

# 1 Contents

Since Pharmanex was founded in 1994, we have worked to create high-quality and effective products by combining our scientific approach with the best ingredients nature has to offer.

The **Pharmanex Ingredients Glossary** covers a list of our most popular ingredients and the benefits they bring. By clicking on any name in the list below, you will learn what they stand for, their definition, known benefits (some approved by the European Food and Safety Authority), and where we use them. If you are looking for a specific piece of information, you also can use the search control (**ctrl/cmd+F**) to locate it within the document.

The availability of some products may vary per country. To check product availability consult the price list or visit [www.nuskin.com](http://www.nuskin.com)

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# Vitamins

## VITAMIN A

**What Appears on Label:** Retinyl palmitate

**Function:**

- Vitamin A contributes to normal iron metabolism
- Vitamin A contributes to the maintenance of normal skin
- Vitamin A contributes to the maintenance of normal vision
- Vitamin A contributes to the normal function of the immune system

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Vitamin A is essential for normal vision and skin. It helps proper immune function. Vitamin A also contributes to iron metabolism.

**Condition:**

- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI

**Studies**



## VITAMIN B1/ THIAMINE

**What Appears on Label:** Thiamin mononitrate

**Function:**

- Thiamine contributes to the normal function of the heart
- Thiamine contributes to normal energy-yielding metabolism
- Thiamine contributes to normal functioning of the nervous system
- Thiamine contributes to normal psychological function

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Thiamine is present naturally in some foods. Some other food as rice, pasta, cereal and bread are often fortified with Thiamine.

**Condition:**

- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI

**Studies**



## VITAMIN B2/ RIBOFLAVIN

**What Appears on Label:** Riboflavin

**Function:**

- Riboflavin contributes to the maintenance of normal red blood cells
- Riboflavin contributes to the maintenance of normal vision
- Riboflavin contributes to the normal metabolism of iron
- Riboflavin contributes to the maintenance of normal skin
- Riboflavin contributes to the protection of cells from oxidative stress
- Riboflavin contributes to normal functioning of the nervous system
- Riboflavin contributes to the reduction of tiredness and fatigue

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**Condition:**

- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
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- More than 15 % of daily RI
- More than 15 % of daily RI

**Studies**



## VITAMIN B3/ NIACIN

**What Appears on Label:** Nicotinamide

**Function:**

- Niacin contributes to normal energy-yielding metabolism
- Niacin contributes to the maintenance of normal skin
- Niacin contributes to normal psychological function
- Niacin contributes to normal functioning of the nervous system
- Niacin contributes to the reduction of tiredness and fatigue

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Niacin helps convert food into usable energy. Niacin is naturally present in many animal based-foods as well as in various plant-based foods.

**Condition:**

- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI

**Studies**



## VITAMIN C

**What Appears on Label:** Calcium-L-ascorbate, Ascorbic acid

### Function:

- Vitamin C contributes to normal collagen formation for the normal function of bones.
- Vitamin C contributes to normal collagen formation for the normal function of skin.
- Vitamin C contributes to the normal function of the immune system.
- Vitamin C contributes to the normal energy-yielding metabolism.
- Vitamin C contributes to the protection of cells from oxidative stress.
- Vitamin C contributes to normal collagen formation for the normal function of blood vessels
- Vitamin C contributes to normal collagen formation for the normal function of cartilage
- Vitamin C contributes to normal collagen formation for the normal function of gums
- Vitamin C increases iron absorption
- Vitamin C contributes to the regeneration of the reduced form of vitamin E
- Vitamin C contributes to normal collagen formation for the normal function of teeth
- Vitamin C contributes to normal psychological function
- Vitamin C contributes to normal functioning of the nervous system
- Vitamin C contributes to the reduction of tiredness and fatigue

### Condition:

- More than 15 % of daily RI
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### Studies



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+, JVi, Bone Formula

### DID YOU KNOW?

Vitamin C is an antioxidant that contributes to normal immune function. It helps making collagen and also contributes to protection of cells from oxidative stress. It targets the normal energy-yielding metabolism.

## VITAMIN D3

**What Appears on Label:** Cholecalciferol

### Function:

- Vitamin D contributes to normal absorption/utilization of calcium and phosphorus.
- Vitamin D contributes to the maintenance of normal bones
- Vitamin D contributes to normal blood calcium levels.
- Vitamin D contributes to the normal function of the immune system
- Vitamin D has a role in the process of cell division
- Vitamin D contributes to the maintenance of normal teeth
- Vitamin D contributes to the maintenance of normal muscle function

### Condition:

- More than 15 % of daily RI
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- More than 15 % of daily RI

### Studies



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Bone Formula, LifePak+

### DID YOU KNOW?

Vitamin D3 facilitates absorption of calcium and phosphorus and promotes bone health. It is required for proper immune function. Our bodies make vitamin D upon skin exposure to UVB radiation from the sun. Darker skin color, northern latitude, and older age impede the amount of vitamin D produced.

