



GENESTRA BRANDS®

Exceptional Quality, Consistency and Reliability



Professional Product Guide



GENESTRA
BRANDS®

Exceptional quality, consistency and reliability

Genestra Brands® supplements support individualized treatment plans with 350+ professional-grade products offered in a variety of formats. Our products have been proven safe, effective and reliable for over 30 years, and are backed by clinical or traditional evidence.

Professional-strength product excellence is ensured through research and development in combination with heavy investment and commitment to stringent Quality Assurance.

- Global manufacturing standards: compliant with Health Canada (GMP) and FDA Current Good Manufacturing Practices (CGMP); manufacturing facilities include various ISO accreditations.
- Independent testing: validates the quality, stability, potency and purity of the products from manufacturing to preparation, bottling and storage.



Same great formulations. New bold look.

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A commitment to quality is and always will be a pillar upholding everything we do.

Research and Development

For a Healthy Future

The Genestra Brands line is built upon a research-driven, evidence-based scientific foundation, as well as traditional use. A distinguished advisory team and group of partners, including independent researchers at academic institutions, medical schools and hospitals, help create these unique, efficacious and stable natural products. This research and development team has expertise ranging from microbiology and immunology to nutritional science with major thrusts on the role of human microflora, the development of natural plant compounds that support microbial balance and the role of fatty acids. Having been subjected to peer-reviewed and PubMed listed publications ranging from preclinical investigations and review papers to controlled human clinical trials, these products reflect the latest evidence-based research in order to support practitioner-aligned objectives.

Genestra Brands is also part of a collective scientific group that participates in academic research evaluating the safety and efficacy of dietary supplements through direct funding, as well as through material transfers. Currently, this partnership is formally engaged in 19 such trials throughout the world, with other proposals under review. Areas of research include alpha lipoic acid in neurology, omega-3 fatty acids in psychiatry and zinc in skin health. Institutional collaborations include the Mayo Clinic, Stanford University, Michigan State University, Oregon Health & Science University and University Hospital Munich-Großhadern.

The Genestra Brands scientific team and its collective partnership also hold leadership positions in numerous industry organizations, including the American Society for Nutrition, the Council for Responsible Nutrition, European Responsible Nutrition Alliance, International Alliance of Dietary Supplements Associations and others. This collective group also recently launched a research and education platform called the Institute for Nutraceuticals and Functional Foods (INAF) program, whose combined 500+ scientists, associate researchers and assistants are dedicated to exploring the complex interactions between foods, food components, nutrition and health. Collaborative efforts will help develop further expertise in seven key areas including GI health and women's health.

To continue advancing the state of knowledge of the microbiome's role in human health, while educating naturopathic students and practitioners alike, Genestra Brands is proud to sponsor the first-ever Genestra HMF Microbiome Researcher-in-Residence position at The Canadian College of Naturopathic Medicine (CCNM). Over the course of three years, the Researcher-in-Residence will be responsible for developing, conducting and sharing clinical research aimed at understanding the impact of the microbiome on human health. This investment is a significant stride in understanding the many complexities of the microbiome and its effect on the body, and allows Genestra Brands to continue delivering condition-specific, high-quality probiotics that reflect the latest advancements in the field of probiotics.



Quality Assurance and Compliance

Ensuring Safety Through the Commitment to Strict Process Adherence

We ensure excellence through heavy investment and commitment to stringent Quality Assurance. Genestra Brands goes above and beyond to ensure the highest-quality products, imposing rigorous manufacturing standards from start to finish. From the raw materials used for manufacturing to preparation, bottling and storage, the Genestra Brands Quality Assurance team ensures stringent process adherence. All Genestra Brands products are compliant with FDA Current Good Manufacturing Practice (CGMP) and Health Canada Good Manufacturing Practice (GMP) requirements. We are also NSF certified. Facilities hold various International Organization for Standardization (ISO) accreditations – global manufacturing standards that ensure quality, environmental friendliness, safety and reliability.

Other accreditations include:

- Authorization by the Medicines and Healthcare Products Regulatory Agency (MHPR) to manufacture GMP probiotics as investigative medicinal products for use in clinical trials
- European Hazard Analysis of Critical Control Points (HACCP) certifications



GMP Registered

in the United States

Quality Control

For Proven Quality, Purity and Potency on Label Claims

Rigorous manufacturing standards are instituted from start to finish, utilizing ingredients sourced from trusted global industry-leading suppliers, and avoiding unnecessary agents in order to meet the needs of physicians treating patients with chemical and allergen sensitivities. These standards include:

- Triple checking: Each and every one of our products is tested a minimum of three times – first as a raw material, second during the manufacturing process, and finally as a finished product.
- Independent testing: validates the quality, stability, potency and purity of the products from manufacturing to preparation, bottling and storage. Objectivity is ensured during testing by contracting government-approved and/or accredited independent laboratories. These testing laboratories employ some of the most precise equipment and analytical methods available in the market to validate the safety and efficacy of the products.
- Global supplier qualification program: We evaluate the documentation and standard operating procedures of each supplier to confirm that proper quality systems are in place before any raw material is used in manufacturing, and final products are handled appropriately through manufacturing quality controls. We also perform on-site audits to further ensure that suppliers comply with our strict quality control standards.

Specialty Formulas for a Variety of Needs

When you see these symbols, you can be confident that no dairy or gluten allergens are included in the formula. You will also know if the formula is non-GMO, FOS-free and/or appropriate for vegans or vegetarians.



Non-GMO: Product ingredients are non-GMO. High-risk ingredients have been tested for the presence of genetically modified materials.



Gluten-Free: Guaranteed to not include any gluten protein, modified gluten protein, or hybridized strain protein from barley, oats, rye, triticale, wheat, kamut or spelt.



Dairy-Free: Guaranteed to contain no lactose, milk or milk derivatives, including milk protein.



No FOS: Guaranteed to contain no fructooligosaccharides (FOS).



Vegan formula: Guaranteed to contain no animal, dairy or egg products, or derivatives from animal, dairy or eggs.



Vegetarian formula: Guaranteed to contain no animal products or derivatives from animals.

We are extremely proud to be your partner in health and we want to assure you that we will continue to lead the natural health industry by providing only products of the highest quality.

Clinical Advisors



Robert Abell N.D., LAc

Dr. Abell received his BS in Exercise Physiology from the University of Colorado, Boulder in 1985. He received his Doctor of Naturopathic Medicine degree from the National College of Naturopathic Medicine (NCNM) in 1993 and his Master's in Chinese Medicine and Acupuncture from the Oregon College of Oriental Medicine in 1994. Dr. Abell speaks on various topics throughout North America, including lectures for Seroyal focusing on Biotherapeutic Drainage™. He resides in Hawaii with his wife, Lisa, and their daughter, Elise, and is currently working on a new project that will permit health care practitioners access to treating patients with natural medicine according to the practice of Biotherapeutic Drainage. Dr. Abell has a virtual practice through which he treats current and new patients.



Mikhael Adams, B.Sc., N.D.

Dr. Adams received his Doctor of Naturopathic Medicine degree from the National College of Naturopathic Medicine in 1981. He practiced for 10 years in Seattle, and is now in private practice in Milton, Ontario. Dr. Adams uses drainage, nutrition, homeopathy, acupuncture and auricular medicine as his primary therapeutic tools. He has studied homeopathy since 1977 with such renowned doctors as Robin Murphy, George Vithoulkas, Bill Gray, Francisco Eizayga and Michel Bouko-Levy. Dr. Adams is the president of the International Association of Auricular and Bioenergetic Medicine, past president of the North American Association of Auricular Medicine, and has studied extensively with Dr. Paul Nogier in France. He taught Clinical Pathology at the Northwest Institute of Acupuncture & Oriental Medicine from 1987 to 1993 and has been giving workshops internationally on auricular medicine since 1984.



Aliyah Alibhai, H.BSc., N.D.

Dr. Alibhai received her Doctor of Naturopathic Medicine degree from CCNM in Toronto in 2009, and currently practices at SOW Health in Toronto and Springdale Physiotherapy Services in Brampton. Aliyah is truly passionate about helping patients develop and achieve their health goals. She has a general practice but especially enjoys working with digestive health concerns, Biotherapeutic Drainage™, hormonal imbalances and atopic conditions such as allergies, asthma and eczema. Aliyah also has additional training in Auricular Medicine and Bioenergetic Medicine. Aliyah is a licensed naturopathic doctor, registered through The College of Naturopathic Doctors of Ontario. She is a member of both the Ontario Association of Naturopathic Doctors (OAND) and the Canadian Association of Naturopathic Doctors (CAND).



Victoria Coleman, H.BSc., D.C., M.Sc., IFMCP

Dr. Coleman served as president of Douglas Laboratories Canada for 14 years after having successfully running two wellness clinics. She is currently the Vice President of Clinical Education for Atrium Innovations, where her mission is to further the use of nutraceuticals for health promotion through education and service. Dr. Coleman's constant pursuit of learning allowed her to complete her Certification in Functional Medicine through the Institute for Functional Medicine, and she also holds a Master's Degree in Human Nutrition.



Jacqueline Cooper, N.D.

Dr. Cooper earned a Doctor of Naturopathic Medicine degree from the Canadian College of Naturopathic Medicine in 2012 and a Bachelor of Science from Queen's University, Kingston, Ontario. Jacs has a special focus on interpreting how an individual's unique mental-emotional state influences physical well-being. Stress has immense implications for our health – but why does it manifest so differently in each person? A self-professed nerd, Jacs is passionate about learning and constantly seeking answers. She is most fulfilled when sharing her knowledge with others and is passionate about quality education, writing and speaking to positively influence collective health and well-being.



Kelly C. Heim, Ph.D.

Dr. Heim is a nutritional pharmacologist in research and development. He is a graduate of Dartmouth Medical School, where he studied molecular pharmacology, epigenetics and functional genomics. His publications and lectures have highlighted evolving concepts in polyphenol biochemistry, nutritional endocrinology and nutrigenomics.



Dr. Marija Pevac-Djukic, M.D., N.D., R.TCMP

Dr. Pevac-Djukic received her medical degree in Belgrade, Serbia in 1989, and graduated from the Canadian College of Naturopathic Medicine in Toronto in 2000. With over 21 years of clinical experience in integrative medicine, Dr. Djukic specializes in the foundations of health through Individualized Medicine with emphasis on drainage therapy. Dr. Djukic is well established on the topics of chronic inflammation, gastrointestinal health, immune, neuro-degenerative, endocrine disorders and nutritional biochemistry.



Nigel Plummer, Ph.D.

Dr. Plummer received his doctorate in microbial physiology from the University of Surrey, UK, and has developed an extensive knowledge specializing in omega 3 fatty acids, probiotics and natural antimicrobials. Dr. Plummer is a globally accepted authority on probiotics and has produced a vast body of research on probiotics in post-antibiotic therapy, the control of IBS symptoms, and in the prevention of allergies and antibiotic resistance. Additionally, Dr. Plummer has developed an interest in the concept of fetal disease programming, the controlling factors involved and the potential to influence programmed events as a means of prevention of chronic disease development.



Kimberly Ramberan, B.Sc., N.D.

Dr. Kimberley Ramberan is a licensed naturopathic doctor and intravenous practitioner in the province of Ontario. She graduated in 2010 from the Canadian College of Naturopathic Medicine (CCNM) and is a recipient of the Naturopathic Grassroots award for excelling in the fields of women's health and compassionate care. Dr. Ramberan currently practices in Markham, Ontario, at Naturopathic Foundations Health Clinic. She treats a wide range of health concerns, but has a special interest and passion for integrative cancer care and chronic digestive health concerns.

**Barry W. Ritz, Ph.D.**

Dr. Ritz is the Vice President of Scientific and Regulatory Affairs at Atrium Innovations, Inc. He is involved in the American Society of Nutrition and chairs the Council for Responsible Nutrition's Senior Scientific Advisory Council. Dr. Ritz has presented his research on the relationships among nutrition, aging and immune function at national and international meetings, and has numerous publications in scientific journals and texts.

**Chris Spooner, B.Sc., N.D.**

Dr. Spooner is a naturopathic doctor with more than 20 years of experience in naturopathic medicine. He has been a board member of the College of Naturopathic Physicians of British Columbia since 2008, where he holds various positions. Dr. Spooner received a B.Sc. in Biology from the University of Victoria in 1991 and his N.D. from the Canadian College of Naturopathic Medicine in 1998. After completing his post-doctoral fellowship in Environmental Medicine at Southwest College of Naturopathic Medicine Environmental Medicine Center of Excellence, he continued instructing at SCNM as an assistant professor, teaching courses in toxicology, environmental medicine and nutrition. Dr. Spooner works with a wide range of patients who are looking for a balanced approach to health care that combines conventional medicine with research-informed integrative approaches. Dr. Spooner has advanced certifications through the College of Naturopathic Physicians of BC, including prescriptive authority.

**George Tardik, N.D.**

Dr. Tardik received his BSc in biochemistry from York University in 2004 and was awarded his Doctor of Naturopathic Medicine degree from the Canadian College of Naturopathic Medicine in 2008. Dr. Tardik has published regularly since 2008 and co-authored papers on prostate cancer alongside oncologists from Princess Margaret Hospital. His publications cover topics including the clinical efficacy of nutraceuticals related to lung cancer, *H. Pylori*, Vitamin D, specific probiotics, and risk markers in cardiovascular medicine. Additionally, he has worked as a research consultant for Health Canada's Natural Health Product Directorate. Dr. Tardik currently practices in a multidisciplinary clinic in Cobourg, Ontario, and works collaboratively with gastroenterologists at the Digestive Health Clinic in Richmond Hill, Ontario.

**Dickson Thom, N.D.**

Dr. Thom is one of the founders and medical directors of the American Center for Biological Medicine and the American Center for Alternative Medicine in Scottsdale, Arizona. He is a graduate of the University of Toronto (dentistry) in 1974, the Ontario College of Naturopathic Medicine in Toronto (N.D.) in 1986, and the National College of Naturopathic Medicine in Portland (N.D.) in 1989. He has been in practice for over 40 years with a primary focus on the management of chronic disease, including autoimmune disease, neurological conditions, gastrointestinal health, and endocrine disorders.



New Products

Genestra Brands continues to make investments in the development of new products that help advance the field of naturopathy. Our product development team, including medical advisors and independent researchers at academic institutions, medical schools and hospitals, use a holistic approach to create innovative natural products backed by extensive clinical research.

HMF Bifido Capsules

Six-strain *Bifidobacteria* combination

- Provides 40 billion CFU per dose
- Convenient once-daily capsule format
- Supports gastrointestinal health
- Includes proprietary, research-driven strains

HMF Bifido Capsules offer six proprietary *Bifidobacteria* strains to support probiotic colonization in the large intestine.¹ *Bifidobacteria* are normally present in the gut from birth to old age, where they play an important role in gastrointestinal health.² *Bifidobacteria* help to mediate carbohydrate fermentation in the large intestine and contribute to the production of important short-chain fatty acids (SCFAs), including acetate and lactate.³ Although they are the most abundant genus present in the guts of healthy infants, *Bifidobacteria* concentrations decrease as individuals age, with greatest declines observed in the elderly.² Clinical research suggests that *Bifidobacteria* supplementation can promote a healthy gut flora composition and support gastrointestinal health.³ HMF Bifido Capsules provide highly researched probiotic strains such as BI-04, along with CUL-34 and CUL-20, which have been demonstrated in clinical trials to contribute to a favourable gut flora.⁴⁻⁶

EACH CAPSULE CONTAINS:

Probiotic Consortium	40 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	16 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	12 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)	8 billion CFU
<i>Bifidobacterium longum</i> subsp. <i>longum</i> (CUL-75)	2 billion CFU
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (BI-26)	2 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose, stearic acid

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics.

Size

30 Vegetarian Capsules

Product Code

10425

NPN 80083003



REFERENCES

- Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. AAPS PharmSciTech. 2014; 15(1): 29-43.
- Arbolea, S, Watkins, C, Stanton, C, Ross, RP. Front Microbiol. 2016; 7: 1204.
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- Plummer, SF, Garaiova, I, Sarvotham, T, Cottrell, SL, Le Scouiller, S, Weaver, MA, Tang, J, Dee, P, Hunter, J. Int J Antimicrob Agents. 2005; 26(1): 69-74.
- Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. Aliment Pharmacol Ther. 2009; 29(1): 97-103.

HMF Bifido Powder

Six-strain *Bifidobacteria* combination

- Provides 40 billion CFU per dose
- Convenient once-daily powder format
- Supports gastrointestinal health
- Includes proprietary, research-driven strains

HMF Bifido Powder offers six proprietary *Bifidobacteria* strains to support probiotic colonization in the large intestine.¹ *Bifidobacteria* are normally present in the gut from birth to old age, where they play an important role in gastrointestinal health.² *Bifidobacteria* help to mediate carbohydrate fermentation in the large intestine and contribute to the production of important short-chain fatty acids (SCFAs), including acetate and lactate.³ Although they are the most abundant genus present in the guts of healthy infants, *Bifidobacteria* concentrations decrease as individuals age, with greatest declines observed in the elderly.² Clinical research suggests that *Bifidobacteria* supplementation can promote a healthy gut flora composition and support gastrointestinal health.³ HMF Bifido Powder provides highly researched probiotic strains such as BI-04, along with CUL-34 and CUL-20, which have been demonstrated in clinical trials to contribute to a favourable gut flora.⁴⁻⁶

EACH SCOOP (0.5 g) CONTAINS:

Probiotic Consortium	20 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	8 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	6 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)	4 billion CFU
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (BI-26)	1 billion CFU
<i>Bifidobacterium longum</i> subsp. <i>longum</i> (CUL-75)	1 billion CFU

Non-Medicinal Ingredients: Potato maltodextrin

Recommended Dose

Adults, Adolescents and Children (3 years and older): In a glass, add water to two level scoops and mix. Take once daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 g Powder

Product Code

10429

NPN 80084005



REFERENCES

- Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. AAPS PharmSciTech. 2014; 15(1): 29-43.
- Arbolea, S, Watkins, C, Stanton, C, Ross, RP. Front Microbiol. 2016; 7: 1204.
- Bottacini, F, van Sinderen, D, Ventura, M. Biochem J. 2017; 474(24): 4137-4152.
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HMF Intensive 50

Delayed-release, shelf-stable probiotic formula

- Supports gastrointestinal health
- Provides 50 billion CFU per dose from a combination of four proprietary strains
- Formulated with acid-resistant and delayed-release capsules for targeted delivery to the intestines
- Convenient, once-daily capsule format

HMF Intensive 50 is a shelf-stable probiotic formula that offers 50 billion CFU from a combination of four proprietary strains. These microorganisms have been used in a wide body of clinical research and constitute one of the most studied probiotic combinations worldwide.¹⁻⁶ Research has demonstrated that these strains support a healthy gut flora and promote gastrointestinal health.¹⁻⁴ In addition, these human-sourced strains were selected based on their high quality and viability, strong epithelial adherence, and naturally high tolerance to stomach and bile acid.⁷ To further enhance probiotic survivability through the stomach, HMF Intensive 50 is produced with delayed-release capsules. Each capsule is formulated with unique polymer properties that resist stomach acid and delay the release of probiotics after swallowing, allowing for complete, targeted release in the intestines and optimal probiotic activity.⁸

EACH CAPSULE CONTAINS:

Probiotic Consortium	50 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	38 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	12 billion CFU

Non-Medicinal Ingredients: Delayed-release capsule (hypromellose, gellan gum), cellulose, stearic acid, silica

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10354

NPN 80076701



REFERENCES

- Madden, JA, Plummer, SF, Tang, J, Garaiova, I, Plummer, NT, Herbison, M, Hunter, JO, Shimada, T, Cheng, L, Shirakawa, T. *Int Immunopharmacol*. 2005; 5(6): 1091-1097.
- Plummer, SF, Garaiova, I, Sarvotham, T, Cottrell, SL, Le Scouiller, S, Weaver, MA, Tang, J, Dee, P, Hunter, J. *Int J Antimicrob Agents*. 2005; 26(1): 69-74.
- Plummer, S, Weaver, MA, Harris, JC, Dee, P, Hunter, J. *Int Microbiol*. 2004; 7(1): 59-62.
- Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. *Aliment Pharmacol Ther*. 2009; 29(1): 97-103.
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- Allen, SJ, Jordan, S, Storey, M, Thornton, CA, Gravenor, M, Garaiova, I, Plummer, SF, Wang, D, Morgan, G. *J Nutr*. 2010; 140(3): 483-488.
- Seroyal. Data on file.
- Amo, R. Capsugel®. (2014). DRcaps® Capsules Achieve Delayed Release Properties for Nutritional Ingredients in Human Clinical Study. [White Paper].

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

HMF Multi Strain Powder

17-strain probiotic combination

- Provides 16 billion CFU per serving
- Helps support gastrointestinal health
- Available in a once-daily powder format
- Free of artificial colours and flavours

HMF Multi Strain Powder offers a comprehensive combination of 17 proprietary probiotic strains. Each convenient, once-daily serving provides 10 strains of *Lactobacilli* and seven strains of *Bifidobacteria* to promote colonization in both the small and large intestines.¹ In one placebo-controlled trial, daily supplementation with HN019, a probiotic strain found in HMF Multi Strain Powder, promoted a healthy gut flora.² It significantly increased *Bifidobacteria* and *Lactobacilli* counts, while reducing the population of *Enterobacteria* (a genus that includes many pathogenic bacteria).² Another trial demonstrated that this strain supported gastrointestinal health as measured by improved whole gut transit time and abdominal comfort scores.³ Similarly, HMF Multi Strain Powder contains CUL-60, CUL-21, CUL-34 and CUL-20, which have been demonstrated in clinical trials to support intestinal comfort and promote a healthy microflora balance in the gastrointestinal tract.⁴⁻⁶ HMF Multi Strain Powder is a great alternative for adults and children who dislike or have difficulty swallowing capsules.

EACH SCOOP (0.5 g) CONTAINS:

Probiotic Consortium	16 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	1.25 billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	0.5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	0.5 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	0.25 billion CFU
<i>Lactobacillus rhamnosus</i> (CUL-63)	50 million CFU
<i>Lactobacillus gasseri</i> (CUL-09)	50 million CFU
<i>Bifidobacterium breve</i> (CUL-74)	50 million CFU
<i>Lactobacillus paracasei</i> (CUL-08)	50 million CFU
<i>Lactobacillus casei</i> (CUL-06)	50 million CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	50 million CFU
<i>Lactobacillus plantarum</i> (CUL-66)	50 million CFU
<i>Lactobacillus fermentum</i> (CUL-67)	50 million CFU
<i>Bifidobacterium longum</i> (CUL-75)	50 million CFU
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (Bi-26)	50 million CFU

Non-Medicinal Ingredients: Potato maltodextrin

NCFM® is used with permission under licence

Recommended Dose

Adults, Adolescents and Children (3 years and older): In a glass, add water to two level scoops and mix. Take once daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 g Powder

Product Code

10387

NPN 80084030



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- Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. *AAPS PharmSciTech*. 2014; 15(1): 29-43.
- Ahmed, M, Prasad, J, Gill, H, Stevenson, L, Gopal, P. *J Nutr Health Aging*. 2007; 11(1): 26-31.
- Waller, PA, Gopal, PK, Leyer, GJ, Ouwehand, AC, Reifer, C, Stewart, ME, et al. *Scand J Gastroenterol*. 2011; 46(9): 1057-64.
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These products may not be right for everyone. Always read and follow the label.

HMF Women's Daily

Probiotics and cranberry to support vaginal and urinary tract health

- Helps restore and maintain healthy vaginal flora
- Helps prevent recurrent urinary tract infections (UTIs) in women
- Supports intestinal health
- Provides 17.6 billion CFU per capsule

HMF Women's Daily was specifically designed to support the unique needs of women. Each capsule offers 17.6 billion CFU from a combination of seven research-driven probiotic strains to help restore and maintain healthy vaginal flora. The vagina is a complex ecosystem that can be altered by many factors, including age, medication use, sexual activity, hygiene practices and hormone production.¹ *Lactobacilli* are the dominant vaginal microorganisms in healthy women, where they help maintain the normal vaginal microflora.¹ They compete with other microorganisms for nutrients and adherence to the vaginal epithelium; decrease the vaginal pH by producing organic acids (primarily lactic acid); and produce antimicrobial compounds, including bacteriocins and hydrogen peroxide.¹ In addition to providing two species of *Bifidobacteria*, HMF Women's Daily offers three species of *Lactobacilli*, selected for their natural presence in the female flora.²⁻⁵ Included in this blend are *L. rhamnosus* HN001 and *L. acidophilus* La-14, which provide particular support to maintain healthy vaginal flora.²⁻⁴ This probiotic combination also helps colonize both the large and small intestines to support gastrointestinal health. To further contribute to overall well-being, HMF Women's Daily offers cranberry fruit extract, which helps prevent recurrent UTIs in women.

EACH CAPSULE CONTAINS:

Probiotic Consortium	17.6 billion CFU
<i>Lactobacillus acidophilus</i> (La-14)	8 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	5 billion CFU
<i>Lactobacillus rhamnosus</i> (HN001)	2 billion CFU
<i>Lactobacillus gasseri</i> (CUL-09)	1.3 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	1.3 billion CFU
Cranberry Fruit Extract (<i>Vaccinium macrocarpon</i>) (25-36:1)	300 mg
7.5-10.8 g Dried Equivalent	

Non-Medicinal Ingredients: Cellulose, hypromellose, silica

Recommended Dose

Adult Women: Take one capsule daily or as recommended by your healthcare practitioner. For recurrent UTIs, take two capsules daily or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics. Use for a minimum of four weeks to see beneficial effects.

Size

30 Vegetarian Capsules

Product Code

10385

NPN 80082198



REFERENCES

1. Borges, S., Silva, J., Teixeira, P. Arch Gynecol Obstet. 2014; 289(3): 479-89.
2. Bertuccini, L., Russo, R., Iosi, F., Superti, F. Int J Immunopathol Pharmacol. 2017; 30(2): 163-7.
3. De Alberti, D., Russo, R., Terruzzi, F., Nobile, V., Ouwehand, A.C. Arch Gynecol Obstet. 2015; 292(4): 861-7.
4. Jang S-E, Jeong J-J, Choi S-Y, Kim H, Han M, Kim D-H. Nutrients. 2017; 9(6): 531.
5. Yan, D., Liu, Z., Su, J. Chin Med J (Engl). 2009; 122(22): 2748-51.

HMF Immune

Great-tasting upper respiratory support formula

- Reduces the risk of developing and the duration of upper respiratory tract illness in physically active adults
- Offers 30 billion CFU per dose from a combination of five proprietary strains, plus vitamins C and D
- Once-daily chewable tablet available in a delicious natural blackcurrant flavour

HMF Immune combines proprietary probiotics with vitamins C and D to provide targeted support for the immune system. Each convenient, once-daily chewable tablet provides a blend of five research-driven probiotic strains from both the *Lactobacillus* and *Bifidobacterium* genera. As nearly 80% of the body's immunologically active cells are located in gut-associated lymphoid tissue, an important connection has been demonstrated between the intestines and the immune system.¹ In addition to supporting gastrointestinal health, HMF Immune provides BI-04, a strain that has been shown in a clinical trial to reduce the risk of developing and the duration of upper respiratory tract illness in physically active adults.² Similarly, it offers CUL-60, CUL-21, CUL-34 and CUL-20, which were demonstrated in a clinical trial to support upper respiratory tract health when combined with vitamin C.³ To further help maintain immune function, HMF Immune contains vitamins C and D. Vitamin C supports the immune system by regulating lymphocyte proliferation, natural killer cell activity and immunoglobulin production, while vitamin D helps control T cell activation, cytokine release and phagocytosis in macrophages.⁴ Research demonstrates that vitamins C and D may be especially effective in maintaining immune function in the respiratory tract.^{5,6}

EACH TABLET CONTAINS:

Vitamin C (ascorbic acid)	100 mg
Vitamin D ₃ (cholecalciferol)	.25 mcg / 1000 IU
Probiotic Consortium	30 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	20 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	.5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)	.5 billion CFU

Non-Medicinal Ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavour, silica, magnesium stearate

Recommended Dose

Adults: Chew one tablet daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Chewable Tablets

Product Code

10365

NPN 80078481



REFERENCES

1. Saavedra, J.M. Nutrition in Clinical Practice. 2007; 22: 351-365.
2. West, N.P., Horn, P.L., Pyne, D.B., Gebski, V.J., Lahtinen, S.J., Fricker, P.A., Cripps, A.W. Clin Nutr. 2014; 33(4): 581-7.
3. Garaiova, I., Muchová, J., Nagypová, Z., Wang, D., Li, J.V., Országhová, Z., Michael, D.R., Plummer, S.F., Duracková, Z. Eur J Clin Nutr. 2015; 69(3): 373-9.
4. Combs, G.F. (2012). Vitamin C. In (4th ed), The Vitamins (pp. 233-259). USA: Elsevier.
5. Hemilä, H., Chalker, E. Cochrane Database Syst Rev. 2013; (1): CD000980.
6. de Sa Del Fiol, F., Barberato-Filho, S., Lopes, L.C., de Cassia Bergamaschi, C. J Infect Dev Ctries. 2015; 9(4): 355-61.

English Ivy

Cough and Cold

Natural Raspberry Flavour

Herbal combination to help reduce cough and cold symptoms

- Includes a soothing blend of English ivy, marshmallow and European elder extracts
- Helps relieve coughs, promote expectoration (loosens and expels mucus) and improve respiratory function in patients with chronic bronchitis
- Marshmallow is used in Herbal Medicine as a demulcent to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough
- Delicious natural raspberry flavour
- Convenient liquid formula

English Ivy Cough and Cold is a great-tasting combination of herbs traditionally used to help relieve symptoms associated with coughs and colds. It provides English ivy, which has been demonstrated in clinical trials to help relieve coughs, promote expectoration and improve respiratory function in patients with chronic bronchitis.¹⁻³ A mucilaginous herb, marshmallow contains polysaccharides that coat the mucosal lining of the respiratory tract.⁴ Clinical research supports its traditional use in Herbal Medicine as a demulcent to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough.⁴ English Ivy Cough and Cold also includes European elder, an herb well-recognized for its high anthocyanin content.⁵ Available in a delicious natural raspberry flavour, English Ivy Cough and Cold is a convenient way to provide soothing relief of cough and cold symptoms.

EACH TEASPOON (5 mL) CONTAINS:

Marshmallow (<i>Althaea officinalis</i>) Root Extract (4:1)	125 mg
500 mg Dried Equivalent	
English Ivy (<i>Hedera helix</i>) Leaf Extract (4-7:1)	40 mg
160-280 mg Dried Equivalent	
European Elder (<i>Sambucus nigra</i> subsp. <i>nigra</i>) Fruit Extract (16:1)	25 mg
400 mg Fresh Equivalent	

Non-Medicinal Ingredients: Purified water, glycerin, xylitol, natural flavours, citric acid, xanthan gum, potassium sorbate

Recommended Dose

Adults: Take one teaspoon three times daily or as recommended by your healthcare practitioner. Take a few hours before or after taking other medications or natural health products. Consult your healthcare practitioner for use beyond four weeks.

Size

120 mL Syrup

Product Code

07642

NPN 80082264



REFERENCES

- Hudson T. Alternative & Complementary Therapies. 2006; December: 297-302.
- Tempera G, Corsello S, Genovese C, Caruso FE, Nicolosi D. Int J Immunopathol Pharmacol. 2010;23(2): 611-618.
- Caljouw MAA et al. J Am Geriatr Soc. 2014; 62(1): 103-110.
- Vidlar A et al. Br J Nutr. 2010 Oct; 104(8):1181-1189.
- Basu A, Betts NM, Ortiz J, Simmons B, Wu M, Lyons TJ. Nutr Res. 2011; 31(3):190-6.
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- Ruel G, Pomerleau S, Couture P, Lemieux S, Lamarche B, Couillard C. Br J Nutr. 2006; 96: 357-364.

Kids English Ivy

Cough and Cold

Natural Raspberry Flavour

Herbal combination to help reduce cough and cold symptoms in kids

- Includes a soothing blend of English ivy, marshmallow and European elder extracts
- English Ivy is used as an expectorant to help relieve coughs
- Marshmallow is used in Herbal Medicine to relieve throat irritation and associated dry cough in adolescents and children ages 6 years and older
- European elder is used in Herbal Medicine to help relieve cold and flu symptoms and relieve fever (promotes sweating) in children 3 to 12 years
- Delicious natural raspberry flavour

Kids English Ivy is a great-tasting combination of herbs traditionally used to help relieve symptoms associated with coughs and colds. It provides English ivy, which has been demonstrated in clinical trials to help relieve coughs, promote expectoration, and improve respiratory function in children with chronic bronchitis.¹⁻³ A mucilaginous herb, marshmallow contains polysaccharides that coat the mucosal lining of the respiratory tract.⁴ Clinical research supports its traditional use in Herbal Medicine as a demulcent to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough.⁴ Kids English Ivy also includes European elder, an herb well-recognized for its high anthocyanin content.⁵ European elder is used in Herbal Medicine to promote sweating (diaphoretic) to help relieve fever, while helping to relieve symptoms of colds and flus (such as coughs, sore throat and catarrh of the upper respiratory tract). Available in a delicious natural raspberry flavour, Kids English Ivy provides soothing relief of cough and cold symptoms in children 3 years and older.

EACH TEASPOON (5 mL) CONTAINS:

Marshmallow (<i>Althaea officinalis</i>) Root Extract (4:1)	125 mg
500 mg Dried Equivalent	
English Ivy (<i>Hedera helix</i>) Leaf Extract (4-7:1)	40 mg
160-280 mg Dried Equivalent	
European Elder (<i>Sambucus nigra</i> subsp. <i>nigra</i>) Fruit Extract (16:1)	25 mg
400 mg Fresh Equivalent	

Non-Medicinal Ingredients: Purified water, glycerin, xylitol, natural flavours, citric acid, xanthan gum, potassium sorbate

Recommended Dose

Adolescents and Children (6 years and older): Take one teaspoon three times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond four weeks. Children (3-5 years): Take ½ teaspoon three times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 14 days. Take a few hours before or after taking other medications or natural health products.

Size

120 mL Syrup

Product Code

07645

NPN 80082264



REFERENCES

- Fazio, S, Pouso, J, Dolinsky, D, Fernandez, A, Hernandez, M, Clavier, G, et al. Phytomedicine. 2009; 16:17-24.
- Büechi, S, Vogel, R, von Eiff, M, Ramos, M, Melzer, J. Forsch Komplementarmed Klass Naturheilkd. 2005; 12(6): 328-32.
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- European Medicines Agency. (2014). Assessment report on *Sambucus nigra* L., fructus. Retrieved from: http://www.ema.europa.eu/docs/en_GB/document_library/Herbal/_HMPA_assessment_report/2014/04/WC500165894.pdf

Neurogen Cognition

Research-driven support for cognitive health

- Combines LONGVIDA™ Optimized Curcumin with BACOGNIZE™ Bacopa and standardized ginger extracts
- LONGVIDA™ Optimized Curcumin is clinically demonstrated to
 - help improve cognitive function, reduce fatigue and improve the psychological effects of stress on mood
 - enhance working memory, which may reverse or prevent age-related memory impairments
- Bacopa is traditionally used in Ayurveda for memory enhancement

Neurogen Cognition was specifically developed to support cognitive health and brain function. It offers LONGVIDA™ Optimized Curcumin, which has been demonstrated in clinical research to help improve cognitive functions; reduce fatigue; improve the psychological effects of stress on mood; and enhance working memory, which may reverse or prevent age-related memory impairments. LONGVIDA™ provides curcumin in a solid lipid formulation, which helps to increase its bioavailability.¹ This formula also offers BACOGNIZE™ Bacopa, a standardized extract of the plant *Bacopa monnieri*, which has been traditionally used in Ayurveda for memory enhancement. BACOGNIZE™ Bacopa has been clinically shown to support cognitive health and brain function, increasing performance in a test measuring attention, freedom from distractibility, and working memory.² Additionally, Neurogen Cognition provides a standardized extract of ginger, another important plant used in Herbal Medicine.

EACH CAPSULE CONTAINS:

LONGVIDA™ Optimized Curcumin	200 mg
Providing	
Curcumin (from <i>Curcuma longa</i> rhizome)	40 mg
BACOGNIZE™ Bacopa (<i>Bacopa monnieri</i>) Aerial Parts	
Std. Extract (12% Bacosides)	150 mg
Ginger (<i>Zingiber officinale</i>) Rhizome Std. Extract (14.6:1)	50 mg
(5% Gingerols/730 mg Dried Equivalent)	

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, soy lecithin, stearic acid, maltodextrin, ascorbyl palmitate
Contains: Soy

Longvida™ is a trademark of Verdure Sciences, Inc. Patents: www.vs-corp.com/ip.html
BACOGNIZE™ is a trademark of Verdure Sciences Inc.

Recommended Dose

Adults: Take 2 capsules daily or as recommended by your healthcare practitioner.
Use for a minimum of 6 weeks to see beneficial effects.

Size

60 Vegetarian Capsules

Product Code

07643

NPN 80067711



REFERENCES

1. Gota, VS, Maru, GB, Soni, TG, Gandhi, TR, Kochar, N, Agarwal, MG. J Agric Food Chem. 2010; 58(4): 2095-9.
2. Kumar, N, Abichandani, LG, Thawani, V, Gharpure, KJ, Naidu, MU, Venkat, Ramana, G. Evid Based Complement Alternat Med. 2016; 2016: 4103423.

PhosCholine Complex

Delayed-release combination of phosphatidylcholine, curcumin and ApresFlex™ Boswellia serrata extract

- Enteric-coated to promote targeted release in the intestines
- Phosphatidylcholine, a source of choline, is a factor in the maintenance of good health
- Helps to relieve joint pain and swelling associated with mild to moderate osteoarthritis of the knee

PhosCholine Complex is a unique combination of phosphatidylcholine, curcumin and ApresFlex™ Boswellia serrata extract. Phosphatidylcholine is an important source of choline that helps to maintain good health. This phospholipid is present in cell membranes throughout the body, as well as in lipoproteins, bile and surfactants.¹ Specifically, it is the primary phospholipid in mucus and is particularly critical to colonic mucus.² Through its involvement in the formation and secretion of very low density lipoprotein (VLDL) from the liver, phosphatidylcholine also helps to support liver function.¹ Turmeric has a long history of use in Ayurvedic medicine and contains curcumin, the primary bioactive compound responsible for a variety of beneficial health effects.³ PhosCholine Complex also contains ApresFlex™ Boswellia serrata extract, which has been shown in clinical studies to temporarily relieve the pain of mild to moderate osteoarthritis of the knee in as little as five days. Additionally, this formula is enteric-coated to promote targeted release in the intestines.

EACH TABLET CONTAINS:

Phosphatidylcholine (from <i>Glycine max</i> seed)	187.5 mg
Curcumin (from <i>Curcuma longa</i> rhizome)	50 mg
ApresFlex™ Boswellia (<i>Boswellia serrata</i>) Gum Oleoresin Extract (16:1)	25 mg
(400 mg Dried Equivalent, 20 % 3-Acetyl-11-keto-beta-boswellic acid)	

Non-Medicinal Ingredients: Cellulose, hypromellose, croscarmellose sodium, silica, delayed-release tablet coating (ethylcellulose, ammonium hydroxide, medium-chain triglycerides, oleic acid, sodium alginate, stearic acid), ascorbyl palmitate
Contains: Soy

ApresFlex™ is a trademark of Laila Nutraceuticals. US Patent #8,551,496 and other patents pending.

Recommended Dose

Adults: Take two tablets two times daily or as recommended by your healthcare practitioner.

Size

60 Delayed-Release Tablets

Product Code

10355

NPN 80080523



REFERENCES

1. Mehedint, MG, Zeisel, SH. Curr Opin Clin Nutr Metab Care. 2013; 16(3): 339-45.
2. Barnias, G, Pizarro, TT, Cominelli, F. Transl Res. 2016; 167(1): 104-15.
3. Jurenka, JS. Altern Med Rev. 2009; 14(2): 141-53.

Super EFA Forte Capsules

Concentrated triglyceride fish oil in a convenient softgel format

- Double-potency formula offering 475 mg of EPA and 325 mg of DHA per softgel
- Helps support cognitive and cardiovascular health, while reducing serum triglycerides
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis (RA) in adults

Super EFA Forte Capsules offer a high-potency fish oil formula providing EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure softgel offers 800 mg of EPA and DHA to support cognitive and cardiovascular health, as well as joint health in adults with RA. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ In conjunction with conventional therapy, EPA and DHA help reduce the pain of RA in adults. These omega-3 fatty acids have been clinically demonstrated to improve joint pain intensity, hand grip strength and measures of daily function in adults with RA, which may result from their ability to regulate immune cell activity and prostaglandin and leukotriene production.⁴ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{5,6}

EACH SOFTGEL CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	1430 mg
Yielding	
EPA (Eicosapentaenoic Acid)	475 mg
DHA (Docosahexaenoic Acid)	325 mg
Total Omega-3	830 mg

Non-Medicinal Ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults: Take one to four softgels daily or as recommended by your healthcare practitioner. To help reduce the pain of rheumatoid arthritis, take four softgels daily or as recommended by your healthcare practitioner. Children and Adolescents (9-17 years): Take one to two softgels daily or as recommended by your healthcare practitioner. Children (6-8 years): Take one softgel daily or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10393

NPN 80085312



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ. American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Berbert, AA, Kondo, CR, Almendra, CL, Matsuo, T, Dichi, I. [Abstract]. Nutrition. 2005; 21(2): 131-6.
5. Dyerberg, J, Madsen, P, Møller, JM, Aardestrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
6. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Super EFA Forte Capsules + D

Concentrated triglyceride fish oil plus vitamin D in a convenient softgel format

- Double-potency formula offering 475 mg of EPA and 325 mg of DHA per softgel
- Helps support cognitive and cardiovascular health, while maintaining immune function and bone health
- Assists in preventing vitamin D deficiency with 1,000 IU per softgel

Super EFA Forte Capsules + D offer a high-potency fish oil formula providing EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure softgel offers 800 mg of EPA and DHA to support cognitive and cardiovascular health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{4,5} Vitamin D is also included for its well-recognized effects in maintaining immune function and bone health.

EACH SOFTGEL CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	1430 mg
Yielding	
EPA (Eicosapentaenoic Acid)	475 mg
DHA (Docosahexaenoic Acid)	325 mg
Total Omega-3	830 mg
Vitamin D (cholecalciferol)	25 mcg/1000 IU

Non-Medicinal Ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one softgel daily or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10394

NPN 80085516



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ. American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Dyerberg, J, Madsen, P, Møller, JM, Aardestrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
5. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

Super EFA Forte Liquid

Natural Orange Flavour

Concentrated triglyceride fish oil in a great-tasting liquid

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Helps support cognitive and cardiovascular health, while reducing serum triglycerides
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis (RA) in adults
- Delicious natural orange flavour
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support cognitive and cardiovascular health, as well as joint health in adults with RA. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ In conjunction with conventional therapy, EPA and DHA help reduce the pain of RA in adults. These omega-3 fatty acids have been clinically demonstrated to improve joint pain intensity, hand grip strength and measures of daily function in adults with RA, which may result from their ability to regulate immune cell activity and prostaglandin and leukotriene production.⁴ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{5,6}

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	4500 mg
Yielding	
EPA (Eicosapentaenoic Acid)	1500 mg
DHA (Docosahexaenoic Acid)	1000 mg
Total Omega-3	2600 mg

Non-Medicinal Ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults: Take one teaspoon one to two times daily or as recommended by your healthcare practitioner. To help reduce the pain of rheumatoid arthritis, take one teaspoon two times daily or as recommended by your healthcare practitioner. Adolescents (14-18 years): Take one teaspoon daily or as recommended by your healthcare practitioner. Adolescents and Children (6-13 years): Take ½ teaspoon daily or as recommended by your healthcare practitioner.

Size

200 mL Liquid

Product Code

10391

NPN 80085784



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ. American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Berbert, AA, Kondo, CR, Almendra, CL, Matsuo, T, Dichi, I. [Abstract]. Nutrition. 2005; 21(2): 131-6.
5. Dyerberg, J, Madsen, P, Møller, JM, Aardestrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
6. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

Super EFA Forte Liquid + D

Natural Orange Flavour

Concentrated triglyceride fish oil plus vitamin D in a great-tasting liquid

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Helps support cognitive and cardiovascular health, while maintaining bone health and immune function
- Assists in preventing vitamin D deficiency with 1,000 IU per teaspoon
- Delicious natural orange flavour
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid + D is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support cognitive and cardiovascular health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{4,5} Vitamin D is also included for its well-recognized effects in maintaining immune function and bone health. Provided in a convenient liquid format, Super EFA Forte Liquid + D is ideal for individuals who may have difficulty or dislike swallowing capsules.

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	4500 mg
Yielding	
EPA (Eicosapentaenoic Acid)	1500 mg
DHA (Docosahexaenoic Acid)	1000 mg
Total Omega-3	2600 mg
Vitamin D (cholecalciferol)	25 mcg/1000 IU

Non-Medicinal Ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults and Adolescents (14 years and older): Take one teaspoon daily or as recommended by your healthcare practitioner. Adolescents and Children (6-13 years): Take ½ teaspoon daily or as recommended by your healthcare practitioner.

Size

200 mL Liquid

Product Code

10392

NPN 80085624



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
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Probiotics

Your patients' health needs are as uniquely individual as they are.

With a specialized range of professionally endorsed probiotics and a longstanding reputation of setting quality and purity standards, Genestra HMF is the brand of choice for those looking for just the right digestive health solution.

Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each patient's unique health needs.

Choose the right HMF Probiotic for your patients

See page 26 for the HMF Probiotics Comparison Chart

What are Probiotics?

There are billions of bacteria living in the intestinal tract, often referred to as “microflora.” Probiotics are live, “friendly” bacteria in the microflora that work to keep a healthy intestinal balance, reducing the amount of harmful bacteria while replenishing and maintaining beneficial strains. Maintaining this balance is critical for overall good health.

Why supplement with probiotics?

Beneficial bacteria may be reduced due to a variety of factors:

- Age
- Antibiotic or other medication use
- Infection or illness
- Lifestyle
- Dietary changes or poor diet
- Stress
- Digestive disorders
- Traveling

An unhealthy balance between the beneficial and harmful bacteria may affect gastrointestinal function.

Who should take probiotics?

Daily probiotic supplementation is considered a necessary component of any healthy diet. It supports health in:

- Pre- and post-pregnancy
- Infants (1 year+), children and adolescents
- Adults
- Seniors

While probiotics may be added in foods such as yogurt and smoothies, direct probiotic supplementation provides the highest amount of beneficial live and active cultures. Probiotics should be a routine part of a daily lifestyle to help maintain optimal health conditions.

Research & Innovation

Driving probiotic science and innovation for over 20 years

Genestra Human MicroFlora (HMF) probiotics incorporate safe and effective strains reflecting the latest evidence-based research from human trials, and provide physicians and healthcare professionals a comprehensive range for individualized or condition-specific treatment.

Proprietary research-based strains

Natural pH and bile acid resistance: No enteric coatings required¹

HMF bacterial strains have high survival rates through various stomach pH (1.8- 4.2), thus maximizing intestinal tract exposure and eliminating the need for enteric coatings (capsule/tablet barriers that control digestive absorption).¹

Naturally strong adherence: High ratio of intestinal tract carriage²

CFU (Colony Forming Unit) levels are important, but effectiveness is best determined through intestinal tract carriage.^{1,2} HMF bacterial strains have a naturally strong adherence to epithelial cells that ensures high ratios of intestinal tract carriage.²

Research-Driven: Human trials demonstrate safety and efficacy

Research-driven in randomized, double-blind, placebo-controlled human trials

25 billion CFU/day of:

- *Lactobacillus acidophilus* (CUL-60)
- *Lactobacillus acidophilus* (CUL-21)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

12.5 billion CFU/day of:

- *Lactobacillus acidophilus* (CUL-60)
- *Lactobacillus acidophilus* (CUL-21)
- *Bifidobacterium bifidum* (CUL-20)
- *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

Research demonstrated to:³

- Improve symptoms of irritable bowel syndrome (IBS) within 6 weeks, including:
 - Reduced bloating, increased satisfaction with bowel habits, and decreased days with pain
- Restore normal microflora composition following antibiotic therapy

Research demonstrated to:⁴

- Help to reduce incidence of upper respiratory tract infections (URTI) symptoms
- Help to support the immune system

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Probiotic Expertise

Genestra HMF Probiotics are endorsed and supported by Dr. Nigel Plummer, a global authority on probiotics and an educational leader associated with global research institutions. A collaborative think-tank lead by Dr. Nigel Plummer has produced peer-reviewed and PubMed-listed publications.



Nigel Plummer, PhD⁺

A key probiotic contributor, Dr. Plummer has worked at Pfizer in antibiotic R&D and has extensive knowledge in the field. His research has resulted in collaborations with research institutes and universities within the U.K. and Europe, enabling Dr. Plummer to develop his expertise in probiotics, natural antimicrobials and fish oils.

Probiotics You Can Count On

- Over two decades of industry leadership
- Backed by the highest standards in manufacturing, quality assurance, purity and potency
- Optimized freeze-drying technology preserves bacterial activity and ensures survival during storage
- Professional-grade products suitable for those with dietary sensitivities
- Innovative probiotic and nutrient combinations
- Research-based formulas reflecting the latest advancements in the field of probiotics

Proprietary Technologies for Moisture Control and Probiotic Stability

Exposure to any amount of moisture will have a detrimental impact on the stability and viability of probiotic organisms. To address this issue, Genestra HMF Probiotics are made using two proprietary manufacturing processes: TriPhase technology, a unique multi-stage dehydration process conducted throughout manufacturing; and Stability Max technology, which is employed through superior packaging materials and processes to control moisture and ensure probiotic stability throughout the entire shelf life.

TriPhase

StabilityMAX

The technical innovation of our unique TriPhase and Stability Max technologies provides:

- Moisture control
- Shelf stability in ambient or refrigerated conditions
- Product consistency and stability that ensure maximum efficacy
- 18-24 month stability on high-potency probiotic formulas and products combining probiotics with other nutrients

Phase 1

Micro-encapsulating and freeze-drying the probiotics

Phase 2

Pre-conditioning and tempering the product during manufacturing

Phase 3

Final treatment prior to packaging

*Dr. Plummer has been retained as a medical consultant in advising Genestra Brands.

To order, call **1-800-263-5861**
For more information, visit **Seroyal.ca**

Probiotic Clinical Trials

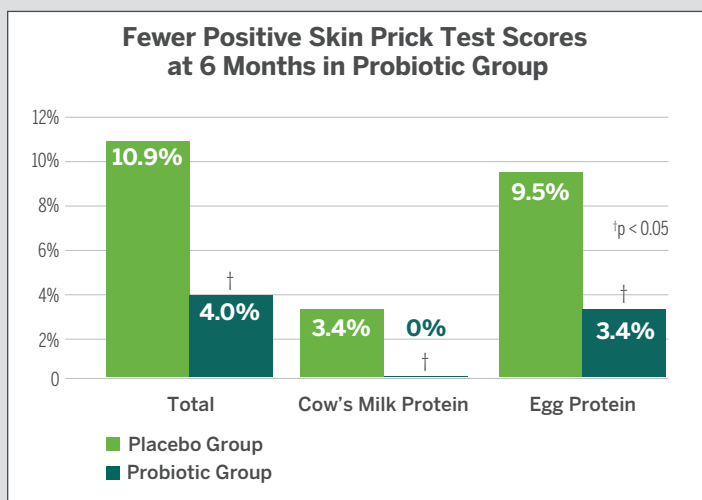
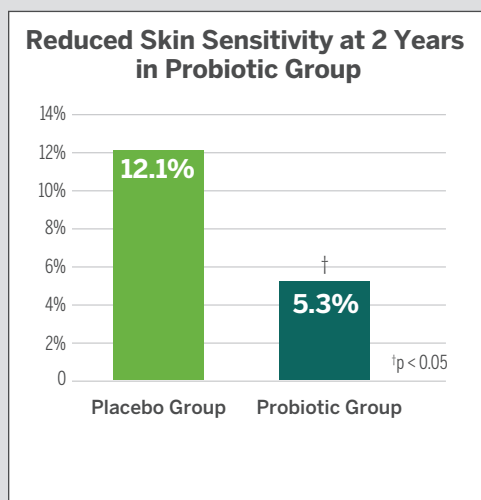
The Swansea Baby Trial

Probiotics in the Prevention of Skin Sensitivity: A Randomised Controlled Trial (Allen *et al.*, 2014)

The probiotic strains were found to safely and effectively reduce skin sensitivity incidence and skin prick sensitivity to common allergens in infants.

In a randomized, double-blind, placebo-controlled, parallel group trial, 454 pregnant women at 36 weeks of gestation were assigned to either the probiotic capsule treatment group (*Lactobacillus salivarius* CUL61 6.25×10^9 colony forming units (CFU), *Lactobacillus paracasei* CUL08 1.25×10^9 CFU, *Bifidobacterium animalis* subsp. *lactis* CUL34 1.25×10^9 CFU and *Bifidobacterium bifidum* CUL20 1.25×10^9 CFU) or the placebo capsule treatment group. Participants began daily supplementation with either treatment until giving birth; participants' infants then began daily supplementation until 6 months of age. At 6 months and 2 years of age, skin prick testing (SPT) was performed using common food allergens (cow's milk, hen's egg). The presence of skin sensitivity was determined based upon the presence of one or more positive SPTs. In comparison with the infant participants in the placebo group, participants in the probiotic group experienced a statistically significant 57% decrease in skin sensitivity. Participants in the probiotic group also experienced a significant 44% decrease in skin prick sensitivity to common food allergens.

- 57% decrease in skin sensitivity
- 44% decrease in skin prick sensitivity to food allergens

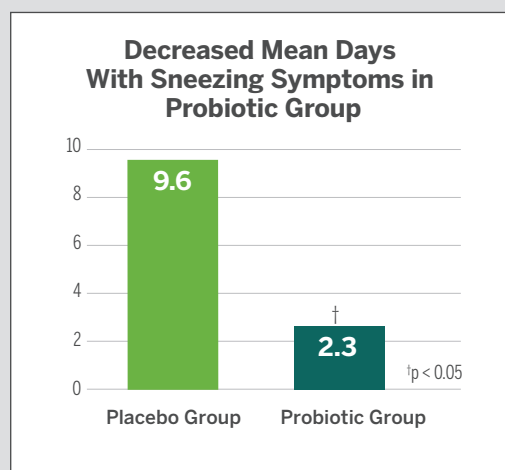
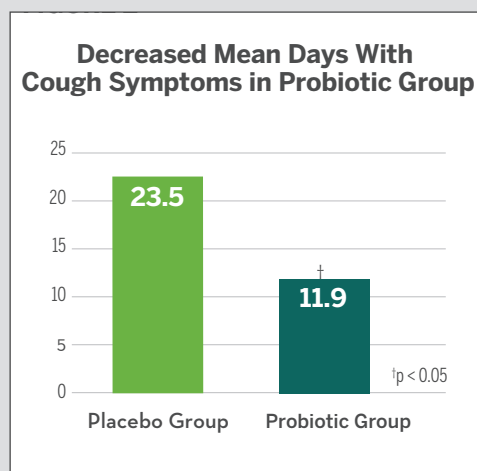
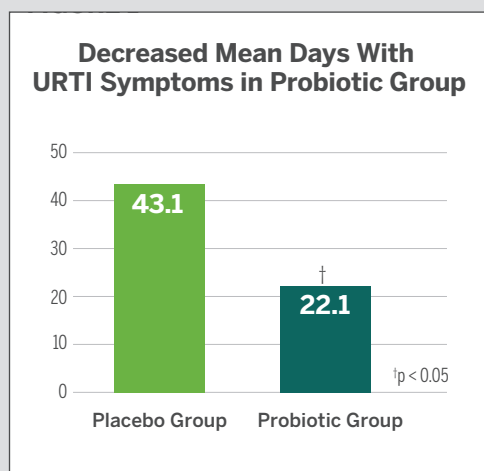


The ProChild Study

Probiotics and Vitamin C for the Prevention of Respiratory Tract Infections in Children Attending Preschool: A Randomised Controlled Pilot Study (Garaiova *et al.*, 2015)

The probiotic strains, in combination with vitamin C, were found to significantly reduce incidence of upper respiratory tract infections (URTI) in preschool children. The number of days with URTI symptoms, school absenteeism, and usage of cough medication were also significantly reduced. In a six-month, randomized, double-blind, placebo-controlled study, 57 preschool children aged 3-6 were randomized to either the placebo tablet group or the probiotic and vitamin C tablet group (12.5 billion CFU of *Lactobacillus acidophilus* CUL60 and CUL 21, *Bifidobacterium animalis* subsp. *lactis* CUL34, and *Bifidobacterium bifidum* CUL 20). The URTI symptoms evaluated included sneezing, sore throat, cough, and runny and blocked nose. Compared with the placebo group, the children in the probiotic group had 33% less incidence of URTI, a significant decrease in the number of days with URTI symptoms, a 30% decrease in school absenteeism incidence rate, and a significant reduction in cough medication usage.

- 33% less incidence of upper respiratory
- 30% less school absenteeism tract infections (URTI)
- Significantly fewer days with medication usage
- Significant reduction in cough URTI symptoms



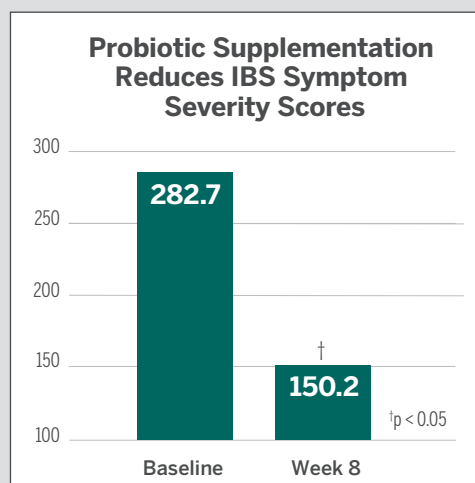
The Sheffield IBS Trial

Clinical Trial: A Multistrain Probiotic Preparation Significantly Reduces Symptoms of Irritable Bowel Syndrome in a Double-Blind, Placebo-Controlled Study

(Williams *et al.*, 2008)

The probiotic strains were found to decrease the severity of IBS symptoms and number of days with pain, while improving satisfaction with bowel habits and overall quality of life. This eight-week, double-blind, randomized, placebo-controlled study was conducted in 52 participants diagnosed with IBS, as defined by the Rome II Criteria. Participants were randomized to either the placebo capsule treatment group or the probiotic capsule group (2.5×10^{10} CFU from *Lactobacillus acidophilus* CUL60 and CUL 21, *Bifidobacterium animalis* subsp. *lactis* CUL34, and *Bifidobacterium bifidum* CUL20). Participants scored their IBS symptom severity (including bloating, satisfaction with bowel habits, number of days with pain, quality of life, and abdominal pain) at baseline and every two weeks during supplementation. In comparison with the placebo group, a significantly greater improvement in total IBS symptoms was observed in participants in the probiotic treatment group throughout the eight-week supplementation period. In the probiotic group, satisfaction with bowel habits significantly improved in just six weeks, and quality of life scores improved after eight weeks of supplementation.

- **Significantly improved IBS Symptom Severity Scores**
- **22% decrease in days with pain**
- **32% improvement in satisfaction with bowel habits**



The Cambridge Probiotic / Antibiotic Trial

Effect of Probiotics on Preventing Disruption of the Intestinal Microflora Following Antibiotic Therapy: A Double-Blind, Placebo-Controlled Pilot Study

(Plummer *et al.*, 2005)

The probiotic strains were found to minimize disruption of the intestinal microbiota following antibiotic therapy and prevent the development of antibiotic resistance.

This five-week, double-blind, placebo-controlled study was conducted in 162 participants infected with *Helicobacter pylori* that were receiving a triple therapy antibiotic treatment regimen. Participants received antibiotic therapy for days 1-7 of the study, and probiotic or placebo therapy for days 1-21. The probiotic capsule contained 2.5×10^{10} CFU from *Lactobacillus acidophilus* CUL60 and CUL21, and two strains of *Bifidobacterium*. Fecal samples were obtained at days 1, 7 and 35, and then analyzed for bacterial composition and bacterial strain antibiotic resistance. Compared with the placebo group, significantly fewer participants in the probiotic treatment group had *enterococci* bacteria resistant to amoxicillin. Probiotic supplementation helped significantly reduce overgrowth of potentially harmful facultative anaerobic bacteria, including coliforms, *enterococci* and *Staphylococcus aureus*. Additionally, probiotic supplementation helped to minimize the loss of *lactobacilli* bacteria: the level of *lactobacilli* was significantly lowered in the placebo group following antibiotic therapy, but not in the probiotic treatment group.

- **Significant reduction in antibiotic resistance**
- **Decreased overgrowth of coliforms, enterococci and *Staphylococcus aureus* bacteria**
- **Prevented loss of *lactobacilli* bacteria**

The Swansea ‘Safety in Newborns’ Study

Dietary Supplementation with *Lactobacilli* and *Bifidobacteria* is Well Tolerated and Not Associated with Adverse Events During Late Pregnancy and Early Infancy

(Allen *et al.*, 2010)

Probiotic supplementation did not impact adverse event incidence, number of visits to the doctor, or mothers’ assessment of infant health. Based on these findings, the authors concluded that usage of the probiotic formula was safe during pregnancy and infancy.

- No increase in adverse event incidence in pregnant mothers
- No increase in adverse event incidence in infants

Additional Supporting References

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HMF Probiotic Comparison Chart

PRODUCT	PRIMARY INDICATIONS	CFU PER DOSAGE UNIT	STRAINS	ADDED FEATURES	FOS	RECOMMENDED DOSE
DAILY PROBIOTIC						
HMF Capsules	Encapsulated probiotic blend for general gastrointestinal health	2.5 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	Adults and Children (6 years and older): Take two capsules two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Multi Strain Powder	Probiotic powder featuring 17 different strains for far-reaching G.I. support	8 billion	<i>L. acidophilus</i> (CUL-60 & CUL-21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>L. acidophilus</i> (NCFM®), <i>B. animalis</i> subsp. <i>lactis</i> (HN019), <i>L. salivarius</i> (CUL-61), <i>L. rhamnosus</i> (CUL-63), <i>L. gasseri</i> (CUL-09), <i>B. breve</i> (CUL-74), <i>L. paracasei</i> (CUL-08), <i>L. casei</i> (CUL-06), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62), <i>L. plantarum</i> (CUL-66) <i>L. fermentum</i> (CUL-67), <i>B. longum</i> (CUL-75), <i>B. longum</i> subsp. <i>infantis</i> (Bi-26)		No	Adults, Adolescents and Children (3 years and older): In a glass, add water to 2 level scoops and mix. Take once daily, at least 2 to 3 hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Forte (capsules)	Probiotic formula to temporarily modify gut flora	10 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		Yes	Adults and Children (6 years and older): Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Super Powder	Probiotic formula for microflora support; convenient powder in a larger size format	10 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		Yes	Adults and Children (1 year and older): In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Super Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Powder	Probiotic formula to help support gastrointestinal health; convenient powder	11 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		Yes	Adults and Children (1 year and older): In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Neuro Capsules	Contains <i>L. rhamnosus</i> that has exorphin degrading properties <i>in vitro</i>	12 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. rhamnosus</i> (CUL-63)	L-Glutamine	No	Adults, Adolescents and Children (6 years and older): Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Neuro Powder	Contains <i>L. rhamnosus</i> that has exorphin degrading properties <i>in vitro</i>	12 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. rhamnosus</i> (CUL-63)	L-Glutamine	Yes	Adults: In a glass, add water to one scoop (¼ teaspoon) of HMF Neuro Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Fitness (capsules)	Helps to support weight management when used with a calorie-reduced diet and regular physical activity	15 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>L. plantarum</i> (CUL-66)	Citrus & guarana extract blend	No	Adults: Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond twelve weeks.

PRODUCT	PRIMARY INDICATIONS	CFU PER DOSAGE UNIT	STRAINS	ADDED FEATURES	FOS	RECOMMENDED DOSE
DAILY PROBIOTIC (cont'd)						
HMF Multi Strain (capsules)	Probiotic formula featuring 16 different strains	15 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08), <i>L. plantarum</i> (CUL-66), <i>L. casei</i> (CUL-06), <i>L. fermentum</i> (CUL-67), <i>L. gasseri</i> (CUL-09), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62), <i>B. breve</i> (CUL-74), <i>S. salivarius</i> subsp. <i>thermophilus</i> (CUL-68), <i>L. acidophilus</i> (NCFM®), <i>B. animalis</i> subsp. <i>lactis</i> (HN019), <i>L. rhamnosus</i> (HN001)		No	Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Travel (capsules)	Probiotics to support gastrointestinal health when travelling	17.5 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>S. boulardii</i> (CNCM-I-1079), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	Adults: Take two capsules daily or as recommended by your healthcare practitioner. If you are on antibiotics or antifungals, take at least two to three hours before or after.
HMF Bifido Powder	Probiotic powder featuring six <i>Bifidobacteria</i> strains for G.I. health support	20 billion	<i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bidum</i> (CUL-20), <i>B. breve</i> (CUL-74), <i>B. animalis</i> subsp. <i>lactis</i> (BI-04), <i>B. longum</i> subsp. <i>infantis</i> (BI-26), <i>B. longum</i> subsp. <i>longum</i> (CUL-75)		No	Adults, Adolescents and Children (3 years and older): In a glass, add water to 2 level scoops and mix. Take once daily, at least 2 to 3 hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Intensive (capsules)	Probiotic formula for microflora and G.I. health support	25 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	Adults and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Intensive Powder	Probiotic formula for microflora and G.I. health support; convenient powder	25 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)		No	Adults, Adolescents and Children (3 years and older): In a glass, add water or milk to one scoop of HMF Intensive Powder and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Bifido Capsules	Probiotic formula featuring six <i>Bifidobacteria</i> strains for G.I. health support	40 billion	<i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bidum</i> (CUL-20), <i>B. breve</i> (CUL-74), <i>B. animalis</i> subsp. <i>lactis</i> (BI-04), <i>B. longum</i> subsp. <i>longum</i> (CUL-75), <i>B. longum</i> subsp. <i>infantis</i> (BI-26)		No	Adults, Adolescents and Children (6 years and older): Take 1 capsule daily or as recommended by your healthcare practitioner. Take at least 2 to 3 hours before or after taking antibiotics.
HMF Intensive 50 (capsules)	Delayed-release, shelf-stable probiotic formula for microflora and G.I. health support	50 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20)		No	Adults, Adolescents and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Multi Strain 50 (capsules)	Maximal delivery of 15 different probiotics for far-reaching G.I. support	50 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (HN019), <i>B. animalis</i> subsp. <i>lactis</i> (BI-04), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08), <i>L. casei</i> (CUL-06), <i>L. gasseri</i> (CUL-09), <i>B. breve</i> (CUL-74), <i>L. plantarum</i> (CUL-66), <i>L. acidophilus</i> (NCFM®), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62), <i>S. cerevisiae</i> subsp. <i>boulardii</i> (CNCM-I-1079)		No	Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics or antifungals, or as recommended by your healthcare practitioner.

