



DR. RATH'S CELLULAR HEALTH™ PROGRAMS

- Cardiovascular Health
- Cholesterol and Homocysteine Metabolism
- Healthy Blood Production
- Glucose Metabolism
- Normal Cell Growth
- Digestive Health
- Women's Health
- Bone Strength
- Eye Health



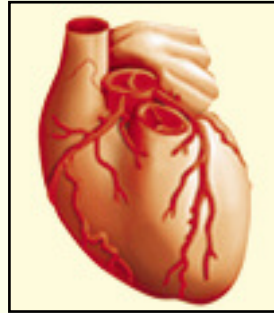
Synergy Based, Innovative Nutritional Supplements

Formulated from breakthrough discoveries by the pioneers in natural health science and the founders of Cellular Health!

Good health depends on the health of your cells

Dr. Rath's Cellular Health™ Programs are unique in addressing the function of cells, the basic elements of your body that determine your health status.

The trillions of cells composing your body and organs have unique shapes and roles in the body. However, all of them perform similar biological reactions that require biocatalysts in the form of micronutrients (vitamins, minerals, trace elements, and special amino acids) to generate cellular energy.



For the optimal performance and health of your body's cells, micronutrients must be supplemented in the proper levels and combinations.



Nutrient Synergy—An Innovative Scientific Approach to Achieving Optimal Health

Dr. Matthias Rath's research has introduced and applied "nutrient synergy" (specific nutrients working together) in ensuring optimal cellular function and health. This unique and innovative approach that we have pioneered is based on scientific selection and testing of specific nutritional "teams"

for achieving specific biological effects. With nutrient synergy we can maximize biological effects and maintain metabolic balance without using mega-doses of

nutrients. Each Cellular Health™ Program and Formula developed by Dr. Rath is based on extensive scientific research and the principle of nutrient synergy to optimize the function of cells, which are the basic units of our bodies.



A Revolutionary Discovery About Cardiovascular Health

Because of constant mechanical stress, the vascular system has specifically high demands for nutrients and it needs a continuous supply of nutrients. These nutrients generate energy for the cells of the heart muscle and artery walls.

Dr. Rath's discovery introduced a new understanding of the basis of cardiovascular health: when the cells composing the coronary arteries do not receive an adequate supply of nutrients, the arteries lose their strength and eventually develop lesions and cracks. In an attempt to repair itself, the body fills these cracks with deposits of cholesterol. The chain reaction begins when the liver increases its cholesterol production to fill the vascular cracks.

With proper cellular nutrition, artery walls heal and become structurally sound, reducing the need for excess cholesterol production ensuring the optimal function of the cardiovascular system.

Effects of vitamin deficiency on artery wall

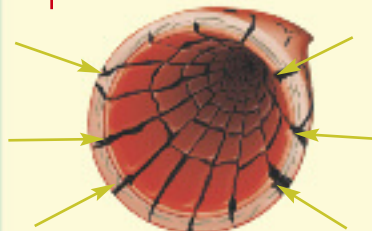
Sufficient vitamin intake



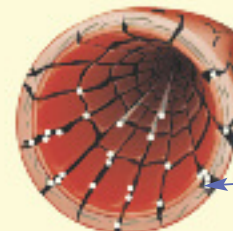
Healthy artery wall
In a well-nourished artery,
no lesions or cracks are present.

2

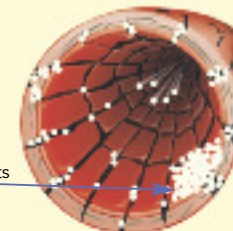
Insufficient vitamin intake



Artery wall with lesions and cracks
Developed after years of
nutrient deficiencies.



Artery wall self-repair
Cholesterol fills cracks to stabilize and
repair the weakened artery wall.



Atherosclerosis in artery wall
Excessive buildup of cholesterol
over time leads to deposits and
poor cardiovascular health.

3

We Developed a Breakthrough Approach to Maintaining Normal Cell Growth

In order to grow and move in the tissue, healthy cells must break down the connective tissue surrounding them. Under pathological conditions, this process can go awry and result in uncontrolled cell growth and their spread in the body.

Dr. Rath and his research team has identified and tested specific nutrient combinations that can protect cells in the body from uncontrolled growth by blocking the action of collagen-digesting enzymes and strengthening the body's connective tissue.

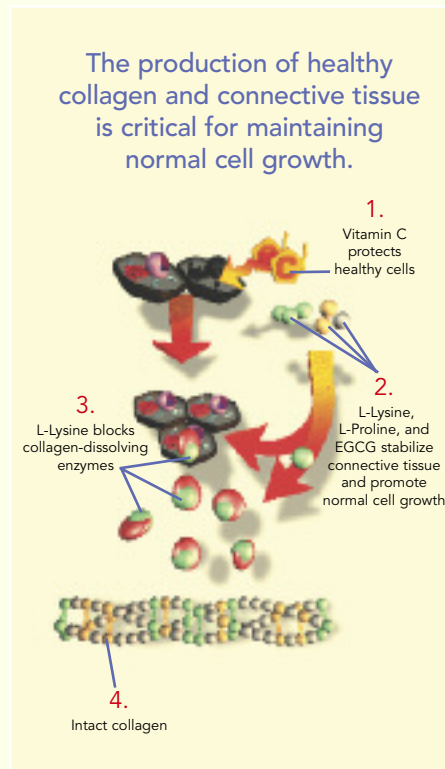
Cellular Health Starts With Collagen and Its 3 Key Nutrients

Dr. Rath's clinically developed nutritional programs and formulas are based on three key nutrients for health: Vitamin C and the amino acids L-Lysine and L-Proline.

Balanced quantities of these three nutrients provide the nutritional foundation for the optimal production and stability of collagen and connective tissue – the framework for all the organs in the body.

Collagen is a vital component of all soft tissues, such as skin, blood vessels, and tendons. It is the "glue" that holds the cells and organs together and ensures proper communication between them. In addition, collagen forms the structural foundation of the bones and teeth, and its optimal structure ensures the stability of the entire body.

The human body does not produce vitamin C or L-Lysine, and without additional supplementation in the proper levels, deficiencies are likely.



Sufficient intake of these three nutrients is essential to ensure the optimal collagen production needed for strong connective tissue and a healthy body.

Vitamin C: Plays a critical role in the production of collagen and ensures its proper structure. Vitamin C is essential for strong connective tissue, and it is also the most important antioxidant that neutralizes free radicals and protects cells from damage. This nutrient participates in numerous biochemical reactions that generate cellular energy, produce hormones and neurotransmitters, and many other functions.