## VITAMIN E

**What Appears on Label:** D-alpha-tocopheryl acid succinate

### Function:

- Vitamin E contributes to the protection of cells from oxidative stress

### Condition:

- More than 15 % of daily RI

### Studies



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

### DID YOU KNOW?

Vitamin E is an antioxidant that protects cell membranes. The term "Vitamin E" actually refers to a family of eight compounds. Alpha-Tocopherol is the most active vitamin E compound. The other compounds include beta, gamma, & delta tocopherol and 4 forms of tocotrienols. Synthetic vitamin E is less bioavailable than naturally occurring vitamin E.

## VITAMIN K1

**What Appears on Label:** Phytomenadione

**Function:**

Vitamin K contributes to normal blood clotting.  
 Vitamin K contributes to the maintenance of normal bones

**Condition:**

More than 15 % of daily RI  
 More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Vitamin K assists in blood clotting and promotes bone calcification. Large quantities of dietary or supplemental vitamin K can interfere with blood clotting medications such as warfarin. Vitamin K1 is naturally occurring in green leafy vegetables like kale, as well as plant oils. Vitamin K2 is found in fermented food like natto (fermented soybean).

## VITAMIN K2

**What Appears on Label:** Menaquinone

**Function:**

Vitamin K contributes to the maintenance of normal bones.

**Condition:**

More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Bone Formula

**DID YOU KNOW?**

Vitamin K assists in blood clotting and promotes bone calcification. Large quantities of dietary or supplemental vitamin K can interfere with blood clotting medications such as warfarin. Vitamin K1 is naturally occurring in green leafy vegetables like kale, as well as plant oils. Vitamin K2 is found in fermented food like natto (fermented soybean).

## VITAMIN B5/ PANTOTHENIC ACID

**What Appears on Label:** D-pantothenate

**Function:**

Pantothenic acid contributes to normal energy-yielding metabolism  
 Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters  
 Pantothenic acid contributes to normal mental performance  
 Pantothenic acid contributes to the reduction of tiredness and fatigue

**Condition:**

More than 15 % of daily RI  
 More than 15 % of daily RI  
 More than 15 % of daily RI  
 More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Pantothenic Acid helps convert food into usable energy, and helps make vitamin D, steroid hormones, neurotransmitters. It also contributes to normal mental performance. Dietary deficiency is very rare.

## VITAMIN B6/ PYRIDOXIN

**What Appears on Label:** Pyridoxine hydrochloride

**Function:**

Vitamin B6 contributes to normal energy-yielding metabolism  
 Vitamin B6 contributes to normal homocysteine metabolism  
 Vitamin B6 contributes to normal protein and glycogen metabolism  
 Vitamin B6 contributes to normal red blood cell formation  
 Vitamin B6 contributes to the normal function of the immune system  
 Vitamin B6 contributes to normal cysteine synthesis  
 Vitamin B6 contributes to normal functioning of the nervous system  
 Vitamin B6 contributes to normal psychological function  
 Vitamin B6 contributes to the reduction of tiredness and fatigue  
 Vitamin B6 contributes to the regulation of hormonal activity

**Condition:**

More than 15 % of daily RI  
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 More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Vitamin B6 helps convert food into energy. It also helps make red blood cells and helps maintain normal levels of homocysteine in the blood. Vitamin B6 comes in different forms like : pyridoxine hydrochloride, pyridoxine 5'-phosphate, pyridoxal 5'-phosphate

## VITAMIN B8/ BIOTIN

**What Appears on Label:** D-biotin

**Function:**

- Biotin contributes to normal energy-yielding metabolism
- Biotin contributes to normal macronutrient metabolism
- Biotin contributes to the maintenance of normal skin
- Biotin contributes to normal functioning of the nervous system
- Biotin contributes to normal psychological function
- Biotin contributes to the maintenance of normal hair
- Biotin contributes to the maintenance of normal mucous membranes

**Condition:**

- More than 15 % of daily RI
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- More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Biotin helps convert food into usable energy . Some natural sources of biotin include eggs, salmon, and avocados.

