



DESIGNS
FOR SPORT™

**BETTER
SCIENCE
BETTER
SPORT**



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**WE ARE
CRAZY
ENOUGH
TO THINK
WE CAN
CHANGE
THE
WORLD.**



**DESIGNS
FOR SPORT™**

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Jonathan Lizotte
Founder & Chairman of Designs for Health



OUR MISSION

Help high-performance athletes achieve their athletic best by providing top quality products. At DFS, we are committed to developing the Science First™ sport supplement category by delivering high-quality nutritional supplements specifically tailored to trainers and practitioners supporting athletes. We strive to enhance our partnerships by educating athletic trainers and coaches, while delivering leading tools for athletic practice and development.

OUR PHILOSOPHY

Our Science First™ foundation is demonstrated by our commitment to promote research-driven products, synergistic formulas, and clinically relevant quantities of meaningful ingredients. We work tirelessly to evolve our ingredients and remain at the forefront of sport health and science.

OUR TEAM

DFS is a division of Designs for Health which was founded in 1989 by a local team of nutritionists. Despite building trusting relationships with their customers by providing them with top-quality products, Designs for Health recognized a gap in the market that presented an opportunity to further cultivate the client relationship through better education, better products, and a better user experience. That drive and commitment to perpetual improvement has allowed us to blitz the premium athletic supplement category and take it by storm.

OUR POSITION

Being exclusively trainer-focused, we have created our trainer-only product line dedicated to providing knowledge and resources to athletic coaches, trainers, and influencers with an unmatched sports supplement.

OUR RESEARCH WON'T QUIT EITHER.



Jonathan Lizotte
Founder & Chairman of Designs for Health

Jonathan Lizotte is the Founder and Chairman of Designs for Health. Throughout the years, Jonathan has guided and directed the company to ensure that its mission and vision are wholly realized. His focused, hands-on approach, and direct involvement in all business functions, is key to the ongoing success of the company. With nearly 30 years in the integrative medicine and nutritional supplement industry, Jonathan is an expert in the business. Under Jonathan's leadership, Designs for Health has become one of the fastest growing, and most respected manufacturer/distributors of nutritional supplements nationwide.

YOUR TEAM CAPTAIN



Phil Lizotte
Vice Chair



Gail Lizotte
Vice Chair



Daniel Samson
Chief Revenue Officer



Roger Koehler
President



Jordan Bokser
Director of Sales



Armen Anderian
Director of Marketing



Dr. David Brady
Chief Medical Officer



Dr. Michael Jurgelewicz
Director, Clinical Research
and Development



Evan Molnar
Director of
Product Innovation



Andy Casagranda
Director of
Product Development

YOUR TEAM





Preston Greene



Adrian Vilaca



David Lawrence



Sylvie Tetrault



Ben Clarfield



Stephanie Canestraro



Roland Pankewich



Gary Roberts



Connor Carrick



Ben Prentiss



Jana Webb

YOUR SPORTS

ADVISORY BOARD

We are excited to announce the DFS Sports Advisory Board, comprised of an esteemed roster of professional athletes, athletic coaches, and fitness experts who are completely devoted to DFS's mission of revolutionizing the sports supplement market.



DFS ACADEMY

Designs for Sport will offer top tier education offerings in nutrition, science, training and instruction.

Elite Education

Register online for our DFS Elite Education course detailing applied nutrition tactics and protocols to give you the leading edge with your clients.

Seminars

Designs for Sport hosts seminar series in key locations across the U.S., Canada and worldwide throughout the year. Learn from the who's who of leading performance training as they present cutting edge information that can be easily translated and applied to your clients.

Podcasts

Designs for Sport will produce podcasts hosted by **Adrian Vilaca** and **Sylvie Tetrault** featuring interviews with top trainers and athletes from around the world.

CLINICAL & TECHNICAL SUPPORT

Led by our talented and committed teams of professionals, DFS delivers dedicated, relevant, clinical and technical support so you can help your athletes faster. We offer assistance to help improve your trainer toolkit by connecting with your Regional Territory Manager, and easily access customer support.

Sport Nutrition Specialist

Your local SNS will work with you to implement innovative nutritional solutions in your practice, employ diagnostic testing, and offer business building solutions.

In-House Clinical Support

DFS provides real time feedback on ingredients and products to assist you with technical aspects and clinical applications of the DFS product line. This includes providing information on product usage and answering questions about specific ingredients and manufacturing to support your practice.

YOUR TRAINING

RESEARCH AND EDUCATION TOOLS

DFS is proud to offer an exclusive online education portal made available to all of our customers. The platform offers courses, podcasts, blogs, and wide range of education tools to help you make the most of your supplement use and maximizing your performance goals.

RESEARCH. RESURGENCE.

EFFECTIVE SOLUTIONS

Customers come back to us time and time again for the high quality and true functionality of our products. DFS supplements are designed by healthcare professionals for athletic professionals, to provide the best results for your clients. Developing efficacious nutrition means utilizing only high-quality materials and understanding the fundamental factors that impact results. DFS makes no sacrifices in the pursuit of excellence, because for us, effective high-quality product design has always been synonymous with scientific integrity.

SCIENCE BASED FORMULA DESIGN

Formulations are crafted with the ideal combinations of ingredients at potencies that maximize successful training outcomes. Only ingredients backed by intensive scientific research are selected and every nutrient is painstakingly researched for its metabolic pathways and tolerability. DFS offers numerous formulas containing synergistic groups of nutrients that optimize the goals for various conditions. Developing these sports exclusive formulas requires unique expertise and care. Our product development team analyzes the latest studies and research to ensure meaningful quantities of elements for our formulas—we use no more, and no less, than the optimal quantity needed to achieve the best possible results.