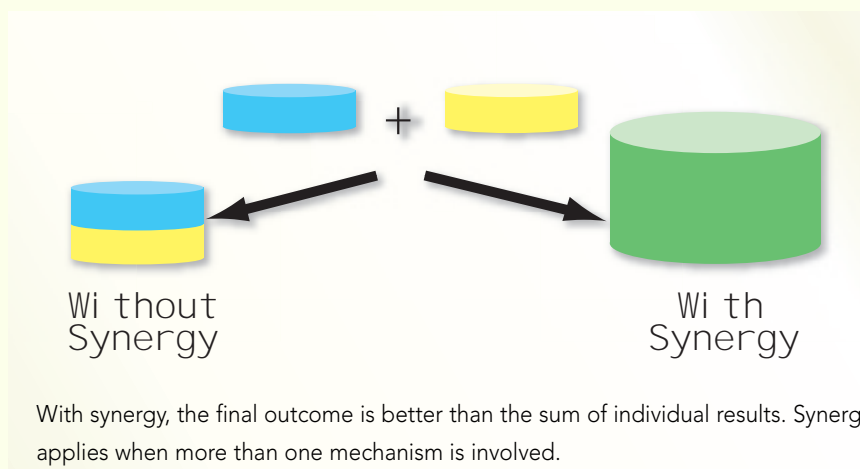
L-Lysine: An essential (it must be obtained from the diet) amino acid that is a building block of collagen. In addition, L-Lysine supports the utilization of fatty acids for energy, and it protects the stability of the connective tissue by controlling the activity of enzymes that digest collagen and other connective tissue components.

L-Proline: This amino acid is also a building block of collagen. L-Proline is needed to strengthen the body's connective tissue and control its enzymatic degradation. It is produced in the body, but its levels may not meet the body's requirements.

Dr. Rath's Cellular Health™ Programs provide these and other nutrients needed for long-term overall health in specific levels and balanced amounts.

Optimum Health Through Nutrient Synergy

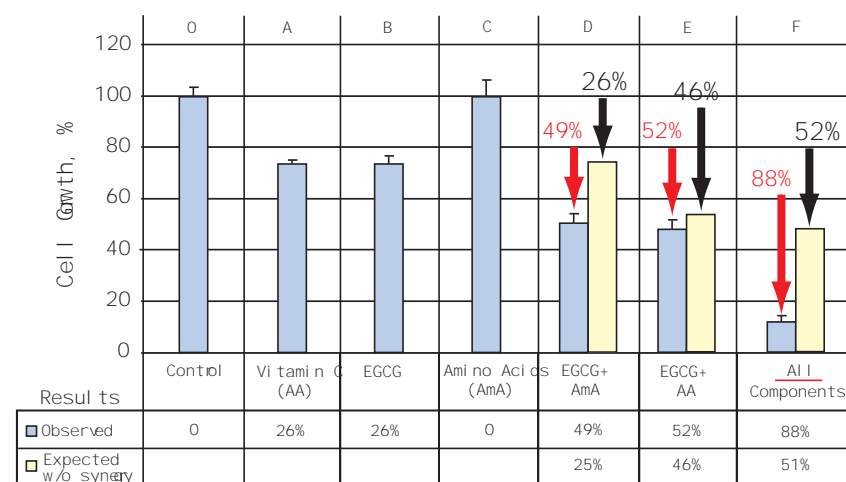
The majority of health approaches in the area of nutrient supplementation are based on using single nutrients effective in very high doses (mega-doses) or randomly selected nutrient combinations. However, Dr. Rath's Cellular Health Programs utilize the unique scientific approach of nutrient synergy at the cellular level. All life processes are based on nutrient synergy.



This scientifically defined nutrient-nutrient cooperation helps to achieve a better biological effect than a single nutrient, and smaller quantities of each individual nutrient are required for the same impact.

For instance, the U.S. National Institutes of Health confirmed in a historic study in 2005 that vitamin C in very high doses can kill abnormal cells. However, much earlier studies by the Dr. Rath Research Institute have documented that vitamin C, when used in lower doses but in combination with the amino acids L-lysine and L-proline and a polyphenol fraction of green tea known as Epigallocatechin Gallate (EGCG), can exert control over abnormal cell growth by affecting many steps of their metabolism at once.

Synergistically acting moderate quantities of specifically selected nutrients are more effective than individual components or their random combinations.



By using synergistic combinations of nutrients, the abnormal cell growth could be curtailed by about 88%, while the use of individual nutrients or their incomplete "teams" has either no effect at all or a much smaller impact.

This research showed that nutrient synergy could kill these cells and at the same time limit their uncontrolled growth, and completely stop the spread of more than two dozen abnormal cell types. In addition this combination of nutrients could cut off cell nourishment through limiting the number of blood vessels infiltrating abnormal growth areas.

The benefits of nutrient synergy have been expanded to all areas of health with successful results. Working together with your body's cells, by optimizing their metabolism and correcting possible deficiencies and imbalances, opens up a new direction in natural health research and applications. Nutrients working in synergy are much more beneficial in restoring cellular balance than individual nutrients even when used in mega-doses. This revolutionary nutritional science approach is gaining more and more followers!

The Science Behind Dr. Rath's Cellular Health™ Programs



Matthias Rath, M.D.

The Discoverer of a New Approach to Health

Dr. Matthias Rath is the internationally respected physician and research scientist who made the groundbreaking discovery conclusively proving the connection between vitamin deficiency and poor cardiovascular health. Dr. Rath developed the concept of Cellular Health, an approach that utilizes the principle of "nutrient synergy" to restore and maintain the health of the body's cells. Two-time Nobel prize winner Linus Pauling paid tribute to Dr. Rath by saying, "Dr. Rath's discoveries will be considered among the most important of the 20th century."



Aleksandra Niedzwiecki, Ph.D.

An Authority in the Field of Nutritional Science

Aleksandra Niedzwiecki, Ph.D. has worked with Dr. Rath for the past 13 years in the research, development, and promotion of Cellular Health formulas. Dr. Niedzwiecki is the former director of cardiovascular research at the Linus Pauling Institute, and she has worked directly with two Nobel Laureates. As director of research at the Dr. Rath Research Institute, Dr. Niedzwiecki develops research approaches based on Dr. Rath's discoveries and provides scientific proof of the successful application of these discoveries through clinical studies.



Cellular Health Research

A World-Class Scientific Team

Under the direction of Dr. Rath and Dr. Niedzwiecki, some of the world's foremost doctors, scientists, and nutritionists conduct natural health research in the company's state-of-the-art laboratories. Their goal is to develop only the most effective and safe natural health formulas, which can undergo extensive clinical testing to confirm their efficacy. Dr. Rath has made his breakthrough discoveries available to people everywhere who want to take back control of their health.



