Blood Pressure Factors™

Regulation of blood pressure in the body is constantly monitored through a “negative feedback loop”. Specific nutrients have been identified as beneficial for supporting this blood pressure regulation system in three key areas: the cardiovascular system, the nervous system, and fluid balance. A number of these nutrients play multiple roles.

Supports the cardiovascular system:

**Hawthorn** – cardiovascular support.

**Taurine** – found in relatively high levels in the heart muscles and has neurotransmitter properties for the nervous system. Involved in cell volume regulation in the nervous system.

**Magnesium** – a mineral relaxant for arterial smooth muscle, works with calcium. As an electrolyte it is needed by nerve and muscle cells including the heart.

**Cayenne** – an herbal smooth muscle relaxant.

**Apple pectin** – soluble fiber.

**Manganese** – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site.

Supports the nervous system:

**Calcium** – electrolyte.

**Magnesium** – Magnesium is a cofactor in more than 300 enzyme systems regulating diverse biochemical reactions in the body including muscle and nerve function.

**Vitamin B6** – nerve nutrient, acts as a co-enzyme for the synthesis of several neurotransmitters including serotonin.

**Potassium** – electrolyte for proper nerve action and communication.

**Valerian** – relaxant, sedative.

**Hops** – relaxant that does not cause drowsiness during the day; nervine.

Supports fluid balancing:

**Vitamin B6** – helps the body to maintain the balance between sodium and potassium, and to regulate the body’s fluids.

**Potassium** – balances sodium levels in tissues by entering cells and displacing sodium.

**Celery** – traditional herbal nerve tonic.

Additional

**Taurine** – works in electrically active tissues (any tissue that needs to move, i.e., muscles, heart, intestinal tract) by controlling what can move in and out of the cell so that these cells function properly.

It is one of the most abundant free amino-acid-like compounds found in cardiac muscle, as well as in the nervous system, and it is important particularly in the brain.

**Vitamin D** for proper Calcium metabolism and absorption.

### Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: Three (3) Tablets</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Vitamin D3 (as Cholecalciferol) (from Lanolin)</td>
</tr>
<tr>
<td>Vitamin B6 (as Pyridoxine Hydrochloride)</td>
</tr>
<tr>
<td>Calcium (as Dicalcium Phosphate and Calcium Chelate)</td>
</tr>
<tr>
<td>Magnesium (as Magnesium Amino Acid Chelate)</td>
</tr>
<tr>
<td>Manganese (as Manganese Amino Acid Chelate)</td>
</tr>
<tr>
<td>Potassium (as Potassium Amino Acid Chelate)</td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Hawthorn Berry (Crataegus oxyacantha), Apple Pectin, Garlic Bulb Powder (Allium sativum), Hops Flower (Humulus lupulus), Valerian Root (Valeriana officinalis), Taurine, Cayenne Fruit (Capsicum annuum) and Celery Seed (Apium graveolens)</td>
</tr>
</tbody>
</table>

*Daily Value not established.

OTHER INGREDIENTS: Stearic Acid, Inulin (from Agave), Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).
Cholesterol Metabolism Factors™

Supporting the metabolism of fats and cholesterol may improve circulation by bringing more nutrients to the tissues and thus better nourishing them.

**Cholesterol Metabolizing/Fat processing:**

**Niacin** – B vitamin that helps to metabolize cholesterol.

**Choline and Inositol** – support and nourishment for the “fat burning” process in cells.

**Lecithin** – emulsifies fat for its digestion; provides phospholipids for cell membrane structure.

**Pantethine** – the active form of pantothenic acid, supports the adrenals and provides part of the structure of Coenzyme A, important to cellular energy production.

**Beta Glucan** from Oat bran – An important soluble fiber.

**Detoxifying:**

**Apple Pectin** – soluble fiber helps to decrease colon transit time.

**Magnesium** – required for hundreds of enzymes and for assimilation of Calcium from the blood stream.

**Milk Thistle** – promotes liver cell growth and supports bile production for fat and cholesterol metabolism. Also has antioxidant properties.