METICULOUS RAW MATERIAL AND NUTRIENT SELECTION

DFS works with the most reputable raw material suppliers to select the best ingredients. We understand the importance of purity and the need to address chemical sensitivities. In addition to efficacy and safety, we aim to maximize stability, absorption, and metabolism of our formulas. Our nutritional supplements are free of ingredients commonly associated with negative side effects, including concentrated fruit juices and black pepper extracts. Additionally, almost all of our ingredients come from non-GMO sources. Our commitment to quality ensures that our products are:

- Free of gluten
- Free of soy protein
- Free of artificial flavoring or sweeteners

RIGOROUS PRODUCT TESTING

Quality is controlled from raw material selection through the manufacturing of the finished product. Our comprehensive testing criteria are designed to evaluate all aspects affecting quality and efficacy, specifically: identity, purity, strength, and composition.

GMP CERTIFIED MANUFACTURING

DFS's manufacturing facilities are located in the USA and have been certified to be in compliance with the FDA GMP regulations by NSF International since May 2009. Each year, we undergo two audits per facility by the NSF to verify we are maintaining our compliance. These audits evaluate every aspect of our operations, including quality assurance, raw material and finished product testing, production and distribution procedures, facility and equipment cleanliness, and employee training. Certification gives assurance that DFS products have the identity, strength, composition, quality and purity that appear on our labels.

JUST BECAUSE IT WORKS, DOESN'T MEAN IT'S RIGHT.

Our founding philosophy reflects our desire for perpetual improvement. Just like how athletes are constantly working to improve their performance, DFS parallels that same dedication. Determined to blaze trails in the sports science category, we proudly manufacture our own products that adhere to the strict NSF and GMP standards to produce the best possible formula.



WHY NSF CERTIFIED FOR SPORT?

Our affiliation and partnership with NSF is something we take great pride in. We align ourselves with the NSF as a testament to our commitment towards industry safety standards. Determined to become the final frontier of the sports supplements category, our alliance with NSF further reinforces our commitment to product excellence.

YOUR TEAMMATES

PRO-PREMIUM | PRO-SPORT | CORE

WE ARE PROUD TO ANNOUNCE OUR NEW LINE OF TOP-TIER SPORTS SUPPLEMENTS, PERFECT FOR EVERY LEVEL OF ATHLETE.

Our robust portfolio offers a wide variety of delivery forms from capsule to softgel, from powder to liquid, from controlled-release technology to our novel Evail™ technology—all uniquely tailored to meet personalized nutritional needs. Each product listing includes a brief description, dosage recommendation, and ingredient list for convenient product selection.



BEEF PROTEIN

PPPCHC-DS | 810 G (1.8 LB)

Beef Protein is a nutrient-dense meal supplement with complete protein, healthy fats, a very low glycemic impact, and nutrients predominantly in their bio-identical forms. It features HydroBEEF™, a highly concentrated beef protein sourced from animals raised in Sweden without hormones, and fed a diet entirely free of GMO grains, grasses, hay, and/or ensilage. The protein is produced through an exclusive hydrolysis and ultra-filtration process that enables the protein to be hydrolyzed or 'split' into a high concentration of functional peptides. Delivering protein in the form of peptides allows for easier absorption and assimilation. Beef Protein is the perfect choice to complement any meal that may be lacking in calories and nutrients, or as a quick, convenient, nutrient-dense snack. It is free of sucrose, fructose, and artificial sweeteners, and is sweetened with stevia leaf extract.

Recommended Use: As a dietary supplement, mix 27 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.



Supplement Facts

Serving Size 27 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	100	
Total Fat	1.5 g	2%*
Saturated Fat	0.5 g	3%
Cholesterol	less than 5 mg	<2%
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Protein	21 g	14%*
Sodium	140 mg	6%
Potassium	150 mg	3%

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

BEEF PROTEIN

PPPVAN-DS | 810 G (1.8 LB)

Beef Protein is a nutrient-dense meal supplement with complete protein, healthy fats, a very low glycemic impact, and nutrients predominantly in their bio-identical forms. It features HydroBEEF™, a highly concentrated beef protein sourced from animals raised in Sweden without hormones, and fed a diet entirely free of GMO grains, grasses, hay, and/or ensilage. The protein is produced through an exclusive hydrolysis and ultra-filtration process that enables the protein to be hydrolyzed or 'split' into a high concentration of functional peptides. Delivering protein in the form of peptides allows for easier absorption and assimilation. Beef Protein is the perfect choice to complement any meal that may be lacking in calories and nutrients, or as a quick, convenient, nutrient-dense snack. It is free of sucrose, fructose, and artificial sweeteners, and is sweetened with stevia leaf extract.

Recommended Use: As a dietary supplement, mix 27 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.



Supplement Facts

Serving Size 27 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	110	
Total Fat	1 g	1%*
Saturated Fat	0.5 g	3%
Cholesterol	less than 5 mg	<2%
Total Carbohydrate	4 g	1%*
Protein	21 g	14%*
Sodium	150 mg	7%

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

COLLAGEN COMPLETE

WBC390-DS | 390 GRAMS (0.86 LBS)

Collagen Complete contains a unique blend of three patented collagen peptides supported by clinical research showing their efficacy for supporting collagen production, bone strength, joint health and integrity, skin elasticity and more.*

Collagen is a special type of protein that accounts for as much as 30% of the body's total protein. In particular, it's a primary structural component of connective tissue. The amino acid composition of dietary collagens are very similar to those in human collagens, making dietary collagen peptides ideal for supporting normal body collagen turnover and renewal.*

Collagen Complete can be incorporated into shakes, smoothies, and other foods and beverages, making it a convenient way to ensure appropriate intake of collagen's unique amino acids.