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PRODUCT	PRIMARY INDICATIONS	CFU PER DOSAGE UNIT	STRAINS	ADDED FEATURES	FOS	RECOMMENDED DOSE
DAILY PROBIOTIC (cont'd)						
HMF Multi Strain 100 (capsules)	Maximal delivery of 14 different probiotics for far-reaching G.I. support	100 billion	<i>L. acidophilus</i> (CUL-60), <i>L. acidophilus</i> (CUL-21), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34), <i>B. bifidum</i> (CUL-20), <i>B. animalis</i> subsp. <i>lactis</i> (BL-04), <i>B. animalis</i> subsp. <i>lactis</i> (HN019), <i>L. salivarius</i> (CUL-61), <i>L. paracasei</i> (CUL-08), <i>L. gasseri</i> (CUL-09), <i>L. acidophilus</i> (NCFM®), <i>L. casei</i> (CUL-06), <i>L. plantarum</i> (CUL-66), <i>B. breve</i> (CUL-74), <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62)		No	Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner
HMF Replenish Capsules	Probiotic capsule for broad-spectrum support	100 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61)		Yes	Adults and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Replete (powder)	Probiotic powder for broad-spectrum support	150 billion per sachet	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61)		Yes	Adults: In a glass, add water to ½ sachet of HMF Replete and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Intensive 500 (powder)	Canada's highest-potency probiotic	500 billion	<i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>L. salivarius</i> (CUL-61) <i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21)		No	For IBS relief: Adults and Adolescents (over 11 years); For all other uses: Adults, Adolescents and Children (3 years and older): In a glass, add water or milk to one sachet of HMF Intensive 500 and mix. Take once daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
IBS SYMPTOMS						
HMF IBS Relief (capsules)	Helps to significantly reduce symptoms of Irritable Bowel Syndrome (IBS) in adults and children over 11 years old	25 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animal</i> subsp. <i>lactis</i> (CUL-34)		No	Adults and Children (11 years and older): Take one capsule daily with a meal, or as recommended by your healthcare practitioner. If on antibiotics, this product should be taken at least two to three hours before or after an antibiotic dose.
DURING & POST-ANTIBIOTIC CARE						
HMF Antibiotic Care (capsules)	Helps to restore gut flora	100 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>L. salivarius</i> (CUL-61) <i>B. animal</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20)		Yes	Adults and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
IMMUNE FUNCTION						
HMF Immune (chewable tablets)	Reduces the risk of developing and the duration of upper respiratory tract illness in physically active adults	30 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (BI-04)	Vitamins C & D	No	Adults: Chew one tablet daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
TOPICAL CREAM						
HMF Cream			<i>L. acidophilus</i> (CUL-60) <i>L. gasseri</i> (CUL-09)	Garlic powder	No	Application: Apply liberally to skin two to three times daily or as recommended by your healthcare practitioner. For external use only.

PRODUCT	PRIMARY INDICATIONS	CFU PER DOSAGE UNIT	STRAINS	ADDED FEATURES	FOS	RECOMMENDED DOSE
WOMEN'S HEALTH						
HMF Candigen (ovules)			<i>L. acidophilus</i> (CUL-60) <i>L. gasseri</i> (CUL-09)	Garlic powder	No	Application: Use one ovule per day at bedtime or as recommended by your healthcare practitioner. Remove ovule from blister pack and place into top of applicator. Stand, squat or lie on your back with knees bent. Holding the loaded applicator, gently insert into the vagina as far as it will comfortably go. Holding the barrel of the applicator steady, gently depress the plunger until it stops to release the ovule in the vagina. Remove the applicator. Clean the applicator after each use with soap and warm water and rinse thoroughly.
HMF Cystgen (powder)	Prevents recurrent UTIs	10 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21)	Vitamin C, potassium, cranberry fruit juice concentrate	No	Adults: Take ¼ sachet four times daily or as recommended by your healthcare practitioner. Take with food or immediately after meals. Completely dissolve powder in ¼ glass of cold water or juice. Allow fizzing to stop before drinking. Take at least two to three hours before or after taking antibiotics. For optimal effect, use for a minimum of four weeks.
HMF UTI (capsules)	Prevents recurrent UTIs in women	15 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>Lactobacillus gasseri</i> (CUL-09)	PACRAN® Cranberry fruit extract	No	Adults: Take two capsules daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. Use for a minimum of four weeks to see beneficial effects.
HMF Women's Daily (capsules)	Helps support vaginal health and prevent recurrent UTIs in women	17.6 billion	<i>L. acidophilus</i> (La-14) <i>L. acidophilus</i> (CUL-60 & CUL-21) <i>L. rhamnosus</i> (HN001) <i>L. gasseri</i> (CUL-09) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20)	Cranberry fruit extract	No	Adult Women: Take 1 capsule daily or as recommended by your healthcare practitioner. For recurrent UTIs, take 2 capsules daily or as recommended by your healthcare practitioner. Take at least 2-3 hours before or after taking antibiotics. Use for a minimum of 4 weeks to see beneficial effects.
PREGNANCY & CHILD SUPPORT						
HMF Toddler + Pro (powder)	Probiotic and vitamin supplement to support G.I. health in children	2.5 billion	<i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)	Multivitamins, transgalacto-oligosaccharides, fruit blend	Yes	Children (1-5 years): In a glass, add water or milk to one scoop of HMF Toddler + Pro and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Natogen (powder)	Probiotic specifically formulated to support G.I. health in children	3 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>L. paracasei</i> (CUL-08) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-62)		No	Children (1-4 years): In a glass add water or milk to one scoop of HMF Natogen and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Baby B (powder)	Probiotic specifically formulated for breast-fed babies	10 billion	<i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)	Galacto-oligosaccharides (GOS)	No	Children (1-4 years): In a glass, add water or milk to one scoop of HMF Baby B and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Baby F (powder)	Probiotic specifically formulated for formula-fed babies	10 billion	<i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)	Galacto-oligosaccharides (GOS)	Yes	Children (1-4 years): In a glass, add water or milk to one scoop of HMF Baby F and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Maternity (capsules)	Probiotic specifically formulated to support pregnant women	10 billion	<i>L. salivarius</i> (CUL-61) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20) <i>L. paracasei</i> (CUL-08)		No	Women: Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

PRODUCT	PRIMARY INDICATIONS	CFU PER DOSAGE UNIT	STRAINS	ADDED FEATURES	FOS	RECOMMENDED DOSE
PREGNANCY & CHILD SUPPORT (cont'd)						
HMF Child + Multi (chewable tablets)	Child-specific chewable probiotic with vitamins for additional support	12.5 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34)	Multivitamin blend	No	Children (4 years and older): Chew one tablet daily with a meal, at least two to three hours before or after taking antibiotics or other medications, or as recommended by your healthcare practitioner.
HMF Child (chewable tablets)	Child-specific chewable probiotic to support G.I. health	12.5 billion	<i>L. acidophilus</i> (CUL-60) <i>L. acidophilus</i> (CUL-21) <i>B. bifidum</i> (CUL-20) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>L. salivarius</i> (CUL-61) <i>L. paracasei</i> (CUL-08)		No	Children (4 years and older): Chew one tablet two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.
HMF Fit For School (chewable tablets)	Chewable probiotic to support G.I. health and immune function	12.5 billion	<i>L. acidophilus</i> (CUL-21) <i>L. acidophilus</i> (CUL-60) <i>B. animalis</i> subsp. <i>lactis</i> (CUL-34) <i>B. bifidum</i> (CUL-20)	Vitamin C and vitamin D	No	Adolescents and Children (4 years and older): Chew one tablet daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. Immune support: Use for a minimum of four weeks to see beneficial effects.

DAILY PROBIOTIC

NEW HMF Bifido Powder**Six-strain *Bifidobacteria* combination**

- Provides 40 billion CFU per daily dose
- Convenient once-daily powder format
- Supports gastrointestinal health
- Includes proprietary, research-driven strains

HMF Bifido Powder offers six proprietary *Bifidobacteria* strains to support probiotic colonization in the large intestine.¹ *Bifidobacteria* are normally present in the gut from birth to old age, where they play an important role in gastrointestinal health.² *Bifidobacteria* help to mediate carbohydrate fermentation in the large intestine and contribute to the production of important short-chain fatty acids (SCFAs), including acetate and lactate.³ Although they are the most abundant genus present in the guts of healthy infants, *Bifidobacteria* concentrations decrease as individuals age, with greatest declines observed in the elderly.² Clinical research suggests that *Bifidobacteria* supplementation can promote a healthy gut flora composition and support gastrointestinal health.³ HMF Bifido Powder provides highly researched probiotic strains such as BI-04, along with CUL-34 and CUL-20, which have been demonstrated in clinical trials to contribute to a favourable gut flora.⁴⁻⁸

EACH SCOOP (0.5 g) CONTAINS:

Probiotic Consortium	20 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	8 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	6 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)	4 billion CFU
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (BI-26)	1 billion CFU
<i>Bifidobacterium longum</i> subsp. <i>longum</i> (CUL-75)	1 billion CFU

Non-Medicinal Ingredients: Potato maltodextrin

Recommended Dose

Adults, Adolescents and Children (3 years and older): In a glass, add water to 2 level scoops and mix. Take once daily, at least 2 to 3 hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 g Powder

Product Code

10429

NPN 80084005



REFERENCES

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- Arbolea, S, Watkins, C, Stanton, C, Ross, RP. Front Microbiol. 2016; 7: 1204.
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- Turner, RB, Woodfolk, JA, Borish, L, Steinke, JW, Patrie, JT, et al. Benef Microbes. 2017 Apr; 8(2): 207-15.
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HMF Capsules

Supports a natural healthy gut flora

- Provides 10 billion CFU per daily dose
- Combines four proprietary, research-driven *Lactobacilli* and *Bifidobacteria* strains
- No fructooligosaccharides (FOS)

HMF Capsules provide four strains of proprietary probiotics that temporarily modify gut flora in adults and children. The microflora composition in the gut is relatively steady, although it can be altered by diet, stress, age and medication.¹ Probiotics promote the presence of beneficial bacteria to maintain healthy intestines.¹ Beyond decreasing pathogen survival by increasing antimicrobial peptide release from host cells, probiotics also strengthen the epithelial barrier.² They support the integrity of tight junctions, which control permeability, and increase the release of mucin, which prevents pathogens from adhering to cells on the intestinal surface.² HMF Capsules contain research-driven *Lactobacilli* and *Bifidobacteria* strains to promote colonization in both the small and large intestines.³

EACH CAPSULE CONTAINS:

Probiotic Consortium	2.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	0.935 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	0.935 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.0315 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	0.5985 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take two capsules two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10409

NPN 80020672



REFERENCES

- Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
- Saulnier, N, Zocco, MA, Di Caro, S, Gasbarrini, G, Gasbarrini, A. Genes & Nutrition. 2006; 1(2): 107-116.
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HMF Fitness

Probiotic formula with added citrus and guarana extracts for weight management support

- Helps to support weight management when used with a calorie-reduced diet and regular physical activity
- Provides 30 billion CFU per daily dose from a combination of five proprietary probiotic strains
- Supplies 900 mg per daily dose of a clinically studied citrus and guarana extract blend daily

HMF Fitness is a combination of research-driven probiotics and a clinically studied citrus and guarana extract blend that helps to support weight management when used with a calorie-reduced diet and regular physical activity. In two randomized, double-blind, placebo-controlled trials, supplementation with the extract for 12 weeks, in combination with a strict diet and exercise regimen, significantly decreased the percent change in abdominal body fat, body weight, and waist and hip circumference when compared to the placebo group.^{1,2} Research demonstrates that citrus fruits found in the extract, including grapefruit and oranges, contain bioflavonoids that support lipolysis (breakdown of triglyceride into glycerol and free fatty acids).^{3,4} As daily probiotic supplementation is also considered a key component of any healthy diet, HMF Fitness contains five proprietary probiotic strains to contribute to a favourable gut flora and support gastrointestinal health.⁵

EACH CAPSULE CONTAINS:

Probiotic Consortium	15 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	9.375 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	3.125 billion CFU
<i>Lactobacillus plantarum</i> (CUL-66)	2.5 billion CFU
Citrus & Guarana Extract Blend	450 mg
Grapefruit (<i>Citrus paradisi</i>) Fruit and Peel Extract (50:1)	270 mg
13.5 g Dried Equivalent	
Providing:	
Bioflavonoids	90 mg
Sweet Orange (<i>Citrus sinensis</i>) Fruit and Peel Extract (50:1)	67.5 mg
3.375 g Dried Equivalent	
Blood Orange (<i>Citrus sinensis</i>) Fruit and Peel Extract (50:1)	22.5 mg
1.125 g Dried Equivalent	
Guarana (<i>Paullinia cupana</i>) Seed Extract (4:1)	90 mg
360 mg Dried Equivalent, 10.8 mg Caffeine	

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond twelve weeks.

Size

60 Vegetarian Capsules

Product Code

10356

NPN 80070598



REFERENCES

1. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). Probiotics and Prebiotics in Food, Nutrition and Dallas, C, Gerbi, A, Elbez, Y, Caillard, P, Zamaria, N, Cloarec, M. Phytother Res. 2014; 28(2): 212-8.
2. Cases, J, Romain, C, Dallas, C, Gerbi, A, Rouanet, JM. Int J Food Sci Nutr. 2015; 66(4): 471-7.
3. Goldwasser, J, Cohen, PY, Yang, E, Balaguer, P, Yarmush, ML, Nahmias, Y. PLoS ONE. 2010; 5(8): e12399.
4. Lim, H, Yeo, E, Song, E, Chang, YH, Han, BK, Choi, HJ, Hwang, J. Nutr Res Pract. 2015; 9(6): 599-605.
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HMF Forte

Supports intestinal health in adults and children

- Provides live microorganisms that temporarily modify gut flora
- Provides 20 billion CFU per daily dose from: *Lactobacillus acidophilus* (CUL-60), *Lactobacillus acidophilus* (CUL-21), *Bifidobacterium bifidum* (CUL-20), *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

HMF Forte is a combination of four strains of proprietary probiotics that help promote gastrointestinal health in adults and children. Supplementation with large numbers of a combination of microorganisms will help maximize intestinal colonization, promoting the growth of beneficial bacteria.¹ In a randomized, placebo-controlled trial involving 22 adults, daily supplementation with a probiotic containing *Lactobacillus acidophilus* (CUL-60 and CUL-21) stimulated the restoration of microflora after it was altered by antibiotics.² Likewise, research also demonstrates that a probiotic supplement containing CUL-21 can significantly colonize the gut of healthy adults.³ *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics, and are safe for both adults and children.⁴ They successfully colonize the intestines, increase the release of antimicrobial peptides from host cells, and decrease the proliferation of pathogens.⁴ Probiotics also support the permeability of epithelial cells by promoting tight junction formation, and moderate pathogenic adherence to cells by increasing mucin release on the intestinal surface.⁴

EACH CAPSULE CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	4 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	4 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	1.9 billion CFU

Non-Medicinal Ingredients: Cellulose, fructooligosaccharides (FOS), hypromellose, silica, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules
120 Vegetarian Capsules

Product Code

10418
10418120

NPN 80020755



REFERENCES

1. Allen, SJ, Wareham, K, Bradley, C, Harris, W, Dhar, A, Brown, H, Foden, A, Cheung, WY, Gravenor, MB, Plummer, S, Phillips, CJ, Mack, D. BMC Infect Dis. 2012; 12: 108.
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3. Mahenthalingam, E, Marchbank, A, Drevinek, P, Garaiova, I, Plummer, S. BMC Microbiology. 2009; 9: 251.
4. Saulnier, N, Zocco, MA, Di Caro, S, Gasbarrini, G, Gasbarrini, A. Genes & Nutrition. 2006; 1(2): 107-116.

DAILY PROBIOTIC

NEW HMF Intensive 50**Delayed-release, shelf-stable probiotic formula**

- Supports gastrointestinal health
- Provides 50 billion CFU per dose from a combination of four proprietary strains
- Formulated with acid-resistant and delayed-release capsules for targeted delivery to the intestines
- Convenient, once-daily capsule format

HMF Intensive 50 is a shelf-stable probiotic formula that offers 50 billion CFU from a combination of four proprietary strains. These microorganisms have been used in a wide body of clinical research and constitute one of the most studied probiotic combinations worldwide.¹⁻⁶ Research has demonstrated that these strains support a healthy gut flora and promote gastrointestinal health.¹⁻⁴ In addition, these human-sourced strains were selected based on their high quality and viability, strong epithelial adherence, and naturally high tolerance to stomach and bile acid.⁷ To further enhance probiotic survivability through the stomach, HMF Intensive 50 is produced with delayed-release capsules. Each capsule is formulated with unique polymer properties that resist stomach acid and delay the release of probiotics after swallowing, allowing for complete, targeted release in the intestines and optimal probiotic activity.⁸

EACH CAPSULE CONTAINS:

Probiotic Consortium	50 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	38 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	12 billion CFU

Non-Medicinal Ingredients: Delayed-release capsule (hypromellose, gellan gum), cellulose, stearic acid, silica

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10354

NPN 80076701



REFERENCES

- Madden, JA, Plummer, SF, Tang, J, Garaiova, I, Plummer, NT, Herbison, M, Hunter, JO, Shimada, T, Cheng, L, Shirakawa, T. *Int Immunopharmacol*. 2005; 5(6): 1091-1097.
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- Amo, R. Capsugel®. (2014). DRcaps® Capsules Achieve Delayed Release Properties for Nutritional Ingredients in Human Clinical Study. [White Paper].

HMF Intensive 500**Highest concentration of CFU available in Canada**

- 500 billion CFU per dose
- Contains probiotics to supplement the normal intestinal microbiota following antibiotic therapy
- Helps improve symptoms of irritable bowel syndrome (IBS) within six weeks[†]
- Offers five proprietary strains from a combination of *Lactobacillus* and *Bifidobacterium* genera
- Convenient, once-daily powder format
- Potency guaranteed through expiration
- Backed by over 20 years of clinical evidence

HMF Intensive 500 is our most concentrated probiotic formula yet, providing 500 billion CFU daily from a combination of five research-driven strains. Included in this blend are three strains of *Lactobacilli* and two strains of *Bifidobacteria* to promote colonization in both the small and large intestines.¹ These proprietary strains were selected based on their high quality, viability, strong epithelial adherence and naturally high tolerance to stomach acid.² HMF probiotics have been evaluated for their effectiveness in clinical trials over the past 15 years and are some of the most studied probiotic cultures in the world.³⁻⁸ Research has reported that strains present in HMF Intensive 500 contribute to a favourable gut flora, supplement the normal intestinal microbiota following antibiotic therapy, and help improve symptoms of irritable bowel syndrome (IBS) in adults and children over 11 years, such as bloating, satisfaction with bowel habits, and days with pain, within six weeks.³⁻⁵ Provided in a convenient, once-daily powder format, HMF Intensive 500 is an easy way to support daily gastrointestinal health.

EACH SACHET (5 g) CONTAINS:

Probiotic Consortium	500 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	285 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	15 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	100 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	50 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	50 billion CFU

Non-Medicinal Ingredients: Potato maltodextrin

Recommended Dose

For IBS relief: Adults and Adolescents (over 11 years); For all other uses: Adults, Adolescents and Children (3 years and older): In a glass, add water or milk to one sachet of HMF Intensive 500 and mix. Take once daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 - 5g Sachets of Powder (150 g)

Product Code

10199

NPN 80070542



[†]Adults and children 11 years and older

REFERENCES

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- Plummer, S, Weaver, MA, Harris, JC, Dee, P, Hunter, J. *Int Microbiol*. 2004; 7(1): 59-62.
- Allen, SJ, Jordan, S, Storey, M, Thornton, CA, Gravenor, M, Garaiova, I, Plummer, SF, Wang, D, Morgan, G. *J Nutr*. 2010; 140(3): 483-488.

HMF Intensive Powder

Supports intestinal health in children and adults

- Provides live microorganisms that temporarily modify gut flora
- Helps support gastrointestinal health
- Provides 25 billion CFU per dose from: *Lactobacillus acidophilus* (CUL-60), *Lactobacillus acidophilus* (CUL-21), *Bifidobacterium bifidum* (CUL-20), *Bifidobacterium animalis* subsp. *lactis* (CUL-34)

HMF Intensive Powder provides four strains of proprietary probiotics that help promote intestinal health in children and adults. *Lactobacilli* and *Bifidobacteria* are the most commonly used probiotics.¹ They are safe, effectively colonize the intestines, and decrease the entry of bacteria from the intestines into circulation.¹ Probiotics reinforce the epithelial barrier, which allows the absorbance of selected compounds and promotes the excretion of dangerous substances.¹ Probiotics reduce intestinal permeability by supporting the integrity of tight junctions, and decrease pathogen adherence to cells by increasing the release of mucin on intestinal surfaces.¹ In addition to their barrier effects, probiotics decrease pathogen survival by increasing the release of anti-microbial peptides from host cells.¹ Although the microflora composition in the gut is relatively steady, it can be altered by diet, stress, age and medication.² Probiotics promote the presence of beneficial bacteria to maintain the health and normal function of the intestines.²

EACH SCOOP (1 g) CONTAINS:

Probiotic Consortium	25 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	9.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	9.5 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.3 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	5.7 billion CFU

Non-Medicinal Ingredients: Maltodextrin

Recommended Dose

Adults, Adolescents and Children (3 years and older): In a glass, add water or milk to one scoop of HMF Intensive Powder and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 g Powder

Product Code

10486

NPN 80047742



REFERENCES

1. Saulnier, N, Zocco, MA, Di Caro, S, Gasbarrini, G, Gasbarrini, A. Genes & Nutrition. 2006; 1(2): 107-116.
2. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). In Otlles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.

HMF Multi Strain

16-strain Probiotic Combination

- Provides 15 billion CFU per dose
- No FOS
- Includes proprietary strains
- Supports healthy digestive flora and intestinal function
- Provides live microorganisms that temporarily modify gut flora

HMF Multi Strain is a long-term maintenance probiotic formula that provides 16 strains including proprietary *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*. The capsules are 100% pure vegetable-sourced, making the product ideal for vegans.

EACH CAPSULE CONTAINS:

Probiotic Consortium	15 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	5 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.125 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	2.375 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	0.3 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	0.2 billion CFU
<i>Lactobacillus plantarum</i> (CUL-66)	0.2 billion CFU
<i>Lactobacillus casei</i> (CUL-06)	0.2 billion CFU
<i>Lactobacillus fermentum</i> (CUL-67)	0.2 billion CFU
<i>Lactobacillus gasseri</i> (CUL-09)	0.2 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	0.2 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	0.2 billion CFU
<i>Streptococcus salivarius</i> subsp. <i>thermophilus</i> (CUL-68)	0.2 billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	0.2 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	0.2 billion CFU
<i>Lactobacillus rhamnosus</i> (HN001)	0.2 billion CFU

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

NCFM® is used with permission under licence

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10487

NPN 80045939



DAILY PROBIOTIC

HMF Multi Strain 50

15-strain probiotic combination

- Provides 50 billion CFU per daily dose
- Helps support gastrointestinal health
- Could promote a favourable gut flora

HMF Multi Strain 50 is a long-term maintenance probiotic formula that provides 15 strains, including proprietary *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*. The capsules are 100% pure vegetable-sourced, making the product ideal for vegans.

EACH CAPSULE CONTAINS:

Probiotic Consortium	50 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	10 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	4.75 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.25 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BL-04)	3.75 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	3 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	2 billion CFU
<i>Lactobacillus casei</i> (CUL-06)	2 billion CFU
<i>Lactobacillus gasseri</i> (CUL-09)	2 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	2 billion CFU
<i>Lactobacillus plantarum</i> (CUL-66)	2 billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	1.25 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	1.5 billion CFU
<i>Saccharomyces cerevisiae</i> subsp. <i>boulardii</i> (CNCM-I-1079)	0.5 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose, silica

NCFM® is used with permission under licence

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics or antifungals, or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10498

NPN 80056039



HMF Multi Strain 100

Concentrated 14-strain probiotic combination

- Provides 100 billion CFU per convenient, once-daily dose
- Supports gastrointestinal health
- Contains proprietary strains
- Potency guaranteed through expiration

HMF Multi Strain 100 capsules offer 100 billion CFU from a combination of 14 probiotic strains. Included in this blend of proprietary probiotics are eight strains of *Lactobacilli* and six strains of *Bifidobacteria* to promote colonization in both the small and large intestines.¹ These research-driven strains were selected based on their superior adherence to the gut lining, natural resistance to pH and bile acid, and ability to support gastrointestinal health and promote a favourable gut flora.² Research has also found that supplementation with large numbers of a combination of probiotic strains helps maximize intestinal colonization and promote the growth of beneficial bacteria.³

EACH CAPSULE CONTAINS:

Probiotic Consortium	100 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	10 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	19 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BL-04)	15 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	10 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	6 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	5 billion CFU
<i>Lactobacillus gasseri</i> (CUL-09)	5 billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	4 billion CFU
<i>Lactobacillus casei</i> (CUL-06)	4 billion CFU
<i>Lactobacillus plantarum</i> (CUL-66)	4 billion CFU
<i>Bifidobacterium breve</i> (CUL-74)	4 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	3 billion CFU

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

NCFM® is used with permission under licence

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10197

NPN 80067574



REFERENCES

1. Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. AAPS PharmSciTech. 2014; 15(1): 29-43.
2. Seroyal. Data on file.
3. Waller A P, Gopal P K, Leyer G J, Ouwehand A C, Reifer C, Stewart M E, Miller L E. Scand J Gastroenterol. 2011; 46: 1057-1064.

NEW HMF Multi Strain Powder

17-strain probiotic combination

- Provides 16 billion CFU per daily dose
- Helps support gastrointestinal health
- Available in a once-daily powder format
- Free of artificial colours and flavours

HMF Multi Strain Powder offers a comprehensive combination of 17 proprietary probiotic strains. Each convenient, once-daily serving provides 10 strains of *Lactobacilli* and seven strains of *Bifidobacteria* to promote colonization in both the small and large intestines.¹ In one placebo-controlled trial, daily supplementation with HN019, a probiotic strain found in HMF Multi Strain Powder, promoted a healthy gut flora.² It significantly increased *Bifidobacteria* and *Lactobacilli* counts, while reducing the population of *Enterobacteria* (a genus that includes many pathogenic bacteria).² Another trial demonstrated that this strain supported gastrointestinal health as measured by improved whole gut transit time and abdominal comfort scores.³ Similarly, HMF Multi Strain Powder contains CUL-60, CUL-21, CUL-34 and CUL-20, which have been demonstrated in clinical trials to support intestinal comfort and promote a healthy microflora balance in the gastrointestinal tract.⁴⁻⁶ HMF Multi Strain Powder is a great alternative for adults and children who dislike or have difficulty swallowing capsules.

EACH SCOOP (0.5 g) CONTAINS:

Probiotic Consortium	8 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
& <i>Bifidobacterium bifidum</i> (CUL-20)	1.25 billion CFU
<i>Lactobacillus acidophilus</i> (NCFM®)	0.5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (HN019)	0.5 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	0.25 billion CFU
<i>Lactobacillus rhamnosus</i> (CUL-63)	50 million CFU
<i>Lactobacillus gasseri</i> (CUL-09)	50 million CFU
<i>Bifidobacterium breve</i> (CUL-74)	50 million CFU
<i>Lactobacillus paracasei</i> (CUL-08)	50 million CFU
<i>Lactobacillus casei</i> (CUL-06)	50 million CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	50 million CFU
<i>Lactobacillus plantarum</i> (CUL-66)	50 million CFU
<i>Lactobacillus fermentum</i> (CUL-67)	50 million CFU
<i>Bifidobacterium longum</i> (CUL-75)	50 million CFU
<i>Bifidobacterium longum</i> subsp. <i>infantis</i> (Bi-26)	50 million CFU

Non-Medicinal Ingredients: Potato maltodextrin

NCFM® is used with permission under licence

Recommended Dose

Adults, Adolescents and Children (3 years and older): In a glass, add water to 2 level scoops and mix. Take once daily, at least 2 to 3 hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size
60 g Powder

Product Code
10387

NPN 80084030

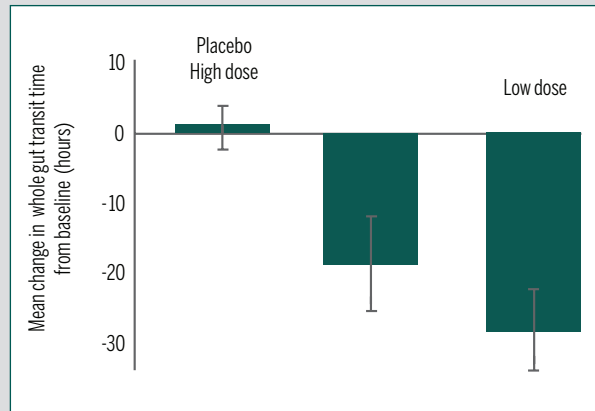


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- Govender, M, Choonara, YE, Kumar, P, du Toit, LC, van Vuuren, S, Pillay, V. AAPS PharmSciTech. 2014; 15(1): 29-43.
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To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Bifidobacterium lactis HN019 Supports Gut Motility After 14 Days of Supplementation



When taken daily for 2 weeks, *B. lactis* HN019 provided significant support for gut motility in a randomized placebo-controlled clinical trial of 100 adults. Time required for an orally ingested marker to pass through the entire gastrointestinal tract decreased in both the low (1.8 billion CFU/day) and high (17.2 billion CFU/day) dose groups, with no significant change in the placebo group ($p < 0.01$ across groups). This proprietary strain is provided in HMF Multi Strain 50, HMF Multi Strain 100 and HMF Multi Strain Powder within the clinically studied dose range. (Waller et al, Scand J Gastroenterol, 2011;46:1057-1064.).

DAILY PROBIOTIC

HMF Neuro Capsules

Probiotics to support gastrointestinal health in adults and children

- Contains *L. rhamnosus*, a probiotic that has shown exorphin-degrading activity *in vitro*¹
- Provides 24 billion CFU per daily dose
- Includes 500 mg of L-glutamine per daily dose

HMF Neuro Capsules contain a combination of five proprietary probiotics and the amino acid L-glutamine. Included in this probiotic blend is *L. rhamnosus*, a strain that has been shown to degrade exorphins under intestinally simulated conditions *in vitro*.¹ Exorphins are peptides produced during the digestion of certain foods, including wheat and dairy products.¹ This strain has been combined with four proprietary, research-driven strains to support gastrointestinal health and contribute to a favourable gut flora.

EACH CAPSULE CONTAINS:

Probiotic Consortium	12 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	3 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	3 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	1.9 billion CFU
<i>Lactobacillus rhamnosus</i> (CUL-63)	4 billion CFU
L-Glutamine	250 mg

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one capsule two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10442

NPN 80039135



REFERENCE
1. Seroyal. Data on File.

HMF Neuro Powder

Supports gastrointestinal health in adults

- Contains *L. rhamnosus*, a probiotic that has shown exorphin-degrading activity *in vitro*¹
- Provides 24 billion CFU per daily dose
- Includes 1000 mg of L-glutamine and 500 mg of fructooligosaccharides (FOS) per daily dose
- Great-tasting apricot flavour

HMF Neuro Powder provides a combination of five proprietary probiotics, plus the amino acid L-glutamine and FOS in a delicious apricot-flavoured powder. This probiotic blend includes *L. rhamnosus*, a strain that has been shown to degrade exorphins under intestinally simulated conditions *in vitro*.¹ Exorphins are peptides produced during the digestion of certain foods, including wheat and dairy products.¹ This probiotic helps to support gastrointestinal health and contribute to a favourable gut flora along with four other proprietary, research-driven strains.

EACH SCOOP (1 g) CONTAINS:

Probiotic Consortium	12 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	3 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	3 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	1.9 billion CFU
<i>Lactobacillus rhamnosus</i> (CUL-63)	4 billion CFU
L-Glutamine	500 mg
Fructooligosaccharides (FOS)	250 mg

Non-Medicinal Ingredients: Apricot powder

Recommended Dose

Adults: In a glass, add water to one scoop (¼ teaspoon) of HMF Neuro Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 g Powder

Product Code

10443

NPN 80038853



REFERENCE
1. Seroyal. Data on File.

HMF Powder

Live microorganisms to benefit adult and children's intestinal health

- Contributes to a natural healthy gut flora
- Helps support gastrointestinal health
- Provides 22 billion CFU per daily dose from *Lactobacillus acidophilus* (CUL-60), *Lactobacillus acidophilus* (CUL-21), *Bifidobacterium bifidum* (CUL-20), and *Bifidobacterium animalis* subsp. *lactis* (CUL-34)
- Includes 1,760 mg of fructooligosaccharides (FOS) per daily dose

HMF Powder is a combination of four strains of proprietary probiotics that promotes intestinal health in adults and children. The intestinal microbiota, which contains more than 400 bacterial species, can be altered by antibiotic use, aging, and premature or caesarean births.^{1,3} The intestines are critical barriers that selectively allow absorption or promote the excretion of dangerous compounds, and their function depends on a healthy bacterial balance.^{1,4} The most commonly used probiotics are *Lactobacilli* and *Bifidobacteria*, which are safe for both adults and children.⁴ They effectively colonize the intestines; however, once their ingestion ends, their counts decrease or disappear.^{1,4,5} Probiotics promote the presence of beneficial bacteria by competing with pathogens for colonization of the gastrointestinal tract.⁴ In addition to decreasing the survival of pathogenic bacteria by reducing the pH, probiotics reinforce the epithelial barrier.⁴ They control permeability by supporting tight junction integrity, and prevent pathogenic adherence to epithelial cells by increasing mucin release on intestinal surfaces.⁴ Prebiotics support the growth of bacteria already living in the colon, and enhance the growth and survival of supplemented probiotic strains.¹

EACH SCOOP (1 g) CONTAINS:

Probiotic Consortium	11 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	3.25 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	3.25 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.225 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	4.275 billion CFU
Fructooligosaccharides (FOS)	880 mg

Recommended Dose

Adults and Children (1 year and older): In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size
60 g Powder

Product Code
10408

NPN 80041897



REFERENCES

1. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). In Otles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
2. Lyra A, Tiihonen K, Lehtinen MJ, Ouweland AC. (2013). In Otles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 156-178). Boca Raton, FL: CRC Press.
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4. Saulnier, N, Zocco, MA, Di Caro, S, Gasbarrini, G, Gasbarrini, A. Genes & Nutrition. 2006; 1(2): 107-116.
5. Saavedra, JM. Nutrition in Clinical Practice. 2007; 22: 351-365.

HMF Replenish Capsules

Reduces symptoms of IBS in adults and children[†]

- Provides live microorganisms that form part of a natural healthy gut flora
- Supplements the normal intestinal microbiota following antibiotic therapy
- Significantly reduces symptoms of irritable bowel syndrome (IBS) in adults and children over 11 years
- Provides 100 billion CFU per dose from *Lactobacillus acidophilus* (CUL-60), *Lactobacillus acidophilus* (CUL-21), *Bifidobacterium bifidum* (CUL-20), *Bifidobacterium animalis* subsp. *lactis* (CUL-34), and *Lactobacillus salivarius* (CUL-61)
- Includes fructooligosaccharides (FOS)

HMF Replenish Capsules contain five strains of proprietary probiotics that decrease IBS symptoms in adults and children over 11 years of age. IBS affects nearly 5 million Canadians and can result from altered intestinal microflora.^{1,2} *Lactobacilli* and *Bifidobacteria* promote healthy intestinal microflora and increase the reabsorption of bile salts, which is impaired in IBS.¹ This results in less water entering the colon to dilute the bile salts, decreasing water excretion and the occurrence of diarrhea.¹ In a randomized, placebo-controlled trial involving 52 adults with IBS, daily supplementation with CUL-60, CUL-21, CUL-20 and CUL-34 significantly improved quality of life and bowel habit satisfaction scores, and decreased the number of days with pain within 10 weeks.³ Antibiotics also alter intestinal microflora, and can result in the proliferation of antibiotic-resistant bacteria.¹ HMF Replenish Capsules promote normal intestinal microbiota following antibiotic therapy by further decreasing the pH and increasing mucin release to reduce pathogenic adherence to cells.^{4,5}

EACH CAPSULE CONTAINS:

Probiotic Consortium	100 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	25 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	25 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1.25 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	23.75 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	25 billion CFU

Non-Medicinal Ingredients: Fructooligosaccharides (FOS), hypromellose, silica, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size
14 Vegetarian Capsules

Product Code
10457

NPN 80023493



[†]Adults and children 11 years and older

REFERENCES

1. Sarowska, J, Choroszy-Król, I, Regulska-Ilow, B, Frej-Madrzak, M, Jama-Kmiecik, A. Adv Clin Exp Med. 2013; 22(5): 759-766.
2. Fedorak, RN, Vanner, SJ, Paterson, WG, Bridges, RJ. Can J Gastroenterol. 2012; 26(5): 252-256.
3. Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corle, BM. Aliment Pharmacol Ther. 2008; 29: 97-103.
4. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). In Otles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
5. Saulnier, N, Zocco, MA, Di Caro, S, Gasbarrini, G, Gasbarrini, A. Genes & Nutrition. 2006; 1(2): 107-116.

DAILY PROBIOTIC

HMF Replete

Promotes healthy gut flora in adults following antibiotic intake

- Provides live microorganisms that form part of a natural healthy gut flora
- Significantly reduces symptoms of irritable bowel syndrome (IBS)
- Supplements the normal intestinal microbiota following antibiotic therapy
- Provides 75 billion CFU per day from probiotics: *Lactobacillus acidophilus* (CUL-60 and CUL-21), *Bifidobacterium bifidum* (CUL-20), *Bifidobacterium animalis* subsp. *lactis* (CUL-34), and *Lactobacillus salivarius* (CUL-61)
- Contains fructooligosaccharides (FOS)
- Great-tasting apricot flavour

HMF Replete supports healthy intestinal microflora following antibiotic use. The intestines contain more than 400 bacterial species, and bacterial balance needs to be maintained for healthy intestines.¹ Antibiotics alter intestinal microflora, and can result in the proliferation of antibiotic-resistant bacteria.² Probiotics promote naturally healthy microflora and support normal intestinal microbiota following antibiotic therapy.² IBS affects nearly 5 million Canadians and can also result from altered intestinal microflora.^{2,3} As *Lactobacilli* and *Bifidobacteria* help reabsorb bile acids, less water enters the colon, decreasing diarrheal occurrence.² In a randomized, placebo-controlled trial involving 52 adults with IBS, daily supplementation with CUL-60, CUL-21, CUL-20 and CUL-34 significantly improved quality of life and bowel habit satisfaction scores, and decreased the number of days with pain within 10 weeks.⁴

EACH SACHET (20 g) CONTAINS:

Probiotic Consortium	150 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	45 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	45 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1.25 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	23.75 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	35 billion CFU

Non-Medicinal Ingredients: Fructooligosaccharides (FOS), apricot powder

Recommended Dose

Adults: In a glass, add water to ½ sachet of HMF Replete and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

7 - 20 g Sachets of Powder (140 g)

Product Code

10419

NPN 80020781



REFERENCES

1. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). In Otles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
2. Sarowska, J, Choroszy-Król, I, Regulska-Ilow, B, Frej-Madrzak, M, Jama-Kmiecik, A. Adv Clin Exp Med. 2013; 22(5): 759-766.
3. Fedorak, RN, Vanner, SJ, Paterson, WG, Bridges, RJ. Can J Gastroenterol. 2012; 26(5): 252-256.
4. Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. Aliment Pharmacol Ther. 2008; 29: 97-103.

HMF Super Powder

Convenient probiotic powder for adults and children

- Provides 10 billion CFU per dose from a combination of four proprietary strains
- Includes fructooligosaccharides (FOS)
- Ideal for vegans

HMF Super Powder is a maintenance probiotic formula that provides two strains of proprietary *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Bifidobacterium animalis* subsp. *lactis*. It was formulated to provide live microorganisms to temporarily modify gut flora. HMF Super Powder is a great alternative for adults and children who dislike or have difficulty swallowing capsules.

EACH SCOOP (1 g) CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	4 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	4 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	1.9 billion CFU

Non-Medicinal Ingredients: Fructooligosaccharides (FOS), fructose

Recommended Dose

Adults and Children (1 year and older): In a glass, add water or milk to one scoop (¼ teaspoon) of HMF Super Powder and mix. Take two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

120 g Powder

Product Code

10427

NPN 80020678



HMF Travel

Probiotics to support gastrointestinal health when travelling

- Shelf-stable formula
- 35 billion CFU per daily dose
- Helps to reduce the risk of occasional diarrhoea†
- Includes *Saccharomyces boulardii* plus four proprietary probiotic strains
- Potency guaranteed through expiration

HMF Travel combines five probiotic strains from *Lactobacillus*, *Bifidobacterium* and *Saccharomyces* genera to promote a favourable gut flora and support gastrointestinal health. The intestinal microflora composition can be altered by a variety of factors, including diet, stress, antibiotic use and travel.¹ Specifically, unfamiliar food or liquids, jet-lag and altered body rhythms can all affect the gut flora during travel.¹ Clinical trials have found that the probiotic yeast *Saccharomyces boulardii* helps support a healthy gastrointestinal microflora and support gastrointestinal health.^{1,2} HMF Travel also contains proprietary, research-driven strains demonstrated to adhere better to the gut lining, more efficiently colonize the intestinal environment, and naturally resist pH and bile acid, without the need for enteric coating.³ As some probiotic supplements require constant refrigeration to ensure the stability of the microorganisms, they may be unsuitable for travelers that do not have easy access to refrigeration.¹ HMF Travel is a shelf-stable probiotic supplement offered in a convenient capsule format that can easily be taken anywhere to support gastrointestinal health.

EACH CAPSULE CONTAINS:

Probiotic Consortium	17.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	9.375 billion CFU
<i>Saccharomyces boulardii</i> (CNCM-I-1079)	5 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20) &	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	3.125 billion CFU

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, magnesium stearate

Recommended Dose

Adults: Take two capsules daily or as recommended by your healthcare practitioner. If you are on antibiotics or antifungals, take at least two to three hours before or after.

Size

30 Vegetarian Capsules

Product Code

10198

NPN 80067278



†Antibiotic-associated diarrhoea

REFERENCES

1. McFarland, LV. Travel Med Infect Dis. 2007; 5(2): 97-105.
2. Kollaritsch, HH, Kremsner, P, Wiedermann, G, Scheiner, O. Travel Med Int. 1989: 9-17.
3. Seroyal. Data on file.

HMF IBS Relief

Probiotic to significantly reduce symptoms of IBS

- Helps to improve symptoms of irritable bowel syndrome (IBS) such as bloating, satisfaction with bowel habits, and days with pain within six weeks
- Provides 25 billion CFU per dose

Dysregulation of the intestinal microbiota has been identified as a significant contributing factor to the development of irritable bowel syndrome (IBS).¹ HMF IBS Relief helps to contribute to a natural healthy gut flora, and helps to reduce the severity of IBS symptoms and days with pain, while also improving satisfaction with bowel habits and overall quality of life.²

EACH CAPSULE CONTAINS:

Probiotic Consortium	25 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	9.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	9.5 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.3 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	5.7 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose

Recommended Dose

Adults and Children (11 years and older): Take one capsule daily with a meal, or as recommended by your healthcare practitioner. If on antibiotics, this product should be taken at least two to three hours before or after an antibiotic dose.

Size

30 Vegetarian Capsules

Product Code

10437

NPN 80020663



REFERENCES

1. Hong SN, Rhee PL. World J Gastroenterol 2014 March 14; 20(10): 2470-2481
2. Plummer et. al. Aliment Pharmacol Ther. 2008; 29: 97-103

DURING & POST-ANTIBIOTIC CARE

HMF Antibiotic Care

Probiotic for during and post-antibiotic care

- Proven to supplement the normal intestinal microbiota following antibiotic therapy¹
- Provides 100 billion CFU per dose

HMF Antibiotic Care helps to supplement the normal intestinal microbiota following antibiotic therapy. The results of the Cambridge Probiotic/Antibiotic Trial demonstrate that strains included in this probiotic formula improved intestinal microflora response to the negative effects of antibiotic therapy, including preventing overgrowth of coliforms, enterococci and *Staphylococcus aureus* bacteria, preserving *Lactobacillus* bacteria populations, and reducing the level of antibiotic-resistant bacteria.¹

EACH CAPSULE CONTAINS:

Probiotic Consortium	100 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	25 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	25 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	25 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	23.75 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1.25 billion CFU

Non-Medicinal Ingredients: Fructooligosaccharides (FOS), hypromellose, silica, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

14 Vegetarian Capsules

Product Code

10471

NPN 80023493



REFERENCES

1. Madden JAJ et al. Int Immunopharmacol. 2005; 5: 1091-1097.

IMMUNE FUNCTION

NEW HMF Immune

Great-tasting upper respiratory support formula

- Reduces the risk of developing and the duration of upper respiratory tract illness in physically active adults
- Offers 30 billion CFU per dose from a combination of five proprietary strains, plus vitamins C and D
- Once-daily chewable tablet available in a delicious natural blackcurrant flavour

HMF Immune combines proprietary probiotics with vitamins C and D to provide targeted support for the immune system. Each convenient, once-daily chewable tablet provides a blend of five research-driven probiotic strains from both the *Lactobacillus* and *Bifidobacterium* genera. As nearly 80% of the body's immunologically active cells are located in gut-associated lymphoid tissue, an important connection has been demonstrated between the intestines and the immune system.¹

In addition to supporting gastrointestinal health, HMF Immune provides BI-04, a strain that has been shown in a clinical trial to reduce the risk of developing and the duration of upper respiratory tract illness in physically active adults.² Similarly, it offers CUL-60, CUL-21, CUL-34 and CUL-20, which were demonstrated in a clinical trial to support upper respiratory tract health when combined with vitamin C.³ To further help maintain immune function, HMF Immune contains vitamins C and D. Vitamin C supports the immune system by regulating lymphocyte proliferation, natural killer cell activity and immunoglobulin production, while vitamin D helps control T cell activation, cytokine release and phagocytosis in macrophages.⁴ Research demonstrates that vitamins C and D may be especially effective in maintaining immune function in the respiratory tract.^{5,6}

EACH TABLET CONTAINS:

Vitamin C (ascorbic acid)	100 mg
Vitamin D ₃ (cholecalciferol)25 mcg / 1000 IU
Probiotic Consortium	30 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	20 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (BI-04)5 billion CFU

Non-Medicinal Ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavour, silica, magnesium stearate

Recommended Dose

Adults: Chew one tablet daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Chewable Tablets

Product Code

10365

NPN 80078481



REFERENCES

1. Saavedra JM. Nutrition in Clinical Practice. 2007; 22: 351-365.
2. West NP, Horn PL, Pyne DB, GebSKI VJ, Lahtinen SJ, Fricker PA, Cripps AW. Clin Nutr. 2014; 33(4): 581-7.
3. Garaiova I, Muchová J, Nagyová Z, Wang D, Li JV, Országhová Z, Michael DR, Plummer SF, Duracková Z. Eur J Clin Nutr. 2015; 69(3): 373-9.
4. Combs GF. (2012). Vitamin C. In (4th ed), The Vitamins (pp. 233-259). USA: Elsevier.
5. Hemilä H, Chalker E. Cochrane Database Syst Rev. 2013; (1): CD000980.
6. de Sa Del Fiol F, Barberato-Filho S, Lopes LC, de Cassia Bergamaschi C. J Infect Dev Ctries. 2015; 9(4): 355-61.

TOPICAL CREAM

HMF Cream

Probiotic cream

- Provides *Lactobacillus* ferments
- Includes garlic powder and *Rosa damascena* flower oil

HMF Cream provides two strains of *Lactobacillus* in combination with garlic (*Allium sativum*) bulb extract. For maximum benefit, HMF Cream should be used along with HMF Candigen probiotic suppositories.

INGREDIENTS:

PEG-8, PEG-32, Lactobacillus Ferments [*Lactobacillus acidophilus* (CUL-60); *Lactobacillus gasseri* (CUL-09)], *Allium Sativum* (Garlic) Bulb Extract, *Rosa Damascena* Flower Oil

Recommended Application

Apply liberally to skin two to three times daily or as recommended by your healthcare practitioner. For external use only.

Size

50 g Cream

Product Code

10566



WOMEN'S HEALTH

HMF Candigen

Female probiotic suppositories

- Provides *Lactobacillus* ferments
- Includes garlic bulb extract and *Rosa damascena* flower oil
- Ideal for vegans
- Convenient ovule format

HMF Candigen is presented as vaginal ovules that provide two strains of *Lactobacillus*. For maximum benefits, HMF Candigen should be used in conjunction with HMF Cream.

INGREDIENTS:

PEG-12, PEG-150, Lactobacillus Ferments [*Lactobacillus acidophilus* (CUL-60); *Lactobacillus gasseri* (CUL-09)], *Allium Sativum* (Garlic) Bulb Extract, *Rosa Damascena* Flower Oil

Recommended Dose

Adults: Use one ovule per day at bedtime or as recommended by your healthcare practitioner. Remove ovule from blister pack and place into top of applicator. Stand, squat or lie on your back with knees bent. Holding the loaded applicator, gently insert into the vagina as far as it will comfortably go. Holding the barrel of the applicator steady, gently depress the plunger until it stops to release the ovule in the vagina. Remove the applicator. Clean the applicator after each use with soap and warm water and rinse thoroughly.

Size

6 Vaginal Ovules

Product Code

10568



To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

WOMEN'S HEALTH

HMF Cystgen

Probiotic formula with added cranberry juice concentrate for UTI Support

- Provides 10 billion CFU per daily dose
- Helps prevent recurrent urinary tract infections (UTIs) in women
- Each sachet provides the equivalent of 30 g of fresh cranberry juice

HMF Cystgen provides two strains of *Lactobacillus* formulated for the support and maintenance of a healthy gut microflora. Cranberry juice extracts help prevent recurrent urinary tract infections (UTIs). Along with vitamin C, cranberry juice also provides a source of antioxidants.

EACH SACHET (7.5 g) CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	.5 billion CFU
Vitamin C (ascorbic acid)	600 mg
Potassium (potassium citrate/bicarbonate)	.1515 mg
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Juice Concentrate (36:1)	833 mg
30 g Fresh Equivalent	

Non-Medicinal Ingredients: Cellulose, citric acid

Recommended Dose

Adults: Take ¼ sachet four times daily or as recommended by your healthcare practitioner. Take with food or immediately after meals. Completely dissolve powder in ¼ glass of cold water or juice. Allow fizzing to stop before drinking. Take at least two to three hours before or after taking antibiotics. For optimal effect, use for a minimum of four weeks.

Size

6 -7.5 g Sachets of Powder (45 g)

Product Code

10413

NPN 80037490



WOMEN'S HEALTH

HMF UTI

Probiotic formula with added cranberry extract for UTI support

- Helps prevent recurrent urinary tract infections (UTIs) in women
- Provides 30 billion CFU per daily dose from a combination of five proprietary probiotic strains
- Includes 500 mg of PACRAN® Cranberry fruit extract daily, equivalent to 25 g of fresh fruit
- Probiotics backed by over 20 years of clinical evidence

HMF UTI is a combination of research-driven probiotics and PACRAN®, a clinically studied cranberry fruit extract that helps prevent recurrent urinary tract infections (UTIs) in women. Approximately 10-20% of women experience one or more incidents of urinary discomfort or UTIs each year, with recurrence rates around 20%.¹ Cranberries are rich in polyphenol antioxidant compounds such as proanthocyanidins, which reduce the adhesiveness of *E. coli* bacteria to the uroepithelial cells that line the bladder.² Regular PACRAN® supplementation has been shown to reduce *E. coli* presence and UTI incidence in women with a history of recurrent infections.^{3,4} HMF UTI also contains four strains of proprietary probiotics that have demonstrated superior adherence to the gut lining and natural resistance to pH and bile acid.⁵

EACH CAPSULE CONTAINS:

Probiotic Consortium	15 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60, CUL-21)	10 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	2.5 billion CFU
<i>Lactobacillus gasseri</i> (CUL-09)	2.5 billion CFU
PACRAN® Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Extract (50:1)	250 mg
12.5 g Fresh Fruit Equivalent	

Non-Medicinal Ingredients: Hypromellose, cellulose, sunflower lecithin, silica

PACRAN® is a trademark of Naturex

Recommended Dose

Adults: Take two capsules daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. Use for a minimum of four weeks to see beneficial effects.

Size

60 Vegetarian Capsules

Product Code

10357

NPN 80066926



REFERENCES

1. Hudson, T. Altern Complement Ther. 2006; 12(6): 297-302.
2. Howell, AB. Mol Nutr Food Res. 2007; 51(6): 732-737.
3. Sengupta, K, Alluri, KV, Golakoti, T, Gottumukkala, GV, Raavi, J, Kotchirakota, L, Sigalan, SC, Dey, D, Ghosh, S, Chatterjee, A. [Abstract]. Curr Bioact Comp. 2011; 7(1): 39-46.
4. Fromentin, E, Vostalova, J, Vidlar, A, Galandakova, A, Vrbkova, J, Ulrichova, J, Student, V, Simanek, V. [Abstract]. FASEB J. 2014; 28(1, Suppl 639.4).
5. Seroyal. Data on file.

NEW HMF Women's Daily

Probiotics and cranberry to support vaginal and urinary tract health

- Helps restore and maintain healthy vaginal flora
- Helps prevent recurrent urinary tract infections (UTIs) in women
- Supports intestinal health
- Provides 17.6 billion CFU per daily dose

HMF Women's Daily was specifically designed to support the unique needs of women. Each capsule offers 17.6 billion CFU from a combination of seven research-driven probiotic strains to help restore and maintain healthy vaginal flora. The vagina is a complex ecosystem that can be altered by many factors, including age, medication use, sexual activity, hygiene practices and hormone production.¹ *Lactobacilli* are the dominant vaginal microorganisms in healthy women, where they help maintain the normal vaginal microflora.¹ They compete with other microorganisms for nutrients and adherence to the vaginal epithelium; decrease the vaginal pH by producing organic acids (primarily lactic acid); and produce antimicrobial compounds, including bacteriocins and hydrogen peroxide.¹ In addition to providing two species of *Bifidobacteria*, HMF Women's Daily offers three species of *Lactobacilli*, selected for their natural presence in the female flora.²⁻⁵ Included in this blend are *L. rhamnosus* HN001 and *L. acidophilus* La-14, which provide particular support to maintain healthy vaginal flora.²⁻⁴ This probiotic combination also helps colonize both the large and small intestines to support gastrointestinal health. To further contribute to overall well-being, HMF Women's Daily offers cranberry fruit extract, which helps prevent recurrent UTIs in women.

EACH CAPSULE CONTAINS:

Probiotic Consortium	17.6 billion CFU
<i>Lactobacillus acidophilus</i> (La-14)	.8 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	.5 billion CFU
<i>Lactobacillus rhamnosus</i> (HN001)	.2 billion CFU
<i>Lactobacillus gasseri</i> (CUL-09)	1.3 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	1.3 billion CFU
Cranberry Fruit Extract (<i>Vaccinium macrocarpon</i>) (25-36:1)	300 mg
7.5-10.8 g Dried Equivalent	

Non-Medicinal Ingredients: Cellulose, hypromellose, silica

Recommended Dose

Adult Women: Take 1 capsule daily or as recommended by your healthcare practitioner. For recurrent UTIs, take 2 capsules daily or as recommended by your healthcare practitioner. Take at least 2-3 hours before or after taking antibiotics. Use for a minimum of 4 weeks to see beneficial effects.

Size

30 Vegetarian Capsules

Product Code

10385

NPN 80082198



REFERENCES

1. Borges, S, Silva, J, Teixeira, P. Arch Gynecol Obstet. 2014; 289(3): 479-89.
2. Bertuccini, L, Russo, R, Iosi, F, Superti, F. Int J Immunopathol Pharmacol. 2017; 30(2): 163-7.
3. De Alberti, D, Russo, R, Terruzzi, F, Nobile, V, Ouwehand, AC. Arch Gynecol Obstet. 2015; 292(4): 861-7.
4. Jang S-E, Jeong J-J, Choi, S-Y, Kim, H, Han, M, Kim, D-H. Nutrients. 2017; 9(6): 531.
5. Yan, D, Lü, Z, Su, J. Chin Med J (Engl). 2009; 122(22): 2748-51.

HMF Maternity

Probiotic supplement for pregnant women

- Provides 10 billion CFU per dose
- Suitable for use during pregnancy¹
- Source of probiotics that temporarily modify gut flora

Expectant mothers may have safety concerns about using probiotics during pregnancy. HMF Maternity's probiotic formulation is based on clinical safety evidence: In a double-blind, placebo-controlled clinical trial conducted on 454 pregnant women, supplementation with probiotic strains included in HMF Maternity's formula did not increase adverse event risk when compared to placebo treatment.¹

EACH CAPSULE CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	6.25 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	2.5 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	1.25 billion CFU

Non-Medicinal Ingredients: Maltodextrin, hypromellose

Recommended Dose

Women: Take one capsule daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10492

NPN 80059178



REFERENCE

1. Allen SJ et al. The Journal of Nutrition. 2010; 140: 483-488

HMF Baby B

Probiotic formula for breast-fed babies

- Provides 10 billion CFU per dose
- Helps support gastrointestinal health
- Could promote a favourable gut flora
- Powder format dissolves easily into milk, breast milk, or water

HMF Baby B is a probiotic supplement specifically designed for breast-fed babies. It provides a clinically researched probiotic combination containing two strains each of *Lactobacilli* and *Bifidobacteria*.^{1,2} HMF Baby B also contains transgalactooligosaccharides (GOS), a fibre similar to the oligosaccharides that occur naturally in breast milk.³ As a child's microbial composition and diversity resembles that of an adult by age 2-5, the first few years of life can be an especially important time for supplementation aimed at supporting the microbiota.⁴ HMF Baby B could promote a favourable gut flora and supports gastrointestinal health, and is available in a convenient powder formula that dissolves easily into milk, breast milk, or water.

EACH SCOOP (200 mg) CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.125 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	2.375 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	6.25 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	1.25 billion CFU

Non-Medicinal Ingredients: Transgalactooligosaccharides (GOS) (from milk)

Contains: Milk

Recommended Dose

Children (1-4 years): In a glass, add water or milk to one scoop of HMF Baby B and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

6 g Powder

Product Code

10491

NPN 80048579



REFERENCES

1. Allen, SJ, Jordan, S, Storey, M, Thornton, CA, Gravenor, M, et al. J Nutr. 2010; 140(3): 483-8.
2. Allen, SJ, Jordan, S, Storey, M, Thornton, CA, Gravenor, MB, et al. Arch Dis Child. 2014; 99(11): 1014-9.
3. Jeurink P, van Esch B, Rijnierse A, Garssen J, and Knippels L. American Journal of Clinical Nutrition. 2013; 98(suppl.): 572S-7S.
4. Rodríguez, JM, Murphy, K, Stanton, C, Ross, RP, Kober, OI, et al. Microb Ecol Health Dis. 2015; 26: 26050.

PREGNANCY & CHILD SUPPORT

HMF Baby F

Probiotic formula for breast-fed babies

- Provides 10 billion CFU per dose
- Helps support gastrointestinal health
- Could promote a favourable gut flora
- Powder format dissolves easily into milk, formula, or water

HMF Baby F is a probiotic supplement specifically designed for formula-fed babies. It provides a clinically researched probiotic combination containing two strains each of *Lactobacilli* and *Bifidobacteria*.^{1,2} HMF Baby F also contains fructooligosaccharides (FOS) and transgalactooligosaccharides (GOS), a fibre similar to the oligosaccharides that occur naturally in breast milk.³ As a child's microbial composition and diversity may resemble that of an adult by age 2-5, the first few years of life can be an especially important time for supplementation aimed at supporting the microbiota.⁴ Research suggests that combining infant formula with probiotics can help promote a microbial composition similar to that of breast-fed infants.⁵ HMF Baby F could promote a favourable gut flora and supports gastrointestinal health, and is available in a convenient powder formula that dissolves easily into milk, formula, or water.

EACH SCOOP (1.1 g) CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.125 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	2.375 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	6.25 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	1.25 billion CFU

Non-Medicinal Ingredients: Transgalactooligosaccharides (GOS) (from milk), fructooligosaccharides (FOS)
Contains: Milk

Recommended Dose

Children (1-4 years): In a glass, add water or milk to one scoop of HMF Baby F and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

66 g Powder

Product Code

10493

NPN 80048547



REFERENCES

1. Allen, S.J., Jordan, S., Storey, M., Thornton, CA., Gravenor, M., et al. J Nutr. 2010; 140(3): 483-8.
2. Allen, S.J., Jordan, S., Storey, M., Thornton, CA., Gravenor, MB., et al. Arch Dis Child. 2014; 99(11): 1014-9.
3. Jeurink P., van Esch B., Rijnierse A., Garssen J., and Knippels L. American Journal of Clinical Nutrition. 2013; 98(suppl.): 572S-7S.
4. Rodriguez, JM., Murphy, K., Stanton, C., Ross, RP., Kober, OI., et al. Microb Ecol Health Dis. 2015; 26: 26050.
5. Mueller, NT., Bakacs, E., Combellick, J., Grigoryan, Z., Dominguez-Bello, MG. Trends Mol Med. 2015; 21(2): 109-17.

HMF Child

6-strain probiotic combination ideal for children

- Contributes to a natural healthy gut flora
- Provides 12.5 billion CFU per dose
- Chewable tablet with natural blackcurrant flavour

HMF Child probiotic formula is a probiotic combination providing *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Lactobacillus paracasei*, *Lactobacillus salivarius* and *Bifidobacterium animalis* subsp. *lactis*, which contribute to a healthy gut flora in children.

EACH TABLET CONTAINS:

Probiotic Consortium	12.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	3 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	3 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.125 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	2.375 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	2 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	2 billion CFU

Non-Medicinal Ingredients: Sorbitol, xylitol, natural blackcurrant flavour, silica, magnesium stearate

Recommended Dose

Children (4 years and older): Chew one tablet two times daily with meals, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

30 Chewable Tablets

Product Code

10451

NPN 80020665



HMF Child + Multi

Supports gastrointestinal and skin health in children

- Provides live microorganisms that temporarily modify gut flora
- Helps to maintain eyesight, skin, membranes and immune function
- Helps in the development and maintenance of night vision, bones, cartilage, teeth and gums
- Provides 12.5 billion CFU per daily dose from a combination of four proprietary strains
- Delicious natural blackcurrant flavour

HMF Child + Multi is a great-tasting combination of probiotics and vitamins that helps to promote optimal health in children. The intestinal microbiota, which contains more than 400 bacterial species, can be altered by antibiotic use, aging, and premature or caesarean births.^{1,3} The most commonly used probiotics are *Lactobacilli* and *Bifidobacteria*, which are safe for both adults and children.⁴ They effectively colonize the intestines; however, once their ingestion ends, their counts decrease or disappear.^{1,4,5} In addition to decreasing the survival of pathogenic bacteria by reducing the pH, probiotics reinforce the epithelial barrier.⁴ They control permeability by mediating tight junction integrity, and prevent pathogenic adherence to epithelial cells by increasing mucin release on intestinal surfaces.⁴ Vitamin C is a powerful antioxidant, and is required for the production of collagen, the primary structural protein in bones, cartilage, teeth, and wound healing.⁶ Vitamin A promotes the natural barrier function of the skin, helps to stimulate immune cell development, and maintains eyesight and night vision to further promote optimal health.^{7,9}

EACH TABLET CONTAINS:

Vitamin A (vitamin A acetate)	400 mcg RAE / 1333 IU
Vitamin C (ascorbic acid)	100 mg
Vitamin D (cholecalciferol)	12.5 mcg / 500 IU
Vitamin E (d-alpha tocopheryl acetate)	20 mg AT / 30 IU
Vitamin K ₁ (phyloquinone)	25 mcg
Thiamine (thiamine mononitrate)	1.4 mg
Riboflavin	1.6 mg
Niacinamide	7.5 mg
Vitamin B ₆ (pyridoxine hydrochloride)	2 mg
Folate (folic acid)	200 mcg
Vitamin B ₁₂ (cyanocobalamin)	50 mcg
Biotin	150 mcg
Pantothenic Acid (calcium d-pantothenate)	6 mg
Probiotic Consortium	12.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60 & CUL-21)	10 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34) & <i>Bifidobacterium bifidum</i> (CUL-20)	2.5 billion CFU

Non-Medicinal Ingredients: Xylitol, natural blackcurrant flavour, silica, magnesium stearate, thaumatin

Recommended Dose

Children (4 years and older): Chew 1 tablet daily with a meal, at least 2 to 3 hours before or after taking antibiotics or other medications, or as recommended by your healthcare practitioner.

