

# INTEGRITY HEALTH NATURALS



RESTORATIVE  
FORMULATIONS

## Product Catalogue 2024

### DEVELOPING REMEDIES WITH PURPOSE

Our current healthcare system is extremely fragmented with a focus on defensive care and not the optimization of individual health and well-being. Integrity Health Naturals, is a family-owned health sciences company with 50+ years of natural health product experience, partnering with licensed healthcare professionals to maximize patient health outcomes. We are dedicated to you, your patients health and we stand with INTEGRITY.





# Product Catalog 2024

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RESTORATIVE FORMULATIONS



## Introduction

Integrity Health Naturals formulates a dynamic and clinically relevant natural health product portfolio anchored in a holistic and science-based approach. We humbly empower healthcare practitioners with options that are proven effective and allow for enhanced patient outcomes while increasing access to premium, affordable and clinically validated formulas.

Our ethos has been driven by a deep commitment to genuine integrity. Our unwavering pledge is to arm healthcare practitioners and their patients with clinically validated formulas rooted in Integrity. With over 50 years of service within the natural product industry, our leaders are focused on elevating transparency and the application of the most stringent quality standards to ensure the safety, effectiveness, and purity of each and every product. In an industry marred by uncertainty with respect to quality, transparency and affordability, our core mission revolves around supporting healthcare practitioners in positively transforming their patients' health by prioritizing safety, quality, efficacy, and patient accessibility.



**C. S. Lewis, said, “Integrity is doing the right thing, even when no one is watching.”**

## Founders Message

Our Founders: Yves Yau, David Levy and Tal Gootgarts have united in our mission, which is to emphasize the importance of natural health products in patient health maintenance and optimization. These products, when effectively formulated and administered under the guidance of trusted healthcare practitioners, can deliver significant health benefits.

We have over 50 years of experience in the Canadian Natural Health Product industry. Our impacts on the industry include:

- Former President, Head of Sales and Head of Operations of Seroyal International (makers of Genestra Brands, UNDA, and Pharmax in Canada and the USA).
- Former General Manager, Head of Sales and Head of Operations at Atrium Innovations Professional Brands Canada (makers of Pure Encapsulations, Douglas Laboratories, Wobenzym, and Klean Athlete).
- Former Board member of the Canadian Homeopathic Pharmaceutical Association (CHPA).
- Trusted advisor to Health Canada and a significant contributor to key Monographs for the Natural Health Products industry.
- Architect of industry-leading education programs for practitioners (with over 6,000 annual attendees) across Canada and the United States.
- Former Heads of Sales and Operations for other notable brands within the natural/healthcare industry (Organika, Fullscript and Greenhouse Juice)

We have always been passionate about the industry and have collaborated globally with hundreds of healthcare practitioners. However, we have witnessed an unacceptable and significant paradigm shift with the steady increase of pharmaceutical and large CPG destructive participation through their aggressive acquisition programs. This consolidation has led to the erosion of the industry’s moral compass, originally founded on making a difference in people’s lives and nurturing relationships with clinical healthcare practitioners.

These conglomerates prioritize standardization, shareholder profitability, commoditization, trend-following, and operational efficiency over the welfare of individual practitioners and their patients. In response, we launched Integrity Health Naturals, a brand committed to creating relevant product formulations based on practitioner guidance, clinical success, and small-batch production for uncompromised product quality.

Integrity Health Naturals focuses on disrupting the Natural Health Product industry by prioritizing practitioner-guided care, transparency, and integrity. We seek to awaken the natural healer within all individuals, forging partnerships based on shared values and a commitment to making a positive impact on patients’ lives.

*Yves Yau | David Levy | Tal Gootgarts*



# Shipping Terms

All orders over \$200 CAD will always ship free.

Orders that are below that threshold will be assigned a flat rate shipping fee of \$15 for CDN orders and \$20 for orders destined outside of Canada.

## Create An Account Today!

Here are the necessary steps:

### Create an Account:

Please click on the following link to set up your account: [\[Create an Account\]](#). Once you've completed the form, we will promptly approve your account.

### Set Up Your Password:

You will receive an additional email containing instructions for setting up your password. Please check your spam or trash folders as occasionally these emails may be filtered there.

That's it! With these steps completed, your account will be fully set up.

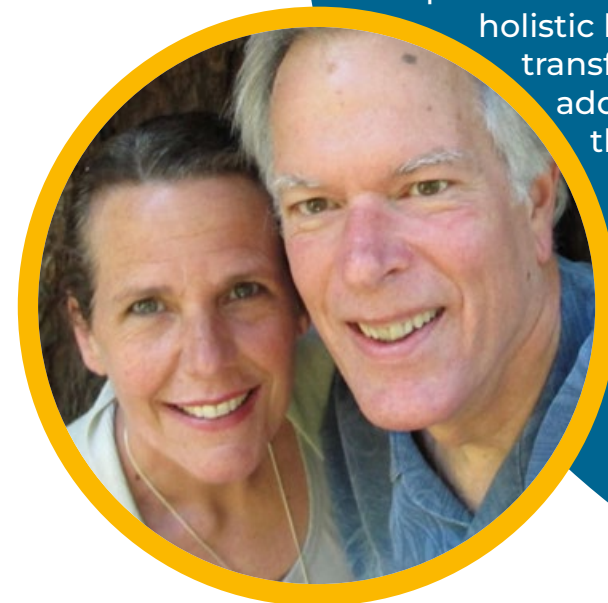
Starting October 1st, Restorative Formulations products will be readily accessible through Integrity Health Naturals as well, allowing you to continue your ordering routine without disruption.

[Create an Account](#)

## LIVE WEBINAR

### Reconnecting with Holistic Healing: Exploring Nature Cure and Root Cause Solutions with Alison & Mikhael Adams

Join us for an enlightening and interactive webinar featuring renowned speakers Mikhael and Alison Adams as they delve into the essence of holistic healing. In this captivating conversation, we will explore the transformative power of Nature Cure and its profound impact on addressing the root causes of various health issues. Through their extensive expertise, Mikhael and Alison will guide us on a journey towards reconnecting with the natural world for healing, emphasizing the importance of treating the underlying root causes rather than merely addressing symptoms. Gain valuable insights into a range of products that align with these principles, designed to target the core imbalances and facilitate a return to holistic well-being. Don't miss this opportunity to engage with two pioneers in the field, as they discuss how embracing the wisdom of nature can lead us to lasting health and vitality.



[REGISTER NOW](#)

**Wednesday, October 18, 2023**  
**@ 8pm. EST**

**Mikhael Adams, B.Sc., N.D.**, holds a Doctor of Naturopathic Medicine degree from the National College of Naturopathic Medicine and is a pioneer in Auriculotherapy and Auricular Medicine. He co-founded the International Association of Auricular and Bioenergetic Medicine, impacting Integrated Medicine significantly. Mikhael lectures extensively on Bioenergetic Medicine, Drainage, and Auricular Medicine in North America, integrating Drainage principles into holistic practices.

**Alison Adams**, a holistic luminary, graduated from Toronto's Institute of Traditional Chinese Medicine in 1997. Her extensive studies encompass Acupuncture, Archetypal Studies with Dr. Clarissa Pinkola Estes, and Evidential Mediumship with Stella Upton OSNU in the UK. Alison practices Auricular & Bioenergetic Medicine, is a Medical Intuitive, and authored books like "Healing Through the Eyes of a Woman" and "Growing Wings & Children, Moving Beyond Our Identity into a Shared Humanity." She studied under Dr. Mikhael Adams in Auricular Medicine and with other notable mentors in Sheng Zhen Qigong and Homeopathy.

[Live on Web](#)  
[www.IntegrityHealthNaturals.com](http://www.IntegrityHealthNaturals.com)

[Contact Us](#)  
[Hello@IntegrityHealthNaturals.com](mailto:Hello@IntegrityHealthNaturals.com)



# HSP Complete

## Human Strain Probiotics

### 15B & 50B



INTEGRITY  
HEALTH  
NATURALS



## HSP Complete 15

**Product Code: HSP15**

### HSP Complete 15 - 7 Strains

HSP Complete 15 offers a range of health benefits, including improved digestion, enhanced immune function, and positive metabolic effects. It contains Lactobacillus acidophilus DDS-1, which reduces gastrointestinal discomfort, regulates bowel habits, and promotes stool consistency. Additionally, it includes Bifidobacterium animalis subsp. lactis HN019, which increases bowel movements in those with infrequent movements.

In terms of immune support, HN019 enhances helper T lymphocytes and natural killer cell activity, especially in older adults. It also contains probiotic strains like Lactobacillus acidophilus La-14 and Bifidobacterium animalis subsp. Lactis BL-04, which improve serum IgG levels, reducing the incidence of respiratory tract infections.

Regarding metabolic benefits, HSP Complete 15 addresses inflammatory markers, hypercholesterolemia, and elevated BMI often associated with reduced immune function. It has been correlated with improvements in various metabolic factors in overweight and obese individuals and has demonstrated cholesterol absorption properties, leading to reduced serum total cholesterol and LDL-C levels.



### Ingredients

#### Medicinal Ingredients

DDS-1 | 5 Billion cfu (Lactobacillus acidophilus)  
 BL-04 | 2 billion cfu (Bifidobacterium animalis subsp. lactis)  
 LL-23 | 2 Billion cfu (Lactococcus lactis)  
 GG | 2 Billion cfu (Lactobacillus rhamnosus)  
 HN019 | 1.8 Billion cfu (Bifidobacterium animalis subsp. lactis)  
 LA-14 | 1.2 Billion cfu (Lactobacillus acidophilus)  
 BB-06 | 1 Billion cfu (Bifidobacterium bifidum)

#### Non-Medicinal Ingredients:

Microcrystalline cellulose, Oryza sativa (Rice) hull powder, Trehalose, hypromellose. FOS Free



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## HSP Complete 50

**Product Code: HSP50**

### HSP Complete 50 - 12 Strains

HSP Complete 50 Probiotics with Postbiotics offer various health benefits:

**Pediococcus acidilactici UL5:** Produces pediocin PA-1, an antimicrobial against Listeria without negative effects on the ileal environment.

**Lactococcus lactis MJC18:** Produces Nisin Z, an antimicrobial against gram-positive organisms and exhibiting antiviral properties.

**Bifidobacterium animalis subsp. lactis BLC1:** Demonstrates immuno-modulations properties when combined with pro-anthocyanidins.

**Digestive Benefits:** HSP Complete 50 includes Lactobacillus acidophilus DDS-1, reducing gastrointestinal discomfort and regulating bowel habits. Bifidobacterium animalis subsp. lactis HN019 increases bowel movement frequency.

**Immune System Benefits:** HN019 enhances immune function, while other probiotic strains boost serum IgG levels and reduce respiratory tract infections.

**Metabolic Benefits:** HSP probiotics address inflammatory biomarkers, hypercholesterolemia, and elevated BMI. They improve various metabolic factors and reduce serum total cholesterol and LDL-C.

**Lactobacillus rhamnosus GG:** Supports digestive, cognitive, and immune health, reducing the risk of respiratory tract infections.

**Lactobacillus Planterum + Parcasei:** 15b cfu/ capsule.



### Ingredients

#### Medicinal Ingredients:

LP-115 | 10 Billion cfu (Lactobacillus plantarum)  
 MJC18 | 7 Billion cfu (Lactococcus lactis)  
 DDS-1 | 5 Billion cfu (Lactobacillus acidophilus)  
 LPC-37 | 5 Billion cfu (Lactobacillus paracasei)  
 BB-06 | 5 Billion cfu (Bifidobacterium bifidum)  
 BLC1 | 5 Billion cfu (Bifidobacterium animalis subsp. lactis)  
 UL5 | 3 Billion cfu (Pediococcus acidilactici)  
 LA-14 | 2.2 Billion cfu (Lactobacillus acidophilus)  
 BL-04 | 2 billion cfu (Bifidobacterium animalis subsp. lactis)  
 LL-23 | 2 Billion cfu (Lactococcus lactis)  
 GG | 2 Billion cfu (Lactobacillus rhamnosus)  
 HN019 | 1.8 Billion cfu (Bifidobacterium animalis subsp. lactis)

#### Non-Medicinal Ingredients:

Microcrystalline cellulose, Oryza sativa (Rice) hull powder, Trehalose, hypromellose.



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## High Quality FISH OIL

Enhanced Ω3 fish oils are sourced sustainably from non-GMO and antibiotic-free small fish, like sardines, anchovies, and mackerel, from South American deep waters. These oils are 3rd party certified with top ratings from programs like International Fish Oil Standards™ (IFOS), Friend of the Sea (FOS), and the Marine Stewardship Council (MSC) for the highest purity.

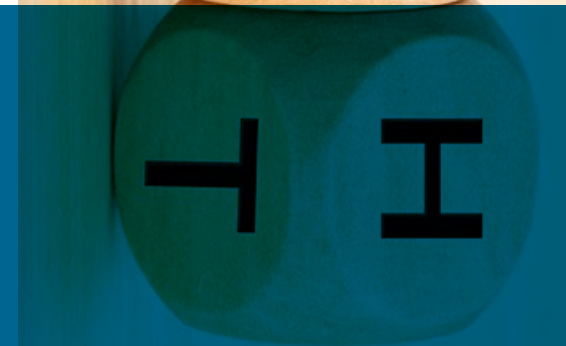
Enhanced Ω3, with the MaxSimil delivery system, has undergone extensive Phase I clinical trials. These trials showed that MaxSimil's advanced absorption system bypasses digestion, raising omega-3 blood plasma levels quickly. Compared to ethyl ester (EE), MaxSimil had 3.14 times greater peak plasma concentration in 24 hours (Brunet S., 2020). It also outperformed reconstituted triglyceride (rTG) with 2.1 times greater peak plasma concentration in 24 hours (Plourde M., 2021). In practical terms, 1 gram of MaxSimil fish oil matches the peak concentration of 3 grams of EE over 4 hours, and it takes 2 grams of rTG to match the same peak blood concentration as 1 gram of MaxSimil.

MaxSimil's superior bioavailability allows patients to achieve optimal omega-3 levels with smaller servings.

MaxSimil is a patented delivery system that enhances lipid absorption by utilizing natural digestive enzymes. This enzymatic process converts high EPA/DHA fish oils into a monoglyceride emulsion directly absorbable by intestinal cells, bypassing initial digestion.

Early clinical trial data indicates that 2 grams of Enhanced Ω3 with MaxSimil are equivalent to 4 grams of Vascepa, a pharmaceutical omega-3-like drug used alongside statins to reduce cardiovascular risk. Furthermore, an ongoing pilot study suggests that MaxSimil omega-3 supplementation can reduce lactic acid concentration by over 26% during maximum physical exertion, offering potential benefits to athletes.

In summary, Enhanced Ω3 with MaxSimil provides superior omega-3 absorption, sustainability, and potential metabolic benefits, backed by rigorous clinical research.



## Enhanced Ω3

**Product Code: HSP50**

### Product description

IHN's Enhanced Ω3 is a patented monoglyceride omega-3 fatty acid developed in Canada, featuring the innovative MaxSimil delivery system for superior absorption compared to leading ethyl ester (EE) or reconstituted triglyceride (rTG) fish oils. Omega-3 fatty acids offer well-researched benefits, including cellular anti-oxidation and anti-inflammatory properties. Enhanced Ω3 was designed with both clinicians and patients in mind, addressing common issues like fish burps and poor compliance. Its natural emulsification bypasses digestion, ensuring better absorption and increased patient compliance with modest daily servings.

In terms of metabolic benefits, omega-3 supplementation helps reduce cardiovascular disease risk. A 2016 systematic review, including 61 RCTs and 37 observational studies, showed positive effects on triglyceride levels. The REDUCE-IT trial found that 4g of EPA ethyl esters reduced major ischemic events by 20%, including cardiovascular death, especially in patients with elevated TAG levels on statin therapy. Early data from a pilot study suggests that 2.0g of MaxSimil EPA is equivalent to 4.0g of Icosapent Ethyl (Vascepa).



### Ingredients

#### Medicinal Ingredients | 1 Softgel

Fish Oil 805 mg

Yielding:

EPA 320 mg

DHA 185 mg

Non-Medicinal Ingredients:

Capsule (bovine gelatin, glycerin, purified water), sunflower oil, lemon essential oil, natural mixed tocopherols.



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# PhytoTherapy

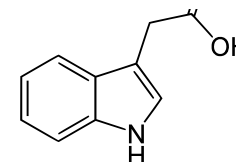
Organic and  
Biodynamically farmed  
Phytoembryo Therapies  
trusted by practitioners  
for over 30 years!

Phytotherapy involves utilizing both the biochemical and energetic properties of plants. Many plants produce phytochemicals such as alkaloids, terpenoids, and polyphenols, each with its own unique combination of bioactive components. These compounds influence various phytonutrient biochemical pathways, providing specific health benefits. Additionally, phytotherapy believes in the vital energetic force of plants and remedies, making it essential to harness both the biochemical and energetic aspects. Various factors, including plant age, harvesting methods, plant parts used, storage, extraction techniques, and ingredient concentrations, affect the overall makeup of phytotherapeutic remedies.

Phytoembryotherapy, a subset of phytotherapy, involves using plant embryological tissues like buds and young shoots that contain undifferentiated, rapidly dividing cells with genetic information and rich phytochemicals, including growth factors, hormones, enzymes, nucleic acids, and beneficial nutrients. These tissues are preferred due to their peak energetic components during spring and their ability to preserve valuable phytochemicals lost in fully developed plants.

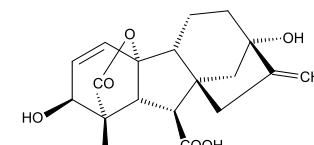
The use of plant buds for medicinal purposes dates back centuries, with formal exploration starting in the 1950s. Dr. Pol Henry, a Belgian homeopath, coined the term „Phytoembryotherapie“ in 1970, emphasizing the anabolic potential and energetic properties of plant meristems. French Homeopath Dr. Max Tetau advanced the clinical application, and subsequent researchers contributed to its scientific and clinical development.

## Auxins



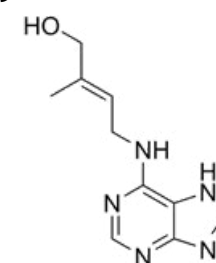
Auxins are vital plant growth hormones initially uncovered in 1926 by Went. Their functions encompass triggering bud formation, stimulating embryogenesis, governing apical dominance, fostering the growth of roots, stems, and buds, and influencing cell plasticity.

## Gibberellins



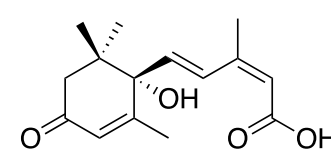
Gibberellins comprise over 80 recognized molecules, with GA452D being the most prevalent (illustrated). Their functions encompass triggering meristem synthesis, stimulating flower buds, fostering the growth of young leaves, promoting plant flowering, affecting cell plasticity, and vanishing with the onset of chlorophyll production.

## Cytokinins



Cytokinins were first discovered in 1940 and have since been found to have crucial roles in plant development. These compounds stimulate the metabolic activity of young shoot cells, promoting the growth of emerging shoots. They also play a role in leaf opening and the production of chlorophyll, which is essential for photosynthesis. Furthermore, cytokinins activate cell division processes within plants, contributing to their overall growth and development, vanishing with the onset of chlorophyll production.

## Abscissin



Abscisic acid (ABA) is a plant hormone discovered in 1963, often referred to as „dormin“ due to its role in inducing winter dormancy in buds. It serves multiple functions, such as inhibiting bud growth during dormancy, suppressing seed germination, and aiding in drought resistance as an adaptogen hormone. ABA also acts as a stress hormone, reinforcing plant defenses, especially during water and nutrient scarcity.

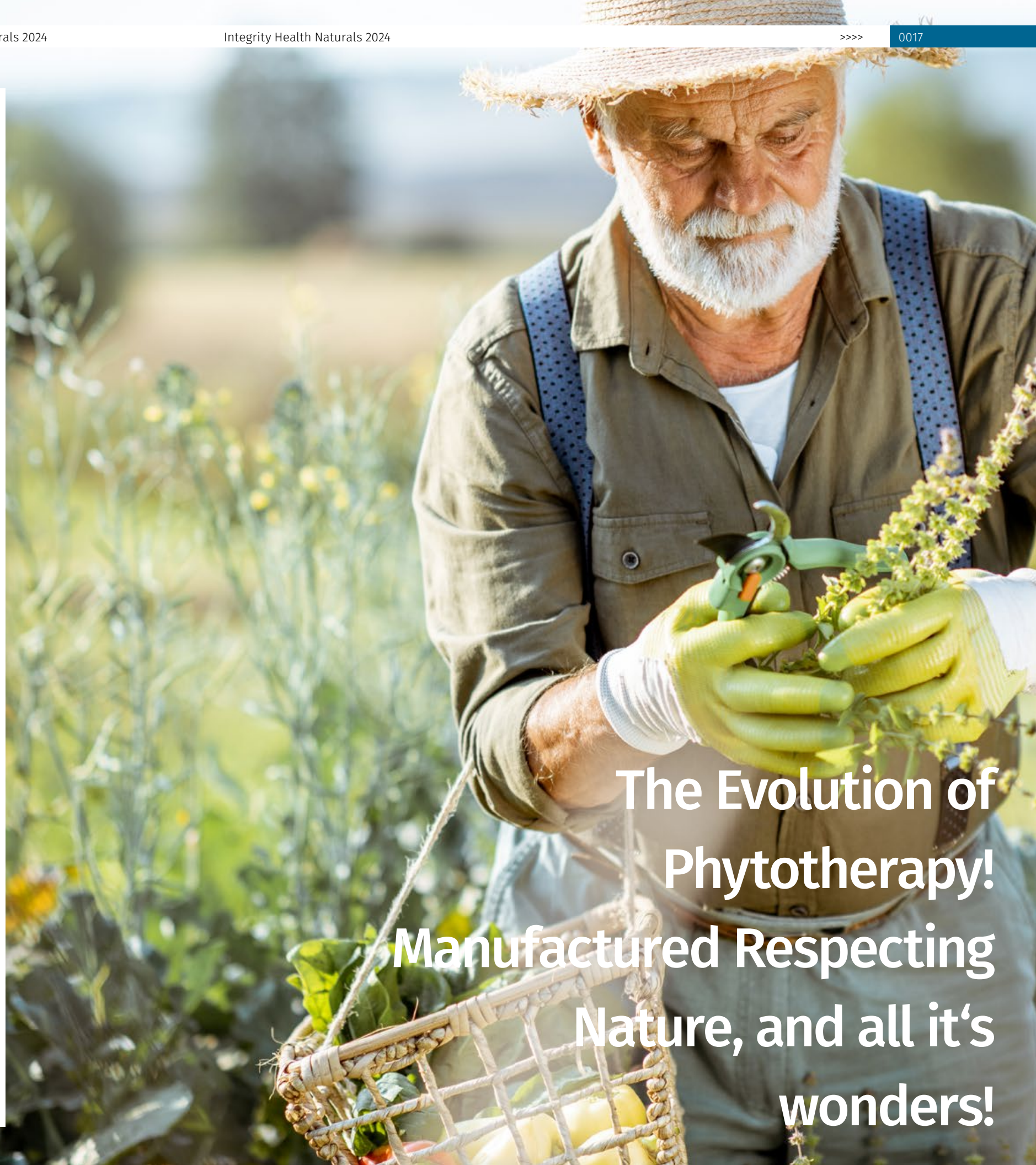


Phytotherapy is a potent form of plant remedy derived from fresh buds and young shoots of growing plants. It harnesses phyto-genetic actions and energetic principles, standardized in a 1:20 extract ratio for targeted delivery of concentrated bioactive extracts to specific organs. These organic Eco-Certified plant extracts are cost-effective and highly patient-compliant due to their high potency and low-dose dispensing. The manufacturing process follows Dr. Pol Henry's original phytoembryotherapy production methods, respecting nature and preserving phytonutrients. Key steps include the harvest of certified organic buds and young shoots, spring harvesting by accredited growers, and adherence to monitored growing regions. The 20-day maceration process extracts a wide range of nutrients and energy, utilizing water, alcohol, and natural glycerin. No mechanization is involved, ensuring gentle handling and filtration by gravity. The resulting macerates are 100% natural, free from chemical preservatives, irradiation, heating, or freezing, and are eco-friendly.

These plant materials are macerated using a mixture of water, alcohol, and natural glycerin. This approach has proven to be highly effective and efficient, making it a significant practice in natural medicine. It aligns with the principles of natural health improvement, supported by extensive research, laboratory analysis, and years of clinical practice in Europe. Through this method, specific properties of buds and young shoots from various plant species are harnessed to achieve both biochemical and energetic benefits, with used plant material returned to nature as fertilizer.