Cellular Health Research

Dr. Rath's groundbreaking medical discoveries are the basis for ongoing Cellular Health research being conducted at the Dr. Rath Research Institute. The Institute's researchers working in this state-of-the-art facility equipped with state of the art scientific equipment conduct innovative research on the role of nutrients in various aspects of health. They collaborate with other Universities in the US and abroad. All research is fully supported by the funds from the Dr. Rath Health Programs USA for the benefit of human health and the goal of Health for All by 2020.



How Dr. Rath's Cellular Health™ Programs Work

Depending on your age or the state of your health, there is a Cellular Health nutritional program specifically designed to optimize your health. We advanced health science from the level of a formula to a defined program. Each program is based on unique scientifically based nutrient synergy and can be individually adjusted for optimal health effects.

Cellular Health Programs: Applying Scientific Discoveries to the Building Blocks of Health

All eleven Cellular Health Programs have been clinically developed and begin with the foundation formula Vitacor Plus™. These micronutrient/amino acid components help in correcting essential nutrient deficiencies and imbalances. Then you can add a condition-specific formula and build your health from there, based on your specific health condition.

Think of the approach to building your health as similar to a growing tree. Roots are important in stabilizing the tree and in obtaining moisture and nutrients for its growth. In keeping with this analogy, Vitacor Plus is the "root" supplement of Dr. Rath's Cellular Health Programs. After taking Vitacor Plus, you can begin building the health of specific organs by adding "branches" in the form of other Cellular Health formulas. The first branch is the condition-specific formula that best addresses your specific health concern.

Always consult with your doctor to monitor your improvement, and continue adding complementary Cellular Health formulas ("branches") to maintain your health.



* All products in Dr. Rath's Cellular Health Programs are free of any genetically modified organisms (GMOs).

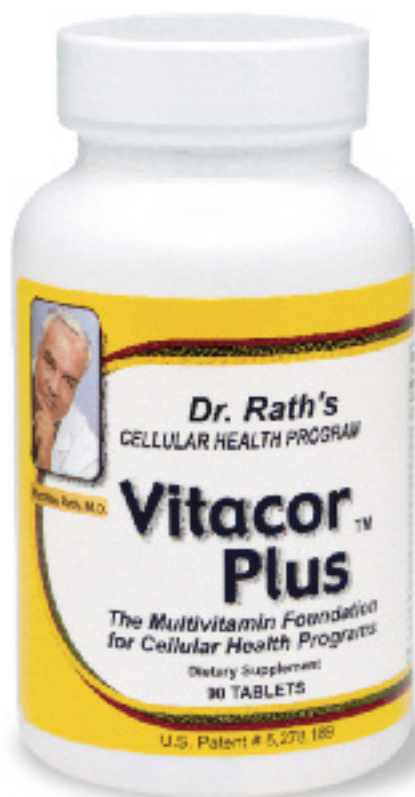
Your Cellular HealthTM Begins with Vitacor PlusTM – The Root of Dr. Rath's Programs

Vitacor Plus: A Patented Nutrient Combination

Each Cellular Health Program begins with Vitacor Plus, which contains the exact amount of vitamins, minerals, amino acids, and other essential ingredients required to nourish the trillions of cells in your body. Its 31 nutrients work together synergistically to enhance tissue integrity and optimize healthy cellular growth and function.

You're Only as Old as Your Cardiovascular System

The lack of essential nutrients in the cells building your cardiovascular system can lead to the accelerated aging of your blood vessels, heart, and other vital organs. Vitacor Plus provides nutrients that optimize the cardiovascular system, which is responsible for supplying oxygen and nutrients to all your body's cells.



Essential Nutrients in the Correct Ratios

Vitacor Plus has been supporting the health of hundreds of thousands of people all over the world for the last 10 years. It is the most researched and clinically supported formula available today. You can be sure that you're getting the necessary nutrients in the correct ratios to work synergistically with other Cellular Health formulas – as an essential part of whichever Cellular Health nutritional supplement program best suits your needs.

When combined with Vitacor Plus, the Cellular Health formulas on the following pages provide benefits that cannot be achieved with other nutritional supplements.

Supplement Facts:		
Serving size: 3 Tablets		
Three Tablets Contain:		% Daily Value
Vitamin A (from 7.5% Betatene [Cognis])	1584 IU	32%
Vitamin C (as Ascorbic Acid, Ascorbyl Palmitate, Calcium Ascorbate, Magnesium Ascorbate)	600 mg	1000%
Vitamin D3 (as Cholecalciferol)	130 IU	33%
Vitamin E (as d alpha tocopheryl Succinate, mixed Tocopherols)	130 IU	433%
Vitamin B1 (from Thiamine Mononitrate)	7 mg	467%
Vitamin B2 (as Riboflavin)	7 mg	412%
Niacin (as/from Niacinamide)	45 mg	225%
Vitamin B6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	90 mcg	23%
Vitamin B12 (as Methylcobalamin)	20 mcg	333%
Biotin	65 mcg	22%
Pantothenic Acid (from D-Calcium Pantothenate)	40 mg	400%
Calcium (from Calcium Glycinate, Dicalcium Phosphate, Calcium Ascorbate)	54 mg	5%
Phosphorus (from Dicalcium Phosphate)	15 mg	2%
Magnesium (from Magnesium Glycinate, Magnesium Ascorbate)	40 mg	10%
Zinc (from Zinc Glycinate)	7 mg	47%
Selenium (from L-Selenomethionine)	20 mcg	29%
Copper (from Copper Glycinate)	330 mcg	17%
Manganese (from Amino Acid Chelate)	1.3 mg	65%
Chromium (from Chromium Glycinate)	10 mcg	8%
Molybdenum (from Molybdenum Glycinate)	4 mcg	5%
Potassium (from Potassium Proteinates)	20 mg	1%
L-Lysine (from L-Lysine HCl)	110 mg	*
L-Proline	110 mg	*
Citrus Fruit Peel Bioflavonoids Complex	100 mg	*
L-Arginine (from L-Arginine HCl)	40 mg	*
L-Cysteine (from L-Cysteine Monohydrate HCl)	35 mg	*
Inositol	35 mg	*
L-Carnitine (from L-Carnitine L-Tartrate)	35 mg	*
CoEnzyme Q10	7 mg	*
Pycnogenol	7 mg	*
* Daily Value not established		

Vitacor Plus has always had:

- unique nutrient synergy for optimum biological performance without risking metabolic imbalance
- selected amino acids and nutrients ensuring connective tissue stability and function as key elements for optimum function of blood vessels
- vitamin E combined with other tocopherols for optimum balance
- balanced forms of vitamin C including ascorbyl palmitate to assure complete antioxidant protection for all cell structures
- beta carotene together with other carotenoids (zeaxanthin, cryptoxanthin, etc.)
- potent and balanced vitamin B complex, CoQ10, and other nutrients for optimum bioenergy production
- full antioxidant protection including Pycnogenol and citrus bioflavonoid complex

Normal Cell Growth Maintenance



Cellular Health Program to support connective tissue stability and maintain normal cell growth

Start your program with Vitacor Plus™ and EpiQuercican™

Many serious health conditions are the result of uncontrolled cell growth and spread in the body. The cells are surrounded by collagen and connective tissue whose integrity is critical to keeping cellular growth in check. The Normal Cell Growth Maintenance Program has been clinically developed to **support connective tissue stability and maintain normal cell growth by inhibiting excessive collagen degradation.**



Vitacor Plus and EpiQuercican comprise the Basic Normal Cell Growth Maintenance Program

First: Begin by taking
Vitacor Plus.