Recommended Use: As a dietary supplement, mix 13 grams (approx. one scoop) in eight ounces of water per day, or as directed by your health care practitioner. For best results, add powder prior to adding water.



Supplement Facts

Serving Size 13 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	45	
Protein	11 g	0%*
Sodium	30 mg	1%

Collagen Peptides 12.5 g †
(from FORTIGEL®, VERISOL® and FORTIBONE®)

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

†Daily Value not established.

DFS BEEF PROTEIN IS A NOVEL, GREAT-TASTING, DAIRY-FREE PROTEIN POWDER, YIELDING 21G OF PROTEIN PER SERVING.



It contains HydroBEEF™, a highly concentrated, bone broth protein isolate, produced through an exclusive proprietary process that allows the protein to be hydrolyzed into more peptides, resulting in easier absorption and assimilation. This product contains beef from animals raised in Sweden without hormones or antibiotics, and is free of any GMO grains, grasses, and/or ensilage.

DFS BEEF PROTEIN IS IDEAL FOR THOSE WHO:

- | Want a true paleo protein source
- | Want the power of beef to build muscle, cartilage and ligaments*
- | Are dairy sensitive

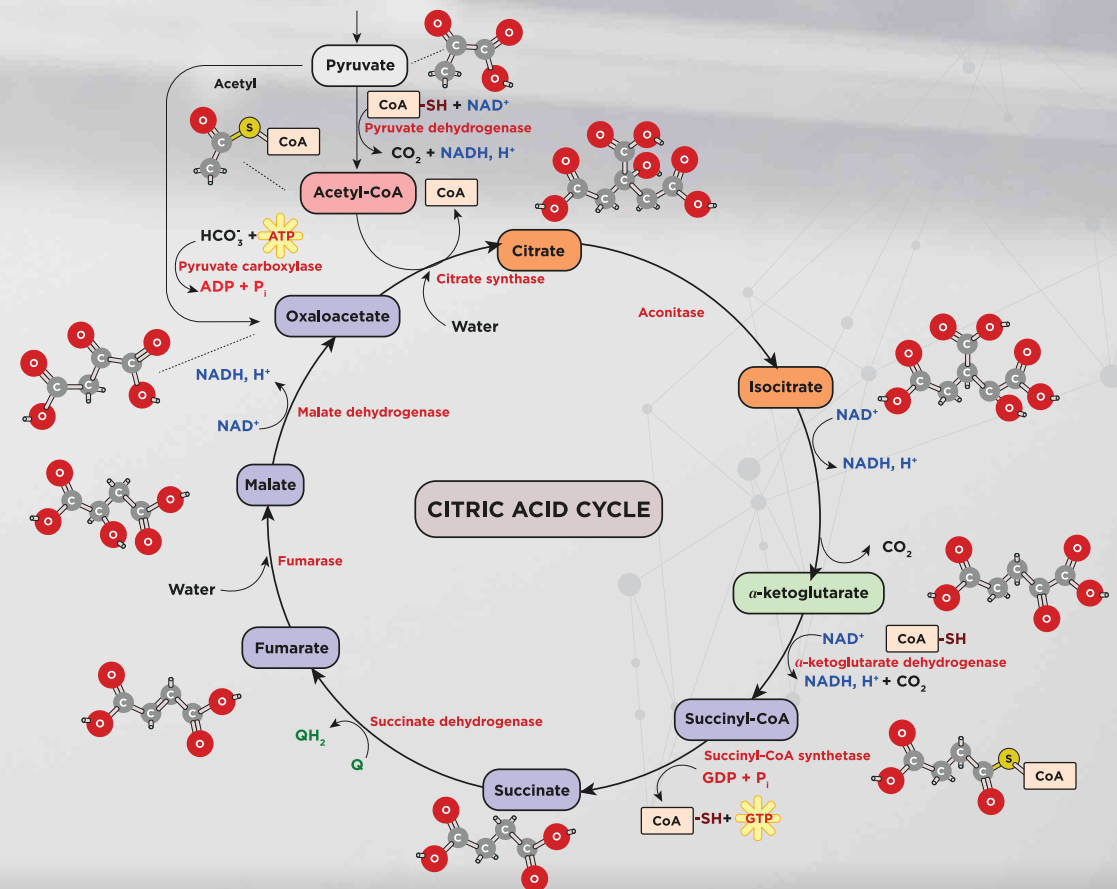


SUPPORTING MITOCHONDRIAL HEALTH IS OF PRIMARY IMPORTANCE WHEN IT COMES TO OVERALL WELLNESS, VITALITY AND SUSTAINED OPTIMAL PERFORMANCE OVER TIME.

As the powerhouse of the cell, mitochondria are responsible for producing ATP, our body's energy currency. From the mitochondrial DNA to the Krebs Cycle, the contents and daily operations of the mitochondria are key to energy production, the rate of cellular aging, recovery, muscle protein synthesis, healthy gene expression and so much more.

The amount of 'work' a cell is responsible for dictates the amount of mitochondria it contains. Since muscle tissue does extensive amounts of work, it contains a plethora of mitochondria. How we care for these mitochondria matters for vitality and sustainable, optimal performance. Learn more about our unique solution for mitochondrial health and performance with Mito Complex on [page 26](#).

JUMPSTART THE CYCLE



ADRENAL FLOW

ADP090-DS | 90 VEGETARIAN CAPSULES

Adrenal Flow is a combination of standardized adaptogenic herbs and nutrients which are known to contribute to rejuvenating the adrenals. This product is designed to help support healthy cortisol levels, hypothalamic and pituitary function (HPTA axis), and catecholamine production (dopamine, norepinephrine, and epinephrine).**

Recommended Use: As a dietary supplement, take three capsules per day with meals, or as directed by your health care practitioner (divided dosing recommended).