**The Evolution of  
Phytotherapy!  
Manufactured Respecting  
Nature, and all it's  
wonders!**





# PhytoTherapy Singles



**Bilberry Young Shoot**  
*Vaccinium Myrtillus*

### Product description

Bilberry, thriving in acidic soil, produces violet-black berries. These berries support night vision for nocturnal birds. Historically, Bilberry's astringent qualities aided intestinal issues, including vomiting and colitis, and reduced fermentation. Its endocrine balancing effects, rich in anthocyanosides and antioxidants, protect microvascular and ocular circulation. Bilberry also possesses antibiotic-like, vermifuge, and urinary antiseptic properties.

### Indications

Antioxidant	Retinal Conditions
Night Vision	Visual Acuity
Cataracts	Dermatitis
Varicose Veins	Urinary Antiseptic
Chronic Fatigue	Gastro-intestinal
Syndrome	Disorders
Vascular Protector	Urinary Tract
Colibacillosis	Infections
Venous Insufficiency	Hemorrhoids
Degenerative	



**Black Currant Bud**  
*Ribes Nigrum*

### Product description

Black Currant, originating in the Himalayas, is abundant in vitamin C and bioflavonoids, known for its systemic cleansing properties. It stimulates adreno-cortico functions, bolstering the immune system against colds, flu, and allergies. Its anti-inflammatory properties benefit respiratory, digestive, and urinary mucosal membranes. Black Currant also aids in the breakdown of ureas, uric acids, and cholesterol.

### Indications

Allergies	Chronic Head
Gastritis	Colds
Ankylosing	Rhinitis
Spondylitis	Urticaria
Hayfever	
Anti-Inflammatory	
Migraines	
Bronchitis	
Quincke's Oedema	



**Cedar of Lebanon Young Shoot**  
*Cedrus Libani*

### Product description

Cedrus Libani, featured on the Lebanese flag, symbolizes resilience and strength. In remedies, it effectively treats dry skin conditions such as eczema, psoriasis, and pruritus. Moreover, it aids in managing chronic intoxication syndromes that manifest externally on the skin and mucous membranes, resembling allergic reactions. This versatile remedy extends its healing properties to various skin and irritation issues within the respiratory and digestive tracts.

### Indications

Dry Eczema  
(Ichthyosis)  
Pruritus  
Psoriasis  
Sclerodermas



**Corn Root Bark**  
*Zea Mays*

### Product description

Zea Mays, derived from corn, is a potent Gemmotherapy remedy primarily used for arterial and myocardial inflammation, aiding myocardial healing and lowering transaminase levels post-infarction. When combined with Syringa Vulgaris, it can prevent further deterioration. It also addresses kidney and urinary tract inflammation. Caution is advised due to potential fatigue with high doses. Indications include arterial, myocardial, kidney, and urinary tract inflammations, with a focus on post-infarction cardiac cicatrization and reduced transaminase levels.

### Indications

Night Arterial  
Inflammation  
Kidney  
Inflammation  
Myocardial  
Inflammation  
Urinary Tract  
Inflammation



**Crab Apple Bud**  
*Malus Sylvestris*

### Product description

Crab Apple, a member of the Rosaceae family, holds ancient significance as the „Tree of Knowledge.“ It exerts dual effects on the brain and sexual organs. Enhancing cerebral circulation, oxygenation, and neuromodulator regulation, it supports intellectual work and manages mental fatigue. In the sexual sphere, it boosts testosterone in men and estradiol in women while aiding cholesterol and triglyceride control. Rich in vitamins B and C, and minerals Si, Fe, S, Mn, and Co, it serves as an anti-inflammatory and diuretic. Additionally, it helps with blood stasis, hot flushes, and vascular migraine relief.

### Indications

Sleep Aid	Migraines
Cerebral Fatigue	Senescence in
Concentration	Andropausal Men
Diuretic	
Elevated Triglycerides	
HDL	
Memory Loss	
Menopausal Hot	
Flashes	
Menopausal	
Osteoporosis	



**Elm Bud**  
*Ulmus Campestris*

### Product description

Ulmus Campestris, once on the brink of extinction in Europe, offers complementary actions to other Gemmotherapeutic buds. It serves as an effective kidney and liver drainer for metabolic skin issues. With a strong affinity for weeping lesions, like eczemas, acne, herpes, and psoriatic lesions, it acts on nucleoproteins, uric acids, metabolites, and excessive lipids. It also aids in catabolizing waste materials, helping conditions like diarrhea, leucorrhea, and painful rheumatic terrain.

### Indications

Acne  
Psoriatic Lesions  
Herpes (Skin  
Infections)  
Metabolic ailments  
Weeping Eczema  
Rheumatoid Ailments



# PhytoTherapy Singles



**Euro Mistletoe Young Shoot**  
*Viscum Album*

### Product description

Mistletoe, a unique parasite, thrives on its host, crab apple trees, actively growing in winter. This phytotherapy remedy serves as a vascular anti-sclerotic, addressing issues like high blood pressure. Additionally, it offers support for the kidneys (especially for long-term high blood pressure), gynecological conditions (such as cysts), and neurological concerns like migraines. On a mental and emotional level, mistletoe aids well-being during winter's low light and emotional exhaustion.

### Indications

Deafness  
Neuralgia  
Sciatica  
Sclerocystic  
Conditions



**Field Maple Bud**  
*Acer Campestre*

### Product description

This remedy inhibits sediment and micro-stone formation in cholesterol-saturated bile, recommended for anticipative anguish, arteriosclerosis, and herpes outbreaks. *Acer Campestre*, a slow-growing hardwood, thrives in Europe and Eastern Asia's calcareous soil. It's ideal for addressing viral terrain and chronic infections, enhancing biliary drainage, improving lipid metabolism, and combating fatigue and fibromyalgia.

### Indications

Chronic viral  
infections  
Herpes  
Fatigue  
Nervous Anguish  
Fibromyalgia



**Fig Bud**  
*Ficus Carica*

### Product description

The fig tree, originating in Asia Minor and spreading to Italy, Spain, and southern France, thrives in harsh soil conditions, improving the land for other plants. While some parts contain an acrid substance for acidic and ulcerous conditions, the figs are rich in sugars and nutrients. Fig regulates the cerebral hemisphere and emotions, making it useful for emotional digestive disturbances like hiatal hernias and stomach cramps.

### Indications

Colitis  
Facial Neuralgia  
Psychosomatic  
difficulties



**Ginkgo Bud**  
*Ginkgo Biloba*

### Product description

Ginkgo Bud enhances microcirculation, supports vascular health, and exhibits antioxidant properties. It promotes capillary function, cellular reoxygenation, and combats free radicals to prevent tissue damage. This remedy enhances cognitive function, improves concentration, and aids memory retention, making it effective for cerebral insufficiencies and neurosensory disorders.

### Indications

Night Arterial  
Inflammation  
Kidney  
Inflammation  
Myocardial  
Inflammation  
Urinary Tract  
Inflammation



**Hawthorn Young Shoot**  
*Crataegus Laevigata*

### Product description

Hawthorn, a thorny Rosacea plant, thrives in Europe, except Olive regions. Known as a symbol of longevity, it primarily acts on the heart and brain. Its focus is cardiac and cerebral health, enhancing perfusion and irrigation. Young shoots contain glycosides regulating heart rate and myocardial tonus. It exhibits positive inotropic properties, negative chronotropic actions, dromotropic positive actions, and bathmotropic positive actions for cardiac well-being. Hawthorn balances vascular tone but requires caution with cardiac medications and ECGs.

### Indications

Cardiac Support



**Juniper Young Shoot**  
*Juniperus Communis*

### Product description

Juniper, an evergreen pine, symbolizes the trinity and appeals to mystics and introverts. It has dual action sites: 1) As a hepatic regenerator with depurative and vulnerary properties, it supports liver and gallbladder function, relieving portal congestion. 2) Renally, Juniper promotes diuresis and aids in eliminating uric acids, benefiting the kidneys.

### Indications

Hepatic  
insufficiency



# PhytoTherapy Singles



**Mountain Pine Bud**  
*Pinus Montana*

### Product description

Pinus Montana, a coniferous tree known for land regeneration, was valued in Viking culture as a health-enhancing drink. Its pineol content strengthens the body's immune system. This remedy primarily aids bone and cartilage regeneration by stimulating chondrocytes, benefiting conditions like fractures, arthritis, and osteoporosis, making it a versatile solution for bone health issues.

### Indications

Ankylosing  
Spondylitis  
Osteoporosis  
Arthritis  
Cartilage Support  
Immune Support



**Oak Bud**  
*Quercus Robour*

### Product description

The Oak, symbolizing strength and protection, holds medicinal value in its buds, offering regenerative and Yin-tonifying effects on the glandular system, especially the cortico-adrenal and male gonadal spheres. Oak stimulates the production of 17-hydroxycorticoids, noradrenalin, and cortisol, benefiting adrenal health. It also supports hormonal balance, enhancing testosterone secretion in men and ovarian function in women, especially in cases of hormonal glandular fatigue. Oak acts as a tonic for those experiencing malnutrition, fatigue, and convalescence.

### Indications

Adrenal Atrophy  
Constipated  
Chronic Fatigue  
Vascular System  
Support



**Oriental Planetree Bud**  
*Platanus Orientalis*

### Product description

Orientalis, a giant tree with remarkable vitality, helps combat urban pollution and has historical significance, including connections to Hippocrates. In Phytotherapy, it stimulates the immune system's reticuloendothelial system, aiding allergy and bacterial defense. Its primary focus is on the skin, addressing conditions like acne, cysts, and infections, including vitiligo. Platanus Orientalis also complements treatments for malaria and other metabolic disorders requiring increased immunoglobulins. It's particularly effective for malaria and vitiligo cases.

### Indications

Acne  
Skin Lesions  
Malaria  
Immune Booster  
Vitiligo



**Rosemary Young Shoot**  
*Rosmarinus Officinalis*

### Product description

Rosemary primarily supports liver regeneration and functions as a liver and gall bladder drainer while mildly affecting the kidneys. Traditionally, it served as a culinary digestive stimulant for its cholagogue effects and on biliary lithiasis. Its liver-tonifying properties aid in chronic degenerative allergies. Rosemary also assists in processing elevated triglycerides and balancing hormones in both genders. For women, it helps clear excess hormones from birth control and treats hormonal acne. However, high doses may induce euphoria and even epileptic conditions, so caution is advised.

### Indications

Colic  
Allergies  
Gallbladder Issues  
Crohn's  
Hepatic  
Insufficiency



**Sea Buckthorn Bud**  
*Hippophae Rhamnoides*

### Product description

Sea Buckthorn is a unique plant that can switch between two sexes, thriving in unstable acidic soil while aiding in terrain consolidation. It flowers and bears „false fruits“ after 3-6 years, with deep principal roots and extensive branches. Growing in nutrient-poor soil, it relies on fungal symbiosis for nutrients. In history, Greeks used it for horse health, and Tibetans embraced it for vitality and various ailments. Sea Buckthorn's affinity for balancing intestinal microorganisms supports immunity during convalescence through biochemical enzymatic exchanges in the gut.

### Indications

Adaptogenic  
Cardiac Balancing  
Antioxidant  
Colds  
Convalescence  
Fever  
Immune Tonic  
Influenza  
Neuro immunity



**Servicetree Bud**  
*Sorbus Domestica*

### Product description

Servicetree, a Mediterranean tree, thrives in calcareous soil over centuries, its fruits packed with tannins, sorbitol, and vitamin C, and its buds viscous. In Phytotherapy, it enhances venous tone like Hawthorn does for arteries. It also acts as a potent lymphatic drainer, relieving ear buzzing caused by lymphatic congestion.

### Indications

Venous Health  
Lymphatic  
Movement



# PhytoTherapy Singles



## Silver Linden Bud *Tilia Tomentosa*

### Product description

Silver Linden, recognized as a neurosedative with antispasmodic and hypnotic properties, has a more profound role as a nervous system regenerator, although opinions vary. Its actions are not isolated but can enhance other remedies. Paired with Fig, it intensifies tranquilizing effects, aiding digestion and promoting sleep for chronic insomnia sufferers.

### Indications

Headaches  
Insomnia  
Nervous Anguish  
Migraines



**Bilberry Young Shoot**  
*Vaccinium Myrtillus*



**Black Currant Bud**  
*Ribes Nigrum*



**Cedar of Lebanon Young Shoot**  
*Cedrus Libani*



**Corn Root Bark**  
*Zea Mays*



**Crab Apple Bud**  
*Malus Sylvestris*



**Elm Bud**  
*Ulmus Campestris*



**Euro Mistletoe Young Shoot**  
*Viscum Album*



**Field Maple Bud**  
*Acer Campestre*



**Fig Bud**  
*Ficus Carica*



**Ginkgo Bud**  
*Ginkgo Biloba*



**Hawthorn Young Shoot**  
*Crataegus Laevigata*



**Juniper Young Shoot**  
*Juniperus Communis*



**Mountain Pine Bud**  
*Pinus Montana*



**Oak Bud**  
*Quercus Robour*



**Oriental Planetree Bud**  
*Platanus Orientalis*



**Rosemary Young Shoot**  
*Rosmarinus Officinalis*



**Sea Buckthorn Bud**  
*Hippophae Rhamnoides*



**Servicetree Bud**  
*Sorbus Domestica*



**Silver Linden Bud**  
*Tilia Tomentosa*



# PhytoTherapy Combinations



## Phyto B.B.H. P-TRAU

Black Alder (*Alnus glutinosa*)  
Black Currant (*Ribes nigrum*)  
Hawthorn (*Crataegus laevigata*)

### Product description

Phyto B.B.H. is a remedy aimed at regulating the nervous system and providing a calming effect, particularly useful for traumatic or highly stressful situations that trigger the fight or flight response. It helps individuals process such events and return to a state of equilibrium. Blackcurrant supports the adrenal glands, enhancing resilience during challenging times. Black Alder protects the body from the shock of traumatic events, boosts the immune system, improves cerebral microcirculation, and reduces the risk of thrombosis. Hawthorn acts as a sedative for the central nervous system and a tonic for the heart. It reinforces cardiac function, especially beneficial for cardiovascular issues resulting from trauma. Hawthorn can also aid individuals dealing with emotional conflicts and heart-related problems like palpitations, thrombosis, and multiple sclerosis.



## Phyto B.F.E. P-DIGE

Black Alder (*Alnus glutinosa*)  
Fig (*Ficus carica*)  
English Walnut (*Juglans regia*)

### Product description

Digestion is key to health, recognized by both Chinese and Western medicine. Middle Burner dysfunction (Stomach, Spleen, Gallbladder) underlies many issues. The intestinal tract's role in external communication is vital; dysfunction leads to autoimmune disorders like Crohn's. This phytotherapy complex aids digestion, improves blood flow, lymphatic drainage, and treats post-antibiotic symptoms. Phyto B.F.E. combats headaches from GI issues. Black Alder is central for anti-inflammatory action. Fig targets the stomach for improved digestion amid mental-emotional stress. English Walnut complements remedies, supporting digestive tract health and microbiota.



## Phyto B.G.H. P-MICRO

Ginkgo (*Ginkgo biloba*)  
European Hazel (*Corylus avellana*)  
Bilberry (*Vaccinium myrtillus*)

### Product description

Phyto B.G.H. safeguards vital organs' microcirculation, including the brain, heart, liver, and kidneys. European Hazel plays a central role by enhancing cellular oxygenation and perfusion. Diabetes often leads to vascular endothelial sclerosis, particularly affecting small blood vessels, causing hypoxia. This dysfunction contributes to impaired circulation in diabetic foot ulcers. European Hazel counters these issues by preventing sclerosis in small vessels. Ginkgo Biloba, a potent antioxidant and vasodilator, protects microcirculation and mitochondria, countering sclerosis and aging. Bilberry complements this by enhancing capillary diffusion, particularly beneficial for conditions like MS, necrosis, and diabetic retinopathies. Phyto B.G.H. excels in protecting small capillary vessels, aiding various conditions involving microcirculation.



## Phyto B.R.J. P-AL

Black Currant (*Ribes nigrum*)  
Rosemary (*Rosmarinus officinalis*)  
Juniper (*Juniperus communis*)

### Product description

Phyto B.R.J. and Phyto E.E.C. effectively tackle allergies like asthma, eczema, and allergies. Comprising Ribes, Rosemary, and Juniper, this combo harmonizes these conditions by regulating stress responses, corticosteroids, and histamines. Black Currant complements other therapies, aids adrenal health, and enhances mental-emotional well-being. Rosemary supports liver detox, improving fat, cholesterol, and hormone metabolism, benefiting non-alcoholic fatty liver disease. Juniper purifies blood, reducing uric acid and blood glucose. This is significant as histamine receptors regulate glucose and lipid metabolism. This combo offers a comprehensive allergy solution.



## Phyto B.R.R. P-MNS

Black Currant (*Ribes nigrum*)  
Rosemary (*Rosmarinus officinalis*)  
Raspberry (*Rubus idaeus*)

### Product description

Facilitates menses, Avoids menstrual pain, protects the genital hormones, Phyto B.R.R. is used to promote and help eliminate menses. It provides pain relief, regulates PMS symptoms, and ensures the proper metabolism of sex hormones. Blackcurrant is anti-inflammatory, providing decongestion action on the lesser pelvis, and synergizes raspberry and rosemary compounds. Raspberry is a friend of the ovaries. It helps manage uterine spasms, a common reason for pain during menses. Rosemary acts on the liver and manages PMS-associated symptoms. Rosemary protects the liver by facilitating the elimination of hormonal wastes and acts as a uterine antispasmodic to help pain during menses. Together Phyto B.R.R. provides anti-inflammatory, anxiolytic, and antioxidant benefits for menorrhagia and dysmenorrhea.



## Phyto B.S.B. P-VRL

Black Currant (*Ribes nigrum*)  
Sea Buckthorn (*Hippophae rhamnoides*)  
Black Alder (*Alnus glutinosa*)

### Product description

Phyto B.S.B. is a potent phytotherapy blend that serves as both a preventive measure and a treatment for viral infections. It's particularly useful during the cold season when flu and influenza are prevalent. This remedy enhances the body's innate and humoral immunity, reduces inflammation, and provides defense against viral intrusion in the respiratory system. Blackcurrant offers revitalization and combats inflammation, especially in those with an overactive immune system. Black Alder is effective against acute infections, managing inflammation in muscles and the respiratory system, while also detoxifying the digestive tract and promoting the growth of beneficial bacteria. This combination provides comprehensive protection and immune support.



# PhytoTherapy Combinations



## Phyto B.S.J. P-OCU

Bilberry (*Vaccinium myrtillus*)  
Sea Buckthorn (*Hippophae rhamnoides*)  
Judas Tree (*Cercis siliquastrum*)

### Product description

Phyto B.S.J. is a protective blend with a focus on safeguarding the retinal microcirculation. This complex contains proanthocyanins, flavonoids, and antioxidants that benefit both day and night vision. It is particularly useful for ocular fatigue and can be combined with Ginkgo biloba for hearing impairments. Sea Buckthorn plays a central role by improving day and night vision and protecting the retina from phototoxicity and oxidative damage caused by light exposure. It also provides essential vitamins, especially vitamin C, and iron for eye health. Bilberry supports eye health, particularly in dry eyes and night vision improvement. It contains anthocyanin, which helps prevent photoreceptor cell dysfunction and retinal degeneration. Judas trees protect microcirculation in the eyes, preventing retinal tissue thrombosis and extending their protective benefits to the brain. This combination ensures overall retinal and ocular health.



## Phyto D.B.S. P-DEFE

Dog Rose (*Rosa canina*)  
Black Alder (*Alnus glutinosa*)  
Silver Birch (*Betula pendula*)

### Product description

Phyto D.B.S. is primarily designed to activate the immune system to combat bacterial infections, whether acute, subacute, or chronic. It specifically targets upper respiratory tract infections, providing anti-inflammatory and mucous membrane protection. This complex is particularly effective for early-stage upper respiratory tract infections, making it suitable for children, adolescents, and individuals with weakened immune systems. Silver Birch is the key remedy, offering general anti-inflammatory benefits during the chronic phase of infection. Black Alder is ideal for the initial stages of acute infections, focusing on the upper and lower respiratory tracts. Dog Rose supports infection resolution and immune system recovery, possibly by neutralizing reactive oxygen species. In Chinese Medicine, it also benefits skin-related manifestations like eczema and recurrent herpes.



## Phyto E.E.B. P-PULM

European Beech (*Fagus sylvatica*)  
European Hazel (*Corylus avellana*)  
Blackberry (*Rubus fruticosus*)

### Product description

Phyto E.E.B. is recommended for strengthening the respiratory system, particularly in cases of respiratory failure and pulmonary sclerosis. It focuses on restoring lung elasticity and preventing sclerosis, making it suitable for individuals with compromised lung function due to factors like smoking, environmental toxins, or aging. European Hazel is the primary remedy, combating sclerosis and thrombosis while promoting lung detoxification. It can also benefit conditions like Cor pulmonale and counteract radiation- and chemotherapy-induced sclerosis. Blackberry, known for its Yin tonic properties, is ideal for degenerative disorders, making it valuable for elderly individuals. It has anti-sclerosis effects and is used for pneumonia, emphysema, and respiratory failure. European Beech helps reduce chronic inflammation in the ear, nose, and throat system, with additional immune-stimulating properties.



## Phyto E.E.C. P-SKN

English Walnut (*Juglans regia*)  
Elm (*Ulmus campestris*)  
Cedar of Lebanon (*Cedrus libani*)

### Product description

Phyto E.E.C. is a holistic remedy designed to safeguard the skin from the manifestations of underlying internal pathologies. Skin serves as a reflection of internal health, with conditions like eczema and psoriasis having both biological and psychogenic origins. Research has linked these skin conditions in children to emotional and behavioral issues. This complex works to maintain skin health, preventing dryness, excessive moisture, and chapping. It combats metabolic depositions that can lead to issues like blocked pores. Additionally, it supports mucosal membranes, liver, and kidney detoxification, while also providing essential nutrients like polyphenols, omega-3 fatty acids, and collagen-promoting factors for skin suppleness. Elm addresses skin protection by managing oozing, infections, and abscesses, commonly seen in eczema. English Walnut safeguards the skin barrier and mucous membranes, regulating collagen production for skin conditions like acne and psoriasis.



## Phyto E.J.R. P-ACN

Elm (*Ulmus campestris*)  
Juniper (*Juniperus communis*)  
Rosemary (*Rosmarinus officinalis*)

### Product description

Phyto E.J.R. focuses on the skin-gut-liver axis, promoting skin health in young individuals while offering hepatic and hormonal support. Rosemary enhances liver detoxification and benefits the intestinal mucosal membrane. Juniper, with its affinity for the kidneys, complements liver functions, eliminating metabolic waste from the skin and restoring its elimination function. Rosemary exhibits various actions, including clearing excess androgens responsible for hormonal acne and controlling inflammation and acne formation with its antimicrobial and antioxidant properties. Juniper is likened to rosemary for the kidneys, promoting their function and eliminating uric acid crystals seen in conditions like gout and arthritis. It has a history of use for allergies, hepatitis, cirrhosis, and esophageal varices. Elm is known for its affinity for skin, mucous, and serous membranes. It aids in conditions with oozing eliminations, such as eczema and acne, and supports toxin elimination through the Skin-Gut-Liver axis.



## Phyto E.R.L. P-INTE

English Walnut (*Juglans Regia*)  
Rosemary (*Rosmarinus officinalis*)  
Lingonberry (*Vaccinium vitis-idaea*)

### Product description

Phyto E.M.P. serves as an intestinal mucosa membrane protector and promotes balanced intestinal transit. This complex primarily aims to enhance digestion and nutrient absorption while safeguarding the intestinal mucosa. It operates on the Gut-liver-pancreatic axis, facilitating complete digestion and fostering the colonization of beneficial microbiota. These actions strengthen the mucosal barrier, shielding it from invasive pathogens. Additionally, the complex's anti-inflammatory and probiotic properties make it suitable for disorders where these mechanisms are disrupted, such as colitis, IBD, and E. coli infections. English walnut is the core remedy, providing anti-inflammatory benefits for the intestinal mucosa. Lingonberry defends against dysbiosis and prevents inflammation by eliminating intestinal toxins. Animal studies demonstrate its ability to alter gut microbiota and combat metabolic issues. Rosemary plays a role in protecting the colonic mucosa and liver.



# PhytoTherapy Combinations



## Phyto F.B.B. P-MIG

Fig (*Ficus carica*)  
Black Currant (*Ribes nigrum*)  
Black Alder (*Alnus glutinosa*)

### Product description

Phyto F.B.B. focuses on managing emotional, allergic, toxic, and circulatory aspects, including migraines. It targets the head and brain, primarily regulating cerebral vasculature, making it suitable for circulatory issues in this area. It alleviates migraines, allergy symptoms, and related psychosomatic expressions. Black currant is central, providing essential migraine relief, along with anti-inflammatory, antiallergic, and diuretic properties, working well with fig and black alder. Fig regulates digestion and aids in processing emotional events, serving as a neurosedative, promoting emotional balance, sleep, and headache relief, emphasizing the connection between headaches and gut health (see Phyto B.F.E.). Black Alder contributes anti-inflammatory benefits, reduces vascular spasms, enhances cerebral circulation, and eases migraines.