Size

30 Chewable Tablets

Product Code

10382

NPN 80038822



REFERENCES

- Nagpal, R., Yadav, H., Kumar, M., Jain, S., Yamashiro, Y., Marotta, F. (2013). In Otles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
- Lyra A., Tiihonen K., Lehtinen M.J., Ouwehand A.C. (2013). In Otles, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 156-178). Boca Raton, FL: CRC Press.
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- Saavedra, J.M. Nutrition in Clinical Practice. 2007; 22: 351-365.
- Combs, G.F. (2012). In (4th ed.) The Vitamins (pp.233-259). USA: Elsevier.
- Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
- Al Tanoury, Z., Piskunov, A., Rochette-Egly, C. Journal of Lipid Research. 2013; 54: 1761-1775.
- Mukherjee, S., Date, A., Patravale, V., Korting, H.C., Roeder, A., Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.

To order, call **1.800.263.5861**

For more information, visit **Seroyal.ca**

HMF Fit For School

Children's immune support formula

- Helps to reduce incidence of upper respiratory tract infection (URTI) symptoms
- Provides 12.5 billion CFU of live microorganisms that temporarily modify gut flora
- Includes 50 mg of vitamin C and 1000 IU of vitamin D per dose
- Chewable tablets with a delicious natural blackcurrant flavour

HMF Fit for School includes a combination of research-driven probiotic strains and vitamin C that helps to reduce incidence of URTI symptoms in children. In a recent clinical trial, 57 schoolchildren were randomized to receive either a placebo tablet or the probiotic strains included in HMF Fit for School's formula plus 50 mg of vitamin C daily for 6 months. Children in the probiotic plus vitamin C group had 33% less incidence of URTI, a significant decrease in the number of days with URTI symptoms, and a 30% decrease in school absenteeism.¹ HMF Fit for School also includes 25 mcg (1000 IU) of vitamin D per tablet.

EACH TABLET CONTAINS:

Vitamin C (ascorbic acid)	50 mg
Vitamin D ₃ (cholecalciferol)	25 mcg / 1000 IU
Probiotic Consortium	12.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	5 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	2.375 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	0.125 billion CFU

Non-Medicinal Ingredients: Xylitol, blackcurrant fruit extract, sorbitol, natural blackcurrant flavour, silica, magnesium stearate

Recommended Dose

Adolescents and Children (4 years and older): Chew one tablet daily, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner. Immune support: Use for a minimum of four weeks to see beneficial effects.

Size

30 Chewable Tablets

Product Code

10497

NPN 80047358



REFERENCE

- Garaiova I, Muchová J, Nagyová Z, Wang D, Li JV, Országhová Z et al. European Journal of Clinical Nutrition. 2014; 174: 1-7.

PREGNANCY & CHILD SUPPORT

HMF Natogen

Contributes to a natural healthy gut flora in young children

- Includes 3 billion CFU per dose from: *Lactobacillus acidophilus* (CUL-60), *Lactobacillus acidophilus* (CUL-21), *Lactobacillus paracasei* (CUL-08), *Bifidobacterium animalis* subsp. *lactis* (CUL-62)

HMF Natogen is a combination of four strains of proprietary probiotics that promotes intestinal health in young children. Babies born preterm, by Caesarian section, or those exposed to peri- or postnatal antibiotics display reduced colonization of intestinal bacteria.¹ Probiotics are safe for young children and effectively colonize the intestines, which are critical barriers that selectively allow absorption or promote the excretion of dangerous substances.² The human intestinal tract contains more than 400 bacterial species, and the bacterial balance needs to be maintained for healthy intestines.³ Probiotics compete with pathogenic bacteria for colonization of the gastrointestinal tract and promote the presence of beneficial bacteria.^{2,3} In addition to decreasing the survival of harmful bacteria, probiotics strengthen the epithelial barrier.² They control permeability by supporting tight junction integrity, and prevent pathogenic adherence to epithelial cells by increasing mucin release on intestinal surfaces.² Collectively, this discourages the entry of foreign substances from the intestine into circulation.² Probiotics transiently impact the host's microflora; once their ingestion ends, their counts decrease or disappear.⁴ As the microflora composition in children is relatively unchanged after infancy, it significantly depends on the diet, even more so than in adults.¹

EACH SCOOP (100 mg) CONTAINS:

Probiotic Consortium	3 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	0.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	0.5 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	1 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-62)	1 billion CFU

Non-Medicinal Ingredients: Lactose monohydrate (milk)

Recommended Dose

Children (1-4 years): In a glass add water or milk to one scoop of HMF Natogen and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

6 g Powder

Product Code

10424

NPN 80014287



REFERENCES

1. Thomas, DW, Greer, FR. Pediatrics. 2010; 126(6): 1217-1231.
2. Saulnier, IN, Zocco, MA, Di Caro, S, Gasbarrini, G, Gasbarrini, A. Genes & Nutrition. 2006; 1(2): 107-116.
3. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). In Otlies, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.
4. Saavedra, JM. Nutrition in Clinical Practice. 2007; 22: 351-365.

HMF Toddler + Pro

Complete vitamin and probiotic combination for toddlers

- Includes vitamins and probiotics
- Supports normal growth and development
- Helps to maintain eyesight, skin, membranes and immune function
- Provides 2.5 billion CFU of probiotics that could promote a favourable gut flora
- Includes added GOS and FOS
- Great-tasting mixed berry flavour

HMF Toddler + Pro supports pediatric nutrition and intestinal health with a unique consortium of probiotic strains and over 10 vitamins. Vitamins A, C, D, and K support the development and maintenance of bones. Red blood cell formation and macronutrient metabolism are supported with vitamin B₁₂ and folate.

EACH SCOOP (1 g) CONTAINS:

Vitamin A (vitamin A acetate)	400 mcg RAE / 1333 IU
Vitamin C (ascorbic acid)	40 mg
Vitamin D (cholecalciferol)	5 mcg / 200 IU
Vitamin E (d-alpha tocopheryl acetate)	6 mg AT / 9 IU
Vitamin K ₁ (phyloquinone)	30 mcg
Thiamine (thiamine mononitrate)	0.55 mg
Riboflavin	0.7 mg
Niacinamide	8 mg
Vitamin B ₆ (pyridoxine hydrochloride)	0.7 mg
Folate (folic acid)	100 mcg
Vitamin B ₁₂ (methylcobalamin)	1.25 mcg
Biotin	25 mcg
Pantothenic Acid (calcium d-pantothenate)	3 mg
Probiotic Consortium	2.5 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1.14 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	0.06 billion CFU
<i>Lactobacillus salivarius</i> (CUL-61)	0.65 billion CFU
<i>Lactobacillus paracasei</i> (CUL-08)	0.65 billion CFU

Non-Medicinal Ingredients: Fructooligosaccharides (FOS), transgalactooligosaccharides, fruit blend (strawberry, blackberry, blackcurrant, bilberry, elderberry), xylitol, natural strawberry flavour
Contains: Milk

Recommended Dose

Children (1-5 years): In a glass, add water or milk to one scoop of HMF Toddler + Pro and mix. Take once daily with a meal, at least two to three hours before or after taking antibiotics, or as recommended by your healthcare practitioner.

Size

60 g Powder

Product Code

03169

NPN 80039780





Essential Fatty Acids & Phospholipids

The adequate provision of a balanced spectrum of fatty acids is one of the cornerstones of optimal nutrition. Fats are essential macronutrients in our diet, functioning as energy providers, structural components of cell membranes, and precursors to the range of eicosanoids.

Omega-3 fatty acids are still under-supplied in the general population, yet these fatty acids have demonstrable benefits in many aspects of human health. Genestra Brands aims to strike a good balance between omega-3 and omega-6 intake. In many cases, dietary intake of beneficial fatty acids, especially polyunsaturated fatty acids (PUFA), are deficient. It is therefore desirable to augment fatty acid intake with supplemental PUFA sources such as evening primrose oil, fish oil or flaxseed oil.

Genestra Brands Fish Oil Difference

Dedicated to making a difference – from sourcing to processing, we wish to assist physicians and healthcare practitioners restore, rebuild and maintain patient health.

Triglyceride Form

Neo-3® and CRYO-3 processed fish oils contain no ethyl esters (EPA and DHA bound to alcohol molecules) or additional chemical processing. Our other highly concentrated triglyceride fish oils use natural enzymes to reconstitute the triglycerides' structure for optimal absorption.

Freshness

Natural mixed tocopherols (preservative antioxidants) are added to fish oils to prevent oxidation and maintain stability throughout shelf life.

Unique DHA/EPA Enrichment Process

The procedure enriches omega-3 yield, preserves triglyceride form, and delivers “cleaner” taste.

Great Taste

Our fish oil products boast higher compliance with a less oily texture, exceptional freshness, and natural fruit flavours to ensure no fishy smell or aftertaste.

Independent Batch Testing

Testing procedures surpass international quality standards for: heavy metals (mercury, lead, arsenic, cadmium); pesticides; various chlorinated phenolic products (PCBs); dioxins and furans; and PCDDs and PDCFs.

Respect for the Environment

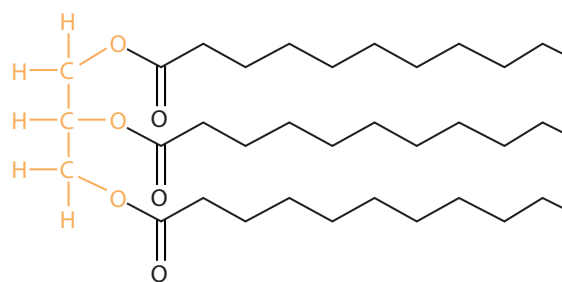
No fish are harvested for the sole purpose of producing fish oil – all fish oil sources are by-products of the edible fish industry.

Triglycerides vs Ethyl Esters

Better performance isn't engineered – it's natural

A common fish oil misconception is that EPA and DHA amounts define fish oil effectiveness. While EPA and DHA concentrations are important for maintaining health, what's inside your fish oil counts – and not all fish oils are created equally.

The human body is accustomed to processing the triglyceride form of EPA and DHA found in fish oil. Manufacturing techniques have been developed to increase EPA and DHA concentrations and maximize fish oil yields. Genestra Brands NEO-3® and CRYO-3 enrichment processes gently enrich DHA/EPA levels while preserving the triglyceride form. Many fish oil manufactures provide concentrated fish oils in ethyl ester form. Ethyl ester fish oils are created by a conversion process in which the glycerol backbone of the triglyceride is removed and replaced by ethanol. Triglyceride-form fish oils have been shown to have superior bioavailability and improved oxidative stability compared to ethyl esters. While researchers continue to debate the effectiveness and potential side effects of ethyl esters, physicians and healthcare practitioners continue to recognize the importance of providing patients with triglycerides for optimal absorption.



A Simple Triglyceride

REFERENCES

1. Dyerberg, J., Madsen, P., Møller, J.M., Aardestrup, I., Schmidt, E.B. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
2. Sullivan Ritter, J.C., Budge, S.M., Jovica, F., Reid, A.J.M. J Am Oil Chem Soc. 2015; 92: 561-569.

Unique DHA/EPA Enrichment Processes

The power of Mother Nature to enrich, preserve and filter

Genestra Brands uses three different unique enrichment techniques to concentrate fish oils: NEO-3[®], which uses an enzymatic process to concentrate oils; and CRYO-3, which uses a low temperature fractionation process. The NEO-3[®] and CRYO-3 processes gently enrich DHA/EPA levels while preserving the delicate triglyceride form. The fish oil source and the required characteristics of the resultant concentrate dictate whether NEO-3[®] or CRYO-3 is used in the concentration process. Our highly concentrated fish oil products utilize reconstituted triglyceride oils to ensure optimal absorption.

Extracts toxic contaminants to virtually undetectable levels

All Genestra Brands fish oils are refined and deodorized to remove heavy metals, pesticides, PCBs, dioxin-like PCBs, dioxins and furans (PCDDs/PCDFs), and carefully processed to avoid oxidation, meeting or exceeding industry standards.

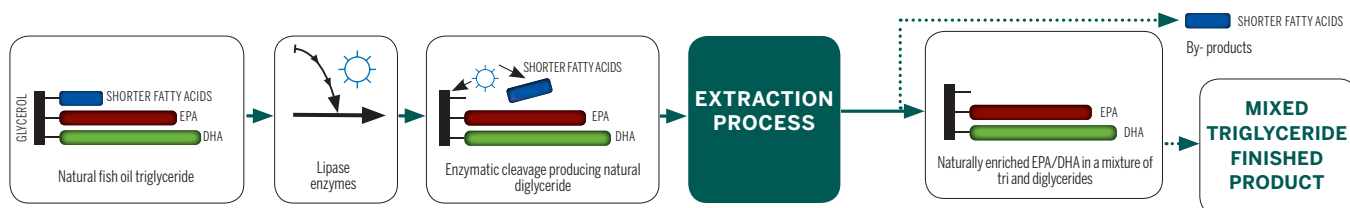
Delivers cleaner taste

These EPA and DHA enrichment processes deliver a fish oil with a “cleaner” taste: less oily for better mouth-feel and no fishy odour or aftertaste.

NEO-3[®]: Enzymatic cleavage

Power of natural digestive enzymes

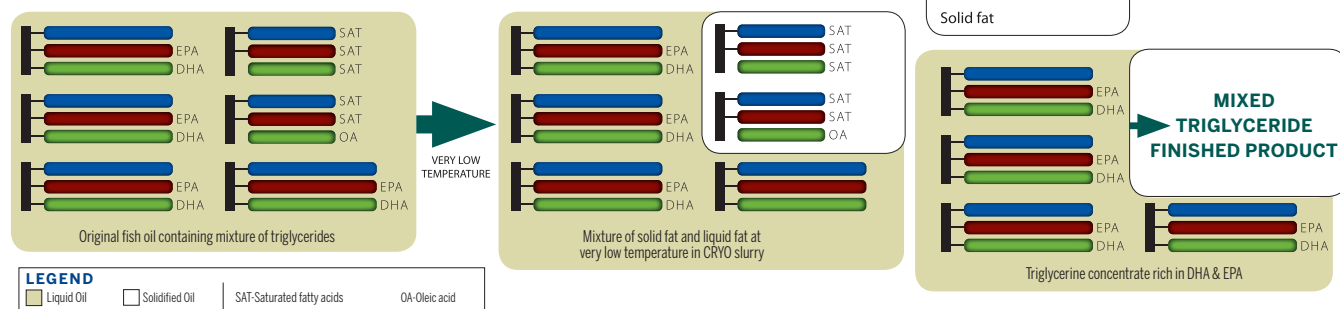
Mimicking the first stages of normal digestion, NEO-3[®] is an enzymatic process that gently concentrates levels of EPA and DHA. The process utilizes natural lipase enzymes (free of alcohol or chemicals), which selectively remove shorter chain fatty acids from the fish oil triglyceride, leaving the EPA and DHA virtually untouched.



CRYO-3: Fractional super-cooling

Strength of nature's cold grip

As saturated fatty acids have a higher freezing point than unsaturated fatty acids such as EPA and DHA, triglycerides that contain a high proportion of saturated fatty acids begin to solidify when subjected to the cold. In the CRYO-3 process, the fish oil is gradually taken to very low temperatures, enabling accurate fractional crystallization or “precipitation” of these triglycerides that carry high levels of saturated fatty acids. Once fractions have been separated, the resulting product boasts a higher ratio of EPA and DHA.





Every Batch Independently Tested

Transparency = Proven purity and potency

Increased water pollution in oceans, seas and rivers has led to an accumulation of toxins in fish; as such, any oils extracted may carry these contaminants. Every batch of fish oil is independently tested by third-party, government-approved and/or accredited independent laboratories. This validates the quality, stability, potency and purity of the products from manufacturing to preparation, bottling and storage, to ensure content claims meet label claims. These testing laboratories employ the most precise equipment and analytical methods available in the market to validate the safety and efficacy of our products.

We hold our products to the highest standards of quality, with the most sensitive testing protocols and detection parameters in parts per million, billion and trillion, thus meeting or exceeding international standards, including Council for Responsible Nutrition (CRN), European Pharmacopeia (EP), US Pharmacopeia (USP), and Health Canada and FDA regulations.

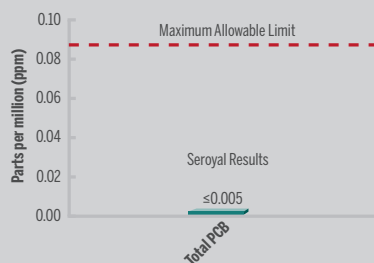
Every batch of fish oil is tested for:

- Environmental contaminants (dioxins, furans, dioxin-like PCBs, PCBs and heavy metals)
- Oxidation and rancidity
- Microbial contaminants

Typical Seroyal Sardine & Anchovy Oil Analysis

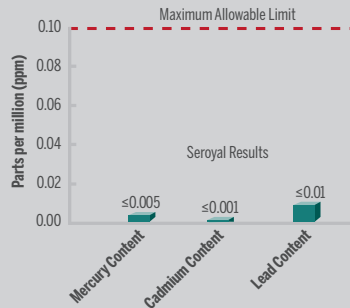
Independent 3rd Party Test Results Representative Sample: Super EFA Liquid

Total Polychlorinated Biphenyls (PCBs) Test



Note: PCB 28, PCB 52, PCB101, PCB 138, PCB 163, PCB 153 and PCB 180 are not detected.

Heavy Metal Test



Note: Arsenic content is below detectable limits.

Pesticides Test (DDT)



Note: Multiple other pesticides are tested.

Great taste

Flavourful sensations make the difference

Genestra Brands fish oils deliver products with a cleaner taste. Triglyceride oils, including our NEO-3® and CRYO-3 enriched products, offer better mouth-feel and reduced odour or aftertaste.

Freshness

Maximum oxidation resistance and extended shelf life

EPA and DHA are long chain fatty acids, highly unsaturated and prone to rapid oxidation or rancidity if fish oil is exposed to air over extended periods of time. The antioxidant system is a formulation of natural mixed tocopherols (antioxidants) added to fish oils to protect against oxidation, enhance product freshness and stability, maintain a great clean taste throughout the entire shelf life of the product.

Respect for the environment

Proper safeguards are taken to protect the environment. No fish are harvested for the sole purpose of producing fish oil – all fish oil sources are by-products of the edible fish industry, maximizing the full use of harvested fish. These harvested fish come from fishery partners used by the edible fish industry.



Fish Oil & Phospholipid Product Overview

Why supplement with fish oils?

Fish oil is sourced from salmon, mackerel, sardines, herring, cod, tuna and anchovies. Krill oil is sourced from the 85 species that represent the planet's most abundant animal biomass. Fish oils are a good source of the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), and are essential for health. Since the body may not produce or is unable to make sufficient quantities, it must be obtained through diet or additional supplementation. The potential for marine oil effectiveness is reflected by the amounts and ratios of EPA and DHA.

Omega-3s

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)

Helps support cognitive health and/or brain function.

100-5000 mg EPA + DHA, including at least 100 mg DHA per day.

Helps support the development of the brain, eyes and nerves in children up to 12 years of age.

150-2000 mg EPA + DHA, including at least 150 mg DHA per day.

Helps maintain/support cardiovascular health.

200-5000 mg EPA + DHA per day, containing an EPA:DHA ratio of between 0.5:1 and 2:1.

Helps to reduce serum triglycerides/triacylglycerols.

1000-5000 mg EPA + DHA per day, containing an EPA:DHA ratio of between 0.5:1 and 2:1.

In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis in adults.

2800-5000 mg EPA + DHA per day, containing an EPA:DHA ratio of between 0.5:1 and 2:1.

Helps promote healthy mood balance.

1,500-5,000 mg EPA + DHA, including at least 1,000 mg EPA per day, containing an EPA:DHA ratio of between 1.75:1 and 2:1.

Fish Oil and Phospholipid Comparison Chart

PRODUCT	DHA/EPA PER CAPSULE	PROCESS	BENEFITS
CAPSULES			
Cod Liver Oil DHA/EPA Forte Capsules 60 softgels	126 mg of DHA 102 mg of EPA	CRYO-3	Fortified with vitamins A & D
DHA Pediaburst 180 chewable softgels	65 mg of DHA 15 mg of EPA	NEO-3®	Great for children Easy-to-chew softgels Natural orange flavour
Krill Oil 60 capsules	65 mg of EPA 35 mg of DHA	Phospholipid	Complementary source of marine omega-3 Includes phospholipids
Multi EFA Capsules 90 softgels	120 mg of EPA 80 mg of DHA		Fish, flax seed and borage oil combination
Omega 800 60 softgels	525 mg of EPA 275 mg of DHA	Triglyceride	High triglyceride formula
Phos Choline 90 softgels			720 mg of phosphatides
Phosphatidylserine 30 vegetarian capsules			50 mg of phosphatidylserine Suitable for vegetarians and vegans
SEP EFA 90 softgels	180 mg of EPA 120 mg of DHA	Triglyceride	Daily maintenance
Super EFA Capsules 120 softgels	262 mg of EPA 187.5 mg of DHA	NEO-3®	High dose EPA
Super EFA Forte Capsules 60 softgels	475 mg of EPA 325 mg of DHA	Triglyceride	High triglyceride formula
Super EFA Forte Capsules + D 60 softgels	475 mg of EPA 325 mg of DHA	Triglyceride	High triglyceride formula Includes 1000 IU of vitamin D

PRODUCT	DHA/EPA PER TEASPOON	PROCESS	BENEFITS
LIQUIDS			
Berry DHA 225 mL	300 mg of DHA 148 mg of EPA	NEO-3® WisdOM-3™*	Berry flavour Includes anthocyanins Great for children
Berry EFA Plus 300 mL	250 mg of EPA 187.5 mg of DHA	NEO-3® WisdOM-3™*	Berry flavour Includes anthocyanins
Cod Liver Oil Forte 300 mL 500 mL	466 mg of DHA 377 mg of EPA	Triglyceride	Natural lemon and orange flavour Fortified with vitamins A & D
Fruit EFA 300 mL	280 mg of EPA 205 mg of DHA	NEO-3® WisdOM-3™*	Wild fruit flavour
Omega EFA Liquid 150 mL	1915 mg of EPA 1005 mg of DHA	Triglycerides	High triglyceride formula
Super DHA Liquid 150 mL	1200 mg of DHA 260 mg of EPA	NEO-3®	Highly concentrated DHA
Super EFA Forte Liquid Natural Orange Flavour 200 mL	1500 mg of EPA 1000 mg of DHA	Triglyceride	High triglyceride formula Natural orange flavour
Super EFA Forte Liquid + D Natural Orange Flavour 200 mL	1500 mg of EPA 1000 mg of DHA	Triglyceride	High triglyceride formula Natural orange flavour Includes 1,000 IU of vitamin D
Super EFA Liquid Natural Orange Flavour 200 mL 500 mL	950 mg of EPA 725 mg of DHA	NEO-3®	High dose EPA Great natural orange flavour
Super EFA Liquid Natural Strawberry Flavour 200 mL	950 mg of EPA 725 mg of DHA	NEO-3®	High dose EPA Great natural strawberry flavour
Super EFA Liquid Plus 225 mL	930 mg of EPA 685 mg of DHA	NEO-3®	High dose EPA Includes plant sterols
Super EFA Liquid Plus CoQ₁₀ 200 mL	930 mg of EPA 710 mg of DHA	NEO-3®	High dose EPA Includes 50 mg of coenzyme Q ₁₀
Super EFA Liquid Plus D 200 mL	950 mg of EPA 725 mg of DHA	NEO-3®	High dose EPA Includes 1000 IU of vitamin D

*WisdOM-3™ explanation on page 66

FISH OILS – LIQUIDS & CAPSULES

Super EFA Liquid Natural Orange Flavour

950 mg of EPA and 725 mg of DHA per teaspoon

- Helps maintain cardiovascular health and reduce serum triglycerides in adults
- Helps support cognitive health and brain function
- Helps support the development of the brain, eyes and nerves in children up to 12 years of age
- Uses proprietary NEO-3® process to concentrate EPA/DHA triglyceride forms, for improved absorption¹
- Delicious natural orange flavour

Super EFA Liquid provides 1,675 mg of EPA and DHA per teaspoon serving, and has an EPA:DHA ratio of 1.3:1, which is ideal for helping to reduce serum triglyceride levels. In a placebo-controlled clinical trial of 312 healthy adults, daily supplementation with 1800 mg of EPA and DHA (in a 1.5:1 ratio) for 1 year reduced serum triglyceride levels by 16.5%.²

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy and Sardine)	4560 mg
Yielding	
EPA (Eicosapentaenoic Acid)	950 mg
DHA (Docosahexaenoic Acid)	725 mg
Total Omega-3 Fatty Acids	1975 mg

Non-Medicinal Ingredients: Orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults and Adolescents (9 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. Children (1-8 years): Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

200 mL Liquid
500 mL Liquid

NPN 80006800



REFERENCES

1. Laidlaw M, Cockerline CA, Rowe WJ. Lipids Health Dis. 2014; 13: 99.
2. Sanders TAB et al. American Journal of Clinical Nutrition. 2011; 94: 973-980.

Product Code

10503
10503500



Natural mixed tocopherols are derived from soy and used as antioxidants in our fish oil. These tocopherols are not considered an allergy risk because the oil is not expected to contain any residual soy proteins at a level that would cause symptoms of allergic reaction even in sensitive individuals.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Super EFA Liquid Natural Strawberry Flavour

950 mg of EPA and 725 mg of DHA per teaspoon

- Helps maintain cardiovascular health and reduce serum triglycerides in adults
- Helps support cognitive health and brain function
- Helps support the development of the brain, eyes and nerves in children up to 12 years of age
- Uses proprietary NEO-3® process to concentrate EPA/DHA triglyceride forms, for improved absorption¹
- Delicious natural strawberry flavour

Super EFA Liquid provides 1,675 mg of EPA and DHA per teaspoon serving, and has an EPA:DHA ratio of 1.3:1, which is ideal for helping to reduce serum triglyceride levels. In a placebo-controlled clinical trial of 312 healthy adults, daily supplementation with 1800 mg of EPA and DHA (in a 1.5:1 ratio) for 1 year reduced serum triglyceride levels by 16.5%.²

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy and Sardine)	4560 mg
Yielding	
EPA (Eicosapentaenoic Acid)	950 mg
DHA (Docosahexaenoic Acid)	725 mg
Total Omega-3 Fatty Acids	1975 mg

Non-Medicinal Ingredients: Natural strawberry and vanilla flavours, natural mixed tocopherol
Contains: Fish

Recommended Dose

Adults and Adolescents (9 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. Children (1-8 years): Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

200 mL Liquid

NPN 80038653

Product Code

10482



REFERENCES

1. Laidlaw M, Cockerline CA, Rowe WJ. Lipids Health Dis. 2014; 13: 99.
2. Sanders TAB et al. American Journal of Clinical Nutrition. 2011; 94: 973-980.

Cod Liver Oil DHA/EPA Forte Capsules

Vitamin-rich cod liver oil formula

- Provides 126 mg of DHA and 102 mg of EPA per daily dose
- Includes 720 IU of vitamin A and 500 IU of vitamin D per daily dose
- Helps support cognitive health and brain function
- Helps to maintain eyesight, skin, membranes and immune function
- Helps in the development and maintenance of bones, teeth and night vision

Cod Liver Oil DHA/EPA Forte Capsules is an effective blend of DHA, EPA, and vitamins A and D that helps maintain optimal health. Vitamin A is involved in oral immune tolerance and helps maintain the integrity of the intestinal epithelial barrier by enhancing regulatory T cell activity and immune function.¹ Vitamin D helps absorb and use calcium and phosphorus, which are required for normal bone mineralization, and mediates bone remodeling by promoting the activity of bone cells.² DHA and EPA support cognitive health, and their supplementation has been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory.³

EACH CAPSULE CONTAINS:

Vitamin A (vitamin A palmitate)	122 mcg RAE / 404 IU
Vitamin D (cholecalciferol)	11.25 mcg / 450 IU
Cod Liver Oil (Liver of Atlantic cod, <i>Gadus morhua</i> and other species of Gadidae)	1200 mg
Yielding	
DHA (Docosahexaenoic Acid)	126 mg
EPA (Eicosapentaenoic Acid)	102 mg
Total Omega-3 Fatty Acids	300 mg
Vitamin A	94 mcg RAE / 316 IU
Vitamin D	1.25 mcg RAE / 50 IU

Non-Medicinal Ingredients: Natural lemon and sweet orange oils, natural mixed tocopherols, fish gelatin, glycerin, purified water
Contains: Fish

Recommended Dose

Adults and Adolescents (12 years and older): Take one softgel daily with a meal or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10433

NPN 80068892



REFERENCES

1. Hall, JA, Grainger, JR, Spencer, SP, Belkaid, Y. Immunity. 2011; 35: 13-22.
2. Wrancicz, J, Szostak-Wegierek, D. Rocz Panstw Zakl Hig. 2014; 65(3): 179-184.
3. Cederholm, T, Salem, NJ, Palmblad, J. Adv Nutr. 2013; 4(6): 672-676.

Cod Liver Oil Forte

Vitamin-rich cod liver oil formula

- Supports the maintenance of cognitive function and healthy bones, teeth, eyesight and skin
- Supports healthy bone growth, and helps support the development of the brain and nerves in children up to 12 years of age
- Provides 466 mg of DHA and 377 mg of EPA per teaspoon
- Also includes 2667 IU of vitamin A and 300 IU of vitamin D per teaspoon
- Natural citrus flavour

Cod liver oil is a source of omega-3 fatty acids, and naturally contains high levels of vitamins A and D to help support healthy eyes, bones, and brain. Vitamin A is needed for the production of rhodopsin, a pigment found in rod cells that aids in low-light vision.¹ Omega-3 fatty acids are necessary for the proper development of retinal structure and visual acuity in infants as rods and cones in the eye require DHA for proper function.² DHA is also essential to support pre- and postnatal brain development, as significant levels are present on neuronal synapses.² Vitamin D helps to support bone growth in children and maintain bone health in adults. Recent research indicates that 600 IU of vitamin D per day helps maximize bone health in adolescents and adults.³

EACH TEASPOON (5 mL) CONTAINS:

Cod Liver Oil	4440 mg
Yielding	
DHA (Docosahexaenoic Acid)	466 mg
EPA (Eicosapentaenoic Acid)	377 mg
Total Omega-3 Fatty Acids	1110 mg
Vitamin A (vitamin A palmitate/cod liver oil)	800 mcg RAE / 2667 IU
Vitamin D (cholecalciferol/cod liver oil)	7.5 mcg / 300 IU

Non-Medicinal Ingredients: Natural lemon and sweet orange oils, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults and Children (over 13 years): Take one teaspoon two times daily with meals, or as recommended by your healthcare practitioner. Children (4-13 years): Take one teaspoon daily with a meal, or as recommended by your healthcare practitioner. Infants and Children (2 months-3 years): Take ½ teaspoon daily with a meal, or as recommended by your healthcare practitioner.

Size

300 mL Liquid
500 mL Liquid

Product Code

10428
10428500

NPN 80014858



REFERENCES

1. IOM 2006: Institute of Medicine. Otten JJ, Pitzel Hellwig J, Meyers LD, editors. Institute of Medicine. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington (DC): National Academies Press; 2006.
2. Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.
3. Holick, MF, Binkley, NC, Bischoff-Ferrari, HA, Gordon, CM, Hanley, DA, Heaney, RP, Murad, MH, Weaver, CM. J Clin Endocrinol Metab. 2011; 96(7):1911-1930.

FISH OILS – LIQUIDS & CAPSULES

DHA Pediaburst

GREAT FOR CHILDREN

Delicious chewable softgels with a 4.3:1 ratio of DHA to EPA

- Helps support the development of the brain, eyes and nerves in children up to 12 years of age
- Helps support cognitive health and brain function
- Provides 260 mg of DHA and 60 mg of EPA per daily dose

Bursting with flavour

- Natural orange flavour
- Delivers clean taste with no fishy aftertaste or odour

DHA Pediaburst is suitable for ages 4+ and is a great alternative for children that have difficulty swallowing capsules. Daily dosages of EPA + DHA including at least 150 mg or more of DHA assist in the development of brain, eye, and nerve tissue in children up to 12 years of age. Supplementation with EPA + DHA including at least 100 mg/day of DHA helps to support cognitive health and brain function.

EACH SOFTGEL CONTAINS:

Fish Oil (Tuna)	250 mg
Yielding	
DHA (Docosahexaenoic Acid)	65 mg
EPA (Eicosapentaenoic Acid)	15 mg
Vitamin E (d-alpha tocopherol)	1.68 mg AT / 2.5 IU

Non-Medicinal Ingredients: Bovine gelatin, glycerin, natural orange flavour, purified water, potato starch (non-GMO), sunflower lecithin, stevia leaf extract, annatto extract
Contains: Fish

Recommended Dose

Adults and Children (4 years and older): Chew two softgels two times daily with meals, or as recommended by your healthcare practitioner.

Size

180 Chewable Softgels

Product Code

10553

NPN 80017526



EFA Liquid

Natural Orange Flavour

Combination of fish, flax and evening primrose seed oils

- Provides 11,298 mg ALA, 480 mg of EPA and 300 mg of DHA per daily dose
- Provides 3,600 mg of LA and 84 mg GLA per daily dose
- Helps to support cognitive and cardiovascular health
- Delicious natural orange flavour

EFA Liquid is a blend of fish, flax and evening primrose seed oils that helps maintain optimal health. Fish oils provide omega-3 fatty acids that help to support brain and cardiovascular health. DHA is the most abundant omega-3 fatty acid in the brain, and both DHA and EPA are highly present on neuronal synapses.^{1,2} Supplementation with fish oils has been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory, which indicates that DHA and EPA may improve cognition.² Flax and evening primrose oils provide omega-6 fatty acids LA and GLA, which further maintain good health. The structure and function of skin – including the maintenance of epidermal barrier integrity and protection against the loss of electrolytes and water – depends on fatty acid composition.^{3,4} As decreased levels of omega-3 and 6 fatty acids have been associated with impaired epithelial cell function, including the loss of moisture in the eyes and skin, combined supplementation with both fatty acid types may better maintain optimal health.^{3,4}

EACH TEASPOON (5 mL) CONTAINS:

Flax (<i>Linum usitatissimum</i>) Seed Oil ▲	3765 mg
Yielding	
ALA (Alpha-Linolenic Acid)	1883 mg
LA (Linoleic Acid)	600 mg
Fish Oil (Sardine, Anchovy and Mackerel) ▲	500 mg
Yielding	
EPA (Eicosapentaenoic Acid)	80 mg
DHA (Docosahexaenoic Acid)	50 mg
Evening Primrose (<i>Oenothera biennis</i>) Seed Oil	140 mg
Yielding	
GLA (Gamma-Linolenic Acid)	14 mg
▲ Yielding 2025 mg Total Omega-3 Fatty Acids	

Non-Medicinal Ingredients: Organic distilled orange oil, mixed tocopherol concentrate
Contains: Fish

Recommended Dose

Adults: Take two teaspoons three times daily with meals or as recommended by your healthcare practitioner.

Size

250 mL Liquid

Product Code

10402

NPN 80027436



REFERENCES

- Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.
- Cederholm, T, Salem, NJ, Palmblad, J. Adv Nutr. 2013; 4(6): 672-676.
- Nicolaou, A. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2013; 88: 131-138.
- Aragona, P, Bucolo, C, Spinella, R, Giurida, S, Ferreri, G. IOVS. 2005; 46(12): 4474-4479.

Multi EFA Capsules

Fish, flax, and borage seed oil combination

- Helps support the development of the brain, eyes and nerves in children and adolescents
- Helps support cardiovascular and cognitive health
- Provides 3,445 total mg of EFA per daily dose, including:
 - omega-3: 1,648 mg of EPA, DHA and ALA
 - omega-6: 1,137 mg of LA and GLA

Multi EFA Capsules contain a unique blend of fish, flax and borage seed oils. Fish oils provide omega-3 fatty acids that help to support brain, eye and cardiovascular health. DHA is the most abundant omega-3 fatty acid in the brain, and is essential for the proper development of the brain, retina and visual acuity in young children.^{1,2} Supplementation with fish oils has also been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory, which indicates that DHA and EPA may improve cognition.¹ Flax and borage seed oils provide essential fatty acids (EFA), including ALA, LA, and GLA, which further maintain optimal health. Deficiencies in EFA, especially LA and GLA, are associated with impaired epithelial cell function, including the loss of moisture in the skin and eyes.^{3,4} This is because the structure and function of skin depends on fatty acid composition, with LA accounting for approximately 12% of the total fatty acid content.³ EFA supplementation helps maintain good skin health by maintaining epidermal barrier integrity and protecting against the loss of electrolytes and water.³

EACH SOFTGEL CONTAINS:

* Fish Oil (Anchovy and Sardine)	400 mg
* Flax (<i>Linum usitatissimum</i>) Seed Oil	400 mg
* Borage (<i>Borago officinalis</i>) Seed Oil	400 mg
* Yielding	
EPA (Eicosapentaenoic Acid)	120 mg
DHA (Docosahexaenoic Acid)	80 mg
ALA (Alpha-Linolenic Acid)	212 mg
GLA (Gamma-Linolenic Acid)	76 mg
LA (Linoleic Acid)	208.3 mg
OA (Oleic Acid)	165 mg

Non-Medicinal Ingredients: Gelatin, glycerin, purified water, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults and Children (6 years and older): Take two softgels two times daily with meals, or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10430

NPN 80006833



REFERENCES

1. Cederholm, T., Salem, NJ, Palmblad, J. Adv Nutr. 2013; 4(6): 672-676.
2. Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.
3. Nicolaou, A. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2013; 88: 131-138.
4. Aragona, P., Bucolo, C., Spinella, R., Giuffrida, S., Ferri, G. IOVS. 2005; 46(12): 4474-4479.

Omega 800

800 mg of EFA per softgel

- Provides 525 mg of EPA and 275 mg of DHA per capsule
- Helps support cognitive health and brain function
- Helps to maintain cardiovascular health and reduce serum triglycerides
- Helps promote a healthy mood balance

Omega 800 softgels contain a mixture of anchovy and sardine oils with an EPA to DHA ratio of 1.9:1, which is ideal for maintaining cardiovascular health and promoting a healthy mood balance. In a placebo-controlled clinical trial conducted on 68 healthy medical students, fish oil supplementation for 12 weeks significantly improved mood scores, and reduced serum levels of the pro-inflammatory cytokine interleukin-6 (IL-6).¹ Promoting normal IL-6 levels may also help in the maintenance of cardiovascular health.²

EACH SOFTGEL CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	1250 mg
Yielding	
EPA (Eicosapentaenoic Acid)	525 mg
DHA (Docosahexaenoic Acid)	275 mg

Non-Medicinal Ingredients: Fish gelatin (tilapia and basa), glycerin, purified water, natural orange flavour, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults and Adolescents (14 years and older): Take one softgel two times daily or as recommended by your healthcare practitioner. Adolescents (12-13 years): For cardiovascular and cognitive health and brain function, take one softgel daily or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10464

NPN 80031242



REFERENCES

1. Kiecolt-Glaser JK, Belury MA, Andridge R, Malarkey WB, Glaser R. Brain Behav Immun. 2011; 25(8): 1725-173.
2. Yan AT, Yan RT, Cushman M, Redheuil A, Tracy RP, Arnett DK et al. European Heart Journal. 2010; 31: 875-882.

FISH OILS – LIQUIDS & CAPSULES

Omega EFA Liquid

Promotes mood health and supports rheumatoid arthritis pain reduction

- Helps to promote a healthy mood balance in adults
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis (RA) in adults
- Helps to reduce serum triglyceride levels and helps to maintain cardiovascular health in adults
- 1,915 mg of EPA and 1005 mg of DHA per teaspoon
- Delicious natural orange flavour

Omega EFA Liquid is our most concentrated liquid EFA product, providing 1915 mg of EPA and 1005 mg of DHA per serving. This dosage and EPA:DHA ratio is consistent with the recommended daily dose for helping to promote a healthy mood balance in adults, and supplementation at this daily dosage range has been clinically shown to improve mood balance.^{1,2} Omega EFA also provides the recommended dosage of EPA and DHA for helping to reduce the pain of RA in adults, when used in conjunction with conventional therapy. In patients with RA, high-dose fish oil supplementation has been shown to significantly enhance acetaminophen's primary pain-relieving mechanism of action, by increasing acetaminophen-dependent inhibition of cyclooxygenase (COX) enzymes.³

EACH TEASPOON (5 mL CONTAINS):

Fish Oil (Anchovy).....	4569 mg
Yielding	
EPA (Eicosapentaenoic Acid).....	1915 mg
DHA (Docosahexaenoic Acid)	1005 mg
Total Omega-3 Fatty Acids	3425 mg

Non-Medicinal Ingredients: Orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults (19 years and older): Take one teaspoon daily or as recommended by your healthcare practitioner. Children and Adolescents (1-18 years): Take ½ teaspoon daily or as recommended by your healthcare practitioner.

Size

150 mL Liquid

Product Code

10469

NPN 80038433



REFERENCES

1. Rondanelli M, Giacosa A, Pelucchi C, La Vecchia C, Montorfano G, Negroni M et al. Journal of the American College of Nutrition. 2010; 29(1): 55-64.
2. Freeman MP, Hibbeln JR, Silver M, Hirschberg AM, Wang B, Yule AM et al. Menopause. 2011; 18(3): 279-284.
3. Caughey GE, James MJ, Proudman SM, Cleland LG. Complementary Therapies in Medicine. 2010; 18: 171-174.

SEP EFA

EPA and DHA to support cardiovascular and brain health

- Helps to reduce serum triglycerides in adults
- Supports cognitive health and brain function
- Provides 1080 mg of EPA and 720 mg DHA per daily dose

SEP EFA is a blend of the omega-3 fatty acids EPA and DHA that helps support cardiovascular health. Research indicates that EPA and DHA support lipid metabolism through the modification of gene expression in the liver and other tissues.^{1,2} This decrease in triglycerides leads to a reduction in very low density lipoprotein (VLDL) cholesterol production, molecules that transport lipids throughout the body.^{2,3} In a randomized, double-blind, placebo-controlled trial involving 60 hyperlipidemic adults, 3 weeks of daily supplementation with 1.4 g total of EPA and DHA significantly lowered serum triglycerides by approximately 20% when compared to baseline values.⁴ DHA is also the most abundant omega-3 fatty acid in the brain: supplementation with fish oils has been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory.⁵ In 36 elderly adults with mild cognitive impairment, daily supplementation with 1.75 g of DHA and EPA for 12 months led to significant increases in short-term and working memory.⁶

EACH CAPSULE CONTAINS:

Fish Oil (Anchovy, Sardine and Salmon).....	1050 mg
Yielding	
EPA (Eicosapentaenoic Acid).....	180 mg
DHA (Docosahexaenoic Acid)	120 mg

Non-Medicinal Ingredients: Gelatin, glycerin, purified water, alpha tocopherol
Contains: Fish

Recommended Dose

Adults and Children (12 years and older): Take two softgels three times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10403

NPN 80002764



REFERENCES

1. Davidson MH. The American Journal of Cardiology. 2006; 98(4A): 27i-33i.
2. Ikeda, I, Konno, R, Shimizu, T, Ide, T, Takahashi, N, Kawada, T, Nagao, K, Inoue, N, Yanagita, T, Hamada, T, Morinaga, Y, Tomoyori, H, Imaizumi, K, Suzuki, K. Biochimica et Biophysica Acta. 2006; 1760: 800-807.
3. Estronca, LMBB, Filipe, HAL, Salvador, A, Moreno, AJ, Vaz, WLC. Journal of Lipid Research. 2014; 55: 1033-1043.
4. Micallef, MA, Garg, ML. The Journal of Nutrition. 2008; 138: 1086-1090.
5. Cederholm, T, Salem, NJ, Palmblad, J. Adv Nutr. 2013; 4(6): 672-676.
6. Lee, LK, Shahar, S, Chin, AV, Yussuff, NAM. Psychopharmacology. 2013; 225(3): 605-612.

Super DHA Liquid

Supports brain function with a 4.6:1 ratio of DHA to EPA

- Provides 1200 mg of DHA and 260 mg EPA per teaspoon
- Helps support cognitive health and brain function
- Uses NEO-3® natural EPA and DHA enrichment
- Delicious natural orange flavour

DHA is the primary omega-3 polyunsaturated fatty acid in the brain where it constitutes approximately 30–40% of the phospholipid content in the cerebral cortex and gray matter.¹ DHA helps to support normal neural membrane function, such as neurotransmission, as well as synaptic plasticity, which is a component of memory and learning processes.¹ In a randomized, placebo-controlled clinical trial conducted on 176 healthy young adults, six months of daily supplementation with 1160 mg of DHA significantly improved cognitive function including both working memory and reaction time.²

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Tuna)	4383 mg
Yielding	
DHA (Docosahexaenoic Acid)	1200 mg
EPA (Eicosapentaenoic Acid)	260 mg
Total Omega-3 Fatty Acids	1800 mg

Non-Medicinal Ingredients: Orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults (19 years and older): Take one teaspoon two times daily with meals, or as recommended by your healthcare practitioner. Children and Adolescents (1-18 years): Take one teaspoon once daily with a meal, or as recommended by your healthcare practitioner.

Size

150 mL Liquid

Product Code

10446

NPN 80002928



REFERENCES

1. Horrocks LA, Faroqui AA. 2004; 70: 361-372.
2. Stonehouse W et al. American Journal of Clinical Nutrition. 2013; 97: 1134-1143.

Super EFA Capsules

Supports cardiovascular health and cognitive function with an EPA:DHA ratio of 1.4:1

- Helps to reduce serum triglyceride levels in adults and helps to maintain cardiovascular health
- Supports cognitive health and brain function
- EPA and DHA levels are enriched using the proprietary NEO-3® processing technique, providing 262 mg of EPA and 187.5 mg of DHA per softgel

Super EFA Capsules contain a mixture of sardine and anchovy fish oils provided in an EPA:DHA ratio of 1.4:1, which is ideal for helping to reduce serum triglyceride levels. Fish oil supplementation at a minimum daily dose of 100 mg/day of DHA supports cognitive health and brain function.

EACH SOFTGEL CONTAINS:

Fish Oil (Anchovy and Sardine)	1166.4 mg
Yielding	
EPA (Eicosapentaenoic Acid)	262 mg
DHA (Docosahexaenoic Acid)	187.5 mg
Total Omega-3 Fatty Acids	562 mg

Non-Medicinal Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults and Adolescents (12 years and older): Take two softgels two times daily with meals or as recommended by your healthcare practitioner.

Size

120 Softgels

Product Code

10406120

NPN 80003182



FISH OILS – LIQUIDS & CAPSULES

NEW Super EFA Forte Capsules

Concentrated triglyceride fish oil in a convenient softgel format

- Double-potency formula offering 475 mg of EPA and 325 mg of DHA per softgel
- Helps support cognitive and cardiovascular health, while reducing serum triglycerides
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis (RA) in adults

Super EFA Forte Capsules offer a high-potency fish oil formula providing EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure softgel offers 800 mg of EPA and DHA to support cognitive and cardiovascular health, as well as joint health in adults with RA. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ In conjunction with conventional therapy, EPA and DHA help reduce the pain of RA in adults. These omega-3 fatty acids have been clinically demonstrated to improve joint pain intensity, hand grip strength and measures of daily function in adults with RA, which may result from their ability to regulate immune cell activity and prostaglandin and leukotriene production.⁴ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{5,6}

EACH SOFTGEL CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	1430 mg
Yielding	
EPA (Eicosapentaenoic Acid)	475 mg
DHA (Docosahexaenoic Acid)	325 mg
Total Omega-3	830 mg

Non-Medical Ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults: Take one to four softgels daily or as recommended by your healthcare practitioner. To help reduce the pain of rheumatoid arthritis, take four softgels daily or as recommended by your healthcare practitioner. Children and Adolescents (9-17 years): Take one to two softgels daily or as recommended by your healthcare practitioner. Children (6-8 years): Take one softgel daily or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10393

NPN 80085312



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ. American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Berbert, AA, Kondo, CR, Almendra, CL, Matsuo, T, Dichi, I. [Abstract]. Nutrition. 2005; 21(2): 131-6.
5. Dyerberg, J, Madsen, P, Møller, JM, Aarsetrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
6. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

NEW Super EFA Forte Capsules + D

Concentrated triglyceride fish oil plus vitamin D in a convenient softgel format

- Double-potency formula offering 475 mg of EPA and 325 mg of DHA per softgel
- Helps support cognitive and cardiovascular health, while maintaining immune function and bone health
- Assists in preventing vitamin D deficiency with 1,000 IU per softgel

Super EFA Forte Capsules + D offer a high-potency fish oil formula providing EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure softgel offers 800 mg of EPA and DHA to support cognitive and cardiovascular health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{4,5} Vitamin D is also included for its well-recognized effects in maintaining immune function and bone health.

EACH SOFTGEL CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	1430 mg
Yielding	
EPA (Eicosapentaenoic Acid)	475 mg
DHA (Docosahexaenoic Acid)	325 mg
Total Omega-3	830 mg
Vitamin D (cholecalciferol)	25 mcg/1000 IU

Non-Medical Ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults, Adolescents and Children (6 years and older): Take one softgel daily or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10394

NPN 80085516



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ. American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Dyerberg, J, Madsen, P, Møller, JM, Aarsetrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
5. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

NEW Super EFA Forte Liquid

Natural Orange Flavour

Concentrated triglyceride fish oil in a great-tasting liquid

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Helps support cognitive and cardiovascular health, while reducing serum triglycerides
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis (RA) in adults
- Delicious natural orange flavour
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support cognitive and cardiovascular health, as well as joint health in adults with RA. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ In conjunction with conventional therapy, EPA and DHA help reduce the pain of RA in adults. These omega-3 fatty acids have been clinically demonstrated to improve joint pain intensity, hand grip strength and measures of daily function in adults with RA, which may result from their ability to regulate immune cell activity and prostaglandin and leukotriene production.⁴ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{5,6}

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	4500 mg
Yielding	
EPA (Eicosapentaenoic Acid)	1500 mg
DHA (Docosahexaenoic Acid)	1000 mg
Total Omega-3	2600 mg

Non-Medicinal Ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults: Take one teaspoon one to two times daily or as recommended by your healthcare practitioner. To help reduce the pain of rheumatoid arthritis, take one teaspoon two times daily or as recommended by your healthcare practitioner. Adolescents (14-18 years): Take one teaspoon daily or as recommended by your healthcare practitioner. Adolescents and Children (6-13 years): Take ½ teaspoon daily or as recommended by your healthcare practitioner.

Size	Product Code	
200 mL Liquid	10391	NPN 80085784



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ, American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Berbert, AA, Kondo, CR, Almendra, CL, Matsuo, T, Dichi, I. [Abstract]. Nutrition. 2005; 21(2): 131-6.
5. Dyerberg, J, Madsen, P, Møller, JM, Aardestrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
6. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

NEW Super EFA Forte Liquid + D

Natural Orange Flavour

Concentrated triglyceride fish oil plus vitamin D in a great-tasting liquid

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Helps support cognitive and cardiovascular health, while maintaining bone health and immune function
- Assists in preventing vitamin D deficiency with 1,000 IU per teaspoon
- Delicious natural orange flavour
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid + D is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support cognitive and cardiovascular health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.¹ Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.² DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.^{4,5} Vitamin D is also included for its well-recognized effects in maintaining immune function and bone health. Provided in a convenient liquid format, Super EFA Forte Liquid + D is ideal for individuals who may have difficulty or dislike swallowing capsules.

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel)	4500 mg
Yielding	
EPA (Eicosapentaenoic Acid)	1500 mg
DHA (Docosahexaenoic Acid)	1000 mg
Total Omega-3	2600 mg
Vitamin D (cholecalciferol)	25 mcg/1000 IU

Non-Medicinal Ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate
Contains: Fish

Recommended Dose

Adults and Adolescents (14 years and older): Take one teaspoon daily or as recommended by your healthcare practitioner. Adolescents and Children (6-13 years): Take ½ teaspoon daily or as recommended by your healthcare practitioner.

Size	Product Code
200 mL Liquid	10392

NPN 80085624



REFERENCES

1. Dyall, SC. Front Aging Neurosci. 2015; 7: 52.
2. Yurko-Mauro, K, et al. Alzheimers Dement. 2010; 6(6): 456-64.
3. Kris-Etherton, PM, Harris, WS, Appel, LJ, American Heart Association. Circulation. 2002; 106(21): 2747-57.
4. Dyerberg, J, Madsen, P, Møller, JM, Aardestrup, I, Schmidt, EB. Prostaglandins Leukot Essent Fatty Acids. 2010; 83(3): 137-41.
5. Neubronner, J, Schuchardt, JP, Kressel, G, Merkel, M, von Schacky, C, Hahn, A. Eur J Clin Nutr. 2011; 65(2): 247-54.

These products may not be right for everyone. Always read and follow the label.

FISH OILS – LIQUIDS & CAPSULES

Super EFA Liquid Plus

Combination of EPA, DHA and plant sterols

- Helps maintain and support cardiovascular health and reduce serum triglycerides
- Provides 930 mg of EPA and 685 mg of DHA per daily dose
- Provides 325 mg of plant sterol esters per daily dose
- Delicious natural orange flavour

Recent research indicates that in diets high in monounsaturated fatty acids, a combination of plant sterols and fish oils better support cardiovascular health than fish oils alone.¹ EPA and DHA decrease the breakdown of triglycerides in fat cells, while increasing their breakdown in the heart and skeletal muscle.² Fish oils increase utilization of fatty acids by adipose tissue while decreasing their delivery to the liver.² This reduces their incorporation into very low density lipoproteins (VLDL molecules which transport lipids from the liver to other parts of the body), and leads to decreased VLDL production.² β -oxidation of fatty acids in the liver, fat, heart and skeletal muscle is also increased.² This converts fatty acids into acetyl-CoA for energy production in the Krebs cycle and decreases the amount of fatty acids available for the synthesis of triglycerides.² Genes that regulate triglyceride synthesis, storage, and β -oxidation are also affected by plant sterols.^{2,3} In randomized, placebo-controlled trials, daily supplementation with 1.3-1.4 g of EPA and DHA in combination with plant sterols for 3-4 weeks significantly lowered serum triglycerides by approximately 14-25% in hyperlipidemic adults.^{4,5}

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Sardine and Anchovy)	4137.5 mg
Yielding	
EPA (Eicosapentaenoic Acid)	930 mg
DHA (Docosahexaenoic Acid)	685 mg
Total Omega-3 Fatty Acids	1860 mg
Plant Sterol Esters (from <i>Pinus sp.</i> / <i>Brassica napus</i>)	25 mg

Non-Medicinal Ingredients: Orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults: Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. If preferred, Super EFA Liquid Plus can be mixed with juice or water. Shake well before each use.

Size

225 mL Liquid

Product Code

10447

NPN 80028390



REFERENCES

- Demonty, I, Chan, YM, Pelled, D, Jones, PJH. Am J Clin Nutr. 2006; 84: 1534-1542.
- Shearer, GC, Savinova, OV, Harris, WS. Biochimica et Biophysica Acta. 2012; 1821(5): 843-851.
- Ikedo, I, Konno, R, Shimizu, T, Ide, T, Takahashi, N, Kawada, T, Nagao, K, Inoue, N, Yanagita, T, Hamada, T, Morinaga, Y, Tomoyori, H, Imaizumi, K, Suzuki, K. Biochimica et Biophysica Acta. 2006; 1760: 800-807.
- Micallef, MA, Garg, ML. The Journal of Nutrition. 2008; 138: 1086-1090.
- Ras, RT, Demonty, I, Zebregs, YEMP, Quad, JFA, Olsson, J, Trautwein, EA. The Journal of Nutrition. 2014; 144: 1564-1570.

Super EFA Liquid Plus CoQ₁₀

Cardiovascular support combination

- Provides 930 mg of EPA and 710 mg of DHA per daily dose
- Contains 50 mg of CoQ₁₀ per dose
- Helps to reduce serum triglycerides
- A source of antioxidants for the maintenance of good health

Super EFA Liquid Plus CoQ₁₀ is a combination of CoQ₁₀ and essential omega-3 fatty acids that helps to maintain optimal health. As CoQ₁₀ is involved in the transportation of electrons in the mitochondria and is needed for the production of ATP,¹ it is present in tissues with high metabolic activity, including the heart.² CoQ₁₀ is also an important intracellular antioxidant that supports overall wellbeing by scavenging free radicals and decreasing oxidative damage to DNA.³ EPA and DHA further maintain optimal health by decreasing triglyceride levels.⁴ Specifically, they decrease fat production and increase β -oxidation of fatty acids in the liver.⁵ This results in fewer triglycerides available for the production of very low density lipoproteins, molecules that transport lipids throughout the body.^{4,6} In a randomized, placebo-controlled trial involving 67 overweight adults, supplementation with 1.56 g of EPA and DHA daily for 12 weeks lowered serum triglyceride levels by 26%.⁷

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy and Sardine)	4530 mg
Yielding	
EPA (Eicosapentaenoic Acid)	930 mg
DHA (Docosahexaenoic Acid)	710 mg
Total Omega-3 Fatty Acids	1960 mg
Coenzyme Q ₁₀ (yeast fermentation)	50 mg

Non-Medicinal Ingredients: Orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults: Take one teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

200 mL Liquid

Product Code

10572

NPN 80038647



REFERENCES

- Juan Garrido-Maraver, J, Cordero, MD, Oropesa-Ávila, M, Fernández Vega, A, de la Mata, M, Delgado Pavón, A, de Miguel, M, Pérez Calero, C, Villanueva Paz, M, Cotán, D, Sánchez-Alcázar, JA. Molecular Syndromology. 2014; 5: 187-197.
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- Davidson, MH. The American Journal of Cardiology. 2006; 98(4A): 27i-33i.
- Mozaffarian D, Wu, JHY. Journal of the American College of Cardiology. 2011; 58(20): 2047-2067.
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- Milte, CM, Coates, AM, Buckley, JD, Hill, AM, Howe, PRC. British Journal of Nutrition. 2008; 99: 1083-1088.

Super EFA Liquid Plus D

Vitamin D-rich EPA and DHA

- Provides 950 mg of EPA and 725 mg of DHA per teaspoon
- Supports cardiovascular health, cognitive health and brain function
- Helps support the development of the brain, eyes and nerves in children up to 12 years of age
- Helps to prevent vitamin D deficiency by providing 1000 IU of vitamin D₃ per teaspoon
- Helps in the development and maintenance of bones and teeth

Super EFA Liquid Plus D is a combination of vitamin D and essential omega-3 fatty acids that helps to maintain bone and cognitive health. It is estimated that nearly one-third of Canadians have low vitamin D levels.¹ Four hundred IU per day of vitamin D helps to support bone growth in infants and young children, while 600 IU daily helps maximize bone health in adolescents and adults.^{2,3} Daily supplementation with 800 IU of vitamin D helps to maximize bone health in adults over 70 years of age and may help decrease the risk of hip or non-vertebral fractures by nearly 25%.^{3,4} Rods and cones in the retina are rich in DHA, demonstrating that the omega-3 fatty acid is necessary for the proper development of retinal structure and visual acuity in young children.⁵ DHA is also the most abundant omega-3 fatty acid in the brain, and is especially essential to support pre- and postnatal brain development.^{5,6} Supplementation with fish oils has been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory, indicating their beneficial effect on cognitive health.⁶

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy and Sardine)	4560 mg
Yielding	
EPA (Eicosapentaenoic Acid)	950 mg
DHA (Docosahexaenoic Acid)	725 mg
Total Omega-3 Fatty Acids	1975 mg
Vitamin D (cholecalciferol)	25 mcg / 1000 IU

Non-Medicinal Ingredients: Orange oil, natural mixed tocopherols
Contains: Fish

Recommended Dose

Adults and Adolescents (9 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. Children (1-8 years): Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

200 mL Liquid

Product Code

10483

NPN 80038432



REFERENCES

1. Statistics Canada, 2013 (<http://www.statcan.gc.ca/pub/82-624-x/2013001/article/11727-eng.htm>).
2. Wagner, CL, Greer, FR. Pediatrics. 2008; 122(5): 1142-1152.
3. Holick, MF, Binkley, NC, Bischoff-Ferrari, HA, Gordon, CM, Hanley, DA, Heaney, RP, Murad, MH, Weaver, CM. J Clin Endocrinol Metab. 2011; 96(7):1911-1930.
4. Bischoff-Ferrari, HA, Willett, WC, Wong, JB, Giovannucci, E, Dietrich, T, Dawson-Hughes, B. JAMA. 2005; 293(18): 2257-2264.
5. Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.
6. Cederholm, T, Salem, NJ, Palmblad, J. Adv Nutr. 2013; 4(6): 672-676.



FISH OILS – EMULSIFIED

Fish oils emulsified by WisdOM-3™

The wonderful health benefits offered by increasing intake of omega-3s are well recognized, but some people prefer not to take lots of capsules and additionally do not like the oily mouthfeel and potential 'fishiness' of liquid oil products. For these reasons, Seroyal scientists began to study ways of emulsifying omega oils using a process called WisdOM-3™ to make them more palatable. However, in the course of this work, they uncovered some facts about absorption of omega-3s that are beginning to completely change the way in which omega-3s are presented. Here are some facts about WisdOM-3.™

Increases rate of EPA and DHA absorption

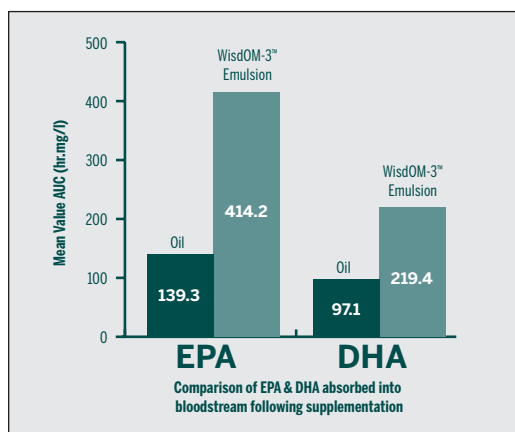
In a pilot study, fish oil emulsified using WisdOM-3™, improved the absorption of EPA and DHA by 3X and 2X, respectively.¹

When we digest most fats and oils in our diet, the emulsification that naturally occurs in the stomach and intestine is sufficient to ensure that complete absorption takes place. As with any lipid, absorption is limited and dependent on adequate bile production. An emulsion encloses these fatty acids into a tiny water soluble droplet called a micelle. In this form, EPA and DHA can easily cross the intestinal membranes.

Allows blending of other nutrients

WisdOM-3™ emulsification also has the benefit of allowing other nutritional ingredients to be added, enabling products with multiple benefits to be developed.

Finally WisdOM-3™ causes oils to lose their 'oiliness' and also allows natural flavours and fruit concentrates to be added, making WisdOM-3™ products delicious to take either directly from the spoon or mixed into fruit juices or smoothies.



1. Garaiova et al, Nutrition Journal 2007

Berry DHA GREAT FOR CHILDREN

Emulsified DHA and EPA formula high in vitamin C

- Helps maintain cardiovascular health and reduce serum triglycerides in adults and adolescents
- Helps support cognitive health
- Helps support the development of the brain, eyes and nerves in children and adolescents
- Provides 300 mg of DHA and 148 mg of EPA per teaspoon
- Delicious natural berry flavour

Berry DHA is an effective combination of omega-3 fatty acids, anthocyanins and vitamin C that helps support brain and cardiovascular health. Emulsified oils have superior absorption than fish oils due to improved digestion by pancreatic lipase enzymes.¹ DHA is essential to support pre- and postnatal brain development, as it is highly present on neuronal synapses.² Rods and cones in the retina are rich in DHA, the omega-3 fatty acid necessary for the proper development of retinal structure and visual acuity in infants.² DHA and EPA lower triglyceride production by increasing fatty acid metabolism by stimulating PPARα in the liver.^{3,4}

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Tuna, Sardine and Anchovy)	1277.8 mg
Yielding	
EPA (Eicosapentaenoic Acid)	148 mg
DHA (Docosahexaenoic Acid)	300 mg
Total Omega-3 Fatty Acids	543 mg
Wild Berry and Apple Concentrate	500 mg
[Black currant (<i>Ribes nigrum</i>) fruit, European elder (<i>Sambucus nigra</i>) fruit, Bilberry (<i>Vaccinium myrtillus</i>) fruit, Chokeberry (<i>Aronia melanocarpa</i>) fruit, Apple (<i>Malus domestica</i>) fruit]	

Non-Medicinal Ingredients: Fruit blend (pineapple, mango, orange, banana), modified corn starch, purified water, fructose, hydroxypropyl alginate, ascorbic acid, pineapple flavour, acacia gum, mixed tocopherols concentrate, vanilla flavour, potassium sorbate
Contains: Fish

Recommended Dose

Adults and Adolescents (9 years and older): Take two teaspoons two times daily or as recommended by your healthcare practitioner. Children (1-8 years): Take one teaspoon two times daily or as recommended by your healthcare practitioner. If preferred, Berry DHA can be mixed with juice or water. Shake well before each use.