Next: Add **EpiQuercican** to
complement **Vitacor Plus.**

Together, they support connective tissue integrity cellular functions, and inhibit excessive collagen degradation.

For **optimum effectiveness**, you can add the following formulas to your program:
ProLysinC® > LysinC Drink Mix™ > Dr. Rath's VitaCforte®

EpiQuercican™

Supports healthy connective tissue and controls excessive collagen degradation



EpiQuercican™ contains

- Quercetin
- EGCG (from Green Tea)
- Vitamin C
- Lysine
- Proline

Many other micronutrients important for cellular synergy and optimum health.

Under the stress of a serious health condition, sufficient nutritional support is essential to ensure the health and integrity of connective tissue.

EpiQuercican™ incorporates the latest scientific research and combines our already successful nutrient synergy program with the health benefits from the powerful micronutrient Quercetin.

Key Synergy Nutrients:

Epigallocatechin Gallate (EGCG): A green tea extract with antioxidant and anticarcinogenic properties. Research by the Dr. Rath Research Institute has shown that EGCG's action can be enhanced by synergy with other nutrients in the inhibition of the enzymes that degrade connective tissue and other beneficial functions.

Vitamin C, L-Lysine, and L-Proline: See pages 4-5 for the benefits of these key ingredients.

Supplement Facts: Serving size: 6 Capsules

Six Capsules contain:	% Daily Value	
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate, and Ascorbyl Palmitate)	710 mg	1180%
Calcium (from Calcium Ascorbate)	22.5 mg	2%
Magnesium (from Magnesium Ascorbate)	50 mg	12%
Selenium (from L-Selenomethionine)	30 mcg	43%
Copper (from Copper Glycinate)	2 mg	100%
Manganese (from Manganese Citrate)	1 mg	50%
Standardized Green Tea Extract (leaf) (80% polyphenols-800mg) decaffeinated	1,000 mg	*
L-Lysine	1,000 mg	*
L-Proline	750 mg	*
L-Arginine	500 mg	*
N-Acetyl-Cysteine	200 mg	*

* Daily value not established

Other ingredients: Vegetarian capsules (hydroxypropyl methylcellulose), silicon dioxide, cellulose, and magnesium stearate

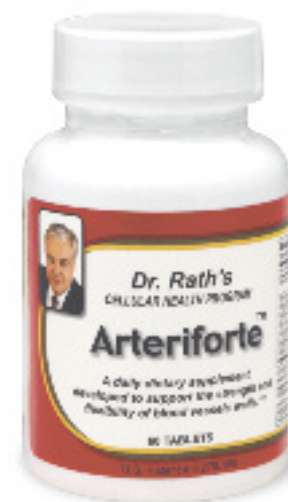
Artery Wall Structure



Cellular Health Program to support blood vessel health

Start your program with Vitacor Plus™ and Arteriforte®

A healthy cardiovascular system largely defines the health of the entire body as it is both the motor (the heart) and biological pipeline (blood vessel system) for transporting blood and with it oxygen and nutrients to every cell in the body. It is essential that blood vessels maintain optimum elasticity and strength through our entire life. The Artery Wall Structure program has been clinically developed to support natural building and maintaining healthy structure of blood vessels.



Vitacor Plus and Arteriforte comprise the Basic Artery Wall Structure Program

First: Begin by taking
Vitacor Plus.

Next: Add **Arteriforte** to
complement **Vitacor Plus.**

Together, they support the healthy structure of the artery wall.

For **optimum effectiveness**, you can add the following formulas to your program:

ProLysinC® > LysinC Drink Mix™ > Dr. Rath's VitaCforte®

Arteriforte®

Supports the strength and flexibility of blood vessel walls

Arteriforte contains essential nutrients that promote the integrity of blood vessel walls and optimize the function of the cardiovascular system through optimal collagen and connective tissue production.

Key Synergy Nutrients:

Chondroitin Sulfate: Needed to ensure the integrity and function of the connective tissue building our blood vessels.

N-Acetyl-D-Glucosamine: Needed for the optimum production of glycosaminoglycans, key components of connective tissue.

Vitamin C, L-Lysine, and L-Proline: Needed to produce collagen and elastin which determine strength, stability and integrity of blood vessel walls.

Supplement Facts:

Serving size: 2 Tablets

Two Tablets Contain:	% Daily Value	
Vitamin C (from Calcium Ascorbate, Magnesium Ascorbate)	400 mg	666%
Vitamin D3 (as Cholecalciferol)	70 IU	18%
Vitamin E (as d-Alpha-Tocopheryl Succinate)	70 IU	233%
Vitamin B6 (from Pyridoxine HCl)	3 mg	150%
Folic Acid	200 mcg	50%
Calcium (from Calcium Ascorbate)	8 mg	1%
Magnesium (from Magnesium Ascorbate)	24 mg	7%
Copper (from Copper Sulfate)	350 mcg	18%
L-Proline	180 mg	*
L-Lysine HCl	180 mg	*
N-Acetyl-D-Glucosamine	180 mg	*
Chondroitin (from Chondroitin Sulfate)	160 mg	*
Betaine HCl	70 mg	*
Pycnogenol	3 mg	*

* Daily value not established

Artery Wall Function



Cellular Health Program to support blood pressure health

Start your program with Vitacor Plus™ and Relavit®

The Artery Wall Function Program has been clinically developed to support optimal contraction and relaxation of blood vessels and their elasticity. This is critical for maintaining healthy blood pressure levels.



Relavit®

Supports healthy blood pressure levels



The cells of the vascular walls need nourishment in order to contract and relax efficiently enough to maintain circulatory health. Relavit contains essential nutrients that support a healthy blood pressure.