## Phyto H.O.S. P-RENU

Hawthorn (*Crataegus oxyacantha*)  
Oak (*Quercus robur*)  
Silver Linden (*Tilia tomentosa*)

### Product description

Phyto H.O.S. serves as a revitalizing remedy for individuals experiencing depression, melancholy, or motivation deficiencies. It aids in rejuvenating the life force and addressing sleep disturbances. Oak plays a central role by stimulating the hypothalamic - pituitary - adrenal axis, promoting increased energy and testosterone production. It is particularly useful for countering adrenal fatigue and exhaustion from excessive exertion, whether physical or emotional. Silver Linden contributes to managing the neuroendocrine system, helping alleviate anticipatory anxiety through its neurosedative and anxiolytic properties. It aids individuals in finding purpose and finality in life while promoting better sleep. Hawthorn supports overall well-being by oxygenating and nourishing both the body and mind. It acts on the heart, providing anxiolytic benefits and enhancing vitality.



## Phyto H.S.S. P-CIR

Horse Chestnut (*Aesculus hippocastanum*)  
Spanish Chestnut (*Castanea sativa*)  
Servicetree (*Sorbus domestica*)

### Product description

Phyto H.S.S. enhances lymphatic and venous circulation, vital for immune function and toxin clearance. It benefits conditions like cellulite, edema, hemorrhoids, varicose veins, pelvic congestion, and lower limb edema. This remedy also supports venous issues, varicosities, and early menopause transitions. Lymphatic treatment can be challenging due to its primitive nature, requiring long-term use, like a six-month regimen of seven drops twice daily for three out of four weeks. The primary remedy, Spanish chestnut, tonifies circulation, especially in veins and lymphatics. Horse-Chestnut aids passive nervous circulation, beneficial for hemorrhoids and early varicose veins. Research supports these uses due to anti-inflammatory and anti-edematous properties, notably escin, a triterpenoid saponin.



## Phyto J.B.E. P-LIV

Juniper (*Juniperus communis*)  
Black Currant (*Ribes nigrum*)  
English Walnut (*Juglans regia*)

### Product description

Phyto J.B.E. serves as a crucial detoxification aid in our chemically saturated environment. With over 144,000 man-made chemicals and 2,000 new ones yearly, the liver faces constant environmental toxin challenges. This remedy acts as a general drainage aid, clearing primary excretorys and shielding the liver from toxin overload. It also enhances kidney function, safeguarding against environmental toxins' endocrine disruption in the Adrenal Glands and aiding adrenal fatigue recovery. Black currant, the primary remedy, restores and tonifies the exhausted body and complements English Walnut for post-chemotherapy and antibiotic therapy. Juniper historically countered poison, aligning with English Walnut's protective role after chemotherapy, aiding alcohol recovery, and preserving the immune system's integrity, particularly the intestinal mucosa.



## Phyto J.E.C. P-RENA

Juniper (*Juniperus communis*)  
Elm (*Ulmus campestris*)  
Corn (*Zea mays*)

### Product description

Phyto J.E.C. facilitates the drainage of intracellular toxins from various organs, including the skin, intestines, liver, and kidneys. Administered for ten days each month over six months, it ensures the effective removal of toxins, allowing them to exit intracellular spaces and enter the extracellular environment. The complex, featuring Elm as the central remedy, addresses kidney, cutaneous, and intestinal detoxification, reducing uric acid, cholesterol, and supporting skin health. Corn protects the heart, urinary tract, and adrenal glands, providing anti-inflammatory benefits. Juniper complements this action by aiding uric acid elimination and liver detoxification. This protocol can be repeated as needed to promote toxin removal.



## Phyto J.S.E. P-SPM

Juniper (*Juniperus communis*)  
Silver Linden (*Tilia tomentosa*)  
English Holly (*Ilex aquifolium*)

### Product description

Phyto J.S.E. is primarily used to alleviate spasms originating from the nervous system, extending its antispasmodic effects to the musculoskeletal, cardiac, and digestive systems. It is beneficial for conditions involving intestinal spasms, digestive cramps, and insomnia. Silver Linden and Juniper trees in this complex help ground the head and body, addressing the historical belief of spasms as a disconnect between heaven and earth. Silver Linden specifically acts as a nervous system detoxifier and antispasmodic remedy, making it suitable for conditions like childhood epilepsy. Liver function, linked to brain function, plays a role in spastic disorders, with Juniper contributing to antispasmodic effects through liver drainage. English Holly, with its anti-epileptic properties, helps regulate electrical function in the dura mater, reducing brain storms and spastic conditions.



# PhytoTherapy Combinations



## Phyto J.S.M. P-CART

Juniper (*Juniperus communis*)  
Silver Birch (*Betula pendula*)  
Mugo Pine (*Pinus mugo*)

### Product description

Phyto J.S.M. is a remedy that stimulates joint growth and mobility. Its main function is to support and regenerate cartilage and tendons by activating chondrocytes at the epiphyseal plate. It also helps regulate mineralization in the kidneys. This remedy is often chosen to slow joint wear and tear, providing anti-inflammatory and antirheumatic relief for chronic joint pain. The combination of ingredients works synergistically to promote joint growth, regeneration, and invigoration of cartilage. Silver Birch, known for its effect on cartilage, was traditionally used for treating fractures and aiding decalcification. Juniper aids in eliminating osseous acidic toxins linked to joint and cartilage degeneration, while Mountain Pine stimulates chondrocytes and supports remineralization and regeneration of bone and cartilage.



## Phyto M.L.B. P-OSTE

Mugo Pine (*Pinus mugo*)  
Lingonberry (*Vaccinium vitis-idaea*)  
Blackberry (*Rubus fruticosus*)

### Product description

Phyto M.L.B. is a remineralizer that stimulates osteoblasts, helping to combat the decline in peak bone mass that starts in the 30s and becomes more pronounced during menopause and andropause, potentially leading to osteoporosis. This remedy primarily supports bone remineralization and osteoblast activity, making it ideal for promoting healthy aging of bones, especially during conditions like bone inflammation, menopause, and andropause. Lingonberry aids in calcium absorption from food in the intestine, while Blackberry supports bone integrity by enhancing osteoblastic cell activity, similar to how it protects the forest's edge in nature. Mountain Pine specifically stimulates bone matrix and chondrocytes for maintaining bone structures.



## Phyto O.A.R. P-META

Olive (*Olea europaea*)  
Almond (*Prunus dulcis*)  
Rosemary (*Rosmarinus officinalis*)

### Product description

Phyto O.A.R. is a remedy designed to regulate healthy fat metabolism, including cholesterol and triglycerides. It also supports the liver's role in fat metabolism and is traditionally used for vascular support during the aging process. Olive is a central component, known for its role in protecting brain health by lowering cholesterol and combating atheromatosis and atherosclerosis. It also has hypoglycemic effects and benefits cardiovascular health. Almond complements Olive by maintaining blood vessel health and preventing thrombosis and high triglyceride levels. Rosemary, with its liver affinity, offers protection against metabolic prooxidants, contraceptive pills, and environmental toxins, enhancing overall metabolic health.



## Phyto O.D.C. P-PERI

Oak (*Quercus robur*)  
Dog Rose (*Rosa canina*)  
Cedar of Lebanon (*Cedrus libani*)

### Product description

Phyto O.D.C. is formulated to protect and regenerate the gingival mucous membrane, making it effective against periodontal diseases like gingivitis and gum bleeding. Additionally, it safeguards the oral cavity from infections originating in the ENT system. Dog Rose, traditionally used for oral protection, has a natural affinity for the Ear-Nose-Throat system and extends its benefits to the gastrointestinal mucosa, promoting overall oral and digestive health through anti-inflammatory and mucosal immunity actions. Oak contributes strength to gum and masticatory muscles, tonifying the alveolar-dental wall and aiding in the healing of gingival mucosa associated with periodontitis and gum issues. Cedar of Lebanon, like the gums at the entrance of the digestive tract, prevents gum inflammation and infection while also supporting liver and kidney emunctories. These remedies collectively promote oral well-being as a reflection of overall health.



## Phyto O.G.B. P-TONI

Oak (*Quercus robur*)  
Giant Sequoia (*Sequoia gigantea*)  
Black Currant (*Ribes nigrum*)

### Product description

Phyto O.G.B. serves as a liver and adrenal stimulant, rejuvenating the body's motivation and purpose after overexertion. This yang complex acts as an adaptogen to combat stressors and stimulate the HPA-axis. Giant Sequoia functions as an adrenal tonic, reinvigorating both the body and mind while aiding hormone regulation and promoting vitality, particularly in aging. Oak, another tonic, supports the reticuloendothelial system, essential for clearing substances from circulation and tissues. It also stimulates testosterone production, addressing issues like impotence and orgasm disorders. Blackcurrant contributes by reducing pro-inflammatory protein expressions, countering adrenal fatigue with its anti-inflammatory properties.



## Phyto O.G.S. P-ENER

Oak (*Quercus robur*)  
Grape (*Vitis vinifera*)  
Sea Buckthorn (*Hippophae rhamnoides*)

### Product description

Phyto O.G.S. is designed for those experiencing depleted energy reserves, particularly suited for chronic fatigue. Its central component, Grape Vine, targets the intestinal and neuroendocrine systems, crucial for energy and motivation. Oak serves as an adrenal stimulant, promoting anabolic activity, and has traditional use for treating shock and collapse. Sea Buckthorn, being nutritive, offers essential vitamins (A, C & E), iron, and flavonoids that bolster the body's resistance. Together, these remedies create a metabolic environment that combats the aging often associated with chronic fatigue. They also support a symbiotic relationship with beneficial microflora, aiding in nutrient extraction and biotransformation, including the production of anti-inflammatory short-chain fatty acids for intestinal mucosal health.



# PhytoTherapy Combinations



## Phyto R.M.L. P-MENO

Raspberry (*Rubus idaeus*)  
Mugo Pine (*Pinus mugo*)  
Lingonberry (*Vaccinium vitis-idaea*)

### Product description

Phyto R.M.L. is designed to provide support and protection during menopause, likening this life stage to a new puberty for women. It helps prepare women for the second phase of their life cycle, offering protection against hormonal dysregulation and its psychosomatic symptoms. This support facilitates adaptation and the journey towards wisdom, a process similarly experienced by men during andropause. Mugo Pine addresses structural concerns like osteoporosis, protecting against bone and cartilage demineralization, and addressing hyperkinetic movement disorders. Raspberry mitigates symptoms like flushing and menorrhagia, regulating the autonomic nervous system by balancing hormonal levels, which tend to decrease during menopause. Lingonberry exhibits estrogenic activity, alleviating common menopausal side effects such as osteoarthritis, osteoporosis, premature aging, fibroids, and uterine polyps, while also aiding calcium absorption for bone health.



## Phyto S.A.W. P-HPO

Servicetree (*Sorbus domestica*)  
Almond (*Prunus dulcis*)  
White Birch (*Betula pubescens*)

### Product description

Phyto S.A.W. is specifically designed for hypothyroidism, aimed at triggering deficient thyroid function. This complex operates by enhancing thyroid activation through improved circulation and lymphatic drainage, effectively restoring a hypometabolic state via coordination across the Hypothalamic-pituitary-thyroid axis. Hashimoto's, a common thyroid autoimmune disorder, benefits from the lymphatic circulation improvement offered by the Service Tree component, facilitating immune clearance of autoimmune antibodies. Service Tree is also rich in essential minerals like potassium, calcium, zinc, magnesium, and copper, all crucial for optimal T4 to T3 conversion and overall thyroid and insulin metabolism. Almond offers secondary hormone support by stimulating the thyroid, while White Birch contributes supportive drainage actions, crucial for eliminating toxins that can adversely affect the thyroid, whether mental or chemical in nature.



## Phyto S.E.D. P-IMU

Sea Buckthorn (*Hippophae rhamnoides*)  
English Walnut (*Juglans regia*)  
Dog Rose (*Rosa canina*)

### Product description

Phyto S.E.D. serves as a general tonic for immune system stimulation and is employed as a preventive measure against infections. It focuses on enhancing innate immunity defense by promoting the production of microbicidal peptides, specifically alpha-defensins, primarily generated by Paneth cells in the intestine. These peptides play a vital role in controlling pathogen growth. This complex also supports beneficial gut microbiota, which further enhances alpha-defensin expression against pathogens. It provides essential vitamins and minerals that aid recovery and foster the growth of favorable microbiota, crucial for priming the immune system and preventing infection propagation. Sea-Buckthorn, the core component, contributes antioxidant properties, boasting high levels of vitamins A, C, and E, flavonoids, and iron, making it effective for both acute and chronic infections. Dog Rose complements by adding anti-inflammatory and antiviral effects, particularly beneficial in treating chronic infections like herpes, especially in pediatric patients.



## Phyto S.F.H. P-CALM

Silver Linden (*Tilia tomentosa*)  
Fig (*Ficus carica*)  
Hawthorn (*Crataegus laevigata*)

### Product description

Phyto S.F.H. is a component of a nervous system complex that promotes mindfulness and helps individuals, both adults and children, step back from daily stressors to prevent feeling overwhelmed. Its main actions include nerve, antispasmodic, and anxiolytic effects, acting on the cortico-hypothalamic axis to manage the stress response. This complex is especially useful when anxiety leads to hypo-digestion and is beneficial for anticipatory anxiety and emotional hypersensitivity. Silver Linden, prevents insomnia through sedation without affecting motor function. It has traditional uses in postpartum confinement, childbirth complications prevention, and calming the nervous system. Hawthorn promotes resilience in the face of life challenges, aids relaxation, and prevents emotional outbursts often accompanied by palpitations. Hawthorn also exhibits hypotensive and vasodilatory benefits, particularly in mild hypertension and chronic heart failure. Fig complements the remedies by restoring digestion compromised during stressful and anxious situations.



## Phyto S.F.O. P-ALER

Silver Linden (*Tilia tomentosa*)  
Fig (*Ficus carica*)  
Olive (*Olea europaea*)

### Product description

Phytotherapy targeting the cortico-hypothalamic axis offers protection from outer aggression for emotionally sensitive individuals, regulating the endocrine response to emotional dysregulation and psychosomatic symptoms. It is historically used for obsessive-compulsive disorders and intestinal spasmophilia, providing effective relief for those with emotional sensitivity and fragility. Fig, known as the guardian of digestion, helps process external aggression and regulate gut-brain axis dysfunction. Animal studies reveal fig's ability to reduce anxiety responses and improve functional constipation, even suggested as a first-line treatment for IBS-C. Silver Linden, a nervous system remedy, aids sleep and relieves anxious gastritis through its sedative effects, acting as a GABA and benzodiazepine agonist. It also induces intestinal relaxation through nitric oxide pathways. Olive, traditionally considered a brain protector, extends its safeguarding to nervous tissues, repairing physical and emotional scars, protecting emotionally sensitive individuals from external aggression.



## Phyto S.J.A. P-URIC

Silver Birch (*Betula pendula*)  
Juniper (*Juniperus communis*)  
European Ash (*Fraxinus excelsior*)

### Product description

Phyto S.J.A. serves as a major detoxifier, primarily targeting the kidneys and bladder to facilitate the elimination of acidic toxins and regulate the body's acidic environment. This remedy is effective for long-term use and offers anti-rheumatic properties, promotes diuresis, and reduces cholesterol and uric acid levels, thereby preventing stone formation. One recommended protocol involves taking seven drops twice daily for three weeks a month, over a period of six months or longer. Ash, a key component, provides potent antacid action, particularly on the kidneys, making it suitable for acute and chronic gout and hyperuricemia. It also plays a crucial role in kidney protection through its detoxifying properties, working in synergy with Juniper, which eliminates crystals.



# PhytoTherapy Combinations



## Phyto S.S.D. P-GROW

Silver Birch (*Betula pendula*)  
Silver Fir (*Abies alba*)  
Dog Rose (*Rosa canina*)

### Product description

Phyto S.S.D. is designed to address growth disorders, mineral bone health, immunity, and psychological tonification, primarily for children facing growth and development challenges due to various factors. It also helps alleviate somatic symptoms like joint and muscle aches resulting from improper growth and bone demineralization. The core remedy, Silver Fir, reflects its biological activity in supporting vertical growth and is employed for conditions like decalcification, rickets, tooth decay, and demineralization. Calcium and phosphate play crucial roles in the demineralization and remineralization processes, affecting susceptibility to tooth decay and bone issues. Silver Birch protects against demineralization, reducing the risk of tooth decay, fractures, and osteomyelitis. Dog Rose stimulates the immune system, vital for a child's overall well-being, protecting against recurrent infections that can deplete their vitality. It also has anti-anemic properties and helps maintain essential calcium levels, often low in children with growth issues.



## Phyto T.D.H. P-HEMO

Tamarisk (*Tamarix gallica*)  
Dogwood (*Cornus sanguinea*)  
Hornbeam (*Carpinus betulus*)

### Product description

Phyto T.D.H. is primarily employed to address hematologic disorders, specifically promoting the production of red blood cells (RBCs). It proves valuable as a supportive adjunct for individuals undergoing post-chemotherapy, radiation therapy, and leukemia treatment. By acting on the bone marrow, it stimulates the production of both RBCs and white blood cells (WBCs), making it effective for restoring coagulation dysregulation, such as thrombocytopenia, which can lead to bruising and hemorrhage. Dogwood excels at initiating clotting in the early stages of hemorrhage and also offers secondary protection for the thyroid. Tamarisk aids in activating hemostasis, particularly valuable for the elderly who may experience compromised clotting. It also supports erythropoiesis and iron metabolism, essential for RBC production, and activates iron metabolism. Hornbeam contributes to increasing platelet counts and is employed for conditions like purpura and thrombocytopenia. This remedy is also suitable for cases of anemia, easy bruising, and thrombocytopenia.



## Phyto W.G.S. P-BN

White Birch (*Betula pubescens*)  
Giant Sequoia (*Sequoia gigantea*)  
Silver Fir (*Abies alba*)

### Product description

Phyto W.G.S. is a synergistic complex aimed at maintaining and strengthening bone health. It is particularly effective in repairing bone fractures and addressing osteoporosis, which can result from hormonal changes and aging. This remedy has a special affinity for hip health, managing degeneration, fractures, pain, and age-related issues. White Birch, the third element, not only repairs fractures but also stimulates hormone and immune systems. It has a history of use in treating micro-fractures and dislocated bones in traditional medicine. Additionally, it supports blood purification and kidney health, which plays a crucial role in bone remodeling and repair by regulating calcium and phosphate levels. White Birch tea is traditionally used for renal ailments, rheumatism, and blood purification, with non-irritant diuretic benefits that aid in waste removal without causing kidney inflammation.

## Phyto B.B.H.

### P-TRAU

Black Alder (*Alnus glutinosa*)  
Black Currant (*Ribes nigrum*)  
Hawthorn (*Crataegus laevigata*)

## Phyto B.R.R.

### P-MNS

Black Currant (*Ribes nigrum*)  
Rosemary (*Rosmarinus officinalis*)  
Raspberry (*Rubus idaeus*)

## Phyto E.E.B.

### P-PULM

European Beech (*Fagus sylvatica*)  
European Hazel (*Corylus avellana*)  
Blackberry (*Rubus fruticosus*)

## Phyto F.B.B.

### P-MIG

Fig (*Ficus carica*)  
Black Currant (*Ribes nigrum*)  
Black Alder (*Alnus glutinosa*)

## Phyto J.E.C.

### P-RENA

Juniper (*Juniperus communis*)  
Elm (*Ulmus campestris*)  
Corn (*Zea mays*)

## Phyto O.A.R.

### P-META

Olive (*Olea europaea*)  
Almond (*Prunus dulcis*)  
Rosemary (*Rosmarinus officinalis*)

## Phyto R.M.L.

### P-MENO

Raspberry (*Rubus idaeus*)  
Mugo Pine (*Pinus mugo*)  
Lingonberry (*Vaccinium vitis-idaea*)

## Phyto S.F.O.

### P-ALER

Silver Linden (*Tilia tomentosa*)  
Fig (*Ficus carica*)  
Olive (*Olea europaea*)

## Phyto W.G.S.

### P-BN

White Birch (*Betula pubescens*)  
Giant Sequoia (*Sequoia gigantea*)  
Silver Fir (*Abies alba*)

## Phyto B.F.E.

### P-DIGE

Black Alder (*Alnus glutinosa*)  
Fig (*Ficus carica*)  
English Walnut (*Juglans regia*)

## Phyto B.S.B.

### P-VRL

Black Currant (*Ribes nigrum*)  
Sea Buckthorn (*Hippophae rhamnoides*)  
Black Alder (*Alnus glutinosa*)

## Phyto E.E.C.

### P-SKN

English Walnut (*Juglans regia*)  
Elm (*Ulmus campestris*)  
Cedar of Lebanon (*Cedrus libani*)

## Phyto H.O.S.

### P-RENU

Hawthorn (*Crataegus oxyacantha*)  
Oak (*Quercus robur*)  
Silver Linden (*Tilia tomentosa*)

## Phyto J.S.E.

### P-SPM

Juniper (*Juniperus communis*)  
Silver Linden (*Tilia tomentosa*)  
English Holly (*Ilex aquifolium*)

## Phyto O.D.C.

### P-PERI

Oak (*Quercus robur*)  
Dog Rose (*Rosa canina*)  
Cedar of Lebanon (*Cedrus libani*)

## Phyto S.A.W.

### P-HPO

Servicetree (*Sorbus domestica*)  
Almond (*Prunus dulcis*)  
White Birch (*Betula pubescens*)

## Phyto S.J.A.

### P-URIC

Silver Birch (*Betula pendula*)  
Juniper (*Juniperus communis*)  
European Ash (*Fraxinus excelsior*)

## Phyto B.G.H.

### P-MICRO

Ginkgo (*Ginkgo biloba*)  
European Hazel (*Corylus avellana*)  
Bilberry (*Vaccinium myrtillus*)

## Phyto B.S.J.

### P-OCU

Bilberry (*Vaccinium myrtillus*)  
Sea Buckthorn (*Hippophae rhamnoides*)  
Judas Tree (*Cercis siliquastrum*)

## Phyto E.J.R.

### P-ACN

Elm (*Ulmus campestris*)  
Juniper (*Juniperus communis*)  
Rosemary (*Rosmarinus officinalis*)

## Phyto H.S.S.

### P-CIR

Horse Chestnut (*Aesculus hippocastanum*)  
Spanish Chestnut (*Castanea sativa*)  
Servicetree (*Sorbus domestica*)

## Phyto J.S.M.

### P-CART

Juniper (*Juniperus communis*)  
Silver Birch (*Betula pendula*)  
Mugo Pine (*Pinus mugo*)

## Phyto O.G.B.

### P-TONI

Oak (*Quercus robur*)  
Giant Sequoia (*Sequoia gigantea*)  
Black Currant (*Ribes nigrum*)

## Phyto S.E.D.

### P-IMU

Sea Buckthorn (*Hippophae rhamnoides*)  
English Walnut (*Juglans regia*)  
Dog Rose (*Rosa canina*)

## Phyto S.S.D.

### P-GROW

Silver Birch (*Betula pendula*)  
Silver Fir (*Abies alba*)  
Dog Rose (*Rosa canina*)

## Phyto B.R.J.

### P-AL

Black Currant (*Ribes nigrum*)  
Rosemary (*Rosmarinus officinalis*)  
Juniper (*Juniperus communis*)

## Phyto D.B.S.

### P-DEFE

Dog Rose (*Rosa canina*)  
Black Alder (*Alnus glutinosa*)  
Silver Birch (*Betula pendula*)

## Phyto E.R.L.

### P-INTE

English Walnut (*Juglans Regia*)  
Rosemary (*Rosmarinus officinalis*)  
Lingonberry (*Vaccinium vitis-idaea*)

## Phyto J.B.E.

### P-LIV

Juniper (*Juniperus communis*)  
Black Currant (*Ribes nigrum*)  
English Walnut (*Juglans regia*)

## Phyto M.L.B.

### P-OSTE

Mugo Pine (*Pinus mugo*)  
Lingonberry (*Vaccinium vitis-idaea*)  
Blackberry (*Rubus fruticosus*)

## Phyto O.G.S.

### P-ENER

Oak (*Quercus robur*)  
Grape (*Vitis vinifera*)  
Sea Buckthorn (*Hippophae rhamnoides*)

## Phyto S.F.H.

### P-CALM

Silver Linden (*Tilia tomentosa*)  
Fig (*Ficus carica*)  
Hawthorn (*Crataegus laevigata*)

## Phyto T.D.H.

### P-HEMO

Tamarisk (*Tamarix gallica*)  
Dogwood (*Cornus sanguinea*)  
Hornbeam (*Carpinus betulus*)





# RESTORATIVE

## FORMULATIONS



### What We Do

Restorative Formulations Is a Hands-On, Physician-Owned Company

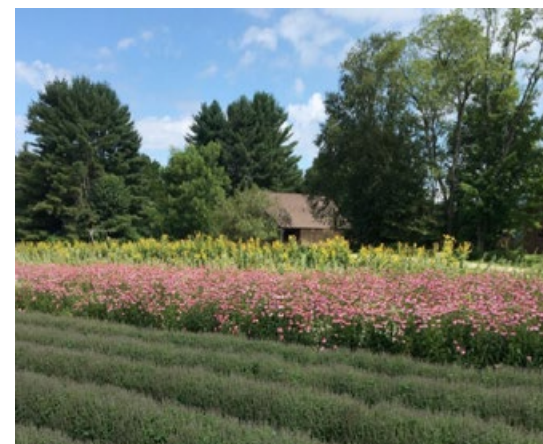
Restorative Formulations is a professional supplement line offering physicians a range of therapeutic formulations designed to maximize hormone, neuro, cardiac, and immune function in the clinical setting. We set the standard for purity, potency, and predictability with 95% of our botanicals and botanical extracts certified organic.