Size

225 mL Liquid

Product Code

10449

NPN 80077397



REFERENCES

1. Garaiova, I, Guschina, IA, Plummer, SF, Tang, J, Wang, D, Plummer, NT. Nutrition Journal. 2007; 6: 4-12.
2. Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.
3. Davidson, MH. The American Journal of Cardiology. 2006; 98(4A): 27i-33i.
4. Ikeda, I, Konno, R, Shimizu, T, Ide, T, Takahashi, N, Kawada, T, Nagao, K, Inoue, N, Yanagita, T, Hamada, T, Morinaga, Y, Tomoyori, H, Imaizumi, K, Suzuki, K. Biochimica et Biophysica Acta. 2006; 1760: 800-807.

Berry EFA Plus

Emulsified EPA and DHA formula

- A source of omega-3 fatty acids for the maintenance of good health
- Helps support cognitive health and brain function and the development of the brain, eyes and nerves in children up to 12 years of age
- Helps maintain and support cardiovascular health and helps reduce serum triglycerides in adults
- Provides 250 mg of EPA and 187.5 mg of DHA per teaspoon
- Provides 15 mg of anthocyanins per teaspoon
- Delicious natural berry flavour

Berry EFA Plus is an effective combination of omega-3 fatty acids and anthocyanins that helps to support cardiovascular health. Emulsified oils have superior absorption than fish oils.¹ They are better exposed to pancreatic lipase during digestion, allowing their enhanced incorporation into chylomicrons for transport through the body.¹ EPA and DHA alter gene expression in the liver, resulting in increased β -oxidation of fatty acids and decreased triglyceride synthesis.² In a randomized, placebo-controlled trial involving 67 overweight adults, supplementation with 1.28 g of DHA and EPA daily for 12 weeks significantly lowered serum triglyceride levels.³ Berry EFA Plus provides 15 mg of anthocyanins per teaspoon, which is equivalent to approximately 75 g of fresh strawberries,⁴ and is a good alternative for people who have difficulty swallowing capsules.

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy and Sardine)	1277 mg
Yielding	
EPA (Eicosapentaenoic Acid)	250 mg
DHA (Docosahexaenoic Acid)	187.5 mg
Total Omega-3 Fatty Acids	600 mg
Wild Berry-Apple Concentrate	500 mg
[Chokeberry (<i>Aronia melanocarpa</i>), Elderberry (<i>Sambucus nigra</i>), Bilberry (<i>Vaccinium myrtillus</i>), Black Currant (<i>Ribes nigrum</i>) and Apple (<i>Malus domestica</i>) fruits]	
Yielding	
Anthocyanins	15 mg

Non-Medicinal Ingredients: Concentrated pineapple juice, modified corn starch, fructose, purified water, mango puree, concentrated orange juice, banana puree, hydroxypropyl alginate, pineapple flavour, natural mixed tocopherols, acacia gum, vanilla flavour, potassium sorbate
Contains: Fish

Recommended Dose

Adults and Adolescents (9 years and older): Take two teaspoons two times daily with meals or as recommended by your healthcare practitioner. Children (2-8 years): Take one teaspoon two times daily with meals or as recommended by your healthcare practitioner. If preferred, Berry EFA Plus can be mixed with juice or water.

Size

300 mL Liquid

Product Code

10448

NPN 80037440



REFERENCES

1. Garaiova, I, Guschina, IA, Plummer, SF, Tang, J, Wang, D, Plummer, NT. Nutrition Journal. 2007; 6: 4-12.
2. Mozaffarian, D, Wu, JHY. Journal of the American College of Cardiology. 2011; 58(20): 2047-2067.
3. Milte, CM, Coates, AM, Buckley, JD, Hill, AM, Howe, PRC. British Journal of Nutrition. 2008; 99: 1083-1088.
4. da Silva, L, Escribano-Bailo, MT, Perez-Alonso, JJ, Rivas-Gonzalo, JC, Santos-Buelga, C. LWT - Food Science and Technology. 2007; 40(2): 374-382.

Fruit EFA

Emulsified EPA and DHA for the maintenance of good health

- Helps support cognitive health and brain function
- Helps support the development of the brain, eyes and nerves in children up to 12 years of age
- Helps maintain cardiovascular health and reduce serum triglycerides in adults
- Provides 280 mg of EPA and 205 mg of DHA per teaspoon

Fruit EFA is a combination of omega-3 fatty acids that helps to support cardiovascular and brain health, and is a good alternative for people who have difficulty swallowing capsules. Emulsified oils have superior absorption than fish oils.¹ They are better exposed to pancreatic lipase during digestion, allowing their enhanced incorporation into chylomicrons for transport through the body.¹ EPA and DHA alter gene expression in the liver, resulting in increased β -oxidation of fatty acids and decreased triglyceride synthesis.² In a randomized, placebo-controlled trial involving 67 overweight adults, supplementation with 1.92 g of EPA and DHA daily for 12 weeks lowered serum triglyceride levels by 26%.³ Supplementation with fish oils has also been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory; this indicates that EPA and DHA may improve cognition.⁴ DHA is also essential in supporting pre- and postnatal brain development, and proper retinal structure and visual acuity in infants.⁵

EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy and Sardine)	1277 mg
Yielding	
EPA (Eicosapentaenoic Acid)	280 mg
DHA (Docosahexaenoic Acid)	205 mg

Non-Medicinal Ingredients: Concentrated pineapple and orange juices, modified corn starch, purified water, fructose, mango and banana purees, hydroxypropyl alginate, ascorbic acid, pineapple and vanilla flavours, acacia gum, natural mixed tocopherols, potassium sorbate
Contains: Fish

Recommended Dose

Adults and Adolescents (9 years and older): Take two teaspoons two times daily with meals or as recommended by your healthcare practitioner. Children (1-8 years): Take two teaspoons once daily with a meal or as recommended by your healthcare practitioner. If preferred, Fruit EFA can be mixed with juice or water.

Size

300 mL Liquid

Product Code

10417

NPN 80012837



REFERENCES

1. Garaiova, I, Guschina, IA, Plummer, SF, Tang, J, Wang, D, Plummer, NT. Nutrition Journal. 2007; 6: 4-12.
2. Mozaffarian, D, Wu, JHY. J Am Coll Cardiol. 2011; 58(20): 2047-2067.
3. Milte, CM, Coates, AM, Buckley, JD, Hill, AM, Howe, PRC. British Journal of Nutrition. 2008; 99: 1083-1088.
4. Cederholm, T, Salem, NJ, Palmblad, J. Adv Nutr. 2013; 4(6): 672-676.
5. Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.

PHOSPHOLIPIDS

Krill Oil

EPA and DHA for the maintenance of good health

- Provides 130 mg of EPA and 70 mg of DHA per daily dose
- Provides 390 mg of phospholipids and 750 mcg of esterified astaxanthin per daily dose

Krill Oil is a blend of omega-3 fatty acids and astaxanthin that helps to maintain good health. The EPA and DHA in krill oil is primarily bound to phospholipids, which may increase their bioavailability in comparison with certain forms of fish oil supplements, due to improved intestinal transport.^{1,2} Krill naturally contains astaxanthin, which is the carotenoid antioxidant responsible for its red pigmentation.³ Supplementation of 1 g of krill oil (providing 200 mg of EPA and DHA) for 12 weeks better maintained overall health when compared to a placebo in a randomized trial involving 267 adults with borderline to high triglyceride levels.⁴ Recent research indicates that the unique combination of omega-3 fatty acids, phospholipids, and astaxanthin in krill oil is a good alternative to fish oil.⁵

EACH CAPSULE CONTAINS:

Krill (<i>Euphausia superba</i>) Body Oil	500 mg
Yielding	
EPA (Eicosapentaenoic Acid)	65 mg
DHA (Docosahexaenoic Acid)	35 mg
Total Omega-3 Fatty Acids	120 mg
Phospholipids	195 mg
Esterified astaxanthin	375 mcg

Non-Medicinal Ingredients: Fish gelatin

Contains: Shellfish (krill), fish (tilapia)

Recommended Dose

Adults: Take two capsules daily with a meal or as recommended by your healthcare practitioner.

Size

60 Capsules

Product Code

10432

NPN 80031074



REFERENCES

1. Barros, MP, Poppe, SC, Bondan, EF. *Nutrients*. 2014; 6: 1293-1317.
2. Schuchardt, JP, Schneider, J, Meyer, H, Neubronner, J, von Schacky, C, Hahn, A. *Lipids Health Dis*. 2011; 10:145.
3. Gammon, MA, Riccioni, G, D'Orazio, N. *Food & Nutrition Research*. 2015; 59: 26762.
4. Berge, K, Musa-Veloso, K, Harwood, M, Hoem, N, Burri, L. *Nutrition Research*. 2014; 34: 126-133.
5. Bunea, R, El Farrah, K, Deutsch, L. *Alternative Medicine Review*. 2004; 9(4): 420-428.

Phos Choline

Lecithin-derived phospholipid formula

- Provides 2,880 mg of phosphatides per daily dose
- Supports liver health

Phos Choline provides phospholipids that help to support liver function. Phosphatidyl-choline (PC) is the primary phospholipid (also known as phosphatide) found in lecithin.¹ It is an important component of cell membranes and is highly concentrated in hepatocytes.^{2,3} All lipoproteins are rich in PC, and are primarily produced in the liver.³ Normal PC levels may help to prevent hepatic lipid accumulation as PC is necessary for the production and secretion of very low density lipoproteins (VLDL), which transport triglycerides from the liver.^{2,3} Choline deficiencies may lead to lipid accumulation in the liver, which negatively affects liver function and health.³ Recent *in vitro* studies show that hepatocytes also overproduce free radicals when grown in choline deficient medium; excess reactive oxygen species production can lead to DNA damage and impair liver function.⁴ In a randomized, double blind trial, 57 healthy adults were fed diets low in choline. After six weeks of depletion, fatty liver, liver damage and/or muscle damage was observed among 68% of participants.⁵ When choline was replenished in the diet, the organ dysfunction was resolved in all participants within six weeks.⁵

EACH SOFTGEL CONTAINS:

Soy Lecithin (from <i>Glycine max</i> bean)	1200 mg
Yielding	
Phosphatides	720 mg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, purified water

Contains: Soy

Recommended Dose

Adults: Take two softgels two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10526

NPN 80006244



REFERENCES

1. Patterson KY, Bhagwat SA, Williams JR, Howe JC, Holden JM. January 2008 (<http://www.ars.usda.gov/SP2UserFiles/Place/80400525/Data/Choline/Choln02.pdf>).
2. Duric, M, Sivanesan, S, Bakovic, M. *Eur. J. Lipid Sci. Technol*. 2012; 114: 389-398.
3. Cole, LK, Vance, JE, Vance, DE. *Biochimica et Biophysica Acta*. 2012; 1821: 754-761.
4. Zeisel, SH. *Mutation Research*. 2012; 733: 34-38.
5. Fischer, LM, daCosta, KA, Kwock, L, Stewart, PW, Lu, TS, Stabler, SP, Allen, RH, Zeisel, SH. *Am J Clin Nutr*. 2007; 85: 1275-85.



Phosphatidylserine

Helps to support the maintenance of cognitive function

- Provides 300 mg of phosphatidylserine per daily dose

Phosphatidylserine (PS) is a phospholipid found in neuronal cell membranes that helps to support cognitive function.¹ PS helps to maintain optimal levels of membrane fluidity, which is necessary for proper enzyme and receptor activities.¹ It also mediates the activity in several neurotransmitters, including norepinephrine, dopamine and serotonin.¹ In a randomized, placebo-controlled trial involving 73 elderly participants with mild memory impairment, daily supplementation with 300 mg of PS for 6 months significantly improved word recall rates.² The improvement in cognitive function extended three months after the treatment period ended.² PS can be metabolized into the choline-containing neurotransmitter acetylcholine, which can influence synaptic plasticity, the ability to strengthen the transmission at a synapse.^{3,4} Increases in synaptic plasticity are central to improving memory and learning.⁴ PS supplementation may increase brain-derived neurotrophic factor, a protein that may influence the survival of neurons and may also have a role in enhancing memory and learning.⁵

EACH CAPSULE CONTAINS:

Soy Lecithin (from <i>Glycine max</i> bean)	100 mg
Yielding	
Phosphatidylserine	50 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, magnesium silicate, ascorbyl palmitate
Contains: Soy

Recommended Dose

Adults: Take three capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10580

NPN 80007267



REFERENCES

1. Glade, MJ, Smith, K. Phosphatidylserine and the Human Brain. *Nutrition*. 2015; 31(6): 781-786.
2. Kato-Kataoka, A, Sakai, M, Ebina, R, Nonaka, C, Asano, T, Miyamori, T. *J. Clin. Biochem. Nutr.* 2010; 47: 246-255.
3. Rontein, D, Rhodes, D, Hanson, AD. *Plant Cell Physiol.* 2003; 44(11): 1185-1191.
4. Picciotto, MR, Higley, MJ, Mineur, YS. *Neuron*. 2012; 76: 116-129.
5. Gray, JD, Milner, TA, McEwen, BS. *Neuroscience*. 2013; 239: 214-227.



Plant Oil Product Overview

Why supplement with plant oils?

Much emphasis is placed on the body's requirement for EPA and DHA, and while these two fatty acids are of utmost importance, plant oils are able to deliver a full spectrum of omega fatty acids (3,6,9). Plant oils can be found through land source (i.e. plants) or aquatic (i.e. micro-algae). Plant oils provide an excellent alternative for those with fish oil sensitivities, vegans or vegetarians.

Omega-3s

ALA (Alpha Linolenic Acid)

Flax seed is a rich source of ALA and plant lignans (hormone-like phytoestrogens) containing 75-800 times more than that in other oil seeds, cereals, legumes, fruits and vegetables.¹

SDA (Stearidonic Acid)

Found in black currant.

Phytosterols

Naturally found in very small amounts in all types of unrefined plant oils, such as olive oil and sunflower oil.

Omega-6s

CLA (Conjugated Linoleic Acid)

Found in many plant oils including safflower, sunflower and soybean oils. At 3-5 g per day, CLA may help to support a modest reduction in fat mass when used with a program of reduced intake of dietary calories and increased physical activity.

GLA (Gamma-linolenic Acid)

Found in borage and evening primrose oil. Adequate amounts cannot be synthesized by the body and must be consumed through diet or supplementation.

LA (Linoleic Acid)

A polyunsaturated fatty acid used in the biosynthesis of arachidonic acid. It is abundant in many vegetable oils, including poppy seed, safflower and sunflower oils.

Omega-9s

OA (Oleic Acid)

Synthesized by the body in limited amounts. Common sources include: avocado, macadamia nuts, apricot seeds, almonds and olive oil.

Algal Oils

Provides a vegetarian alternative to marine oils for omega-3 DHA and EPA.

REFERENCE
1. Thompson, L.U, Robb, P, Serrano, M, and Cheung, F. Nutr. Cancer, 1991; 16(1): 43-52.

Plant Oil Comparison Chart

PRODUCT	EFA PER CAPSULE	BENEFITS
Biotone EFA 100 softgels	• 18 mg of ALA • 174 mg of LA • 112 mg of phytosterol	Helps lower blood total and LDL cholesterol
CLA 700 60 softgels	• 630 mg of CLA	Derived from safflower oil
Col-Sterol 60 softgels	• 650 mg of plant sterol esters	Supports the maintenance of cardiovascular health
DHA/EPA Vegan 60 vegetarian capsules	• 180 mg of DHA • 100 mg of EPA	Derived from micro-algae Suitable for vegetarians, vegans and those with fish oil sensitivities
Flax Oil Capsules 90 softgels	• 550 mg of ALA • 150 mg of LA	Blend of omega-3, -6 and -9
GLA 90 Black Currant Oil 60 softgels	• 85 mg of GLA • 215 mg of LA	17% GLA per capsule
GLA 130 Primrose Oil 90 softgels	• 130 mg of GLA • 960 mg of LA	10% GLA per capsule
Neurogen DHA 30 vegetarian capsules	• 100 mg of DHA	Derived from micro-algae
Organic Vegan EFA Liquid 300 mL	• Contains ALA and LA	Contains a mixture of oils including flax seed, hemp seed, camelina, pumpkin, coconut and black cumin
Perilla EFA 90 softgels	• 550 mg of ALA • 150 mg of LA	55% ALA per capsule
Pumpkin Capsules 90 softgels	• 400 mg of LA • 180 mg of OA • 100 mg of PA • 30 mg of SA	Derived from pumpkin seed oil
Super Neurogen DHA 30 softgels	• 200 mg of DHA	Derived from micro-algae



Biotone EFA

Combination of free plant sterols from *Glycine max* bean

- Helps lower blood total and LDL cholesterol
- Provides 896 mg of free plant sterols per daily dose
- Source of antioxidants and essential fatty acids for the maintenance of good health
- Includes 10 IU of mixed tocopherol antioxidants per daily dose
- Provides 1392 mg of linoleic acid and 144 mg of ALA per daily dose

Biotone EFA is an effective blend of lecithin-derived free plant sterols, essential fatty acids, and antioxidants that helps to maintain optimal health. Once in the free form, plant sterols affect cholesterol absorption in the intestine.¹ Plant sterols displace dietary cholesterol in micelles, resulting in increased cholesterol excreted in the feces and decreased serum cholesterol levels.^{2,3} In a randomized, placebo-controlled trial involving 66 hypercholesterolemic adults, daily supplementation with 0.3-0.5 g of plant sterol esters significantly decreased LDL cholesterol levels in a dose-dependent manner within four weeks.⁴ Antioxidants further maintain good health by scavenging free radicals to reduce oxidative damage.⁵

EACH SOFTGEL CONTAINS:

Vitamin E (d-alpha tocopherol/ mixed tocopherol concentrate)	0.84 mg AT / 1.25 IU
Safflower (<i>Carthamus tinctorius</i>) Seed Oil ▲	255 mg
Flaxseed (<i>Linum usitatissimum</i>) Oil ▲	36 mg
Yielding	
Alpha-Linolenic Acid	18 mg
▲ Total Linoleic Acid	174 mg
Free Plant Sterols (from <i>Glycine max</i> bean)	
(95% combined: beta-sitosterol, campesterol, stigmasterol)	112 mg
Soy Lecithin (from <i>Glycine max</i> bean)	20 mg
Policosanol (from <i>Apis mellifera</i> wax)	2.5 mg
Mixed Tocopherol Concentrate	4 mg
Yielding	
Gamma-Tocopherol	1.7 mg
Delta-Tocopherol	490 mcg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, purified water, silica
Contains: Soy

Recommended Dose

Adults: Take four softgels two times daily with meals or as recommended by your healthcare practitioner.

Size

100 Softgels

Product Code

10400

NPN 80032664



REFERENCES

1. De Smet, E. Mensink, R.P. Plat, J. Mol. Nutr. Food Res. 2012; 56: 1058-1072.
2. Gylling, H. Plat, J. Turley, S. Ginsberg, H.N. Ellegård, L. Jessup, W. Jones, P.J. Lütjohann, D. Maerz, W. Masana, L. Silbernagel, G. Staels, B. Borén, J. Catapano, A.L. De Backer, G. Deanfield, J. Descamps, O.S. Kovanen, P.T. Riccardi, G. Tokgozoglu, L. Chapman, M.J. Atherosclerosis. 2014; 232: 346-360.
3. Cusack, L.K. Fernandez, M.L. Volek, J.S. Adv Nutr. 2013; 4(6): 633-43.
4. Saito, S. Takeshita, M. Tomonobu, K. Kudo, N. Shiba, D. Hase, T. Tokimitsu, I. Yasukawa, T. Nutrition. 2006; 22: 174-178.
5. Walczak-Jedrzejowska, R. Wolski, J.K. Slowikowska-Hilczek, J. Central European Journal of Urology. 2013; 66(1): 60-67.

CLA 700

Body composition support

- May help to support a modest reduction in fat mass when used with a program of reduced intake of dietary calories and increased physical activity
- Provides 3.78 g of CLA per daily dose

CLA helps to improve body composition as part of a healthy lifestyle. Recent research indicates that it may improve body composition by a variety of mechanisms: 1) reduce energy intake; 2) increase energy expenditure; 3) reduce fat cell production; 4) reduce body fat mass.¹ In a randomized, placebo-controlled trial, supplementation with 3.4 g daily of CLA for six months significantly improved body composition in overweight adults.^{2,3} CLA supplementation decreased body fat mass by 3.4% and increased lean body mass, which was associated with a reduced waist to hip ratio.²

EACH SOFTGEL CONTAINS:

CLA (Conjugated Linoleic Acid) 630 mg

Non-Medicinal Ingredients: Gelatin, safflower oil, glycerin, carob colour, purified water

Recommended Dose

Adults: Take three softgels two times daily with meals, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six months.

Size

60 Softgels

Product Code

10591

NPN 80017040



REFERENCES

1. Kennedy, A. Martinez, K. Schmidt, S. Mandrup, S. LaPoint, K. McIntosh, M. Antiobesity. J Nutr Biochem. 2010; 21(3): 171-179.
2. Gaullier, J.M. Halse, J. Hoivik, H.O. Høye, K. Syvertsen, C. Nurminiemi, M. Hassfeld, C. Einerhand, A. O'Shea, M. Gudmundsen, O. British Journal of Nutrition. 2007; 97: 550-560.

PLANT OILS

Col-Sterol

Combination of *Brassica napus* plant sterols

- Supports the maintenance of cardiovascular health by reducing low density lipoprotein (LDL) and total cholesterol
- Provides 1,300 mg of plant sterol esters per daily dose

Col-Sterol is a blend of plant sterol esters that helps to decrease total and LDL cholesterol levels. Plant sterols have a similar structure to cholesterol, but differ in their side chain groups.¹ Plant sterol intake leads to a continuous cycle of decreased dietary cholesterol absorption, increased cholesterol use for bile acid synthesis, decreased bile acid reabsorption, and increased cholesterol excretion in the feces.² In a double blind, placebo-controlled study, supplementation with 1.3 g of sterol esters daily for four weeks decreased total cholesterol and LDL levels by approximately 5 and 4%, respectively, in 16 hypercholesterolemic adults.³

EACH SOFTGEL CONTAINS:

Plant Sterol Esters (from *Brassica napus* oil)
(80% combined: beta-sitosterol, campesterol, stigmasterol)..... 650 mg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, natural mixed tocopherols

Recommended Dose

Adults: Take one softgel two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

10562

NPN 80028364



REFERENCES

1. Gylling, H, Plat, J, Turley, S, Ginsberg, HN, Ellegård, L, Jessup, W, Jones, PJ, Lütjohann, D, Maerz, W, Masana, L, Silbernagel, G, Staels, B, Borén, J, Catapano, AL, De Backer, G, Deanfield, J, Descamps, OS, Kovanen, PT, Riccardi, G, Tokgozoglul, L, Chapman, MJ. Atherosclerosis. 2014; 232: 346-360.
2. Cusack, LK, Fernandez, ML, Volek, JS. Adv Nutr. 2013; 4(6): 633-43.
3. Acuff, RV, Cai, DJ, Dong, ZP, Bell, D. Lipids Health Dis. 2007; 6:11.

DHA/EPA Vegan

Algae-derived omega-3 fatty acids to support optimal health

- Provides 720 mg of DHA and 400 mg of EPA per daily dose
- Helps to maintain cardiovascular health and reduce serum triglycerides
- Supports the development of brain, eyes and nerves in children up to 12 years of age

DHA/EPA Vegan is a blend of omega-3 fatty acids that helps to support brain, eye and cardiovascular health. As vegan and vegetarian diets tend to provide significantly less EPA and DHA,¹ algae-derived oils provide a vegan-friendly omega-3 source with a low impact on the ocean ecosystem.² EPA and DHA decrease triglycerides through alterations in gene expression in the liver.³ They lower fat production by decreasing SREBP-1c, and increase β -oxidation by stimulating PPAR α .^{3,4} Recent research indicates that DHA derived from algal oil helps to decrease serum triglyceride levels in healthy adults.⁵ In a randomized, placebo-controlled trial involving 106 healthy vegetarian adults, daily supplementation with 940 mg of algae-derived omega-3 fatty acids significantly decreased triglyceride levels after eight weeks.⁶ Although the normolipidemic participants in this study benefitted from supplementation, DHA intake may better lower triglycerides in individuals with higher baseline values.⁶ In addition to supporting cardiovascular health, DHA and EPA are highly concentrated in the brain and retinal membranes, where they affect the function and regeneration of tissues.⁷ DHA is especially essential to support pre- and postnatal brain development, as it is highly present on neuronal synapses.⁷ Rods and cones in the retina are also rich in DHA, indicating that it is necessary for the proper development of retinal structure and visual acuity in young children.⁷

EACH CAPSULE CONTAINS:

Algal Oil (from *Schizochytrium* sp.)..... 695 mg
Yielding
DHA (Docosahexaenoic Acid) 180 mg
EPA (Eicosapentaenoic Acid)..... 100 mg

Non-Medicinal Ingredients: Hypromellose, sunflower oil, sunflower lecithin, rosemary extract, natural mixed tocopherols, ascorbyl palmitate, silica

Recommended Dose

Adults and Children (6 years and older): Take two capsules two times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10468

NPN 80041840



REFERENCES

1. Lane, K, Derbyshire, E, Li, W, Brennan, C. Critical Reviews in Food Science and Nutrition. 2014; 54:572-579.
2. Lenihan-Geels, G, Bishop, KS, Ferguson, LR. Nutrients. 2013; 5: 1301-1315.
3. Davidson, MH. The American Journal of Cardiology. 2006; 98(4A): 27i-33i.
4. Ikeda, I, Konno, R, Shimizu, T, Ide, T, Takahashi, N, Kawada, T, Nagao, K, Inoue, N, Yanagita, T, Hamada, T, Morinaga, Y, Tomoyori, H, Imaizumi, K, Suzuki, K. Biochimica et Biophysica Acta. 2006; 1760: 800-807.
5. Bernstein, AM, Ding, EL, Willett, WC, Rimm, EB. J Nutr. 2012; 142(1): 99-104.
6. Geppert, J, Kraft, V, Demmelmair, H, Koletzko, B. British Journal of Nutrition. 2006; 95: 779-786.
7. Kidd, PM. Alternative Medicine Review. 2007; 12(3): 207-227.



Flax Oil Capsules

Omega-3 rich fatty acid formula for optimal health

- Provides 1,100 mg of ALA per daily dose
- Includes 300 mg of LA per daily dose

Flax is one of the greatest plant sources of alpha-linolenic acid (ALA), an omega-3 fatty acid, and also contains linoleic acid (LA), an omega-6 fatty acid.¹ ALA is metabolized to EPA and DHA by elongase and desaturase enzymes. As these enzymes also compete to metabolize LA through elongation and desaturation reactions, an intake ratio of LA to ALA that is less than 4:1 best allows for the conversion of ALA into long chain omega-3 fatty acids.¹ Daily supplementation with flaxseed oil for over eight weeks significantly increased the levels of EPA and DPA, a DHA precursor and likely storage form of EPA, in both the erythrocyte membranes and plasma of adults.^{2,3} Fatty acids are also necessary for the proper structure and function of the skin, including the protection against environmental factors and the loss of electrolytes and water.⁴ Decreased levels of these fatty acids have been associated with impaired epithelial cell function, including the loss of moisture in the skin.⁴ ALA further contributes to maintaining optimal health through its role in maintaining platelet and endothelial cell function.⁵ ALA is most bioavailable in flax oil when compared to milled or whole flax seeds.¹

EACH SOFTGEL CONTAINS:

Organic Flax (<i>Linum usitatissimum</i>) Seed Oil	1000 mg
Yielding	
ALA (Alpha-Linolenic Acid)	550 mg
LA (Linoleic Acid)	150 mg
OA (Oleic Acid)	160 mg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, purified water

Recommended Dose

Adults: Take one softgel two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10416

NPN 80000346



REFERENCES

- Rodriguez-Leyva, D, Mc Bassett, C, McCullough, R, Pierce, GN. Can J Cardiol. 2010; 26(9): 489-496.
- Harper, CR, Edwards, MJ, DeFilipis, AP, Jacobson, TA, J. Nutr. 2006; 136: 83-87.
- Cao, J, Schwichtenberg, KA, Hanson, NQ, Tsai, MY. Clinical Chemist. 2006; 52(12): 2265-2272.
- Nicolaou, A. Prostaglandins Leukot Essent Fatty Acids. 2013; 88: 131-138.
- Stark, AH, Crawford, MA, Reifen, R. Nutrition Reviews. 2008; 66(6): 326-332.

GLA 90 Black Currant Oil

Combination of omega-6 and omega-3 fatty acids for the maintenance of good health

- Provides 860 mg of LA and 340 mg of GLA per daily dose
- Includes 260 mg of ALA per daily dose

Black currant oil is a natural source of omega-6 and omega-3 fatty acids that help to maintain optimal health. The structure and function of skin, the largest organ in the body, is dependent on fatty acids.¹ LA accounts for approximately 12% of fatty acids in the skin.¹ It is essential to maintain the epidermal barrier integrity, which protects against environmental factors and the loss of electrolytes and water.¹ Decreased levels of essential fatty acids (EFAs) have been associated with impaired epithelial cell function, including the loss of moisture in the eyes and skin.^{1,2} EFAs may prevent moisture loss in the eye by increasing the lipid layer of the tear film.³ Omega-6 supplementation may mediate the activity of collagen producing cells in the skin.^{1,3} Supplementation with 2 g of blackcurrant seed oil for three months significantly improved the moisture content of forearm and cheek skin in 40 healthy adults.⁴

EACH SOFTGEL CONTAINS:

Black Currant (<i>Ribes nigrum</i>) Seed Oil	500 mg
Yielding	
GLA (Gamma-Linolenic Acid)	85 mg
ALA (Alpha-Linolenic Acid)	65 mg
LA (Linoleic Acid)	215 mg
OA (Oleic Acid)	45 mg
SDA (Stearidonic Acid)	12 mg

Non-Medicinal Ingredients: Gelatin, glycerin, purified water

Recommended Dose

Adults: Take two softgels two times daily, away from meals, or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10415

NPN 80004770



REFERENCES

- Nicolaou, A. Prostaglandins Leukot Essent Fatty Acids. 2013; 88: 131-138.
- Aragona, P, Bucolo, C, Spinella, R, Giuffrida, S, Ferreri, G. IOVS. 2005; 46(12): 4474-4479.
- Roncone, M, Bartlett, H, Eperjesi, F. Contact Lens & Anterior Eye. 2010; 33: 49-54.
- Larmo, P, Ulvinen, T, Määtä, P, Judin, VP. Innovations in Food Technology. 2011; 11: 68-69.

PLANT OILS

GLA 130 Primrose Oil

Omega-6 fatty acids for the maintenance of good health

- Provides 1,920 mg of LA and 260 mg of GLA per daily dose

Primrose oil is derived from evening primrose, a yellow flowering herb native to the Americas.¹ It is a natural source of omega-6 fatty acids that help to maintain optimal health. The structure and function of the skin, the largest organ in the body, is dependent on fatty acids.² LA accounts for approximately 12% of fatty acids in the skin.² It is essential to maintain epidermal barrier integrity, which protects against environmental factors and the loss of electrolytes and water.² Omega-6 fatty acid deficiencies have been associated with impaired epithelial cell function, including the loss of moisture in the skin and eyes.^{2,3} In a randomized, placebo-controlled trial, daily supplementation with primrose oil for three months significantly improved the firmness, elasticity and barrier function of the skin in adults with dry skin.⁴ Recent research indicates that long term primrose oil supplementation may be required to improve skin health as it takes over four weeks for skin cells to regenerate and for a new fatty acid equilibrium to be reached.⁴

EACH SOFTGEL CONTAINS:

Evening Primrose (<i>Oenothera biennis</i>) Seed Oil	1300 mg
Yielding	
GLA (Gamma-Linolenic Acid)	130 mg
LA (Linoleic Acid)	960 mg
OA (Oleic Acid)	70 mg
PA (Palmitic Acid)	78 mg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, purified water, d-alpha tocopherol

Recommended Dose

Adults: Take one softgel capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10414

NPN 80003490



REFERENCES

- Greiner, S, Köhl, K. Frontiers in Plant Science. 2014; 5: 38.
- Nicolaou, A. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2013; 88: 131-138.
- Aragona, P, Bucolo, C, Spinella, R, Giuffrida, S, Ferreri, G. IOVS. 2005; 46(12): 4474-4479.
- Muggli, R. International Journal of Cosmetic Science. 2005; 27: 243-249.

Neurogen DHA

A vegan-friendly blend of DHA and vitamin E

- Provides 200 mg DHA from algal oil per daily dose
- Provides 40 IU of vitamin E per daily dose
- Supports neurological function

Neurogen DHA is an effective combination of the omega-3 fatty acid DHA and vitamin E that helps to support neurological health. As vegan and vegetarian diets tend to provide significantly less DHA, algae-derived oils provide a vegan-friendly omega-3 source with a low impact on the ocean ecosystem.^{1,2} Recent research demonstrates that DHA deficiency decreases the level of brain-derived neurotrophic factor in the hypothalamus and hippocampus, which is necessary for brain plasticity and function.³ Neuroprotectin D1, a metabolite of DHA, has also been shown to maintain neuronal cell function after exposure to oxidative stress.⁴

EACH CAPSULE CONTAINS:

Algal Oil (<i>Schizochytrium</i> sp.)	250 mg
Yielding	
DHA (Docosahexaenoic acid)	100 mg
Vitamin E (d-alpha tocopheryl acetate)	13.4 mg AT / 20 IU

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

10590

NPN 80010363



REFERENCES

- Lane, K, Derbyshire, E, Li, W, Brennan, C. Critical Reviews in Food Science and Nutrition. 2014; 54:572-579.
- Lenihan-Geels, G, Bishop, KS, Ferguson, LR. Nutrients. 2013; 5: 1301-1315.
- Bhatia, HS, Agrawal, R, Sharma, S, Huo, YX, Ying, Z, Gomez-Pinilla, F. PLoS One. 2011; 6(12): e28451.
- Bazan, NG, Musto, AE, Knott, EJ. Mol Neurobiol. 2011; 44: 216-222.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Perilla EFA

Plant-derived omega-3 and omega-6 fatty acids for the maintenance of good health

- Provides 3,300 mg of ALA per daily dose
- Includes 900 mg of LA per daily dose

Perilla oil is derived from perilla, an herb from the mint family.¹ It is naturally high in the omega-3 fatty acid ALA, and also contains the omega-6 fatty acid LA.¹ Research suggests that combined supplementation with both omega-3 and 6 fatty acids may synergistically help maintain optimal skin health.² Fatty acids are necessary for the proper structure and function of the skin, including the protection against environmental factors and the loss of electrolytes and water.³ Supplementation with essential fatty acids can alter the production of eicosanoid signalling molecules in the skin, and metabolites of LA may support the activity of collagen producing cells in the skin.³ ALA further contributes to maintaining optimal health through its role in maintaining platelet and endothelial cell function.⁴ Research suggests at least 3 g of perilla oil daily is required to obtain its beneficial health effects.¹

EACH SOFTGEL CONTAINS:

Perilla (<i>Perilla frutescens</i>) Seed Oil	1000 mg
Yielding	
ALA (Alpha-Linolenic Acid)	550 mg
LA (Linoleic Acid)	150 mg
OA (Oleic Acid)	130 mg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, purified water

Recommended Dose

Adults: Take three softgels two times daily with meals, or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10434

NPN 80026602



REFERENCES

1. Asif, M. . Orient Pharm Exp Med. 2011; 11: 51-59.
2. Aragona, P, Bucolo, C, Spinella, R, Giuffrida, S, Ferreri, G. IOVS. 2005; 46(12): 4474-4479.
3. Nicolaou, A. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2013; 88: 131-138.
4. Stark, AH, Crawford, MA, Reifsn, R. Nutrition Reviews. 2008; 66(6): 326-332.

Pumpkin Capsules

LA rich fatty acid combination

- Source of linoleic acid (LA) for the maintenance of good health
- Provides 1200 mg of LA per daily dose
- Includes 540 mg of OA and 300 mg of PA per daily dose

Pumpkin seed oil is naturally high in the essential fatty acid LA, and helps to maintain optimal health. As essential fatty acids and their metabolites are required to help form the water-impermeable skin barrier, their deficiencies can lead to scaly skin and moisture loss in the skin and eyes.^{1,2} Dietary supplementation with LA can reverse these symptoms as LA accounts for approximately 12% of fatty acids in the skin, and is essential to maintain the skin's structure and function.^{1,2} The formation of ceramides, lipids found in the outermost epidermal layer responsible for sealing in water, also depends on LA.¹ In addition to its role in skin health, LA is an important energy source and can be metabolized to form other lipid molecules, including triglycerides and phospholipids.³ As a component of phospholipid membranes, LA also helps maintain membrane fluidity to ensure the proper functioning of cells.³

EACH SOFTGEL CONTAINS:

Pumpkin (<i>Cucurbita pepo</i>) Seed Oil	1000 mg
Yielding	
LA (Linoleic Acid)	400 mg
OA (Oleic Acid)	180 mg
PA (Palmitic Acid)	100 mg
SA (Stearic Acid)	30 mg

Non-Medicinal Ingredients: Gelatin, glycerin, purified water

Recommended Dose

Adults: Take one softgel three times daily with meals, or as recommended by your healthcare practitioner.

Size

90 Softgels

Product Code

10527

NPN 80029837



REFERENCES

1. Krieg, P, Fürstenberger, G. Biochimica et Biophysica Acta. 2014; 1841: 390-400.
2. Nicolaou, A. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2013; 88: 131-138.
3. Whelan, J, Fritsche, K. Adv. Nutr. 2013; 4: 311-312.

PLANT OILS

Super Neurogen DHA

Algae-derived DHA capsules

- Helps to support neurological function
- Provides 400 mg DHA from algal oil per daily dose

Super Neurogen DHA is an effective source of the omega-3 fatty acid DHA that helps to support neuronal health. DHA is the most abundant omega-3 fatty acid in the brain, where it mediates cell differentiation, apoptosis, and the transportation of ions across channels.¹ It is also present on neuronal synapses, demonstrating its primary role in supporting cognitive function.² DHA supplementation has also been associated with the maintenance of neuron function in the hippocampus, a region of the brain associated with memory.¹ Recent research demonstrates that DHA deficiency decreases the level of brain-derived neurotropic factor in the hypothalamus and hippocampus, which is necessary for brain plasticity and function.³ Neuroprotectin D1, a metabolite of DHA, has also been shown to maintain neuronal cell function after exposure to oxidative stress.⁴

EACH SOFTGEL CONTAINS:

Algal Oil (from <i>Schizochytrium</i> sp.)	606 mg
Yielding	
DHA (Docosahexaenoic Acid)	200 mg

Non-Medicinal Ingredients: Bovine gelatin, glycerin, purified water, turmeric, annatto seed extract

Recommended Dose

Adults: Take one softgel two times daily with meals, or as recommended by your healthcare practitioner.

Size

30 Softgels

Product Code

10585

NPN 80005871



REFERENCES

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Vitamins & Minerals

The comprehensive range of vitamins and minerals contained in these formulations from Genestra Brands provides a basis of complete nutrition for both maintenance and optimization of health. Genestra Brands Vitamins & Minerals are cornerstones of any nutritional improvement program, providing comprehensive ingredients in their most bioavailable forms.

Solid formulas. Strong comprehensive range.

Helping to support individualized needs begins with a large array of Genestra Brands supplements. With a variety of formats, dosages and sources, Genestra Brands has been providing healthcare practitioners with safe, effective and reliable products for 30 years.

Single Vitamins & B-Complexes

Genestra Brands single vitamins and B-complexes maximize patient compliance and individualize patient needs with a wide array of product formulations and dosage formats (liquids, tablets, creams and capsules).

For example, the vitamin A, D, and E formulas are emulsified for maximum absorption and utilization, and are available in liquid or in soft-gel capsule form. In the Genestra Brands vitamin E and multivitamin/mineral formulas, only natural form RRR-alpha tocopherol (d-alpha tocopherol) derived from plant sources and the associated esters are used rather than synthetically manufactured all-rac-alpha tocopherol. Some of the vitamin C formulations are buffered to improve tolerability in sensitive individuals. To specifically assist with acid rejection syndrome, pH-balanced vitamin C is derived from calcium and magnesium ascorbates. Bioflavonoids are added to some formulas to potentiate effect. The B-vitamin combinations are combined with other vitamins and nutrients to provide broad spectrum support. Inositol Nicotinate + Cr, the Genestra Brands niacin formula, contains the esterified inositol hexanicotinate to eliminate flushing, and increase safety and effectiveness. Also available are emulsified single vitamins D-Mulsion and K-Mulsion. Emulsification potentially improves bioavailability while improving overall taste for increased patient compliance. Easy-to-use, emulsified liquids can be dropped directly into the mouth or mixed in drinks. These great-tasting formulations enhance patient compliance.

Active B Complexes

Co-enzymatic vitamin B's: The body's natural active form for energy production and metabolism

The ACTIVE vitamin B's utilize premium source ingredients such as methylcobalamin, Metafolin[®]*, riboflavin-5-phosphate and pyridoxal-5-phosphate. These are in the body's most preferred active forms, helping to provide support for energy production and metabolic processes.

The vitamin B complex consists of vitamin B₁ (thiamine), B₂ (riboflavin), B₃ (niacin and niacinamide), B₅ (pantothenic acid), B₆ (pyridoxine), B₇ (biotin), B₉ (folate) and B₁₂ (methylcobalamin). As co-enzymes, the B vitamins play an important role in energy production, helping to metabolize carbohydrates, fats and proteins. B vitamins also help in normal growth and development through the formation of red blood cells and tissue formation. B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B₁₂) as they are water-soluble substances – thus the requirement for vitamin B supplementation.

Methylcobalamin

Vitamin B₁₂ is essential for metabolism of carbohydrates, fat and protein. As a cofactor for methylmalonyl-CoA mutase enzymes, vitamin B₁₂ helps convert odd-numbered chain fatty acids and branched chain amino acids into succinyl-CoA, a common citric acid cycle intermediate.¹ Vitamin B₁₂ is also required for nucleic acid (DNA) synthesis, methionine synthesis from cysteine, and myelin synthesis in the nervous system.² Along with vitamin B₆ and folic acid, adequate levels of vitamin B₁₂ are required to maintain plasma homocysteine levels. Methylcobalamin is the active coenzyme form of vitamin B₁₂.³

* Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany

Metafolin®*

Metafolin® [(6S)-5-methyltetrahydrofolic acid, calcium salt or L-methylfolate] is a patented pure form of the naturally occurring predominant form of folate. "Folates" is the term comprising all the various folate forms, including folic acid. Folates are water-soluble B vitamins that play a key role for a variety of biochemical reactions. Green leafy vegetables in particular are rich in folate.

Bioavailable folate form

Metafolin® is the active form of folate. Other folates like folic acid need to be activated before they can be used by the body. In other words, Metafolin® is independent of the underlying genotype of specific folate dependent enzymes (e.g. MTHFR: Methylene tetrahydrofolate Reductase). The activation of folic acid into an active folate requires several enzymatic steps. The efficacy of these metabolic processes demonstrate that folic acid may not be adequately converted into metabolically active folate forms.⁴⁻⁶

Folate: Important for the homocysteine metabolic pathway

All homocysteine in the body is biosynthesized from methionine, an essential amino acid found abundantly in meats, seafood, dairy products and eggs. Protein-rich diets contain ample amounts of methionine and consequently produce significant levels of homocysteine in the body. Homocysteine is metabolized through two pathways: remethylation and transsulfuration (See Figure 2: Homocysteine Metabolic Pathways).⁷ Remethylation requires vitamin B₁₂, folate, and the enzyme 5,10-methylenetetrahydrofolate reductase (MTHFR). Active folate (Metafolin®) works in concert with vitamin B₁₂ as a methyl-group donor in the conversion of homocysteine back to methionine.⁷

Riboflavin-5-phosphate

Riboflavin, also known as Vitamin B₂, is an essential water-soluble B vitamin. It is a component of the coenzymes FAD and FMN, which are intermediates in many redox reactions, including energy production and cellular respiration reactions.^{1,2} Riboflavin-5-phosphate is the active coenzyme form of vitamin B₂.^{1,2}

Pyridoxal-5-phosphate

Vitamin B₆ has to be converted by the body to the active form pyridoxal-5-phosphate for the body to utilize it. Pyridoxal-5-phosphate is the active coenzyme form of vitamin B₆.⁸

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

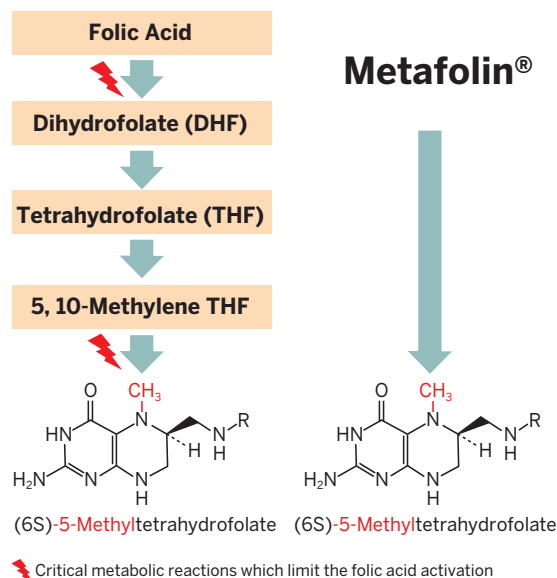


Figure 2: Homocysteine Metabolic Pathways



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Vitamin-Mineral Complexes

Genestra Brands vitamin-mineral complexes combine vitamins, minerals and herbs synergistically in the ideal proportional ratios to ensure overall support. We offer vitamin-mineral complexes that are formulated with protein-bonded minerals, and minerals that are chelated for superior bonding to protein molecules, which transport the minerals directly to the bloodstream, maximizing absorption and utilization. Standardized, fresh wildcrafted or certified organic herbs, selected for their inherent and powerful qualities, are added for their specific traditional use. Some complexes contain proteolytic enzymes for efficient digestion and absorption; others contain various types of antioxidants to prevent free radical damage and for other health benefits. Some other formulas contain: glandular extracts to support specific organ and glandular function; a variety of bioflavonoids to enhance vitamin C absorption and to promote circulation; and amino acids to enable vitamins and minerals to perform in their specific roles.

We provide a variety of combinations: a wide range of great-tasting liquids for pediatrics and geriatrics; powders and chewables to ensure patient compliance and immediate utilization; copper and iron-free formulas to meet individual patients' needs; and distinctive formulations to address specific conditions.

Genestra Brands vitamin-mineral complexes are formulated in ideal proportional ratios to ensure the optimum functioning of each nutrient. Genestra Brands complexes are thoroughly researched and laboratory-verified.

Minerals & Glucosamines

Genestra Brands minerals are derived from the earth. Many of our formulations are a combination of inorganic and organic sources, allowing the maximum elemental dose per unit (inorganic source) and bioavailability (organic source).

We combine glucosamine sulfate with herbs, chondroitin sulfate and other nutrients to maximize the effect of each component. We offer chromium polynicotinate in our formulas which we believe ensures maximum bioavailability and biological activity. Chromium polynicotinate, a niacin-bound chromium complex, actively enters the cells more effectively and is better absorbed than other forms of chromium.

Genestra Brands minerals are listed in elemental amounts. This refers to the actual amount of the mineral that can be absorbed by the body, instead of listing the raw mineral amount used at the beginning of the molecular bonding process. Our minerals are combined with vitamins, herbs and other nutrients for superior bioavailability and are prepared in the ideal proportional ratios to ensure optimum functioning of each ingredient.

Calcium and Magnesium Formulas

Genestra Brands' line of calcium and magnesium supplement portfolio contains one of the largest selections of liquids available today. Great-tasting, natural flavours complement the deliciously smooth mouth-feel to maximize patient compliance. Capsules and tablets are also available.

Calcium and Magnesium for Optimizing Health

Calcium is essential for the development and maintenance of skeletal health. It also plays a vital role in neuromuscular function, many enzyme-mediated processes and in providing rigidity to the skeleton by virtue of its phosphate salts. Over 99% of the body's calcium is stored in the bone,¹ where, apart from providing mechanical strength, it serves as a mineral reservoir that can be drawn upon to maintain plasma calcium.

- Calcium is used as a factor in the maintenance of good health.^{2,3}
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may help promote healthy bones and joint comfort.³

Magnesium is the second-most abundant intracellular cation in vertebrates. It is a critical cofactor in more than 300 enzymatic reactions involving protein and nucleic acid synthesis. Approximately half of the total magnesium in the body of a normal adult human is present intracellularly in soft tissues, and the other half is found in bone.⁴

- Magnesium and vitamin K help in the development and maintenance of bones.⁴
- Magnesium helps in tissue formation, helps to maintain proper muscle function, is a factor in the maintenance of good health, and helps to maintain the body's ability to metabolize nutrients.⁵

Calcium and magnesium from the diet

Milk, yogurt and cheese are rich natural sources of calcium and are the major food contributors of this nutrient.⁶ Non-dairy sources include vegetables such as Chinese cabbage, kale and broccoli. Foods fortified with calcium include many fruit juices, as well as drinks, tofu and cereals.

Magnesium is ubiquitous in foods, but the magnesium content of foods varies substantially. As chlorophyll is the magnesium chelate of porphyrin, green leafy vegetables are rich in magnesium. Foods such as unpolished grains and nuts also have high magnesium content, whereas meats, starches and milk are more intermediate.

RDI values

The recommended daily intake of calcium for those over 1 year of age is 65-1,500 mg/day.⁷ The recommended daily intake of magnesium in children of 4-8 is 12-110 mg/day and 20-500 mg/day for adults.⁸

Factors affecting calcium and magnesium requirements

Age and life stage: Net calcium absorption is as high as 60% in infants and young children (who need substantial amounts of the mineral to build bone). Absorption decreases to 15%–20% in adulthood and continues to decrease as people age. Recommended calcium intakes are higher for females older than 50 years and for both males and females older than 70.⁹

Vitamin D intake: This nutrient, obtained from food and produced by skin when exposed to sunlight of sufficient intensity, improves calcium absorption. Vitamin D and its metabolites also enhance intestinal magnesium absorption to a small extent.⁸

Protein intake: Magnesium requirements are influenced by the level of dietary protein, apparently related partially to effects on urinary magnesium excretion.⁸

Factors affecting source requirements

There are numerous sources of calcium, including citrate, malate, aspartate, carbonate, hydroxyapatite and microcrystalline hydroxyapatite (MCHC). Magnesium sources include carbonates, oxides, citrates and aspartates. All forms are bioavailable; the best source for your patient depends on the variety of factors surrounding digestion and absorption.

- Acidity levels. A patient's stomach acid is considered variable (time of day, mix with other medications, change of structure due to surgery, etc).
- Format. Pills are a convenient format, especially for travelling. Liquids are a great alternative for those with tolerability issues or have difficulty with large pills.

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7. Guide to Nutrient Requirements. Washington (DC): National Academies Press.
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Calcium and Magnesium Product Comparison Chart

PRODUCT	CALCIUM / MAGNESIUM SOURCES AND AMOUNTS PER UNIT	OTHER INGREDIENT AMOUNTS PER UNIT	RECOMMENDED DOSE
TABLETS			
Cal Mag + D	Calcium (calcium carbonate/aspartate) Magnesium (magnesium aspartate/oxide)	170 mg 85 mg Vitamin D (cholecalciferol)	1.8 mcg / 70 IU Adults & Adolescents (12 years and older): Take two tablets two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.
Mag Cal Formula 2	Calcium (calcium carbonate/aspartate) Magnesium (magnesium oxide/aspartate)	200 mg 400 mg Vitamin D (cholecalciferol)	2.5 mcg / 100 IU Adults: Take one tablet once daily, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.
Mag Cal Plus	Calcium (calcium aspartate/carbonate) Magnesium (magnesium aspartate/oxide)	100 mg 150 mg Vitamin D (cholecalciferol) Niacinamide Vitamin B ₆ (pyridoxine hydrochloride) Valerian (<i>Valeriana officinalis</i>) Root	2.5 mcg / 100 IU 6.25 mg 2.5 mg 30 mg Adults: Take one tablet three times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.
CAPSULES			
Calcium	Calcium (calcium aspartate)	150 mg	Adults and Children (6 years and older): Take two capsules two times daily with meals, or as recommended by your health care practitioner
Magnesium	Magnesium (magnesium aspartate/oxide)	100 mg	Adults (19 years and older): Take two capsules two times daily, or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take three capsules daily or as recommended by your healthcare practitioner. Children (6-8 years): Take one capsule daily or as recommended by your healthcare practitioner.
LIQUIDS			
Cal Mag Berry Liquid + (Natural Blueberry Flavour)	Calcium (calcium citrate) Magnesium (magnesium citrate)	500 mg 200 mg Vitamin A (vitamin A acetate) Vitamin D (cholecalciferol) Vitamin K ₁ (phyloquinone) Vitamin K ₂ (menaquinone-7) Boron (boron citrate)	300 mcg RAE / 1000 IU 25 mcg / 1000 IU 80 mcg 20 mcg 2000 mcg Adults: Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate.
Cal Mag Liquid (Natural Spearmint Flavour)	Calcium (calcium carbonate) Magnesium (magnesium hydroxide)	600 mg 300 mg	Adults and Adolescents (9 years and older): Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.
Cal Mag Liquid 2 (Natural Fruit Punch Flavour)	Calcium (calcium carbonate) Magnesium (magnesium hydroxide)	600 mg 300 mg	Adults and Adolescents (9 years and older): Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.
Cal Mag Raspberry Liquid	Calcium (calcium citrate) Magnesium (magnesium citrate)	500 mg 200 mg Vitamin D (cholecalciferol)	25 mcg / 1000 IU Adults: Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate.
Cal Mag Vanilla Liquid +	Calcium (calcium citrate) Magnesium (magnesium citrate)	500 mg 200 mg Vitamin D (cholecalciferol) Vitamin K ₁ (phyloquinone) Vitamin K ₂ (menaquinone-7)	25 mcg / 1000 IU 40 mcg 60 mcg Adults: Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate.
Mag Cal Vanilla Liquid	Calcium (calcium citrate) Magnesium (magnesium citrate)	250 mg 500 mg Vitamin D (cholecalciferol)	25 mcg / 1000 IU Adults: Take one tablespoon daily, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate.
Magnesium Glycinate Liquid	Magnesium (magnesium glycinate)	250 mg	Adults: Take one tablespoon one to two times daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take one tablespoon daily or as recommended by your healthcare practitioner.
Magnesium Complex Liquid	Magnesium (magnesium glycinate/citrate/malate)	500 mg	Adults: Take one tablespoon daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take ½ tablespoon daily or as recommended by your healthcare practitioner.



D-Mulsion 1000

Citrus Flavour

Emulsified vitamin D supplement

- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent vitamin D deficiency
- Great-tasting citrus flavour

D-Mulsion 1000 provides 1000 IU of vitamin D₃ per drop, emulsified in a base of extra-virgin olive oil. In a clinical study conducted on 55 vitamin D deficient participants, emulsified vitamin D₃ had significantly greater bioavailability compared to a capsule-based supplement.¹

EACH DROP (0.027 mL) CONTAINS:

Vitamin D (cholecalciferol).....25 mcg / 1000 IU

Non-Medicinal Ingredients: Purified water, maltodextrin, modified tapioca starch, extra virgin olive oil, lemon oil, citric acid, potassium sorbate, stevia leaf extract (glucosylsteviosides), natural mixed tocopherols

Recommended Dose

All Ages: Take one drop daily or as recommended by your healthcare practitioner.

Size

30 mL Liquid

Product Code

01154

NPN 80008885



REFERENCE

1. Traub ML, Finnell JS, Bhandiwad A, Oberg E, Suhaila L, Bradley R. J Clin Endocrinol Metab. 2014; 99(8): 2720-2728.



A-Mulsion

Citrus Flavour

Emulsified vitamin A formulation

- 3000 mcg RAE/10000 IU per drop

Factor in the maintenance of good health

- Helps maintain eye sight, skin membranes and immune function
- Helps in the development and maintenance of night vision, bones and teeth
- Helps prevent vitamin A deficiency

Citrus-flavoured

- Great taste for excellent patient compliance

Ideal for vegans

- Convenient liquid format

EACH DROP (0.027 mL) CONTAINS:

Vitamin A (vitamin A palmitate)..... 3000 mcg RAE / 10 000 IU

Non-Medicinal Ingredients: Purified water, xylitol, modified tapioca starch, lemon oil, xanthan gum, natural mixed tocopherols, citric acid, potassium sorbate, stevia leaf extract (glucosylsteviosides)

Recommended Dose

Adults: Take one drop daily or as recommended by your healthcare practitioner. For oral use only.

Size

30 mL Liquid

Product Code

01101

NPN 80006771



SINGLE VITAMINS

Ascorbate C

Lemon Flavour

1000 mg of vitamin C per dose

- Provides vitamin C from calcium, magnesium and potassium ascorbates

Lemon-flavoured

- Great taste for excellent patient compliance

Ideal for vegans

- Convenient powder format

EACH TEASPOON (3.7 g) CONTAINS:

Vitamin C (calcium/ magnesium/ potassium ascorbate)	1000 mg
Calcium (calcium ascorbate)	60 mg
Magnesium (magnesium ascorbate)	35 mg
Potassium (potassium ascorbate)	50 mg
Fructooligosaccharides (FOS)	740 mg

Non-Medicinal Ingredients: Fructose, lemon purée, lemon flavour
Contains: Sulphites

Recommended Dose

Adults: Add water to one teaspoon of Ascorbate C and mix. Take once daily, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

250 g Powder

Product Code

01103

NPN 80007755



C1000

High-dose vitamin C and flavonoid combination

- Provides 1,000 mg of ascorbic acid per tablet plus rose hips, hesperidin, quercetin and rutin
- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Supports fat and protein metabolism, wound healing and connective tissue formation
- Helps to prevent vitamin C deficiency

C1000 contains a combination of high-dose vitamin C, rosehips, and flavanoids from hesperidin, quercetin and rutin. Vitamin C is essential for a number of key physiological functions, including scavenging free radicals and maintaining healthy bones, cartilage and connective tissue.

EACH TABLET CONTAINS:

Vitamin C (ascorbic acid)	1000 mg
Rose (<i>Rosa canina</i>) Hips	50 mg
Hesperidin (from <i>Citrus aurantium</i> pith/peel)	25 mg
Quercetin	25 mg
Rutin	25 mg

Non-Medicinal Ingredients: Cellulose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals or as recommended by your healthcare practitioner. For use beyond six weeks, consult your healthcare practitioner.

Size

60 Tablets
120 Tablets

Product Code

01110
01110120

NPN 80027365



D-Mulsion 400

Citrus Flavour

Emulsified vitamin D supplement

- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent vitamin D deficiency
- Great-tasting citrus flavour

D-Mulsion 400 provides 400 IU of vitamin D₃ per drop, emulsified in a base of extra-virgin olive oil. In a clinical study conducted on 55 vitamin D deficient participants, emulsified vitamin D₃ had significantly greater bioavailability compared to a capsule-based supplement.¹

EACH DROP (0.027 mL) CONTAINS:

Vitamin D (cholecalciferol).....10 mcg / 400 IU

Non-Medicinal Ingredients: Purified water, maltodextrin, modified tapioca starch, extra virgin olive oil, lemon oil, citric acid, potassium sorbate, stevia leaf extract (glucosylsteviosides), natural mixed tocopherols

Recommended Dose

All Ages: Take two drops once daily or as recommended by your healthcare practitioner.

Size

30 mL Liquid

Product Code

01153

NPN 80012475



REFERENCE

1. Traub ML, Finnell JS, Bhandiwad A, Oberg E, Suhaila L, Bradley R. Clinical Response. J Clin Endocrinol Metab. 2014; 99(8): 2720-2728.

D-Mulsion 1000

Natural Spearmint Flavour

Emulsified vitamin D supplement

- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent vitamin D deficiency
- Great-tasting natural spearmint flavour

D-Mulsion 1000 provides 1000 IU of vitamin D₃ per drop, emulsified in a base of extra-virgin olive oil. In a clinical study conducted on 55 vitamin D deficient participants, emulsified vitamin D₃ had significantly greater bioavailability compared to a capsule-based supplement.¹

EACH DROP (0.0225 mL) CONTAINS:

Vitamin D (cholecalciferol).....25 mcg / 1000 IU

Non-Medicinal Ingredients: Purified water, cellulose, natural spearmint flavour, xanthan gum, extra virgin olive oil, stevia leaf extract (glucosylsteviosides), potassium sorbate, citric acid

Recommended Dose

All Ages: Take one drop daily, or as recommended by your healthcare practitioner.

Size

30 mL Liquid

Product Code

01159

NPN 80029598



REFERENCE

1. Traub ML, Finnell JS, Bhandiwad A, Oberg E, Suhaila L, Bradley R. J Clin Endocrinol Metab. 2014; 99(8): 2720-2728.

SINGLE VITAMINS

D₃ 1000

Derived from natural sources

- Uses lanolin as a precursor, providing 1000 IU per capsule

Factor in the maintenance of good health

- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent vitamin D deficiency

Ideal for vegetarians

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Vitamin D₃ (cholecalciferol)25 mcg/1000 IU

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

01119

NPN 80006578

D₃ 1000 Chewable
Natural Blackcurrant Flavour

Chewable vitamin D supplement

- Provides 1,000 IU of vitamin D₃ per tablet
- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent vitamin D deficiency
- Great-tasting natural blackcurrant flavour

Vitamin D improves the absorption of calcium and phosphorus, and helps in the maintenance of bone health. Osteoporosis Canada's guideline statements recommend a daily vitamin D intake of 400-1000 IU for low-risk adults under 50 years of age and 800-2,000 IU for high-risk and older adults.¹ Vitamin D intakes of 700-800 IU/day are associated with a decreased risk of bone fracture, in comparison with 400 IU/day.²

EACH TABLET CONTAINS:

Vitamin D (cholecalciferol)25 mcg / 1000 IU

Non-Medicinal Ingredients: Sorbitol, xylitol, natural blackcurrant flavour, silica, magnesium stearate

Recommended Dose

Adults and Children (4 years and older): Chew one tablet once daily, or as recommended by your healthcare practitioner.

Size

120 Chewable Tablets

Product Code

01155

NPN 80013081



REFERENCES

1. Hanley DA et al. Canadian Medical Association Journal. 2010; 182 (12): E610-E618.
2. Bischoff-Ferrari H, Willett WC, Wong JB, Giovannucci E, Dietrich T, Dawson-Hughes B. JAMA. 2005; 293: 2257-64.



D₃ 1000 Drops

Vitamin D₃ in a convenient liquid drop format

- Provides 1,000 IU of vitamin D₃ per drop
- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent vitamin D deficiency

D₃ 1000 drops come in a convenient easy-to-use liquid drop format – just one drop contains 1,000 IU of vitamin D, in a base of medium chain triglycerides. The vitamin D₃ used in D₃ 1000 Drops is produced using lanolin as precursor. D₃ 1000 Drops can be dropped directly into the mouth or mixed into drinks.

EACH DROP (0.028 mL) CONTAINS:

Vitamin D (cholecalciferol) 25 mcg / 1000 IU

Non-Medicinal Ingredients: Medium chain triglycerides

Recommended Dose

All ages: Take one drop daily or as recommended by your healthcare practitioner.

Size

30 mL Liquid

Product Code

01152

NPN 80043228



D₃ K₂ Mulsion

Natural Lemon Flavour

Vitamin D and K₂ combination

- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus

Easy-to-use

- Can be dropped directly in the mouth or mixed in drinks

Natural lemon flavour

- Great taste increases patient compliance

EACH DROP (0.0325 mL) CONTAINS:

Vitamin D (cholecalciferol) 5 mcg / 200 IU

Vitamin K₂ (menaquinone-7) 18 mcg

Non-Medicinal Ingredients: Purified water, glycerin, cellulose, lemon oil, xanthan gum, extra virgin olive oil, citric acid, potassium sorbate, organic stevia leaf extract (glucosylsteviosides), rosemary leaf extract, mixed tocopherols concentrate

Recommended Dose

Adults: Take five drops daily or as recommended by your healthcare practitioner.

Size

20 mL Liquid

Product Code

01170

NPN 80044438



E-400 Emulsified

Naturally emulsified vitamin E formulation

- An antioxidant and a factor in the maintenance of good health

Convenient softgel capsule format

- Increases patient compliance

EACH SOFTGEL CONTAINS:

Vitamin E (d-alpha tocopherol) 268 mg AT/ 400 IU

Non-Medicinal Ingredients: Gelatin, glycerin, soybean oil, polysorbate 80, purified water

Recommended Dose

Adults: Take one softgel two times daily with a meal, or as recommended by your healthcare practitioner.

Size

60 Softgels
120 Softgels

Product Code

01105
01105120

NPN 00887463



SINGLE VITAMINS

Myo-Inositol

Support for women with polycystic ovarian syndrome (PCOS)

- Helps to restore normal ovarian function, ovulation and oocyte quality
- Helps to normalize menstrual cycle irregularities
- Promotes healthy glucose metabolism
- Helps to reduce serum testosterone levels and oxidative stress
- Provides 4 g of myo-inositol per daily serving

Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders, affecting up to 20% of women of reproductive age.¹ PCOS is associated with elevated male sex hormones, impaired insulin sensitivity and reproductive dysfunction, including menstrual irregularity and infertility.¹ Myo-inositol helps restore the activities of ovaries in PCOS patients through its role as a precursor to inositol 1,4,5-triphosphate (InsP₃), which regulates menstrual cycle hormones and oocyte maturation.^{2,3} Myo-inositol also promotes the production of inositolphosphoglycans (IPG), which activate enzymes involved in glucose metabolism.² In a clinical trial involving 42 women with PCOS, participants were randomized to consume 400 mcg of folic acid alone or in combination with 4 g of myo-inositol daily for six to eight weeks.⁴ When compared to the placebo folic acid group, women in the myo-inositol group experienced more cycles of ovulation (69.5% ovulated in the myo-inositol group compared with 21% in the placebo group), lower testosterone levels, and improved insulin sensitivity.⁴

EACH TEASPOON (½ SCOOP) CONTAINS:

Myo-inositol 2 g

Recommended Dose

Adults: In a glass, add 250 mL of water or juice to two teaspoons (one scoop) of Myo-Inositol and mix. Take once daily or as recommended by your healthcare practitioner. Use for a minimum of twelve weeks to see beneficial effects.