Key Synergy Nutrients:

Arginine: A source for nitric oxide, the “relaxing factor” needed for optimum blood vessel relaxation.

Calcium and Magnesium: Help to maintain an optimal balance of electrolytes in the cells and support blood vessel relaxation and contraction.

Vitamin C: Increases the production of prostacycline, which supports blood vessel relaxation and optimizes blood viscosity. Vitamin C is present as mineral ascorbates which are gentle for the stomach. Citrus bioflavonoids support vitamin C in its function.

Vitacor Plus and Relavit comprise the Basic Artery Wall Function Program

First: Begin by taking
Vitacor Plus.

Next: Add **Relavit** to
complement **Vitacor Plus.**

Together, they support the healthy structure of the artery wall.

For optimum effectiveness, you can add the following formulas to your program:

Arteriforte® > ProLysinC® > Dr. Rath's VitaCforte®

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:	% Daily Value	
Vitamin C (from Calcium Ascorbate, Magnesium Ascorbate)	1000 mg	1666%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%
Calcium (as Calcium Ascorbate, Calcium Carbonate)	200 mg	20%
Magnesium (as Magnesium Oxide, Magnesium Ascorbate)	400 mg	100%
L-Arginine (from Arginine HCl)	750 mg	*
Citrus Fruit Peel Bioflavonoid Complex	100 mg	*

* Daily value not established

Heart Muscle Health



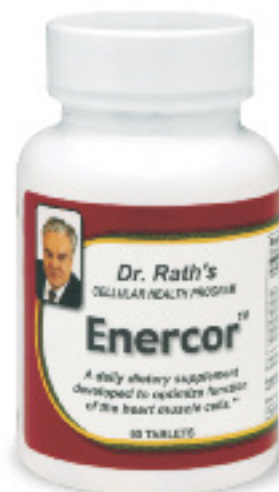
Cellular Health Program to support the healthy function of the heart

Start your program with **Vitacor Plus™** and **Enercor®**

Your life depends on the tireless and automatic contractions of your heart muscle, continuously pumping blood around the body. Over a lifetime of 70 years, the heart beats about 2.5 billion times without a rest. Because of this hard mechanical function, the heart has particularly high requirements for vitamins and other nutrients. They are essential for heart muscle cells to support their energy production. The Heart Muscle Program contains a scientifically selected team of vitamins and other nutrients that are needed to **support the healthy function of the heart muscle.**



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Enercor®

Supports the function of the heart muscle

Optimal nourishment and bioenergy production in the heart muscle cells help to ensure a normal heart rhythm and strength of contractions. Enercor contains synergistically acting nutrients to support these needs.

Key Synergy Nutrients:

Carnitine: Our heart muscle cells rely on fatty acid molecules as a source of energy. Therefore nutrients, such as carnitine, that facilitate the transport of fatty acids inside the cells are particularly needed to assure optimum bioenergy production. Carnitine is provided in its L-Tartrate for maximum utilization.

Coenzyme Q10: Supports bioenergy production in the heart muscle cells to enhance the heart's pumping action.

Taurine: One of the sulfur containing amino acids that is found in the heart muscle, and plays an important role in the heart rhythm.

Vitamin C, Pantothenic Acid, Vitamins B1, B2, B3, B6 and B12: Works together in biological synergy to support production and utilization of cellular energy.

Vitacor Plus and Enercor comprise the Basic Heart Muscle Health Program

First: Begin by taking
Vitacor Plus.

Next: Add **Enercor** to
complement **Vitacor Plus.**

Together, they support the production and utilization of bioenergy in the heart muscle cells.

For **optimum effectiveness**, you can add the following formulas to your program:
LysinC Drink Mix™ > Dr. Rath's VitaCforte®

Supplement Facts:

Serving size: 2 Tablets

Two Tablets Contain:		% Daily Value
Vitamin C (from Calcium Ascorbate, Magnesium Ascorbate)	700 mg	1166%
Vitamin E (as d-Alpha Tocopheryl Succinate)	70 IU	233%
Vitamin B1 (from Thiamine Mononitrate)	15 mg	1000%
Vitamin B2 (as Riboflavin)	15 mg	882%
Niacin (as/from Niacinamide)	30 mg	150%
Vitamin B6 (from Pyridoxine HCl)	4 mg	200%
Vitamin B12 (as Methylcobalamin)	7 mcg	117%
Pantothenic Acid (from Calcium D-Pantothenate)	40 mg	400%
Calcium (from Calcium Ascorbate)	13 mg	1%
Taurine	200 mg	*
L-Carnitine (from L-Carnitine L-Tartrate)	160 mg	*
CoEnzyme Q10	20 mg	*

* Daily value not established

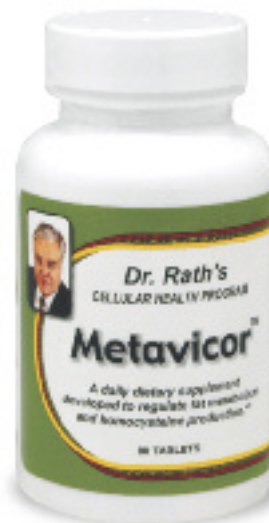
Cholesterol and Homocysteine Metabolism



Cellular Health Program to support optimal utilization of fat molecules

Start your program with Vitacor Plus™ and Metavivor®

The Cholesterol and Homocysteine Metabolism Program has been clinically developed to provide essential micronutrients acting in biological synergy to **support optimal utilization and production of fat molecules and cholesterol production in the body**. This program combines nutrients helping in optimizing homocysteine levels.



Metavivor®

Supports cholesterol metabolism and healthy homocysteine levels

Proper metabolism of cholesterol and other fat molecules in the body is important for cardiovascular health. Metavivor contains the essential nutrients needed to support optimal fat and cholesterol metabolism and homocysteine production.

Key Synergy Nutrients:

Vitamins C, B6, B12 and Folic Acid: These nutrients work together as a biological team in regulating biochemical reactions involved in methionine metabolism and maintaining healthy homocysteine levels.

Niacin and Carnitine: Support optimal fatty acid metabolism and their utilization for cellular energy.

Vitacor Plus and Metavivor comprise the Basic Cholesterol and Homocysteine Metabolism Program

First: Begin by taking **Vitacor Plus**.

Next: Add **Metavivor** to complement **Vitacor Plus**.

Together, they support optimal fat utilization and optimize homocysteine levels.