## VITAMIN B9/ FOLATE

**What Appears on Label:** Folic acid

**Function:**

- Folate contributes to normal blood formation
- Folate contributes to normal homocysteine metabolism
- Folate contributes to the normal function of the immune system
- Folate contributes to maternal tissue growth during pregnancy
- Folate contributes to normal amino acid synthesis
- Folate contributes to normal psychological function
- Folate contributes to the reduction of tiredness and fatigue
- Folate has a role in the process of cell division

**Condition:**

- More than 15 % of daily RI
- More than 15 % of daily RI
- More than 15 % of daily RI
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- More than 15 % of daily RI
- More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Bone Formula, LifePak+

**DID YOU KNOW?**

Folate is a general term that refers to both natural folates in food as well as folic acid, the synthetic form used in supplements and fortified food. Generally it is recommended that all women capable of becoming pregnant should consume a certain amount of folic acid per day.

## VITAMIN B12

**What Appears on Label:** Cyanocobalamin

**Function:**

- Vitamin B12 contributes to normal energy-yielding metabolism
- Vitamin B12 contributes to normal homocysteine metabolism
- Vitamin B12 contributes to normal red blood cells formation
- Vitamin B12 contributes to the normal function of the immune system
- Vitamin B12 contributes to normal functioning of the nervous system
- Vitamin B12 contributes to normal psychological function
- Vitamin B12 contributes to the reduction of tiredness and fatigue
- Vitamin B12 has a role in the process of cell division

**Condition:**

- More than 15 % of daily RI
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**Studies**

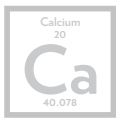


**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Bone Formula, LifePak+

**DID YOU KNOW?**

Vitamin B12 helps make red blood cells. It also helps maintain normal levels of homocysteine in the blood. Vitamin B12 can be found in animal products like meat, fish, poultry or eggs.

# Minerals



## CALCIUM

**What Appears on Label:** Calcium carbonate, Calcium malate, Calcium-L-ascorbate, Calcium salts of citric acid, Calcium salts of orthophosphoric acid, Calcium

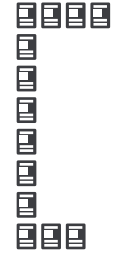
**Function:**

- Calcium is needed for the maintenance of normal bones.
- Calcium contributes to normal blood clotting
- Calcium contributes to normal energy-yielding metabolism
- Calcium contributes to normal muscle function
- Calcium contributes to normal neurotransmission
- Calcium contributes to the normal function of digestive enzymes
- Calcium has a role in the process of cell division and specialisation
- Calcium is needed for the maintenance of normal teeth

**Condition:**

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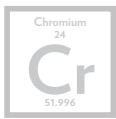
**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Bone Formula, LifePak+

**DID YOU KNOW?**

Calcium is a structural component of bones and teeth. It regulates nerve transmission and muscle contraction. To maximize calcium absorption from supplements, take no more than 500 mg at a time.



## CHROMIUM

**What Appears on Label:** Chromium (III) chloride

**Function:**

- Chromium contributes to normal macronutrient metabolism
- Chromium contributes to the maintenance of normal blood glucose levels

**Condition:**

- More than 15 % of daily RI
- More than 15 % of daily RI

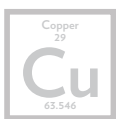
**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** LifePak+

**DID YOU KNOW?**

Chromium is a trace mineral.



## COPPER

**What Appears on Label:** Cupric gluconate, Copper bisglycinate

**Function:**

- Copper contributes to the maintenance of normal connective tissues.
- Copper contributes to normal energy-yielding metabolism
- Copper contributes to the normal function of the immune system
- Copper contributes to the protection of cells from oxidative stress
- Copper contributes to normal skin pigmentation
- Copper contributes to normal iron transport in the body
- Copper contributes to normal hair pigmentation
- Copper contributes to normal functioning of the nervous system

**Condition:**

- More than 15 % of daily RI
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- More than 15 % of daily RI

**Studies**



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Bone Formula, LifePak+

**DID YOU KNOW?**

Copper frees iron from storage so that it can be used to make red blood cells. It also assists antioxidant enzymes and assists in the formation and maintenance of connective tissue. Copper is an essential trace element. High levels of zinc supplementation can result in copper deficiency, so copper is often included in supplements that contain zinc.







# Botanicals



## GINKGO *Ginkgo biloba*

**What Appears on Label:** Ginkgo biloba L. leaf extract

### Function:

Ginkgo biloba helps to maintain memory and preserve cognitive function.

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** BioGinkgo 27/7

### DID YOU KNOW?

Ginkgo biloba has been studied for its potential benefits with cognitive function. Most ginkgo products are standardized to flavone glycosides and terpene lactones extracted from the leaf.



## GINSENG *Panax ginseng*

**What Appears on Label:** Panax ginseng C.A. Meyer root extract

### Function:

Panax Ginseng contributes to normal glucose-insulin metabolism and it helps maintaining optimal stamina, as well as physical and mental well-being. It helps to support vitality in the body and contributes to the body's resistance to stress and it will make you feel more energetic.