Size

186 g Powder

Product Code

02177

NPN 80055551



REFERENCES

1. Misso, M, Boyle, J, Norman, R, Teede, T. Semin Reprod Med. 2014; 32: 230-240.
2. Unfer, V, Carlomagno, G, Dante, G, Facchinetti, F. Gynecological Endocrinology. 2012; 28(7): 509-515.
3. Govindarajan, C, Pitchaipillai, R, Shanmugasundaram, B, Thangam, S, Arokiasamy, J, Subramania Pillai, M. World Journal of Pharmacy and Pharmaceutical Sciences. 2015; 4(6): 137-155.
4. Costantino, D, Minozzi, G, Minozzi, F, Guaraldi, C. European Review for Medical and Pharmacological Sciences. 2009; 13: 105-110.

Orti C

Vitamin C formulation

- Source of antioxidant for the maintenance of good health
- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps to maintain the body's ability to metabolize nutrients
- Helps in tissue and connective tissue formation and in wound healing
- Helps to maintain healthy skin, immune function
- Helps to prevent vitamin C deficiency

With green tea and bioflavonoids

- Hesperidin and rutin

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Vitamin C (ascorbic acid/calcium ascorbate)	500 mg
Calcium (calcium carbonate/ascorbate)	5 mg
Magnesium (magnesium oxide)	5 mg
Zinc (zinc oxide)	5 mg
Potassium (potassium chloride)	5 mg
Hesperidin (from <i>Citrus sinensis</i> fruit)	50 mg
Green Tea (<i>Camellia sinensis</i>) Leaf	22.5 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (45% Epigallocatechin-3-gallate)	175 mg
Rutin (from <i>Dimorphandra mollis</i> seed pod)	10 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica

Recommended Dose

Adults: Take one capsule three times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. For use beyond twelve weeks, consult your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

01118

NPN 80048695



Scorbatate

High-potency vitamin C of 1,000 mg per serving with added minerals

- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps to maintain the body's ability to metabolize nutrients
- Helps in wound healing and connective tissue formation
- An antioxidant for the maintenance of good health
- Helps to prevent vitamin C deficiency
- Provides support for healthy glucose metabolism
- Helps to maintain healthy skin, immune and proper muscle function

Ideal for vegans

- Convenient powder format

EACH ¼ TEASPOON (1.35 g) CONTAINS:

Vitamin C (ascorbic acid/calcium ascorbate)	1000 mg
Calcium (calcium carbonate/ascorbate)	45 mg
Magnesium (magnesium carbonate)	37.5 mg
Zinc (zinc citrate)	1.75 mg
Selenium (selenium HVP ♦ chelate/sodium selenite)	12.5 mcg
Manganese (manganese sulfate monohydrate)	1.25 mg
Chromium (chromium nicotinate glycinate chelate)	12.5 mcg
Molybdenum (molybdenum HVP ♦ chelate)	25 mcg
Potassium (potassium carbonate)	25 mg
L-Aspartic Acid	6 mg
Vanadium (vanadium HVP ♦ chelate)	25 mcg
♦ Hydrolyzed vegetable (rice/soy) protein	

Non-Medicinal Ingredients: Silica, citric acid

Contains: Soy

Recommended Dose

Adults: Add water or juice to ¼ teaspoon of Scorbatate and mix. Take once daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner.

Size

170 g Powder

Product Code

0117

NPN 80037811



Vitamin A

Vitamin A formula

- A factor in the maintenance of good health
- Helps to maintain eyesight, skin membranes and immune function
- Helps in the development and maintenance of night vision, bones and teeth
- Helps to prevent vitamin A deficiency

Convenient softgel format

- Increases patient compliance

EACH SOFTGEL CONTAINS:

Vitamin A (vitamin A palmitate ♦) 3000 mcg RAE / 10 000 IU
♦ From cod liver oil

Non-Medicinal Ingredients: Soybean oil, gelatin, glycerin, purified water

Recommended Dose

Adults: Take one softgel daily with a meal, or as recommended by your healthcare practitioner.

Size

60 Softgels

Product Code

01126

NPN 80011904



B VITAMIN COMPLEXES

Active B Complex

Combination of B-vitamins in their most active forms

- Includes the body's preferred active forms of vitamins B₆, and B₁₂, riboflavin and folate
- Helps to maintain the body's ability to metabolize nutrients
- Helps in normal growth and development and in the formation of red blood cells
- Helps to prevent thiamine, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin and pantothenic acid deficiency

Each single-capsule serving of Active B Complex provides the adult Recommended Dietary Allowance (RDA) for the entire B-vitamin family, including thiamine, riboflavin, niacinamide, pantothenic acid, vitamin B₆, biotin, folate and vitamin B₁₂. Active B Complex uses the preferred active forms of vitamins B₂ (riboflavin-5'-phosphate), B₆ (pyridoxal-5'-phosphate), folate (Metafolin®), and B₁₂ (methylcobalamin). Metafolin® is a calcium salt of L-methylfolate, the primary active form of folate within the body. In comparison with folic acid, L-methylfolate may have higher bioavailability. For example, in healthy women supplemented with an equivalent amount (~400 mcg) of either L-methylfolate or folic acid for 24 weeks, red blood cell folate concentrations were significantly higher in women that received the L-methylfolate supplement.¹

EACH CAPSULE CONTAINS:

Thiamine (thiamine hydrochloride).....	50 mg
Riboflavin (riboflavin 5-phosphate sodium).....	25 mg
Niacinamide.....	100 mg
Vitamin B ₆ (pyridoxal 5-phosphate).....	25 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®*).....	400 mcg
Vitamin B ₁₂ (methylcobalamin).....	400 mcg
Biotin.....	300 mcg
Pantothenic acid (calcium d-pantothenate).....	110 mg
Choline (choline bitartrate).....	25 mg
Inositol.....	25 mg

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, ascorbyl palmitate

Recommended Dose

Adults: Take one capsule daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

02166

NPN 80036045



REFERENCE

1. Lamers Y et al. Am J Clin Nutr. 2006; 84: 156-161.

Active B₆ Pyridoxal

Vitamin B6 in its most active form

- Helps in tissue formation
- Supports and maintains good health
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent vitamin B₆ deficiency
- Provides 50 mg of vitamin B₆ per capsule

Active B₆ Pyridoxal is a source of vitamin B₆ in the form of pyridoxal-5-phosphate (PLP). As the most biologically active form of the vitamin, PLP helps to catalyze over 140 reactions.¹ PLP is an important cofactor in: 1) fatty acid metabolism, including the production of important omega-6 polyunsaturated fatty acids; 2) carbohydrate metabolism, including the breakdown of glycogen into glucose; 3) amino acid metabolism, including neurotransmitter synthesis and the conversion of tryptophan into niacin.¹ Vitamin B₆ deficiency decreases niacin production and increases formation of the metabolite xanthurenic acid, which lowers insulin activity.² Low levels of vitamin B₆ also lead to increased synovial fluid between joints, which results in nerve compression.³

EACH CAPSULE CONTAINS:

Vitamin B₆ (pyridoxal-5-phosphate)..... 50 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults (19 years and older): Take one capsule two times daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take one capsule daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

02102

NPN 80001110



REFERENCES

1. Mooney, S. Leuendorf, JE, Hendrickson, C, Hellmann, H. Molecules. 2009; 14: 329-351.
2. Okenkrug, G. Mol Neurobiol. 2013; 48(2): 294-301.
3. Combs, GF. (2012). In The Vitamins (4th ed., pp. 309-323). Elsevier.



Active Chewable B₁₂

Natural Cherry Flavour

Vitamin B₁₂ formula

- Includes methylcobalamin, the active form of vitamin B₁₂
- Helps in the formation of red blood cells
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent vitamin B₁₂ deficiency

Chewable tablets with a natural cherry flavour

- Great taste for improved patient compliance

Active Chewable B₁₂ supports red blood cell formation and macronutrient metabolism with a concentrated dose (1,000 mcg) of methylcobalamin, the body's preferred active form of vitamin B₁₂. B₁₂-deficiency is one of the most common causes of nutrient-related anemia, especially among the elderly, with an estimated 11% of anemia cases in adults 65+ being B₁₂-related.¹ Vegan diets² and metformin usage are also associated with increased risk of B₁₂ deficiency.³

Based on a meta-analysis of available studies, the 2013 Ontario Health Technology Assessment Series suggested that oral B₁₂ supplementation may have similar efficacy as parenteral B₁₂ in patients with confirmed B₁₂ deficiency.⁴

EACH TABLET CONTAINS:

Vitamin B₁₂ (methylcobalamin) 1000 mcg

Non-Medicinal Ingredients: Cellulose, xylitol, mannitol, hypromellose, silica, magnesium stearate, natural cherry flavour

Recommended Dose

Adults and Children (4 years and older): Chew one tablet daily or as recommended by your healthcare practitioner.

Size

60 Chewable Tablets

Product Code

02165

NPN 80031927



REFERENCES

1. Guralnik JM, Eisenstaedt RS, Ferrucci L, Klein HG, Woodman RC. Blood. 2004; 104: 2263-2268.
2. Gilling AMJ et al. Eur J Clin Nutr. 2010 September; 64(9): 933-939.
3. Mazokopakis EE, Starakis IK. Diab Res Clin Pract. 2012; 359-367.
4. Health Quality Ontario. Ontario Health Technology Assessment Series. 2013; 13(23) 1-45.

Active Chewable B₁₂ with L-Methylfolate

Natural Cherry Flavour

Vitamin B₁₂ formula plus L-methylfolate

- Contains methylcobalamin, the body's preferred active form of vitamin B₁₂, plus Metafolin® (L-methylfolate) – the active form of folate
- Helps to maintain the body's ability to metabolize nutrients
- Helps in the formation of red blood cells

Chewable tablets with a natural cherry flavour

- Great taste for excellent patient compliance

Active Chewable B₁₂ with L-Methylfolate supports macronutrient metabolism and red blood cell formation. Both methylcobalamin and L-methylfolate help in maintaining normal plasma levels of the protein metabolite homocysteine. Homocysteine can be re-methylated back to methionine via donation of a methyl group from L-methylfolate, with methylcobalamin acting as a necessary cofactor in this remethylation process. In participants with elevated homocysteine levels, high-dose supplementation with methylcobalamin and folic acid for 2 weeks resulted in a significant reduction in plasma homocysteine levels.¹

EACH TABLET CONTAINS:

Folate (calcium L-5-methyltetrahydrofolate, Metafolin®*) 400 mcg
Vitamin B₁₂ (methylcobalamin) 1000 mcg

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Non-Medicinal Ingredients: Cellulose, xylitol, mannitol, hypromellose, silica, magnesium stearate, natural cherry flavour

Recommended Dose

Adults and Children (4 years and older): Chew one tablet daily, or as recommended by your healthcare practitioner.

Size

60 Chewable Tablets

Product Code

02164

NPN 80034653



REFERENCE

1. Koyama K, Usami T, Takeuchi O, Morozumi K, Kimura G. Nephrol Dial Transplant. 2007; 7(5): 916-922.

B VITAMIN COMPLEXES

Active Folate 1000

Biologically active folate rich formula

- Helps to reduce the risk of neural tube defects (NTD) when taken daily prior to becoming pregnant and during early pregnancy
- Helps to prevent folate deficiency
- Helps the body to metabolize proteins and form red blood cells
- Provides 1,000 mcg of folate per day from Metafolin®

Active Folate 1000 provides 1,000 mcg of folate per day from Metafolin® – a pure, physiologically active and bioavailable form of the folate found naturally in foods.¹ Folate is primarily involved in cell division and is required for the synthesis of nucleotides and red blood cells.² Folate requirements increase during pregnancy as a result of the rise in cell division and metabolism necessary for healthy placental and fetal development.³ Unfortunately, approximately 20 percent of Canadian women of childbearing age do not meet the recommended amount of folate for pregnancy.³ Supplementation has been shown to be the most effective method for raising folate status, yielding superior results to dietary intake.³ Daily supplementation with 400 mcg of folic acid during the first trimester helps to decrease the development of NTD by approximately 50%; however, 800 mcg daily may help reduce the risk by nearly 70%.⁴

EACH CAPSULE CONTAINS:

Folate (calcium L-5-methyltetrahydrofolate, Metafolin®*) 1000 mcg

Non-Medicinal Ingredients: Cellulose, hypromellose

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Recommended Dose

Adults: Take one capsule daily or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

02184

NPN 80061395



REFERENCES

1. EMD Millipore Corporation. (2015). Key benefits of Metafolin®. Retrieved from: < <http://www.emdmillipore.com> >.
2. Crider, K.S., Yang, T.P., Berry, R.J., Bailey, L.B. Adv. Nutr. 2012; 3: 21-38.
3. Lamers, Y. Ann Nutr Metab. 2011; 59(1): 32-7.
4. Osterhues, A., Ali, N.S., Michels, K.B. Critical Reviews in Food Science and Nutrition. 2013; 53: 1180-1190.

Bio B₁₂ + Folic AcidHigh-dose B₁₂ formula with folic acid

- Helps to prevent vitamin B₁₂ deficiency
- Helps to form red blood cells
- Helps to maintain the body's ability to metabolize nutrients
- Helps reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- Provides 1000 mcg of vitamin B₁₂ and 400 mcg of folic acid per dose

Bio B₁₂ + Folic Acid includes a high-dose of vitamin B₁₂ to help support macronutrient metabolism and prevent vitamin B₁₂ deficiency.¹ Vitamin B₁₂ is an important cofactor for two enzymatic reactions: 1) methylmalonyl-CoA mutase, which helps break down branch chain amino acids and odd numbered fatty acids; 2) methionine synthase, which is needed for methyl transfer reactions, including the folic acid dependent conversion of homocysteine to methionine for protein production.² Daily supplementation with 400 mcg of folic acid during the first trimester helps decrease neural tube defects by approximately 50%.³ As folic acid is a methyl group donor, research indicates that neural tube defects may result from impaired methylation.⁴ Similarly, decreases in the availability of vitamin B₁₂ or folic acid lead to the accumulation of homocysteine, which may inhibit methyl transfer reactions.⁴ Vitamin B₁₂ helps enhance methionine synthesis and increases the ability of folic acid to lower homocysteine levels for normal methyl metabolism.^{5,6} The vitamin is also required for the methylation of proteins involved in the synthesis and maintenance of myelin, and vitamin deficiencies can result in decreased production of myelin sheath, material needed for normal nervous system function.^{7,8} As methionine synthase is needed to form red blood cells, deficiencies in vitamin B₁₂ have been associated with the production of abnormally large and irregularly shaped blood cells.⁷

EACH TABLET CONTAINS:

Folate (folic acid) 400 mcg
Vitamin B₁₂ (cyanocobalamin) 1000 mcg

Non-Medicinal Ingredients: Mannitol, maltodextrin, cellulose, stearic acid, natural cherry flavour, silica, carmine

Recommended Dose

Adults and Children (4 years and older): Chew one tablet daily, or as recommended by your healthcare practitioner.

Size

60 Chewable Tablets

Product Code

02114

NPN 80008889



REFERENCES

1. Allen, L.H. Am J Clin Nutr. 2009; 89(suppl): 693S-696S.
2. Nielsen, M.J., Rasmussen, M.R., Andersen, C.B., Nexø, E., Moestrup, S.K. Nat. Rev. Gastroenterol. Hepatol. 2012; 9: 345-354.
3. Osterhues, A., Ali, N.S., Michels, K.B. Critical Reviews in Food Science and Nutrition. 2013; 53: 1180-1190.
4. Imbard, A., Benoist, J.F., Blom, H.J. Int. J. Environ. Res. Public Health. 2013; 10: 4352-4389.
5. Fenech, M. Mutation Research. 2012; 733: 21-33.
6. Czeizel, A.E., Dudás, I., Vereczkey, A., Bányai, F. Nutrients. 2013; 5: 4760-4775.
7. Briani, C., Dalla Torre, C., Citton, V., Manara, R., Pompanin, S., Binotto, G., Adami, F. Nutrients. 2013; 5: 4521-4539.
8. Rush, E.C., Katre, P., CS Yajnik, C.S. European Journal of Clinical Nutrition. 2014; 68: 2-7.



Bio Folic Acid + B₁₂ Liquid

Vegan-friendly combination of B vitamins

- Helps to form red blood cells and maintain the body's ability to metabolize nutrients
- Helps reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- Provides 400 mcg of folic acid and 125 mcg of vitamin B₁₂ per 8 drops
- Delicious natural cherry flavour

Bio Folic Acid + B₁₂ Liquid is a vegan-friendly option that helps to prevent vitamin B₁₂ deficiency among vegetarian and vegans, whose diets tend to provide inadequate levels of vitamin B₁₂.¹ Both vitamin B₁₂ and folic acid are involved in red blood cell formation and DNA synthesis.^{2,3} Vitamin B₁₂ and folic acid are also required for the conversion of homocysteine to methionine, which is necessary for the production of S-adenosyl-methionine, the methyl donor involved in nearly all methylation reactions.^{4,5} Research demonstrates that daily supplementation with 400 mcg of folic acid during the first trimester helps to decrease neural tube defects by approximately 50%.⁶ In a randomized, placebo-controlled trial involving 119 pregnant women, continued supplementation with 400 mcg of folic acid daily into the second and third trimesters significantly increased maternal and cord blood folate status.⁷ Folic acid intake also better maintained homocysteine levels in the late stages of pregnancy, which may be associated with appropriate methyl transfer activity.^{5,7}

EACH 8 DROPS (0.34 mL) CONTAIN:

Folate (folic acid)	400 mcg
Vitamin B ₁₂ (cyanocobalamin)	125 mcg

Non-Medicinal Ingredients: Glycerin, purified water, natural cherry flavour, potassium sorbate, sodium benzoate, sodium hydroxide, citric acid

Recommended Dose

Adults and Adolescents (14 years and older): Take eight drops two times daily or as recommended by your healthcare practitioner. Children (4-13 years): Take eight drops once daily or as recommended by your healthcare practitioner.

Size

30 mL Liquid

Product Code

02116

NPN 80012082



REFERENCES

1. Briani, C, Dalla Torre, C, Citton, V, Manara, R, Pompanin, S, Binotto, G, Adami, F. *Nutrients*. 2013; 5: 4521-4539.
2. Fenech, M. *Mutation Research*. 2012; 733: 21-33.
3. Combs, GF. (2012). *The Vitamins*. USA: Elsevier.
4. Czeizel, AE, Dudás, I, Vereczkey, A, Bánhidy, F. *Nutrients*. 2013; 5: 4760-4775.
5. Imbard, A, Benoist, JF, Blom, HJ. *Int. J. Environ. Res. Public Health*. 2013; 10: 4352-4389.
6. Osterhues, A, Ali, NS, Michels, KB. *Critical Reviews in Food Science and Nutrition*. 2013; 53: 1180-1190.
7. McNulty, B, McNulty, H, Marshall, B, Ward, M, Molloy, AM, Scott, JM, Dornan, J, Pentieva, K. *Am J Clin Nutr*. 2013; 98: 92-98.

Inositol Nicotinate + Cr

Chromium nicotinate formula

- Provides support for healthy glucose metabolism and helps to maintain the body's ability to metabolize nutrients
- A factor in the maintenance of good health
- Provides 300 mg of inositol nicotinate per daily dose
- Includes 100 mcg of chromium per daily dose

Inositol Nicotinate + Cr is a blend of inositol nicotinate and chromium that helps to maintain good health. Chromium helps the body metabolize glucose and fats by supporting the actions of insulin, which include regulating glucose uptake in cells and promoting its storage as glycogen.^{1,2} Chromium can directly bind to insulin, which may help stabilize the hormone and support insulin-mediated cell signalling pathways.¹ It can also bind to insulin via its binding protein, chromodulin, which is produced in the liver and is stored in insulin-sensitive tissues.³ Upon binding to insulin, chromium helps to increase the number of GLUT4 transporters on cell membranes for glucose transport into cells.¹

EACH CAPSULE CONTAINS:

Chromium (chromium nicotinate)	100 mcg
Inositol Nicotinate	300 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, magnesium silicate, magnesium stearate

Recommended Dose

Adults: Take one capsule daily with a meal or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

02127

NPN 80031679



REFERENCES

1. Hua, Y, Clark, S, Ren, J, Sreejayan, N. *J Nutr Biochem*. 2012; 23(4): 313-319.
2. Newsholme, P, Cruzat, V, Arfuso, F, Keane, K. *The Journal of Endocrinology*. 221(3): R105-R120.
3. Vincent, JB, Bennett, R. (2007). In JB. Vincent (Ed.), *The Nutritional Biochemistry of Chromium (III)* (pp. 139-160). Amsterdam, The Netherlands: Elsevier B.V.

B VITAMIN COMPLEXES

Liquid B Complex **IMPROVED**

Natural Tangerine-Cherry Flavour

Broad spectrum B-vitamin complex

- Helps to maintain cognitive function, normal immune function and energy production
- Aids in the maintenance of healthy hair, nails and skin
- Convenient liquid format
- Great-tasting, natural tangerine-cherry flavour
- Improved
 - Now available in a 450 ml bottle

Liquid B Complex is a delicious combination of seven B vitamins, plus choline and inositol. It provides the adult Recommended Dietary Allowance (RDA) for thiamine, riboflavin, niacinamide, vitamin B₆, vitamin B₁₂, biotin and pantothenic acid. B vitamins play an important role in energy metabolism as cofactors for numerous biochemical reactions in the body.¹ Vitamins B₆, B₁₂ and riboflavin are particularly critical in the metabolism of the amino acid metabolite homocysteine.¹ Vitamin B₁₂ has an additional role helping in the normal function of the immune system and is involved in red blood cell formation alongside vitamin B₆. In addition, biotin helps maintain cognitive functions as well as healthy hair, nails, mucous membranes and skin. Liquid B Complex also provides choline, a lipotrope that helps support liver function, plus inositol, an important second messenger and component of the phospholipid membrane.¹

EACH TEASPOON (5 mL) CONTAINS:

Thiamine (thiamine hydrochloride)	50 mg
Riboflavin	50 mg
Niacinamide	75 mg
Vitamin B ₆ (pyridoxine hydrochloride)	50 mg
Vitamin B ₁₂ (hydroxocobalamin acetate, methylcobalamin)	75 mcg
Biotin	200 mcg
Pantothenic Acid (d-panthanol)	75 mg
Choline (choline chloride)	50 mg
Inositol	50 mg

Non-Medicinal Ingredients: Purified water, concentrated apple juice, glycerin, natural flavours, citric acid, rebaudioside A (stevia leaf extract), xanthan gum, potassium sorbate

Recommended Dose

Adults: Take one teaspoon two times daily with meals or as recommended by your healthcare practitioner. Shake well before each use.

Size

450 mL Liquid

Product Code

02131A

NPN 80081066

**REFERENCE**

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier. y 2013; 16(3): 339-345.

Methylation Support

Supports healthy homocysteine levels and liver function

- Helps to maintain the body's ability to metabolize nutrients
- Helps in red blood cell and tissue formation
- Provides 50 mg of vitamin B₆, 801 mcg of vitamin B₁₂ and 400 mcg of folate (from Metafolin®) per day
- Helps to prevent vitamin B₆, vitamin B₁₂, and folate deficiency

Methylation Support provides a combination of B vitamins, choline, and betaine to help support homocysteine level.¹ Homocysteine is an amino acid that can be further metabolized into methionine or cysteine.¹ Normal homocysteine levels are necessary for the methylation of nucleic acids, proteins and lipids, as well as protein production.¹ A randomized, double-blind trial involving 76 adults demonstrated that supplementation with 1.5 g of betaine daily for six weeks significantly better maintained homocysteine levels when compared to a placebo treatment.² Betaine also helps support liver function through its role in stimulating the production and export of very low density lipoproteins (VLDL) from the liver.³ Methylation Support contains the physiologically active forms of vitamin B₆, folate and vitamin B₁₂, B vitamins involved in tissue formation, red blood cell formation, and macronutrient metabolism, respectively.⁴ As a result of their interrelated pathways, it is important to have metabolic balances between choline, betaine, homocysteine, vitamin B₆, vitamin B₁₂ and folate.⁵

EACH CAPSULE CONTAINS:

Vitamin B ₆ (pyridoxal 5-phosphate)	16.7 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®)	133 mcg
Vitamin B ₁₂ (methylcobalamin)	267 mcg
Betaine (from <i>Beta vulgaris</i> root)	500 mg
Choline (choline bitartrate)	25 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Recommended Dose

Adults: Take three capsules daily or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

02372

NPN 80056026

**REFERENCES**

1. Selhub, J. Food and Nutrition Bulletin. 2008; 29(2 Suppl): S116-S125.
2. Olthof, MR, van Vliet, T, Boelsma, E, Verhoeve, P. J. Nutr. 2003; 133: 4135-4138.
3. Craig, SAS. Am J Clin Nutr. 2004; 80: 539-549.
4. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
5. Michel, V, Yuan, Z, Ramsdubir, S, Bakovic, M. Exp Biol Med. 2006; 231: 490-504.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Multi B

Vegan-friendly vitamin B complex

- Helps to maintain the body's ability to metabolize nutrients
- Helps normal growth and development
- Helps in tissue and red blood cell formation
- Helps to prevent deficiency of all eight B vitamins
- Also includes betaine hydrochloride, inositol, and choline

Multi B is a vitamin complex that includes all eight B vitamins, betaine hydrochloride, inositol, and choline for the maintenance of good health. B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of carbohydrates, fats and proteins.¹ Niacin, thiamine and biotin help to provide substrates for energy production in the Krebs cycle, while pantothenic acid is used for the formation of the key neurotransmitter acetylcholine in the brain.¹ Riboflavin is needed to activate the coenzyme forms of vitamin B₆ and folate, which are involved in amino acid metabolism and DNA synthesis, respectively.¹ Folic acid and vitamin B₁₂ help mediate the formation of red blood cells, which help transport oxygen through the body.¹ Malabsorption of vitamin B₁₂ from food, but not supplements, increases with age as elderly individuals may not produce enough gastric acid to release the vitamin when it is bound to food.²

EACH TABLET CONTAINS:

Thiamine (thiamine mononitrate)	100 mg
Riboflavin	50 mg
Niacinamide	150 mg
Vitamin B ₆ (pyridoxine hydrochloride)	50 mg
Folate (folic acid)	400 mcg
Vitamin B ₁₂ (cyanocobalamin)	100 mcg
Biotin	300 mcg
Pantothenic Acid (calcium d-pantothenate)	100 mg
Choline (choline bitartrate)	75 mg
Inositol	50 mg
Betaine Hydrochloride	50 mg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet daily with a meal or as recommended by your healthcare practitioner.

Size

60 Tablets

Product Code

02107

NPN 80026831



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Allen, LH. Am J Clin Nutr. 2009; 89(suppl): 693S-696S.

Orti B

Vegan-friendly vitamin B complex

- Helps to maintain the body's ability to metabolize nutrients
- Helps normal growth and development
- Helps in tissue and red blood cell formation
- Includes all eight B vitamins (thiamine, riboflavin, niacinamide, vitamin B₆, folate, vitamin B₁₂, biotin, pantothenic acid)
- Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- Also provides inositol and choline

Orti B is a vitamin complex that includes all eight B vitamins, plus inositol and choline for the maintenance of good health. B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of carbohydrates, fats and proteins.¹ Pantothenic acid is used for the formation of the key neurotransmitter acetylcholine in the brain, while niacin, thiamine and biotin help to provide substrates for energy production in the Krebs cycle.¹ Riboflavin is necessary to activate the coenzyme forms of folate and vitamin B₆, which are involved in DNA synthesis and the metabolism of amino acids, respectively.¹ Folate requirements increase during pregnancy as a result of the rise in cell division and metabolism required for placental and fetal development; however, approximately 20% of women of childbearing age do not meet the required folate intake for pregnancy.² Supplements are the most effective methods of raising folate status.² Daily supplementation with 400 mcg of folic acid before or during early pregnancy helps to decrease the risk of neural tube defects by 50%.³ Folic acid and vitamin B₁₂ also help mediate red blood cell formation.¹ Vegan diets tend to provide low levels of vitamin B₁₂, and malabsorption of the vitamin from food, but not supplements, increases with age.

EACH CAPSULE CONTAINS:

Thiamine (thiamine hydrochloride)	75 mg
Riboflavin	75 mg
Niacinamide	120 mg
Vitamin B ₆ (pyridoxine hydrochloride)	75 mg
Folate (folic acid)	400 mcg
Vitamin B ₁₂ (cyanocobalamin)	100 mcg
Biotin	300 mcg
Pantothenic Acid (calcium d-pantothenate)	125 mg
Choline (choline bitartrate)	50 mg
Inositol	50 mg

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one capsule daily with a meal, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

02108

NPN 80006941



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Lamers, Y. Ann Nutr Metab. 2011; 59(1): 32-7.
3. Osterhues, A, Ali, NS, Michels, KB. Critical Reviews in Food Science and Nutrition. 2013; 53: 1180-1190.
4. Allen, LH. Am J Clin Nutr. 2009; 89(suppl): 693S-696S.

B VITAMIN COMPLEXES

Pantothenic Acid

Vitamin B₅ for the maintenance of good health

- Helps to maintain the body's ability to metabolize nutrients
- Helps in tissue formation
- Provides 500 mg of pantothenic acid per daily dose

Pantothenic acid is a B vitamin that helps to metabolize carbohydrates, fats and proteins. Pantothenic acid is primarily present in the liver, kidneys and heart.¹ It is essential for the formation of coenzyme-A (CoA) and acyl-carrier protein (ACP), two compounds that donate acyl groups.¹ As acyl group metabolism is required for the production of the neurotransmitter acetylcholine, the central nervous system also needs a steady level of the vitamin.¹ CoA is a cofactor for approximately four percent of the enzymes in humans, and its acetyl-CoA form is especially important for several metabolic reactions.¹ It is required for incorporating fatty acids into membrane phospholipids and triglycerides, and is used to generate energy in the Krebs cycle.¹ Both acetyl-CoA and ACP also help mediate fatty acid synthesis.¹ Recent research indicates that pantothenic acid helps maintain the natural barrier of the skin by promoting the growth of skin cells via keratinocyte growth factor production.² Pantothenic acid further maintains skin health by decreasing the loss of water through the epidermal skin layer.³

EACH CAPSULE CONTAINS:

Pantothenic Acid (calcium d-pantothenate) 250 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

02104

NPN 80005786



REFERENCES

1. Combs, GF. (2012). In The Vitamins (4th ed., pp. 339-348). Elsevier.
2. Kobayashi, D., Kusama, M., Onda, M., Nakahata, N. J Pharmacol Sci. 2011; 115: 230 - 234.
3. Camargo, FB, Gaspar, LR, Maia Campos, PMBG. J. Cosmet. Sci. 2011; 62: 361-369.

SINGLE MINERALS

Calcium

Single mineral calcium supplementation

- 150 mg of calcium aspartate per capsule
- Helps in the development and maintenance of bones and teeth, especially in childhood, adolescence and young adulthood
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may help promote healthy bones and joint comfort

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Calcium (calcium aspartate) 150 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica, cellulose

Recommended Dose

Adults and Children (6 years and older): Take two capsules two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

04219

NPN 80021285



GTF Chromium

Organic chromium nicotinate formula

- Provides support for healthy glucose metabolism
- Helps to maintain the body's ability to metabolize nutrients
- A factor in the maintenance of good health
- Helps to prevent chromium deficiency

Ideal for vegetarians

- Convenient tablet format

EACH TABLET CONTAINS:

Chromium (chromium nicotinate) 200 mcg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals or as recommended by your healthcare practitioner.

Size

120 Tablets

Product Code

04209

NPN 80008658



Iron

Iron from carbonyl iron

- A factor in the maintenance of good health
- Helps to form red blood cells and helps in their proper function
- Helps to prevent iron deficiency anaemia

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Iron (carbonyl iron) 40 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

04208

NPN 80007202



Liquid Iodine **IMPROVED**

Support for thyroid gland function

- Helps to maintain normal production of thyroid hormones
- Provides 300 mcg of iodine per day to help prevent iodine deficiency
- Improved
 - Formula update removed alfalfa and dulse extracts for improved supply chain reliability
 - Label update removed fish/shellfish allergen warning

Iodine is essential to the formation of thyroid hormones thyroxine (T4) and triiodothyronine (T3).¹ These hormones are critical regulators of metabolism and participate in key physiological reactions throughout the body.^{1,2} Iodine requirements increase during pregnancy due to elevations in maternal and fetal thyroid hormone production, as well as iodine losses in the kidneys.³ Higher iodine requirements are also necessary during lactation as iodine is secreted into breast milk to help meet infants' iodine needs.³ Liquid Iodine provides 300 mcg of iodine daily to help prevent iodine deficiency, maintain normal production of thyroid hormones and support thyroid gland function.

EACH DROP (0.03 mL) CONTAINS:

Iodine (potassium iodide) 150 mcg

Non-Medicinal Ingredients: Glycerin, purified water, Japanese kelp extract

Recommended Dose

Adults and Adolescents (9 years and older): Take 1 drop 2 times daily with meals or as recommended by your healthcare practitioner. Shake well before each use.

Size

30 mL Liquid

Product Code

04210

NPN 80081699



REFERENCES

1. Otten, JJ, Pitz Hellwig, J, Meyers, LD. (2006). Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. USA: National Academies Press.
2. Shahid, MA, Sharma, S. (2018). Physiology, Thyroid, Hormone. USA: StatPearls Publishing.
3. Niwattisaiwong, S, Burman, KD, Li-Ng, M. Cleve Clin J Med. 2017; 84(3): 236-244.

SINGLE MINERALS

Liquid Iron

Micro-encapsulated iron supplement

- Enhanced bioavailability¹
- Improved patient tolerance¹
- Helps in the proper formation and function of red blood cells
- Prevents iron deficiency anemia

Convenient liquid format

- Delicious natural raspberry flavour

Insufficient iron intake represents one of the most common nutritional deficiencies, affecting an estimated 2 billion people worldwide, with women and children being considered the highest risk groups.¹ Each teaspoon serving of Liquid Iron provides 15 mg of iron from microencapsulated ferric pyrophosphate, a highly bioavailable and well-tolerated form of iron. In a clinical trial on 122 premenopausal women with low iron levels, daily supplementation with 18 mg of microencapsulated ferric pyrophosphate improved iron status within 4 weeks.²

EACH TEASPOON (5 mL) CONTAINS:

Iron (ferric pyrophosphate) 15 mg

Non-Medicinal Ingredients: Purified water, glycerin, natural flavours (raspberry and vanilla), xanthan gum, potassium sorbate, citric acid, stevia leaf extract (rebaudioside A)

Recommended Dose

Adults and Adolescents (9 years and older): Take one teaspoon two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Infants and Children (0-8 years): Take ½ teaspoon two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

240 mL Liquid
480 mL Liquid

Product Code

04234240
04234480

NPN 80038430



REFERENCES

1. World Health Organization. (n.d.). Retrieved from: <<http://www.who.int/nutrition/topics/ida/en/>>.
2. Blanco-Rojo R et al. British Journal of Nutrition. 2011; 105: 1652-1659.

Magnesium

Magnesium in a convenient vegetarian capsule format

- Provides 100 mg of magnesium per capsule
- Helps to maintain the body's ability to metabolize nutrients
- Helps in the maintenance of bones and teeth
- Helps in tissue formation and in the maintenance of proper muscle function

Each Magnesium capsule provides 100 mg of magnesium in the form of aspartate/oxide, to help support macronutrient metabolism, bone health, and muscle function. Magnesium plays an essential role in both muscle contraction and relaxation, and may help in the maintenance of muscle function in physically active older individuals. Older adults, especially women, tend to have lower magnesium dietary intake and absorption rates.^{1,2} In the first clinical trial to assess magnesium's impact on muscle performance in the elderly, daily supplementation with magnesium for 12 weeks significantly improved physical performance. One hundred and thirty nine healthy, physically active women aged 65+ were randomized to receive either placebo or 300 mg of elemental magnesium from magnesium oxide. Following supplementation, participants in the magnesium group had clinically relevant improvements in walking speed, with an average increase of 12 metres per minute. Walking speed is typically used as an independent variable for the diagnosis of age-related muscle loss. Chair stand test scores were also significantly improved, indicating enhanced lower limb strength and balance.³

EACH CAPSULE CONTAINS:

Magnesium (magnesium aspartate/oxide) 100 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults (19 years and older): Take two capsules two times daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take three capsules daily or as recommended by your healthcare practitioner. Children (6-8 years): Take one capsule daily or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

04216

NPN 80007120



REFERENCES

1. Barbagallo M, Belvedere M, Dominguez LJ. Magnes Res. 2009; 22: 235-246.
2. Rude RK, Singer FR, Gruber HE. J Am Coll Nutr 2009; 28: 131-41.
3. Veronese N, Berton L, Carraro S, Bolzetta F, De Rui M, Perissinotto E, Tofanello ED. The American Journal of Clinical Nutrition. 2014; 100: 974-81.



Magnesium Complex Liquid

Natural Tart Berry Flavour

Concentrated combination of organic magnesium sources

- Includes magnesium glycinate, citrate, and malate
- Helps to maintain the body's ability to metabolize nutrients
- Helps in the development and maintenance of bones and teeth
- Helps in tissue formation and helps to maintain proper muscle function
- Helps to prevent magnesium deficiency
- Delicious natural blueberry-raspberry flavour

Magnesium Complex Liquid is a concentrated combination of three organic magnesium sources, including glycinate, citrate and malate. Magnesium is one of the most common nutritional deficiencies in Canada: over 34% of Canadians aged 19+ do not obtain the Estimated Average Requirement (EAR) for magnesium, with inadequate intakes rising above 40% in older men and women.¹ Magnesium is the fourth most abundant mineral in the body and is a cofactor in over 300 metabolic reactions.² Magnesium plays an important role in regulating muscle function as a cofactor for creatine kinase, an enzyme that generates ATP from phosphocreatine stored in muscle tissues during intense exercise.^{2,3} Magnesium supplementation has been shown to improve lactic anaerobic metabolism, and help decrease the frequency and intensity of muscle cramping in pregnant women (who typically have lower serum magnesium levels).⁴ Each tablespoon serving of Magnesium Complex Liquid provides 500 mg of magnesium to also support macronutrient metabolism and bone health.

EACH TABLESPOON (15 mL) CONTAINS:

Magnesium (magnesium glycinate/citrate/malate) 500 mg

Non-Medicinal Ingredients: Purified water, glycerin, xylitol, citric acid, DL-malic acid, natural flavour (blueberry/raspberry), xanthan gum, potassium sorbate, sodium citrate, organic stevia leaf extract (glucosylsteviosides)

Recommended Dose

Adults (19 years and older): Take one tablespoon daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take ½ tablespoon daily or as recommended by your healthcare practitioner.

Size

450 mL Liquid

Product Code

04235

NPN 80054276



REFERENCES

1. Health Canada, Statistics Canada. Canadian Community Health Survey, Cycle 2.2, Nutrition (2004) - Nutrient Intakes From Food: Provincial, Regional and National Data Tables Volumes 1, 2 & 3 Disk. 2009. Ottawa, Health Canada Publications.
2. Volpe S. Advances in Nutrition. 2013; 378S-383S.
3. Setaro L et al. Journal of Sports Sciences. 2014; 32(5): 438-445
4. Supakatisant C and Phupong V. Maternal and Child Nutrition. 2015; 11(2): 139-145.

Magnesium Glycinate Liquid

Natural Apple-Pomegranate Flavour

Magnesium glycinate formulation

- Helps to maintain proper muscle function
- Helps to maintain the body's ability to metabolize nutrients
- Magnesium glycinate is a gentle form of magnesium that is less likely to cause loose stools^{1,2}
- Helps in the development and maintenance of bones and teeth
- Helps to prevent magnesium deficiency (adults, 2 tablespoons)

Dissolves completely in water

- No cloudy residue
- Great-tasting apple-pomegranate flavour

Magnesium is a cofactor in over 300 metabolic reactions. It is involved in the maintenance of muscle function, glucose metabolism and muscle contraction, among several other important physiological roles.³ Magnesium helps to maintain bone health by regulating the production of parathyroid hormone (PTH) and calcitriol, which helps to increase calcium absorption and minimize risk of calcium deficiency.^{4,5} In the United States, insufficient magnesium intake is estimated to occur in approximately 64% of men and 67% of women, with even higher levels of insufficient intake in elderly individuals.⁶ Magnesium glycinate (also known as magnesium bisglycinate) is a highly water soluble amino acid chelate of magnesium and two glycine molecules. Clinical evidence indicates that magnesium glycinate has a significantly higher bioavailability than magnesium oxide, and is less likely to cause a laxative effect.^{1,2} Supplementation with magnesium glycinate has been shown to decrease the severity of muscle cramping: in a clinical trial on 86 healthy pregnant women with recurrent muscle cramps, supplementation with 300 mg of magnesium glycinate for 4 weeks reduced both the frequency and intensity of leg cramps.²

EACH TABLESPOON (15 mL) CONTAINS:

Magnesium (magnesium glycinate) 250 mg

Non-Medicinal Ingredients: Purified water, glycerin, xylitol, DL-malic acid, concentrated apple juice, natural flavour, potassium sorbate, rebaudioside A (stevia leaf extract)

Recommended Dose

Adults (19 years and older): Take one tablespoon one to two times daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take one tablespoon daily or as recommended by your healthcare practitioner. If preferred, Magnesium Glycinate Liquid can be mixed with juice or water.

Size

450 mL Liquid

Product Code

04225

NPN 80053268



REFERENCES

1. Schuette S, Lashner B, Janghobani M. Journal of Parenteral and Enteral Nutrition. 1994; 18: 430-435.
2. Supakatisant C Phupong V. Maternal and Child Nutrition. 2015; 11(2): 129-145.
3. Volpe S. Advances in Nutrition. 2013; 378S-383S.
4. Zofkova I, Nemcikova P, Matucha P. Clinical Chemistry and Laboratory Medicine. 2013; 51(8): 1555-1561.
5. Fong J and Khan A. Canadian Family Physician. 2012; 58: 158-162.
6. Moshfegh A, Goldman J, and Cleveland L. NHANES 2001-2002: Usual nutrient intakes from food compared to Dietary Reference Intakes: US Department of Agriculture, Agricultural Research Service. 2005: 1-5.

SINGLE MINERALS

Malic Acid

L-Malic acid and magnesium formulation

- Helps to maintain proper muscle function

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

L-Malic Acid	500 mg
Magnesium (magnesium malate)	20 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take one capsule three times daily with meals, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

10530

NPN 80041991



Potassium

Potassium citrate formulation

- Mineral supplement for the maintenance of good health

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Potassium (potassium citrate)	250 mg
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Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Take one capsule daily with a meal, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

04207

NPN 80042526



Manganese

Manganese formulation

- Helps in the development and maintenance of bones
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent manganese deficiency

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Manganese (manganese aspartate)	30 mg
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Non-Medicinal Ingredients: Hypromellose, cellulose, dibasic calcium phosphate dihydrate, magnesium stearate

Recommended Dose

Adults: Take one capsule daily with a meal or as recommended by your healthcare practitioner. For use beyond six months, consult your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

04220

NPN 80033254



Potassium Glycinate Liquid

Natural Blueberry-Lemon-Basil Flavour

Great-tasting liquid potassium formula

- Source of an electrolyte for the maintenance of good health
- Provides 100 mg of potassium per teaspoon to help prevent potassium deficiency due to low dietary intake
- Delicious natural blueberry-lemon-basil flavour
- Convenient liquid format mixes easily with juice or water

Potassium Glycinate Liquid provides 100 mg of potassium in each delicious natural blueberry-lemon-basil-flavoured teaspoon. Potassium, the primary cation inside human cells, is an electrolyte for the maintenance of good health.¹ It is required to maintain normal cell function, cell volume and pH.² Potassium is also essential for establishing a membrane potential, which is required for the electrical activity in nerve fibres and muscle cells.³ Due to its important roles in many metabolic processes throughout the body, it is important to consume adequate levels of this mineral each day.¹ However, research suggests that individuals worldwide consume potassium at a level below recommended values.⁴ This may result from a decrease intake of fruits and vegetables or an increased intake of processed foods, as food processing markedly reduces potassium content.⁴ Potassium Glycinate Liquid is a great-tasting formula that can help individuals meet daily potassium recommendations.

EACH TEASPOON (5 mL) CONTAINS:

Potassium (potassium glycinate) 100 mg

Non-Medicinal Ingredients: Purified water, glycerin, natural blueberry, lemon and basil flavours, citric acid, potassium sorbate, stevia leaf extract (glucosylsteviosides)

Recommended Dose

Adults: Take 1 teaspoon daily or as recommended by your healthcare practitioner. If preferred, Potassium Glycinate Liquid can be mixed with juice or water. Shake well before use.

Size

450 mL Liquid

Product Code

04228

NPN 80076483



REFERENCES

1. Bini, A, Jaeger, J, Hu, Y, Singh, A, Zimmermann, D. J Hypertens. 2015; 33(8): 1509-20.
2. Sigel, A, Sigel, H, Sigel, RKO. (Eds.). (2013). Dordrecht: Springer Science+Business Media.
3. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA), Turck, D, et al. EFSA J. 2016; 14(10): 4592.
4. Aburto, NJ, Hanson, S, Gutierrez, H, Hooper, L, Elliott, P, Cappuccino, FP. BMJ. 2013; 346: f1378.

Zinc

Zinc aspartate formulation

- Helps to maintain immune function
- A factor in the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients
- Helps in connective tissue formation
- Helps to maintain healthy skin
- Helps to prevent zinc deficiency

Ideal for vegetarians

- Convenient tablet format

EACH TABLET CONTAINS:

Zinc (zinc aspartate) 15 mg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults (19 years and older): Take one tablet two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take one tablet daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets

Product Code

04211

NPN 80029653



SINGLE MINERALS

Zinc Glycinate Liquid

Natural Peach-Tangerine Flavour

Great-tasting, bioavailable liquid zinc formula

- Provides 30 mg of zinc bisglycinate per teaspoon
- Helps to maintain immune function, as well as healthy bones, hair, nails and skin
- Aids in the maintenance of normal DNA synthesis and acid-base metabolism
- Delicious natural peach-tangerine flavour

Zinc Glycinate Liquid is a great-tasting mineral formula that provides zinc in the bioavailable form of zinc bisglycinate. Zinc is an important trace element in the body.¹ It plays a key role in maintaining immune health by stimulating the production of immune cells, regulating natural killer cell activity and mediating cytokine production.^{1,2} Clinical research has demonstrated that daily supplementation with zinc helps to maintain immune function in adults and adolescents, as well as in the airways of children.^{3,4} Zinc also has a long history of use in dermatological health.⁵ It helps to maintain immune function in the skin, while promoting collagen synthesis to help maintain skin structure.⁶ Additionally, zinc has a role in maintaining hair and nail health, and maintains bone health by regulating bone formation and resorption.^{5,7-9} This mineral is also involved in a key buffer system that helps to maintain normal acid-base balance.⁹ Zinc Glycinate Liquid provides a bioavailable source of zinc to help meet daily zinc requirements. In one randomized crossover trial, zinc bisglycinate was demonstrated to have 43% higher bioavailability than zinc gluconate.¹⁰

EACH TEASPOON (5 mL) CONTAINS:

Zinc (zinc bisglycinate) 30 mg

Non-Medicinal Ingredients: Purified water, glycerin, concentrated apple juice, xylitol, citric acid, natural flavours, potassium sorbate

Recommended Dose

Adults and Adolescents (14 years and older): Take one teaspoon daily. Adolescents (9 - 13 years): Take ¾ teaspoon daily. Children (4 - 8 years): Take ¼ teaspoon daily. Take with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. If preferred, Zinc Glycinate Liquid can be mixed with juice or water. Shake well before use.

Size

450 mL Liquid

Product Code

04226

NPN 80070496



REFERENCES

1. Chasapis, CT, Loutsidou, AC, Spiliopoulou, CA, Stefanidou, ME. Arch Toxicol. 2012; 86(4): 521-34.
2. Prasad, AS. Adv Nutr. 2013; 4(2): 176-190.
3. Eby, GA, Davis, DR, Halcomb, WW. Antimicrob Agents Chemother. 1984; 25(1): 20-24.
4. Rerksupphaphol, S, Rerksupphaphol, L. Pediatr Rep. 2016; 8(4): 63-7.
5. Gupta, M, Mahajan, VK, Mehta, KS, Chauhan, PS. Dermatol Res Pract. 2014; 2014: 709152.
6. Bhowmik, D, Chiranjib, Kumar, KPS. Int J Pharm Biomed Sci. 2010; 1(1): 5-11.
7. Finner, AM. Dermatol Clin. 2013; 31(1): 167-72.
8. Cashman, MW, Sloan, SB. Clin Dermatol. 2010; 28(4): 420-5.
9. EFSA Panel on Dietetic Products Nutrition and Allergies. EFSA J. 2009; 7(9):1229.
10. Gandia P, Bour D, Maurette JM, Donazzolo Y, Duchène P, Béjot M, Houin, G. Int J Vitam Nutr Res. 2007; 77(4): 243-8.

Zinc Picolinate Formula

Zinc picolinate formulation

- Helps to maintain immune function
- Helps to maintain healthy skin
- Helps in connective tissue formation
- Helps to maintain the body's ability to metabolize nutrients
- A factor in the maintenance of good health
- Helps to prevent zinc deficiency

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Zinc (zinc picolinate) 30 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, dibasic calcium phosphate dihydrate, magnesium stearate

Recommended Dose

Adults: Take one capsule daily with a meal, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. For use beyond one month, consult your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

04223

NPN 80037437



Femagen Iron Plus

Vegan-friendly formula supports red blood cell formation and function

- An antioxidant for the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients
- Helps in tissue formation and wound healing
- Helps in the development and maintenance of bones, cartilage, teeth and gum
- Helps to prevent niacin, folate, vitamin B₆, vitamin C, vitamin B₁₂, iron and copper deficiencies

Femagen Iron Plus is a vegan-friendly combination of vitamins and minerals that helps to maintain optimal iron levels. Vegetarian diets may not provide adequate levels of vitamin B₁₂, which, along with folate, helps to form red blood cells via its role in DNA synthesis.¹ Strict vegetarian diets also provide non-heme iron from plant-based foods but do not provide heme iron, the more bioavailable form found in meat products.² Femagen Iron Plus provides carbonyl iron, which is over 98% pure elemental iron.³ Iron is an important component of hemoglobin in red blood cells, where it is necessary for oxygen transport through the body.² Decreased iron storage results from disproportionate iron loss or insufficient absorption.² Women require more iron than men due to losses in menstrual bleeding, and elderly individuals may not consume or absorb adequate levels of iron.^{2,4} Vitamin C increases iron absorption in the intestine by reducing iron to Fe²⁺, the form more stable in the basic environment of the intestines.¹ As a cofactor for the enzyme ceruloplasmin, copper helps oxidize iron to Fe³⁺.⁵ In this form, iron can bind its plasma protein transferrin, which transports iron to the bone marrow for red blood cell formation.⁵

EACH CAPSULE CONTAINS:

Vitamin C (ascorbic acid)	100 mg
Niacin (nicotinic acid)	30 mg
Vitamin B ₆ (pyridoxine hydrochloride)	5 mg
Folate (folic acid)	400 mcg
Vitamin B ₁₂ (cyanocobalamin)	100 mcg
Iron (carbonyl iron)	30 mg
Copper (copper HVP ♦ chelate)	2000 mcg
Yellow Dock (<i>Rumex crispus</i>) Root	50 mg
Celandine (<i>Chelidonium majus</i>) Whole Plant Extract (4:1)	25 mg
100 mg Dried Equivalent	
♦ Hydrolyzed vegetable (rice) protein	

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Take one capsule daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six weeks.

Size

90 Vegetarian Capsules

Product Code

10573

NPN 80027159



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Fairweather-Tait, SJ, Wawer, AA, Gillings, R, Jennings, A, Myint, PK. Mechanisms of Ageing and Development. 2014; 136-137: 22-28.
3. Manoguer, AS, Erdman, AR, Booze, LL, Christianson, G, Wax, PM, Scharman, EJ, Woolf, AD, Chyka, PA, Keyes, DC, Olson, KR, Caravati, EM, Troutman, WG. Clinical Toxicology. 2005; 43: 553-570.
4. Fuqua, BK, Vulpe, CD, Anderson, GJ. Journal of Trace Elements in Medicine and Biology. 2012; 26: 115-119.
5. Arredondo, M, Nunez, MT. Molecular Aspects of Medicine. 2005; 26: 313-327.

Femagen PMS Capsules

Vegan-friendly multi-mineral formula

- For relief of symptoms associated with premenstrual syndrome

Femagen PMS Capsules contain a blend of vitamins, minerals and herbs that help relieve symptoms associated with premenstrual syndrome (PMS). Approximately 30-80% of women experience mild to moderate PMS symptoms each month.¹ PMS symptoms may result from elevated levels of estrogen or decreased levels of vitamins and minerals.¹ Preclinical evidence suggests that chasteberry supports hormonal balance through dopamine-mediated modulation of prolactin secretion.¹ In a randomized, placebo-controlled trial involving 67 women with PMS, daily supplementation with chasteberry extract for three months significantly improved water retention and psychological symptoms associated with PMS, including irritability, bloating, and breast tenderness.² Beta-carotene is a provitamin A carotenoid pigment naturally found in plants.³ B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of carbohydrates, fats and proteins.⁴ Niacin and thiamine help to provide substrates for energy production in the Krebs cycle, while vitamin B₁₂ and folate are involved in the formation of red blood cells through their role in DNA synthesis.⁴

EACH CAPSULE CONTAINS:

Beta-carotene	900 mcg
Vitamin E (d-alpha tocopheryl succinate)	34 mg AT / 50 IU
Thiamine (thiamine mononitrate)	10 mg
Riboflavin	10 mg
Niacin (inositol nicotinate)	9 mg
Vitamin B ₆ (pyridoxine hydrochloride)	50 mg
Folate	200 mcg
Vitamin B ₁₂ (cyanocobalamin)	25 mcg
Pantothenic Acid (calcium d-pantothenate)	25 mg
Calcium (calcium citrate/carbonate)	30 mg
Magnesium (magnesium citrate)	60 mg
Zinc (zinc citrate)	5 mg
Choline (choline bitartrate)	15 mg
Wild Yam (<i>Dioscorea villosa</i>) Root Extract (10:1)	20 mg
200 mg Dried Equivalent	
St. John's Wort (<i>Hypericum perforatum</i>) Aerial Parts	20 mg
Dandelion (<i>Taraxacum officinale</i>) Leaf	20 mg
Parsley (<i>Petroselinum crispum</i>) Aerial Parts	20 mg
Blue Cohosh (<i>Caulophyllum thalictroides</i>) Root	15 mg
Chaste Tree (<i>Vitex agnus-castus</i>) Fruit	15 mg
Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf	15 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) Root and Rhizome	15 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica, cellulose

Recommended Dose

Adults: Take one capsule two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10569

NPN 80023503



REFERENCES

1. Verkaik, S, Kamperman, AM, van Westrhenen, R, Schulte, PFJ. Am J Obstet Gynecol. 2017; 217: 150-166.
2. Ma, L, Lin, S, Chen, R, Wang, X. Gynecological Endocrinology. 2010; 26(8): 612-616.
3. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
4. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.

MULTIMINERALS

Femagen PMS Tablets

IMPROVED

Multivitamin, mineral, glandular and herbal combination for PMS

- Provides chastetree, which is used in Herbal Medicine to help relieve premenstrual symptoms
- Helps to maintain proper muscle function and red blood cell formation
- Includes ovary, adrenal and brain glandular extracts
- Improved
 - Now offers activated forms of vitamins, including pyridoxal 5'-phosphate, Metafolin® calcium L-5-methyltetrahydrofolate and methylcobalamin

Femagen PMS Tablets were specifically formulated with nutrients, glandular extracts and botanicals such as chasteberry, which is used in Herbal Medicine to help relieve premenstrual symptoms. Approximately 30-80% of women experience mild to moderate symptoms of premenstrual syndrome (PMS) each month.¹ These symptoms may result from imbalances in hormones or decreased levels of vitamins and minerals.¹ Preclinical evidence suggests that chasteberry supports hormonal balance through dopamine-mediated modulation of prolactin secretion.^{1,2} Supplementation with chastetree extract for three months has been shown to significantly alleviate premenstrual symptoms, including irritability, mood, headache, breast fullness, fatigue, and general aches and pains.^{3,4} In addition to hormonal fluctuations, vitamin and mineral concentrations can vary during the menstrual cycle.⁵ Low magnesium levels have been observed in those with PMS, and are often associated with muscle cramping, irritability and fatigue.⁵ Femagen PMS Tablets offer magnesium as bioavailable magnesium citrate, along with activated forms of B vitamins to support energy metabolism.⁵ Iron, a necessary component of hemoglobin in red blood cells, is also lost during menstrual bleeding.^{6,7} Femagen PMS Tablets include iron to help prevent iron deficiency anemia and associated tiredness and fatigue, which is provided alongside ovary, adrenal and brain glandular extracts.

EACH TABLET CONTAINS:

Beta-carotene	1200 mcg
Vitamin E (d-alpha tocopheryl acid succinate)	34 mg AT / 50 IU
Thiamine (thiamine mononitrate)	10 mg
Riboflavin	10 mg
Niacin (nicotinic acid)	15 mg
Vitamin B ₆ (pyridoxal 5'-phosphate)	50 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®)	150 mcg
Vitamin B ₁₂ (methylcobalamin)	25 mcg
Pantothenic Acid (calcium d-pantothenate)	10 mg
Choline (choline bitartrate)	15 mg
Calcium (calcium citrate)	50 mg
Iron (ferrous bisglycinate)	10 mg
Magnesium (magnesium citrate)	100 mg
Zinc (zinc citrate)	5 mg
Ox Ovary (<i>Bos taurus</i>)	50 mg
Ox Adrenal (<i>Bos taurus</i>)	25 mg
Pig Brain (<i>Sus scrofa</i>)	25 mg
Chastetree Fruit Extract (<i>Vitex agnus-castus</i>) (7-10:1)	50 mg
350-500 mg Dried Equivalent	
Dandelion Leaf (<i>Taraxacum officinale</i>)	10 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, croscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adult Women: Take 1 tablet 2 times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Use for a minimum of 3 months to see beneficial effects.

Size

90 Tablets

Product Code

10514

NPN 80082517



REFERENCES

1. Golmakani, N, Ebrahimzadeh Zagami, S. J Am Sci. 2011; 7(5): 60-64.
2. van Die, M, Burger, HG, Teede, HJ, Bone, KM. Planta Medica. 2013; 79: 562-575.
3. Dog, TL. Altern Complement Med. 2009; 15(3): 119-125.
4. Ma, L, Lin, S, Chen, R, Wang, X. Gynecol Endocrinol. 2010; 26(8): 612-616.
5. Makara-Studzinska, M, Morylowska-Topolska, J, Sztanke, M, Pasternak, K. J. Elem. s. 2011; 16: 659-664.
6. Lane, DJR, Bae, DH, Merlot, AM, Sahni, S, Richardson, DR. Nutrients. 2015; 7: 2274-2296.
7. Fuqua, BK, Vulpe, CD, Anderson, GJ. J Trace Elem Med Biol. 2012; 26: 115-119.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Femagen TLI

Supports red blood cell formation and function

- Helps to maintain the body's ability to metabolize nutrients
- An antioxidant for the maintenance of good health
- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps to prevent vitamin B₁₂ and iron deficiencies

Femagen TLI is a blend of vitamins and minerals that helps to prevent iron deficiency, the most common nutritional deficiency worldwide.¹ Iron is an important component of hemoglobin in red blood cells, where it is necessary for oxygen transport through the body.¹ Decreased iron storage results disproportionate iron loss, and women require more iron than men due to losses in menstrual bleeding.^{1,2} Vitamin C helps increase iron absorption by reducing iron to Fe²⁺, the form more stable in the basic environment of the intestines.³ As a cofactor for the enzyme ceruloplasmin, copper helps oxidize iron to Fe³⁺.⁴ In this form, iron binds its plasma protein transferrin, which transports iron to the bone marrow for red blood cell formation.⁴ Vitamin B₁₂ and folate are also involved in red blood cell formation through their roles in DNA synthesis.³

EACH TABLET CONTAINS:

Vitamin C (ascorbic acid)	100 mg
Niacin (nicotinic acid)	30 mg
Vitamin B ₆ (pyridoxine hydrochloride)	5 mg
Folate (folic acid)	400 mcg
Vitamin B ₁₂ (cyanocobalamin)	100 mcg
Iron (carbonyl iron)	30 mg
Copper (copper HVP ♦ chelate)	2000 mcg
Bovine (<i>Bos taurus</i>) Liver	500 mg
Yellow Dock (<i>Rumex crispus</i>) Root	50 mg
♦ Hydrolyzed vegetable (rice) protein	

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, dibasic calcium phosphate dihydrate, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

60 Tablets

Product Code

08306

NPN 80021761



REFERENCES

1. Fairweather-Tait, S.J., Wawer, A.A., Gillings, R., Jennings, A., Myint, P.K. Mechanisms of Ageing and Development. 2014; 136:137-22-28.
2. Fuqua, B.K., Vulpe, C.D., Anderson, G.J. Journal of Trace Elements in Medicine and Biology. 2012; 26: 115-119.
3. Combs, G.F. (2012). The Vitamins (4th ed.). USA: Elsevier.
4. Arredondo, M., Nunez, M.T. Molecular Aspects of Medicine. 2005; 26: 313-327.

KMG Plus

Vitamin B₆ and magnesium combination

- Helps to maintain proper muscle function and in tissue formation
- Helps in the development and maintenance of bones and teeth
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent vitamin B₆ deficiency

KMG Plus is a vegan-friendly formula that supports muscle health and macronutrient metabolism. Vitamin B₆ helps to catalyze over 140 reactions and is involved in nearly all metabolic reactions involving amino acids, including their synthesis and breakdown.¹ Muscles contain approximately 70-80% of the vitamin B₆ present in the body, where it primarily participates as a coenzyme for glycogen phosphorylase.¹ This enzyme is required for glycogenolysis, which breaks down glycogen into glucose, and provides fuel to muscles during exercise.¹ Magnesium promotes normal muscle function by competing with calcium for binding sites on proteins that regulate muscle contractions.² Low magnesium levels may lead to calcium binding these proteins and may result in muscle cramps.² Approximately 50-60% of magnesium is present in bones, where it stimulates bone forming osteoblast activity and helps develop and maintain bones and teeth.² Magnesium is also a cofactor for over 600 enzymes, including those involved in glycolysis, amino acid production, and protein synthesis.² As nearly 80-90% of magnesium is lost after food processing, supplementation of this mineral helps maintain good health.²

EACH CAPSULE CONTAINS:

Vitamin B ₆ (pyridoxine hydrochloride)	15 mg
Magnesium (magnesium HVP ♦ chelate)	40 mg
Potassium (potassium HVP ▲)	110 mg
♦ Hydrolyzed vegetable (rice) protein	
▲ Hydrolyzed vegetable (soy) protein	

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Contains: Soy

Recommended Dose

Adults: Take one capsule daily with a meal or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

04214

NPN 80012901



REFERENCES

1. Combs, G.F. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. de Baaij, J.H.F., Hoenderop, J.G.J., Bindels, R.J.M. Physiol Rev. 2015; 95: 1-46.

MULTIMINERALS

Multi Mins

Vegan-friendly formula for bone health

- Helps in the development and maintenance of bones and teeth
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis
- An antioxidant for the maintenance of good health
- Helps to form red blood cells and helps in their proper function
- Helps to prevent manganese and chromium deficiency

Multi Mins is a multi-mineral combination that helps support bone and red blood cell formation. As bones constantly undergo remodelling, adequate intake of minerals is necessary to promote the bone forming stage of remodelling.¹ Calcium and phosphorus are primarily involved in bone mineralization.¹ Approximately 99% of calcium is found in the skeleton, where it supports bone formation and decreases bone loss to help reduce the incidence of fractures.¹ Nearly 60% of magnesium is found in bone, where it mediates bone forming osteoblast activity and calcium metabolism.¹ The rigid bone matrix contains polysaccharides produced from manganese and collagen, the connective tissue synthesized and strengthened by zinc and copper.¹ Individuals with osteoporosis may have lower levels of serum calcium, phosphorus, magnesium, manganese, copper, zinc, chromium, iron and selenium.² Research demonstrates that combined supplementation with calcium, zinc, manganese, and copper significantly improves bone gain in post-menopausal women, a life-stage group at risk for developing osteoporosis.¹ Copper also interacts with iron to help form red blood cells.³ Copper is a cofactor for ceruloplasmin, which oxidizes iron to Fe³⁺, allowing iron to bind its transport protein transferrin.³ Iron can then be delivered to the bone marrow for the formation of red blood cells, which transport oxygen through the body.^{3,4}

EACH CAPSULE CONTAINS:

Calcium (dibasic calcium phosphate dihydrate)	158 mg
Iron (carbonyl iron)	8 mg
Phosphorus (dibasic calcium phosphate dihydrate)	62.5 mg
Iodine (potassium iodide)	50 mcg
Magnesium (magnesium oxide/aspartate)	66 mg
Zinc (zinc aspartate)	6.6 mg
Selenium (selenomethionine)	36 mcg
Copper (copper HVP ▲ chelate)	500 mcg
Manganese (manganese citrate)	5.9 mg
Chromium (chromium HVP ▲ chelate/chloride)	66 mcg
Molybdenum (molybdenum Krebs ◆ complex)	20 mcg
Potassium (potassium chloride)	33 mg
Vanadium (vanadyl sulfate)	26 mcg
▲ Hydrolyzed vegetable (rice) protein	
◆ Citrate / fumarate / malate / succinate / glutarate	

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, magnesium silicate, silica

Recommended Dose

Adults: Take one capsule daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

04206

NPN 80029180



REFERENCES

1. Palacios, C. Critical Reviews in Food Science and Nutrition. 2006; 46(8): 621-628.
2. Noor, Z, Sumitro, SB, Hidayat, M, Rahim, AH, Sabarudin, A, Umemura, T. The Scientific World Journal. 2012; 2012: 372972.
3. Arredondo, M, Nunez, MT. Molecular Aspects of Medicine. 2005; 26: 313-327.
4. Fairweather-Tait, SJ, Wawer, AA, Gillings, R, Jennings, A, Myint, PK. Mechanisms of Ageing and Development. 2014; 136-137: 22-28.