Supplement Facts

Serving Size 3 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg 111%
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	5 mg 385%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg 5000%
Eleuthero (Eleutherococcus senticosus) (root)(standardized to contain 0.8% eleutherosides)	250 mg *
American Ginseng (Panax quinquefolius) (root)(standardized to contain 5% ginsenosides)	100 mg *
Ashwagandha (Withania somnifera) (root)(standardized to contain 1.5% withanolides)	100 mg *
Rhodiola (Rhodiola rosea)(root) (standardized to contain 3% rosavins and 1% salidroside)	100 mg *
N-Acetyl L-Tyrosine	75 mg *
Licorice (Glycyrrhiza glabra)(root)	20 mg *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), vegetable stearate.

AMINO COMPLEX

AASPDR-DS | 360 G (12.7 OZ)

Amino Complex is a balanced, amino acid formula in a great tasting fruit punch flavored powder. It provides essential amino acids in their free form, which makes them immediately available for absorption. This allows them to be put to metabolic use much more readily and rapidly than amino acids contained in dietary protein. Alpha-ketoglutarate and vitamin B6 (as pyridoxal-5-phosphate) are included for optimal absorption and efficacy. Amino Complex contains zero grams of sugar and is sweetened with stevia.

Recommended Use: Mix 12 grams (approx. one scoop) in 8-10 ounces of water, or as directed by your health care practitioner.



Supplement Facts

Serving Size 12 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	20
Total Carbohydrate	5 g 1%**
Dietary Fiber	less than 1 g <4%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	20 mg 1176%
L-Leucine	2.5 g *
L-Phenylalanine	715 mg *
L-Valine	615 mg *
L-Histidine	590 mg *
L-Lysine	525 mg *
L-Arginine	525 mg *
L-Isoleucine	525 mg *
Alpha-Ketoglutarate	470 mg *
L-Methionine	435 mg *
L-Threonine	385 mg *
L-Tryptophan	120 mg *

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

CURCUMIN COMPLEX

CUR060-DS | 60 SOFTGELS

Curcumin Complex is a highly bioavailable curcuminoid formulation. It contains a unique combination of three bioactive, health-promoting curcuminoids: curcumin, bisdemethoxy curcumin and demethoxy curcumin, along with turmeric oil. The three curcuminoids are the strongest, most protective and best researched constituents of the turmeric root. Curcumin Complex is manufactured utilizing the Designs for Sport Evail™ process, which helps to optimize the absorption rate of the curcuminoids while reducing their absorption time. This proprietary process uses all-natural ingredients, including turmeric oil, sunflower lecithin, and vitamin E, without the use of potentially harmful surfactants.

Recommended Use: As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.



Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Curcuminoid Proprietary Blend	1 g *
Curcuminoid Powder (380 mg curcuminoids - curcumin, demethoxycurcumin, bisdemethoxycurcumin), Turmeric Oil (Curcuma longa)(rhizomes), Sunflower Lecithin, Vitamin E	

*Daily Value not established.

Other Ingredients: Bovine gelatin, purified water, glycerine, and annatto (color).

HYDRATION COMPLEX

ELS240-DS | 240 G (8.5 OZ)

Hydration Complex is a complete and balanced electrolyte formula to help promote optimal hydration, especially after excessive sweating.* It contains potassium, sodium, chloride and magnesium, the main electrolytes found in the body. D-ribose is included because of its importance in healthy cardiac function, exercise recovery and energy production, while taurine helps to regulate cellular electrolyte flow.* Hydration Complex also contains vitamin C, along with the synergistic compounds quercetin and citrus bioflavonoids. Vitamin C supports the cardiovascular system by helping to build healthy collagen, which is one of the main structural components of blood vessels.**

Mix Hydration Complex into any beverage, sports bottle, or mix with water and place in an ice rack to make into popsicles. This product has a delicious natural lemon-orange flavor and gets its sweetness from stevia.

Recommended Use: As a dietary supplement, mix 8 grams (approx. one scoop) in 10-12 ounces of water per day, or as directed by your health care practitioner.



Supplement Facts

Serving Size 8 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	3 g 1%**
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	1754 mg 1927%
Magnesium (as Di-Magnesium Malate, Magnesium Ascorbate)	80 mg 19%
Chloride (as Sodium Chloride)	190 mg 8%
Sodium (as Sodium Chloride)	110 mg 5%
Potassium (as Potassium Bicarbonate, Potassium Aspartate)	170 mg 4%
D-Ribose	757 mg *
Taurine	379 mg *
Citrus Bioflavonoids	14 mg *
Quercetin	13 mg *
Rutin	7 mg *

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

Other Ingredients: Natural flavors, tapioca dextrin, silicon dioxide, certified organic stevia leaf extract (Stevia rebaudiana), citric acid.

METABOLIC COMPLEX

MSC180-DS | 180 VEGETARIAN CAPSULES

Metabolic Complex helps support healthy insulin and blood glucose metabolism, while supporting the conversion of carbohydrates to be used for energy by providing nutrients for the TCA cycle.** The chromium, zinc, selenium, manganese, and molybdenum are provided as true chelates for maximum absorption and bioavailability. This formula also contains optimal levels of R-lipoic acid, taurine and carnosine to support healthy glucose metabolism.**

Recommended Use: Take three capsules twice per day with a meal, or as directed by your health care practitioner.



