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Supplements Somanica in Sastoni i ak		
DIETARY SUPPLEMENTS	QTY	TIME
OncoPLEX™ Plus Myrosinase	30	AM
CoQmax Ubiqunol Bulk Sg	30	AM
XymoZyme Bulk Capsules	30	AM
SynovX Tendon and Ligament Bulk Capsules	30	AM
bio C 1:1 Bulk Capsules	30	AM
ActiveNutrients Bulk Capsules	30	AM
CoQmax Ubiqunol Bulk Sg	30	PM

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Serving Size: 1 Day of Packets (Breakfast and Dinner)

SynovX Tendon and Ligament Bulk Capsules

XymoZyme Bulk Capsules

ActiveNutrients Bulk Capsules

Optimag 125 Bulk Capsules

K2-D3 5000 Bulk Capsules

bio C 1:1 Bulk Capsules

Carnitex Bulk Capsules

Melatonin

Supplements Contained in Custom Pak

Supplement Facts	Amount Per Serving	% Daily Value
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	1,120.00 mcg	124%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125.00 mg	138%
Vitamin C (ascorbic acid)	1,060.00 mg	1177%
Calcium (as di-calcium pantothenate, and calcium ascorbate)	50.00 mg	3%
Iron (as ferrous bisglycinate chelate)	2.50 mg	13%
Vitamin D3 (cholecalciferol)	5,100.00 IU	1275%
Vitamin E (as d-alpha tocopheryl succinate)	67.00 mg	446%
Vitamin K2 (as menaquinone - 7)	90.00 mcg	75%
Thiamin (as thiamine mononitrate)	10.00 mg	833%
Riboflavin (as riboflavin 5#-phosphate sodium)	10.00 mg	769%
Niacin (as niacinamide and niacin)	32.00 mg	200%
Vitamin B6 (as pyridoxal 5#-phosphate)	10.00 mg	588%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	340.00 mcg	85%
Vitamin B12 (as methylcobalamin)	250.00 mcg	10416%
Biotin	500.00 mcg	1666%
Pantothenic Acid (as d-calcium pantothenate)	100.00 mg	2000%
lodine (as potassium iodide)	50.00 mcg	33%
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate)	125.00 mg	29%
Magnesium (as di-magnesium malate)	50.00 mg	11%
Zinc (as zinc bisglycinate chelate)	6.50 mg	59%
Selenium (as selenium glycinate complex)	50.00 mcg	90%
Copper (as copper bisglycinate chelate)	0.50 mg	55%

^{* *} Daily value not established



the gittfriend doctor DR. ANNA CABECA

Serving Size: 1 Day of Packets (Breakfast and Dinner)

Supplement Facts

	Amount Per Serving	% Daily Value
Manganese (as manganese bisglycinate chelate)	0.25 mg	10%
Chromium (as chromium nicotinate glycinate chelate)	250.00 mcg	714%
Molybdenum (as molybdenum glycinate chelate)	25.00 mcg	55%
Potassium (as potassium glycinate complex and potassium ascorbate)	49.50 mg	1%
Choline (as choline dihydrogen citrate)	18.00 mg	3%
Citrus Bioflavonoid Complex (Citrus aurantium)(skin)(50% citrus bioflavonoids)	1,000.00 mg	* *
Coenzyme Q10 (as Kaneka Ubiquinol®)	200.00 mg	* *
Hemicellulase	200.00 HCU	* *
Inositol	18.00 mg	* *
Invertase	2,000.00 Summer	* *
Bromelain (from pineapple)	120.00 GDU	* *
Cellulase	4,000.00 CU	* *
Acid Stable Protease (pH 2.0-3.5)	400.00 HUT	* *
Alpha-Galactosidase	400.00 GAL	* *
Amylase	4,000.00 SKB	* *
Amyloglucosidase (glucoamylase)	30.00 AG	* *
Beta-Glucanase	50.00 BGU	* *
PABA (para-aminobenzoic acid)	6.00 mg	* *
Papain (from papaya)	50,000.00 TU	* *
Pectinase	70.00 ENDO-PG	* *
Peptidase (29 DPPIV)	2,400.00 HUT	* *
Phytase	20.00 U	* *
Melatonin	3.00 mg	* *
Malic Acid (as Albion® di-magnesium malate)	414.00 mg	k *
L-Carnitine (as L-carnitine L-tartrate)	340.00 mg	* *
Lactase	700.00 ALU	* *
Lipase	1,200.00 FIP	* *
Protease (pH 3.0-9.0)	120,000.00 FIP	* *
TENDOACTIVE Proprietary Blend\u0003 Mucopolysaccharides and Type I Collagen	520.00 mg	* *
Vanadium (as vanadium nicotinate glycinate chelate)	375.00 mg	* *
Xylanase	300.00 XU	k *

^{* *} Daily value not established

Other Ingredients:

CoQmax Ubiqunol Bulk Sg Medium-chain triglycerides, softgel (bovine gelatin, glycerin, purified water, and annato

in sunflower oil), ascorbyl palmitate, soy lecithin, and beeswax. ## Contains: Soy.

Carnitex Bulk Capsules HPMC (capsule), stearic acid, magnesium stearate, and silica.

Optimag 125 Bulk Capsules HPMC (capsule), stearic acid, medium-chain triglyceride oil, magnesium stearate, and

silica.

bio C 1:1 Bulk Capsules HPMC (capsule), stearic acid, magnesium stearate, medium-chain triglyceride oil, and

silica.





Other Ingredients:

XymoZyme Bulk Capsules HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, and silica.

SynovX Tendon and Ligament HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and

Bulk Capsules medium-chain triglyceride oil.

ActivNutrients Bulk Capsules Capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, silica,

medium-chain triglyceride oil, and mixed tocopherols.

K2-D3 5000 Bulk Capsules Capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, and

silica.

Melatonin Xylitol, mannitol, stearic acid, silica, magnesium\u0003stearate, and natural

peppermint flavor.

ALLERGY INFORMATION: Manufactured on equipment that processes products containing fish, shellfish, egg, soy,

milk, and tree nuts.

Product Disclaimers:

* XymoZyme Bulk Capsules Maltodexrin (derived from corn) is used to standardize enzyme activity.

* ActivNutrients Bulk Capsules WARNING: Accidental overdose of iron-containing products is a leading cause of

fatal poisoning in children under 6. Keep this product out of reach of children. In case

of accidental overdose, call a doctor or poison control center immediately.