### Our Team

Restorative Formulations offers physicians a range of therapeutic formulations designed to maximize hormone, cardiac and immune function in the clinical setting.

Our Medical Education Team is comprised of clinicians who prescribe Restorative Formulations products to their patients and use them personally. They are not paid to endorse our products.



### Our Farms

Sourcing raw materials from U.S. + Canadian farms ensures excellent quality control.

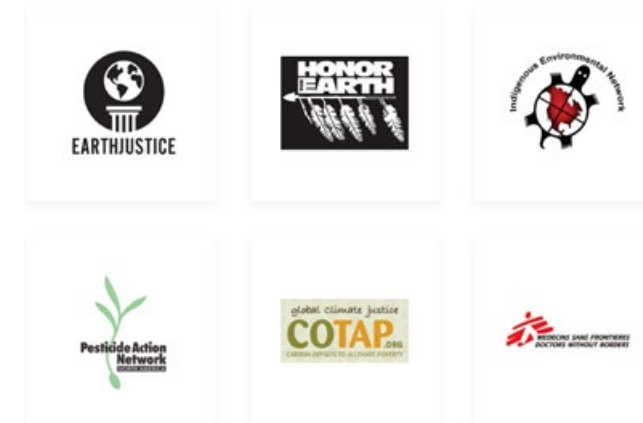
We work with our farmers to help them grow and harvest crops that have traditionally been sourced overseas, where materials pass through multiple hands and product tracing can be unreliable.

Our process includes methods that maximize the concentration of key ingredients by taking advantage of optimal harvest times and drying techniques. We are also the first to maximize the rosmarinic acid content in Lemon Balm without the use of any solvents.



### How We Give Back

Restorative Formulations Pledges 1% of All Sales to Environmental Non-Profits.



Dear Physician,

**R**estorative Formulations is privately-owned by physicians who have more than 50 years of combined experience. Located in Central Vermont, we offer practitioners a range of therapeutic formulations designed to maximize hormone, cardiac, and immune function in the clinical setting.

We're proactive in our commitment to the environment: we use biodegradable packing peanuts, manufacture using amber glass bottles instead of plastic, and practice sustainable resourcing. We pledge 100% carbon offset for manufacturing and shipping and we are a member of 1% For The Planet.

### What Makes Restorative Unique?

#### Organic Herbs and Extracts: Free of Toxic Solvents, Pesticides, Herbicides, and GMOs

- 95% of the herbs we use are certified organic, setting us apart from every other professional brand of dietary supplements.
- Residues from solvents, pesticides, and herbicides increase the toxic load on the patient, which can alter inflammatory pathways and change epigenetics. We have a zero- tolerance policy for toxic solvents, pesticides, herbicides, and genetically-modified organisms in our certified organic herbs and extracts.
- Restorative Formulations is the only professional brand that offers a line of encapsulated, certified organic, standardized botanicals.
- We carry our promise of purity through to the encapsulated product. We employ state-of-the-art extraction methods that use only water, certified organic alcohol, and carbon dioxide.
- Our products do not contain shellacs, fillers, and binders, etc. All vegetarian capsules are hypoallergenic and free of gluten, wheat, dairy, corn, sugar, and yeast.

Here at Restorative Formulations, we are grateful for the work of both traditional herbal healers of the past and for the restorative and conventional medical practices of the present. We are also thankful for the trust and support of all the practitioners who regularly use our Restorative Formulations to preserve wellness for themselves and others.

Sincerely,

Michaël Friedman, ND  
President, Co-Founder, Medical Officer  
Restorative Formulations

Denis Wilson, MD  
Vice President and Co-Founder, Medical Officer  
Restorative Formulations



Michaël Friedman, ND



Denis Wilson, MD

## What Makes Restorative Unique The Truth About Organic

**M**any practitioners are under the impression that most professional supplement brands use organic herbs and organic herbal extracts. However, the truth is that most cultivated herbs are conventionally grown, using pesticides, herbicides, and chemical solvents Class 2 and Class 3 at various points in the manufacturing process.

The truth is in the labeling. Any herbal product can claim to be *organic*, but how do you know this is true? The only proof you have is when the label states '**Certified Organic**'. Here at Restorative Formulations, 95% of botanicals and botanical extracts are '**Certified Organic**'. This standard is unsurpassed by any professional brand of supplements on the market.

Another important question to ask of other botanical brands is, "Which solvents do you use?" Solvents are broken down into three classes. Most suppliers use Class 2 or Class 3 solvents, but often fail to mention that several Class 2 and Class 3 solvents are listed by the state of California as chemicals known to cause cancer or reproductive toxicity.

For any particular herbal product to be officially considered 'Certified Organic' and pure, toxic solvent residues at any point in the manufacturing process (i.e. zero tolerance) are prohibited. In fact, the only solvents permitted to be used in certified organic extracts are water, certified organic alcohol, or carbon dioxide. Restorative Formulations is one of the very few companies that meet this strict standard for 95% of our botanicals and botanical extracts.

### Pesticide Residues

With respect to pesticide residues, US industry standards require that each gram of product contain no more than 3 mcg of pesticide residues. Pesticide residue intake should be limited to 0.05 - 3 mcg per day.

However, to achieve the status of certified organic, absolutely zero pesticides are allowed to be used at all during the agricultural process. Therefore, 95% of our botanicals and botanical extracts meet this strict standard as well.

Class 2 Solvents	
<i>Class 2 solvent residues should be limited to between 1-38.8 mg daily depending on what solvents are used according to US industry standards</i>	
Class 2 Solvent	Permissible Solvent Residues (mg/day)
Acetonitrile	4.1
Chlorobenzene	3.6
Chloroform	0.6
Cyclohexane	38.8
1,2-Dichloroethene	18.7
Dichloromethane	6.0
1,2-Dimethoxyethane	1.0
N,N-Dimethylacetamide	10.9
N,N-Dimethylformamide	8.8
1,4-Dioxane	3.8
2-Ethoxyethanol	1.6
Ethylene glycol	6.2
Formamide	2.2
Hexane	2.9
Methanol	30.0
2-Methoxyethanol	0.5
Methylbutyl ketone	0.5
Methylcyclohexane	11.8
N-Methylpyrrolidone	5.3
Nitromethane	0.5
Pyridine	2.0
Sulfolane	1.6
Tetrahydrofuran	7.2
Tetralin	1.0
Toluene	8.9
1,1,2-Trichloroethene	0.8
Xylene	21.7

**Restorative Formulations Extract Standards**

The only solvents permitted to be used to create our certified organic herbs and herbal extracts are:

- Water
- Certified Organic Alcohol
- Carbon Dioxide

Class 3 Solvents		
<i>Class 3 solvent residues intake should be limited to 50 mg/day according to US industry standards</i>		
Acetic acid	Ethanol	3-Methyl-1-butanol
Acetone	Ethyl acetate	Methylethyl ketone
Anisole	Ethyl ether	Methylisobutyl ketone
1-Butanol	Ethyl formate	2-Methyl-1-propanol
2-Butanol	Formic acid	Pentane
Butyl acetate	Heptane	1-Pentanol
tert-Butylmethyl ether	Isobutyl acetate	1-Propanol
Cumene	Isopropyl acetate	2-Propanol
Dimethyl sulfoxide	Methyl acetate	Propyl acetate



# Adrenal Metabolism

## Adrenal function

The adrenals are a pair of triangular-shaped glands located on top of each kidney. As an integral part of the endocrine system, these glands are primarily responsible for releasing hormones into the blood stream in response to stress. When the adrenals are functioning properly, their production of the following hormones is balanced:

- **Corticosteroids** (e.g., cortisol) help to regulate blood sugar, blood pressure, fat and protein metabolism, and immunity.
- **Mineralocorticoids** (e.g., aldosterone) control sodium and potassium levels in the body and thereby help maintain blood pressure and water balance.
- **Catecholamines** (e.g., adrenaline and norepinephrine) – aid in the regulation of the “fight or flight” response to stress.
- **Adrenal androgens** (e.g., DHEA) are precursors to sex hormones such as testosterone and estrogen.

The main purpose of your adrenal glands is to enable your body to deal with stress from every possible source, including internal and external stressors. It is through the actions of the adrenal hormones that your body is able to mobilize its resources to combat the ravaging effects that stress can take on the human body.

The balance of healthy hormone production by the adrenals can be tipped either way depending on certain endogenous or exogenous factors. However, the adrenal hormones must

be maintained in equilibrium so that they can appropriately modulate the following metabolic processes:

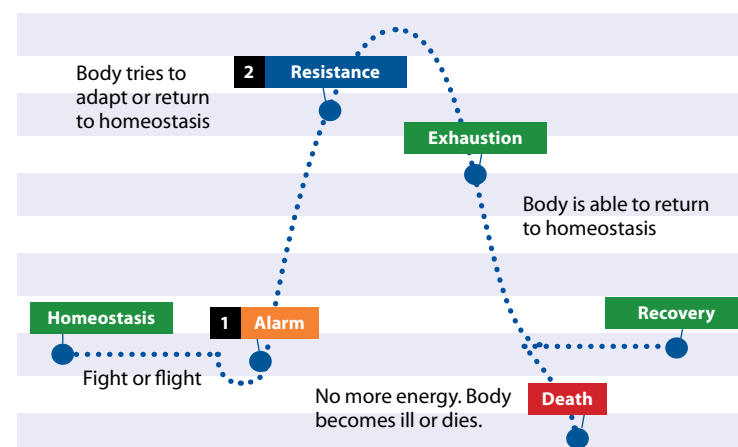
- Utilization of carbohydrates and fats
- Conversion of fats and proteins into energy
- Distribution of stored fat
- Normalization/regulation of blood sugar
- Preservation of healthy cardiovascular and gastrointestinal function

## Lifestyle modifications supporting the adrenals

Long-term stress on adrenal glands is unhealthy and can cause significant damage to body tissues. The following dietary recommendations are known to support healthy adrenal function:

- Cut out sugar (except for chocolate). Small amounts of dark chocolate will give you an energy boost and also provides a natural mood elevator.
- Avoid the use of “energy drinks”, which result in long term energy depletion and higher stress levels.
- Cut down on products that contain caffeine (e.g., coffee, tea, and soda pop). Instead, try drinking green tea, which has just enough caffeine to give you a boost without crashing. Green tea also contains theanine, which helps calm you while leaving your mind clear.
- Eat a high-protein, low-carbohydrate diet and avoid going long periods of time without food, since this forces the adrenals to work harder to release more cortisol and adrenalin to keep your body functioning normally.

## Selye’s Stress Model: GAS (General Adaptation Syndrome)



## Adrenal Adaptogens

Adrenal glands manage the body's response to stressors, both internal and external. Unhealthy stress responses can greatly influence the function of the hypothalamus, pituitary and adrenals. Overstimulation of adrenals can result in unbalanced DHEA-to-cortisol ratios, improper ACTH response, and erratic cortisol release. Adaptogenic herbs help to normalize mild stress responses, thereby supporting adrenal function. Adaptogens may also support healthy immune function due to the adrenal glands' role in immune response. Since adrenal gland function maintains stress tolerance, our adrenal supplements can support and maintain healthy CNS function. Adrenal support may also help women at menopause, due to the role that the adrenal glands play in the production of reproductive hormones.

## Eleuthero Root:

Normalizes mild stress tolerance and energy; acts as an adrenal tonic. May act directly on the hypothalamus. Optimizes adrenal response.

## Licorice Root Extract:

Inhibits the enzyme responsible for inactivating cortisol, thereby maintaining cortisol levels in a normal range.

## Hawthorn Berry Extract:

Flavonoids support optimal antioxidant function while promoting healthy circulation. It also supports exercise endurance and integrity of blood vessels.

## Ashwagandha Root:

Relieves mild stress and mental exhaustion. Improves mental clarity. Tonic for the elderly to support mental and physical stamina while promoting immune system function.

## Holy Basil Leaf Extract:

Decreases the stress response through maintaining healthy blood sugar and corticosteroids in a normal range while supporting adrenal function.

## DOCTOR TO DOCTOR



*“When you practice medicine, you want to trust that what you are giving the patient will do the job... that’s why I distribute Restorative Formulations in my office. My patients ask for Restorative Formulations by name, because they see the improvements taking them has made.”*

— Karan Baucom, MD

Board Certified OBGYN, Board Certified Anti-Aging Medicine  
Baucom Institute for Longevity & Life Enhancement

## Which Should I Recommend?



**Adaptogen**

General tonic to support immune function and mild stress resistance. Used for early stages of adrenal stress. Combats occasional fatigue.



**ADR Px Balance**

Counteracts adrenal fatigue and increases energy. Balances central neurotransmitter production; promotes mental performance. Also in Syrup!



**ADR Px L-BP**

Includes licorice to maintain healthy cortisol levels and support mineralocorticoid receptors. Supports healthy blood pressure already in a normal range. Also in Syrup!





### Adrenal Metabolism

- Adaptogen** – General tonic to support immune function in early mild stages of adrenal stress.
- ADR Px Balance Caps** – Counteracts adrenal fatigue and increases energy.
- ADR Px Balance Syrup** – Similar formula as ADR Px Balance Capsules, but in a syrup form.
- ADR Px L-BP Caps** – Supports orthostatic blood pressure by supporting mineralocorticoid receptors.
- ADR Px L-BP Syrup** – Similar formula as ADR Px L-BP capsules, but in a syrup form.

### Bone Support

- Osteo Px** – Supports osteocalcin activity, optimal calcium metabolism, and bone health.

### Cardiovascular Support

- Berberine GS Px** – Unique blend of whole Goldenseal root extract with the phytochemical berberine to support optimal cardiovascular function.
- Cardiac Px** – Contains herbs which support and preserve a healthy heart and cardiovascular system.
- C Care** – Contains unique combination of 100% certified organic herbs from North America, known for balancing the metabolism of lipid and lipoprotein by supporting liver function and maintaining healthy bile secretion.
- Ubiquinol** – The reduced form of CoQ10 helps to maintain cardiovascular health, energy production.
- Ubiquinone** – The reduced form of liquid CoQ-10 (Ubiquinol) in the same potency of a vegi capsule of Ubiquinone.



### Cognitive Support

- Berberine GS Px** – Contains full spectrum alkaloids that are considered neuroprotective.
- NGF Px** – Supports neuronal health and neurotransmitters which have a positive effect on brain health.
- TUDCA Px** – Supports healthy neurological and cellular aging processes

### Detox/Liver Support

- Neuro-GI / Laxative Px** – Supports optimal glutathione levels to enhance antioxidant defenses for the liver.

### Gastrointestinal Support

- Berberine GS Px** – Supports the microbiome by favoring the healthy bacteria naturally present in the gastrointestinal tract.
- Neuro-GI Px / Laxative Px** – Supports GI neurotransmitter production for relieving occasional constipation.

### Glucose Metabolism

- Berberine GS Px** – Supports healthy blood sugar metabolism
- Glucose Px** – Supports healthy glucose metabolism.

### Immune Support

- Berberine GS Px** – Supports a healthy inflammatory response and immune system.
- Rosmarinic Acid Px** – Maintains a healthy immune response, thyroid support, and normal histamine production. Soothing support for healthy sinus function.
- T-Balance Px** – Provides equilibrium to an unstable immune system and supports healthy T-cell function. Defends the liver against damage inflicted by hepatotoxins and oxidation.



### Mitochondrial

- Mitochondria Nutrition PQQ** – Complete multivitamin featuring therapeutic doses of bioavailable nutrients to support mitochondrial health.
- TUDCA Px** – Tauroursodeoxycholic acid (TUDCA) a hydrophilic bile acid, made by healthy gut bacteria, which is able to cross the blood-brain barrier to reach neuronal tissue.

### Nutrients

- Metabolic Nutrition** – Therapeutic levels of bioactive vitamins and minerals.
- Mitochondria Nutrition PQQ** – Same formula to Metabolic Nutrition Capsules but with PQQ.
- Ubiquinol** – The naturally occurring, reduced form of CoQ10.
- Ubiquinone** – The “active antioxidant” form of CoQ10 .

### Neuro

- Berberine GS Px** – Goldenseal and berberine support the microbiome and neuroprotection.
- Triple Turmeric Px** – Provides neuroprotection against compounds known to cross the blood-brain barrier, and supports brain health.
- Mitochondria Nutrition PQQ** – Neuroprotective by supporting normal blood flow to the brain.
- Neuro GI/Laxative Px** – Comprehensive blend to support a healthy gut-brain axis.
- NGF Px** – Supports neuronal health and cognitive function
- TUDCA Px** – Supports healthy neurological and cellular aging processes
- Rosmarinic Acid Px** – Maintains a healthy immune response by balancing T cells and B cells.

### NF-kB Balance

- Triple Turmeric Px** – Balances NF-kB to effectively mediate prostaglandin activity



### Reproductive Support

- Ovum Px** – Supports fertility and reproduction in women.
- Male Fertility Px** – Supports fertility and reproduction by optimizing semen parameters.

### Respiratory Support

- Rosmarinic Acid Px** – Maintains normal histamine production.

### Stress/Sleep

- Kava Calm Px** – Contains the active constituent kavalactone, for promoting a state of relaxation.
- Sleep** – A gentle, natural sleep formula combines herbs and melatonin. The liquid capsule provides optimal absorption.
- StressCalm Px** – This herbal formula supports a sense of calm and preserves optimal central nervous system function.

### Thyroid Metabolism

- ThyCalm Px** – Helps to cultivate a healthy thyroid by balancing excess thyroid activity
- ThyroCare** – Mild thyroid support formula indicated for those who are sensitive to high levels of iodine.
- Thyroid Px** – Our most potent thyroid metabolic support formula available.

### Women's Hormone Support

- Estro-Px** – Provides comprehensive herbal support during times of rapid hormonal changes, such as the menopausal transition.
- PCO Px** – Alleviates the symptoms of PMS, PCOS, and menopause. Reduces oily skin, acne, and excess body hair growth. Supports cortisol hormone balance.



## Organic Herbs and Extracts

Residues from solvents, pesticides, and herbicides can be toxic to the body. Even some products marketed as “organic” may contain residues. That’s why 95% of the herbs we use are CERTIFIED organic, setting us apart from every other professional brand of dietary supplements. We have a zero-tolerance policy and you will never find toxic solvents, pesticides, herbicides, or genetically modified organisms (GMOs) in any of our certified organic herbs and extracts.

## We Know Our Farmers!

By working directly with our farmers, not buying through wholesalers or middlemen, we know exactly where our ingredients come from, how they were grown, and how they were handled through every step of the process. This ensures our ability to deliver the quality we demand. We’ve found that herbs grown overseas are unreliable because they change hands multiple times and their origins can be difficult to trace—that’s why we support and rely on North American farmers.

## Farm to Capsule

We carry our promise of purity through to the encapsulated product. We employ state-of-the-art extraction methods that use only water, certified organic alcohol, and carbon dioxide.

Our products do not contain shellacs, fillers, and binders, etc. All vegetarian capsules are hypoallergenic and free of gluten, wheat, dairy, corn, sugar, and yeast.

## Potency Sets Us Apart

As physicians, the owners of Restorative Formulations have developed highly concentrated products to deliver therapeutic dosages that provide rapid results. We will never try to sell you a bigger bottle with smaller doses designed to make you think you are getting more.

Our guiding principle is to limit packaging by providing the most effective therapeutic dose in the most efficient manner.

Our products have the highest dosage per single capsule available, including:

**100 to 1**  
extraction ratio in Rosmarinic Acid Px



For example, we use **100 lbs of rosemary** to extract **1 lb of rosmarinic acid**. This makes some of our products **25 times stronger** than other brands.







# Adaptogen

*The adrenal glands manage the body's response to internal and external stressors.*

A hectic and stressful lifestyle can contribute to the overstimulation of the adrenal glands, which causes the erratic release of cortisol, leading to an imbalanced DHEA-to-cortisol ratio as well as improper adrenocorticotropic hormone (ACTH) response.

This specially formulated blend of adaptogenic herbs helps to support adrenal function supporting a healthy stress response. Adaptogen herbs also act as endocrine tonics and potentially attenuating an immune response to self.

Adaptogen is comprised of a combination of herbs that help maintain stress tolerance and support healthy brain function, mental performance, and hormonal balance.

## Formulation Features

- Promotes mental clarity and sharpness
- Supports a healthy immune and inflammatory response
- Formulated with 100% certified organic herbs
- Helps to preserve energy, vitality, and physical stamina



95% of our herbs and herbal extracts are certified organic.



## Formula

Each/Chaque vegi capsule contains:

Ashwagandha, root/racine (Withania somnifera), O	175 mg
Eleuthero, root/racine (Eleutherococcus senticosus), O	150 mg
Astragalus, root/racine (Astragalus membranaceus), O	110 mg
Ashwagandha root/racine extract, 1.5% withanolides (Withania somnifera), O	100 mg
Holy Basil, 0.5% volatile oil (Ocimum sanctum), O	85 mg

O=Certified Organic

**Non-Medicinal Ingredients:** hypromellose vegi capsule  
**Ingredients non medicinaux:** hypromellose vegi capsule

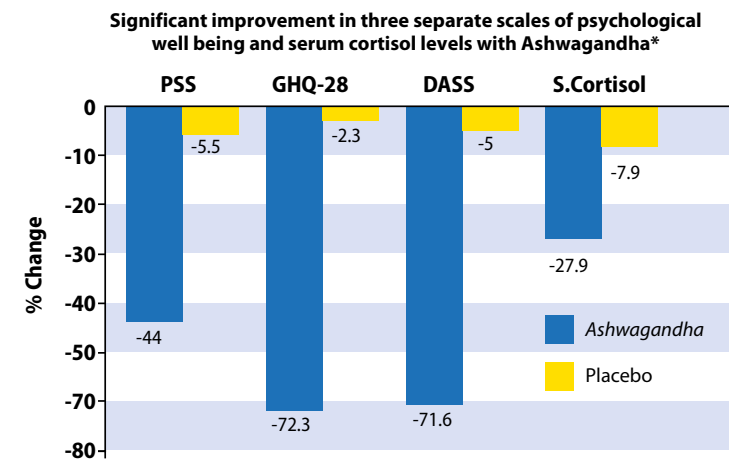


**Ashwagandha** is one of the best and most widely known botanical adrenal tonics, which is used traditionally in India for exhaustion, emaciation, memory loss, muscle weakness, overwork and sleeplessness.

Research on standardized extracts of Ashwagandha indicate that it is able to attenuate the negative effects of stress. For example, it can balance elevated levels of the stress hormone cortisol. Various human studies include reports of increased energy, reduced fatigue, better sleep, and an enhanced sense of well-being.

In a double blind placebo controlled study, 64 subjects with a history of chronic stress were given 300 mg of a standardized extract of Ashwagandha twice daily for 60 days.

Assessment methods included the Perceived Stress Scale (PSS), which is the most commonly used psychological scale for assessing self perception of stress level and the General Health Questionnaire-28 which has four subsets including anxiety, insomnia, social dysfunction and anxiety stress scale (DASS).



Percentage change from baseline in PSS, GHQ-28, DASS, Serum cortisol

\*A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. Indian J Psychol Med. 2012 Jul; 34(3):255-62

**Eleuthero** (Eleutherococcus senticosus) Much of Eleuthero's actions are credited to the eleutherosides, which have anti-fatigue and adrenal balancing effects. In addition, Eleuthero contains immune polysaccharides which show significant immunostimulatory activities.

**Astragalus** (Astragalus membranaceus) Astragalus is a traditional energy and vitality tonic with a great deal of modern research showing numerous immune modulating mechanisms, as well as muscle and stamina support due to effects on muscle cells and mitochondria.