Supplement Facts

Serving Size 3 capsules
Servings Per Container 60

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids and Palmitate)	2780 mcg RAE 309%	Magnesium (as Di-Magnesium Malate)	50 mg 12%
Vitamin C (as Ascorbic Acid)	300 mg 333%	Zinc (as Zinc Bisglycinate Chelate)	7.5 mg 68%
Vitamin D (as Cholecalciferol)	12.5 mcg (500 IU) 63%	Selenium (as Selenium Glycinate Complex)	100 mcg 182%
Vitamin K (as K1 Phytanone)	60 mcg 50%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	0.5 mg 22%
Thiamin (Vitamin B-1)(as Thiamin HCl)	2.3 mg 192%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate)	2.8 mg 215%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	50 mcg 101%
Niacin (as Niacinamide and Niacin)	50 mg NE 393%		
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg 306%	Taurine	750 mg *
Folate (as Quatrefolic® (5S)-5-methyltetrahydrofolate, glucosamine salt)	340 mcg DFE 85%	Carnosine	125 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20,833%	B-Lipoic Acid	50 mg *
Biotin (as d-Biotin)	500 mcg 1667%	Benfotiamine	25 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg *
Iodine (as Potassium Iodide)	75 mcg 50%		

*Daily Value not established.

Other Ingredients: Cellulose (capsule), sunflower lecithin, dicalcium phosphate, microcrystalline cellulose, vegetable stearate, silicon dioxide.

GI SUPPORT COMPLEX

GIR225-DS | 225 G (8 OZ)

GI Support Complex offers comprehensive support for optimum gastrointestinal health and function.* The lining of the gut must have proper permeability and integrity not only so it can absorb nutrients, but also in order to prevent toxins, allergens and microbes from gaining access to the bloodstream. Maintaining gut health is the key to maintaining overall wellness.**

Recommended Use: As a dietary supplement, mix 8 grams (approx. one tablespoon) in water or other liquid per day, or as directed by your health care practitioner.



Supplement Facts

Serving Size 8 grams (approx. one tablespoon)
Servings Per Container 28

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
L-Glutamine	1.5 g *	Okra Extract	100 mg *
N-Acetyl-D-Glucosamine	1 g *	(Abelmoschus esculentus)(fruit)	
Citrus Pectin	1 g *	Cat's Claw	100 mg *
Deglycyrrhized Licorice (DGL) (Glycyrrhiza glabra)(root)	400 mg *	(Uncaria tomentosa)(bark)	
Aloe Vera Extract (Aloe barbadensis)(leaf)	300 mg *	Methylsulfonylmethane (MSM)	100 mg *
Slippery Elm (Ulmus rubra)(bark)	200 mg *	Quercetin	100 mg *
Mucin	200 mg *	Prune Powder	100 mg *
Marshmallow (Althea officinalis)(root)	100 mg *	Zinc Carnosine	75 mg *
Chamomile (Matricaria chamomilla)(flower)	100 mg *		

*Daily Value not established.

Other Ingredients: Tapioca dextrin, natural flavors, certified organic stevia leaf extract powder (Stevia rebaudiana), citric acid, cellulose gum, silicon dioxide, decaffeinated black tea (Camellia sinensis)(leaf).

MITO NRG COMPLEX

MHN120-DS | 120 VEGETARIAN CAPSULES

Mito NRG Complex is a formulary blend of nutrients, nutraceuticals, botanicals, and Krebs cycle intermediates designed to support efficient mitochondrial metabolism and energy (ATP) production for increased vitality.** Mito NRG Complex was designed to support the function of the mitochondria*, “the powerhouse of the cell.” This formula may be appropriate for anyone wishing to promote overall cellular and tissue vitality and health, including those wanting to increase energy output for athletic performance.*

Recommended Use: As a dietary supplement, take four capsules per day with meals, or as directed by your health care practitioner (divided dosing recommended).



Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1)(as Thiamin HCl)	50 mg 4167%	Succinic Acid	100 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	10 mg 769%	Coenzyme Q10	100 mg *
Niacin (Vitamin B-3) (as Niacinamide)	5 mg NE 31%	Alpha Lipoic Acid	100 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%	Trans Resveratrol (Polygonum cuspidatum)(root)	100 mg *
Vitamin B-12 (as Methylcobalamin)	2000 mcg 83333%	Curcuminoid Powder (as Curcumin C3 Complex®) (Curcuma longa)(rhizomes) (containing three curcuminoids: curcumin, bisdemethoxycurcumin, demethoxycurcumin) [standardized to contain 95% curcuminoids]	100 mg *
Magnesium (as Creatine MagnaPower®)	100 mg 24%	Pantethine	50 mg *
Manganese (as TRAACS® Manganese Glycinate Chelate)	0.5 mg 22%		
Creatine (as Creatine MagnaPower®)	550 mg *		
L-Carnitine (as Fumarate)	200 mg *		
D-Ribose	100 mg *		
Malic Acid	100 mg *		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide, β-cyclodextrin.

NEURO COMPLEX

NEUMAG-DS | 90 VEGETARIAN CAPSULES

Several studies indicate that synaptic connections in the brain hippocampus, a critical region for learning and memory, decline during the normal process of aging. Neuro Complex, which uses the unique, patented, chelated mineral Magtein®, contains magnesium which is chelated to threonic acid (magnesium L-threonate). It is superior to other forms of magnesium at getting through the blood brain barrier because it is able to transport magnesium ions across lipid membranes, including those of brain cells.* Researchers at MIT concluded that elevating brain magnesium content via supplementation with magnesium L-threonate may be a useful strategy to support cognitive abilities and decrease common age-related memory decline.**

Recommended Use: As a dietary supplement, take three capsules per day, or as directed by your health care practitioner.