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** R<sup>2</sup> Day

### DID YOU KNOW?

Asian ginseng has been studied for its possible benefits with cognitive function, energy. The unique Asian ginseng Rb1 root extract used in Pharmedex products is produced through a special extraction process that optimizes the ratio of Rb1 to Rg1 ginsenosides. This results in a gentler ginseng extract.







## GREEN TEA *Camellia sinensis*

**What Appears on Label:** Green tea leaf extract

**Function:**

Green tea extract helps you feel invigorated and contributes to protecting your cells against oxidative stress.

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:**

TR90 Complex F

**DID YOU KNOW?**

Green tea extract will help you feel invigorated and will contribute to your physical well-being with its tonifying properties.



**Function:**

Green tea extract contributes to protecting your cells against oxidative stress.

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:**

Tëgreen

**DID YOU KNOW?**

Pharmanex® Tëgreen contains a water extract from green tea leaves, bringing with it the antioxidant activity profile of green tea which closely mimics the preparation of a traditional green tea infusion.



## FISH OIL

**What Appears on Label:** Fish oil

**Function:**

Fish oil is a source of omega-3 fatty acids, especially EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). EPA and DHA help to maintain the normal function of the heart when at least 250 mg is consumed daily. In addition, a daily intake of 250 mg DHA helps to maintain normal brain function and vision.

**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** Marine Omega

**DID YOU KNOW?**

Omega-3 fatty acids found naturally in fish oil are typically in the triglyceride form.





**REISHI** *Ganoderma lucidum*

**What Appears on Label:** Reishi mushroom extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** ReishiMax GLp

**DID YOU KNOW?**

Reishi mushroom is also known as ling zhi in Chinese. In the wild, it grows on logs and tree stumps. Cultivated strains are grown on logs or sawdust; growing it on logs is considered to produce a superior product. There are six colors of reishi. Red reishi is the most commonly used. Reishi mushrooms are often standardized to polysaccharides and triterpenes.



**CORDYCEPS** *Cordyceps sinensis*

**What Appears on Label:** Cordyceps Mycelia, Cordyceps sinensis (B.) Sacc mycelia



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** CordyMax Cs-4, R<sup>2</sup> Day

**DID YOU KNOW?**

Wild-type Cordyceps grows as a parasitic mushroom on a specific species of caterpillar, *Hepialus armoricanus* Oberthur. Its use in ancient times was reserved almost exclusively for the Emperor's palace due to its scarcity. CordyMax is manufactured according to the Pharmanex® 6S Quality Process and is standardised by High Performance Liquid Chromatography (HPLC) - an instrument used to determine the chemical makeup of any sample. Our CordyMax formula contains a standardized mycelium of the Cordyceps mushroom obtained through the fermentation process.



**POMEGRANATE** *Punica granat*

**What Appears on Label:** Pomegranate fruit extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** R<sup>2</sup> Day, TR90 JS, TR90 Complex C



**PRICKLY PEAR** *Opuntia ficus-indica*

**What Appears on Label:** Prickly pear cactus fruit extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 JS

**DID YOU KNOW?**

Prickly Pear is a type of cactus that is used in many dishes in Mexico. The fruit is generally sold fresh, canned, or dried, for use in the preparation of nopalitos (a traditional Mexican dish)



**RED ORANGE** *Citrus sinensis*

**What Appears on Label:** Red orange fruit extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 JS, TR90 Complex F



**CITRUS FRUIT** *Citrus limon*

**What Appears on Label:** Citrus fruit extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 Complex F, LifePak+





**ONION** *Allium cepa*

**What Appears on Label:** Onion bulb extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 Complex F, LifePak+



**GRAPE** *Vitis vinifera*

**What Appears on Label:** Grape fruit extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 Complex F, LifePak+

**DID YOU KNOW?**

Grape seeds (and other parts of the grape plant and fruit) have been used since the time of the ancient Greeks.



**CAYENNE PEPPER** *Capsicum annuum*

**What Appears on Label:** Cayenne pepper powder



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 Complex F



**COCOA** *Theobroma cacao*

**What Appears on Label:** Cocoa bean powder



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 Complex C

**DID YOU KNOW?**

Cocoa powder is added to chocolate flavored tasteables to contribute to the chocolate flavor. Cocoa originated in South America.





**SOUR CHERRY** *Prunus cerasus*

**What Appears on Label:** Tart cherry fruit powder



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** TR90 Complex C



**BROCCOLI** *Brassica oleracea italica*

**What Appears on Label:** Broccoli seed extract



**PRODUCTS IN WHICH IT IS AN ACTIVE INGREDIENT:** R<sup>2</sup> Night