## Supplementation

- One to three capsules twice a day or as directed by a healthcare practitioner. Can be taken with or without food.
- Monitor blood fasting lipid levels

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

Stress and Health 2002; 18(1):11-17.

Pharmacol. 2009 Sep; 4(3):198-219.

Chin Med J (Engl) 1990; 103:304-307.

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# ADR Px Balance

*The adrenal glands manage the body's response to internal and external stressors.*

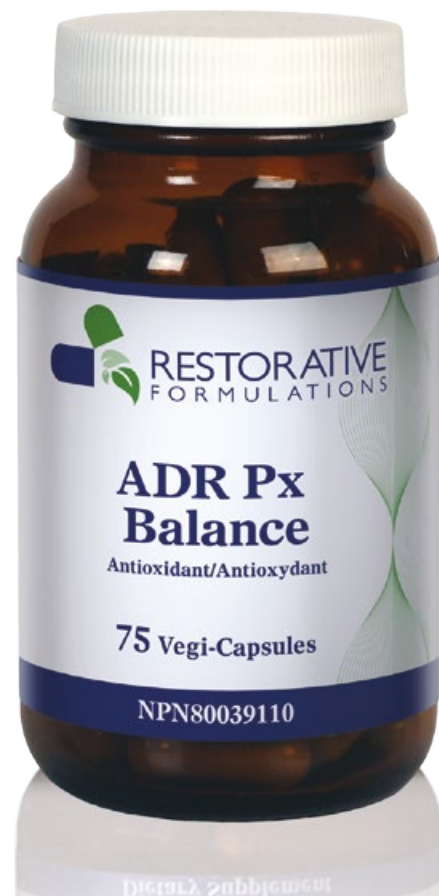
Modern living can be hectic and over stimulating to the neuroendocrine system leading to adrenal dysfunction, imbalanced stress hormone and immune stress. This specially formulated blend provides highly concentrated adaptogenic herbal support for adrenal gland health and function. Designed to reduce occasional fatigue, increase resistance to stress, help preserve healthy cortisol levels and HPA axis function.

## Formulation Features

- Helps support adrenal function
- Promotes physical vitality and mental alertness
- Supports antioxidant defenses and blood vessel health
- Contributes to a balanced DHEA-to-cortisol ratio
- Formulated with 100% certified organic herbs and extracts
- Holy basil supports healthy blood sugar and HPA axis
- Rhodiola root promotes healthy mood via supporting normal neurotransmitter function and stress adaptation



95% of our herbs and herbal extracts are certified organic.



## Formula

### Each/Chaque vegi cap contains:

Vitamin C (Ascorbic acid)(acide ascorbique)	15 mg
Organic Eleuthero root extract (Eleutherococcus senticosus) 0.8% eleutherosides B & E 2.4 mg	300 mg
Organic Hawthorn leaf and flower (Crataegus laevigata) 1.25% Vitexin	150 mg
Organic Holy Basil leaf (Ocimum tenuiflorum) 0.5% Volatile Oil 0.25 mg	100 mg
Organic Alfalfa herb (Medicago sativa L.)	50 mg
Organic Rhodiola root (Rhodiola rosea) 0.7% Salidroside	50 mg

All Organic Herbs are Certified Organic

**Non-Medicinal ingredients:** Hypromellose vegi caps, Omega 3 Powder  
**Ingredients non medicinaux:** Hypromellose vegi caps, Omega 3 Poudre



**Hawthorn Berry** (Crataegus species) contains a group of flavonoid compounds, which are credited with much of the antioxidant and anti-inflammatory actions. Hawthorn, as a gentle nervine, may help to reduce the stress response contributing to adrenal weakness and supports relaxed smooth muscle of blood vessels

**Rhodiola root** (Rhodiola rosea) contains salidroside and rosavins shown to reduce stress symptoms in both human and animal studies. Rhodiola supports cardiovascular and respiratory efficiency and function in situations of extreme physical exertion.

**Holy Basil** (Ocimum sanctum) Holy Basil contains ocimumosides and cerebroside, which have been shown to reduce the effects of stress on health and help maintain emotional well-being.

## Supplementation

- One to three capsules twice a day or as directed by a healthcare practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

Stress and Health 2002;18(1):11-17.

Curr Clin Pharmacol. 2009 Sep; 4(3):198-219

J Nat Prod. 2007 Sep; 70(9):1410-6.

J Pharmacol Sci 2005; 98(4):354-360.

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# ADR Px Balance Syrup

*The adrenal glands manage the body's response to internal and external stressors.*

**ADR Px Balance Syrup** provides highly concentrated adaptogenic herbal support for adrenal function. This formula was designed to reduce occasional fatigue, increase resistance to stress, and help preserve healthy cortisol levels.

This syrup formula can be easily titrated for a smaller serving size and may be preferred by those who dislike or cannot tolerate capsules. It may be used as is, prepared with hot water to make a tea, or diluted with sparkling mineral water for a refreshing cold beverage.

## Formulation Features

- Promotes physical vitality and mental alertness
- Contributes to a balanced DHEA-to-cortisol ratio
- Similar formula to that of Adrenal Px Balance capsules, but in a syrup
- Certified Organic Eleuthero improves stress tolerance and energy
- Certified organic Hawthorn extract contains flavonoids which relax smooth muscle of blood vessels
- Formulated with 100% certified organic herbs and extracts



95% of our herbs and herbal extracts are certified organic.

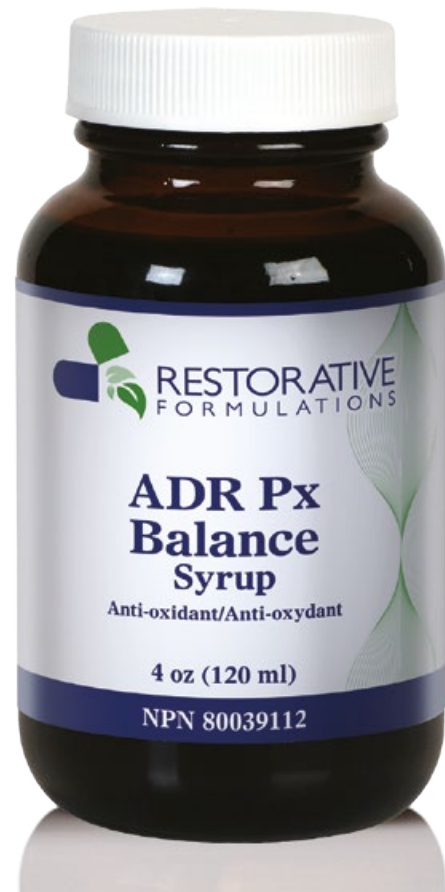


## Supplementation

- 1/2 to one teaspoon in the morning and afternoon, or as directed by your health care practitioner. Can be taken with or without food..

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



## Formula

Each Teaspoon/Chaque cuillère: 5ml

Vitamin C (ascorbic acid)	40 mg
Eleuthero root/racine extract, 0.8% eleuthrosides (eleutherococcus senticosus), O	750 mg
Hawthorn berry extract 12:1 (crataegus laevigata), O	415 mg
Alfalfa/Luzerne (medicago sativa L), O	125 mg
<b>Constituent BioMarker Per Dose</b>	
Eleuthero Eleuthrosides B&E	6 mg
O=Certified Organic	

**Non-Medicinal ingredients:** distilled water, glycerin, lemon essential oil. **Ingredients non médicinaux:** eau distillée, glycérine, huile essentielle de citron.

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## ADR Px L-BP

*Adrenal support*



### Formula

#### Each/Chaque vegi cap contains:

Licorice root/racine extract 10:1 (Glycyrrhiza glabra L.)	
20% Glycyrrhizic acid 69 mg	345 mg
Organic Holy Basil leaf (Ocimum tenuiflorum)	
0.5% Volatile Oil 0.50 mg	100 mg
Organic Eleuthero root extract 50:1 (Eleutherococcus senticosus)	
0.8% Eleutherosides 4 mg	50 mg
Organic Rhodiola root (Rhodiola rosea)	
0.7% Salidroside 0.25 mg	35 mg
Organic Hawthorn Leaf and Flower (Crataegus laevigata)	35 mg
Organic Alfalfa herb (Medicago sativa L.)	25 mg

Non-Medicinal Ingredients: Hypromellose (capsule), Omega Oil Powder  
 Ingredients non médiciniaux: Hypromellose (capsule) Omega Oil Poudre  
 Organic Herbs are Certified Organic  
 Product is free of GMOs

**ADR Px L-BP** capsules contain a highly concentrated form of glycyrrhiza (licorice), which supports the maintenance of healthy cortisol and aldosterone levels. This formula includes a potent blend of adaptogenic herbal extracts, such as organic holy basil and rhodiola, which support adrenal function and have a calming effect on the nervous system.

ADR Px L-BP was specifically designed to reduce occasional fatigue, augment stress resistance, and help preserve healthy cortisol levels. In addition, this adaptogenic formula also helps to sustain healthy brain function (e.g., mental performance), and provides antioxidant defenses against harmful free radicals.

### Formulation Features

- Offers high doses of glycyrrhizic acid
- Promotes maintenance of healthy mineral corticoids
- Enhances stress tolerance
- Supports healthy stress response



**Licorice root** (Glycyrrhiza glabra) supports adrenal function, in part by affecting cortisol metabolizing dehydrogenase enzymes, supporting healthy aldosterone levels and toning the adrenal gland.

**Eleuthero root** (Eleutherococcus senticosus) Much of Eleuthero's actions are credited to the eleutherosides, which supports healthy energy and adrenal balancing effects.

**Hawthorn Berry** (Crataegus species) contains a group of flavonoid compounds, which are credited with much of the antioxidant and anti-inflammatory actions. Hawthorn, as a gentle nervine, may help to reduce the stress response contributing to adrenal weakness.

**Rhodiola root** (Rhodiola rosea) contains salidroside and rosavins shown to reduce stress symptoms in both human and animal studies. Rhodiola supports cardiovascular and respiratory efficiency and function in situations of extreme physical exertion.

**Holy Basil** (Ocimum sanctum) Holy Basil contains ocimumosides and cerebroside, which have been shown to reduce the affects of stress on health

### Supplementation

- Take one to two capsules twice daily or as directed by your health care practitioner. Can be taken with or without food.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### Caution

The ingredients contained within Adrenal Px L-BP can elevate blood pressure and heart rate, thus these products are not intended to be taken by those with cardiovascular disease. Given the potency of the ingredients, patients taking Adrenal Px L-BP should have their heart rate and blood pressure monitored regularly.

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95% of our herbs and herbal extracts are certified organic.



## ADR Px L-BP Syrup



The primary ingredient in ADR Px L-BP syrup is Glycerrhizic acid (licorice), which supports the maintenance of healthy cortisol and aldosterone levels and has been used traditionally for promoting healthy adrenals and liver. Compared to the capsule formulation of ADR Px L-BP, this syrup form contains less Glycerrhizic acid (120mg vs. 70mg).

ADR Px L-BP syrup was specifically designed to reduce occasional fatigue, augment stress resistance, and help preserve healthy cortisol levels. In addition, this adaptogenic formula also helps to sustain healthy brain function (e.g., mental performance), and provides antioxidant defenses against harmful free radicals.

The reason we offer this syrup version of ADR Px L-BP is because it can be easily titrated for a smaller serving size and may be preferred by those who dislike or cannot tolerate capsules. The syrup may be used as is, prepared with hot water to make a tea, or diluted with sparkling mineral water to make a palatable cold beverage. For people who do not like the taste of licorice, the capsules would be recommended over the syrup.

### Formulation Features

- **Glycyrrhiza** helps support healthy cortisol levels and healthy blood sugar levels
- **Eleuthero** enhances stress tolerance and acts as an adrenal tonic
- **Hawthorn** contains flavonoids that relax smooth muscle of blood vessels
- Contributes to a balanced cortisol-to-aldosterone ratio

### Formula

Each teaspoon/Chaque cuillère: 5ml	
Vitamin C (Ascorbic acid)	40 mg
Licorice root/racine extract 4:1 (Glycyrrhiza glabra)	735 mg
Eleuthero root extract 50:1* (Eleutherococcus senticosus), O	380 mg
Hawthorn berry extract 12:1* (Crataegus laevigata), O	255 mg
Alfalfa (Medicago sativa), O	140 mg

#### Minimum Constituent Bio Marker Per Dose

Glycerrhizic Acid	70 mg
Eleuthrosides B & E	2.4 mg

O=Certified Organic

**Non-Medicinal Ingredients:** distilled water, vegetable glycerin, certified organic lemon essential oil  
**Ingédients non médicinaux:** eau distillée, glycérine végétale, certifié organic huile de citron essentielle  
 \*Fresh Herb Equivalent/Equivalent aux fines herbes fraîches



**Licorice root** (Glycyrrhiza glabra) supports adrenal function, in part by affecting cortisol metabolizing dehydrogenase enzymes, supporting healthy aldosterone levels and toning the adrenal gland.

**Eleuthero root** (Eleutherococcus senticosus) Much of Eleuthero's actions are credited to the eleutherosides, which supports healthy energy and adrenal balancing effects.

**Hawthorn Berry** (Crataegus species) contains a group of flavonoid compounds, which are credited with much of the antioxidant and anti-inflammatory actions. Hawthorn, as a gentle nervine, may help to reduce the stress response contributing to adrenal weakness

### Supplementation

- Take one to three capsules twice a day or as directed by your health care practitioner. Can be taken with or without food.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### Caution

- The ingredients contained within Adrenal Px L-BP can elevate blood pressure and heart rate, thus these products are not intended to be taken by those with hypertension. Given the potency of the ingredients, patients taking Adrenal Px L-BP should have their heart rate and blood pressure monitored regularly.

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95% of our herbs and herbal extracts are certified organic.





# Berberine GS Px

*Supports a healthy gut microbiome*



## Formula

Each/Chaque vegi cap contains:

Organic Goldenseal Root and Rhizome, 5% Berberine Hydraste, racine et rhizome ( <i>Hydrastis canadensis</i> )	300 mg
Berberine (Berberine hydrochloride) Berbéline(chlorhydrate de berbérine)	200 mg

### Constituent Biomarker Per Dose

Berberine	200 mg
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Organic Herbs are US Cultivated, Certified Organic

Non-Medicinal ingredients: hypromellose vegi capsule  
Ingrédients non-médicinaux: hypromellose vegi capsule

To refill contact your practitioner or visit [www.restorative.com](http://www.restorative.com)  
Pour remplir avec votre médecin ou visiter [www.restorative.com](http://www.restorative.com)

Product is free of wheat, gluten, nuts, eggs, soy, dairy, binders, preservatives, animal derived ingredients and heavy metal toxicity.

**Berberine GS Px** contains goldenseal and berberine, an active alkaloid compound that can be sourced from a wide variety of medicinal plants.

Berberine has been shown to support the microbiome by favoring healthy bacteria naturally present in the gastrointestinal tract and discouraging non-native bacteria colonization. Current research indicates that berberine may interrupt biofilm stability and supports short chain fatty acid (SCFA)- producing bacteria. SCFA are an energy source for large intestine epithelial cells, and have a positive effect on microbiome health, immune function, and a healthy inflammatory response.

In addition to microbiome support, berberine also promotes healthy AMPK function, supporting normal blood sugar metabolism, and healthy cardiovascular function.

## Formulation Features

- This formula contains the first US cultivated, certified organic goldenseal standardized to 5% berberine, combined with naturally sourced 97% berberine extract. This combination offers a synergistic effect for optimal bioavailability of phytochemicals.
- Supports a healthy gut microbiome promoting the healthy and efficient conversion of the active compound berberine into dihydroberberine, a form which is absorbed in the intestinal tract five times more efficiently.



**Goldenseal Root** 300 mg of goldenseal, standardized to 5% berberine for support of intestinal mucosa, and healthy gut bacteria.

**Berberine** supports short chain fatty acid (SCFA)-producing bacteria, as an energy source for intestinal cells and interrupts biofilm stability.

## Supplementation

- One vegi-cap twice daily, with or without food, or as directed by healthcare practitioner.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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## C Care

*Indicated for the support of apolipoprotein metabolism*

**C Care** formula is a unique combination of botanicals designed to support healthy lipid metabolism in the liver. The addition of supplement CoQ10 to reduce risk of oxidative activity.

Our red yeast rice rich in naturally potent active constituents and is USA cultivated. Milk thistle supports healthy liver function, lipid metabolism and brings hepatoprotective action. C Care helps balance lipid oxidation and lipoprotein ratios both contributing to optimal cardiovascular function.

### Formulation Features

- Formula contains 100% certified organic herbs, mushrooms, and potent red yeast rice cultivated in North America
- Promotes healthy circulation and optimizes liver function
- Maintains normal lipid biosynthesis and metabolism



95% of our herbs and herbal extracts are certified organic.



### Formula

Each/Chaque vegi cap contains:

Ubiquinone-10	5 mg
Red Yeast Rice/Levure de riz rouge (monascus purpureus fermented oryza sativa),O	350 mg
Reishi/Reishi (Ganoderma lucidum),O	150 mg
Artichoke leaf/Feuille d'artichaut (Cynara scolymus),O	100 mg
Milk Thistle seed/Chardon-Marie (silybum marianum),O	100 mg

O=Certified Organic

**Other Ingredients:** hypromellose vegi-capsules, Omega 3 Powder  
**Ingredients non medicinaux:** hypromellose vegi-capsules, Omega 3 Poudre



**CoQ10** is an antioxidant and is needed for basic cell function. It can be depleted if patients are taking statin drugs.

**Red Yeast Rice** (*Monascus purpureus*) Modern investigation has shown Red Yeast Rice to optimize lipoprotein metabolism.

**Reishi Mycelium** (*Lingzhi Ganoderma lucidum*) Cardiovascular dysfunction is associated with decreased mitochondrial function in cardiac muscle cells. Reishi mushrooms have been shown to protect against mitochondrial dysfunction in animal models of cardio toxicity.

**Milk Thistle** (*Silybum marianum*) Whole silymarin mixture has been shown to balance cholesterol metabolism in the liver.

## Supplementation

- One to three capsules twice a day or as directed by a healthcare practitioner. Can be taken with or without food.
- Monitor blood fasting lipid levels

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

Heber D, Yip I, Ashley JM, et al. Am J Clin Nutr 1999;69:231-6

Cochrane Database Syst Rev 2002;3:CD003335.

Free Radic Res 1998;29:247-55.

Evidence Report/Technology Assessment: Number 21, September 2000. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/clinic/epcsu/milktsu>

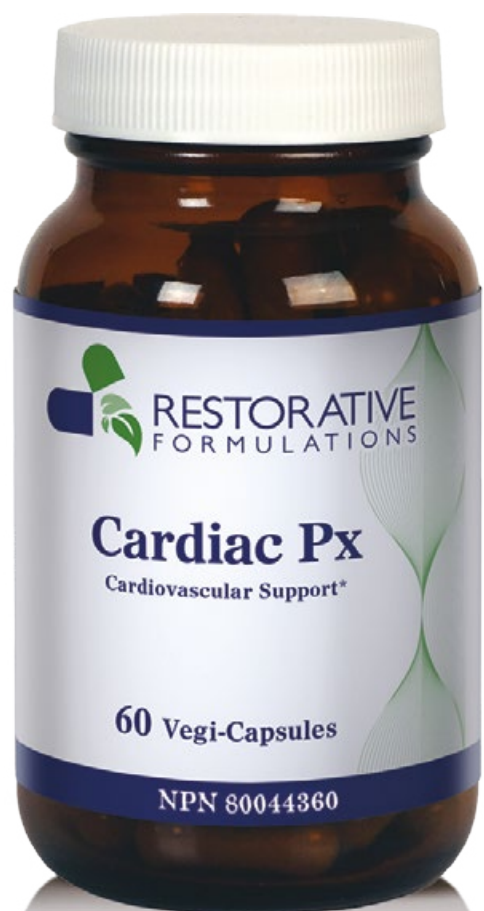
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# Cardiac Px

*Supports healthy cardiac circulation*



**Cardiac Px** is a comprehensive botanical and nutrient formula containing a variety of herbs known for maintaining a healthy heart tissue, blood flow, rhythm and rate.

### Formulation Features

- Supports the heart and nourishes the cardiovascular system
- Promotes cardiac circulation, muscle contractibility, and oxygen utilization
- Supports healthy functional coronary vessels
- Formulated with 100% certified organic herbs



### Formula

Each/Chaque vegi capsule contains:

Magnesium (citrate)	6 mg
Hawthorn Leaf and Flower, 1.5% Vitexins, (Crataegus laevigata), O	360 mg
Motherwort herb (Leonurus cardiaca), O	80 mg
Lemon Balm herb (Melissa officinalis), O	20 mg

#### Constituent Biomarker Per Dose

Vitexins	5.4 mg
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O=Certified Organic

**Non-Medicinal Ingredients:** hypromellose vegi-capsule

**Ingredients non medicinaus:** hypromellose vegi-capsule

## Supplementation

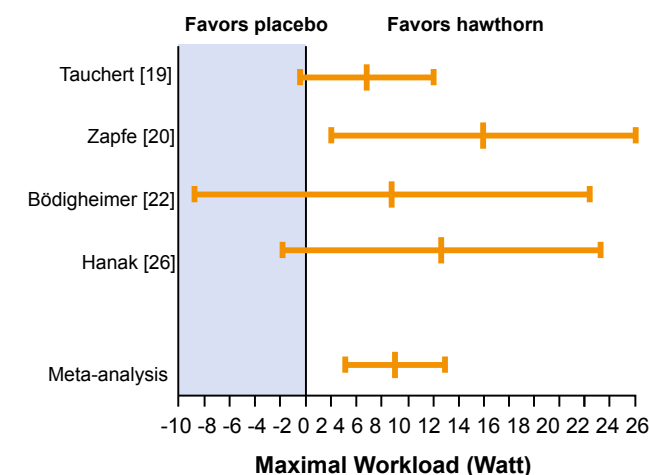
- Take one to three capsules twice a day or as directed by your health care practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night
- Consume omega 3 fats daily
- Avoid all trans fats

**Hawthorn Berry** (Crataegus species) contains a group of flavonoid compounds, which are credited with much of the antioxidant and anti-inflammatory actions. Hawthorn, as a gentle nervine, may help to reduce the stress response contributing to adrenal weakness and supports relaxed smooth muscle of blood vessels

Effects of hawthorn extract for cardiac support in chronic subjects based on meta-analysis (n=310) of the most rigorous clinical trials measuring maximal work load. The vertical line represents no difference between hawthorn extract and placebo.



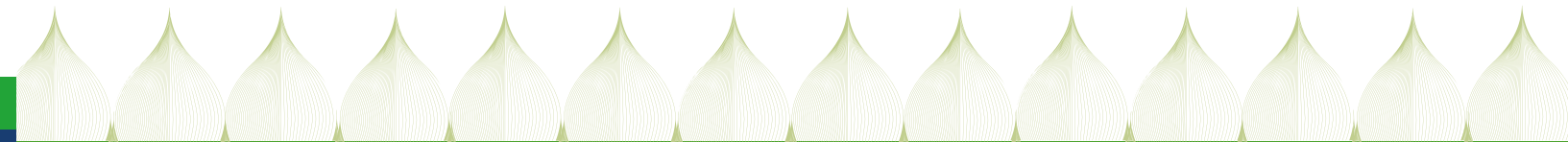
Pittler MH, Schmidt K, Ernst E. Hawthorn extract... meta-analysis of randomized trials. Am J Med. 2003 Jun 1;114(8):665-74.

#### SELECTED REFERENCES:

- Schrutka-Rechtenstamm R, Kopp B, Löffelhardt W. Planta Med 1985, 51:387-390
- J Cardiovasc Pharmacol 2000;35:700-7.
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95% of our herbs and herbal extracts are certified organic.





# Endothelial Protect Px

**Endothelial Protect Px** offers a high-quality formula focused on supporting cardiovascular health and healthy oxidation pathways in the cardiovascular system. **Endothelial Protect Px** is a unique formula that features a blend of plant extracts high in polyphenols along with the nutrient cofactor Vitamin E. The blend focuses on supporting cardiovascular oxidative pathways, healthy endothelial function, and healthy levels of pro-inflammatory cytokines, within normal range.