Supplement Facts

Serving Size 3 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Magnesium (from 2 g Magtein® Magnesium L-Threonate)	144 mg 34%

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

SLEEP COMPLEX

INSM60-DS | 60 VEGETARIAN CAPSULES

Sleep Complex is a blend of botanicals, nutrients, and neurotransmitter precursors designed to support quality, restful sleep.* By providing nutritional support for calm brain activity, Sleep Complex helps promote the body's natural ability to fall asleep and stay asleep.**

Key ingredients include botanicals that support nervous system function, PharmaGABA® (a proprietary form of GABA), L-theanine, melatonin, 5-HTP, and pyridoxal-5-phosphate (activated form of vitamin B6).

Recommended Use: As a dietary supplement, take two capsules per day 30-60 minutes before bedtime, or as directed by your health care practitioner.



Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg 588%
Valerian (Valeriana officinalis)(root) [standardized to contain 0.8% valerenic acid]	400 mg *
Passion Flower (Passiflora incarnata) (flower) [standardized to contain 3.5% flavonoids]	200 mg *
Lemon Balm (Melissa officinalis)(leaves) [standardized to contain 3% rosmarinic acid]	200 mg *
Chamomile (Matricaria chamomilla)(flower)	200 mg *
gamma-Aminobutyric acid (as PharmaGABA®)	100 mg *
L-Theanine	100 mg *
5-HTP (5-Hydroxytryptophan)	100 mg *
Melatonin	3 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), vegetable stearate, silicon dioxide.

WORKOUT COMPLEX

PRTRNG-DS | 180 G (6.3 OZ)

Workout Complex powder is a specific pre-workout formula providing beneficial nutrients to help support focus, power, and mental energy in athletes.* There is no question that intense, prolonged training puts a significant stress on the central nervous system; thus, providing nutrients which optimize brain function may be highly beneficial to the performance of an athlete.* Workout Complex features tyrosine, acetyl L-carnitine and caffeine to help with focus and energy, while creatine is included to support strength.* Adenosine-5'-triphosphate (as Peak ATP®) is an important compound in this formula, as it helps to support strength, power, and recovery as well as reduce fatigue resulting from exercising/weight training.**

Workout Complex powder has a pleasant tasting, natural strawberry flavor and is sweetened with stevia leaf extract.

Recommended Use: Mix 9 grams (approx. one scoop) in eight ounces of water and consume 30-45 minutes before a workout, or as directed by your health care practitioner.



Supplement Facts

Serving Size 9 grams (approx. one scoop)
Servings Per Container 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Dietary Fiber	1 g 4%	N-Acetyl-L-Tyrosine	750 mg *
Magnesium (from Creatine MagnaPower®)	200 mg 48%	Adenosine 5'-Triphosphate Disodium (as PEAK ATP®)	400 mg *
Sodium	40 mg 2%	L-Theanine	200 mg *
Creatine MagnaPower®	2.5 g *	Caffeine (from green coffee)	100 mg *
Acetyl L-Carnitine HCl	1.5 g *		
Creatine (from Creatine MagnaPower®)	1.1 g *		

Other Ingredients: Natural flavors, partially hydrolyzed guar gum, L-leucine, citric acid, stevia leaf reb M, luo han guo extract blend.





TRU TG™ FISH OILS

**THE MOST PURE, EFFICACIOUS AND STABLE
OMEGA OILS AVAILABLE.**

In line with our paleolithic and bioidentical nutritional philosophy, all of our fish oils are a natural triglyceride (TG) form in order to more closely mimic that which is found in nature. EPA and DHA are found naturally in fish in this triglyceride form, which is the form that the body prefers.

Recent research has shown that fish oils in the triglyceride (TG) form have superior bioavailability compared to fish oils in the ethyl ester (EE) form. Studies have shown that:

- TG fish oils are hydrolyzed by pancreatic lipase 12 to 15 times faster than the EE form
- EE fish oils are up to 50 times more resistant to pancreatic lipase
- Bioavailability of the TG form was superior compared to the EE form, which demonstrated inferior bioavailability
- TG fish oils have a faster and higher increase in the omega-3 index when consumed as triglycerides than when consumed as ethyl esters
- TG fish oils are less prone to oxidation and production of free radicals compared to the EE form

For these reasons, all Designs for Sport fish oils products are provided in the TG form and carry the TruTG™ seal, which means they contain a minimum 90% triglyceride-bound omega-3 fish oils, a level that is 40%-50% higher than the industry standard for TG fish oil. Our fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of heavy metals, pesticides, solvents, PCBs and other contaminants.

References:

- ¹ Lang, L-Y, A. Kuksis, and J. J. Myher. Lipolysis of menhaden oil triacylglycerols and the corresponding fatty acid alkyl esters by pancreatic lipase in vitro: a reexamination. *J. LipidRes.* 1990;31:137-148.
² J. Dyerberg, P. Madsen, J.M. Møller, I. Aardestrup, E.B. Schmidt. Bioavailability of marine n-3 fatty acid formulations. *Prostaglandins, Leukotrienes and Essential Fatty Acids.* 2010;83:137-141.
³ Neubronner J, Schuchardt JP, Kressel G, Merkel M, von Schacky C, Hahn A. Enhanced increase of omega 3 index in response to long term n-3 fatty acid supplementation from triacylglycerides versus ethyl esters. *Eur J Clin Nutr.* 2011;65(2):247-54.

B COMPLEX

BSP060-DS | 60 VEGETARIAN CAPSULES

This very powerful B vitamin combination formula supplies most of the B vitamins in their coenzymated forms so the body does not have to phosphorylate them in order to be used in biochemical reactions. TMG and choline are included to support methylation.