For **optimum effectiveness**, you can add the following formulas to your program:
MacroBalance Drink Mix™ > Dr. Rath's VitaCforte'

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:		% Daily Value
Vitamin C (from Calcium Ascorbate, Magnesium Ascorbate)	1000 mg	1666%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin B1 (from Thiamine Mononitrate)	10 mg	667%
Vitamin B2 (as Riboflavin)	10 mg	588%
Niacin (as/from Niacinamide)	350 mg	1750%
Vitamin B6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	30 mcg	500%
Biotin	100 mcg	33%
Panthenic Acid (from Calcium D-Pantothenate)	50 mg	500%
Calcium (from Calcium Ascorbate)	18 mg	2%
L-Carnitine (from L-Carnitine L-Tartrate)	160 mg	*
Betaine (from Betaine HCl)	70 mg	*

* Daily value not established

Sugar Metabolism



Cellular Health Program to support healthy carbohydrate metabolism

Start your program with Vitacor Plus™ and Diacor™

The optimal nourishment of cells in the pancreas, liver, and blood vessel walls is important for normal glucose metabolism in the body. The Sugar Metabolism Program has been clinically developed to **support healthy carbohydrate metabolism**.



Vitacor Plus and Diacor comprise the Basic Sugar Metabolism Program

First: Begin by taking
Vitacor Plus.

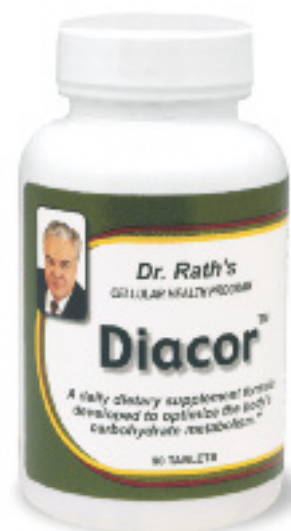
Next: Add **Diacor** to complement
Vitacor Plus.

Together, they support optimal carbohydrate metabolism.

For **optimum effectiveness**, you can add the following formulas to your program:
MacroBalance Drink Mix™ > Dr. Rath's VitaCforte®

Diacor™

Supports optimal carbohydrate metabolism



Impaired sugar metabolism can lead to serious health problems. Sugar (glucose) is a key molecule providing biological energy and is also an important component of many biological molecules. Diacor contains essential nutrients that support normal sugar metabolism.

Key Synergy Nutrients:

Vitamin C: Supports cellular transport of glucose molecules and blood vessel integrity. In addition it helps in antioxidant protection and biological energy production.

B-Vitamin Complex and Magnesium: Essential cofactors used by cellular metabolism in the conversion of sugar molecules to biological energy.

Chromium: Supports the production and metabolism of glucose and insulin.

Inositol and Choline: Support healthy membrane structures.

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:	% Daily Value	
Vitamin C (as Ascorbic Acid, Ascorbyl Palmitate, Calcium Ascorbate, Magnesium Ascorbate)	1750 mg	2916%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin B1 (from Thiamine Mononitrate)	10 mg	667%
Vitamin B2 (as Riboflavin)	10 mg	588%
Niacin (as from Niacinamide)	50 mg	250%
Vitamin B6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	10 mcg	167%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium D-Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate, Calcium Ascorbate)	85 mg	9%
Magnesium (from Magnesium Oxide, Magnesium Ascorbate)	300 mg	75%
Chromium (from Chromium Chloride)	100 mcg	83%
Choline (from Choline Bitartrate)	200 mg	*
Inositol	100 mg	*

* Daily value not established

Bone Health



*Cellular Health Program to support
a healthy skeletal structure*

Start your program with **Vitacor Plus™** and **Osteoforte®**

Bone health depends on optimal collagen production, which ensures the strength and stability of the basic structure of the bone. Formation of optimum collagen is critical for the proper deposition of minerals in the bone and optimum bone metabolism. The clinically developed Bone Health Program contains synergistically acting nutrients that **support collagen production needed for bone health.**



Vitacor Plus and Osteoforte comprise the Basic Bone Health Program

First: Begin by taking
Vitacor Plus.

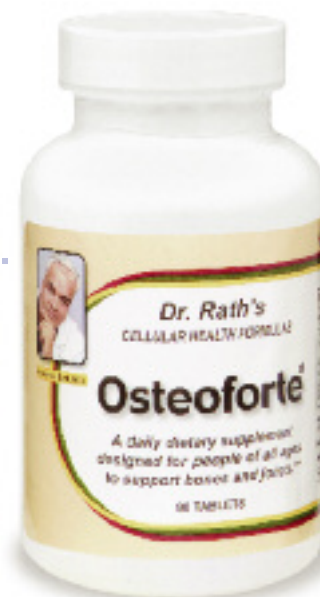
Next: Add **Osteoforte** to
complement **Vitacor Plus.**

Together, they support bone density and stability.

For **optimum effectiveness**, you can add the following formulas to your program:
Arteriforte® > ProLysinC® > Dr. Rath's VitaCforte®

Osteoforte®

*Supports bone density
and skeletal strength*



A chronic deficiency of bone-forming nutrients can lead to mineral depletion in the bones and their weakening. Osteoforte contains essential nutrients that support optimal bone density and skeletal strength.

Key Synergy Nutrients:

Vitamin C: Supports the production of collagen, a basic functional component of the bones essential for proper deposition of minerals.

Calcium, Magnesium, and Boron: Needed for proper mineralization of the bone, its density and strength.

Vitamin D: Enhances the absorption of minerals for building bone.

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:		% Daily Value
Vitamin A (from Betatene 7.5% [Cognis])	2,500 IU	50%
Vitamin C (from Calcium Ascorbate, Magnesium Ascorbate)	500 mg	834%
Vitamin D3 (as Cholecalciferol)	100 IU	25%
Vitamin E (as d-Alpha Tocopheryl Succinate)	200 IU	667%
Folic Acid	250 mcg	63%
Calcium (from Calcium Carbonate, Calcium Ascorbate)	1000 mg	100%
Magnesium (from Magnesium Oxide, Magnesium Ascorbate)	500 mg	125%
Manganese (from Manganese Sulfate)	1 mg	50%
Potassium (from Potassium Chloride)	50 mg	1%
Boron (from Sodium Borate)	200 mcg	*

* Daily value not established

Healthy Blood Production



*Cellular Health Program
to support healthy blood cell
formation and immunity*

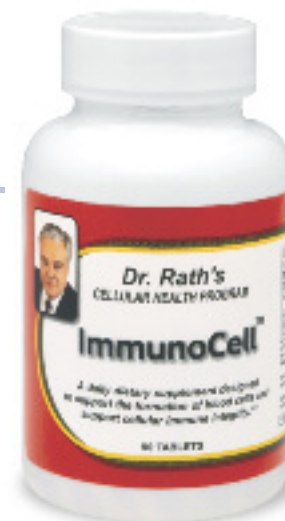
Start your program with **Vitacor Plus™** and **ImmunoCell™**

Circulating blood distributes oxygen and vital nutrients to all the body's cells while removing biological waste and helping to defend the body against foreign invaders. The Healthy Blood Production Program has been clinically developed to **support healthy blood cell formation and immune system function.**



ImmunoCell™

*Supports blood
cell formation and
immunity*



Blood cells are constantly renewing themselves by being replaced with newly formed blood cells in the marrow of our bones. Since optimum formation of red and white cells is necessary to ensure the health of the entire body, including the healthy function of the immune system, the nutrients needed for their formation have to be constantly present at optimum quantities and proportions. ImmunoCell contains essential nutrients that contribute to optimal blood cell regeneration.