Colloidal Multi Mins Liquid

Natural Orange Flavour

Multi-mineral formula high in vitamin C

- An antioxidant for the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients and provides support for healthy glucose metabolism
- Helps to produce and repair connective tissue
- Helps to prevent iodine, selenium, chromium and molybdenum deficiencies
- Delicious natural orange flavour

Colloidal Multi Mins Liquid is a great tasting, vegan-friendly combination of vitamin C and twelve minerals. Research demonstrates that vitamin C interacts with certain minerals, promoting iron absorption and storage for red blood cell formation, and increasing the use of the antioxidant selenium.¹ Vitamin C is the most efficient aqueous antioxidant in the plasma, interstitial fluid and soluble compartment of cells.¹ As the first line of defense in these areas, vitamin C prevents free radical damage to DNA, and helps vitamin E protect against oxidative damage in lipid membranes.¹ Vitamin C is involved in fat metabolism through its role in carnitine synthesis, which transports fatty acids to the mitochondria for oxidation and energy production.¹ Vitamin C also mediates protein metabolism, and helps produce peptide hormones.¹ The production of collagen, the primary structural protein found in connective tissue, also requires vitamin C.¹ As a cofactor for lysyl oxidase, copper is involved in the cross-linking of elastin and collagen, which helps form and strengthen connective tissue.² Copper is also a cofactor for the enzyme ceruloplasmin, which oxidizes ferrous to the more bioavailable ferric iron (Fe³⁺). This allows iron to bind the protein transferrin, which transports iron to the bone marrow for red blood cell formation.³

EACH TABLESPOON (15 mL) CONTAINS:

Calcium (calcium carbonate)	3 mg
Iron (iron gluconate)	0.3 mg
Iodine (potassium iodide)	50 mcg
Magnesium (magnesium hydroxide)	1.5 mg
Zinc (zinc gluconate)	0.3 mg
Selenium (sodium selenate)	25 mcg
Copper (copper gluconate)	100 mcg
Manganese (manganese gluconate)	0.3 mg
Chromium (chromium polynicotinate)	50 mcg
Molybdenum (molybdenum citrate)	25 mcg
Potassium (potassium gluconate/sorbate)	9 mg
Vanadium (vanadium citrate)	25 mcg

Non-Medicinal Ingredients: Purified water, glycerin, natural flavour, natural orange flavour, ascorbic acid, citric acid, potassium sorbate, rebaudioside A (stevia leaf extract)

Recommended Dose

Adults: Take two tablespoons two times daily with meals or as recommended by your healthcare practitioner. Take a few hours before or after taking other medication or natural health products. Shake well before use. Do not refrigerate.

Size

1000 mL Liquid

Product Code

04215

NPN 80071779



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Szauder, KM, Cao, T, Boyd, CD, Csiszar, K. Pathologie Biologie. 2005; 53: 448-456.
3. Arredondo, M, Nunez, MT. Molecular Aspects of Medicine. 2005; 26: 313-327.



Active Multi Vite

Contains physiologically active forms of riboflavin, vitamin B₆, folate and vitamin B₁₂¹

- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps to maintain proper muscle function, immune function and healthy skin
- Provides antioxidant for the maintenance of good health
- Includes 1000 IU of vitamin D and 27.5 mg of magnesium per daily dose

Active Multi Vite is a vegetarian-friendly formula providing a combination of vitamins and minerals that help support bone and muscle health. It is estimated that nearly one third of Canadians have low vitamin D levels.² Vitamin D promotes the activity of bone cells for proper bone remodeling, and helps absorb and use calcium and phosphorus for normal bone mineralization.² Research demonstrates that 600 IU of vitamin D daily helps maximize bone health in adults.^{3,4} Among adults over 70 years of age, 800 IU daily helps maximize bone health and may help decrease the risk of hip or non-vertebral fractures by nearly 25%.^{4,5} Beta carotene is source of vitamin A that further contributes to the development and maintenance of bones and teeth. Approximately half of magnesium is located in bones, where it stimulates bone forming osteoblast activity.⁶ Magnesium is also essential for promoting muscle function as it competes with calcium for binding sites on proteins that regulate muscle contractions.⁶ During rest, magnesium is bound to these sites; however, during periods of low magnesium, calcium binds the proteins, which may result in hypercontractibility and muscle cramps.⁶ As nearly 80-90% of magnesium is lost after food processing, its supplementation helps to maintain good health.⁶

REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Statistics Canada. 2013. Retrieved from: <http://www.statcan.gc.ca/pub/82-624-x/2013001/article/11727-eng.htm>.
3. Wranicz, J, Szostak-Wegierek, D. Characteristics and Classic Role. Rocz Panstw Zakl Hig. 2014; 65(3): 179-184.
4. Holick, MF, Binkley, NC, Bischoff-Ferrari, HA, Gordon, CM, Hanley, DA, Heaney, RP, Murad, MH, Weaver, CM. J Clin Endocrinol Metab. 2011; 96(7):1911-1930.
5. Bischoff-Ferrari, HA, Willett, WC, Wong, JB, Giovannucci, E, Dietrich, T, Dawson-Hughes, B. JAMA. 2005; 293(18): 2257-2264.
6. de Baaij, JHF, Hoenderop, JGJ, Bindels, RJM. Physiol Rev. 2015; 95: 1-46.

EACH TABLET CONTAINS:

Beta-Carotene	1800 mcg
Vitamin C (ascorbic acid)	68 mg
Vitamin D (cholecalciferol)	12.5 mcg/500 IU
Vitamin E (d-alpha tocopheryl succinate)	19 mg AT
Thiamine (thiamine hydrochloride)	12 mg
Riboflavin (riboflavin 5-phosphate sodium)	5 mg
Niacin (nicotinic acid)	7.8 mg
Niacinamide	7.7 mg
Vitamin B ₆ (pyridoxal 5-phosphate)	3.7 mg
Folate (calcium L-5-methyltetrahydrofolate) (Metafolin®*)	220 mcg
Vitamin B ₁₂ (methylcobalamin)	135 mcg
Biotin	165 mcg
Pantothenic Acid (calcium d-pantothenate)	14.5 mg
Calcium (calcium citrate malate)	27.5 mg
Iodine (from whole kelp)	100 mcg
Magnesium (magnesium citrate)	13.75 mg
Zinc (zinc monomethionine)	8.25 mg
Selenium (selenium glycinate)	55 mcg
Copper (copper amino acid chelate)	0.5 mg
Chromium (chromium amino acid chelate)	66 mcg
Molybdenum (molybdenum amino acid chelate)	55 mcg
Choline (choline bitartrate)	30 mg
Inositol	11.8 mg
Lycopene (from <i>Solanum lycopersicum</i> fruit flesh)	1.65 mg
Lutein (from <i>Tagetes erecta</i> oleoresin)	1.65 mg
Zeaxanthin (from <i>Tagetes erecta</i> flower)	0.55 mg

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, magnesium stearate, hypromellose, silica, hypromellose, glycerin

Recommended Dose

Adults: Take two tablets daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

120 Tablets

Product Code

03171

NPN 80050645



VITAMIN-MINERAL COMPLEXES

Almond Liquid Vite Min

Vegetarian-friendly formula supports macronutrient metabolism

- Helps to maintain eyesight, membranes, healthy skin and immune function
- Aids in the development and maintenance of bones, cartilage, teeth and gums
- Helps to form red blood cells
- Helps to prevent vitamin E, vitamin A, vitamin C, folate, thiamine, riboflavin, niacin, vitamin B₆, vitamin B₁₂, biotin, pantothenic acid, manganese, iodine, molybdenum, chromium and selenium deficiency
- Delicious natural almond flavour

Almond Liquid Vite Min is a great-tasting combination of vitamins and minerals, including all eight B vitamins. B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of carbohydrates, fats and proteins.¹ Folic acid and vitamin B₁₂ are also necessary for the formation of red blood cells, which transport oxygen to tissues.¹ As vegetarian diets may not provide adequate levels of vitamin B₁₂, Almond Liquid Vite Min is a vegetarian-friendly option that helps prevent vitamin B₁₂ deficiency.¹ Vitamin C is involved in protein and fat metabolism through its role in the synthesis of collagen and carnitine.¹ Collagen is necessary for wound healing, while carnitine transports fatty acids to the mitochondria for breakdown and energy production.¹ Chromium helps metabolize carbohydrates and fats through its role in regulating glucose uptake in cells, promoting its storage as glycogen, stimulating fatty acid synthesis, and inhibiting triglyceride breakdown.^{2,3} Vitamin A helps to stimulate immune cell development, maintain eyesight and night vision, and promote the natural barrier function of the skin to further promote optimal health.^{4,6}

EACH TABLESPOON (15 mL) CONTAINS:

Vitamin A (vitamin A palmitate)	1501 mcg RAE / 5000 IU
Vitamin C (ascorbic acid)	250 mg
Vitamin D (cholecalciferol)	2.5 mcg / 100 IU
Vitamin E (d-alpha tocopherol)	50 mg AT / 75 IU
Thiamine (thiamine hydrochloride)	10 mg
Riboflavin	10 mg
Niacinamide	20 mg
Vitamin B ₆ (pyridoxine hydrochloride)	15 mg
Folate (folic acid)	500 mcg
Vitamin B ₁₂ (cyanocobalamin)	25 mcg
Biotin	100 mcg
Pantothenic Acid (panthenol)	10 mg
Calcium (calcium chloride)	75 mg
Iodine (potassium iodide)	200 mcg
Magnesium (magnesium gluconate)	30 mg
Zinc (zinc gluconate)	5 mg
Selenium (sodium selenite)	100 mcg
Manganese (manganese gluconate)	3 mg
Chromium (chromium chloride)	75 mcg
Molybdenum (sodium molybdate)	25 mcg
Potassium (potassium chloride)	10 mg
Vanadium (sodium metavanadate)	20 mcg
Choline (choline bitartrate)	15 mg
Inositol	10 mg
Quercetin Dihydrate (from <i>Flos sophorae immaturus</i>)	5 mg
Coenzyme Q ₁₀ (yeast fermentation)	1 mg
L-Glutamine	1 mg
Cat's Claw (<i>Uncaria tomentosa</i>) Bark Extract (1:5)	0.005 mL
1 mg Dried Equivalent	
Grape (<i>Vitis vinifera</i>) Seed Extract (1:2)	0.0002 mL
0.1 mg Dried Equivalent	

Non-Medicinal Ingredients: Fructose, purified water, glycerin, glucose, natural almond flavour, polyoxyl 35 castor oil, sodium hydroxide, xanthan gum, potassium sorbate, stevia leaf extract

Recommended Dose

Adults: Take one tablespoon two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

960 mL Liquid

Product Code

03125

NPN 80009898



REFERENCES

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6. Mukherjee, S., Date, A., Patravale, V., Korting, H.C., Roeder, A., Weindl, G. *Clinical Interventions in Aging*. 2006; 1(4): 327-348.

Children's Chewable Vitamins

GREAT FOR CHILDREN

Supports tissue formation, normal growth and development throughout childhood

- An antioxidant and a factor in the maintenance of good health
- Helps to produce and repair connective tissue
- Aids in the development and maintenance of bones, cartilage, teeth, gums and night vision
- Delicious natural papaya and orange flavour

Children's Chewable Vitamins provides a combination of vitamins and minerals that help support normal growth and development in children. Niacin, thiamine and biotin provide substrates for energy production in the Krebs cycle, while vitamins B₆ and B₁₂ and folate help convert homocysteine into methionine for protein synthesis.¹ Approximately 50-60% of magnesium is found in bones, where it stimulates bone forming osteoblast activity and helps in the development and maintenance of bones and teeth.² Vitamin D helps absorb and use calcium and phosphorus, which are required for normal bone mineralization.³ Daily supplementation with 400 IU of vitamin D helps support bone growth in young children.⁴ Vitamin C also contributes to the development and maintenance of bones and teeth through its role in collagen synthesis, the primary structural protein found in connective tissue.¹ As collagen is also the main protein involved in wound healing, deficiencies in vitamin C may lead to impaired healing of wounds.⁵ Vitamin A helps maintain the natural barrier of the skin, stimulates immune cell development, and helps maintain eyesight and night vision.⁶⁻⁸ Low levels of vitamin A can affect iron metabolism, which is necessary for hemoglobin production and proper red blood cell activity.⁹

EACH TABLET CONTAINS:

Vitamin A (vitamin A acetate)	300 mcg RAE / 1000 IU
Vitamin C (ascorbic acid)	50 mg
Vitamin D (cholecalciferol)	5 mcg / 200 IU
Vitamin E (d-alpha tocopheryl succinate)	5 mg AT / 7.5 IU
Thiamine (thiamine mononitrate)	1 mg
Riboflavin	0.5 mg
Niacinamide	2.5 mg
Vitamin B ₆ (pyridoxine hydrochloride)	1 mg
Folate (folic acid)	200 mcg
Vitamin B ₁₂ (cyanocobalamin)	5 mcg
Biotin	50 mcg
Calcium (calcium aspartate)	20 mg
Iron (ferrous fumarate)	2.5 mg
Iodine (potassium iodide)	35 mcg
Magnesium (magnesium oxide)	20 mg
Zinc (zinc oxide)	2.5 mg
Copper (copper aspartate)	250 mcg
Rutin (from <i>Sophora japonica</i> flower bud)	5 mg
Rose (<i>Rosa canina</i>) Hips	5 mg

Non-Medicinal Ingredients: Fructose, dextrose, hydrolyzed rice flour, cellulose, stearic acid, natural papaya and orange flavours, magnesium stearate

Recommended Dose

Children (4 years and older): Chew one tablet two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

100 Chewable Tablets

Product Code

03121

NPN 80021367



REFERENCES

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6. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. *Clinical Interventions in Aging*. 2006; 1(4): 327-348.
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VITAMIN-MINERAL COMPLEXES

Four Pillars

Complete daily nutrition

- Includes the four major foundations of nutrition: vitamins and minerals, antioxidants, human-sourced probiotics and omega-3 essential fatty acids
- Maintains eye, skin and bone health, as well as immune system and muscle tissue function
- Supports cardiovascular and cognitive health
- Supports healthy glucose metabolism
- Temporarily modifies gut flora with 2.5 billion CFU of clinically-proven strains

Versatile, convenient & patient-friendly

- Great for maintenance and therapeutic regimes
- Contains 30 easy-to-use portable strips
- Cost-effective combination of key supplements

Four Pillars is a complete daily supplement that promotes optimal nutritional status with a unique combination of vitamins and minerals. Each dose provides 10 vitamins and 11 minerals at or above established Canadian adult RDA; AI levels. In healthy participants with low-to-normal vitamin D status, daily supplementation with 400 IU of vitamin D for 2 months modulated expression of 291 white blood cell genes, including an increased expression of multiple genes involved in maintaining immune function by 1.5 fold or greater.¹

Clinical evidence of the health benefits associated with antioxidant supplementation is continually emerging – one area of interest is enhancing skin photoprotection. Carotenoid compounds such as beta-carotene and lycopene are concentrated in the skin where they help to minimize the free radical damage caused by UV sunlight exposure.^{2,3} Regular antioxidant supplementation with carotenoids, alone, or in combination with dietary polyphenol antioxidants and vitamins C and E, has been shown to enhance skin photoprotection.⁴⁻⁶

REFERENCES

1. Hossein-Nezad A, Spira A, Holick MF. PLOS ONE. 2013; 8(3): e58725.
2. Pandey KB, Rizvi SI. Oxid Med Cell Longev. 2009 Nov-Dec; 2(5): 270-8.
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4. Mireles-Rocha H et al. Acta Derm Venereol. 2002; 82: 21-24.
5. Heinrich U, Moore CE, De Spirt S, Tronnier H, Stahl W. J Nutr. 2011; 141(6): 1202-1208.
6. Césarini JP, Michel L, Maurette JM, Adhoue H, Béjot M. Photodermatol Photoimmunol Photomed. 2003; 19: 182-189.

Recommended Dose

Adults: Take one serrated strip, containing two tablets, one capsule and one softgel, daily with a protein containing meal or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics or other medications or natural health products. For use beyond six months, consult your healthcare practitioner.

Size

30 Day Supply
(30 strips of 1 capsule, 1 softgel and 2 tablets)

Product Code

10375

NPN 80038663



EACH VITAMIN & MINERAL TABLET CONTAINS:

Vitamin A (vitamin A acetate)	450 mcg RAE / 1500 IU
Vitamin C (magnesium ascorbate/ascorbic acid/manganese ascorbate)	150 mg
Vitamin D (cholecalciferol)	10 mcg / 400 IU
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg AT / 50 IU
Vitamin K ₁ (phyloquinone)	80 mcg
Thiamine (thiamine hydrochloride)	12.5 mg
Riboflavin	12.5 mg
Niacinamide	25 mg
Vitamin B ₆ (pyridoxine hydrochloride)	12.5 mg
Folate (folic acid)	200 mcg
Vitamin B ₁₂ (hydroxocobalamin)	500 mcg
Biotin	300 mcg
Pantothenic Acid (calcium d-pantothenate)	50 mg
Calcium (dibasic calcium phosphate dihydrate/calcium carbonate/calcium citrate)	244 mg
Iron (iron malate)	7.5 mg
Phosphorus (dibasic calcium phosphate dihydrate)	97 mg
Iodine (potassium iodide)	150 mcg
Magnesium (magnesium oxide/magnesium ascorbate)	25.4 mg
Zinc (zinc citrate)	7.5 mg
Selenium (selenomethionine)	100 mcg
Copper (copper gluconate)	1000 mcg
Manganese (manganese ascorbate)	2.5 mg
Chromium (chromium polynicotinate)	120 mcg
Molybdenum (potassium molybdate)	75 mcg
Potassium (potassium citrate)	12.5 mg
Boron (boron HVP ♦ chelate)	500 mcg
Nickel (nickel [II] sulfate hexahydrate)	12.5 mcg
Silicon (silicon dioxide)	13 mg
Vanadium (vanadyl sulfate)	25 mcg
Choline (choline bitartrate)	20 mg
Inositol	5 mg
♦ Hydrolysed vegetable (rice) protein	

Non-Medicinal Ingredients: Magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, titanium dioxide, glycerin

EACH OMEGA-3 FATTY ACID SOFTGEL CONTAINS:

Fish Oil (Sardine and Anchovy)	1200 mg
Yielding:	
EPA (Eicosapentaenoic Acid)	395 mg
DHA (Docosahexaenoic Acid)	265 mg
Total Omega-3 Fatty Acids	750 mg

Non-Medicinal Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols
Contains: Fish

EACH ANTIOXIDANT TABLET CONTAINS:

Beta-Carotene	5 mg
Vitamin C (ascorbic acid)	250 mg
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg AT / 50 IU
Folate (folic acid)	600 mcg
Calcium (dibasic calcium phosphate dihydrate)	63 mg
Phosphorus (dibasic calcium phosphate dihydrate)	48 mg
Silicon (silicon dioxide)	13 mg
N-Acetyl-L-Cysteine	80 mg
DL-Alpha-Lipoic Acid	40 mg
Coenzyme Q ₁₀ (yeast fermentation)	30 mg
Quercetin (from <i>Sophora japonica</i> flower)	20 mg
Ellagic Acid (from <i>Punica granatum</i> hull)	7 mg
Lutein (from <i>Tagetes erecta</i> flower)	1.5 mg
Lycopene (from <i>Lycopersicon esculentum</i> fruit)	1.5 mg
Natural Mixed Carotenoids (from <i>Dunaliella salina</i> algae)	150 mcg
Bilberry (<i>Vaccinium myrtillus</i>) Fruit Extract (4:1)	45 mg
180 mg Fresh Equivalent	
Blackberry (<i>Rubus fruticosus</i>) Fruit Extract (4:1)	25 mg
100 mg Fresh Equivalent	
Black currant (<i>Ribes nigrum</i>) Fruit Extract (4.5:1)	25 mg
100-125 mg Fresh Equivalent	
Sweet cherry (<i>Prunus avium</i>) Fruit Extract (3:1)	25 mg
0.075 mL Fresh Fruit Juice Equivalent	
Watercress (<i>Nasturtium officinale</i>) Whole Plant	20 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (40% Catechins)	30 mg
Grape (<i>Vitis vinifera</i>) Skin Std. Extract (40% Anthocyanidins)	7 mg
Maritime Pine (<i>Pinus pinaster</i>) Bark Std. Extract (65% Procyanidins)	3 mg

Non-Medicinal Ingredients: Cellulose, magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, beet juice, titanium dioxide, glycerin

EACH PROBIOTIC CAPSULE CONTAINS:

Calcium (calcium carbonate)	232 mg
Magnesium (magnesium oxide)	160 mg
Silicon (silicon dioxide)	4 mg
Probiotic Consortium	2.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, glyceryl behenate



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Four Pillars

Without Copper, Iron and Nickel

Easy-to-use portable strips for maintenance and therapeutic regimes

- Includes the four major cornerstones of nutrition: vitamins and minerals, omega-3 fatty acids, antioxidants, and human-sourced probiotics
- Helps to maintain eyesight, healthy skin, immune function and proper muscle function
- Support healthy glucose metabolism, cardiovascular health, cognitive health and brain function
- Temporarily modifies gut flora with 2.5 billion CFU

Four Pillars is a unique combination of over 20 vitamins and minerals, omega-3 fatty acids, antioxidants and probiotics that supports optimal health. Vitamin A stimulates immune cell development, maintains eyesight, night vision, and healthy skin.^{1,3} Vitamin D helps absorb and use calcium and phosphorus for proper bone mineralization.⁴ Chromium supports healthy glucose metabolism by promoting both its uptake in cells and its storage as glycogen.^{5,6} Vitamin C maintains bone and teeth health through collagen synthesis, the major protein in connective tissues.⁷ Vitamin C is also the most important aqueous antioxidant.² As a first line of defence, vitamin C helps to reduce free radical damage, and recycles vitamin E to protect against damage in lipid membranes.⁷ DL-alpha-lipoic acid, quercetin, green tea extract and coenzyme Q₁₀ further provide antioxidants to maintain good health. In addition to supporting cardiovascular health, EPA and DHA maintain neuron function in the hippocampus, a brain region associated with memory.⁸ Probiotics promote the presence of beneficial bacteria to maintain healthy intestines as intestinal microflora can be altered by diet, stress, age, and medication.⁹

REFERENCES

1. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
2. Al Tanoury, Z, Piskunov, A, Rochette-Egly, C. Journal of Lipid Research. 2013; 54: 1761-1775.
3. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.
4. Wrancicz, J, Szostak-Wegierek, D. Roczniki Państwowego Zakładu Higieny. 2014; 65(3): 179-184.
5. Hua, Y, Clark, S, Ren, J, Sreejayan, N. J Nutr Biochem. 2012; 23(4): 313-319.
6. Newsholme, P, Cruzat, V, Artuso, F, Keane, K. The Journal of Endocrinology. 2013; 176(3): R105-R120.
7. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
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9. Nagpal, R, Yadav, H, Kumar, M, Jain, S, Yamashiro, Y, Marotta, F. (2013). In Otlis, S. (Ed.), Probiotics and Prebiotics in Food, Nutrition and Health (pp. 1-24). Boca Raton, FL: CRC Press.

Recommended Dose

Adults: Take one serrated strip, containing two tablets, one capsule and one softgel, daily with a protein containing meal or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics or other medications or natural health products. For use beyond six months, consult your healthcare practitioner.

Size

30 Day Supply
(30 strips of 1 capsule, 1 softgel and 2 tablets)

Product Code

10376

NPN 80038203



EACH VITAMIN & MINERAL TABLET CONTAINS:

Vitamin A (vitamin A acetate)	450 mcg RAE / 1500 IU
Vitamin C (magnesium ascorbate/ascorbic acid/manganese ascorbate)	150 mg
Vitamin D (cholecalciferol)	10 mcg / 400 IU
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg AT / 50 IU
Vitamin K ₁ (phyloquinone)	80 mcg
Thiamine (thiamine hydrochloride)	12.5 mg
Riboflavin	12.5 mg
Niacinamide	25 mg
Vitamin B ₆ (pyridoxine hydrochloride)	12.5 mg
Folate (folic acid)	200 mcg
Vitamin B ₁₂ (hydroxocobalamin)	500 mcg
Biotin	300 mcg
Pantothenic Acid (calcium d-pantothenate)	50 mg
Calcium (dibasic calcium phosphate dihydrate/calcium carbonate/calcium citrate)	244 mg
Phosphorus (dibasic calcium phosphate dihydrate)	97 mg
Iodine (potassium iodide)	150 mcg
Magnesium (magnesium oxide/magnesium ascorbate)	25.4 mg
Zinc (zinc citrate)	7.5 mg
Selenium (selenomethionine)	100 mcg
Manganese (manganese ascorbate)	2.5 mg
Chromium (chromium polynicotinate)	120 mcg
Molybdenum (potassium molybdate)	75 mcg
Potassium (potassium citrate)	12.5 mg
Boron (boron HVP ♦ chelate)	500 mcg
Silicon (silicon dioxide)	13 mg
Vanadium (vanadyl sulfate)	25 mcg
Choline (choline bitartrate)	20 mg
Inositol	5 mg
♦ Hydrolysed vegetable (rice) protein	

Non-Medicinal Ingredients: Cellulose, magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, titanium dioxide, glycerin

EACH OMEGA-3 FATTY ACID SOFTGEL CONTAINS:

Fish Oil (Sardine and Anchovy)	1200 mg
Providing:	
EPA (Eicosapentaenoic Acid)	395 mg
DHA (Docosahexaenoic Acid)	265 mg
Total Omega-3 Fatty Acids	750 mg

Non-Medicinal Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols
Contains: Fish

EACH ANTIOXIDANT TABLET CONTAINS:

Beta-Carotene	5 mg
Vitamin C (ascorbic acid)	250 mg
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg AT / 50 IU
Folate (folic acid)	600 mcg
Calcium (dibasic calcium phosphate dihydrate)	63 mg
Phosphorus (dibasic calcium phosphate dihydrate)	48 mg
Silicon (silicon dioxide)	13 mg
N-Acetyl-L-Cysteine	80 mg
DL-Alpha-Lipoic Acid	40 mg
Coenzyme Q ₁₀ (yeast fermentation)	30 mg
Quercetin (from <i>Sophora japonica</i> flower)	20 mg
Ellagic Acid (from <i>Punica granatum</i> hull)	7 mg
Lutein (from <i>Tagetes erecta</i> flower)	1.5 mg
Lycopene (from <i>Lycopersicon esculentum</i> fruit)	1.5 mg
Natural Mixed Carotenoids (from <i>Dunaliella salina</i> algae)	150 mcg
Bilberry (<i>Vaccinium myrtillus</i>) Fruit Extract (4:1)	45 mg
180 mg Fresh Equivalent	
Blackberry (<i>Rubus fruticosus</i>) Fruit Extract (4:1)	25 mg
100 mg Fresh Equivalent	
Black currant (<i>Ribes nigrum</i>) Fruit Extract (4-5:1)	25 mg
100-125 mg Fresh Equivalent	
Sweet cherry (<i>Prunus avium</i>) Fruit Extract (3:1)	25 mg
0.075 mL Fresh Fruit Juice Equivalent	
Watercress (<i>Nasturtium officinale</i>) Whole Plant	20 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (40% Catechins)	30 mg
Grape (<i>Vitis vinifera</i>) Skin Std. Extract (40% Anthocyanidins)	7 mg
Maritime Pine (<i>Pinus pinaster</i>) Bark Std. Extract (65% Procyanidins)	3 mg

Non-Medicinal Ingredients: Cellulose, magnesium stearate, acacia gum, hypromellose, croscarmellose sodium, beet juice, titanium dioxide, glycerin

EACH PROBIOTIC CAPSULE CONTAINS:

Calcium (calcium carbonate)	232 mg
Magnesium (magnesium oxide)	160 mg
Silicon (silicon dioxide)	4 mg
Probiotic Consortium	2.5 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, glyceryl behenate

VITAMIN-MINERAL COMPLEXES

Four Pillars Cardio

Complete daily nutrition emphasizing cardiovascular health

- Includes the four major cornerstones of nutrition: vitamins and minerals, omega-3 fatty acids, antioxidants, and human-sourced probiotics
- Used in Herbal Medicine to help reduce elevated blood lipid levels and maintain cardiovascular health in adults
- Helps to maintain proper muscle function
- Provides antioxidants for the maintenance of good health
- Helps to support eye, skin, immune, bone and gastrointestinal health

Four Pillars Cardio promotes optimal nutritional status with a unique combination of vitamins and minerals, omega-3 fatty acids, herbs and probiotics. With a blend of nutrients and standardized herbal extracts in the third pillar, Four Pillars Cardio concentrates on supporting cardiovascular health. Garlic bulb is used in Herbal Medicine to help decrease high serum lipid levels, while hawthorn, grape and organic cranberry extracts provide flavonoids and polyphenols to maintain good health. Coenzyme Q₁₀ further provides antioxidants to decrease oxidative damage to cells and helps produce energy for cellular functions and muscle contractions.^{1,2} The vitamins and minerals in this blend support optimal health by promoting proper muscle function, healthy glucose and macronutrient metabolism, as well as eye, skin, immune, and bone health. Four Pillars Cardio also contains the omega-3 fatty acids DHA and EPA to support overall wellbeing, plus probiotics to help support gastrointestinal health.

REFERENCES

1. Bonakdar, RA, Guarneri, E. Am Fam Physician. 2005; 72: 1065-1070.
2. Crane, FL. Journal of the American College of Nutrition. 2001; 20(6): 591-598.

Recommended Dose

Adults: Take one serrated strip, containing one tablet, one softgel and two capsules, daily with a meal or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics or other medications or natural health products.

Size

30 Day Supply
(30 strips of 2 capsules, 1 softgel and 1 tablet)

Product Code

10374

NPN 80062255



EACH VITAMIN & MINERAL TABLET CONTAINS:

Vitamin A (vitamin A acetate).....	300 mcg RAE/ 1000 IU
Vitamin C (ascorbic acid).....	180 mg
Vitamin D ₃ (cholecalciferol).....	25 mcg/ 1000 IU
Vitamin E (d-alpha tocopheryl succinate).....	20 mg AT/ 30 IU
Vitamin K ₂ (menaquinone-7).....	120 mcg
Thiamine (thiamine mononitrate).....	12.5 mg
Riboflavin.....	12.5 mg
Niacinamide.....	25 mg
Vitamin B ₆ (pyridoxal-5-phosphate).....	12.5 mg
Folate (calcium L-5-methyltetrahydrofolate Metafolin®*).....	400 mcg
Vitamin B ₁₂ (methylcobalamin).....	400 mcg
Biotin.....	100 mcg
Pantothenic Acid (calcium d-pantothenate).....	25 mg
Calcium (calcium citrate malate).....	50 mg
Iodine (potassium iodide).....	150 mcg
Magnesium (magnesium citrate).....	25 mg
Zinc (zinc citrate).....	11 mg
Selenium (selenomethionine).....	100 mcg
Copper (copper gluconate).....	1 mg
Manganese (manganese gluconate).....	2.3 mg
Chromium (chromium polynicotinate).....	60 mcg
Molybdenum (potassium molybdate).....	45 mcg
Potassium (potassium citrate monohydrate).....	50 mg
Lutein (from <i>Tagetes erecta</i> flower).....	5 mg
Zeaxanthin (from <i>Tagetes erecta</i> flower).....	1 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, croscarmellose sodium, ascorbyl palmitate, silica, glycerin

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

EACH OMEGA-3 FATTY ACID SOFTGEL CONTAINS:

Fish Oil (Sardine and Anchovy).....	1200 mg
Yielding:	
EPA (Eicosapentaenoic Acid).....	395 mg
DHA (Docosahexaenoic Acid).....	265 mg
Total Omega-3 Fatty Acids.....	750 mg

Non-Medicinal Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols

Contains: Fish

EACH PHYTONUTRIENT CAPSULE CONTAINS:

Magnesium (magnesium citrate).....	50 mg
Cardiophenol™.....	115 mg
Providing:	
Grape (<i>Vitis vinifera</i>) Seed Std. Extract (95% Polyphenols).....	80 mg
Organic Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Std. Extract (40% Polyphenols).....	35 mg
Garlic (<i>Allium sativum</i>) Bulb Std. Extract (1% Allicin).....	100 mg
Hawthorn (<i>Crataegus monogyna/laevigata</i>) Flower and Leaf Std. Extract (3-6:1) (165-330 mg Dried Equivalent/1.5% Flavonoids).....	55 mg
Coenzyme Q ₁₀ (yeast fermentation).....	40 mg

Non-Medicinal Ingredients: Hypromellose, silica, ascorbyl palmitate

EACH PROBIOTIC CAPSULE CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60).....	4 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21).....	4 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20).....	1.9 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34).....	0.1 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Four Pillars Cognitive

Complete daily nutrition emphasizing cognitive health

- Includes the 4 major cornerstones of nutrition: vitamins and minerals, omega-3 fatty acids, antioxidants, and human-sourced probiotics
- Helps support cognitive function, such as mental focus and mental stamina
- Help temporarily relieve symptoms of stress, such as mental fatigue and sensation of weakness
- Used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion
- Used in Herbal Medicine as a tonic to help relieve general debility or to aid during convalescence

Four Pillars Cognitive is a unique combination of over 20 vitamins and minerals, omega-3 fatty acids, herbs and probiotics. With a blend of standardized herbal extracts traditionally used in Herbal Medicine, Four Pillars Cognitive concentrates on supporting cognitive health and mental performance after stress. By mediating neurotransmitter activity, the Adaptogen rhodiola increases energy and resistance to stress, while also supporting mental focus and stamina. Similarly, eleuthero regulates nervous system responses to promote mental and physical function after exertion.^{1,2} Four Pillars Cognitive also contains the omega-3 fatty acids DHA and EPA, which further support cognitive health and brain function. The vitamins and minerals in this blend maintain good health by supporting healthy glucose metabolism, muscle function, and skin, immune and bone health. Probiotics are also included to help support gastrointestinal health.

REFERENCES

1. Panossian, A, Wikman, G. Pharmaceuticals. 2010; 3: 188-224.
2. Hung, SK, Perry, R, Ernst, E. Phytomedicine. 2011; 18: 235-244.

Recommended Dose

Adults: Take one serrated strip, containing one tablet, one softgel and two capsules, daily with a meal or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics or other medications or natural health products. Not to be taken immediately before bedtime. For use beyond one month, consult your healthcare practitioner.

Size

30 Day Supply
(30 strips of 2 capsules, 1 softgel and 1 tablet)

Product Code

10381

NPN 80062537



EACH VITAMIN & MINERAL TABLET CONTAINS:

Vitamin A (vitamin A acetate)	300 mcg RAE/ 1000 IU
Vitamin C (ascorbic acid)	180 mg
Vitamin D ₃ (cholecalciferol)	25 mcg/ 1000 IU
Vitamin E (d-alpha tocopheryl succinate)	20 mg AT/ 30 IU
Vitamin K ₂ (menaquinone-7)	120 mcg
Thiamine (thiamine mononitrate)	12.5 mg
Riboflavin	12.5 mg
Niacinamide	25 mg
Vitamin B ₆ (pyridoxal-5-phosphate)	12.5 mg
Folate (calcium L-5-methyltetrahydrofolate Metafolin®*)	400 mcg
Vitamin B ₁₂ (methylcobalamin)	400 mcg
Biotin	100 mcg
Pantothenic Acid (calcium d-pantothenate)	25 mg
Calcium (calcium citrate malate)	50 mg
Iodine (potassium iodide)	150 mcg
Magnesium (magnesium citrate)	25 mg
Zinc (zinc citrate)	11 mg
Selenium (selenomethionine)	100 mcg
Copper (copper gluconate)	1 mg
Manganese (manganese gluconate)	2.3 mg
Chromium (chromium polynicotinate)	60 mcg
Molybdenum (potassium molybdate)	45 mcg
Potassium (potassium citrate monohydrate)	50 mg
Lutein (from <i>Tagetes erecta</i> flower)	5 mg
Zeaxanthin (from <i>Tagetes erecta</i> flower)	1 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, croscarmellose sodium, ascorbyl palmitate, silica, glycerin

* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

EACH OMEGA-3 FATTY ACID SOFTGEL CONTAINS:

Fish Oil (Sardine and Anchovy)	1200 mg
Yielding:	
EPA (Eicosapentaenoic Acid)	395 mg
DHA (Docosahexaenoic Acid)	265 mg
Total Omega-3 Fatty Acids	750 mg

Non-Medicinal Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols

Contains: Fish

EACH PHYTONUTRIENT CAPSULE CONTAINS:

Rhodiola (<i>Rhodiola rosea</i>) Root Std. Extract (3% Rosavin, 1% Salidroside)	144 mg
Ashwagandha (<i>Withania somnifera</i>) Root Std. Extract (5-8:1)	135 mg
(675-1080 mg Dried Equivalent / 7% Withanolides)	
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Std. Extract (15:1)	100 mg
(1500 mg Dried Equivalent / 0.8% Eleutherosides)	
Neurophenol™ Grape (<i>Vitis vinifera</i>) and Organic Blueberry	
(<i>Vaccinium angustifolium</i>) Fruit Blend (60% Polyphenols)	91 mg

Non-Medicinal Ingredients: Hypromellose, silica, ascorbyl palmitate

EACH PROBIOTIC CAPSULE CONTAINS:

Probiotic Consortium	10 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-60)	4 billion CFU
<i>Lactobacillus acidophilus</i> (CUL-21)	4 billion CFU
<i>Bifidobacterium bifidum</i> (CUL-20)	1.9 billion CFU
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	0.1 billion CFU

Non-Medicinal Ingredients: Cellulose, hypromellose

VITAMIN-MINERAL COMPLEXES

GLY Forte

Supports nutrient metabolism and thyroid function

- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps in connective tissue formation and wound healing
- An antioxidant for the maintenance of good health

GLY Forte is a combination of vitamins, minerals, herbs, and glandular extracts traditionally used in organotherapy. B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of nutrients.¹ Niacin, thiamine and biotin help to provide substrates for energy production in the Krebs cycle, while vitamin B₆, vitamin B₁₂ and folate are involved in the conversion of homocysteine into methionine for protein production.¹ Vitamin C is also involved in metabolic reactions as a co-substrate for several enzymes.¹ It is necessary for the synthesis of carnitine, which transports fatty acids to the mitochondria for energy production.¹ As a necessary component for the synthesis of collagen, the primary structural protein found in connective tissue, vitamin C also has a role in wound healing.^{1,2} As the most important aqueous antioxidant, vitamin C donates electrons to reduce free radical damage.¹ It can also increase the use of selenium, another member of the antioxidant defence system.¹ Both selenium and iodine are both primarily found in the thyroid gland.³ Iodine is essential for the production of thyroid hormones, which regulate macronutrient metabolism and the growth and development of the body.³

EACH TABLET CONTAINS:

Vitamin A (vitamin A palmitate)	250 mcg RAE / 833.3 IU
Beta-carotene	500 mcg
Vitamin C (ascorbic acid)	83.3 mg
Thiamine (thiamine mononitrate)	16.7 mg
Riboflavin	16.7 mg
Niacinamide	135 mg
Vitamin B ₆ (pyridoxine hydrochloride)	25 mg
Folate	66.7 mcg
Vitamin B ₁₂ (cyanocobalamin)	33.3 mcg
Biotin	16.7 mcg
Pantothenic Acid (calcium d-pantothenate)	83.3 mg
Calcium (calcium aspartate/calcium d-pantothenate)	10 mg
Iodine (from kelp)	9 mcg
Magnesium (magnesium aspartate/oxide)	8.3 mg
Zinc (zinc aspartate)	2.5 mg
Selenium (selenomethionine)	25 mcg
Manganese (manganese aspartate)	3.3 mg
Chromium (chromium nicotinate)	37.5 mcg
Potassium (potassium aspartate)	9.2 mg
Choline (choline bitartrate)	16.7 mg
Inositol	4.2 mg
Betaine Hydrochloride	3 mg
DL-Methionine	16.7 mg
L-Glycine	15 mg
L-Alanine	8 mg
L-Glutamic Acid	3 mg
Bovine (<i>Bos taurus</i>) Adrenal	10 mg
Bovine (<i>Bos taurus</i>) Pancreas	10 mg
Bovine (<i>Bos taurus</i>) Liver	10 mg
Bovine (<i>Bos taurus</i>) Kidney	8 mg
Bovine (<i>Bos taurus</i>) Spleen	2 mg
Dandelion (<i>Taraxacum officinale</i>) Leaf	10 mg
Licorice (<i>Glycyrrhiza glabra</i>) Root	10 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) Root	10 mg
Celandine (<i>Chelidonium majus</i>) Whole Plant Extract (4:1)	2 mg
8 mg Dried Equivalent	

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

180 Tablets

Product Code

03130

NPN 80038325



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Campos, ACL, Groth, AK, Branco, AB. Current Opinion in Clinical Nutrition and Metabolic Care. 2008; 11: 281-288.
3. Schomburg, L, Kohrle, J. Mol. Nutr. Food Res. 2008; 52: 1235-1246.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

GSF Complex

Skin health support

- An antioxidant for the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients
- Helps to maintain healthy skin, immune and proper muscle function
- Helps to prevent vitamin C, pantothenic acid and zinc deficiencies
- Provides 300 mg of vitamin C, 200 mg of pantothenic acid and 20 mg of zinc per daily dose

GSF Complex is a multi-vitamin formula that provides antioxidants from green tea extracts and sweet orange fruit. Likewise, the most important aqueous antioxidant, vitamin C, donates electrons to prevent free radical damage to DNA.¹ Vitamin C also promotes the metabolism of fat and protein as a co-substrate for several enzymes.¹ It is necessary for the synthesis of carnitine, which transports fatty acids to the mitochondria for energy production, and is required for the production of collagen, the primary structural protein found in connective tissue.¹ As a result, vitamin C has a role in wound healing, and its deficiency may lead to the impaired healing of wounds.² Zinc is also involved maintaining healthy skin. It is required for the production of matrix metalloproteinases, which break down matrix proteins including collagen and elastin.³ This breakdown is required for the remodelling of tissues and allows for new cells to move through and close wounds.³ Pantothenic acid is important for tissue formation, the production of the key neurotransmitter acetylcholine, lipid synthesis, and energy production in the Krebs cycle.¹

EACH CAPSULE CONTAINS:

Vitamin C (ascorbic acid)	150 mg
Pantothenic Acid (calcium d-pantothenate)	100 mg
Zinc (zinc citrate)	10 mg
Potassium (potassium aspartate)	25 mg
Magnesium (magnesium aspartate/oxide)	25 mg
Bovine (<i>Bos taurus</i>) Adrenal	100 mg
Bovine (<i>Bos taurus</i>) Adrenal Cortex	20 mg
Ginkgo (<i>Ginkgo biloba</i>) Leaf	27 mg
Hesperidin (from <i>Citrus sinensis</i> fruit)	15 mg
Licorice (<i>Glycyrrhiza glabra</i>) Root	10 mg
Rutin (from <i>Sophora japonica</i> flower bud)	2.1 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (50% polyphenols)	0.9 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica, cellulose

Recommended Dose

Adults: Take 1 capsule 2 times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 4-6 weeks.

Size

60 Vegetarian Capsules

Product Code

10570

NPN 80032485



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Campos, ACL, Groth, AK, Branco, AB. Current Opinion in Clinical Nutrition and Metabolic Care. 2008; 11: 281-288.
3. Schwartz, JR, Marsh, RG, Draelos, ZD. Dermatol Surg. 2005; 31: 837-847.

VITAMIN-MINERAL COMPLEXES

Liquid Multi Vite Min **IMPROVED**

Natural Lemon-Cardamom Flavour

Ten vitamins and 11 minerals for optimal health

- Helps to support eye health in conditions such as cataracts and age-related macular degeneration
- Helps to maintain healthy bones, hair, nails, skin and immune function
- Provides support for healthy glucose metabolism
- Improved
 - Formulation update based on current nutritional guidelines
 - Added nutrients, including lutein, zeaxanthin and vitamin K₂
 - Now available in a delicious natural lemon-cardamom flavour
 - Increased bottle size – now providing one-month supply per bottle

Liquid Multi Vite Min is a great-tasting combination of vitamins, minerals and antioxidants for the maintenance of good health. Available in a convenient, once-daily format, it can help adults meet daily recommended micronutrient levels. It provides seven B vitamins, which are involved in energy metabolism through their roles as cofactors.¹ Also included are vitamins D and K, which help support bone formation and strength. Vitamin D has an additional role in helping to maintain immune function by mediating the proliferation and activity of immune cells.² The minerals zinc, magnesium and manganese are included to further support bone health. Zinc also contributes to the maintenance of healthy hair, nails, skin and immune function, while magnesium has additional effects in maintaining proper muscle function. This formula also provides a variety of antioxidants, such as vitamin E and selenium, to help limit oxidative damage to cells. Lutein and zeaxanthin, natural carotenoid pigments in the lens and macula of the retina, further offer antioxidant support to maintain good health. Zeaxanthin provides key protection against oxidative damage in the eye produced by metabolic activity and light exposure.³ Zeaxanthin also helps to support eyesight in conditions such as cataracts and age-related macular degeneration, reduce the risk of developing cataracts, and improve macular pigment optical density.

EACH TABLESPOON (15 mL) CONTAINS:

Vitamin D (cholecalciferol)	20 mcg (800 I U)
Vitamin E (d-alpha tocopherol)	15 mg AT
Vitamin K ₂ (menaquinone-7)	20 mcg
Thiamine (thiamine hydrochloride)	5 mg
Riboflavin	5 mg
Niacinamide	20 mg
Vitamin B ₆ (pyridoxine hydrochloride)	5 mg
Vitamin B ₁₂ (hydroxocobalamin acetate, methylcobalamin)	25 mcg
Biotin	300 mcg
Pantothenic Acid (d-panthenol)	10 mg
Calcium (calcium lactate)	65 mg
Iodine (potassium iodide)	150 mcg
Magnesium (magnesium gluconate)	20 mg
Zinc (zinc citrate)	20 mg
Selenium (sodium selenate)	100 mcg
Copper (copper gluconate)	1 mg
Manganese (manganese gluconate)	2.5 mg
Chromium (chromium nicotinate)	100 mcg
Molybdenum (molybdenum citrate)	50 mcg
Potassium (potassium gluconate)	50 mg
Choline (choline chloride)	55 mg
Vanadium (vanadium citrate)	100 mcg
Inositol	5 mg
Lutein (from <i>Tagetes erecta</i> herb flowering oleoresin)	5 mg
Zeaxanthin (from <i>Tagetes erecta</i> herb flowering oleoresin)	1 mg

Non-Medicinal Ingredients: Purified water, glycerin, natural flavours, citric acid, medium chain triglycerides, xanthan gum, potassium sorbate, rebaudioside A (stevia leaf extract), rosemary leaf extract, natural mixed tocopherols

Recommended Dose

Adults: Take one tablespoon daily with a fat-containing meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.

Size

450 mL Liquid

Product Code

03122A

NPN 80080341



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Mora, JR, Iwata, M, von Andrian, UH. Nat Rev Immunol. 2008; 8(9): 685-698.
3. Ma, L, Lin, XM. J Sci Food Agric. 2010; 90: 2-12.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Maxum Multi Vite

Antioxidant and multivitamin combination for optimal health

- Helps to maintain the body's ability to metabolize nutrients and provides support for healthy glucose metabolism
- Aids in the development and maintenance of bones, cartilage, teeth, gums and night vision
- Helps to maintain eyesight, healthy skin, membranes, immune and proper muscle function
- Helps to prevent vitamins C, E, B₆, B₁₂, pantothenic acid, biotin, thiamine, riboflavin, manganese, chromium and selenium deficiencies

Maxum Multi Vite is a multivitamin formula that also provides five sources of antioxidants for the maintenance of good health. Selenium is necessary for the production of selenoproteins, including glutathione peroxidases and selenoprotein P, which are involved in the antioxidant defense system.¹ Vitamin C is the most important aqueous antioxidant in the plasma, interstitial fluid and soluble compartment of cells.² As the first line of defense in these areas, vitamin C prevents free radical damage to DNA, and helps recycle vitamin E to protect against oxidative damage in lipid membranes.² Rutin and green tea extracts further provide antioxidants to maintain good health.^{3,4} B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of macronutrients.² Niacin, thiamine and biotin help provide substrates for energy production in the Krebs cycle, while folate and vitamins B₆ and B₁₂ help convert homocysteine to methionine for protein production.² Chromium promotes healthy glucose metabolism by helping to regulate glucose uptake in cells and promote its storage as glycogen.^{5,6} Beta-carotene is a provitamin A carotenoid pigment naturally found in plants.⁷ As it can be converted into vitamin A in the body, it is an important source of vitamin A to help maintain eyesight, skin, membranes, and immune function.⁷

EACH CAPSULE CONTAINS:

Vitamin A (vitamin A palmitate)	450 mcg RAE / 1500 IU
Beta-carotene	1800 mcg
Vitamin C (ascorbic acid)	100 mg
Vitamin D (cholecalciferol)	0.38 mcg / 15 IU
Vitamin E (d-alpha tocopheryl succinate)	34 mg AI / 50 IU
Thiamine (thiamine mononitrate)	15 mg
Riboflavin (riboflavin/riboflavin-5-phosphate)	17 mg
Niacinamide	20 mg
Vitamin B ₆ (pyridoxine hydrochloride/pyridoxal-5-phosphate)	17 mg
Folate	100 mcg
Vitamin B ₁₂ (cyanocobalamin)	30 mcg
Biotin	50 mcg
Pantothenic Acid (calcium d-pantothenate)	50 mg
Calcium (calcium citrate)	54.5 mg
Iodine (potassium iodide)	40 mcg
Magnesium (magnesium citrate)	20 mg
Zinc (zinc oxide)	5 mg
Selenium (selenomethionine)	40 mcg
Manganese (manganese sulfate)	4 mg
Chromium (chromium HVP ▲ chelate/chloride)	40 mcg
Molybdenum (molybdenum Krebs ◆ complex)	10 mcg
Potassium (potassium chloride)	10 mg
Ginkgo (<i>Ginkgo biloba</i>) Leaf	27 mg
Inositol	15 mg
Betaine (betaine hydrochloride)	7 mg
Choline (choline bitartrate)	10 mg
L-Cystine	10 mg
L-Glutamic Acid	10 mg
L-Glutathione	2 mg
Rutin (from <i>Dimorphandra mollis</i> seed pod)	2 mg
Coenzyme Q ₁₀ (yeast fermentation)	1 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (50% Polyphenols)	1 mg
Vanadium (vanadium Krebs ◆ complex)	10 mcg

Non-medicinal ingredients: Hypromellose, magnesium silicate, magnesium stearate, cellulose, silica

▲ Hydrolyzed vegetable (rice) protein | ◆ Citrate/fumarate/malate/succinate/alpha-ketoglutarate

Recommended Dose

Adults: Take one capsule two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 12 weeks.

Size

90 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

0314590
03145

NPN 80027402



REFERENCES

- Schomburg, L. Kohrle, J. Mol. Nutr. Food Res. 2008; 52: 1235-1246.
- Combs, G.F. (2012). The Vitamins (4th ed.). USA: Elsevier.
- Yang, J. Guo, J. Yuan, J. In vitro antioxidant properties of rutin. LWT. 2008; 41: 1060-1066.
- Cabrera, C. Artacho, R. Giménez, R. Journal of the American College of Nutrition. 2006; 25(2): 79-99.
- Hua, Y. Clark, S. Ren, J. Sreejayan, N. J Nutr Biochem. 2012; 23(4): 313-319.
- Newsholme, P. Cruzat, V. Arfuso, F. Keane, K. The Journal of Endocrinology. 221(3): R105-R120.
- Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.

VITAMIN-MINERAL COMPLEXES

Multi Glyco

Beta-carotene and vitamin C for healthy skin

- An antioxidant for the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients and provides support for healthy glucose metabolism
- Helps in the function of the thyroid gland
- Source of vitamin A to help maintain eyesight, skin, membranes and immune function
- Helps to prevent vitamin A, C, B₆, B₁₂, pantothenic acid, biotin, thiamine, riboflavin, niacin, zinc, manganese and chromium deficiencies

Multi Glyco is a combination of vitamins and minerals that helps to maintain skin health and macronutrient metabolism. Beta-carotene is a provitamin A carotenoid pigment.¹ As it can be converted into vitamin A in the body, it is an important source of vitamin A to help maintain eyesight, membranes, immune function and skin.¹ Vitamin C further maintains skin health through its role in collagen synthesis, the primary structural protein found in connective tissue and the main protein involved in wound healing.² Vitamin C synergistically maintains the antioxidant defence system with selenium, which is required for the production of antioxidant enzymes that prevent free radical damage to lipid membranes.^{3,4} The highest levels of both selenium and iodine are found in the thyroid gland.⁴ Iodine is required to produce thyroid hormones, which regulate metabolism and the growth and development of the body and brain.⁴ B vitamins help mediate hundreds of enzymatic reactions, including the metabolism of carbohydrates, fats and proteins.³ Niacin, thiamine and biotin help provide important substrates for energy production in the Krebs cycle, while vitamins B₆ and B₁₂ help convert the amino acid homocysteine into methionine for protein production.³ Chromium supports healthy glucose metabolism by supporting the actions of insulin, which include regulating glucose uptake in cells and promoting its storage as glycogen.^{5,6}

EACH TABLET CONTAINS:

Beta-carotene	3000 mcg
Vitamin C (ascorbic acid)	200 mg
Thiamine (thiamine mononitrate)	35 mg
Riboflavin	35 mg
Niacinamide	335 mg
Vitamin B ₆ (pyridoxine hydrochloride)	35 mg
Vitamin B ₁₂ (cyanocobalamin)	20 mcg
Biotin	100 mcg
Pantothenic Acid (calcium d-pantothenate)	100 mg
Iodine (from kelp)	90 mcg
Zinc (zinc aspartate)	15 mg
Selenium (selenomethionine)	50 mcg
Manganese (manganese citrate)	8 mg
Chromium (chromium nicotinate)	200 mcg
Bovine (<i>Bos taurus</i>) Adrenal	50 mg
Porcine (<i>Sus scrofa</i>) Pancreas	50 mg
Bovine (<i>Bos taurus</i>) Liver	50 mg
Alfalfa (<i>Medicago sativa</i>) Leaf/Stem	50 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) Root	10 mg
Licorice (<i>Glycyrrhiza glabra</i>) Root	10 mg

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. For use beyond one month, consult your healthcare practitioner.

Size

60 Tablets

120 Tablets

Product Code

03501

03501120

NPN 80036321



REFERENCES

1. Ruhl, R. Proceedings of the Nutrition Society, 2007; 66: 458-469.
2. Campos, ACL, Groth, AK, Branco, AB. Current Opinion in Clinical Nutrition and Metabolic Care. 2008; 11: 281-288.
3. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
4. Schomburg, L, Kohrle, J. Mol. Nutr. Food Res. 2008; 52: 1235-1246.
5. Vincent, JB, Bennett, R. (2007). In JB. Vincent (Ed.), The Nutritional Biochemistry of Chromium (III) (pp. 139-160). Amsterdam, The Netherlands: Elsevier B.V.
6. Newsholme, P, Cruzat, V, Arfuso, F, Keane, K. The Journal of Endocrinology, 221(3): R105-R120.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Multi Vite

Multivitamin formula for bone and blood cell support

- An antioxidant for the maintenance of good health
- Aids in the maintenance of bones, eyesight, healthy skin, membranes, immune and proper muscle function
- Helps to form red blood cells and helps in their proper function
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis
- Helps to prevent deficiency of vitamins A, C, E, B₁₂, and selenium

Multi Vite provides a combination of vitamins and minerals that support the maintenance of bones and the formation of red blood cells. Vitamin D is necessary for proper bone cell activity, including bone growth and remodelling.¹ It promotes calcium and phosphorus absorption in the intestine, and regulates their levels in the blood and kidney for normal bone mineralization.¹ Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin C further contributes to bone health through its role in collagen synthesis, which provides structural support for the bone matrix.² Vitamin C, along with vitamin E and selenium, are involved in the antioxidant defense system to further maintain good health.^{2,3} As a necessary component of hemoglobin, iron is important for the normal production and activity of red blood cells.⁴ Low levels of iron may alter vitamin A transport from its storage form, which is required for stimulating immune cell development, maintaining the natural barrier of the skin, and the production of rhodopsin for night vision.⁵⁻⁸

EACH TABLET CONTAINS:

Vitamin A (vitamin A palmitate)	1500 mcg RAE / 5000 IU
Vitamin C (ascorbic acid)	50 mg
Vitamin D (cholecalciferol)	5 mcg / 200 IU
Vitamin E (d-alpha tocopherol)	20 mg AT / 30 IU
Thiamine (thiamine mononitrate)	6 mg
Riboflavin	3 mg
Niacin (nicotinic acid)	10 mg
Vitamin B ₆ (pyridoxine hydrochloride)	2.5 mg
Folate	200 mcg
Vitamin B ₁₂ (cyanocobalamin)	3 mcg
Biotin	150 mcg
Pantothenic Acid (calcium d-pantothenate)	5 mg
Calcium (dibasic calcium phosphate dihydrate/calcium carbonate/calcium aspartate)	175 mg
Iron (carbonyl iron)	5 mg
Phosphorus (dibasic calcium phosphate dihydrate)	65 mg
Iodine (from kelp)	50 mcg
Magnesium (magnesium oxide/aspartate)	75 mg
Zinc (zinc aspartate)	4.5 mg
Selenium (selenomethionine)	30 mcg
Manganese (manganese citrate)	4 mg
Chromium (chromium nicotinate)	50 mcg
Molybdenum (molybdenum bisglycinate)	15 mcg
Potassium (potassium chloride)	49.5 mg
Choline (choline bitartrate)	15 mg
Inositol	10 mg
Vanadium (vanadyl sulfate)	15 mcg
Pepsin (from porcine stomach)	45 mg / 450 000 FCC
Pancreatin♦ (from porcine pancreas)	25 mg
Alfalfa (<i>Medicago sativa</i>) Leaf/Stem	25 mg
Parsley (<i>Petroselinum crispum</i>) Aerial Parts	25 mg
Rose (<i>Rosa canina</i>) Hips	25 mg
Watercress (<i>Rorippa nasturtium-aquaticum</i>) Aerial Parts	25 mg
♦ Yielding: 5000 USP protease units/ 5000 USP amylase units/ 1000 USP lipase units	

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets

Product Code

03109

NPN 80036316



REFERENCES

1. Wranicz, J. Szostak-Wegierek, D. Rocz Panstw Zakl Hig. 2014; 65(3): 179-184.
2. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
3. Riaz, M, Mehmood, KT. J Postgrad Med Inst. 2012; 26(2): 120-133.
4. Lane, DJR, Bae, DH, Merlot, AM, Sahni, S, Richardson, DR. Nutrients. 2015; 7: 2274-2296.
5. Oliveira, JM, Michelazzo, FB, Stefanello, J, Rondó, PHC. Nutrition Reviews. 2008; 66(3): 141-147.
6. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
7. Al Tanoury, Z, Piskunov, A, Rochette-Egly, C. Journal of Lipid Research. 2013; 54: 1761-1775.
8. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.

VITAMIN-MINERAL COMPLEXES

Pediatri Vite

GREAT FOR CHILDREN

Natural Cherry Flavour

Comprehensive multi-vitamin supplement for children and adolescents

- Supports bone health, immune function, and normal growth and development
- Available in a great-tasting, cherry-flavoured liquid
- Improved formula
 - Better taste from natural cherry, vanilla cream and raspberry flavours for enhanced compliance
 - Increased amount of essential nutrients: vitamins D and E, niacinamide, pantothenic acid, iodine, magnesium, zinc, choline and inositol
 - Added vitamin K for additional bone health support
 - More servings per bottle, providing an additional two-week supply

Pediatri Vite provides a delicious, natural cherry-flavoured, full-spectrum liquid vitamin and mineral combination specifically formulated to support optimum nutritional status in children one year and older. Adequate amounts of vitamins and essential minerals are required for the healthy functioning of all physiological processes.¹ Optimal nutrient intake is particularly important to the proper development of the skeletal system and maintenance of good health in children.^{1,2} Pediatri Vite contains more than 10 vitamins and minerals in the appropriate ratios needed for the most efficient utilization by young children. It helps in energy metabolism and tissue formation, building strong bones and teeth, and maintaining cognitive, immune and proper muscle function. Research has demonstrated that the supply and use of nutrients is most biologically relevant during early childhood, and the quantity and quality of this nutrient supply can have long-lasting effects on health.³

EACH TEASPOON (5 mL) CONTAINS:

Vitamin D ₃ (cholecalciferol)	10 mcg/400 IU
Vitamin E (d-alpha tocopherol)	7.5 mg AT/11.2 IU
Vitamin K ₁ (phyloquinone)	30 mcg
Riboflavin	0.8 mg
Niacinamide	6 mg
Vitamin B ₆ (pyridoxine hydrochloride)	1 mg
Vitamin B ₁₂ (methylcobalamin/hydroxocobalamin)	8.5 mcg
Biotin	70 mcg
Pantothenic Acid (d-panthanol)	2.5 mg
Iodine (potassium iodide)	45 mcg
Magnesium (magnesium lactate)	12 mg
Zinc (zinc citrate)	5.5 mg
Copper [copper (II) gluconate]	0.45 mg
Choline (choline chloride)	27.5 mg
Inositol	1 mg

Non-Medicinal Ingredients: Purified water, glycerin, concentrated apple juice, calcium lactate, natural flavours (cherry, vanilla cream, raspberry), citric acid, medium chain triglycerides, xanthan gum, potassium sorbate, rebaudioside A (stevia leaf extract), rosemary leaf extract, mixed tocopherol concentrate

Recommended Dose

Adolescents (9 years and older): Take one teaspoon two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Children (1-8 years): Take one teaspoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.

Size

250 mL Liquid

Product Code

03124-250

NPN 80076589



REFERENCES

1. Prentice, A. Schoenmakers. I. Laskey, MA, de Bono, S. Ginty, F. Goldberg, GR. Proc Nutr Soc. 2006; 65: 348-360.
2. Weichselbaum, E. Buttriss, JL. Nutr Bull. 2014; 39, 9-73.
3. Koletzko, B. E. Spen Eur J Clin Nutr Metab. 2008; 3: e179-e184.



Pregna Vite

Vegetarian-friendly support for maternal and fetal development

- Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
- Helps to prevent iron deficiency anaemia
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.
- Provides 999 IU of vitamin D and 999 mcg of folic acid per daily dose
- Helps to prevent deficiency of calcium, chromium, copper, iodine, magnesium, selenium, zinc, biotin, folate, vitamin A, vitamin B₁₂, vitamin C, vitamin D, and vitamin E and K

As nutrient and energy requirements differ during pregnancy, Pregna Vite provides vitamins and minerals that are suited for proper maternal and fetal health.¹ Approximately 20-30% of women are deficient in a vitamin during pregnancy.¹ Vitamins and minerals, including B vitamins, magnesium and zinc, are involved in the metabolism of carbohydrates, fats and proteins, and their deficiencies are associated with impaired fetal growth and development.¹ Vegetarian diets tend to provide insufficient levels of vitamin B₁₂, which may result in impaired red blood cell formation.¹ Maternal iron levels affect iron stores in the developing fetus, and are necessary for the production of hemoglobin.¹ Pregna Vite helps to prevent iron deficiency anemia. Calcium demands also increase during pregnancy, leading to enhanced calcium absorption from the intestine and mobilization from bones.¹ Vitamin D helps absorb and use calcium and phosphorus for normal bone mineralization.² Deficiency of vitamin D during pregnancy may lead to impaired fetal bone development or osteomalacia, although 600 IU of vitamin D daily helps maximize bone health in pregnant adults.^{1,3} Daily supplementation with 800 mcg of folic acid in the first trimester may help reduce the risk of neural tube defects by nearly 70%.⁴

EACH CAPSULE CONTAINS:

Vitamin A (vitamin A acetate)	75 mcg RAE / 250 IU
Beta-carotene	0.67 mg
Vitamin C (ascorbic acid)	56.7 mg
Vitamin D (cholecalciferol)	8.33 mcg / 333 IU
Vitamin E (d-alpha tocopheryl succinate)	10 mg AT / 15 IU
Vitamin K ₁ (phylloquinone)	30 mcg
Thiamine (thiamine mononitrate)	0.93 mg
Riboflavin	0.93 mg
Niacinamide	12 mg
Vitamin B ₆ (pyridoxal-5-phosphate)	1.27 mg
Folate (folic acid)	333 mcg
Vitamin B ₁₂ (methylcobalamin)	16.7 mcg
Biotin	50 mcg
Pantothenic Acid (calcium d-pantothenate)	4 mg
Calcium (calcium citrate)	66.7 mg
Iron (ferrous fumarate)	9 mg
Iodine (potassium iodide)	73.3 mcg
Magnesium (magnesium citrate)	16.7 mg
Zinc (zinc citrate)	3.67 mg
Selenium (selenomethionine)	20 mcg
Copper (copper citrate)	333 mcg
Manganese (manganese citrate)	0.67 mg
Chromium (chromium polynicotinate)	10 mcg
Molybdenum (molybdenum citrate)	16.7 mcg
Bilberry (<i>Vaccinium myrtillus</i>) Fruit Std. Extract (50:1)	10 mg (25% Anthocyanins / 500 mg Dried Equivalent)

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Women (19 years and older): Take three capsules daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

180 Vegetarian Capsules

Product Code

03156

NPN 80020458



REFERENCES

1. Hovdenak, N, Haram, K. European Journal of Obstetrics & Gynecology and Reproductive Biology. 2012; 164: 127-132.
2. Wranicz, J, Szostak-Wegierek, D. Roczniki Państwowego Zakładu Higieny. 2014; 65(3): 179-184.
3. Holick, MF, Binkley, NC, Bischoff-Ferrari, HA, Gordon, CM, Hanley, DA, Heaney, RP, Murad, MH, Weaver, CM. J Clin Endocrinol Metab. 2011; 96(7):1911-1930.
4. Osterhues, A, Ali, NS, Michels, KB. Critical Reviews in Food Science and Nutrition. 2013; 53: 1180-1190.

