power to fight the signs of aging with an enhanced formula of 22 nutrients. Support mental clarity and energy with a blend of Green Tea Extract, Resveratrol, and Vitamin D3-shown to extend the life of cells by preserving telomeres.

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# BrainPower Advanced

Memory Support



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Finding a single product that sharpens mental acuity, improves memory, and boosts attention was almost impossible until BrainPower Advanced was formulated. With 15 active ingredients, BrainPower Advanced works overtime to deliver healthy blood flow and oxygen to the brain.

Experience increased motor function with enhanced reaction time. The proprietary blend, amino complex, and quality vitamins combine to reduce fatigue and enhance a full life...daily. The memory support formula helps brain cells metabolize glucose—an essential molecule for neurotransmitters.

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## Benefits of BrainPower Advanced

- Supports Healthy Memory and Brain Function\*
- Promotes Healthy Circulation in the Brain\*

**Manufactured in the USA**   
of Imported & Domestic ingredients

## Previous Look



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