## Formulation Features

- 415 mg of Organic Pomegranate fruit powder extract (30% punicalagins)
- 125 mg of Vitamin E
- 90 mg of Grape seed extract, 85% total polyphenols, 25% polyphenol monomers
- 25 mg of Organic Olive fruit extract, 20% hydroxytyrosol
- 10 mg of Smoketree Extract, 80% Fisetin

## Formula

Each/Chaque vegi capsule contains:

Organic Pomegranate Fruit Extract( <i>Oynica granatum</i> ) 30% punicalagins	415 mg
Vitamin E (d-alpha Tocopheryl acetate) 59 mg AT	125 mg
Grape Seed Extract ( <i>Vitis vinifera</i> ) 85% Polyphenols	90 mg
Organic Olive Fruit Extract ( <i>Olea europaea</i> ) 20% hydroxytyrosol	25 mg
Fisetin	10 mg

### Minimum Constituent Biomarker Per Dose

Punicalagins	124.5 mg
Fisetin	10 mg
Hydroxytyrosol	5 mg

Organic Herbs are Certified Organic

**Other Ingredients:** Vegetable Capsule (cellulose)



95% of our herbs and herbal extracts are certified organic.



**Pomegranate fruit** (*Punica granatum*) Pomegranate polyphenols support healthy endothelium cells function in the arteries by increasing the release of oxide (NO), reducing oxidative stress, promoting a healthy inflammatory response, while supporting blood flow and blood pressure health.

**Vitamin E** in the d-Alpha tocopheryl Acetate (ATA) form a more stable form of Vitamin E having a longer shelf life.

**Grape Seed** (*Vitis vinifera*) The phenolic rich extract of grape seed supports healthy metabolic and cardiovascular function balancing lipid metabolism and oxidation while having a beneficial effect on endothelial function and cardiovascular health.

**Olive Fruit Extract** (*Olea europaea*) provides polyphenols that protect blood lipids from oxidative stress and supports healthy lipid metabolism. Olive fruit extract is rich in the polyphenol Hydroxytyrosol (HT), a powerful antioxidant that supports key aspects of cardiovascular and metabolic health.

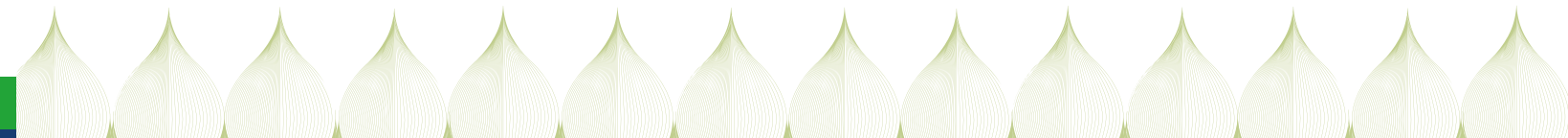
**Smoketree** (*Cotinus coggryria*) features the bioactive flavonoid fisetin. Fisetin helps maintain healthy mitochondrial function in the presence of oxidative stress additionally preserving glutathione supply and supporting healthy cellular metabolism. It demonstrates a significant level of nerve and brain protection along with boosting memory and new nerve cell growth.

## Supplementation

- One capsule, two times per day daily or as directed by a healthcare practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night







# Estro-Px

## Female hormone support



**Estro-Px** provides comprehensive herbal support during times of rapid hormonal changes such as menopause. Certified Organic sage (*Salvia officinalis*) is included in this formula for enhanced clinical efficacy, providing rosmarinic acid and polyphenols and supports healthy acetylcholinesterase (AChE) enzyme function. This unique combination of herbal extracts contains high levels of naturally-occurring plant substances that bind to estrogen receptor sites and support estrogen-like activity.

### Formulation Features

- Supports healthy progesterone and estrogen activity
- Solvent-free, carbon dioxide extracted organic sage reduces frequency and intensity of mild menopausal symptom
- Unique botanical formula combined with co-factor nutrients

### Formula

#### Each/Chaque vegi capsule contains

Vitamin(e) B12(methylcobalamin)	1 mg
Folic Acid (folate)	1 mg
Vitex/Chaste Tree ( <i>Vitex agnus</i> ), 0.25% agnusides, 0	350 mg
Sage Leaf ( <i>Salvia officinalis</i> ), 0	180 mg
Red Clover/Trefle rouge flower ( <i>trifolium pratense</i> ), 0	75 mg
Black Pepper/Poivre noir ( <i>piper nigrum</i> )	5 mg

#### Minimum Constituent Bio Marker

Agnusides	0.85 mg
-----------	---------

0=Certified Organic

**Non-Medicinal Ingredients:** hypromellose vegi capsule  
**Ingredients non medicinaux:** hypromellose vegi capsule



95% of our herbs and herbal extracts are certified organic.



## Supplementation

- Take one to two capsules twice daily or as directed by your physician. Can be taken with or without food.
- Consider adding adrenal and/or thyroid supplementation, as these glands also play an important role in hormone balance, especially during menopause.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

Virojchaiwong P, Suvithayasiri V, Itharat A. *Arch Gynecol Obstet.* 2011 Aug; 284(2): 411-9.  
 Manonai J, Chittacharoen A, Udomsubpayakul U, Theppisai H, Theppisai U. *Menopause.* 2008 May-Jun; 15(3): 530-5.  
*Contemporary Ob-Gyn* 1/1/2008. Vol. 53, Iss.1; p.26

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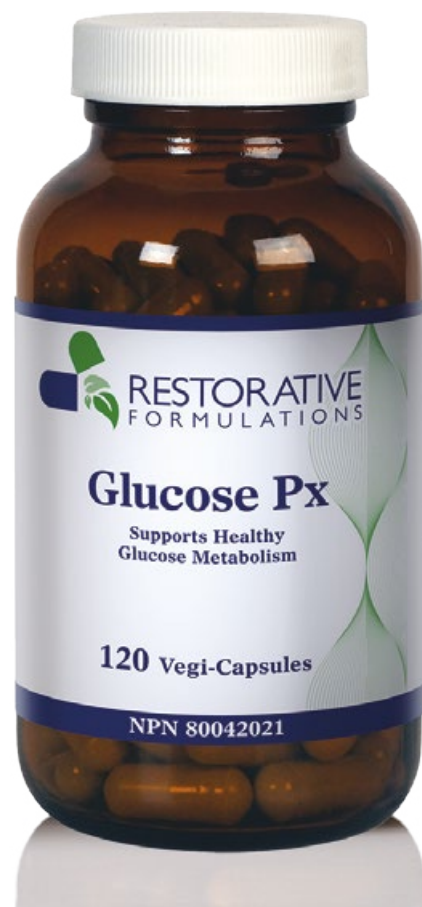
## Glucose Px

*Supports glucose metabolism and promotes healthy liver function.*

In addition to promoting healthy glucose metabolism and transport, this comprehensive formula of nutrients and botanicals helps to maintain a healthy liver profile.

### Formulation Features

- **Vanadium** supports normal glucose transport into cells.
- **Chromium** is thought to be the most active component of glucose tolerance factor (GTF).
- **Gymnema sylvestre extract** contains numerous active phytoconstituents researched for physiological activity as anti-oxidants and supporting healthy Beta cell regeneration.
- **Milk Thistle seed** (Silybum marianum) contains a group of flavonolignans that support healthy liver function and hepatic cells.
- **Prickly Pear leaf** (Opuntia icus indica, vulgaris) Prickly Pear optimizes basic metabolism, and helps support normal blood sugar.



### Formula

Each/Chaque vegi-capsule contains:

Vanadium (vanadyl sulfate)	900 mcg
Chromium (chromic polynicotinate)	167 mcg
Gymnema sylvestre extract, 25% Gymnemic Acid	400 mg
DL-alpha-Lipoic acid	100 mg
Organic Milk Thistle seed (silybum marianum)	75 mg
Organic Prickly Pear leaf (opuntia ficus indica)	30 mg
Milk Thistle seed extract, 80% silymarin	25 mg

#### Constituent Bio Marker Per Dose

Gymnemic Acid Glycosides	80 mg
Silymarin Flavonoids (HPLC)	15 mg

**Non-Medicinal ingredients:** hypromellose vegi-capsule

**Ingredients non medicinaus:** hypromellose vegi-capsule



### Supplementation

- Take three to five capsules twice a day or as directed by a health care practitioner. Take with food.
- After two months, switch to a maintenance dose of two to three capsules twice daily with food.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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# Kava Calm Px

*Support for stress management and emotional well-being*

**Kava Calm Px** contains 30% concentration of the active constituent kavalactone, extracted from *Piper methysticum* for healthy neurotransmitter support and promoting a state of relaxation. Preliminary research suggests that kava supports healthy GABA activity by interacting with its receptors. Kavalactones have been demonstrated in studies to cross the blood-brain barrier, which explain their rapid effects. Kava is an excellent addition to a daily stress management program.

## Formulation Features

- 400 mg of kava root, standardized to 120 mg kavalactones per capsule
- Ecologically harvested Kava from Vanuatu in the Pacific Islands
- Supports a whole-life stress management program
- In vitro research suggests that kavalactones support NF-κB function



## Formula

Each/Chaque vegi cap contains: Servings Per Container: 30

Kava Root, 30% Kavalactones (Piper methysticum)	400 mg
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### Constituent Biomarker Per Dose

Kavalactones	120 mg
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† Daily Value not established

**Non-Medicinal Ingredients:** Hypromellose vegi capsule  
**Ingredients Non-Medicinaus:** Hypromellose vegi capsule



## Supplementation

- One to two vegi-caps twice daily as needed, with or without food, or as directed by healthcare practitioner.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

## Warning

- Excessive use or use with products that cause drowsiness may impair your ability to operate vehicles or heavy machinery. Do not use if you have liver and kidney disorders, pain, fever, vomiting, dark urine, yellow eyes or skin. Consult a health practitioner for use beyond 6 months.

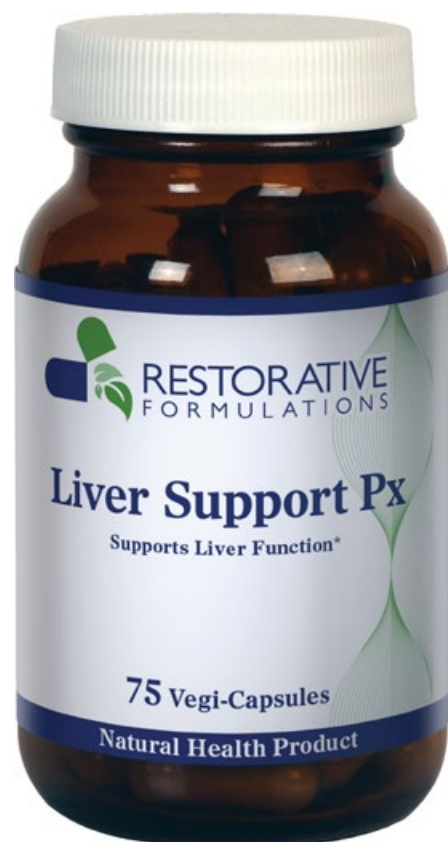
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# Liver Support Px

*Supports liver health and hepatic cell activity*

**Liver Support Px** formula is based on a traditional Ayurvedic blend of organic herbs combined with a concentrated extract of milk thistle seed. The herbs in this high-potency formula were chosen to deliver important antioxidant defenses, optimize healthy liver function, and promote the flow of bile.

Silymarin, a flavonoid found naturally in milk thistle seed, is well known for its hepatoprotective effects and for supporting optimal glutathione levels.

Certified organic turmeric is included to support detoxification and protect the liver from oxidative damage.

## Formula

Each/Chaque vegi capsule contains:

Selenium (selenomethionine)	100 mcg
Turmeric (Curcuma longa) (2% naturally occurring curcuminoids), 0	350 mg
Milk Thistle extract 30:1 (Silybum marianum)	150 mg
Bupleurum (Bupleurum aureum), 0	75 mg
Triphala (Amalaki, Bibhitaki, Haritaki), 0	50 mg
Minimum Constituent Biomarker Per Dose	
Silymarin HPLC	84 mg
Curcuminoids	7 mg

0=Certified Organic  
Milk Thistle extract has been grown without pesticides

**Non-Medicinal Ingredients:** hypromellose vegi capsule  
**Ingredients non medicinaus:** hypromellose vegi capsule



95% of our herbs and herbal extracts are certified organic



## Supplementation

- Take one to three capsules twice daily, or as directed by a health care practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCES:

Sherif IO, Al-Gayyar MM. Eur Cytokine Netw. 2013 Aug 1;24(3):114-21. doi: 10.1684/ecr.2013.0341.

Singh B, Saxena AK, Chandan BK, Agarwal SG, Anand KK. Indian J Physiol Pharmacol. 2001 Oct;45(4):435-41.

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## Formula

Serving Size 1 capsule  
Servings Per Container 90

Amount Per Serving	
Vitamin A (Retinyl Palmitate)	1,000 IU 300 mcg RAE
Vitamin C (as Ascorbic Acid)	50 mg
Vitamin D3 (Cholecalciferol)	1,000 IU 25 mcg
Vitamin E (as d-Alpha Tocopheryl Acetate) and Natural Vitamin E (Covi-ox®)	75 IU 52.25 mg
Vitamin K2 (as MK-7)	80 mcg
Vitamin B1 (from Thiamin HCl)	500 mcg
Vitamin B2 (Riboflavin)	3 mg
Vitamin B3 (Niacin)	15 mg NE
Vitamin B6 (from Pyridoxal-5-Phosphate)	7.5 mg
Folate (from Calcium L-5 Methyltetrahydrofolate)	333.3 mcg DFE
Vitamin B12 (as Methylcobalamin)	333.3 mcg
Biotin (as D-Biotin)	66.6 mcg
Vitamin B5 (from d-Calcium Pantothenate)	33.3 mg
Iodine (from Potassium Iodide)	50 mcg
Magnesium (as Mg L-Threonate & Mg Citrate)	5 mg
Zinc (from Zinc Citrate)	5 mg
Selenium (from L-Selenomethionine)	133.3 mcg
Copper (from Cupric Citrate)	0.33 mg
Manganese (from Manganese Citrate)	2.5 mg
Chromium (from Chromium Polynicotinate)	166.67 mcg
Molybdenum	33.33 mcg
Coenzyme Q10 (Ubidecarenone)	16.60 mg
L-Carnitine Tartrate	13 mg
Curcumin Lecithin (20% Curcuminoids) (Meriva®)(Curcuma longa)(Rhizome) (Phosphatidylcholine complex)	9.96 mg

**Non-Medicinal Ingredients:** microcrystalline cellulose, hypromellose (capsule), vegetarian leucine, rice concentrate, Organic Nu-Mag.

**Ingédients non médicinaux:** cellulose microcristalline, hypromellose (capsule), leucine végétarienne, concentré de riz, Organic Nu-Mag.



# Metabolic Nutrition Capsules

*Optimized cell function with just 3 caps daily*

**Metabolic Nutrition** is a multivitamin providing the following super bioavailable nutrients:

- ✓ Vitamin D3 (3000 IU)
- ✓ Vitamin K2 (240 mcg) in the form of MK7
- ✓ Vitamin B6 (22.5 mg) in the form of pyridoxal 5-phosphate (P-5-P)
- ✓ B12 (1000 mcg) in the form of methylcobalamin
- ✓ Folate (1000 mcg) in the form of 5-MTHF Quatrefolic®
- ✓ CoQ10 (50 mg)
- ✓ L-Carnitine Tartrate (39 mg)

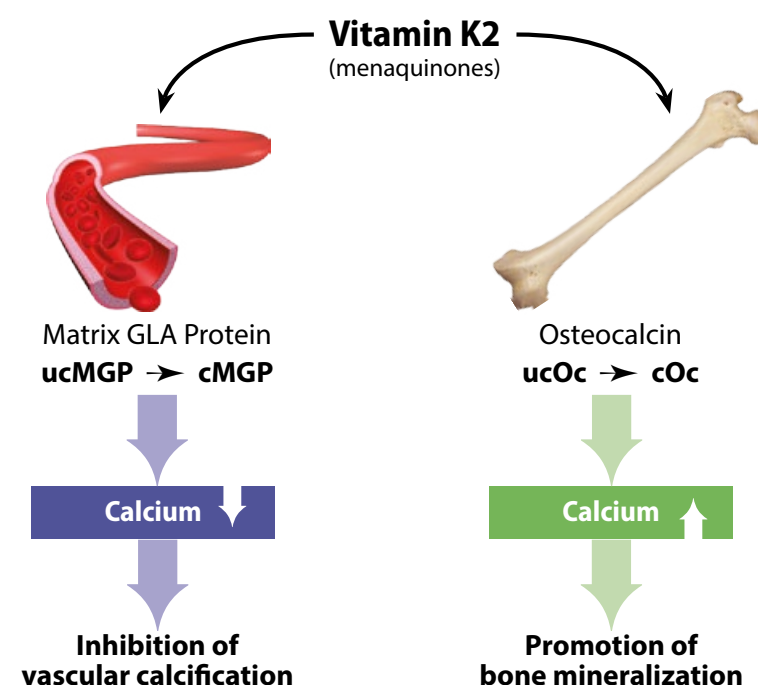
This formulation was developed by practicing physicians and medical professors to offer a product which is therapeutic for treating common nutritional deficiencies. The easy 1-2 capsules per day dosage is designed to enhance patient compliance.

## Formulation Features

- Supplies therapeutic levels of bioactive vitamins and minerals
- Each bottle provides a convenient 1-2 month supply



## Vitamin K2 Supports Bone Mineralization



## Supplementation

- Take two to three capsules daily.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



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95% of our herbs and herbal extracts are certified organic.



# Mitochondria Nutrition PQQ

*Optimized mitochondrial function with PQQ*

**Mitochondria Nutrition PQQ** is a multivitamin providing the following super bioavailable nutrients for optimal mitochondrial activity:

- ✓ PQQ – pyrroloquinoline quinone (30 mg)
- ✓ Vitamin D3 (3000 IU)
- ✓ Vitamin K2 (240 mcg) in the form of MK7
- ✓ Vitamin B6 (22.5 mg) in the form of pyridoxal 5-phosphate (P-5-P)
- ✓ B12 (1000 mcg) in the form of methylcobalamin
- ✓ Folate (1000 mcg) in the form of MTHF
- ✓ CoQ10 (50 mg)
- ✓ L-Carnitine Tartrate (39 mg)

This formulation was developed by practicing physicians and medical professors to offer a product which is therapeutic for treating common nutritional deficiencies. The easy 2-3 capsules per day dosage is designed to enhance patient compliance.

## Formulation Features

- Offers therapeutic doses of bioavailable nutrients for optimal mitochondrial production and activity.



Formula	
Serving Size: 1 capsule	
Servings Per Container: 90	
	Amount Per Serving
Vitamin A (Retinyl Palmitate) 1,000 IU	302 mcg RAE
Vitamin C (as Ascorbic Acid)	50 mg
Vitamin D3 (Cholecalciferol) 1,000 IU	25 mcg
Vitamin E (as D-Alpha Tocopheryl Acetate & Natural Vitamin E (Covi-ox™)) 75 IU	50.25 mg AT
Vitamin K2 (as MK-7)	80 mcg
Vitamin B1 (from Thiamin HCl)	500 mcg
Vitamin B2 (Riboflavin)	3 mg
Vitamin B3 (Niacin)	15 mg
Vitamin B6 (from Pyridoxal-5-Phosphate)	7.5 mg
Folate (from Calcium L-5 Methyltetrahydrofolate)	333.3 mcg
Vitamin B12 (as Methylcobalamin)	333.3 mcg
Biotin (as D-Biotin)	66.6 mcg
Vitamin B5 (from d-Calcium Pantothenate)	33.3 mg
Iodine (from Potassium Iodide)	50 mcg
Magnesium (as Mg-L-Threonate & Mg Citrate)	20 mg
Zinc (from Zinc Citrate)	5 mg
Selenium (Selenium amino acid chelate)	133.3 mcg
Copper (from Cupric Citrate)	0.33 mcg
Manganese (from Manganese Citrate)	2.5 mg
Chromium (from Chromium Polynicotinate)	166.6 mcg
Molybdenum	33.33 mcg
Coenzyme Q10 (Ubidecarenone)	16.60 mg
L-Carnitine Tartrate	13 mg
Pyrroloquinoline quinone (PQQ) (disodium salt)	10 mg

**Non-Medical Ingredients:** microcrystalline cellulose, hypromellose (capsule), vegetarian leucine, rice concentrate, Curcumin Lecithin (Meriva®) Organic Nu-Mag.  
Store in cool, dry place.



## Mitochondrial Benefits from PQQ

- PQQ (pyrroloquinoline quinone) daily supports the production of new mitochondria for optimal cell energy production.
- Protects mitochondrial DNA.
- Supports healthy aging by supporting thousands of biochemical actions in the body.
- Neuroprotective by supporting normal blood flow to the brain.
- PQQ combined with COQ10 supports healthy energy.

## Supplementation

- Take two to three capsules daily.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



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## Neuro-GI Px

*Supports GI neurotransmitter production for relieving occasional constipation*

**Neuro-GI Px** supports the body's natural elimination process with herbs and 5-HTP to support a healthy peristalsis function, balance neurotransmitters and soothe the intestinal tract. Blended to support the gut-brain axis by providing nutrients and compounds, which are necessary for the production of key neurotransmitters that coordinate gastrointestinal motility.

### Formulation Features

- **5-HTP** supports the synthesis of serotonin and triggers serotonin receptors in the intestinal tract. These receptors activate acetylcholine synthesis, neurotransmitter key to healthy colon peristalsis.
- **Cascara sagrada** contains anthraquinone derivatives to support normal peristalsis function in the large intestine.
- **Triphala**, composed of *Embllica officinalis*, *Terminalia chebula*, and *Terminalia bellirica*, provides a gentle, non-habit forming herbal blend for large intestine peristalsis health and a strong intestinal muscle wall for efficient contractions. Botanical toning action to support a healthy intestinal lining.
- **Licorice** has a soothing action on gastrointestinal mucosa.
- **Lemon balm** is used to calm occasional discomfort associated with gas, bloating and indigestion.



### Formula

Each/Chaque vegi capsule contains:

Aged Cascara Sagrada Bark	225 mg
Organic Triphala Fruit	175 mg
Organic Licorice Root	75 mg
Organic Lemon Balm herb	75 mg
5 Hydroxytryptophan	50 mg

All Organic Herbs are Certified Organic

**Other ingredients:** Vegetable Capsule (cellulose)



## Supplementation

- Two capsules, one to two times daily or as directed by your healthcare provider. Do not use this product if you have abdominal pain, nausea, vomiting or diarrhea. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended amount. Contraindicated with SSRIs and MAO inhibitors.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods with fiber
- Drink plenty of water
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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## NGF Px

*Supports neuronal and brain health*

**NGF Px** promotes healthy neuronal function and neurotransmitters by supporting nerve cell function, nerve regeneration and healthy brain functions. The Vermont-grown, certified organic lion's mane mushroom contains terpenoid compounds known as hericenones and erinacines, which cross the blood-brain barrier. These compounds provide neuroprotection by supporting the production of nerve growth factor (NGF) and activity, promoting healthy nerve cells and myelin sheath generation. Cordyceps has shown to increase neurite outgrowth that helps developing healthy neuroplasticity based on bench top studies.

### Formulation Features

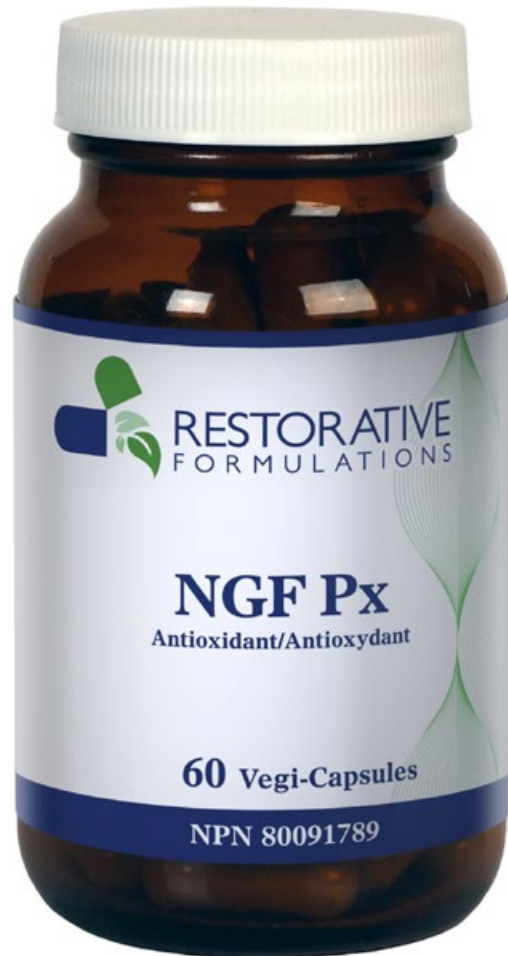
- Neuroprotective activity of the terpenoids and polysaccharides derived from lion's mane
- Supports neurotransmitter synthesis including acetylcholine
- Supports the production of nerve growth factor (NGF)
- Adaptogenic action, promotes healthy stress response
- Promotes brain health and cognitive function
- Formulated with 100% certified organic herbs

### Technical Advances for Lion's Mane

Restorative Formulations partnered with mushroom growers to optimize the concentration of active constituents. We worked with the US Botanical Safety Labs to develop a testing method which enabled them to separate and quantify the various diterpene derivatives using HPLC chromatogram.