**Production:**

**Vitamin D** – produced from cholesterol.

**Vitamin B6** and **Niacin** – needed for nerve and energy systems.

**Cholesterol's many functions include:**

structural component of cell membranes, synthesized into sex hormones (testosterone and estrogen), converted into Vitamin D, production of CoQ10, transport of fat soluble vitamins, fetal growth and development, synthesis of bile, part of the nerve-protective myelin sheath.

---

**Supplement Facts**

Serving Size: Six (6) Tablets

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D3 (as Cholecalciferol††)</td>
<td>9 mcg</td>
</tr>
<tr>
<td>Niacin (as Nicotinamide)</td>
<td>180 mg</td>
</tr>
<tr>
<td>Vitamin B6 (as Pyridoxine Hydrochloride)</td>
<td>90 mg</td>
</tr>
<tr>
<td>Choline Bitartrate</td>
<td>192 mg</td>
</tr>
<tr>
<td>Magnesium (as Magnesium Amino Acid Chelate)</td>
<td>180 mg</td>
</tr>
</tbody>
</table>

**Proprietary Blend**

2.2 g (2237.8 mg) *

- Whole Oat Bran (from Nutrim® Oat Bran**), Inositol, Apple Fruit, Phytosterol Blend (from Pine Tree) (70% Beta Sitosterol, 15% Campesterol, 2% Stigmasterol), Ginger Root (Zingiber officinale), Lecithin (from Sunflower), Milk Thistle Extract (Silybum marianum) (80% Silymarin), Pantethine (from Pantothenic Acid), Butcher's Broom Root (Ruscus aculeatus) and DHA† (Docosahexaenoic Acid) from Algae Oil Complex Powder

*Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Stearic Acid, Dicalcium Phosphate, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

†Contains milk and soy.

††From Lanolin.

**Nutrim®** is a registered trademark of VDF FutureCeuticals, Inc. U.S. Patent No. 6060519.

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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.
Sugar/ Metabolism Factors™

Supports sugar metabolism and the production of insulin by the pancreas. Provides ingredients for the nourishment and protection of the cardiovascular system, the liver and the pancreas and to help balance acidity in the bloodstream. It also provides support for the thyroid and adrenal glands.

Sugar metabolism

**Thiamin** and **Niacin** – B vitamins that help the body metabolize carbohydrates and fats; both are needed as catalysts for important energy molecules.

**Vanadium** – animal studies have shown that vanadyl sulfate can potentiate insulin.

**Chromium** – A mineral humans require in trace amounts.

**Gymnema** – Asian herb used for supporting glucose/sugar metabolism.

Cardiovascular protection

**Vitamin C** is a cellular antioxidant and this function is protective at the cell membrane level. Insulin also mediates the transport of Vitamin C into cells. Along with niacin, helps chromium to be better absorbed.

**Manganese** – The antioxidant enzyme system Superoxide Dismutase (SOD) located in mitochondrial membranes uses manganese at its active site.

**Calcium** and **Magnesium** – both help to neutralize acidity in the body.

Pancreas/insulin

**Zinc** – helps in the synthesis, storage and secretion of insulin and proper function of pancreatic islets cells.

**Nopales** – (*Opuntia*, Prickly pear cactus) contains fiber and pectin, a soluble fiber and complex carbohydrate.

**Cedar Berry** and **Blueberry Leaf** – Traditionally used for support of the pancreas.

Liver Function Support

**Milk Thistle** – helps to stimulate liver cells.

**Pantothenic Acid** – supports the adrenals for good communication with the liver.

**Iodine** – supports thyroid for all energy processes including the basal metabolic rate (how fast or slow a person’s metabolism operates).

Additional

**Acidity** – sugar can over-acidify the tissues.

**Glutamine** – the main small intestine gluconeogenic (glucose producing) substrate is glutamine; provides glucose for the nourishment of the small intestinal cells and also for the cells of the kidneys. May help eliminate craving for sugar.