Recommended Use: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



Supplement Facts			
Serving Size 1 capsule			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (as Thiamin HCl)	100 mg 8333%	Vitamin B-12 (as Methylcobalamin) (MecobalActive®)	250 mcg 10417%
Riboflavin (Vitamin B-2) (as Riboflavin and Riboflavin-5-Phosphate)	50 mg 3846%	Biotin (as d-Biotin)	2000 mcg 6667%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg NE 313%	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 2000%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	50 mg 2941%	Choline (as Choline Dihydrogen Citrate)	30 mg 5%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	340 mcg DFE 85%	Trimethylglycine (TMG)	200 mg *

*Daily Value not established.

BETAINE HCl

BHC120-DS | 120 CAPSULES

Betaine HCl provides 750 mg betaine hydrochloride per capsule along with pepsin, a key protein digestive enzyme produced in the stomach. This product is ideal for those who are looking to support their stomach's digestive function. Taking one capsule before a meal aids digestion, especially the digestion of protein-containing foods, and helps with the assimilation of nutrients.** This product is not recommended for anyone diagnosed with any type of ulcer or gastritis, or those with an overproduction of acid.

This product is in capsule form in order to ensure the delivery of betaine HCl and pepsin to the stomach where they are needed to initiate digestion.

Recommended Use: As a dietary supplement, take one capsule per day before a meal, or as directed by your health care practitioner.



Supplement Facts	
Serving Size 1 capsule	
Amount Per Serving	% Daily Value
Betaine Hydrochloride (HCl)	750 mg *
Pepsin	40 mg (500,000 FCC U) *

*Daily Value not established.

Other Ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Supplement Facts	
Serving Size 3 grams (approx. ¾ teaspoon)	
Servings Per Container 166	
Amount Per Serving	% Daily Value
L-Glutamine	3 g *

* Daily Value not established.



GLUTAMINE

LGL500-DS | 500 G (17.6 OZ)

Glutamine powder supplies the amino acid L-glutamine, which is essential for the health of the immune system and the digestive tract. In the gut it promotes the health and function of the mucosal cells for normal healing and repair.* Glutamine also supports optimal muscle growth and strength and has been shown to be particularly useful in helping to maintain muscle tissue, as it can be used as a substrate for protein synthesis and an anabolic precursor for muscle growth.**

Recommended Use: As a dietary supplement, take 3 grams (approx. 0.75 teaspoon) per day, or as directed by your health care practitioner.



GPC LIQUID

GPC2OZ-DS | 2 FL OZ (59 ML)

GPC Liquid is a good choice when higher doses of GPC are desired, and the dropper is calibrated to allow for easy titration. GPC has a naturally delicious, sweet taste on its own so no additional sweeteners were added to this product.

Recommended Use: As a dietary supplement, take 2 mL (approx. 2 droppers full) per day, or as directed by your health care practitioner.



Supplement Facts	
Serving Size 2 mL (approx. 2 droppers full)	
Servings Per Container about 30	
Amount Per Serving	% Daily Value
Glycerophosphocholine (from sunflower lecithin)	600 mg *

*Daily Value not established.

Other Ingredients: Vegetable glycerine, purified water.



MAGNESIUM MALATE

MMC120-DS | 120 VEGETARIAN CAPSULES

Magnesium Malate is a highly bioavailable form of magnesium. It contains di-magnesium malate, which is magnesium bound to malic acid. Magnesium is one of the most critical minerals in the human body, and is involved in hundreds of enzyme reactions. Malic acid is a compound found naturally in apples and other fruits and vegetables and is included because of its role in the Krebs cycle, the energy-producing system in the body.

Recommended Use: As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.



Supplement Facts	
Serving Size 2 capsules	
Servings Per Container 60	
Amount Per Serving	% Daily Value
Magnesium (as Di-Magnesium Malate)	360 mg 86%

Other Ingredients: Cellulose (capsule), vegetable stearate.

MULTI + PHYTO

PLM120-DS | 120 VEGETARIAN CAPSULES

Multi + Phyto is a first-of-its-kind multivitamin, mineral and phytonutrient blend specifically formulated to mimic the nutrient intakes found in an optimal evolutionary human diet. The levels of nutrients provided by Multi + Phyto were devised based on the concept of evolutionary adaptation of human physiology and correspond to a whole food, nutrient-dense diet. The ingredients in Multi + Phyto have been sourced to be naturally occurring or bioidentical. In addition to key vitamins and minerals, this formula includes select phytonutrients proven to have beneficial effects for health** (such as lutein, lycopene, resveratrol, wild blueberry, broccoli seed/ sprout, citrus bioflavonoids and more), which were likely consumed in greater quantities in the evolutionary past than they are in the modern diet.

Recommended Use: Take four capsules per day, or as directed by your health care practitioner (divided dosing recommended).