When tested against other leading brands, **Restorative Formulations' lion's mane was found to have the largest variety of terpenoids (12 total) as identified by HPLC chromatography.** In terms of quantity, only one competing brand A had any significant amounts of diterpene derivatives.

The most popular US brand E contains only mycelium and no fruiting body, and ironically, contained no identifiable trace amount of any terpenoids.



### Formula

Each/Chaque vegi cap contains:

Organic Cordyceps Extract, 25% Beta-glucans	450 mg
Organic Lion's Mane, fruiting body 25% Beta-glucans	200 mg

#### Minimum Constituent Bio Marker

Beta-glucans	162.5 mg
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Organic Herbs are Certified Organic

**Other Ingredients:** Modified Vegetable Cellulose (capsule)



### Why Use Mushrooms Instead of Mycelium?

Our testing shows that fruiting bodies of mushrooms contain the highest levels of active compounds such as beta glucans and terpenoids. In contrast, mycelium, which is very inexpensive to grow, has low levels of beta glucans and virtually no traceable amounts of terpenoids, because it contains mostly starches like the rice that the mycelium grows on.

**Tested against the leading brands of lion's mane, NGF Px was found to have the highest levels of bioactive terpenoids!**

Terpenoids	Restorative Formulations	Brand A	Brand B	Brand C	Brand D	Brand E
Target 1	0.49	0.09	0	0	0	0
Target 2	0.74	0.55	0	0	0	0
Target 3	1.33	2.68	2.19	0.19	0	0
Target 4	0.43	0.93	0.67	0.1	0.02	0
Target 5	5.95	0.48	NA	0.01	0.01	0
Target 6	5.49	0.32	NA	0	0.01	0
Target 7	2.84	0.64	NA	NA	0.02	0
Target 8	6.98	NA	0.06	NA	NA	0
Target 9	6.29	3.84	0.51	0.15	0.1	0
Target 10	4.86	2.46	0.42	0.04	0.08	0
Target 11	2.37	2.73	0.49	0.05	0.1	0
Target 12	6.92	2.41	0.59	0.04	0.06	0
<b>Total Terpenoids</b>	<b>44.69</b>	<b>17.13</b>	<b>4.93</b>	<b>0.58</b>	<b>0.4</b>	<b>0</b>

### Supplementation

- Two capsules, one to two times daily or as directed by your healthcare provider.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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## Osteo Px

*Osteo Px provides 120 mcg vitamin K2 as MK7 for bone support*



### Formula

Each/Chaque vegi cap contains:

Vitamin A (all-trans retinyl palmitate)	500 IU
Vitamin D3 (vitamin D)(cholecalciferol)	1000 IU
Magnesium (magnesium citrate)	25 mg
Boron (boron citrate)	700 mcg
Vitamin K2 (menaquinone-7)	120 mcg

**Other Ingredients:** hypromellose vegi-capsules, rice flour

**Ingredients non médicinaux:** hypromellose vegi-capsules, riz flour

Osteocalcin is a calcium binding protein in the blood that acts as a biochemical marker for bone formation. Serum osteocalcin is measured via a lab test, typically ordered for women past menopause.

Osteocalcin relies on vitamins D3 and K2, specifically in the form of MK4 or MK7. These nutrients support healthy bone metabolism via their supportive relationship with osteocalcin and calcium.

K2 supports vitamin D with calcium uptake safely guiding it to bone. Vitamin K2 is available through limited food options, such as grass-fed animal products and fermented foods. However, the typical Western diet lacks foods that provide adequate levels, so deficiency is more common than most physicians realize. Because K2 isn't stored in the body like other lipid soluble vitamins, it requires daily dosing for optimal bone metabolism.

K2 is available in supplement form as MK4 and MK7. MK4 is less ideal because it has a short half-life, so therefore requires multiple doses throughout the day. MK7 is the more bioavailable and active form of K2 which can be dosed once daily, making it the superior form of vitamin K2.

### Formulation Features

- Contains the most MK7 per capsule currently allowed in Canada
- K2 and vitamin D work hand in hand to support osteocalcin activity
- K2 as MK7 supports arterial health
- Provides balanced vitamin A, D3 and K2 doses for optimal calcium metabolism
- Boron and magnesium support optimal bone health



95% of our herbs and herbal extracts are certified organic.



### Dispelling Vitamin K Myths

- **"Vitamin K1 converts to K2, so it doesn't matter what form I take."**
  - True that there is a conversion process, but it is too inefficient to supply adequate K2.
- **"K2 is synthesized in the intestines."**
  - True, however this is only a minor source of this critical nutrient.

### Why Vitamins A & D?

Vitamins D3, K2 and A are fat soluble nutrients that work in concert to perform a balancing act. Vitamin D3 enhances calcium absorption but in high doses and unchecked has the potential to increase the risk of calcium being deposited in arteries. Co-factor vitamins K2 and A balance high levels of vitamin D by preventing calcium oversaturation and reducing the risk of misguided arterial calcium deposits. Osteo Px provides vitamins K2, A & D3 in moderate doses for optimal balance.

Boron and magnesium in readily absorbable citrate forms are included in the formula to support optimal bone metabolism.

### Why isn't Calcium in Osteo Px?

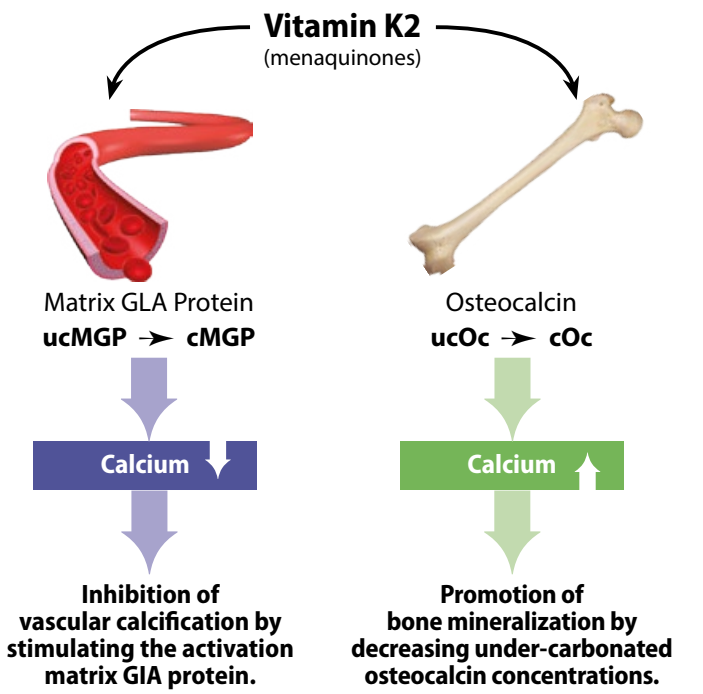
Most North American diets already provide adequate calcium. Adequate calcium from dietary sources plus vitamin D and K2 supplementation, as part of a well balanced diet, along with physical activity, may reduce the risk of osteoporosis.

### Supplementation:

Three capsules daily or as directed by your health care practitioner. Can be taken with or without food.

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### Vitamin K2 enhances osteocalcin activity to promote bone mineralization



### Diet and Lifestyle for Optimal Bone Health:

- Incorporate 30 minutes weight bearing exercise daily to strengthen bones. Weight bearing exercise includes jogging, dancing, aerobics and strength training.
- Incorporate calcium rich foods in daily diet, including leafy green vegetables, dairy products, sardines and almonds.
- Avoid smoking; alcohol in moderation.

**Caution:** If taking Coumadin (warfarin) or other prescription drugs, or if pregnant or nursing, consult your healthcare professional before using this product. Blood thinning drug doses may require adjustments while taking vitamin K2 at high doses.



## PCO Px

### *Female hormone balance and ovarian support*

**PCO Px** an evidence based formula of natural compounds designed to encourage balanced ovarian function. This blend of herbs promotes optimal hypothalamus, pituitary, ovarian axis function supporting optimal metabolic function and healthy androgen, insulin, prolactin levels. This restorative multi-factorial formula is blended to address neuroendocrine disruption and hormonal imbalance.

Vitex (chaste tree), being a principal herbal ingredient in this formula contains agnusides thought to be a main active compound in the herbs action to alleviate symptoms of hormonal imbalance during premenstrual syndrome (PMS) times and menopause.

**PCO Px** formula focuses on promoting healthy testosterone levels and androgen metabolism, encouraging healthy hair growth and skin health. This restorative blend of herbs and nutrients encourages normal healthy cortisol and adrenal function in response to internal or external stress.

### Formulation Features

- **Vitex** (chaste tree) supports a healthy normal menstrual cycles, and ovulation cycle encouraging healthy fertility
- **Saw Palmetto** supports healthy ovarian function, and optimal androgen metabolism



95% of our herbs and herbal extracts are certified organic.



### Formula

#### Each/Chaque vegi cap contains:

Vitamin(e) D3 (cholecalciferol)	250 IU
Vanadium (as vanadyl sulfate)	0.20 mg
Chromium (polynicotinate)	0.15 mg
Inositol (myo-inositol, d-chiro-inositol)	150 mg
Chasteberry Extract (vitex agnus castus) (0.5% Agnuside)	150 mg
Saw Palmetto Extract (serenoa repens) (45% fatty acid)	150 mg
Organic Licorice Root (glycyrrhiza glabra L.(fabaceae))	150 mg

#### Constituent Bio Marker Per Dose

Vitex Agnusides	0.75 mg
Saw Palmetto fatty acids	67.5 mg

**Non-Medicinal ingredients:** hypromellose vegi capsule  
**Ingredients non medicinaux:** hypromellose vegi capsule



## Supplementation

- Take one to three capsules twice daily or as directed by your health care practitioner. Can be taken with or without food.
- Taking it with food may benefit those prone to nausea with medications.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

#### REFERENCES:

- Eur J Obstet Gynecol Reprod Biol. 2007 Mar; 131(1):61-7. Armanini D, Castello R, Scaroni C, Bonanni G, Faccini G, Pellati D, Bertoldo A, Fiore C, Moghetti P.
- Clin Exp Obstet Gynecol. 2006; 33(4):205-8. Westphal LM, Polan ML, Trant AS.
- Pak J Biol Sci. 2007 Jul 15; 10(14):2300-7. Nasri S, Oryan S, Rohani AH, Amin GR.
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- Phytomedicine. 2007 Oct; 14(10):668-74. Hu Y, Xin HL, Zhang QY, Zheng HC, Rahman K, Qin LP.
- J Clin Psychopharmacol. 2008 Jun; 28(3):264-370. Yuan HN, Wang CY, Sze CW, Tong Y, Tan QR, Feng XJ, Liu RM, Zhang JZ, Zhang YB, Zhang ZJ.
- Biosci Biotechnol Biochem. 2007 Jun; 71(6):1452-61. Ko BS, Jang JS, Hong SM, Sung SR, Lee JE, Lee MY, Jeon WK, Park S

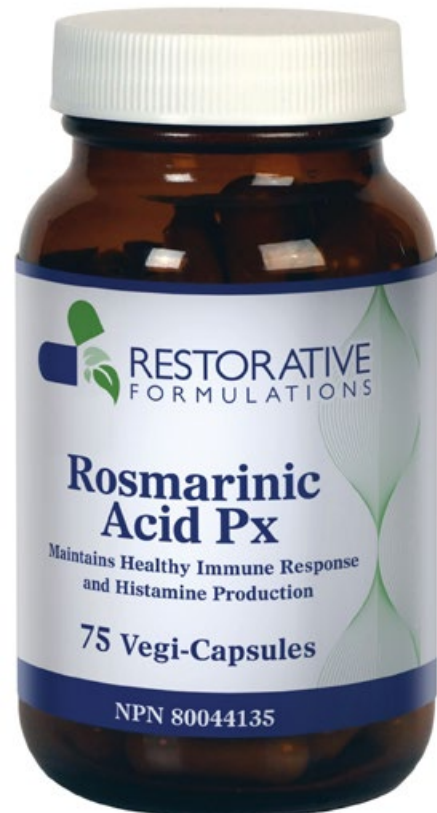
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# Rosmarinic Acid Px

*Support for histamine and neurological health*



## Formula

Each/Chaque vegi capsule contains:

Stinging Nettle Leaf & Flower ( <i>Urtica dioica</i> ), O	313 mg
Rosemary Extract 45:1 ( <i>Rosmarinus officinalis</i> )	66 mg
Quercetin ( <i>Sophora japonica</i> )	50 mg
Marshmallow root ( <i>Althaea officinalis</i> ), O	25 mg
Licorice root ( <i>Glycyrrhiza glabra</i> ), O	25 mg
N-acetyl cysteine	25 mg
Black Pepper Extract (fruit)(BioPerine®)	2.5 mg

Constituent BioMarker Per Dose

Rosmarinic Acid	30 mg
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O=Certified Organic

**Non-Medicinal ingredients:** hypromellose vegi-caps

**Ingredients non medicinaus:** hypromellose vegi-caps

**Rosmarinic Acid Px** is rich in polyphenols and quercetin to support a proper immune response.

Rosmarinic acid, derived from rosemary (a member of the mint family) is the primary active constituent in the formula. Among its numerous biologic functions, rosmarinic acid supports a healthy histamine response, B and T immune cell function, and immune mediator balance.

Rosmarinic acid provides support to individuals with histamine intolerance and is neuroprotective during oxidative stress.

Quercetin is included to support and maintain healthy mast cell activity and inflammatory response.

Black pepper extract (*Piper nigrum*) was added to increase the absorption of vitamins, minerals, and numerous naturally occurring compounds.

## Formulation Features

- **Rosmarinic acid** provides neuroprotection for aging adults
- Supports normal histamine production
- **Certified organic Stinging Nettle** supports healthy immune and histamine response



## Supplementation

- Take one to two capsules twice daily or as directed by your health care practitioner. Take with food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### REFERENCE:

Borsuk OS, Masnaya NV, Sherstoboev EY, Isaykina GI, Reihart DV. Bull Exp Biol Med. 2011; 151(2): 194-6.

Oh HA, Park CS, Ahn HJ, Park YS, Kim HM Exp Biol Med (Maywood). 2011 Jan; 236(1): 99-106.

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# Sleep

*Supports a sense of calm and sound sleep*

**Sleep** is a gentle, natural formula to aid with occasional sleeplessness. This blend of calming, relaxing botanical combined with melatonin has sleep-enhancing properties to support falling asleep, staying asleep or achieving high-quality, restorative sleep.

Melatonin is naturally produced in the pineal gland of the brain and is part of a healthy day/night cycle promoting healthy sleeps cycles and encouraging falling off to sleep.

## Formula

Each /Chaque vegi-capsule contains:

Valerian root/racine (valeriana officinalis), O	100 mg
Fresh California Poppy (eschscholzia californica), O	100 mg
Chamomile ower (matricaria chamomilla), O	100 mg
Fresh Skullcap herb, (scutellaria lateriflora), O	75 mg
Passion Flower herb (passiflora incarnata), O	75 mg
Hops Strobiles (humulus lupulus), O	50 mg
Melatonin/Melatonine synthetique	3 mg

O = Certified Organic

**Non Medicinal ingredients:**  
hypromellose vegi-capsule

**Ingrédients non médicinaux:**  
hypromellose vegi-capsule

## Formulation Features

- Modulates GABA supporting CNS relaxation
- Promotes healthy neurotransmitter function in the CNS
- **Certified organic Skullcap herb** calms nervous tension and attenuates insomnia
- Formulated with 100% certified organic herbs



**Valerian Root** contains an active compound known as valerenic acid which is believed to support a tranquil state of mind through a interaction with Gaba-A receptors in the brain.

**Skullcap American skullcap** (Scutellaria lateriflora) calms nervous tension, encourages healthy sleep hygiene, and supports healthy autonomic nervous system function.

**Chamomile** (Chamomilla recutita) is one of the oldest, most widely used and well documented medicinal plants in the world and is known for being a calming sleep aid.

**Passion Flower** (Passiflora incarnata) is a climbing vine that is native to the southeastern United States and Central and South America. Current research suggests that passionflower might help to reduce nonspecific anxiety and as a calming agent.

**Hops** (Humulus lupulus) is commonly used for sleep disorders such as the inability to sleep (insomnia) or disturbed sleep due to rotating or nighttime work hours (shift work disorder), restlessness, tension, excitability, nervousness, and general irritability.

## Supplementation

- Take one capsule as needed or 30 minutes before bedtime. Repeat if needed, or go to two capsules.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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# StressCalm Px

*Stress management support*

According to the American Psychological Association, over 75% of Americans are experiencing physical and psychological symptoms as a result of daily internal and external stress.

## Formulation Features

- **Certified Organic Ashwagandha** (*Withania somnifera*) withanolides are credited with the ability to reduce mild stress and occasional anxiety.
- **Certified Organic California Poppy** (*Eschscholzia californica*) a traditional calming nervine included for parasympathetic support.
- **Certified Organic Catnip** (*Nepeta cataria*) contains the terpene nepetalactone and iridoid glycosides, both credited with calming and relaxing effects on the nervous system.
- **Certified Organic Lavender** (*Lavandula officinalis*) essential oils are credited with mood balancing effects due to activity on serotonin receptors.



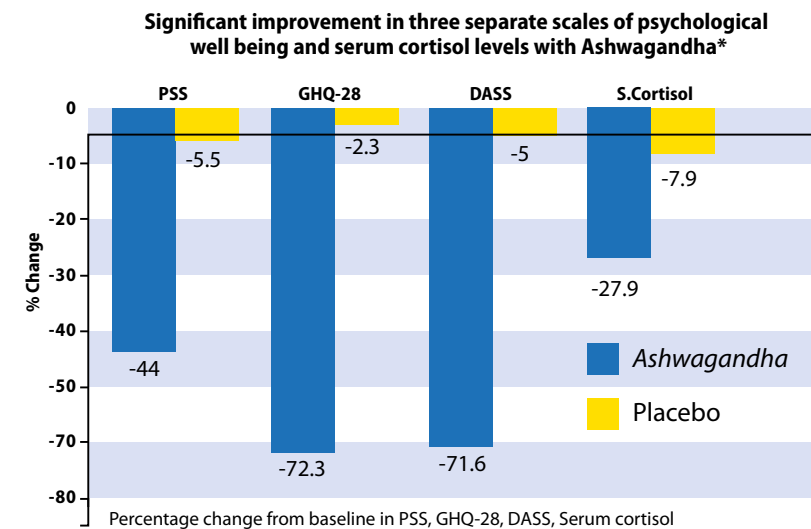
### FORMULA

#### Each/Chaque vegi-capsule contains:

Ashwagandha root/racine ( <i>withania somnifera</i> ),0	400 mg
Ashwagandha root/racine extract 10:1 ( <i>withania somnifera</i> ),0	100 mg
California Poppy herb top, pavot de Californie ( <i>exschscholzia californica</i> ),0	100 mg
Catnip herb top, cataire ( <i>nepeta cataria</i> ),0	50 mg
Lavender flower, fleur de lavande ( <i>Lavandula angustifolia</i> ),0	30 mg
Lemon balm herb top, mélisse ( <i>melissa officinalis</i> ),0	3 mg

0=Certified Organic

**Non-Medicinal Ingredients:** hypromellose vegi-capsule  
**Ingredients non médiciniaux:** hypromellose vegi-capsule



\*A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults.  
*Indian J Psychol Med.* 2012 Jul; 34(3):255-62

**Ashwagandha** is one of the best and most widely known botanical adrenal tonics, which is used traditionally in India for exhaustion, emaciation, memory loss, muscle weakness, overwork and sleeplessness.

Research on standardized extracts of Ashwagandha indicates the ability to attenuate the negative effects of stress. For example, it can balance elevated levels of the stress hormone cortisol.

Various human studies include reports of increased energy, reduced fatigue, improved sleep, and enhanced sense of well-being. In a double blind placebo controlled study, 64 subjects with a history of chronic stress were given 300 mg of a standardized extract of Ashwagandha twice daily for 60 days.

Assessment methods included the Perceived Stress Scale (PSS), which is the most commonly used psychological scale for assessing self perception of stress level and the General Health Questionnaire-28 which has four subsets including anxiety, insomnia, social dysfunction and anxiety stress scale (DASS).

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## Supplementation

- Take one to two capsules twice daily or as directed by your health care practitioner, but do not exceed four capsules in a 24-hour period. Can be taken with or without food.
- Monitor blood pressure, especially at higher dosages.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep minimum of 7-8 hours per night

### REFERENCE:

Kuboyama T, Tohda C, Komatsu K. *Br J Pharmacol.* 2005 Apr; 144(7):961-71.

Bhattacharya SK, Bhattacharya A, Sairam K, Ghosal S. *Phytomedicine.* 2000 Dec; 7(6):463-9.

Evid Based Complement Alternat Med. 2013; 2013: 681304. Peir Hossein Koulivand, 1 Maryam Khaleghi Ghadiri, and Ali Gorji 3

95% of our herbs and herbal extracts are certified organic.



## T-Balance PX

*Provides neuroprotection and immune support*

This unique formula offers a variety of natural compounds focused on supporting a stable, balanced immune system and healthy liver function. It includes the traditional Chinese medicinal herb, Rehmannia. Rehmannia is traditionally used to support healthy circulation and immune system, leucocytes health and balanced T and B cell production.

This formula includes the neuroprotective compound rosmarinic acid, which also supports T and B cell immune balance. Cordyceps is included to provide liver- protective properties against toxins. The organic Cordyceps militaris is derived from cultivated substrates free from insects. It contains only 100% organic fruiting bodies with significantly higher levels of beta-glucan as compared to Cordyceps mycelium grown on grain.



### Formula

Each/Chaque vegi capsule contains:

Rehmannia root extract 10:1, 1% catalpol, (Rehmannia glutinosa)	200 mg
Organic Cordyceps Mushroom, Beta-glucans 25% (Cordyceps spp.)	200 mg
Rosemary extract 50:1, 50% Rosmarinic Acid, (Rosmarinus officinalis)	200 mg

#### Minimum Constituent Bio Marker Per Dose

Beta-glucans	50 mg
Rosmarinic Acid	100 mg

Organic Herbs are Certified Organic

Non-Medicinal Ingredients: Hypromellose vegi capsule

Ingredients non medicinaux: hypromellose vegi capsule

### Formulation Features

- Supports a balanced immune system
- Provides protection against liver damage from hepatotoxins and/or oxidation
- Promotes healthy blood circulation



95% of our herbs and herbal extracts are certified organic.

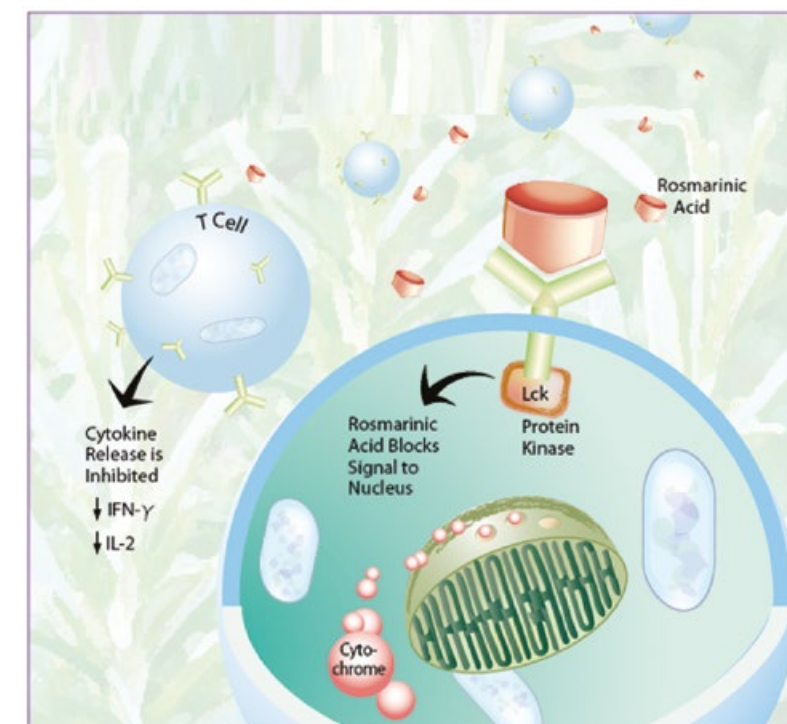


### Supplementation

- One to two capsules twice daily, or as directed by your heal care practitioner. Can be taken with or without food.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



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# ThyCalm Px

*Calming thyroid support*

**ThyCalm Px is designed to help maintain patient comfort optimizing immune thyroid mediation, supporting thyroid gland function, and the neuro-thyroid relationship.**

ThyCalm Px is a specific blend of botanicals high in polyphenols, which support many aspects of thyroid health including optimal conversion of T4 to T3, encouraging healthy thyroid stimulating activity and normal TSH function.