VITAMIN-MINERAL COMPLEXES

ST-TN Capsules

Biotin and vitamin E combination

- An antioxidant and factor in the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients
- Provides 300 mcg of biotin per daily dose
- Includes 5 IU of vitamin E per daily dose

ST-TN Capsules is a blend of biotin and vitamin E that helps to support optimal health. Biotin is necessary for the activity of five carboxylases which are involved in macronutrient metabolism.¹ Biotin supports: 1) fatty acid synthesis in the liver and adipose tissue; 2) fatty acid oxidation; 3) break down amino acids, cholesterol and odd chain fatty acids; 4) leucine metabolism; 5) glucose production in the kidney and liver, glucose-induced insulin release, and fatty acid synthesis in adipocytes.^{1,2} Cells that are deficient in biotin are also more susceptible to damage caused by oxidative stress.² Vitamin E is the most significant membrane antioxidant, and helps maintain the structure of nearly all cell membranes.³ It is a potent free radical scavenger that helps to prevent oxidative DNA damage.³ As vitamin E can compete for free radicals faster than polyunsaturated fatty acids in cell membranes, small levels of vitamin E offer a large amount of antioxidant protection.³ The stable vitamin E radical produced is virtually unreactive, and can be recycled back to its original form, demonstrating its essential role in antioxidant defence.³

EACH CAPSULE CONTAINS:

Vitamin E (d-alpha tocopheryl succinate)	3.35 mg AT / 5 IU
Biotin	300 mcg
Calcium (calcium propionate*)	27 mg
Potassium (potassium sorbate*)	38 mg
Non-Medicinal Ingredient:	
Sodium (sodium caprylate*)	48 mg
* Source of propionic acid (100 mg), sorbic acid (100 mg) and caprylic acid (300 mg), respectively	

Other Non-Medicinal Ingredients: Hypromellose, silica, magnesium silicate, magnesium stearate, cellulose

Recommended Dose

Adults: Take one capsule daily, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

10504

NPN 80031510



REFERENCES

1. Tong, L. Cell Mol Life Sci. 2013; 70(5): 863-891.
2. Zemleni, J., Hassan, YI, Wijeratne, SSK. Expert Rev Endocrinol Metab. 2008; 3(6): 715-724.
3. Combs, GF. (2012). In GF Combs (Ed.) The Vitamins (pp. 181-211). USA: Elsevier.



Super Orti Vite

Combination of vitamins, minerals and digestive enzymes

- Helps in the development and maintenance of night vision, bones, cartilage, teeth and gums
- Helps to form red blood cells and helps in their proper function
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis
- Helps to prevent deficiency of vitamins C, E, B₁₂, and chromium

Super Orti Vite is a multi-vitamin supplement that provides plant based enzymes from pineapple and papaya, including bromelain and papain.¹ Supplementation with these digestive enzymes can aid in the breakdown of proteins.¹ Bromelain is effective at a wide pH range, and remains active in both the stomach and small intestine.¹ It has a well-established ability to break down protein.¹ Vitamin D promotes calcium and phosphorus absorption in the intestine and regulates their levels in the blood and kidney for normal bone mineralization.² Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin A helps stimulate the development of immune cells and is necessary for the production of rhodopsin, a pigment involved in sensing light.^{3,4} Super Orti Vite also contains lemon fruit peel, which contains the polyphenol hesperidin.⁵ It also provides vitamins C and E, the most important antioxidants in aqueous and lipid compartments of the body, respectively.⁶ Selenium is also involved in the antioxidant defence system, as it is required for the production of proteins and enzymes that reduce free radical damage to DNA.⁷

EACH CAPSULE CONTAINS:

Vitamin A (vitamin A palmitate)	375 mcg RAE/1250 IU
Beta-carotene	1500 mcg
Vitamin C (niacinamide ascorbate)	100 mg
Vitamin D (cholecalciferol)	0.63 mcg/25 IU
Vitamin E (d-alpha tocopheryl succinate)	50 mg AT/75 IU
Thiamine (thiamine mononitrate)	25 mg
Riboflavin	15 mg
Niacinamide (niacinamide ascorbate/niacinamide)	38 mg
Vitamin B ₆ (pyridoxine hydrochloride/pyridoxal-5-phosphate)	15.5 mg
Folate (folic acid)	100 mcg
Vitamin B ₁₂ (cyanocobalamin)	25 mcg
Biotin	75 mcg
Pantothenic Acid (calcium d-pantothenate)	25 mg
Calcium (calcium citrate/carbonate)	50 mg
Iron (carbonyl iron)	4.5 mg
Iodine (from kelp)	56 mcg
Magnesium (magnesium aspartate/oxide)	20 mg
Zinc (zinc citrate)	5 mg
Selenium (selenium HVP chelate)	25 mcg
Manganese (manganese citrate)	5 mg
Chromium (chromium nicotinate)	25 mcg
Potassium (potassium citrate)	5 mg
Inositol	10 mg
Choline (choline bitartrate)	10 mg
L-Cysteine (cysteine hydrochloride)	10 mg
Papain (from <i>Carica papaya</i> fruit)	5 mg/60 000 USP PU
Stem Bromelain (from <i>Ananas comosus</i> var. <i>comosus</i>) ..	5 mg/12 GDU (180 000 FCC PU)
Lemon (<i>Citrus limon</i>) Fruit/ Peel Std. Extract (50% Bioflavonoids)	3.75 mg
Coenzyme Q ₁₀ (yeast fermentation)	1 mg
◆ Hydrolyzed vegetable (rice) protein	

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, cellulose, silica

Recommended Dose

Adults: Take one capsule two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for prolonged use.

Size

120 Vegetarian Capsules

Product Code

03128

NPN 80075430



REFERENCES

1. Roxas, M. Alternative Medicine Review. 2008; 13(4): 307-314.
2. Wranicz, J. Szostak-Wegierek, D. Roczn. Panstw. Zakl. Hig. 2014; 65(3): 179-184.
3. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
4. Al Tanoury, Z. Piskunov, A. Rochette-Egly, C. Journal of Lipid Research. 2013; 54: 1761-1775.
5. Khan, MK, Zill-E-Huma, Dangles, O. Journal of Food Composition and Analysis. 2014; 33: 85-104.
6. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
7. Riaz, M, Mehmood, KT. J Postgrad Med Inst. 2012; 26(2): 120-133.

VITAMIN-MINERAL COMPLEXES

TAD+

Supports macronutrient metabolism and healthy skin

- Helps to maintain eyesight, skin, membranes and immune function
- Aids in the development and maintenance of bones, cartilage, teeth and gums
- Helps to prevent vitamin A, vitamin C and zinc deficiency
- Provides 9999 IU of vitamin A per daily dose
- Includes 498 mg of vitamin C and 24 mg of zinc per daily dose

TAD+ is a multivitamin combination that helps the body metabolize macronutrients and maintain skin health. B vitamins help mediate hundreds of enzymatic reactions, including the formation of substrates for energy production in the Krebs cycle.¹ Zinc is highly present in the epidermis, and is needed for the proliferation of epidermal cells.² Production of the retinol-binding protein, which transports vitamin A in cells, also depends on zinc.³ Vitamin A has three primary roles in the body: 1) help maintain the skin's barrier function by increasing epidermal thickness and the number of glycosaminoglycans – polysaccharides that help hydrate the skin; 2) aid in the production of rhodopsin for sensing light, especially in low light environments; 3) stimulate the development of immune cells.⁴⁻⁶ Vitamin C contributes to the maintenance of bones, cartilage, teeth and gums through its role in the synthesis of collagen, the primary structural protein found in connective tissue.¹ Vitamin C is also involved in wound healing, and helps to maintain good health by preventing free radical damage to DNA.¹

EACH TABLET CONTAINS:

Vitamin A (vitamin A palmitate).....	1000 mcg RAE / 3333 IU
Vitamin C (ascorbic acid).....	166 mg
Thiamine (thiamine mononitrate).....	8 mg
Riboflavin.....	6.6 mg
Niacinamide.....	50 mg
Vitamin B ₆ (pyridoxine hydrochloride).....	16.6 mg
Pantothenic Acid (calcium d-pantothenate).....	8 mg
Calcium (dibasic calcium phosphate dihydrate).....	65 mg
Zinc (zinc aspartate).....	8 mg
Bovine (<i>Bos taurus</i>) Adrenal.....	175 mg
Bovine (<i>Bos taurus</i>) Spleen.....	175 mg
Wild Yam (<i>Dioscorea villosa</i>) Root.....	15 mg
Licorice (<i>Glycyrrhiza glabra</i>) Root.....	15 mg

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet three times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. For use beyond 4-6 weeks, consult your healthcare practitioner.

Size

60 Tablets
120 Tablets

Product Code

08301
08301120

NPN 80037033



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Schwartz, JR, Marsh, RG, Draelos, ZD. Dermatol Surg. 2005; 31: 837-847.
3. Meunier, N, O'Connor, JM, Maiani, G, Cashman, KD, Secker, DL, Ferry, M, Coudray, C. European Journal of Clinical Nutrition. 2005; 59(Suppl 2): S1-S4.
4. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
5. Al Tanoury, Z, Piskunov, A, Rochette-Egly, C. Journal of Lipid Research. 2013; 54: 1761-1775.
6. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.

TBMP

Thiamine and choline for optimal health

- Helps to maintain the body's ability to metabolize nutrients
- Helps in normal growth
- Helps to prevent thiamine deficiency
- Provides 24 mg of thiamine per daily dose
- Includes 100 mg of choline per daily dose

TBMP is a combination of thiamine and choline, two factors in the maintenance of good health. Thiamine is an essential cofactor in carbohydrate, fat and protein metabolism.¹ It is necessary for the normal activity of four enzymes involved in: 1) conversion of pyruvate into acetyl-CoA for energy production in the Krebs cycle; 2) conversion of α -ketoglutarate into succinyl CoA in the Krebs cycle; 3) synthesis of nucleic acids and lipids; 4) breakdown of branched-chain amino acids.¹ As thiamine is involved in the synthesis of glucose in the Krebs cycle, decreased levels of the vitamin are associated with reduced synthesis of ATP for energy production.¹ Deficiencies in thiamine may also lead to decreases in complexin I and II, proteins that regulate the release of neurotransmitters.² Choline is an essential nutrient that can be converted into phosphatidylcholine, an important component of lipid membranes, or acetylcholine, a key neurotransmitter involved in learning and sleep.^{1,3}

EACH CAPSULE CONTAINS:

Porcine (<i>Sus scrofa</i>) Brain.....	100 mg
Calcium (dibasic calcium phosphate dihydrate).....	40 mg
Phosphorus (dibasic calcium phosphate dihydrate).....	35 mg
Choline (choline bitartrate).....	25 mg
Thiamine (thiamine mononitrate).....	6 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium silicate, magnesium stearate

Recommended Dose

Adults: Take two capsules two times daily with meals, or as recommended by your healthcare practitioner. Take a few hours before or after taking other medication or natural health products.

Size

60 Vegetarian Capsules

Product Code

08315

NPN 80070843



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Abdou, E, Hazell, AS. Neurochem Res. 2015; 40: 353-361.
3. Li, Z, Vance, DE. J. Lipid Res. 2008; 49: 1187-1194.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

THR

Multi-vitamin formula with cayenne

- Helps in the development and maintenance of bones and teeth
- Helps to maintain proper muscle function
- Cayenne is traditionally used in Herbal Medicine to help support peripheral circulation
- Helps to prevent vitamin E deficiency by providing 60 IU of vitamin E per daily dose
- Includes 100 mg of magnesium and 20 mg of cayenne fruit per daily dose

THR is a combination of cayenne fruit, magnesium, and vitamin E that helps to maintain good health. Capsaicinoids are responsible for the pungent flavour of cayenne, and the primary and most potent capsaicinoid is capsaicin.¹ Binding of capsaicin to its receptors on sensory neurons leads to the release of neuropeptides which help support blood flow.¹ As a cofactor for over 600 enzymes, magnesium helps regulate the synthesis of amino acids and proteins.² Magnesium helps maintain muscle function by competing with calcium for binding sites on proteins that regulate muscle contractions.² Low levels of magnesium lead to calcium binding these proteins, which may result in muscle cramps.² Magnesium also helps maintain bones and teeth by stimulating the bone forming activity of osteoblasts.² The primary role of vitamin E is to prevent oxidative damage to lipid membranes.³ Among naturally occurring scavengers of reactive oxygen species, the α -tocopherol form of vitamin E is the most potent.³ THR provides 40 mg of α -tocopherol per daily dose and helps to prevent vitamin E deficiency.

EACH TABLET CONTAINS:

Vitamin E (d-alpha tocopheryl succinate)	20 mg AT / 30 IU
Magnesium (magnesium aspartate/oxide)	50 mg
Potassium (potassium aspartate)	50 mg
Bovine (<i>Bos taurus</i>) Heart	300 mg
Hawthorn (<i>Crataegus laevigata</i>) Berry	100 mg
Cayenne (<i>Capsicum annuum</i>) Fruit	10 mg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Tablets

Product Code

08309

NPN 80033214



REFERENCES

1. de Lourdes Reyes-Escogido, M. Gonzalez-Mondragon, EG, Vazquez-Tzompantzi, E. Molecules. 2011; 16: 1253-1270.
2. de Baaij, JHF, Hoenderop, JGJ, Bindels, RJM. Physiol Rev. 2015; 95: 1-46.
3. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.

TIM

Supports skin and immune health

- Helps in connective tissue formation and to maintain healthy skin
- Helps to maintain eyesight, skin, membranes and immune function
- Helps to prevent vitamin A, vitamin C and vitamin E deficiency
- Provides 7500 IU of vitamin A and 50 IU of vitamin E per dose
- Includes 100 mg of vitamin C and 10 mg of zinc per dose

TIM is a multi-vitamin supplement that also contains glandular extracts. Vitamin E is an important antioxidant, and donates an electron to prevent the oxidation of LDL and lipid membranes.¹ The stable vitamin E radical produced can be recycled by vitamin C, the most valuable aqueous antioxidant, demonstrating how these two vitamins synergistically help maintain good health.¹ Vitamin C is also necessary for the synthesis of collagen, the primary structural protein found in connective tissue.¹ As collagen is the main protein involved in wound healing, deficiencies in vitamin C may lead to the impaired healing of wounds.² Vitamin A also contributes to maintaining healthy skin by preserving the skin's barrier integrity.³ It increases the proliferation of dividing cells in the epidermis, compacts the outer epidermal layer that consists of dead cells, and increases the number of glycosaminoglycans – polysaccharides that help hydrate the skin.³ Vitamin A also helps maintain immune function by stimulating the development of lymphocytes, including natural killer and T and B cells.⁴ Zinc further contributes to maintaining immune health by stimulating cell division in lymphocytes and increasing their phagocytic activity.⁵

EACH TABLET CONTAINS:

Vitamin A (vitamin A palmitate)	2250 mcg RAE / 7500 IU
Vitamin C (ascorbic acid)	100 mg
Vitamin E (d-alpha tocopheryl succinate)	34 mg AT / 50 IU
Zinc (zinc aspartate)	10 mg
Bovine (<i>Bos taurus</i>) Spleen	40 mg
Ovine (<i>Ovis aries</i>) Thymus	40 mg
Bovine (<i>Bos taurus</i>) Adrenal	40 mg
Bovine (<i>Bos taurus</i>) Lymph	40 mg
Bovine (<i>Bos taurus</i>) Placenta	25 mg
Porcine (<i>Sus scrofa</i>) Bone Marrow	20 mg
Bee Pollen (from <i>Apis mellifera</i>)	25 mg

Non-Medicinal Ingredients: Dibasic calcium phosphate dihydrate, cellulose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet daily with a meal or as recommended by your healthcare practitioner.

Size

60 Tablets
120 Tablets

Product Code

08305
08305120

NPN 80037906



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Campos, ACL, Groth, AK, Branco, AB. Current Opinion in Clinical Nutrition and Metabolic Care. 2008; 11: 281-288.
3. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.
4. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.
5. Chasapis, CT, Spiliopoulou, CA, Loutsidou, AC, Stefanidou, ME. Arch Toxicol. 2012; 86: 521-534.

VITAMIN-MINERAL COMPLEXES

TKI

Combination of vitamins A and C for good health

- Helps maintain eyesight, skin, membranes and immune function
- Helps in the development and maintenance of bones, cartilage, teeth, gums and night vision
- Helps in wound healing and connective tissue formation
- An antioxidant for the maintenance of good health
- Helps to prevent vitamin A and C deficiency by providing 8000 IU of vitamin A and 200 mg of vitamin C per daily dose

TKI is a blend of vitamins A and C that helps to maintain good health. Vitamin C has important roles in the body, including the prevention of free radical damage to DNA and the production of collagen, the primary structural protein in connective tissue.¹ Collagen is also the main protein involved in wound healing, and deficiencies in vitamin C may lead to impaired healing of wounds.² Vitamin A contributes to skin health by helping to maintain the barrier function of skin cells.³ It increases the proliferation of dividing cells in the epidermis, compacts the outer epidermal layer that consists of dead cells, and increases the number of glycosaminoglycans – polysaccharides that help hydrate the skin.³ Vitamin A helps maintain immune function by stimulating the development of immune cells, and deficiencies of vitamin A result in a decreased ability of macrophages to ingest and destroy bacteria.⁴

EACH CAPSULE CONTAINS:

Vitamin A (vitamin A palmitate).....	1200 mcg RAE / 4000 IU
Vitamin C (ascorbic acid).....	100 mg
Bovine (<i>Bos taurus</i>) Kidney	500 mg
Dandelion (<i>Taraxacum officinale</i>) Leaf	50 mg
Parsley (<i>Petroselinum crispum</i>) Aerial Parts	50 mg

Non-Medicinal Ingredients: Hypromellose, silica, croscarmellose sodium

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner. Take a few hours before or after taking other medication or natural health products.

Size

60 Vegetarian Capsules

Product Code

08313

NPN 80070983



REFERENCES

1. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.
2. Campos, ACL, Groth, AK, Branco, AB. Current Opinion in Clinical Nutrition and Metabolic Care. 2008; 11: 281-288.
3. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.
4. Ruhl, R. Proceedings of the Nutrition Society. 2007; 66: 458-469.

TLU

Vitamins A, C and E for the maintenance of good health

- Helps to maintain eyesight, skin, membranes, and immune function
- Helps in the development and maintenance of bones, cartilage, teeth, gums and night vision
- Aids in wound healing and connective tissue formation
- An antioxidant for the maintenance of good health
- Helps to prevent vitamin A, C and E deficiency by providing 8,000 IU of vitamin A, 400 mg of vitamin C, and 120 IU of vitamin E per daily dose

TLU is a blend of vitamins A, C, and E that also contains Bos taurus lung as a complementary ingredient. Vitamin A helps maintain the skin's barrier integrity by: 1) increasing the proliferation of dividing cells in the epidermis; 2) compacting the outer epidermal layer that consists of dead cells; 3) increasing the number of glycosaminoglycans – polysaccharides that help hydrate the skin.¹ Vitamin C is necessary for the synthesis of collagen, the primary structural protein found in connective tissue.² Collagen is also the main protein involved in wound healing, and deficiencies in vitamin C may lead to impaired healing of wounds.² As the most important aqueous antioxidant, vitamin C donates electrons to reduce free radical damage.³ Vitamin E is also a valuable antioxidant, and its primary role is to donate electrons to decrease the oxidation of LDL and lipid membranes.³ The stable vitamin E radical produced can be recycled by vitamin C, demonstrating how these two vitamins synergistically help maintain good health.³

EACH CAPSULE CONTAINS:

Vitamin A (vitamin A palmitate).....	1200 mcg RAE / 4000 IU
Vitamin C (ascorbic acid).....	200 mg
Vitamin E (d-alpha tocopheryl succinate)	40 mg AT / 60 IU
Bovine (<i>Bos taurus</i>) Lung	200 mg
Eucalyptus (<i>Eucalyptus globulus</i>) Leaf	75 mg
Goldenseal (<i>Hydrastis canadensis</i>) Root and Rhizome	75 mg
Star Anise (<i>Illicium verum</i>) Fruit	75 mg

Non-Medicinal Ingredients: Hypromellose, ascorbyl palmitate, silica

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08316

NPN 80036424



REFERENCES

1. Mukherjee, S, Date, A, Patravale, V, Korting, HC, Roeder, A, Weindl, G. Clinical Interventions in Aging. 2006; 1(4): 327-348.
2. Campos, ACL, Groth, AK, Branco, AB. 2008; 11: 281-288.
3. Combs, GF. (2012). The Vitamins (4th ed.). USA: Elsevier.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

TPIN

Vitamin B₆ in its active form

- Helps in tissue formation
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent vitamin B₆ deficiency
- Provides 20 mg of vitamin B₆ per daily dose

TPIN is a source of vitamin B₆ in the form of pyridoxal-5-phosphate (PLP). As the most biologically active form of the vitamin, PLP helps to catalyze over 140 reactions.¹ Vitamin B₆ participates in nearly all metabolic reactions involving amino acids, including their synthesis and breakdown.¹ Approximately 70-80% of vitamin B₆ is present in muscle, where it acts as a coenzyme for glycogen phosphorylase.¹ This enzyme is necessary for glycogenolysis, which breaks down glycogen into glucose and provides fuel to muscle during exercise.¹ Low levels of vitamin B₆ also lead to increased synovial fluid between joints, which results in nerve compression.² Eleuthero root is a thorny shrub native to Siberia and northern parts of China, and its beneficial health effects are thought to arise, in part, from the lignans in its roots.³ TPIN also contains an extract from Ginkgo biloba, an ancient plant traditionally used in Chinese medicine.⁴ Ginkgo contains flavonoids, terpenoids and proanthocyanidins, which are responsible for its positive health effects.⁴

EACH CAPSULE CONTAINS:

Vitamin B ₆ (pyridoxal-5-phosphate)	10 mg
Porcine (<i>Sus scrofa</i>) Brain	300 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) Root	100 mg
Ginkgo (<i>Ginkgo biloba</i>) Leaf Std. Extract (50:1)	10 mg (24% Flavone Glycosides; 6% Terpene Lactones / 500 mg Dried Equivalent)

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, magnesium silicate

Recommended Dose

Adults: Take one capsule two times daily or as recommended by your healthcare practitioner. For use beyond one month, consult your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08325

NPN 80035856



REFERENCES

1. Mooney, S., Leuendorf, J.E., Hendrickson, C., Hellmann, H. *Molecules*. 2009; 14: 329-351.
2. Combs, G.F. (2012). In *The Vitamins* (4th ed., pp. 309-323). Elsevier.
3. Murthy, H.N., Kim, Y.S., Georgiev, M.I., Paek, K.Y. *Appl Microbiol Biotechnol*. 2014; 98: 7319-7329.
4. Brondino, N., De Silvestri, A., Re, S., Lanati, N., Thiemann, P., Verna, A., Emanuele, E., Politi, P. *Evidence-Based Complementary and Alternative Medicine*. 2013; 2013: 915691.

CDC Forte

Balanced glucosamine sulfate, glucosamine hydrochloride and chondroitin sulfate formulation

- 10 mg of glucosamine sulfate, 90 mg of glucosamine HCl and 113 mg of chondroitin sulfate per tablet

With added vitamin C and zinc

- Helps in the development and maintenance of bones, cartilage, teeth and gums
- Helps in connective tissue formation and to help maintain healthy skin

Easy-to-use

- 1 tablet daily ensures patient compliance

EACH TABLET CONTAINS:

Vitamin C (ascorbic acid/manganese ascorbate)	150 mg
Zinc (zinc aspartate)	10 mg
Manganese (manganese ascorbate)	30 mg
Chondroitin Sulfate (chondroitin sulfate sodium ◆ / bovine trachea)	113 mg
Glucosamine Hydrochloride (shellfish ▲ exoskeleton)	90 mg
Glucosamine Sulfate (glucosamine sulfate potassium chloride from shellfish ▲ exoskeleton)	10 mg
L-Proline	25 mg
L-Glutamic Acid	20 mg
L-Cysteine (L-cysteine hydrochloride)	9.8 mg
Ginkgo (<i>Ginkgo biloba</i>) Leaf	27 mg
Papain (from <i>Carica papaya</i> fruit)	25 mg / 300 000 USP
Wild Yam (<i>Dioscorea villosa</i>) Root Extract (10:1)	25 mg
250 mg Dried Equivalent	
Hesperidin (from <i>Citrus sinensis</i> fruit)	15 mg
Rutin (from <i>Dimorphandra mollis</i> seed pod)	2 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std.Extract (50% Polyphenols)	1 mg
◆ From bovine cartilage ▲ From crab and shrimp	

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, hypromellose, magnesium stearate, silica, hypromellose, glycerin
Contains: Crustaceans (shrimp and crab)

Recommended Dose

Adults: Take 1 tablet daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 12 weeks.

Size

90 Tablets

Product Code

05260

NPN 80034174



MINERALS & GLUCOSAMINES

Glucosamine Complex

Glucosamine sulfate, plus chondroitin sulfate, MSM, amino acids and herbal extracts

- Helps to protect against deterioration of cartilage
- Helps to relieve joint pain associated with osteoarthritis
- Improved
 - Increase in green tea leaf extract - a higher level of the standardized green tea leaf extract has been included to replace the non-standardized green tea leaf
 - Addition of methylsulfonylmethane (MSM) – now provides 75 mg of MSM per capsule

Glucosamine Complex provides comprehensive support to help maintain cartilage and joint health. It offers glucosamine and chondroitin, two important compounds present in articular cartilage.¹ Research suggests that glucosamine contributes to joint health as a precursor in the synthesis of glycosaminoglycans and other proteoglycans, which act as building blocks for joints, while regulating cytokine production and catabolic enzyme activity in the synovial fluid and joints.^{1,2} One form of glucosamine, known as glucosamine sulfate, has been extensively evaluated for its ability to support joint health. Clinical trials have demonstrated that daily supplementation with 1500 mg of glucosamine sulfate helps to relieve joint pain associated with osteoarthritis and helps protect against the deterioration of cartilage.³⁻⁷ MSM, a naturally-occurring organosulfur compound, has been clinically studied in combination with glucosamine and chondroitin sulfate.⁸ Glucosamine Complex also offers the amino acids cysteine and proline, along with stem bromelain, which is used in Herbal Medicine to help relieve minor pain, swelling and inflammation. Green tea extract, hesperidin and rutin are also combined to provide antioxidant protection and help reduce oxidative damage caused by free radicals.

EACH CAPSULE CONTAINS:

Glucosamine Sulfate (glucosamine sulfate potassium chloride from shellfish exoskeleton)	375 mg
MSM (methylsulfonylmethane)	75 mg
Chondroitin Sulfate (chondroitin sulfate sodium from bovine cartilage)	25 mg
L-Proline	25 mg
L-Cysteine (L-cysteine hydrochloride monohydrate)	25 mg
Hesperidin (from <i>Citrus sinensis</i> fruit)	25 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (15:1, 300 mg Dried Equivalent)	20 mg
Providing	
Total Catechins	15 mg
Epigallocatechin-3-gallate	9 mg
Stem Bromelain (from <i>Ananas comosus</i>)	8.3 mg/30 MCU (300 000 FCC PU)
Rutin (from <i>Dimorphandra mollis</i> fruit)	5 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica
Contains: Crustaceans (crab and shrimp)

Recommended Dose

Adults: Take 2 capsules 2 times daily with meals or as recommended by your healthcare practitioner. Use for a minimum of 1 month for beneficial effects. Consult your healthcare practitioner for use beyond 12 weeks.

Size

60 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

10533
10533180

NPN 80071344



REFERENCES

1. Vasiladiis, HS, Tsikopoulos, K. World J Orthop. 2017; 8(1): 1-11.
2. Reginster, JY, Neuprez, A, Lecart, MP, Sarlet, N, Bruyere, O. Rheumatol Int. 2012; 32(10): 2959-67.
3. Herrero-Beaumont, G, Ivorra, JA, Del Carmen, Trabado, M, Blanco, FJ, Benito, P, Martín-Mola, E, Paulino, J, Marenco, JL, Porto, A, Laffon, A, Araújo, D, Figueroa, M, Branco J. Arthritis Rheum. 2007; 56(2): 555-67.
4. Mehta, K, Gala, J, Bhasale, S, Naik, S, Modak, M, Thakur, H, Deo, N, Miller, MJ. BMC Complement Altern Med. 2007; 7:34.
5. Pavelká, K, Gatterová, J, Olejarová, M, Machacek, S, Giacomelli, G, Rovati, LC. Arch Intern Med. 2002; 162(18): 2113-23.
6. Qiu, GX, Gao, SN, Giacomelli, G, Rovati, L, Setnikar, I. [Abstract]. Arzneimittelforschung. 1998; 48(5): 469-74.
7. Reginster, JY, Deroisy, R, Rovati, LC, Lee, RL, Lejeune, E, Bruyere, O, Giacomelli, G, Henrotin, Y, Dacre, JE, Gossett, C. Lancet. 2001; 357(9252): 251-6.
8. Butawan, M, Benjamin, RL, Bloomer, RJ. Nutrients. 2017; 9(3): pii: E290.



Mobility 4

Comprehensive joint-support formula

- Relieves osteoarthritic knee and joint pain
- Protects against cartilage deterioration
- Helps in the maintenance bone health
- An antioxidant for the maintenance of good health

Cost-effective combination

- Convenient serrated strip format includes 1 capsule, 1 softgel and 2 tablets per individual strip
- Includes glucosamine, chondroitin sulfate, EPA and DHA-enriched fish oil, methylsulfonylmethane (MSM), vitamin D, curcumin, ginger and rose hips extract

Mobility 4 supports joint mobility by helping to relieve osteoarthritic joint pain, protect against cartilage deterioration and maintain bone health. In a 2015 study conducted on 606 patients with knee osteoarthritis, daily supplementation with a combined dose of glucosamine and chondroitin effectively reduced both knee pain and stiffness. For 6 months, participants were given a daily dose of 1500 mg of glucosamine hydrochloride and chondroitin sulfate. At the end of the treatment period, both groups had an approximately 50% reduction in WOMAC (Western Ontario and McMaster Universities Osteoarthritis Index) pain scores, compared to baseline measurements. Knee stiffness, swelling, and mobility were also significantly improved following glucosamine;chondroitin supplementation.¹ The EPA and DHA omega-3 polyunsaturated fatty acids (PUFAs) in fish oil may help to minimize inflammation,²⁻⁵ and have been shown to decrease transcription of enzymes involved in matrix degradation in cartilage cell cultures.⁶ In a cohort study of 535 participants with or at high risk of developing knee osteoarthritis, it was found that higher plasma levels of dietary omega-3 PUFAs, especially DHA, were inversely associated with knee cartilage loss.⁷ Ginger, curcumin and rose hips have also been clinically shown to help relieve knee osteoarthritis pain.⁸⁻¹⁰

REFERENCES

1. Hochberg MC et al. Ann Rheum Dis. 2015; 0: 1-8.
2. Healy DA, Wallace FA, Miles EA, Calder PC, Newsholme P. Lipids. Jul; 2000 35(7):763-8.
3. Yaqoob P, Pala HS, Cortina-Borja M, Newsholme EA, Calder PC. Eur J Clin Invest. Mar; 2000 30(3): 260-74.
4. Bagga D, Wang L, Farias-Eisner R, Glaspy JA, Reddy ST. Proc Natl Acad Sci U S A. Feb 18; 2003 100(4): 1751-6.
5. Ferrucci L, Cherubini A, Bandinelli S, Bartali B, Corsi A, Lauretani F, et al. J Clin Endocrinol Metab. Feb; 2006 91(2): 439-46.
6. Zainal Z, Longman AJ, Hurst S, Duggan K, Caterson B, Hughes CE, et al. Osteoarthr Cartil. Jul; 2009 17(7): 896-905.
7. Baker KR. Osteoarthr Cartil. 2012; 20(5): 382-387.
8. Altman R.D. and Marcussen, K.C. Arthritis Rheum. 2001 Nov; 44(11): 2531-8.
9. Winther K, Apel K, Thamsborg G. Scand J Rheumatol. 2005; 34(4): 302e8.
10. Belcaro C. European Review for Medical and Pharmacological Sciences. 2014; 18: 3959-3963.

EACH GLUCOSAMINE SULFATE TABLET CONTAINS:

Glucosamine Sulfate (glucosamine sulfate 2KCl from shrimp & crab exoskeleton) 750 mg

Non-Medicinal Ingredients: Cellulose, acacia gum, hypromellose, magnesium stearate, silica, croscarmellose sodium, titanium dioxide, glycerin

Contains: Shellfish (shrimp, crab)

EACH CHONDROITIN TABLET CONTAINS:

Chondroitin Sulfate (chondroitin sulfate sodium from avian cartilage) 600 mg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, acacia gum, hypromellose, magnesium stearate, silica, croscarmellose sodium, titanium dioxide, glycerin, riboflavin

EACH OMEGA-3 FATTY ACID SOFTGEL CONTAINS:

Fish Oil (Sardine and Anchovy) 1200 mg

Providing:

EPA (Eicosapentaenoic Acid) 395 mg

DHA (Docosahexaenoic Acid) 265 mg

Total Omega-3 Fatty Acids 750 mg

Non-Medicinal Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols

EACH MSM COMPLEX CAPSULE CONTAINS:

Vitamin D (cholecalciferol) 12.5 mcg / 500 IU

Methylsulfonylmethane (MSM) 125 mg

Ginger (*Zingiber officinale*) Root/Rhizome Std. Extract (20:1) 25 mg

(5% Gingerols / 500 mg Dried Equivalent)

Curcumin (from *Curcuma longa* rhizome) 15 mg

Rose (*Rosa canina*) Hips Extract (20:1) 15 mg

(300 mg Dried Equivalent)

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one serrated strip, containing two tablets, one capsule and one softgel, twice daily with meals or as recommended by your healthcare practitioner. Avoid taking at bedtime. Use for a minimum of four weeks to see beneficial effects.

Size

30 Day Supply
(30 strips of 1 capsule, 1 softgel and 2 tablets)

Product Code

10377

NPN 80032625



CALCIUM-MAGNESIUM COMPLEXES

Cal Mag Berry Liquid + Natural Blueberry Flavour

Comprehensive bone support formula with 100% citrate minerals

- Calcium and magnesium along with therapeutic dosages of vitamins A, D and K to help in the development and maintenance of bones
- Calcium intake may reduce the risk of developing osteoporosis when combined with sufficient vitamin D, a healthy diet, and regular exercise

High bioavailability potential

- Calcium and magnesium are delivered in citrate form, providing superior bioavailability^{1,2}
- Includes boron citrate

Natural blueberry flavour

- Great taste for excellent patient compliance

Cal Mag Berry Liquid + supports bone health with a combination of calcium and magnesium, plus boron and vitamins A, D and K. Calcium citrate is an organic form of calcium that is significantly better absorbed in postmenopausal women than inorganic calcium oxide.¹ Magnesium citrate is a highly bioavailable form of magnesium² that helps to maintain bone mineral density: in healthy young men, regular magnesium supplementation has been shown to suppress bone turnover rates.³ In vitro osteoblast studies indicate that boron stimulates production of several proteins involved in maintaining bone structure, including type 1 collagen, osteocalcin and osteopontin.⁴ In human participants with osteoporosis, supplementation with the plant-based boron compound calcium fructoborate was found to improve bone density.⁴ Insufficient vitamin K intake may increase bone fracture risk, and vitamin K supplementation has been shown to reduce bone turnover and improve bone strength.^{5,6}

ONE TABLESPOON (15 mL) CONTAINS:

Vitamin A (vitamin A acetate).....	300 mcg RAE / 1000 IU
Vitamin D (cholecalciferol).....	25 mcg / 1000 IU
Vitamin K ₁ (phyloquinone).....	80 mcg
Vitamin K ₂ (menaquinone-7).....	20 mcg
Calcium (calcium citrate).....	500 mg
Magnesium (magnesium citrate).....	200 mg
Boron (boron citrate).....	2000 mcg

Non-Medicinal Ingredients: Purified water, xylitol, natural blueberry flavour, medium chain triglycerides, citric acid, xanthan gum, potassium sorbate, organic stevia leaf extract (glucosylsteviosides), rosemary leaf extract, ascorbic acid, mixed tocopherols concentrate

Recommended Dose

Adults: Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.

Size

450 mL Liquid

Product Code

05378

NPN 80028682



REFERENCES

1. Heller HJ, Greer LG, Haynes SD, Poindexter JR, Pak CY. J Clin Pharmacol. 2000; 40(11): 1237-44.
2. Walker AF, Marakis G, Christie S, Byng M. Magnes Res. 2003; Sep;16(3): 183-91.
3. Dimai HP, Porta S, Wirsberger G, Lindschinger M, Pamperl I, Dobnig H, Wilders-Truschning M, Lau KH. J Clin Endocrinol Metab. 1998; Aug;83(8): 2742-8.
4. Nielsen FH. J Trace Elem Med Biol. 2014; 28(4): 383-387.
5. National Academy of Sciences. A Report of the Panel on Micronutrients. Washington DC: National Academy Press 2001.
6. Bügel S. In: Litwack G, Ed. Vitamins and Hormones: Vitamin K. London: Elsevier 2008; 393-416.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Cal Mag + D

Bone support formula with a 2:1 ratio of calcium to magnesium

- Provides 680 mg of calcium and 340 mg of magnesium per daily dose
- Includes 280 IU of vitamin D per daily dose
- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium
- Calcium and vitamin D may reduce the risk of developing osteoporosis when combined with a healthy diet and regular exercise

Cal Mag + D provides calcium and magnesium to support bone health, with added vitamin D to improve calcium absorption and utilization. In a dietary analysis of 502 adults aged 50+ with a recent fracture, it was estimated that supplementation with 500 mg of calcium per day would allow the majority of participants to meet the recommended daily intake of 1000 mg of calcium.¹ However, as nearly 90% of skeletal mass is accumulated by age 18, adolescence is a critical period for developing and maintaining peak bone mineral density. In a recent cohort study of 195 physically active children and adolescents, serum vitamin D levels were found to be a major determinant of overall bone mineral density, with an even greater impact on bone mineralization than physical activity. In addition, higher vitamin D status was associated with lower levels of parathyroid hormone (PTH), which plays a role in bone turnover.²

EACH TABLET CONTAINS:

Vitamin D (cholecalciferol).....	1.8 mcg / 70 IU
Calcium (calcium carbonate/aspartate).....	170 mg
Magnesium (magnesium aspartate/oxide).....	85 mg

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults and Adolescents (12 years and older): Take two tablets two times daily with meals, a few hours before or after taking medications or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets

Product Code

05201

NPN 80027168



REFERENCES

1. Van den Bergh JJPW, Bidar SS, Bours S, Van Geel TACM, Geusens PPMM. Food and Nutrition Sciences. 2012; 3, 539-547.
2. Pekkinen M, Viljakainen H, Saarnio E, Lamberg-Allardt C, Makitie O. PLoS One. 2012; 7(7): e40090.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Cal Mag Liquid

Natural Mint Flavour

Delicious natural mint-flavoured liquid calcium/magnesium supplement

- Provides 600 mg of calcium and 300 mg of magnesium per tablespoon
- Aids in the development and maintenance of bones and teeth
- Helps to maintain proper muscle function and nutrient metabolism
- Adequate calcium as part of a healthy diet, along with physical activity, may reduce the risk of developing osteoporosis
- Improved
 - Increased bottle size – now 450 mL per bottle (30 x 15 mL servings)
 - New claims:
 - Antacid
 - For the relief of heartburn, indigestion and upset stomach associated with excess stomach acid
 - Neutralizes excess stomach acid

Cal Mag Liquid is a great-tasting calcium-magnesium supplement that supports bone health, maintains normal muscle function and neutralizes excess stomach acid. Calcium's role in bone health is well-documented, and adequate calcium as part of a healthy diet, along with physical activity, may reduce the risk of developing osteoporosis. Magnesium also supports several key components of bone maintenance, improving bone mineralization by enhancing osteoblast and reducing osteoclast activity.¹ In individuals with low magnesium status, magnesium intake improves bone mineralization during skeletal development, which could help maintain bone health later in life.¹ Magnesium also helps to maintain proper muscle function, including the heart muscle, as well as normal electrolyte balance and the body's ability to metabolize nutrients. Cal Mag Liquid provides calcium and magnesium in the form of calcium carbonate and magnesium hydroxide, which neutralize stomach pH as antacids.² Specifically, they are used for the relief of heartburn, indigestion and upset stomach associated with excess stomach acid.³

EACH TABLESPOON (15 mL) CONTAINS:

Calcium (calcium carbonate).....	600 mg
Magnesium (magnesium hydroxide).....	300 mg

Non-Medicinal Ingredients: Purified water, glycerin, xanthan gum, rebaudioside A (stevia), natural mint flavour

Recommended Dose

Adults and Adolescents (9 years and older): Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.

Size

450 mL Liquid
1000 mL Liquid

Product Code

05202-450
05202-1000

NPN 80075475



REFERENCES

1. Castiglioni S, Cazzaniga A, Albisetti W, Maier JAM. Nutrients. 2013; 5: 3022-3033.
2. Maton, PN, Burton, ME. Drugs. 1999; 57(6): 855-70.
3. Health Canada. (2009). Antacid Labelling Standard. Retrieved from https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/hpfb-dgpsa/pdf/prodpharma/antacid_antiacid-eng.pdf

Cal Mag Liquid 2

Natural Fruit Punch Flavour

Delicious fruit punch-flavoured liquid calcium/magnesium supplement

- Provides 600 mg of calcium and 300 mg of magnesium per tablespoon
- Aids in the development and maintenance of bones and teeth
- Helps to maintain proper muscle function and nutrient metabolism
- Adequate calcium as part of a healthy diet, along with physical activity, may reduce the risk of developing osteoporosis
- Improved
 - Increased bottle size – now 450 mL per bottle (30 x 15 mL servings)
 - New claims:
 - Antacid
 - For the relief of heartburn, indigestion and upset stomach associated with excess stomach acid
 - Neutralizes excess stomach acid

Cal Mag Liquid 2 is a great-tasting calcium-magnesium supplement that supports bone health, maintains normal muscle function and neutralizes excess stomach acid. Calcium's role in bone health is well-documented, and adequate calcium as part of a healthy diet, along with physical activity, may reduce the risk of developing osteoporosis. Magnesium also supports several key components of bone maintenance, improving bone mineralization by enhancing osteoblast and reducing osteoclast activity.¹ In individuals with low magnesium status, magnesium intake improves bone mineralization during skeletal development, which could help maintain bone health later in life.¹ Magnesium also helps to maintain proper muscle function, including the heart muscle, as well as normal electrolyte balance and the body's ability to metabolize nutrients. Cal Mag Liquid 2 provides calcium and magnesium in the form of calcium carbonate and magnesium hydroxide, which neutralize stomach pH as antacids.² Specifically, they are used for the relief of heartburn, indigestion and upset stomach associated with excess stomach acid.³

EACH TABLESPOON (15 mL) CONTAINS:

Calcium (calcium carbonate).....	600 mg
Magnesium (magnesium hydroxide).....	300 mg

Non-Medicinal Ingredients: Purified water, glycerin, natural fruit punch flavour, xanthan gum, stevia leaf extract (rebaudioside A)

Recommended Dose

Adults and Adolescents (9 years and older): Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not drink directly from the bottle.

Size

450 mL Liquid

Product Code

05221-450

NPN 80075475



REFERENCES

1. Castiglioni S, Cazzaniga A, Albisetti W, Maier JAM. Nutrients. 2013; 5: 3022-3033.
2. Maton, PN, Burton, ME. Drugs. 1999; 57(6): 855-70.
3. Health Canada. (2009). Antacid Labelling Standard. Retrieved from https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/hpfb-dgpsa/pdf/prodpharma/antacid_antiacid-eng.pdf

CALCIUM-MAGNESIUM COMPLEXES

Cal Mag Raspberry Liquid

Natural Raspberry Flavour

Calcium and magnesium citrate formula with vitamin D

- Helps in the development and maintenance of bones and teeth
- Helps in tissue formation and in maintaining proper muscle function
- Helps to prevent vitamin D deficiency

High bioavailability formula

- Calcium and magnesium are delivered in citrate form, providing superior bioavailability^{1,2}

Great-tasting natural raspberry-flavoured liquid format

- Ideal for vegetarians

Cal Mag Raspberry Liquid supports bone health with a combination of calcium, magnesium and vitamin D. Calcium citrate is an organic form of calcium that is significantly better absorbed in postmenopausal women than inorganic calcium oxide.¹ Magnesium citrate is a highly bioavailable form of magnesium² that helps to maintain bone mineral density: in healthy young men, regular magnesium supplementation has been shown to suppress bone turnover rates.³

Vitamin D improves the absorption of calcium and phosphorous, and helps in the maintenance of bone health. Osteoporosis Canada's guideline statements recommend a daily vitamin D intake of 400-1000 IU for low-risk adults under 50 years of age and 800-2000 IU for high-risk and older adults.⁴ Vitamin D intakes of 700-800 IU/day are associated with a decreased risk of bone fracture, in comparison with 400 IU/day.⁵

EACH TABLESPOON (15 mL) CONTAINS:

Vitamin D (cholecalciferol).....	25 mcg / 1000 IU
Calcium (calcium citrate).....	500 mg
Magnesium (magnesium citrate)	200 mg

Non-Medicinal Ingredients: Purified water, xylitol, natural raspberry flavour, citric acid, xanthan gum, stevia leaf extract (glucosylsteviosides), potassium sorbate

Recommended Dose

Adults: Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate.

Size

450 mL Liquid

Product Code

05227

NPN 80029511



REFERENCES

1. Heller HJ, Greer LG, Haynes SD, Poindexter JR, Pak CY. J Clin Pharmacol. 2000 Nov; 40(11): 1237-44.
2. Walker AF, Marakis G, Christie S, Byng M. Magnes Res. 2003; Sep; 16(3): 183-91.
3. Dimai HP, Porta S, Wirsberger G, Lindsinger M, Pamperl I, Dobnig H, Wilders-Truschnig M, Lau KH. J Clin Endocrinol Metab. 1998; Aug; 83(8): 2742-8.
4. Hanley DA et al. Canadian Medical Association Journal. 2010; 182(12): 1315-1319.
5. Bischoff-Ferrari H, Willett WC, Wong JB, Giovannucci E, Dietrich T, Dawson-Hughes B. JAMA. 2005; 293: 2257-64.

Cal Mag Vanilla Liquid +

Natural Vanilla Flavour

Organic calcium and magnesium citrate minerals plus vitamins D and K

- 500 mg of calcium and 200 mg of magnesium per tablespoon dose
- With 1000 IU of vitamin D, 40 mcg of vitamin K₁ and 60 mcg of vitamin K₂
- Helps in the maintenance of bones, teeth, and proper muscle function
- Helps to prevent vitamin D deficiency
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis
- Great-tasting natural vanilla flavour

Cal Mag Vanilla Liquid + helps to maintain bone health and muscle function using a combination of organic calcium and magnesium citrate minerals, plus vitamins D and K. Osteoporosis is the primary cause of bone fractures in postmenopausal women 50 years and older, with an estimated 80% of all fractures in this group being osteoporosis related.¹ Regular physical activity helps to maintain bone mass during aging, as bone metabolism is stimulated by the mechanical stress generated from impacts.²⁻⁵ However, supplementation with calcium and vitamin D may support bone formation even when incorporated into a low-impact physical exercise program. In a randomized clinical trial, 64 healthy postmenopausal women received 500 mg of calcium and 1000 IU of vitamin D daily while undergoing 6 months of low-impact aquatic exercise. At the end of the study period, there was a 15.8% increase in bone formation biomarker P1NP (procollagen type 1 amino-terminal propeptide) compared to baseline measurements.⁶ P1NP has been identified as a clinically relevant osteoporosis risk biomarker by the Bone Marker Standards Working Group.⁷ Vitamin K helps to maintain bone health, partly via the activation of gamma-carboxyglutamic acid (GLA) proteins involved in skeletal mineralization, such as matrix Gla protein (MGP) and osteocalcin.^{8,9} Low vitamin K status may impair the function of GLA proteins involved in regulation of bone mineralization.¹⁰

EACH TABLESPOON (15 mL) CONTAINS:

Vitamin D (cholecalciferol).....	25 mcg / 1000 IU
Vitamin K ₁ (phyloquinone).....	40 mcg
Vitamin K ₂ (menaquinone-7).....	60 mcg
Calcium (calcium citrate).....	500 mg
Magnesium (magnesium citrate)	200 mg

Non-Medicinal Ingredients: Purified water, xylitol, natural vanilla flavour, medium chain triglycerides, citric acid, xanthan gum, potassium sorbate, stevia leaf extract (glucosylsteviosides), rosemary leaf extract, mixed tocopherols concentrate

Recommended Dose

Adults: Take one tablespoon daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not drink directly from the bottle.

Size

450 mL Liquid

Product Code

05230

NPN 80029496



REFERENCES

1. Bessette L, Ste-Marie LG, Jean S, Davison KS, Beaulieu M, Baranci M, Bessant J, Brown JP. Osteoporos Int. 2008; 19: 79-86.
2. Yamazaki S, Ichimura S, Iwamoto J, Takeda T, Toyama Y. J Bone Miner Metab. 2004; 22: 500-508.
3. Chien MY, Wu YT, Hsu AT, Yang RS, Lai JS. Calcif Tissue Int. 2000; 67: 443-448.
4. Bembem DA, Bembem MG. Osteoporos Int. 2011; 22: 179-186.
5. Vainionpää A, Korpelainen R, Leppälou J, Jämsä T. Osteoporos Int. 2005; 16: 191-198.
6. Moreira LDF, Fronza FCAO, dos Santos RN, Zach PL, Kunii IS, Hayashi LF et al. J Bone Miner Metab. 2014; 32: 411-419.
7. Wheeler G, Elshahaly M, Tuck SP, Datta H, Van Laar JM. Journal of Translational Medicine. 2013; 11: 201.
8. Price P. Connect Tissue Res. 1989; 21:51-57.
9. Loeser R, Varnum B, Carlson C, et al. Arthritis Rheum. 1997; 40:1455-1465.

Formula OSG

Calcium, magnesium, vitamin A, vitamin C, vitamin D and other synergistic nutrients

- An antioxidant for the maintenance of good health
- Helps in development and maintenance of night vision, bones, cartilage, teeth and gums
- Helps in tissue and connective tissue formation
- Helps to maintain proper muscle function
- Helps maintain eyesight, skin, membranes and immune function
- Helps to maintain the body's ability to metabolize nutrients
- Helps in wound healing
- Helps to prevent vitamin C and manganese deficiencies
- Helps in the absorption and use of calcium and phosphorus
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may help promote healthy bones and joint comfort

Easy-to-use

- One daily tablet with a meal increases patient compliance

EACH TABLET CONTAINS:

Vitamin A (vitamin A palmitate)	300 mcg RAE / 1000 IU
Vitamin C (calcium ascorbate)	100 mg
Vitamin D (cholecalciferol)	1.9 mcg / 75 IU
Calcium (calcium carbonate/ascorbate/aspartate)	200 mg
Magnesium (magnesium oxide/citrate)	100 mg
Manganese (manganese aspartate)	9 mg
Vanadium (vanadyl sulfate)	15 mcg

Non-Medicinal Ingredients: Cellulose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets
180 Tablets

Product Code

05255
05255180

NPN 80029664



Formula OSX

Calcium and magnesium formulation in a 2:1 ratio with vitamin D and additional minerals

- Helps in the development and maintenance of bones and teeth
- Helps in tissue formation

Easy-to-use

- Two tablets daily, for increased patient compliance

EACH CAPSULE CONTAINS:

Vitamin D (cholecalciferol)	1.9 mcg / 75 IU
Calcium (dibasic calcium phosphate dihydrate/calcium carbonate/ microcrystalline hydroxyapatite ◆)	250 mg
Phosphorus (dibasic calcium phosphate dihydrate/ microcrystalline hydroxyapatite ◆)	100 mg
Magnesium (magnesium oxide)	125 mg
Molybdenum (molybdenum Krebs ▲ complex)	25 mcg
Vanadium [vanadyl sulfate (IV)]	20 mcg
◆ Freeze-dried bovine bone	
▲ Citrate/ fumarate/ malate/ succinate/ alpha-ketoglutarate	

Non-Medicinal Ingredients: Cellulose, hypromellose, croscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets
180 Tablets

Product Code

05250
05250180

NPN 80030279



CALCIUM-MAGNESIUM COMPLEXES

LSP **IMPROVED****Calcium, magnesium and multi-herbal formulation**

- Helps to maintain normal muscle function
- Passionflower and lemon balm are traditionally used in Herbal Medicine as sleep aids
- Chaste tree is used in Herbal Medicine to help relieve premenstrual symptoms, as a hormone normaliser to help stabilise menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flushes
- Improved formula
 - Improved source of calcium - now provides 70 mg of calcium (from calcium citrate)
 - Increased amount of magnesium - now offers 70 mg of magnesium (from dimagnesium malate)
 - Added lemon balm and chaste tree fruit extract
 - Removed magnesium stearate
 - Risk Information updated - product is now more suitable for wider audience

LSP is a calcium-magnesium formula that combines three herbs with long histories of use in Herbal Medicine. Passionflower and lemon balm are traditionally used in Herbal Medicine as sleep aids. Preclinical research suggests that these extracts may regulate the activity of GABA, the primary inhibitory neurotransmitter in the brain, to provide calming support that aids sleep.^{1,2} In addition, chaste tree is used in Herbal Medicine to help relieve premenstrual symptoms, as a hormone normaliser to help stabilise menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flushes. Clinical trials have demonstrated that supplementation with chastetree berry extract for three months significantly alleviates premenstrual symptoms, including irritability, mood, headache, breast fullness, fatigue, and general aches and pains.³⁻⁵ LSP also offers calcium and magnesium for their essential roles in maintaining healthy muscle contractile function and supporting bone health.

EACH CAPSULE CONTAINS:

Calcium (calcium citrate)	70 mg
Magnesium (dimagnesium malate)	70 mg
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (4-6:1)	25 mg
100-150 mg Dried Equivalent	
Lemon Balm (<i>Melissa officinalis</i>) Herb Top Extract (4-6:1)	25 mg
100-150 mg Dried Equivalent	
Chaste Tree (<i>Vitex agnus-castus</i>) Fruit Extract (7-10:1)	15 mg
105-150 mg Dried Equivalent	

Non-Medicinal Ingredients: Hypromellose, ascorbyl palmitate, silica

Recommended Dose

Adults: Take two capsules two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Use for a minimum of three months to see beneficial effects.

Size

120 Vegetarian Capsules

Product Code

05516A

NPN 80078276

**REFERENCES**

1. Miroddi, M, Calapai, G, Navarra, M, Minciullo, PL, Gangemi, S. J. Ethnopharmacol. 2013; 150(3): 791-804.
2. Sarris, J, McIntyre, E, Camfield, DA. CNS Drugs. 2013; 27(4): 301-19.
3. Ma, L, Lin, S, Chen, R, Zhang, Y, Chen, F, Wang, X. Aust N Z J Obstet Gynaecol. 2010; 50: 189-193.
4. He, Z, Chen, R, Zhou, Y, Geng, L, Zhang, Z, Chen, S, Yao, Y, Lu, J, Lin, S. Maturitas. 2009; 63: 99-103.
5. Schellenberg, R, Zimmermann, C, Drewes, J, Hoexter, G, Zahner, C. Phytomedicine. 2012; 19: 1325-1331.

Mag Cal Formula 2

Musculoskeletal support formula with magnesium, calcium and vitamin D

- Provides 400 mg of magnesium, 200 mg of calcium, and 100 IU of vitamin D per daily dose
- Helps in the development and maintenance of bones and teeth
- Helps to maintain the body's ability to metabolize nutrients
- Helps to maintain proper muscle function
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis

Mag Cal Formula 2 supports muscle and bone health using a combination of magnesium, calcium and vitamin D. Each of these active ingredients plays an important role in maintaining optimal muscle function and bone mineral density. Magnesium is a cofactor for the enzyme creatine kinase, which generates ATP from phosphocreatine stored in muscle tissues during intense exercise (known as alactic anaerobic metabolism.) In a double-blind, placebo controlled clinical study conducted on 25 healthy male volleyball players with normal magnesium levels, supplementation with 350 mg of magnesium oxide for 4 weeks supported muscle function associated with intense exercise, by improving alactic anaerobic metabolism. Following supplementation, lactate production during peak exercise was significantly reduced in the magnesium group in comparison with baseline measurements.¹

EACH TABLET CONTAINS:

Vitamin D (cholecalciferol)	2.5 mcg / 100 IU
Calcium (calcium carbonate/aspartate)	200 mg
Magnesium (magnesium oxide/aspartate)	400 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet once daily, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets

Product Code

05205

NPN 80015537

**REFERENCE**

1. Setaro L et al. Journal of Sports Sciences. 2014; 32(5): 438-445

Mag Cal Plus

Magnesium and calcium plus vitamins and valerian root

- Provides 450 mg of magnesium and 300 mg of calcium per daily dose
- Includes 300 IU of vitamin D, 18.75 mg of niacinamide, 7.5 mg of vitamin B₆, and 90 mg of valerian root per daily dose
- Helps to maintain proper muscle function
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent vitamin B₆ deficiency
- Calcium intake when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis

Mag Cal Plus supports muscle function and macronutrient metabolism with a unique combination of calcium, magnesium, niacinamide, vitamins B₆, D, and valerian root. Vitamin B₆ is present in a wide variety of foods; as a result, deficiency is uncommon in North America, although B₆ status tends to be significantly lower in smokers, women and the elderly. Vitamin B₆ is a cofactor in over 140 metabolic enzymes, and supports protein and carbohydrate metabolism. However recent clinical trial results indicate that it has a widespread impact on protein metabolism.^{1,2}

EACH TABLET CONTAINS:

Vitamin D (cholecalciferol).....	2.5 mcg / 100 IU
Niacinamide.....	6.25 mg
Vitamin B ₆ (pyridoxine hydrochloride).....	2.5 mg
Calcium (calcium aspartate/carbonate).....	100 mg
Magnesium (magnesium aspartate/oxide).....	150 mg
Valerian (<i>Valeriana officinalis</i>) Root.....	30 mg

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet three times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets

Product Code

05204

NPN 80034964



REFERENCES

1. Archives of Medical Research. 2014; 45: 388e393
2. Gregory JF, Park Y, Lamers Y, Bandyopadhyay N, Chi YY, Lee K et al. PLoS One. 2013; 8(6): e63544

Mag Cal Vanilla Liquid

Natural Vanilla Flavour

2:1 ratio of magnesium and calcium citrate minerals with added vitamin D

- Provides 500 mg of magnesium, 250 mg of calcium, and 1000 IU of vitamin D per daily dose
- Helps to maintain proper muscle function
- Helps to maintain the body's ability to metabolize nutrients
- Helps to prevent vitamin D and magnesium deficiency
- May reduce the risk of developing osteoporosis when combined with a healthy diet and regular exercise
- Delicious natural vanilla flavour

Mag Cal Vanilla Liquid supports musculoskeletal health with a concentrated combination of organic magnesium and calcium citrate minerals, plus vitamin D. Magnesium supplementation supports active lifestyles by aiding in the maintenance of muscle function and promoting healthy bone mineral composition.^{1,2} Vitamin D levels tend to be lower in overweight adults,³ and clinical trial results indicate that higher levels of vitamin D supplementation are needed to maintain normal vitamin D status in overweight individuals.⁴ In a year-long, double-blind, placebo-controlled clinical trial, 1000 IU daily of vitamin D significantly attenuated hip bone mineral loss in women aged 60-70 with mean BMI values > 25. After 1 year of supplementation, mean hip bone mineral density loss was approximately 0.05% in the vitamin D treatment group, in comparison with an approximate loss of 0.60% in the placebo group. Serum calcium levels were also significantly increased in the vitamin D group.⁵

EACH TABLESPOON (15 mL) CONTAINS:

Vitamin D (cholecalciferol).....	25 mcg / 1000 IU
Calcium (calcium citrate).....	250 mg
Magnesium (magnesium citrate).....	500 mg

Non-Medicinal Ingredients: Purified water, xylitol, natural vanilla flavour, xanthan gum, potassium sorbate, stevia leaf extract (steviol glycosides), citric acid

Recommended Dose

Adults: Take one tablespoon daily, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use. Do not refrigerate.

Size

450 mL Liquid

Product Code

05233

NPN 80033673



REFERENCES

1. Veronese N, Berton L, Carraro S, Bolzetta F, De Rui M, Perissinotto E, Tofanello ED. The American Journal of Clinical Nutrition. 2014; 100: 974-81
2. Carpenter TO, DeLucia M, Zhang JH, Bejnerowicz G, Tartamella L, Dziura J et al. J Clin Endocrinol Metab. 2006 91(12): 4866-4872
3. Salehpour A, Hosseiniapanah F, Shidfar F, Vafa M, Razaghi M, Dehgani S et al. Nutrition Journal. 2012; 11: 78
4. Blum M, Dallal GE, Dawson-Hughes B. J AM Coll Nutr. 2008; 27(2): 274-279
5. Macdonald HM, Wood AD, Aucott LS, Black AJ, Fraser WD, Mavroieidi A et al. Journal of Bone and Mineral Research. 2013; 28(10): 2202-2213

CALCIUM-MAGNESIUM COMPLEXES

Multi Cal Mag

Calcium and magnesium supplement with added vitamins and minerals

- Provides 450 mg each of calcium and magnesium per daily dose
- Includes 300 IU of vitamin D, 1.5 mg of vitamin B₆, and essential trace minerals per daily dose
- Helps in the maintenance of bones and teeth
- Helps to maintain healthy skin, immune function and proper muscle function
- Calcium intake when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis

Multi Cal Mag helps to support bone health with a combination of calcium and magnesium, plus essential trace minerals and vitamins D and B₆. Health Canada's Food Guide recommends regular dairy consumption for the promotion of bone health,¹ with 3 servings per day recommend for adults aged 51+.² Dairy products are rich in nutrients that support musculoskeletal health, such as calcium, magnesium, phosphorous, vitamin D and protein,^{3,4} however few clinical trials have found an association between dairy consumption and reduced osteoporosis or fracture risk.⁵ In a controlled clinical trial conducted on 71 healthy postmenopausal women aged 50-65 with low calcium intakes, consumption of calcium and vitamin D-fortified dairy product improved bone turnover biomarkers. For 6 weeks, participants were randomized to either maintain their normal diet, or to receive an additional 2 servings of a calcium;vitamin D-fortified dairy product that provided a total of 400 mg of calcium and 100 IU of vitamin D. Serum levels of the bone resorption biomarker isoform 5b (TRAP 5b) were significantly reduced in the dairy group, while serum levels of the bone-building protein insulin-like growth factor 1 (IGF-1) levels were significantly increased.⁴

EACH TABLET CONTAINS:

Vitamin D (cholecalciferol)	2.5 mcg / 100 IU
Vitamin B ₆ (pyridoxine hydrochloride)	0.5 mg
Calcium (calcium carbonate/bovine bone meal/ dibasic calcium phosphate dihydrate)	150 mg
Phosphorus (bovine bone meal/dibasic calcium phosphate dihydrate)	37.5 mg
Magnesium (magnesium aspartate/oxide)	150 mg
Zinc (zinc aspartate)	1 mg
Copper (copper HVP ▲ chelate)	1250 mcg
Manganese (manganese citrate)	0.5 mg
Molybdenum (molybdenum glycinate chelate)	12.5 mcg
Vanadium (vanadyl sulfate)	6.25 mcg
▲ Hydrolyzed vegetable (rice) protein	

Non-Medicinal Ingredients: Cellulose, magnesium stearate, croscarmellose sodium, silica, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet three times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Tablets

Product Code

05203

NPN 80012912



REFERENCES

1. Health Canada. 2008. Retrieved from: <<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/milk-lait/index-eng.php>>.
2. Health Canada. 2008. Retrieved from: <<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/milk-lait/need-besoins-eng.php>>.
3. Bonjour JP, Kraenzlin M, Levasseur R, Warren M, Whiting S. Journal of the American College of Nutrition. 2013; 32(4): 251-263.
4. Bonjour JP, Benoit V, Rousseau B, Souberbielle JC, J. Nutr. 2012; 142: 698-703.
5. Weaver CM. The American Journal of Clinical Nutrition. 2014; 99(suppl): 1217S-1222S.