**Supplement Facts**

Serving Size: Six (6) Tablets

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (as Magnesium Ascorbate)</td>
<td>300 mg</td>
<td>333%</td>
</tr>
<tr>
<td>Thiamin (as Thiamin Hydrochloride)</td>
<td>150 mg</td>
<td>12,500%</td>
</tr>
<tr>
<td>Niacin (as Nicinamide and 20% Nicotinic Acid)</td>
<td>300 mg</td>
<td>1875%</td>
</tr>
<tr>
<td>Pantothenic Acid (as d-Calcium Pantothenate)</td>
<td>200 mg</td>
<td>4000%</td>
</tr>
<tr>
<td>Iodine (from Kelp)</td>
<td>150 mcg</td>
<td>100%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>250 mg</td>
<td>60%</td>
</tr>
<tr>
<td>Zinc (as Zinc Monomethionine**)</td>
<td>60 mg</td>
<td>545%</td>
</tr>
<tr>
<td>Manganese (as Manganese Amino Acid Chelate)</td>
<td>6 mg</td>
<td>261%</td>
</tr>
<tr>
<td>Chromium (as Chromium Polynicotinate**)</td>
<td>300 mcg</td>
<td>857%</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2.9 g (2900 mg)</td>
<td>*</td>
</tr>
</tbody>
</table>

*Daily Value not established.

Other Ingredients: Stearic Acid, Dicalcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide, and Clear Coating (Hydroxypropyl Methylcellulose).

**OptiZinc® and ChromeMate® are Trademarks of InterHealth Nutraceuticals, Inc.**

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**Fat Metabolism Factors™**
Ideal for weight management

**Nutrients for metabolism of fats**
- **Choline** and **inositol** – both are lipotropics.
- **Lecithin** – emulsifies fat; binds to fat for elimination.
- **Vitamin B6** supports metabolism, digestion, and the release of stored energy through the conversion of glycogen to glucose in the liver.

**Energy support**
- **Iodine** and **Chromium** – iodine for the thyroid. Chromium for carbohydrate metabolism.
- **Guggul Gum** has antioxidant properties; traditionally used to enhance metabolism through support of the thyroid gland.

**Appetite support**
- **Phenylalanine** – An amino acid that stimulates CCK (cholecystokinin) which tells the brain that hunger is satiated.

**Water Balance**
- **Vitamin B6, Potassium** both help body maintain proper fluid balance.

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**Water Balance Factors™**
An additional component for weight maintenance plans, this formula is a combination of nutrients that supports proper weight by helping to balance fluid levels in the body. The formula provides nutrients in meaningful amounts that also address the kidneys, which are responsible for maintaining fluid levels. As our filters, the kidneys must be functioning properly for fluids and toxins to be properly removed from the body.

**For fluid balance:**
- **Corn Silk, Buchu Leaf, Uva Ursi** – herbs traditionally used for their mild water balancing properties.
- **Potassium** – for a better balance with sodium.
- **Vitamin B6** – supports the balance of sodium and potassium.

**For kidney support:**
- **Elder Flower, Hydrangea, Parsley, Uva Ursi** – traditional herbs.
- **Watermelon seeds** – a traditional fluid balancing food.

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**S u p p l e m e n t  F a c t s**
**Serving Size:** Three (3) Tablets

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B6 (as Pyridoxine Hydrochloride)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Choline (as Choline Bitartrate)</td>
<td>200 mg</td>
</tr>
<tr>
<td>Iodine (from Kelp)</td>
<td>225 mcg</td>
</tr>
<tr>
<td>Chromium (as Chromium Polynicotinate**)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Potassium (as Potassium Amino Acid Chelate)</td>
<td>99 mg</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>2.7 g (2700 mg) *</td>
</tr>
</tbody>
</table>

*Daily Value not established.

- **Corn Silk** (Styles and Stigma) (Zea mays), **Buchu Leaf** (Barosma betulina), **American Elder Flower** (Sambucus nigra canadensis), **Hydrangea Root** (Hydrangea arborescens), **Uva Ursi Leaf** (Arctostaphylos uva ursi), **Parsley Leaf** (Petroselinum crispum) and **Watermelon Seed** (Citrullus vulgaris)

**OTHER INGREDIENTS:** Stearic Acid, Dicalcium Phosphate, Microcrystalline Cellulose, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

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