The oleoresins found in Blue flag root support detoxification of the thyroid gland along with healthy liver function. Lemon balm rich in volatile compounds, polyphenols, and rosmarinic acid traditionally a calming and relaxing herb support the neuro-thyroid relationship.

## Formulation Features

- Balances thyroid function
- Balances thyroid activity (already within normal range)
- Modulates Thyroid-Stimulating Immunoglobulins
- Balances thyroid hormone production
- Highly potent botanicals and natural extracts

## Formula

### Each/Chaque vegi cap contains:

Zinc (zinc citrate)	3 mg
Selenium (selenomethionine)	50 mcg
Organic Bugleweed (Lycopus virginicus)	237 mg
Organic Lemon Balm (Melissa officinalis)	189 mg
Rosemary Leaf extract, 50% (Rosmarinus officinalis)	155 mg
Organic Blue Iris (Iris spp.)	9.5 mg

### Minimum Constituent Bio Marker Per Dose

Rosmarinic Acid	74.4 mg
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All Organic herbs are Certified Organic

**Non-Medicinal Ingredients:** hypromellose vegi-capsule, Omega 3 Powder

**Ingredients non medicinaux:** hypromellose vegi-capsule, Omega 3 Powder



95% of our herbs and herbal extracts are certified organic.



## Supplementation

- Take three capsules twice a day or as directed by your health care practitioner. Can be taken with or without food.
- Monitor thyroid function as well as relevant blood work.

Caution: The dosage of Thioamides (the class of drugs which are used to control thyrotoxicosis) such as Methimazole, Carbimazole, and Propylthiouracil (PTU) need to be monitored while taking this product. Drug potentiation can occur with these classes of drugs due to synergistic mechanisms of action.

## Thyroid Specific Support

- Avoid all toxins that interfere with thyroid function including endotoxins
- Decrease heavy metals that affect thyroid function (e.g., mercury, lead, and cadmium)
- Decrease halogens that interfere with sodium iodide symporter (e.g., fluoride, chlorine, and bromine)
- In select cases, a gluten-free diet may be helpful.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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# ThyroCare

*Thyroid support for patients who are sensitive to high doses of iodine*

**ThyroCare** helps support healthy thyroid function and metabolism with lower doses of iodine than Thyroid Px, making it the perfect choice for iodine sensitive patients.

ThyroCare is a complete botanical and nutrient formula to support general metabolic activities. This gentle formula has also been shown to help optimize metabolism, reinforce healthy body temperature, and stabilize thyroid antibodies.

ThyroCare provides essential co-factors for thyroid hormone production, including vitamins D3, B12 methylcobalamin, selenium, and iodide. It also contains a unique blend of thyroid-supporting herbs including guggul myrrh and organic herbs blue flag, triphala, ashwagandha root, nettle, kelp, and ginger.

## Formula

Each/Chaque vegi capsule contains

Iodine/Iode (Potassium iodide)	100 mcg
Selenium/Selenium (selenomethionine)	100 mcg
Kelp (Laminaria digitata), O	250 mg
Blue Flag root/Clajous racine (Iris versicolor), W	165 mg
Guggul Myrrh/Myrrhe (Commiphora myrrha)	60 mg
Nettle herb/Ortie Dioique (Urtica dioica), O	50 mg
Ashwagandha root/racine (Withania somnifera), O	50 mg
Amla fruit (Phyllanthus emblica), O	13.3mg
Bibhitaki fruit (Terminalia bellirica), O	13.3mg
Haritaki fruit (Terminalia chebula), O	13.3mg
Ginger root/Gingembre racine (Zingiber officinale), O	10 mg
Diiodotyrosine (3,5 diiodotyrosine)	200 mcg

O=Certified Organic W=Wildcrafted

Non-Medicinal ingredients: hypromellose vegi-capsule  
Ingrédients non médicinaux: hypromellose vegi-capsule

## Formulation Features

- **Wildcrafted Blue Flag root** supports thyroid function and natural detoxification pathways
- **Guggul Myrrh** supports optimal iodine uptake and thyroid enzyme activity
- **Certified organic Kelp** provides a natural source of iodine
- **Certified organic Nettle** supports a healthy inflammatory response



95% of our herbs and herbal extracts are certified organic.



## Supplementation

- One to two capsules twice daily, with or without food, or as directed by your health care practitioner.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

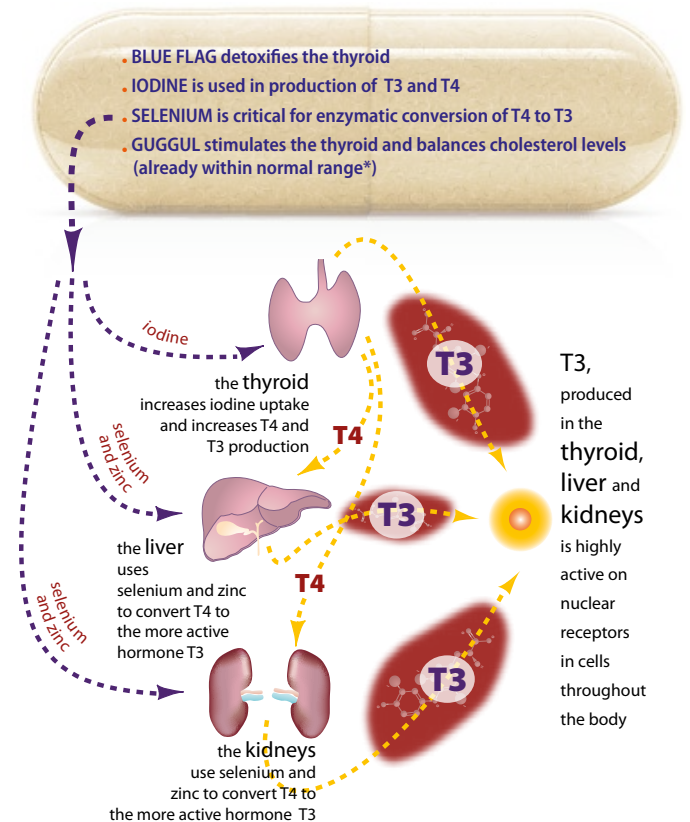
## Cautions

- If pregnant, nursing, or considering pregnancy do not use without first consulting with your health care provider. Keep out of reach of children. Due to potential drug-herbal interaction tell your physician about any medications you are taking. Discontinue use if rapid heart rate, palpitations, or skin reactions occur.

## Thyroid Specific Support

- Avoid all toxins that interfere with thyroid function including endotoxins
- Decrease heavy metals that affect thyroid function (e.g., mercury, lead, and cadmium)
- Decrease halogens that interfere with sodium iodide synthesis (e.g., fluoride, chlorine, and bromine)
- In select cases, a gluten-free diet may be helpful.

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## REFERENCES:

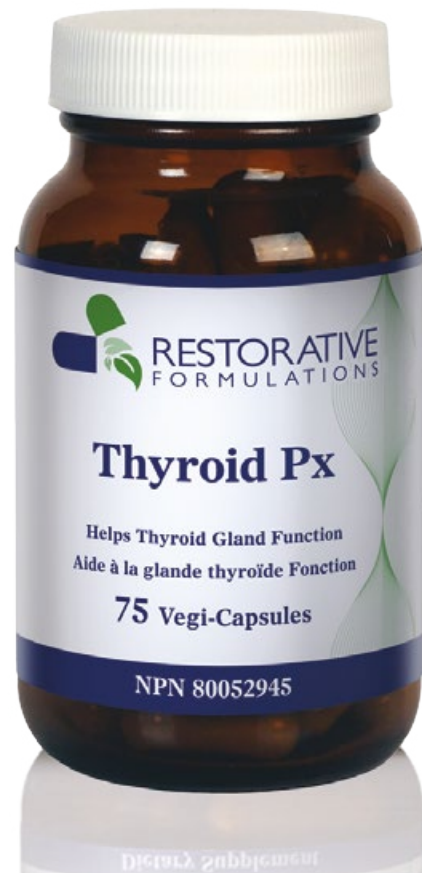
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*Biochem*. 51 (2): 329-36 (February 1975).  
*Hormone and Metabolic Research*, 1996, 28(5):223-226  
*The Journal of Clinical Endocrinology & Metabolism*, Vol. 87, No. 4 1687-1691  
*The American Journal of Gastroenterology* (2001) 96, 751-757.





# Thyroid Px

*Thyroid support*



## Formula

Each/Chaque vegi capsule contains:

Vitamin(e) D3	400 IU
Zinc (zinc citrate)	5 mg
Iodine/Iode (Potassium iodide)	0.70 mg
Selenium (selenomethionine)	0.10 mg
Kelp/Kombu ( <i>Laminaria digitata</i> )	200 mg
Blue Flag root/Clajoux racine ( <i>Iris versicolor</i> ), O	150 mg
Guggul Myrrh/Myrrhe ( <i>Commiphora molmol</i> )	50 mg
Ashwagandha root/racine ( <i>Withania somnifera</i> ), O	50 mg
Nettle herb/Ortie dioïque ( <i>Urtica dioica</i> ), O	50 mg
Triphala, O	50 mg
N-acetyl Cysteine	25 mg
Rosemary Extract 50% Rosmarinic Acid ( <i>Rosmarinus officinalis</i> )	25 mg
Ginger root/Gingembre racine ( <i>Zingiber officinale</i> ), O	10 mg
Diiodotyrosine (3,5 Diiodotyrosine)	0.20 mg

O=Certified Organic

**Non-Medicinal ingredients:** Hypromellose vegi-caps  
**Ingredients non médicinaux:** hypromellose vegi-caps

Thyroid dysfunction and low body temperatures are increasingly more common and can cause many disturbing symptoms.

Fortunately, research has identified a variety of natural ingredients that can enhance and maintain thyroid function.

**Thyroid Px** is the most potent thyroid support offered by Restorative Formulations. It provides essential co-factors for thyroid hormone production, including vitamins D3, B12 methylcobalamin, zinc, selenium, and iodide. It also contains a unique blend of thyroid-supporting herbs including guggul myrrh and organic herbs blue flag, triphala, ashwagandha root, nettle, kelp, and ginger.

### Formulation Features

- Provides minimum of 1 mg Iodide per capsule in form of 700 mcg from potassium iodide and approximately 300 mcg iodine from kelp
- **Certified organic Blue Flag root** supports thyroid function and natural detoxification pathways
- **Guggul myrrh** supports optimal iodine uptake and thyroid enzyme activity
- **Certified organic Kelp** provides a natural source of iodine
- **Certified organic Nettle** supports a healthy inflammatory response



95% of our herbs and herbal extracts are certified organic.



## Supplementation

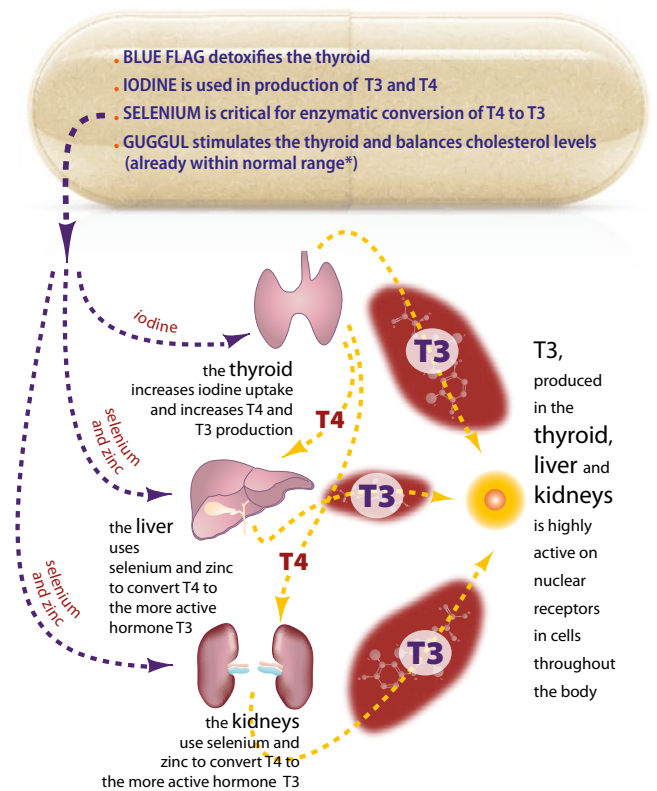
- Adults take one to two capsules twice daily, with or without food or as recommended by your health care practitioner.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

## Thyroid Specific Support

- Avoid all toxins that interfere with thyroid function including endotoxins
- Decrease heavy metals that affect thyroid function (e.g., mercury, lead, and cadmium)
- Decrease halogens that interfere with sodium iodide synthesis (e.g., fluoride, chlorine, and bromine)
- In select cases, a gluten-free diet may be helpful.



### REFERENCES:

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*Hormone and Metabolic Research*, 1996, 28(5):223-226

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*The American Journal of Gastroenterology* (2001) 96, 751-757.

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## Triple Turmeric Px



**Triple Turmeric Px** is the optimal combination of whole organic turmeric, organic supercritical extracted turmerones, and curcuminoid standardized extract with an enhanced liposomal delivery system. Black pepper and organic sunflower lecithin increase bioavailability of active compounds. This synergy of various turmeric compounds optimizes prostaglandin activity by balancing NF-kB (Nuclear Factor- Kappa B).

### Formulation Features

- Highest curcumin essential oil content and turmerones per cap in the Industry
- First in the Industry to use phosphocholine from certified organic sunflower lecithin mixed with curcuminoids and certified organic turmerones
- Lipophilic curcuminoids have been shown to be able to cross the blood-brain barrier
- Stability tests performed by Intertek, an independant anyaltical lab.
- Absorption study performed by Charles River Laboratories, an independent drug research in Massachusetts

### Formula

#### Each/Chaque vegi capsule contains:

Organic Sunflower Lecithin, 20% Phosphocholine	200 mg
Turmeric Root Extract, 95% Curcuminoids	150 mg
Organic Turmeric Root Supercritical CO2 Extract (64% Turmerones)	125 mg
Organic Turmeric Root	25 mg
Organic Black Pepper	5 mg

#### Constituent Biomarker Per Dose

Curcuminoids by HPLC	142 mg
Turmerones	80 mg

All Organic Herbs are Certified Organic

**Other Ingredients:** Hydroxypropylmethyl Cellulose (capsule), Silica, Deionized Water. **Ingredients non medicinaux:** Hydroxypropylméthylcellulose (capsule), silice, Eau déminéralisée.



**Turmeric Root (Curcuma longa)** Turmerone compounds contained in turmeric root supports healthy levels of monoamines supporting balanced emotional wellbeing. They also support healthy neural stem cell proliferation and are neuroprotective.

**Curcuminoids** support the body's natural action of clearing beta-amyloid plaque within normal range. Curcuminoids also support normal acetylcholine levels

### Supplementation

- One to two capsules twice daily or as directed by a health care practitioner. Can be taken with or without food.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

#### REFERENCES:

Int Immunopharmacol. 2014 Jun; 20(2):322-30  
 Phytother Res. 2014 Mar 19. doi: 10.1002/ptr.5149.  
 Int Immunopharmacol. 2014 May; 20(1):54-8.  
 Biochem Pharmacol. 2007 May 1; 73(9):1434-45.  
 Indian J Pharm Sci. 2011 May; 73(3):255-61.  
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95% of our herbs and herbal extracts are certified organic.





## TUDCA Px

*Supporting healthy neurological and cellular aging processes*

**TUDCA Px** is a unique blend of specific compounds focused on neurological health supporting cell preservation, cellular energy production, bile acid-mediated signaling, general metabolic health and helping to reduce neurological oxidative damage and cellular stress.

This product helps with supporting healthy endoplasmic reticulum stress inhibition and neurological autophagy processes.

### Formulation Features

- Supports cellular energy
- Maintains healthy NAD+ levels safely
- Encourages healthy neurological and cellular aging
- Features TUDCA-tauroursodeoxycholic a chemical chaperone to support healthy endoplasmic reticulum function
- Highlights the phytochemical Pterostilbene
- Organic Ashwagandha provides adaptogenic and stress protective support

### Formula

Each/Chaque vegi capsule contains:

Tauroursodeoxycholic acid TUDCA	250 mg
Organic Ashwagandha Root ( <i>Withania somnifera</i> )	175 mg
Nicotinamide Riboside Chloride	125 mg
Pterostilbene ( <i>Pterocarpus marsupium</i> -stem heartwood)	50 mg

Organic Herbs are Certified Organic

**Other Ingredients:** Vegetable Capsule (cellulose)

To refill, contact your practitioner or visit [www.restorative.com](http://www.restorative.com)



**Tauroursodeoxycholic acid (TUDCA)** is able to cross the blood brain barrier reaching neuronal tissues, acting as a chemical chaperone to support healthy endoplasmic reticulum function.

**Nicotinamide riboside, a precursor to NAD+(nicotinamide adenine dinucleotide)** supports a natural pathway to NAD+. NAD+ is a coenzyme involved in many biological functions and is essential to the production of energy in the body.

**Pterostilbene** is a phenolic compound found in small berries and nuts including blueberries and grapes. Pterostilbene and resveratrol are structurally very similar but pterostilbene has better bioavailability and is included in the blend to help reduce cellular stress and oxidative stress.

**Ashwagandha** is an adaptogen and supports mental well-being. It has been shown to help support cognitive function and concentration. Preliminary research suggests that ashwagandha may be neuroprotective through mitigating the effects of stress and protecting the nervous system.

### Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### Supplementation

Take three capsules daily. Can be take up to eight capsules a day in divided doses for therapeutic reasons under the supervision of a health care provider. Can be taken with meals to decrease the chance of stomach irritation.

### Caution

Warning: Consult with your physician before use. Do not use products if you are pregnant, nursing or breastfeeding. Discontinue use and contact your doctor if any adverse reactions occur. Do not exceed dosage of four capsules a day.







Zack Woods Farm  
Vermont

**Most manufacturers know their distributors  
We know our farmers**



### Quality Sourcing from North American Farms

**S**ourcing raw materials from North American farms ensures excellent quality control. We work with our farmers to help them grow and harvest crops that have traditionally been sourced in Asia, where materials pass through multiple hands and product tracing can be unreliable.

Our process includes methods that maximize the concentration of key ingredients by taking advantage of optimal harvest times and drying techniques.

We are the first in our industry to locally source:

- Certified organic cultivated Rhodiola (Alaska)
- Certified organic Blue Flag (Oregon)
- Certified organic Lily of the Valley (Vermont)
- Certified organic Holy Basil, or Tulsi (Vermont)

We are also the first to maximize the rosmarinic acid content in Lemon Balm without the use of any solvents.



Our Canadian staff.



Most of our Canadian supplements are manufactured in Cannington, Ontario.

## Your Team

### Physicians with More than 50 Years of Combined Experience

#### Michaël Friedman, ND President and Co-Founder

A naturopathic physician and medical herbalist, Dr. Friedman graduated from the Canadian College of Naturopathic Medicine in 1998. He was adjunct instructor of endocrinology at the University of Bridgeport in Connecticut. The original founder and director of the Restorative Medicine Conference, Dr. Friedman is the author of the medical textbook *Fundamentals of Naturopathic Endocrinology* and co-author of *Healing Diabetes*, which both describe how to use plants and hormones in the endocrine system. Dr. Friedman has lectured at both conventional and naturopathic medical schools. His medical practice focused on thyroid related disorders and chronic disease. He has designed over 25 formulations currently on the market as dietary supplements.



#### Denis Wilson, MD Vice President and Co-Founder

Dr. Wilson graduated from the University of South Florida College of Medicine in 1985. He specializes in optimizing peripheral thyroid function, body temperature, and well-being. Working with more than 5,000 patients, he developed a new simplified paradigm for thyroid management. The first doctor to use sustained-release liothyronine, he has educated more than 2,500 physicians about its use in patients with symptoms of low thyroid and low body temperature despite having normal blood tests. His novel treatment of using sustained-release T3 is now standard of care with a subsection of physicians practicing complementary and alternative medicine, and his work is being taught in naturopathic medical schools. Dr. Wilson is the author of three books, including the extensively referenced *Evidence-Based Approach to Restoring Thyroid Health*.



#### Paula M. Woods Finance and Operations Director

Paula joined Restorative Formulations in 2008. She has a B.S. in special education and more than 30 years of finance and accounting experience, including 14 years as the owner/operator of a natural food store. She has held elected positions in several local governmental organizations.



#### Jerilyn Toney Marketing and Sales Development

Jerilyn joined Restorative Formulations in September 2012. Prior to this she was the Office Manager at Northern Community Investment Corporation. She has studied dance at The Boston Conservatory of Dance, Music and Theater. Jerilyn loves the outdoors when she is not biking, hiking, skiing or kiteboarding she is traveling and exploring.



#### Kirsten Waskuch Bookkeeper

Kirsten joined Restorative Formulations in April 2017. Her experience includes business management, paralegal work, and bookkeeping for small companies. Kirsten's interests include spending time in the mountains and by the ocean with family and friends.



#### Tom Knox Logistics Coordinator and Warehouse Manager

Tom is has been Warehouse Manager at Restorative Formulations since 2010. Prior to that he was warehouse manager for American Flatbread. Tom studied Environmental Sciences at Wittenberg University in Springfield, Ohio. When not working he is snowboarding, cross country skiing, mountain bike riding or gardening.



#### Lindsay Helwig Sales Representative

Lindsay joined Restorative Formulations in 2017, after working as an inside sales manager at Urban Moonshine. She has a B.S. degree in environmental science from UNC Asheville. Her interests include yoga, botanical gardens, and herbal medicine.



#### Teresa Stockman Customer Accounts Manager

Teresa joined Restorative Formulations in March 2015, after previously working in customer service at Verilux. She holds bachelor of arts degree from Goddard College, where she studied art and education. Her interests include rock climbing, hiking, photography, fire dancing, drawing, writing lyrics and singing. Teresa is also involved with the LGBTQ+ community.



#### Erin K. O'Hara Medical Herbalist

Erin has been associated with Restorative Formulations since April 2007. Previously, he was a community herbalist in Rochester, NY. He received his training at the Northeast School of Botanical Medicine, and the Ayurvedic Institute. Erin's interests include creating beautiful and ecologically useful gardens with native plants and herbs.





## Research and Development



### Product Design

Companies can easily design formulations in a month using available raw materials. We take years of planning and testing to design products with high potency that currently are not available in the industry.

### Lion's Mane (*Hericium erinaceum*) Neuroprotective

We worked on a three year research project with Matthew Robison, Ph.D. of US Botanical Safety Laboratory, along with two Ph.D. scientists from the University of North Carolina, to determine the terpenoids in Lion's Mane mushroom (*Hericium erinaceum*). This included examining erinacine, which has been tested in benchtop studies and shown to support nerve growth factor. We have isolated ten different HPLC chromatogram peaks of diterpene derivatives, which has never been done before.

Under special growing conditions, we cultivate Lion's Mane with the highest concentration of terpenoids on the market.

### Hawthorn (*Craetagus oxyacanthus*) Vascular Protective

We have tested flavonoids from Hawthorn leaves, flowers, berries and extracts from three continents and found the highest concentration of vitexins in the spring harvest of flowers in France.

### African Snakeroot (*Rauwolfia vomitoria*) Cardiovascular Relaxant

Recognizing that it is endangered in India, we have found a new species of *rauwolfia* that is plentiful and sustainable in Tanzania. We worked with independent research laboratories using HPLC mass spectrometry to test reserpine content within a matrix of over ten different alkaloids.

### Iodine-Thyroid Support

We have worked with three chemists and two independent laboratories to analyze whether iodine stays in its elemental form (iodine) once it is dried. After extensive testing, including mass spectrometry, ion chromatography, x-ray fluorescence, and inductively coupled plasma mass spectrometry, we have found that it converts to iodide. We used this knowledge to inform the development of our Iodine Px and Thyroid Px.

## Quality Assurance

### Maintaining the Highest Possible Standards

#### *We pay attention to the details:*

- Independent lab tests on every batch.
- Highly concentrated therapeutic dosages, sometimes up to 100:1.
- Minimum constituent biomarkers are stated on the label.
- HPLC testing to monitor specific constituent markers, as opposed to UV spectrometry which is less expensive but less accurate.
- Third-party testing validates our purity and safety, as well as proves that our label claims are accurate.

Restorative Formulations is audited by the FDA. Our company has been awarded the highest GMP compliance for FDA CRF 21 guidelines as a Grade A in GMP compliance by NPA.

Research and clinical experience are central to the development of Restorative Formulations. Our Product Development Team of physicians is led by Michael Friedman, ND. Our team combines their experience with a knowledge of the traditional and modern uses of herbs to develop new products and improve upon existing ones.

***Restorative Formulations is a professional ONLY line —  
we do not allow any unrestricted online selling of Restorative Formulations products.***

# INTEGRITY HEALTH NATURALS

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