Key Synergy Nutrients:

Vitamin C: Optimizes blood cell production and protects cells from free radical damage while enhancing the absorption of iron.

Iron: Is essential for the production and function of red blood cells.

Vitamin A: Important nutrient for the function of the immune system.

Vitamins B6 and B12 together with Folic Acid: Essential for proper formation of blood cells in the bone marrow.

Vitacor Plus and ImmunoCell comprise the Basic Healthy Blood Production Program

First: Begin by taking
Vitacor Plus.

Next: Add **ImmunoCell** to
complement **Vitacor Plus.**

Together, they support healthy blood production and immune system function.

For **optimum effectiveness**, you can add the following formulas to your program:

LysinC Drink Mix™ > ProLysinC® > Dr. Rath's VitaCforte®

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:	% Daily Value	
Vitamin A (from Betatene 7.5% [Cognis])	2,500 IU	50%
Vitamin C (from Calcium Ascorbate, Magnesium Ascorbate)	500 mg	834%
Vitamin E (as d-Alpha Tocopheryl Succinate)	200 IU	667%
Vitamin B6 (from Pyridoxine HCl)	8 mg	400%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	30 mcg	500%
Calcium (from Calcium Ascorbate, Calcium Carbonate)	500 mg	50%
Iron (from Ferrous Fumarate)	10 mg	56%
Magnesium (from Magnesium Oxide, Magnesium Ascorbate)	250 mg	63%

* Daily value not established

Women's Health Program



Cellular Health Program to support the healthy function of the nervous, hormone, immune and cardiovascular systems of women

Start Your Program with Vitacor Plus™ and Femicell™

To nourish the cells uniquely challenged by her metabolism at different stages of life, a woman's body requires specific nutritional support as found in the **Women's Health Program**.



Vitacor Plus and Femicel comprise the Basic Women's Health Program

First: Begin by taking
Vitacor Plus.

Next: Add **Femicell** to
complement **Vitacor Plus.**

Together, they support cellular and hormonal balance in women.

For optimum effectiveness, you can add the following formulas to your program:

Dr. Rath's VitaCforte® > Illioforte™

Femicell™

Supports cellular and hormonal balance in women



Women have nutritional requirements for specific vitamins, minerals, and other micronutrients that optimize the function of the nervous system, the hormone system, the immune system and the cardiovascular system challenged at different stages of life. Femicell contains essential nutrients that support cellular and hormonal balance in women.

Key Synergy Nutrients:

Vitamin B6, Choline, Vitamin C: Support the optimal secretion and function of neurotransmitters.

Vitamin B5, Vitamin B6, Iodine, Vitamin C, Soy Isoflavones: Support the synthesis of various hormones.

Vitamin C, B Vitamins, Vitamin E, Selenium, Soy Isoflavones: Support the function of the immune system.

Vitamin C, Folic acid, Vitamin B6, Vitamin B12, Vitamin E, Selenium, Soy Isoflavones: Support the structure, integrity, and function of the arteries.

Supplement Facts:

Serving size: 2 Capsules

Two Capsules Contain:	% Daily Value
Vitamin C (from Calcium Ascorbate)	250 mg 417%
Vitamin E (as d-Alpha Tocopheryl Succinate)	67.50 IU 225%
Vitamin B6 (from Pyridoxine HCl)	8 mg 400%
Folic Acid	10 mg 588%
Niacin (as/from Niacinamide)	200 mcg 50%
Pantothenic Acid (from Calcium D-Pantothenate)	10 mg 100%
Iodine (from Atlantic Kelp)	100 mcg 67%
Selenium (from Sodium Selenite)	25 mcg 36%
Choline (from Choline Bitartrate)	80 mg *
Inositol	80 mcg *
Phosphatidyl Serine	15 mg *
Daidzein (from Soylife) (non-GMO)	12 mg *
Soy Sprouts	8.75 mg *
Glycitein (from Soylife) (non-GMO)	8.40 mg *
Genistein (from Soylife) (non-GMO)	3.60 mg *
Saponins (from Soylife) (non-GMO)	3.12 mg *

* Daily value not established

Digestive Health Program



Cellular Health Program to support healthy digestion and the optimal absorption of nutrients

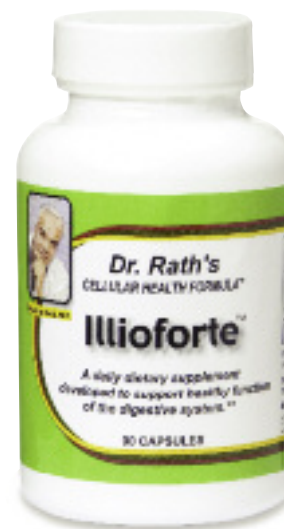
Start Your Program with Vitacor Plus™ and Illioforte™

Cells composing the digestive tract are constantly renewed, therefore it is important that they receive optimum nutrients for their healthy production and function. These cells secrete various digestive enzymes, hormones, and help **absorb nutrients into the blood stream for their distribution into the body.**



Illioforte™

Supports the proper digestion and utilization of food



In order to carry out their highly specialized tasks, the cells of the digestive system have specific nutritional requirements. Illioforte contains essential nutrients that support healthy metabolism of cells of the gastrointestinal tract and aid in the digestion and processing of food.

Key Synergy Nutrients:

Betaine: Helps in maintaining an optimum environment for food digestion.

Glutamine: Important for the healthy renewal of cells building the digestive track.

Papaine, Bromelain, Peppermint, and Ginger Root: Aid in the digestive process.

Vitamin C: Supports many functions in body metabolism needed for the proper digestion and processing of nutrients.

Vitamin B6 and Vitamin B12: Act as cofactors of enzymes involved in fat and carbohydrate metabolism and protein synthesis.

Vitacor Plus and Illioforte comprise the Basic Digestive Health Program

First: Begin by taking
Vitacor Plus.

Next: Add **Illioforte** to
complement **Vitacor Plus.**

Together, they support healthy digestion at the cellular level.