Supplement Facts			
Serving Size 4 capsules			
Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids from palm tree fruit and Palmitate)	1500 mcg RAE 167%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin C (as Ascorbic Acid and Acerola)	400 mg 444%	Wild Blueberry Blend (Alaska Blueberry (Vaccinium alaskaense How.), Oval-leaf Blueberry (Vaccinium ovalifolium Sm.), Alpine Blueberry (Vaccinium uliginosum L.), Dwarf Bilberry (Vaccinium cespitosum Michx.) (fruit, leaves, stems))	100 mg *
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%	Muscadine Grape Powder (Vitis rotundifolia) (skin and seeds)	100 mg *
Vitamin K (as K1 Phytanadione, Vitamin K2 Menaquinone-4 and MenaQ10® Full Spectrum MK-6, MK-7, MK-9)	450 mcg 375%	Citrus Bioflavonoids (Vitis rotundifolia) (skin and seeds)	100 mg *
Thiamin (as Thiamin HCl)	2.4 mg 200%	Broccoli Seed Extract (Brassica oleracea italica) (seed)	75 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	4.2 mg 323%	Quercetin	50 mg *
Niacin (as Niacinamide and Niacin)	60 mg NE 375%	Broccoli Sprout Powder (Brassica oleracea italica) (sprout)	25 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	6.7 mg 394%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	25 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 825 mcg)	680 mcg DFE 170%	Trans Resveratrol (Polygonum cuspidatum) (root)	10 mg *
Vitamin B-12 (as Methylcobalamin)	200 mcg 8333%	Pantethine (as Pantethin®)	5 mg *
Biotin (as d-Biotin)	100 mcg 333%	Lutein Esters	3 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 100%	Lycopene	3 mg *
Calcium (as di-Calcium Malate)	50 mg 4%	Boron (as Bororganic Glycine)	1 mg *
Magnesium (as di-Magnesium Malate)	150 mg 36%	Selenium (as SelenoExcell®)	100 mcg 182%
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%	Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg 11%
Selenium (as SelenoExcell®)	100 mcg 182%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg 11%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 57%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%		

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, vegetable stearate, silicon dioxide.

N-A-C

NAC120-DS | 120 VEGETARIAN CAPSULES

N-A-C is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant, which helps promote optimal detoxification.* N-A-C is heavily researched for its role in optimizing lung health, and is also used for rapid recovery after workouts. It is also beneficial for protection against normal exposure to heavy metals.**

Recommended Use: As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



OMEGA 3 HI-PO

OPO120-DS | 120 SOFTGELS

Omega 3 Hi-Po is our highest potency omega-3 product, providing 1500 mg of EPA/DHA per serving (two softgels).

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.



PROBIOTIC 50

PBM050-DS | 30 VEGETARIAN CAPSULES

Probiotic 50 is a high potency, shelf stable, dairy-free probiotics formulation containing 50 billion CFU per serving. It consists of ten of the most highly-researched probiotic strains, with each strain and specific CFU count being fully disclosed. These are robust strains that are capable of surviving the harsh journey to the intestines and are able to attach to the intestinal walls, where they can grow and function effectively to support GI health. The survivability of the strains is further assisted by delayed release technology as well as unique moisture-resistant, desiccant-lined packaging. This novel packaging removes the need for refrigeration, making Probiotic 50 convenient for travelers and anyone on the go.**

Recommended Use: As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.



Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
N-Acetyl-L-Cysteine	900 mg *

*Daily Value not established.

Other Ingredients: Cellulose (capsule), stearates (vegetable source), microcrystalline cellulose.

Supplement Facts

Serving Size 2 softgels

Servings Per Container 60

Amount Per Serving	% Daily Value
Calories	20
Total Fat	2 g 2%*

Omega-3 Fatty Acids (from fish oil)	
EPA (Eicosapentaenoic Acid)	750 mg †
DHA (Docosahexaenoic Acid)	750 mg †

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

Other Ingredients: Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocotrienols, lipase.

Contains fish (Alaska pollock).

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Probiotic Blend	279 mg (50 billion CFU) *
Bifidobacterium lactis (UABla-12™)	17.8 billion CFU *
Lactobacillus acidophilus (DDS®-1)	5.7 billion CFU *
Lactobacillus plantarum (UALp-05™)	8.6 billion CFU *
Lactobacillus casei (UALc-03™)	3.5 billion CFU *
Bifidobacterium breve (UABbr-11™)	3.5 billion CFU *
Bifidobacterium bifidum (UABb-10™)	1.0 billion CFU *
Bifidobacterium longum (UABl-14™)	1.0 billion CFU *
Lactobacillus salivarius (UALs-07™)	2.9 billion CFU *
Lactobacillus rhamnosus (GG)	3.0 billion CFU *
Lactobacillus paracasei (UALpc-04™)	3.0 billion CFU *

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, delayed release capsule (hydroxypropyl methylcellulose, gellan gum), vegetable stearate, silica.

VITAMIN D

EMDK2Z-DS | 2 FL OZ (59 ML)

Vitamin D is a concentrated, highly bioavailable liquid vitamin D formulation offering 50 mcg (2000 IU) per 1 mL (one full dropper) along with 250 mcg of vitamin K1 and 25 mcg of vitamin K2. This is a convenient, pleasant-tasting and easily mixable formula. Both vitamins D and K are essential for bone and arterial health, and for maintaining immune function. Vitamins K1 and K2 support the deposition of calcium into the bone instead of soft tissue, such as the arterial walls and kidneys.**

Recommended Use: As a dietary supplement, take 1 mL per day, or as directed by your health care practitioner.



ZINC +

ZNP090-DS | 90 VEGETARIAN CAPSULES

Zinc + offers chelated minerals by Albion Advanced Nutrition, the leader in mineral technology. These are ideal chelates with a 2:1 molar ratio of two molecules of the amino acid glycine chemically bonded in liquid to one mineral ion of zinc or molybdenum for optimal absorption. These minerals are combined with other nutrients such as vitamin B6 and taurine to provide superior results.

Recommended Use: As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.



Supplement Facts

Serving Size 1 mL
Servings Per Container about 59

Amount Per Serving	% Daily Value
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%
Vitamin K (as Vitamin K1 Phytonadione 250 mcg; Vitamin K2 Menaquinone-7 25 mcg)	275 mcg 229%

Other Ingredients: Vegetable glycerine, purified water, vitamin E.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Riboflavin (Vitamin B-2)	5 mg 385%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5 mg 294%
Zinc (as Zinc Bisglycinate Chelate)	30 mg 273%
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	250 mcg 556%
Taurine	400 mg *
Malic Acid	30 mg *

*Daily Value not established.