For **optimum effectiveness**, you can add the following formulas to your program:
Any Dr. Rath Cellular Health™ formula.

Supplement Facts:

Serving size: 3 Capsules

Three Capsules Contain:	% Daily Value	
Vitamin C (from Calcium Ascorbate)	200 mg	333%
Vitamin B6 (from Pyridoxine HCl)	6.30 mg	315%
Folic Acid	400 mg	100%
Vitamin B12 (as Methylcobalamin)	9 mg	150%
Betaine (from Betaine HCl)	100 mg	*
L-Glutamine	100 mg	*
Papaine (from Papain 6X USP)	100 MCU	*
Bromelain	100 GDU	*
Peppermint Leaf Extract 4:1	30 mg	*
Ginger Root	30 mg	*

* Daily value not established

Eye Health Program



Cellular Health Program to support the healthy structure and function of the eyes

Start Your Program with Vitacor Plus™ and Lensivit™

To maintain good vision, the eyes require specific nutrients in precise ratios and components as found in the **Eye Health Program**.



Lensivit™

Supports eye and vision health



The eyes have specific requirements for vitamins, minerals, and other micronutrients that support the healthy structure and function of the eyes. Lensivit contains essential nutrients that support eye and vision health.

Key Synergy Nutrients:

Vitamin C, Vitamin E, Arginine, Cysteine:

Support the elasticity and structure of eye blood vessels and improve blood flow to the eye structures providing oxygen and nourishment.

Vitamin A, Vitamin C, Vitamin E, Lipoic

Acid: Protect the eyes against oxidative damage caused by free radicals.

Arginine, Vitamin C, Vitamin E, Cysteine:

Protect against age-related eye changes at the cellular level.

Vitacor Plus and Lensivit comprise the Basic Normal Eye Health Program

First: Begin by taking **Vitacor Plus**.

Next: Add **Lensivit** to complement **Vitacor Plus**.

Together, they support the healthy structure and function of the eyes.

For **optimum effectiveness**, you can add the following formulas to your program:
Arteriforte® > Dr. Rath's VitaCforte®

Supplement Facts:

Serving size: 2 Capsules

Two Capsules Contain:		% Daily Value
Vitamin A (from Beta Carotene)	667 IU	13%
Vitamin C (from Ascorbic Acid and Ascorbyl Palmitate)	162 mg	271%
Vitamin E (as d-alpha Tocopheryl Succinate)	67.50 mg	225%
Grape Seed Extract (20% polyphenols)	100 mg	*
L-Arginine	80 mg	*
Ascorbyl Palmitate	30 mg	*
L-Cysteine	19 mg	*
Alpha Lipoic Acid	10 mg	*
Lutein	3 mcg	*
Mixed Carotenoids	50 mcg	*

* Daily value not established

Other Dr. Rath Formulas to Include in Your Cellular Health™ Program



Dr. Rath's VitaCforte®

Provides a balanced, synergistic source of vitamin C and citrus fruit peel bioflavonoids

Dr. Rath's VitaCforte is an essential part of any daily dietary program. It was developed to provide a balanced source of vitamin C and citrus fruit peel bioflavonoids.

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:	% Daily Value	
Vitamin C (as Ascorbic Acid, Ascorbyl Palmitate, Calcium Ascorbate, Magnesium Ascorbate)	1551 mg	2585%
Citrus Bioflavonoids (from Citrus Fruit Peel Bioflavonoid Complex 50%)	450 mg	*

* Daily value not established



ProLysinC®

Supports the health and stability of connective tissue

Optimal production of collagen in the body requires a continuous supply of vitamin C and the collagen-building amino acids L-Lysine and L-Proline. ProLysinC contains these essential nutrients in balanced quantities.

Supplement Facts:

Serving size: 3 Tablets

Three Tablets Contain:	% Daily Value	
Vitamin C (as Ascorbic Acid)	900 mg	1500 %
Calcium (from Dicalcium Phosphate)	5 mg	5%
L-Lysine (from L-Lysine HCl)	900 mg	*
L-Proline	450 mg	*

* Daily value not established



LysinC Drink Mix™

Supports connective tissue health

Strong and healthy connective tissue provides optimal support for the function of the body's organs. LysinC Drink Mix contains the essential nutrients needed for healthy connective tissue.

Supplement Facts:

Serving size: 1 Scoop (approx. 5 gm)

Servings Per Container: 100

One Scoop contains:	% Daily Value	
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	1000 mg	1667%
Calcium (from Calcium Ascorbate)	48 mg	5%
Magnesium (from Magnesium Ascorbate)	34 mg	9%
L-Lysine (from L-Lysine HCl)	1000 mg	*
Citrus Fruit Peel Bioflavonoids Complex	200 mg	*

* Daily value not established



Phytobiologicals™

Basic Formula

The ingredients in the Phytobiologicals™ Basic Formula are derived from plants that were not genetically engineered. Its natural polyphenols, flavonoids and other natural ingredients participate in various metabolic processes at the cellular level.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

	Amount Per Serving	% Daily Value
Quercetin (from Quercetin Glycosides)	400 mg	*
Chrysin® (flavone; flavonoid, flavone, flavonol)	400 mg	*
Tartaric Acid Extract (90% Tartaric Acid)	300 mg	*
Green Tea Leaf Extract (80% Polyphenol decaffeinated)	300 mg	*
Resveratrol (from Japanese Knotweed (POLYUNOL))	50 mg	*

* Percent Daily Values not established

Investing in Healthcare Today and Tomorrow

Our activities are not for profit. Revenue from the sales of all Cellular Health™ Programs are directed to the Dr. Rath Health Foundation which supports our further research and clinical studies, as well as public health education and other non-profit social causes.

Ongoing laboratory and clinical research on the role of micronutrients in various aspects of health are taking place at the state-of-the-art Dr. Rath Research Institute facility in California in the pursuit of helping people lead longer, healthier lives.



Aleksandra Niedzwiecki, Ph.D.
Dr. Rath Humanities Foundation
CEO and Director of Research

*With every Cellular Health Program used,
we are getting closer to achieving
Health for All by 2020!*



Dr. Rath Cellular Health Programs are available at:

For more information or to find the store near you,
or visit **www.DrRath.com**



Matthias Rath, M.D. is the world renowned physician and scientist who led the breakthrough in the area of vitamins and cardiovascular health. He received the world's first patents for the natural reversal of cardiovascular disease.

Dr. Rath developed the unique Cellular Health™ Program based on years of scientific research. Cellular Health Programs provide nutrients essential for optimum health for everyone.

Dr. Rath International, Inc., 1260 Memorex Drive, Suite 400, Santa Clara, California 95050

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

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