Multi Cal Mag Liquid

IMPROVED

Liquid calcium and magnesium supplement with added minerals

- Provides 1,200 mg of calcium and 500 mg of magnesium per day
- Includes nine additional minerals, such as zinc, copper and iron
- Adequate calcium as part of a healthy diet may help prevent bone loss and reduce the risk of developing osteoporosis
- Helps to maintain immune function and healthy bones, hair, nails, and skin
- Helps to reduce tiredness and fatigue caused by iron deficiency anemia
- Improved formula
 - Increased bottle size – now 450mL per bottle (30 x 15mL servings)
 - Revised mineral sources - now offering molybdenum citrate and vanadium citrate

Multi Cal Mag Liquid helps support bone health with a combination of calcium and magnesium, plus essential trace minerals. Calcium plays an important role in bone mineralization, and adequate calcium intake is an important factor in developing optimal peak bone mass.¹ Similarly, magnesium is involved in the development and maintenance of bones and teeth. Research suggests this mineral may help increase bone mineral density in women, while reducing bone turnover in men.² Magnesium also has roles in maintaining muscle function by helping to regulate oxygen uptake, energy production and electrolyte balance.³ In addition, Multi Cal Mag Liquid offers nine important minerals. Manganese and zinc further support bone health by regulating bone formation.⁴ Zinc has additional roles in helping to maintain immune function, energy metabolism, and healthy hair, nails and skin. Copper helps to produce and repair connective tissue, and plays an important role in maintaining normal iron transport in the body. In turn, iron is involved in red blood cell formation and function, and helps to reduce tiredness and fatigue caused by iron deficiency anemia. Chromium is also included for its ability to maintain normal blood glucose levels, while both iodine and selenium aid in the normal function of the thyroid gland.

EACH TABLESPOON (15 mL) CONTAINS:

Calcium (calcium carbonate)	600 mg
Iron (iron gluconate)	5 mg
Iodine (potassium iodide)	75 mcg
Magnesium (magnesium hydroxide)	250 mg
Zinc (zinc gluconate)	5 mg
Selenium (sodium selenate)	100 mcg
Copper (copper gluconate)	500 mcg
Manganese (manganese gluconate)	0.5 mg
Chromium (chromium polynicotinate)	100 mcg
Molybdenum (molybdenum citrate)	25 mcg
Vanadium (vanadium citrate)	35 mcg

Non-Medicinal Ingredients: Purified water, glycerin, natural flavours, xanthan gum, potassium sorbate, stevia leaf extract (rebaudioside A)

Recommended Dose

Adults: Take one tablespoon two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner. Shake well before each use.

Size

450 mL Liquid

Product Code

05218-450

NPN 80079044



REFERENCES

1. Weichselbaum, E, Buttriss, JL. Nutr Bull. 2014; 39, 9-73.
2. Palacios, C. Crit Rev Food Sci Nutr. 2006; 46(8): 621-8.
3. Nielsen, FH, Lukaski, HC. Magnes Res. 2006; 19(3): 180-9
4. Panel on Micronutrients, Subcommittees on Upper Reference Levels of Nutrients and of Interpretation and Use of Dietary Reference Intakes and the SC on the SE of DRI. (2001). Washington, DC: National Academies Press.

CALCIUM-MAGNESIUM COMPLEXES

Super Cal Mag

Calcium and magnesium formulation with added vitamin D, phosphorous, manganese, molybdenum and vanadium

- 2:1 ratio to help maintain muscle function and to help in tissue formation
- A factor in the maintenance of good health
- Helps in the development and maintenance of bones and teeth
- Helps to maintain the body's ability to metabolize nutrients
- Helps in the absorption and use of calcium and phosphorus
- Helps to prevent manganese deficiency
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may help promote healthy bones and joint comfort

Easy-to-use

- One daily capsule ensures patient compliance

EACH CAPSULE CONTAINS:

Vitamin D (cholecalciferol).....	1.9 mcg / 75 IU
Calcium (bovine bone meal/dibasic calcium phosphate dihydrate/ calcium carbonate).....	150 mg
Phosphorus (dibasic calcium phosphate dihydrate/bovine bone meal).....	75 mg
Magnesium (magnesium aspartate/oxide)	75 mg
Manganese (manganese citrate)	5 mg
Molybdenum (molybdenum Krebs ♦ complex)	15 mcg
Vanadium (vanadyl sulfate)	25 mcg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica, cellulose
♦ Citrate/fumarate/malate/succinate/glutarate

Recommended Dose

Adult: Take one capsule daily with a meal, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

05212
05212180

NPN 80009536



TOS Cal Hydroxy

Microcrystalline hydroxyapatite calcium, vitamin D and other nutrients

- Helps in the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorus
- Helps to maintain the body's ability to metabolize nutrients
- A factor in the maintenance of good health

Easy-to-use

- Two capsules, two times daily with meals increase patient compliance

EACH CAPSULE CONTAINS:

Vitamin D (cholecalciferol).....	2.5 mcg / 100 IU
Calcium (microcrystalline hydroxyapatite ♦/ dibasic calcium phosphate dihydrate/calcium carbonate)	125 mg
Phosphorus (microcrystalline hydroxyapatite ♦/ dibasic calcium phosphate dihydrate)	62.5 mg
Magnesium (magnesium aspartate/oxide)	25 mg
Molybdenum (molybdenum Krebs ▲ complex)	25 mcg
Horsetail (Equisetum arvense) Aerial Parts Std. Extract (6:1) (7% Silicon)	25 mg 150 mg Dried Equivalent
Vanadium (vanadium Krebs ▲ complex)	25 mcg

♦ Bovine bone

▲ Citrate/ fumarate/ malate/ succinate/ alpha-ketoglutarate

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Take two capsules two times daily with meals, a few hours before or after taking other medication or natural health products, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08320

NPN 80030570





Amino Acids & Proteins

Amino acids are the functional building blocks of proteins. Most proteins are formed from a combination of amino acids and amides, which can all be synthesized from vegetarian sources.

Genestra Brands proteins and amino acids use only the L-crystalline form of amino acids for maximum effectiveness. The L-crystalline form is known to be significantly more effective than the D-crystalline form due to its high compatibility with human biochemistry.

Our protein mixes are derived from pure, natural vegetarian sources and have been refined and processed to minimize the possibility of contaminants. The protein powders are formulated and processed with natural ingredients, including pure natural vanilla flavour. Many commercial protein drinks contain 30% to 40% sucrose and rice syrup solids. We do not add sucrose or syrup solids to our formulas. Our protein mixes contain 0–14% fructose for enhanced palatability and patient compliance.

Genestra Brands wide range of free amino acids are available in various forms. Some formulas are combined with a high concentration of essential amino acids along with non-essential amino acids. Many of our free amino acid formulas are free of dairy, wheat, soy and egg, and are encapsulated in vegetarian capsules. Animal-free amino acids are especially suitable for vegetarians and vegans, as their diets are often deficient in complete proteins.

Amino NAC

N-Acetyl-L-Cysteine (NAC) formula

- An antioxidant to support cellular health
- Provides 1000 mg of NAC daily
- Convenient capsule format

Amino NAC is an antioxidant formula that provides 1000 mg of NAC per day. NAC is an antioxidant that supports cellular health by scavenging reactive oxygen species and binding reactive metal ions.^{1,2} Most importantly, NAC serves as a precursor of cysteine, which is required for the synthesis of glutathione.¹ Glutathione is essential to the antioxidant defence system in the body and is responsible for detoxifying compounds that can generate free radicals, including peroxides and foreign chemicals.^{1,3} The antioxidant effects of NAC may be particularly important to the liver, which contains high levels of glutathione for detoxification reactions, as well as the muscle, where reactive oxygen species increase after prolonged exercise.^{1,4} Similarly, NAC may be important in the elderly, as oxidative stress naturally accumulates with age.⁴ NAC supplementation can also provide significant antioxidant support to the lungs, which contain high levels of glutathione.⁵ As cigarette smoke is a major source of oxidants, NAC may be valuable for promoting the oxidant-antioxidant balance in the lungs.⁵ Unlike many antioxidants that only scavenge free radicals, supplementation with NAC also provides the cysteine necessary to replenish glutathione levels.⁶ In addition, supplementation with NAC is recommended over cysteine as NAC is better tolerated and less vulnerable to oxidation, while being more soluble in water.⁶

EACH CAPSULE CONTAINS:

N-Acetyl-L-Cysteine (NAC) 500 mg

Non-Medicinal Ingredients: Hypromellose, ethylcellulose, cellulose, calcium hydrogen phosphate dihydrate, silica, magnesium stearate

Recommended Dose

Adult Smokers, Adults with Chronic Degenerative Disease and/or Adults over 65 years: Take one capsule two times daily with protein-containing meals, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six months.

Size

60 Vegetarian Capsules

Product Code

10539

NPN 80006396



REFERENCES

1. Dodd, S, Dean, O, Copolov, DL, Malhi, GS, Berk, M. Expert Opin Biol Ther. 2008 Dec;8(12):1955-62.
2. Samuni, Y, Goldstein, S, Dean, OM, Berk, M. Biochim Biophys Acta. 2013; 1830(8): 4117-29.
3. Millea, PJ. Am Fam Physician. 2009; 80(3): 265-9.
4. Lobo, V, Patil, A, Phatak, A, Chandra, N. Pharmacogn Rev. 2010; 4(8): 118-26.
5. Repine, JE, Bast, A, Lankhorst, I, The Oxidative Stress Study Group. Am J Respir Crit Care Med. 1997; 156: 341-357.
6. Atkuri, KR, Mantovani, JJ, Herzenberg, LA, Herzenberg, LA. Curr Opin Pharmacol. 2007; 7(4): 355-9.



5HTP 100 mg

5-HTP (5-hydroxytryptophan) derived from the *Griffonia simplicifolia*

- Helps to promote healthy mood balance
- As a sleep aid, helps to promote restful sleep
- Helps to reduce the severity and duration of migraine headaches when taken as a prophylactic
- Convenient capsule format

5-HTP is a precursor to serotonin, an important neurotransmitter in the brain.¹ Serotonin is normally synthesized from tryptophan via the intermediate metabolite 5-HTP.¹ Extracted from the seeds of the *Griffonia simplicifolia*, supplemented 5-HTP is well absorbed and bypasses the normal conversion of tryptophan into 5-HTP.² In the central nervous system, serotonin helps to regulate a variety of biological processes, such as mood and sleep.² As normal mood depends on normal levels of serotonin, 5-HTP has been shown to help promote healthy mood balance by easily crossing the blood-brain barrier to increase serotonin levels.^{1,2} As a sleep aid, 5-HTP helps promote restful sleep by increasing REM sleep.²

EACH CAPSULE CONTAINS:

L-5-Hydroxytryptophan (from *Griffonia simplicifolia* seeds) 100 mg

Non-Medicinal Ingredients: Cellulose, hypromellose

Recommended Dose

Adults: For Healthy Mood Balance: Take one capsule three times daily with meals or as recommended by your healthcare practitioner. Use for a minimum of one week to see beneficial results. For use beyond one year, consult your healthcare practitioner. To minimize the risk of gastrointestinal side effects, start dosing at one capsule two times daily and slowly increase to effective dose over a two week period. As a Sleep Aid: Take one capsule daily with a meal, 30 - 45 minutes before bedtime, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

06456

NPN 80029723



REFERENCES

1. Turner, EH, Loftis, JM, Blackwell, AD. Pharmacol Ther. 2006; 109(3): 325-38.
2. Birdsall, TC. Altern Med Rev. 1998; 3(4): 271-80.

Amino Complex

Amino acid formula from whey protein hydrolysate

- Source of essential amino acids for the maintenance of good health

Ideal for vegetarians

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Whey Protein Hydrolysate (from bovine milk) ♦
(70% protein) 500 mg
♦ A source of 16 amino acids

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, magnesium silicate, cellulose

Recommended Dose

Adults: Take two capsules two times daily with meals, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

06401

NPN 80006113



Amino L-Glutamine

L-Glutamine in capsules

- Supports gastrointestinal health during periods of physical stress

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

L-Glutamine 500 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults: Take one capsule two times daily, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

06421

NPN 80004566



Amino L-Glutamine Powder

Digestive and immune support formula

- Supports immune and digestive system health following physical stress
- Restores plasma glutamine levels depleted by physical stress
- Assists in muscle cell repair after exercise
- Provides 4.5 grams of L-glutamine per serving

Glutamine is a conditionally essential amino acid that supports both digestive and immune system health. The majority of glutamine uptake occurs in the small intestine, where glutamine acts as an important energy source for the intestinal mucosa.¹ During periods of physical stress, glutamine levels can become depleted, increasing the permeability of the intestinal mucosa. Glutamine supplementation has been shown to support normal digestive function and prevent increased intestinal permeability during periods of physical stress.^{1,2}

Glutamine levels also tend to decrease following prolonged physical exertion, which could impact immune function, as glutamine is a major energy source for certain immune cells. In a clinical study conducted on endurance athletes, glutamine supplementation helped to minimize occurrence of post-exercise infections and increase the ratio of T-helper; T-suppressor cells.³

EACH SCOOP (4.5 g) CONTAINS:

L-Glutamine 4.5 g

Recommended Dose

Adults: In a glass, add water, juice or milk to one scoop of Amino L-Glutamine Powder and mix. Take two times daily or as recommended by your healthcare practitioner.

Size

270 g Powder

Product Code

06477

NPN 80039793



REFERENCES

1. Peng X, Yan H, You Z, Wang P, Wang S. Burns. 2004 Mar; 30(2): 135-9.
2. Yalcin SS, Yurdakök K, Tezcan I, Öner L. J Pediatr Gastroenterol Nutr. 2004 May; 38(5): 494-501.
3. Castell LM, Newsholme EA. Nutrition. 1997 Jul-Aug;13(7-8): 738-42.

Amino L-Lysine

L-Lysine in capsules

- Helps to reduce the recurrence, severity and healing time of herpes simplex virus (HSV) infection (cold sores)
- An essential amino acid for the maintenance of good health and to assist collagen formation

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

L-Lysine (L-lysine hydrochloride) 450 mg

Non-Medicinal Ingredients: Hypromellose, microcrystalline cellulose, silica

Recommended Dose

Adults: Take three capsules daily, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six months.

Size

60 Vegetarian Capsules

Product Code

06407

NPN 80005768



Amino L-Tyrosine

L-Tyrosine formula

- For the management of physical, psychological and sleep deprivation stress

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

L-Tyrosine 475 mg

Non-Medicinal Ingredients: Hypromellose, microcrystalline cellulose, silica

Recommended Dose

Adults: Take one capsule three times daily, or as recommended by your healthcare practitioner. For prolonged use, consult your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

06405

NPN 80003107



Amino Taurine **IMPROVED**

Helps support cardiovascular function

- Provides 2,000 mg of taurine per day
- Convenient vegetarian capsule format
- Improved formula
 - Increased amount of taurine per capsule – fewer capsules required per day for improved patient compliance
 - Revised non-medicinal ingredients – removed magnesium stearate; added ascorbyl palmitate and silica

Amino Taurine supports cardiovascular function by providing 500 mg of taurine in each convenient capsule. High levels of taurine are present in the heart, where it may maintain intracellular calcium concentrations to support healthy heart rates.¹ Taurine also plays an important role in maintaining normal endothelial cell function.² It helps to regulate osmolarity and cytokine production in endothelial cells, and may also help protect them against oxidative damage.² To further support cardiovascular function, taurine helps to regulate platelet activity and vascular contractility.² Additionally, taurine contributes to arterial function through its role in lipid metabolism.² Taurine stimulates the production of bile acids from cholesterol and helps to increase hepatic LDL clearance.² Research suggests that taurine also supports cardiovascular function during and after exercise by mediating calcium homeostasis and supporting heart contractions under exhaustive conditions.³⁻⁴ Randomized, placebo-controlled trials have found that daily supplementation with 1,500 mg of taurine for two weeks significantly supports cardiac function during exercise.^{3,5-6}

EACH CAPSULE CONTAINS:

Taurine 500 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, ascorbyl palmitate, silica

Recommended Dose

Adults: Take four capsules daily with meals or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

06426A

NPN 80077142



REFERENCES

1. Camerino, DC, Tricarico, D, Pierno, S, Desaphy, JF, Liantonio, A, Pusch, M, Burdi, R, Camerino, C, Frayssé, B, De Luca, A. Neurochem Res. 2004; 29(1): 135-142.
2. Murakami, S, Kondo, Y, Sakurai, T, Kitajima, H, Nagate, T. Atherosclerosis. 2002; 163(1): 79-87.
3. Ahmadian, M, Dabidi, Roshan, V, Ashourpore, E. J Diet Suppl. 2017; 14(4): 422-432.
4. da Silva, LA, Tromm, CB, Bom, KF, Mariano, I, Pozzi, B, da Rosa, GL, Tuon, T, da Luz, G, Vuolo, F, Petronilho, F, Cassiano, W, De Souza, CT, Pinho, RA. Appl Physiol Nutr Metab. 2014; 39(1): 101-4.
5. Beyranvand, MR, Khalafi, MK, Roshan, VD, Choobineh, S, Parsa, SA, Piranfar, MA. J Cardiol. 2011; 57(3): 333-7.
6. Ahmadian, M, Roshan, VD, Aslani, E, Stannard, SR. Ther Adv Cardiovasc Dis. 2017; 11(7): 185-194.



Carnitine (Acetyl L-Carnitine 500 mg)

Provides neurological support

- Helps to reduce fatigue
- Helps to support cognitive function in the elderly

Critical in reducing fatigue

- Transports long-chain fatty acids into the mitochondria so they can be oxidized to produce energy¹
- Concentrated in tissues (skeletal and cardiac muscle, etc.) that utilize fatty acids as dietary fuel¹

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Acetylcarnitine (N-Acetyl L-carnitine hydrochloride) 500 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, calcium carbonate, silica, magnesium silicate

Recommended Dose

Adults: Take two capsules two times daily or as recommended by your healthcare practitioner. A minimum of three months may be required before observing an effect.

Size

90 Vegetarian Capsules

Product Code

06467

NPN 80034771



REFERENCE

1. Dietary Supplement Fact Sheet: Carnitine. Office of Dietary Supplements. National Institutes of Health. Date accessed June 11, 2012 <http://ods.od.nih.gov/pdfs/factsheets/Carnitine-HealthProfessional.pdf>

FOS + L-Glutamine

Prepared from Jerusalem Artichoke

- Natural FOS-rich vegetable source

Ideal for vegans

- Convenient vegetarian capsule format

Prebiotic carbohydrates such as FOS are non-digestible food ingredients which selectively stimulate the growth and activity of Bifidobacteria and Lactobacilli in the human colon.¹ FOS + L-Glutamine provides an excellent source of FOS along with L-glutamine to encourage the production of friendly bacteria and to help support gastrointestinal tract health. The capsules are 100% pure vegetable-sourced.

EACH CAPSULE CONTAINS:

Jerusalem Artichoke (*Helianthus tuberosus*) Root Std. Extract
(90% Total Fructans) 185 mg
L-Glutamine 300 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Take five capsules three times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10422

NPN 80006448



REFERENCES

1. Cummings JH, Christie S, Cole TJ. Aliment Pharmacol Ther. 2001 Aug;15(8):1139-45.

GABA 700

GABA (Gamma-aminobutyric acid) formulation

- Helps to temporarily promote relaxation
- Provides 700 mg of GABA per day
- Convenient vegetarian capsule format

GABA is the most important inhibitory neurotransmitter in the brain.¹ As high levels of excitation can result in irritability, restlessness and difficulty sleeping, GABA regulates brain excitability to help temporarily promote relaxation. In one study, supplementation with 100 mg of GABA significantly induced a state of relaxation within one hour, as demonstrated by changes in alpha and beta brain waves.² Similarly, another trial demonstrated that GABA temporarily promoted relaxation in adults crossing a suspension bridge.² Supplementation with 200 mg of GABA before crossing the bridge significantly increased secretory Immunoglobulin A (IgA) levels, an important antibody in saliva that is considered a marker of relaxation.² Therefore, GABA demonstrates relaxant effects, even under stressful conditions.²

EACH CAPSULE CONTAINS:

GABA (gamma-aminobutyric acid) 700 mg

Non-Medicinal Ingredients: Hypromellose, ascorbyl palmitate

Recommended Dose

Adults: Take one capsule daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

06473

NPN 80046608



REFERENCES

1. Gamma-aminobutyric acid (GABA). Monograph. Altern Med Rev. 2007; 12(3): 274-9.
2. Abdou, AM, Higashiguchi, S, Horie, K, Kim, M, Hatta, H, Yokogoshi, H. Biofactors. 2006; 26(3): 201-8.

HMB Complex

Natural Orange Flavour

HMB plus L-glutamine, L-arginine and BCAAs

- Assists in the building of lean muscle when combined with regular training and a healthy balanced diet
- Provides essential branched chain amino acids (L-leucine, L-isoleucine, L-valine) involved in protein synthesis
- Convenient, once-daily formula that easily mixes into water or juice
- Improved formula
 - Improved taste profile – now featuring natural orange and lemonade flavours, plus added dextrose and malic acid
 - Increased bottle size – now packaged in a 40 oz. bottle
 - Increased scoop size – each scoop now provides 16.8 grams of powder

HMB Complex combines beta-hydroxy beta-methylbutyrate (HMB) with the amino acids glutamine and arginine, branched chain amino acids (BCAAs) leucine, isoleucine and valine, and vitamin D. It was specifically designed to assist in the building of lean muscle when combined with regular training and a healthy balanced diet. Amino acids are well-recognized for their important role as the building blocks of proteins.¹ As protein degradation exceeds protein synthesis during aging and after exercise, BCAA supplementation, particularly when enriched with leucine, may provide important support for stimulating muscle protein synthesis in aging individuals as well as athletes.²⁻⁴ Furthermore, leucine can be used to form HMB, a clinically-studied metabolite that is widely used by bodybuilders and strength athletes.⁵ Glutamine helps to support immune and digestive system health after periods of physical stress, while arginine helps support a modest improvement in exercise capacity in individuals with stable cardiovascular diseases (CVD). Vitamin D further contributes to maintaining good health by aiding in the absorption and use of calcium and phosphorus to support healthy bones and teeth.

EACH SCOOP (16.8 g) CONTAINS:

CaHMB (calcium-beta-hydroxy-beta-methylbutyrate) 0.75 g
 L-Glutamine 3.5 g
 L-Arginine (L-arginine hydrochloride) 3.5 g
 Branched Chain Amino Acids 0.6 g
 L-Leucine 300 mg
 L-Isoleucine 150 mg
 L-Valine 150 mg
 Vitamin D (cholecalciferol) 6.25 mcg / 250 IU

Non-Medicinal Ingredients: Dextrose, natural flavours (orange, lemonade), potassium citrate, citric acid, DL-malic acid, sodium chloride, thaumatin

Recommended Dose

Adults: In a glass, add 250 ml of water or juice to two scoops of HMB Complex and mix. Take once daily with a meal or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six weeks if you suffer from a cardiovascular disease. Consult your healthcare practitioner for use beyond six months.

Size

475 g Powder

Product Code

06479

NPN 80051759



REFERENCES

1. Wu, G. Amino Acids. 2009; 37(1): 1-17.
2. Morley, J, Argiles, J, Evans, W, Bhasin, S, Cella, D, Deutz, N, et al. J Am Med Dir Assoc. 2010; 11: 391-396.
3. Drummond, MJ, Rasmussen, BB. Curr Opin Clin Nutr Metab Care. 2008; 11(3): 222-6.
4. Norton, LE, Layman, DK. J Nutr. 2006; 136(2): 533S-537S.
5. Wilson, JM, Fischen, PJ, Campbell, B, Wilson, G, Zanchi, N, et al. J Int Soc Sports Nutr. 2013; 10(1): 6.



Pro Pea Balance

Natural Chocolate Flavour

Delicious chocolate-flavoured pea protein and berry extract formulation

- Combines pea protein, alpha-lipoic acid, chromium, and berry extracts
- Promotes healthy nutrient and glucose metabolism
- Provides 15 g of pea proteins and 30 mg of berry polyphenols per serving

Pro Pea Balance improves glucose and lipid metabolism using an effective combination of pea protein, alpha lipoic acid, chromium, and polyphenol-rich berry extracts. Alpha-lipoic acid is an antioxidant compound produced endogenously by mitochondria.¹ Alpha-lipoic acid supports healthy glucose metabolism through a number of different mechanisms, including enhanced glucose uptake in muscle tissue via increased translocation of GLUT4 glucose transport proteins.^{1,2} Chromium is an essential mineral that helps to improve glucose tolerance and metabolism.³ Blueberry extracts have been found to reduce serum levels of the oxidative stress biomarker malondialdehyde.⁴

EACH SCOOP (13.95 g) CONTAINS:

Pea Proteins (from <i>Pisum sativum</i> seed)	7.5 g
DL-Alpha-Lipoic Acid	150 mg
Vitamin D (cholecalciferol)	200 IU / 5 mcg
Vitamin B ₁₂ (methylcobalamin)	220 mcg
Chromium (chromium nicotinate glycinate)	100 mcg
Curcumin (from <i>Curcuma longa</i> rhizome)	12.5 mg
Lecithin (from <i>Helianthus annuus</i> seed)	300 mg
Strawberry (<i>Fragaria x ananassa</i>) Fruit Std. Extract (20:1) (2% Polyphenols / 5 g Dried Equivalent)	250 mg
Blueberry (<i>Vaccinium angustifolium</i>) Fruit Std. Extract (15:1) (4% Polyphenols / 3.75 g Dried Equivalent)	250 mg

Non-Medicinal Ingredients: Cocoa powder, guar gum, natural chocolate flavour, natural cream flavour, natural vanilla cream flavour, rebaudioside A (stevia leaf extract), thaumatin

Recommended Dose

Adults: In a glass, add 250 mL of water, juice or milk to two scoops of Pro Pea Balance and mix. Take once daily or as recommended by your healthcare practitioner.

Size

390 g Powder

Product Code

06454

NPN 80045724



REFERENCES

1. Kouzi SA, Yang S, Nuzum DS, Dirks-Naylor AJ. *Frontiers in Bioscience (Elite Ed)*. 2015; 7: 107-121
2. Goraca A et al. *Pharmacol Rep*. 2011; 63(4): 849-858
3. Anderson RA. *J Am Coll Nutr*. 1998 Dec;17(6):548-55.
4. Basu A, Du M, Leyva MJ, Sanchez K, Betts NM, Wu M, Aston CE, Lyons TJ. *J Nutr*. 2010 Sep;140(9):1582-7.

Pro Pea Balance

Natural Vanilla Flavour

Delicious vanilla-flavoured pea protein and berry extract formulation

- Combines pea protein, alpha-lipoic acid, chromium, and berry extracts
- Promotes healthy nutrient and glucose metabolism
- Provides 15 g of pea proteins and 30 mg of berry polyphenols per serving

Pro Pea Balance improves glucose and lipid metabolism using an effective combination of pea protein, alpha lipoic acid, chromium, and polyphenol-rich berry extracts. Alpha-lipoic acid is an antioxidant compound produced endogenously by mitochondria.¹ Alpha-lipoic acid supports healthy glucose metabolism through a number of different mechanisms, including enhanced glucose uptake in muscle tissue via increased translocation of GLUT4 glucose transport proteins.^{1,2} Chromium is an essential mineral that helps to improve glucose tolerance and metabolism.³ Blueberry extracts have been found to reduce serum levels of the oxidative stress biomarker malondialdehyde.⁴

EACH SCOOP (11.46 g) CONTAINS:

Pea Proteins (from <i>Pisum sativum</i> seed)	7.5 g
DL-Alpha-Lipoic Acid	150 mg
Vitamin D (cholecalciferol)	200 IU / 5 mcg
Vitamin B ₁₂ (methylcobalamin)	220 mcg
Chromium (chromium nicotinate glycinate)	100 mcg
Curcumin (from <i>Curcuma longa</i> rhizome)	12.5 mg
Lecithin (from <i>Helianthus annuus</i> seed)	300 mg
Strawberry (<i>Fragaria x ananassa</i>) Fruit Std. Extract (20:1) (2% Polyphenols / 5 g Dried Equivalent)	250 mg
Blueberry (<i>Vaccinium angustifolium</i>) Fruit Std. Extract (15:1) (4% Polyphenols / 3.75 g Dried Equivalent)	250 mg

Non-Medicinal Ingredients: Guar gum, natural cream flavour, natural vanilla cream flavour, rebaudioside A (stevia leaf extract), thaumatin

Recommended Dose

Adults: In a glass, add 250 mL of water, juice or milk to two scoops of Pro Pea Balance and mix. Take once daily or as recommended by your healthcare practitioner.

Size

322 g Powder

Product Code

06481

NPN 80045724



REFERENCES

1. Kouzi SA, Yang S, Nuzum DS, Dirks-Naylor AJ. *Frontiers in Bioscience (Elite Ed)*. 2015; 7: 107-121
2. Goraca A et al. *Pharmacol Rep*. 2011; 63(4): 849-858
3. Anderson RA. *J Am Coll Nutr*. 1998 Dec;17(6):548-55.
4. Basu A, Du M, Leyva MJ, Sanchez K, Betts NM, Wu M, Aston CE, Lyons TJ. *J Nutr*. 2010 Sep;140(9):1582-7.

Pro Rice

Natural Vanilla Flavour

Amino acid formula from rice

- Source of 16 essential and non-essential amino acids
- Source of protein for the maintenance of good health
- Excellent for vegans and individuals who are nutrition conscious or have a low daily protein intake

Natural vanilla-flavoured

- Great taste for excellent patient compliance

Ideal for vegans

- Convenient powder format

EACH SCOOP (8.877 g) CONTAINS:

Standardized Rice (*Oryza sativa*) Grain Protein Concentrate ♦ (80% Protein)* ... 5.76 g
 Hydrolyzed Rice (*Oryza sativa*) Grain Flour 2.72 g
 Papain (from *Carica papaya* fruit) 10 mg / 20 000 FCC PU
 * Providing 4.6 g of protein per scoop
 ♦ A source of 16 amino acids

Non-Medicinal Ingredients: Natural vanilla flavour, guar gum

Recommended Dose

Adults: In a glass, add 250 mL of water, juice or milk to three scoops of Pro Rice and mix well, or as recommended by your healthcare practitioner. Do not exceed five scoops daily. For prolonged use, consult your healthcare practitioner.

Size

454 g Powder

Product Code

06412

NPN 80039656



Pro Whey

Natural Vanilla Flavour

23 g of whey protein per daily dose

- Excellent source of protein to build and repair body tissues and build antibodies
- Assists in the building of lean muscle mass when combined with regular weight training and a healthy balanced diet
- Source of branched chain amino acids (BCAAs) for the maintenance of good health
- Delicious natural vanilla-flavoured powder that mixes easily into liquids

Pro Whey provides 23 g of whey protein in each great-tasting serving. Whey is an excellent protein source that contains all essential amino acids, including a high concentration of the BCAAs leucine, isoleucine and valine.¹ BCAAs play a key role in the growth and repair of tissues.¹ Specifically, leucine is involved in the initiation of protein synthesis and may have a particular role in enhancing muscle hypertrophy.¹ Clinical research has demonstrated that supplementation with whey protein assists in the building of lean muscle mass when combined with regular weight training and a healthy balanced diet. Whey protein also contains high levels of two sulfur-containing amino acids, methionine and cysteine – a precursor to glutathione (GSH).¹ In addition to providing a full spectrum amino acid profile, whey protein contains important components of the immune system such as lactoferrin and immunoglobulins.¹

EACH SCOOP (14 g) CONTAINS:

Whey protein isolate (from *Bos taurus* milk) 13.5 g
 Providing
 Whey Protein 11.5 g

Non-Medicinal Ingredients: Soy lecithin, natural flavours, rebaudioside A (stevia leaf extract), thaumatin
 Contains: Milk, soy
 55 Calories per scoop (14 g)

Recommended Dose

Adults: Add 1-2 cups of liquid (water, juice, etc.) to two scoops of Pro Whey and mix well immediately before consumption. Take once daily, a few hours before or after taking other medications, or as recommended by your healthcare practitioner.

Size

425 g Powder

Product Code

06494

NPN 80049630



REFERENCES

1. Marshall, K. Altern Med Rev. 2004; 9(2): 136-56.





Antioxidants

Genestra Brands antioxidant formulas provide antioxidant nutrients and precursors and support oxidative metabolism.

Genestra Brands provides a wide range of single antioxidants and combinations

The coenzyme Q₁₀ formulas are laboratory-verified and derived from yeast and bacterial fermentation (not synthetic solanesol processing). The primary role of CoQ₁₀ is that of a crucial intermediate of the electron transport system in the mitochondria. Adequate amounts of CoQ₁₀ are necessary for cellular respiration and ATP production. Due to its role in ATP synthesis, CoQ₁₀ affects the function of many cells in the body. As a fundamental component within the mitochondria and as an antioxidant, the clinical application of CoQ₁₀ is primarily found on the management of cardiovascular support and maintenance. Our Ubiquinol 100 mg formula is a powerful, lipid-soluble, active antioxidant form of Coenzyme Q₁₀, protecting the body's cells from damage caused by oxidative stress and free radicals.

Super Oxi Formula is a complete antioxidant preparation combining vitamins, minerals, coenzyme Q₁₀, reduced glutathione and other key free radical scavengers and neutralizers, selected for their ability to minimize oxidative stress. Our grape seed extract is standardized to yield a minimum of 80% proanthocyanidins.

CoQ₁₀ 100

Coenzyme Q₁₀ in capsules

- Helps to maintain and support cardiovascular health
- Helps to reduce frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic
- An antioxidant for the maintenance of good health

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Coenzyme Q₁₀ (yeast fermentation) 100 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Migraine Prophylaxis: Take one capsule two to three times daily or as recommended by your healthcare practitioner. Use for a minimum of three months to see beneficial effects. For Cardiovascular Health and Antioxidant: Take one capsule one to three times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10557

NPN 80006257



AMD

Multimineral, vitamin C and amino acid formulation

- An antioxidant for the maintenance of good health
- Helps to maintain the body's ability to metabolize nutrients
- Helps in the development and maintenance of bones, teeth and gums
- Helps in connective tissue formation and wound healing
- Helps in the function of the thyroid gland
- Provides support for healthy glucose metabolism

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Vitamin C (ascorbic acid) 250 mg
 Iodine (potassium iodide) 18 mcg
 Zinc (zinc aspartate) 5 mg
 Selenium (selenium HVP ♦ chelate) 25 mcg
 Manganese (manganese aspartate) 9 mg
 Chromium (chromium HVP ♦ chelate/chloride) 25 mcg
 L-Cystine 100 mg
 L-Methionine 50 mg
 L-Lysine (L-lysine hydrochloride) 48 mg
 Alginate Acid (from *Macrocystis* spp./*Laminaria* spp.) 67.5 mg
 Apple Pectin (from *Malus domestica* fruit) 55 mg
 Chlorella (*Chlorella pyrenoidosa*) Whole Organism 2 mg
 ♦ Hydrolyzed vegetable (rice) protein

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, magnesium silicate, cellulose

Recommended Dose

Adults: Take one capsule daily with a meal, a few hours before or after taking other medication, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

10222

NPN 80031385



CoQ₁₀ + Taurine

Combination of coenzyme Q₁₀, taurine and complementary herbs and minerals in capsules

- Helps to maintain and support cardiovascular health
- An antioxidant for the maintenance of good health
- Helps to maintain proper muscle function

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Magnesium (magnesium citrate/oxide)	50 mg
Potassium (potassium citrate)	30 mg
Taurine	150 mg
Hawthorn (<i>Crataegus laevigata</i>) Berry	100 mg
Ginkgo (<i>Ginkgo biloba</i>) Leaf Std. Extract (24% Flavone Glycosides; 6% Terpene Lactones)	20 mg
Coenzyme Q ₁₀ (yeast fermentation)	10 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Take three capsules daily with a meal or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10575

NPN 80027028



CoQ₁₀ 30

Coenzyme Q₁₀ in capsules

- Helps maintain and support cardiovascular health
- Helps to reduce frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic
- Provides antioxidants

From yeast fermentation

- An all-natural source from Japan

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Coenzyme Q ₁₀ (yeast fermentation)	30 mg
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Non-Medicinal Ingredients: Hypromellose, dibasic calcium phosphate dihydrate, cellulose, magnesium stearate

Recommended Dose

Adults: For Migraine Prophylaxis: Take three capsules two times daily or as recommended by your healthcare practitioner. Use for a minimum of three months to see beneficial effects. For Cardiovascular Health and Antioxidant: Take one capsule one to three times daily or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

1053290

NPN 80006599



CoQ₁₀ Chewable

Natural Blackcurrant Flavour

From natural fermentation

- Derived from natural yeast fermentation versus the synthetic solanesol process

Antioxidant formula

- Helps to maintain and support cardiovascular health

Natural blackcurrant-flavoured

- Great taste for excellent patient compliance

Ideal for vegans

- Convenient chewable tablet format

EACH TABLET CONTAINS:

Coenzyme Q₁₀ (bacterial fermentation) 60 mg

Non-Medicinal Ingredients: Sorbitol, xylitol, natural black currant flavour, citric acid, silica, magnesium stearate

Recommended Dose

Adults: Chew one tablet one to three times daily or as recommended by your healthcare practitioner.

Size

60 Chewable Tablets

Product Code

10561

NPN 80012841



CoQ₁₀ Lipo 100

High-potency coenzyme Q₁₀

- Maintains and supports cardiovascular health
- Reduces the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic
- An antioxidant for the maintenance of good health
- Vegan formulation

CoQ₁₀ is a fat-soluble nutrient that acts as an electron carrier in the mitochondrial electron transport chain. CoQ₁₀ is also a key intracellular antioxidant, protecting phospholipids and mitochondrial membranes against damage caused by lipid peroxidation.¹

CoQ₁₀ helps to minimize occurrence of migraine headaches, possibly through the promotion of normal mitochondrial function, as mitochondrial dysfunction has been identified as potential contributing factor in migraine pathogenesis. In adult (18-65 years of age) participants with a history of migraines, daily supplementation with 300 mg of CoQ₁₀ was well-tolerated and significantly reduced migraine attack frequency as well as number of days with headaches and nausea in comparison to placebo treatment.²

CoQ₁₀'s antioxidant actions help in the maintenance and support of heart health. In participants supplemented with 300 mg of CoQ₁₀ daily for 1 month, peak VO₂, O₂ pulse, and extracellular superoxide dismutase (ecSOD) activity were significantly increased in comparison with placebo. Low ecSOD activity is considered a biomarker for high levels of extracellular oxidative stress.³

EACH CAPSULE CONTAINS:

Coenzyme Q₁₀ (bacterial fermentation) 100 mg

Non-Medicinal Ingredients: Extra virgin olive oil, hypromellose, silica

Recommended Dose

Adults: For Migraine Prophylaxis: Take one capsule two to three times daily, or as recommended by your healthcare practitioner. Use for a minimum of three months to see beneficial effects. For Cardiovascular Health and Antioxidant: Take one capsule one to three times daily, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10556

NPN 80032728



REFERENCES

1. Niklowitz P, Sonnenschein A, Janetzky B, Amler W, Menke T. Int J Biol Sci. 2007; 5:3(4): 257-262.
2. Sandor PS *et al.* Neurology. 2005; 64: 713-715.
3. Tiano L, Belardinelli R, Carnevali P, Principi F, Seddaiu G, Littarru GP. Eur Heart J. 2007; 28(18): 2249-2255.

Grapenol

Grape seed extract standardized to contain 80% proanthocyanidins

- Source of antioxidants for the maintenance of good health

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Grape (*Vitis vinifera*) Seed Std. Extract (80% Proanthocyanidins) 25 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, ascorbyl palmitate

Recommended Dose

Adults: Take four capsules two times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules
120 Vegetarian Capsules

Product Code

10524
10524120

NPN 80004425



GSH Reduced Glutathione

Reduced L-Glutathione formulation

- Helps maintain and restore antioxidant defences

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

L-Glutathione (reduced) 50 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, magnesium silicate

Recommended Dose

Adults: Take one capsule three times daily with protein-containing meals or as recommended by your healthcare practitioner. For use beyond one month, consult your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

10536

NPN 80006457



Lipoic Acid

Alpha Lipoic Acid formula

- An antioxidant for the maintenance of good health

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

DL-Alpha Lipoic Acid 100 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, magnesium silicate, silica

Recommended Dose

Adults: Take one capsule three times daily with meals or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10534

NPN 80003002



Melatonin Spray

Natural Spearmint Flavour

Promotes healthy sleep patterns

- Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work and jet lag)
- Helps reduce the time it takes to fall asleep in people with delayed sleep phase disorder
- Helps re-set the body's sleep-wake cycle
- Delicious natural spearmint flavour

Melatonin Spray provides melatonin to help reset the body's sleep-wake cycle. Difficulty falling and staying asleep are two major symptoms of sleep dissatisfaction in Canada, which affects over 20% of Canadians.¹ Research demonstrates that supplementation with melatonin significantly decreases the time required to fall asleep, increases total sleep time, and improves sleep quality when compared to placebo treatments.² Supplementation with melatonin before sleeping can improve sleep quality and duration among shift workers, who often experience sleepiness and/or judgment errors during work, leading to poor job performance.³ Melatonin intake at local sleep times can also advance the sleep-wake cycle to decrease fatigue associated with jet lag.³ Melatonin levels significantly decrease with age, which may contribute, in part, to sleep dissatisfaction among older individuals.⁴

EACH SPRAY (0.15 mL) CONTAINS:

Melatonin1 mg

Non-Medicinal Ingredients: Purified water, glycerin, ethanol, xylitol, natural spearmint flavour, citric acid, potassium sorbate, rebudioside A (stevia leaf extract), menthol

Recommended Dose

Adults: Take three sprays orally, once daily, at or before bedtime, or as recommended by your healthcare practitioner. For use beyond four weeks, consult your healthcare practitioner. For adult use only.

Size

30 mL Spray

Product Code

10379

NPN 80029769



REFERENCES

1. Morin, C. *Insomnia Rounds*. 2012; 1(1): 1-6.
2. Ferracioli-Oda, E, Qawasmi, A, Bloch, MH. *PLoS ONE*. 2013; 8(5): e63773.
3. Lu, BS, Kwon, J, Zee, PC. (2012). In M.S. Badr (Ed.), *Essentials of Sleep Medicine* (pp. 277-296). New York: Humana Press.
4. Claustrat, B, Brun, J, Chazot, G. *Sleep Medicine Reviews*. 2005; 9: 11-24.

Selenium + E

Selenium and vitamin E antioxidant combination

- Synergistically combined for maximizing their potential in the prevention and management of cellular free radical damage
- An antioxidant for the maintenance of good health
- Helps to prevent selenium and vitamin E deficiencies

Ideal for vegans

- Convenient tablet format

EACH TABLET CONTAINS:

Vitamin E (d-alpha tocopheryl succinate) 134 mg AT/200 IU
Selenium (selenomethionine) 200 mcg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, magnesium stearate, silica, croscarmellose sodium, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet daily with a meal or as recommended by your healthcare practitioner.

Size

60 Tablets

Product Code

10537

NPN 80009333



Sodium Alginate

Sodium alginate formulation

- An antioxidant for the maintenance of good health
- Helps in the development and maintenance of bones, cartilage, teeth and gums

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Sodium Alginate (alginic acid sodium salt from *Laminaria hyperborea*) 400 mg
Vitamin C (ascorbic acid) 2 mg

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adults: Take one capsule three times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond one month.

Size

60 Vegetarian Capsules

Product Code

07593

NPN 80051512



Statin Care

Balanced cardiovascular support formula

- 50 mg of CoQ₁₀, 500 mg of L-carnitine, and 250 IU of vitamin D per capsule
- Dairy-free, gluten-free and vegetarian formulation

Statin Care helps to maintain and support cardiovascular health using a unique combination of coenzyme Q₁₀, L-carnitine, and vitamin D. CoQ₁₀ is an antioxidant nutrient and a critical component of the mitochondrial electron transport chain; as a result, it is especially concentrated in organs with higher energy turnover rates, such as the heart. At doses of 30-300 mg, CoQ₁₀ helps to maintain and support cardiovascular health.¹ CoQ₁₀ supplementation has been shown to increase extracellular levels of the antioxidant superoxide dismutase (SOD) and to support proper endothelial function.² L-carnitine aids in fat metabolism, helps support physical performance during exercise, and acts as an antioxidant.

EACH CAPSULE CONTAINS:

Vitamin D (cholecalciferol) 250 IU/6.25 mcg
L-Carnitine (L-carnitine tartrate) 500 mg
Coenzyme Q₁₀ (bacterial fermentation) 50 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica

Recommended Dose

Adults: Take two capsules one to two times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10472

NPN 80049466



REFERENCES

1. Fedacko J, Pella D, Hänninen O, Toumainen P, Jarcuska P, and Lopuchovsky T et al. Canadian Journal of Physiology and Pharmacology. 2013; 91: 165-170
2. Tiano L, Belardinelli R, Carnevali P, Principi F, Seddaiu G, Littarru GP. Eur Heart J. 2007 Sep;28(18):2249-55



Super Lipoic Acid

Alpha lipoic acid formula

- Reduces symptoms of neuropathy in Type II diabetes
- Helps to promote healthy glucose metabolism
- Provides antioxidant support for maintenance of good health
- Includes 700 mg of alpha-lipoic acid per daily serving

An estimated 30-50% of patients with Type II diabetes experience neuropathy symptoms.¹ Hyperglycemia, impaired insulin signaling and increased oxidative stress are each considered major contributing factors for neuropathy symptoms in diabetic patients.¹ Alpha-lipoic acid is a naturally occurring fatty acid that is a cofactor in cellular energy metabolism processes, acts as an antioxidant and promotes glucose cellular intake. In diabetic patients with Distal Symmetric Polyneuropathy (DSP), daily supplementation with 600 mg of alpha-lipoic acid for 5 weeks significantly decreased stabbing, burning pains, and improved Neuropathy Symptoms and Change (NSC) scores.²

EACH CAPSULE CONTAINS:

DL-Alpha Lipoic Acid 350 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10588

NPN 80004736



REFERENCES

1. Callaghan BC et al. Lancet Neurol. 2012; 11(6): 521-534.
2. Ziegler D, Ametov A, Barinov A, Dyck PJ, Gurieva I, Low PA, Munzel U, Yakhno N, Raz I, Novosadova M, Maus J, Samigullin R. Diabetes Care. 2006; 29(11): 2365-2370.

Super Oxi Formula

Broad spectrum antioxidant formula

- A synergistic formula to assist the body's defence against free radical damage
- Helps in wound healing and connective tissue formation
- Helps in the function of the thyroid gland
- Helps to maintain eyesight, skin, membranes and immune function
- Convenient, once-daily vegetarian capsule format

Super Oxi Formula provides vitamin-, mineral- and plant-derived antioxidants for the maintenance of good health. Oxidative stress results from an imbalance between free radical generation and antioxidant defence.¹ It is associated with changes in lipids, proteins and nucleic acids, which can lead to cellular and tissue injury.¹ Antioxidants scavenge and neutralize free radicals, delaying or inhibiting their ability to cause damage.¹ Super Oxi Formula provides glutathione, one of the most important antioxidants present in cells.¹ As part of the first line of antioxidant defence, it helps to suppress free radical formation.¹ Selenium is also provided in this formula as an important component of antioxidant enzymes, including the glutathione enzyme system.¹ Additionally, this formula offers vitamins C and E, which scavenge active free radicals as part of the second line of defence.¹ In addition to its roles in wound healing and connective tissue formation, vitamin C is a water-soluble antioxidant that can regenerate vitamin E, the most important lipid-soluble antioxidant.¹ Grape seed extract provides additional antioxidants and is standardized to 80% proanthocyanidins. To further support good health, Super Oxi Formula includes iodine to help thyroid function and zinc to support nutrient metabolism. Beta-carotene also provides a source of vitamin A to help maintain eyesight, night vision, skin, membranes and immune function.

EACH CAPSULE CONTAINS:

Beta-carotene 4500 mcg
 Vitamin C (ascorbic acid) 200 mg
 Vitamin E (d-alpha tocopheryl succinate) 67 mg AT/100 IU
 Iodine (from kelp) 225 mcg
 Zinc (zinc citrate) 5 mg
 Selenium (selenomethionine) 50 mcg
 L-Cysteine (L-cysteine hydrochloride) 5 mg
 L-Glutathione 2.5 mg
 Grape (*Vitis vinifera*) Seed
 Std. Extract (80% Proanthocyanidins) 2.5 mg

Non-Medicinal Ingredients: Hypromellose, dibasic calcium phosphate dihydrate, cellulose, magnesium silicate, magnesium stearate

Recommended Dose

Adults: Take one capsule daily with a meal, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. For use beyond three months, consult your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

10217

NPN 80031829



REFERENCE

1. Lobo, V, Patil, A, Phatak, A, Chandra, N. Pharmacogn Rev. 2010; 4(8): 118-26.

Ubiquinol 100 mg

Biologically active, bioavailable form of coenzyme Q₁₀

- Helps maintain and support cardiovascular health
- Antioxidant for the maintenance of good health
- Features Kaneka QH™ ubiquinol, the active antioxidant form of CoQ₁₀

Ubiquinol 100 mg offers the biologically active, reduced form of coenzyme Q₁₀ known as ubiquinol.¹ This fat-soluble nutrient plays a vital role in energy production as a key component of the mitochondrial respiratory chain.¹ Ubiquinol is found in all human cells, with the highest concentrations present in the heart, liver and kidneys – organs that require the greatest amount of energy.¹ It is also an important antioxidant that inhibits LDL oxidation and protects mitochondrial and other cell membranes from oxidative damage.¹ Research suggests that ubiquinol helps maintain cardiovascular health by improving energy production in the heart and reducing oxidative stress.¹ By decreasing the production of free radicals, ubiquinol is especially important in maintaining endothelial cell function.² While the oxidized form of coenzyme Q₁₀ (ubiquinone) must be converted into ubiquinol before it can be used by the body, ubiquinol is directly absorbed and biologically active.¹ Ubiquinol 100 mg is formulated with Kaneka QH™, a clinically-researched form of ubiquinol that has demonstrated high bioavailability.³

EACH SOFTGEL CONTAINS:

Ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q₁₀) 100 mg

Non-Medicinal Ingredients: Medium chain triglycerides, bovine gelatin, glycerin, ascorbyl palmitate, purified water, sunflower lecithin, beeswax, annatto extract



Q+™, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Recommended Dose

Adults: Take one softgel daily or as recommended by your healthcare practitioner.

Size

30 Softgels

Product Code

10579

NPN 80032328



REFERENCES

1. Cohen, MM. J Adv Nutr Hum Metab 2015; 2: e647.
2. Rosenfeldt, FL, Haas, SJ, Krum, H, Hadji, A, Ng, K, Leong, JY, Watts, GF. J Hum Hypertens. 2007; 21(4): 297-306.
3. Hosoe, K, Kitano, M, Kishida, H, Kubo, H, Fujii, K, Kitahara, M. Regul Toxicol Pharmacol. 2007; 47(1): 19-28.

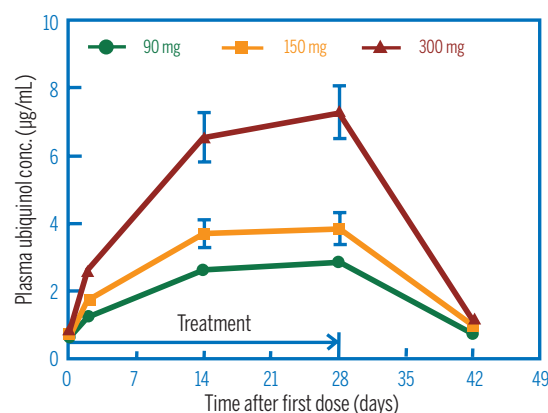
Ubiquinol

Ubiquinol is the active antioxidant form of CoQ₁₀. It has an additional two hydrogen atoms and comprises the majority of the ubiquinone/ubiquinol pool in the plasma of healthy subjects. Ubiquinol may be especially important for older individuals, individuals who may be experiencing greater levels of oxidative or physical stress, or for individuals who appear not to respond to regular CoQ₁₀ supplementation (possibly due to poor conversion of CoQ₁₀ to ubiquinol in the body). Research suggests that it may be more readily absorbed than ubiquinone. In a comparison study involving healthy subjects, supplementation with 200 mg ubiquinol for 4 weeks increased plasma total CoQ₁₀ from 0.9 to 4.3 µg/mL (P < 0.001) compared to 0.9 to 2.5 µg/mL with ubiquinone. It was also noted that ubiquinol supported a healthy ratio of CoQ₁₀ to lipids. Research indicates ubiquinol supports antioxidant status, healthy ejection fraction and mitral valve function while supporting overall physical activity and quality of life. The safety and bioavailability of ubiquinol were evaluated after single oral dose and 4-week multiple dose studies. Significant gastrointestinal absorption was observed and no clinically significant adverse effects were noted.[†]

The Facts About Kaneka QH™ (Ubiquinol)

- Developed after 10 years of research by Kaneka Corporation, leading manufacturer of CoQ₁₀
- CoQ₁₀ must first be converted to ubiquinol in order to be used by the body; Ubiquinol is the active form that is usable in the body
- Ubiquinol makes up over 90% of the CoQ₁₀ found in the plasma of healthy young individuals
- Contains two additional hydrogen atoms compared to ubiquinone (the oxidized form of CoQ₁₀), making it the reduced and active antioxidant form of CoQ₁₀
- In healthy volunteers, one 4-week trial indicated an 11-fold increase in serum levels over baseline

4-Week Multiple Dose Kaneka QH™ Study



Morning trough concentrations of ubiquinol in plasma during 4-week multiple oral administration of ubiquinol and 2 weeks after completion of the treatment in healthy volunteers. Each point represents the mean \pm SEM of 20 subjects (90 mg and 150 mg) or 19 subjects (300 mg).





Enzymes

The human digestive process is responsible for the conversion or breakdown of the foods we eat into substances that can be absorbed across the intestinal epithelium. Very often, the conversion is a breakdown of complex food structures into their particular building blocks. In all cases, the conversion of complex substances to simple building blocks is performed in the alimentary tract by enzymes.

The Genestra Brands portfolio of digestive enzyme supplements addresses both general and specific digestive support needs.

Digest Plus

Digestive enzyme formula with betaine hydrochloride

- Digestive aid to help decrease bloating after high caloric, high fat meals
- Pepsin A and papain proteolytic enzymes support protein digestion

Digest Plus is a complete digestive formula containing natural enzymes and betaine hydrochloride to help decrease bloating after high caloric, high fat meals. Betaine hydrochloride (betaine HCl) is commonly used to supplement gastric acid levels, especially in individuals with hypochloridia. In a recent clinical study, a single 1,500 mg dose of betaine HCl was effective in reducing stomach pH in healthy participants that had hypochloridia pharmacologically induced by the proton pump inhibitor rabeprazole. Within 30 minutes of ingestion of the betaine HCl, participant mean stomach pH was significantly reduced from approximately 5.2 to approximately 0.6.¹

EACH TABLET CONTAINS:

Betaine Hydrochloride	162.5 mg
L-Glutamic Acid	162.5 mg
Pancreatin (from porcine pancreas)	65 mg
Yielding	
Protease	6500 USP
Amylase	6500 USP
Lipase	1300 USP
Papain (from <i>Carica papaya</i> fruit)	65 mg/390 000 USP
Pepsin (from porcine stomach)	25 mg/250 000 FCC Pepsin

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, magnesium stearate, croscarmellose sodium, natural vanilla flavour, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet three times daily with each meal or as recommended by your healthcare practitioner. Use the smallest effective dose which controls symptoms. For use beyond four weeks, consult your healthcare practitioner.

Size

90 Tablets
180 Tablets

Product Code

10509
10509180

NPN 80041598



REFERENCE

1. Yago MAR, Frymoyer AR, Smelick GS, Frassetto LA, Budha NR et al. Mol Pharm. 2013; 10(11): 4032-4037.



Bio Enzymes

Complete digestive enzymes formula

- Supports optimal digestion

Peppermint-flavoured

- Excellent taste enhances patient compliance

Easy-to-use

- Three chewable tablets, three times daily with meals

EACH TABLET CONTAINS:

Papaya (<i>Carica papaya</i>) Fruit	50 mg
Papain (from <i>Carica papaya</i> fruit)	10 mg/20 000 FCC PU
Stem Bromelain (from <i>Ananas comosus/bracteatus</i>)	10 mg/9 MCU (90 000 FCC PU)
Alpha-amylase (from <i>Aspergillus oryzae</i>)	2 mg/300 SKB (300 FCC DU)
Pepsin (from porcine stomach)	2 mg/20 000 FCC PU
Pancrelipase (from porcine pancreas)	2 mg
Yielding	
Protease Activity	200 USP
Amylase Activity	200 USP
Lipase Activity	48 USP

Non-Medicinal Ingredients: Dextrose, fructose, stearic acid, cellulose, magnesium stearate, silica, natural peppermint oil, sodium copper chlorophyllin
Contains: Milk

Recommended Dose

Adults: Chew three tablets three times daily with meals or as recommended by your healthcare practitioner. For use beyond four weeks, consult your healthcare practitioner.

Size

100 Chewable Tablets

Product Code

10529

NPN 80041522



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Bromelain Papain +

Multi-enzymatic formulation of bromelain, papain and pancreatin

- Combines proteolytic enzymes along with pancreatic enzymes for optimum digestive activity

Easy-to-use

- One tablet three times daily with each meal ensures patient compliance

EACH TABLET CONTAINS:

Stem Bromelain (from <i>Ananas comosus</i>)	26.7 mg/96 MCU (960 000 FCC PU)
Papain (from <i>Carica papaya</i> fruit)	62.5 mg/750 000 USP
Pancreatin (from porcine pancreas)	12.5 mg
Yielding:	
Protease	2500 USP
Amylase	2500 USP
Lipase	500 USP
Betaine Hydrochloride	5 mg
L-Glutamic Acid	5 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet three times daily with each meal or as recommended by your healthcare practitioner. Use the smallest effective dose which controls symptoms. For use beyond four weeks, consult your healthcare practitioner.

Size

60 Tablets
180 Tablets

Product Code

10510
10510180

NPN 80048594



Digest Dairy Plus

Robust formulation

- Supports digestion of foods containing lactose (e.g. dairy foods, milk)
- Digestive enzyme/lactase to assist in the digestion of foods containing lactose
- Helps prevent symptoms of lactose intolerance
- Digestive aid
- Helps to digest proteins
- Ideal for vegetarians
- Convenient vegetarian capsule format increases patient compliance

Digest Dairy Plus is designed to assist in the digestion of dairy products. With lactase, protease and lipase, all major nutrient types in dairy foods are targeted. The addition of rennin provides rapid coagulation of milk protein in the stomach. In *in vitro* laboratory tests, the effect of one Digest Dairy Plus capsule added to 568 ml of whole milk under intestinal conditions was investigated. Casein and non-casein proteins were digested to short peptides and amino acids. Fat triglycerides were broken down to monoglycerides and free fatty acids, and lactose was virtually undetectable. Each capsule of Digest Dairy Plus will digest the equivalent of 568 ml of whole milk *in vitro* within a 3 hour period.¹

EACH CAPSULE CONTAINS:

Lactase (from <i>Aspergillus oryzae</i>)	250 mg/16 250 LAU (1625 FCC ALU)
Bacterial Protease (from <i>Bacillus subtilis</i>)	60 mg/8.4 CPU (3750 FCC PC)
Stem Bromelain (from <i>Ananas comosus</i>)	30 mg/60 GDU (900 000 FCC PU)
Triacylglycerol Lipase (from <i>Rhizopus oryzae</i>)	15 mg/525 LU (2450 FCC LU)
Acid Active Protease (from <i>Aspergillus oryzae</i>)	10 mg/0.7 CPU (1980 FCC HUT)
Alkaline Active Protease (from <i>Aspergillus oryzae</i>)	10 mg/2 CPU (5100 FCC HUT)
Microbial Rennet (from <i>Rhizomucor miehei</i>)	0.1 mg/0.22 IMCU

Non-Medicinal Ingredients: Hypromellose, magnesium stearate
Contains: Milk, wheat

Recommended Dose

Adults: Take two capsules one to three times daily with any milk or dairy foods, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for prolonged use.

Size

60 Vegetarian Capsules

Product Code

10564

NPN 80034404



REFERENCE
1. Seroyal. Data on File.

Whole Milk Digestion (568 mL) Laboratory Results¹

Without Digest Dairy Plus

With Digest Dairy Plus (1 capsule)



Ichol

Combination of choline, inositol, L-methionine and herbs

- Beet, dandelion, green tea and celandine

Ideal for vegetarians

- Convenient tablet format

EACH TABLET CONTAINS:

Choline (choline bitartrate)	250 mg
Inositol	150 mg
L-Methionine	100 mg
Beet (<i>Beta vulgaris</i>) Root	50 mg
Dandelion (<i>Taraxacum officinale</i>) Root	25 mg
Green Tea (<i>Camellia sinensis</i>) Leaf	25 mg
Celandine (<i>Chelidonium majus</i>) Herb Extract (4:1)	25 mg
100 mg Dried Equivalent	

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, silica, croscarmellose sodium, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take two tablets two times daily or as recommended by your healthcare practitioner. For use beyond six weeks, consult your healthcare practitioner.

Size

90 Tablets

Product Code

02113

NPN 80034654



Ichol Plus

Combination of choline, inositol, L-methionine, botanicals and ox bile

- Beet, dandelion, green tea and celandine

Easy-to-use

- Two capsules twice daily ensures patient compliance

EACH CAPSULE CONTAINS:

Choline (choline bitartrate)	125 mg
Inositol	100 mg
L-Methionine	75 mg
Ox (<i>Bos taurus</i>) Bile	75 mg
Beet (<i>Beta vulgaris</i>) Root	25 mg
Dandelion (<i>Taraxacum officinale</i>) Root	15 mg
Green Tea (<i>Camellia sinensis</i>) Leaf	15 mg
Celandine (<i>Chelidonium majus</i>) Whole Plant Extract (4:1)	15 mg
60 mg Dried Equivalent	

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica, magnesium silicate

Recommended Dose

Adults: Take two capsules two times daily, a few hours before or after taking other medications, supplements and food, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 12 weeks.

Size

90 Vegetarian Capsules

Product Code

02115

NPN 80037713



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Pancreatin

Delayed-release pancreatic enzyme formulation

- Helps to decrease bloating after high-caloric, high-fat meals
- Aids digestion
- Provides a mixture of digestive enzymes, such as protease, amylase, lipase, chymotrypsin and trypsin
- Improved
 - Higher concentration of lipase, chymotrypsin and trypsin
 - Formulated with delayed-release capsules for targeted release in the intestine
 - New, easier-to-swallow capsule format

Pancreatin is a digestive aid formula that helps to decrease bloating after high-caloric, high-fat meals. It provides a combination of pancreatic enzymes, including lipase, amylase and protease, which break down fats, carbohydrates and proteins, respectively.¹ Chymotrypsin and trypsin are also present in pancreatic secretions and further contribute to protein digestion.¹ Adequate activity of pancreatic enzymes is critical for proper nutrient digestion and absorption, including the absorption of fat-soluble vitamins.^{2,3} Pancreatin contains enzymes that act like those normally secreted by the pancreas, aiding digestion of nutrients. Supplementation with pancreatic enzymes has also been shown to significantly reduce the common postprandial complaints associated with caloric, high-fat meals, including bloating, gas and fullness.⁴ As pancreatic enzymes are sensitive to low pH, Pancreatin is specifically formulated with delayed-release capsules that resist stomach acid for targeted delivery to the duodenum and allow optimal enzyme activity.

EACH CAPSULE CONTAINS:

Pancreatic Enzymes (from porcine pancreas)	370 mg
Yielding	
Protease Activity	37000 USP
Amylase Activity	37000 USP
Lipase Activity	8880 USP
Trypsin (from porcine pancreas)20 mg / 1500 USP
Chymotrypsin (from bovine pancreas)	8 mg / 8000 USP

Non-Medicinal Ingredients: Delayed-release capsule (hypromellose, gellan gum), cellulose, ascorbyl palmitate, silica, lactose
Contains: Milk

Recommended Dose

Adults: Take one capsule three times daily, with each meal or immediately before a meal, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond four weeks. Use the smallest effective dose which controls symptoms.

Size

60 Vegetarian Capsules

Product Code

10511-60

NPN 80073256



REFERENCES

1. Whitcomb, DC, Lowe, ME. Dig Dis Sci. 2007; 52(1): 1-17.
2. Roxas, M. Altern Med Rev. 2008; 13(4): 307-14.
3. Hackert, T, Schütte, K, Malfertheiner, P. Viszeralmedizin. 2014; 30(3): 190-7.
4. Suarez, F, Levitt, MD, Adsheed, J, Barkin, JS. Dig Dis Sci. 1999; 44(7): 1317-21.

V-Enzymes

Digestive support

- Includes plant and microbial enzymes with broad spectrum action
- Includes lactase which helps in lactose digestion as per *in vitro* laboratory results¹
- Digestive aid
- Digestive enzyme
- Helps digest proteins

Wide pH range

- Highly effective from pH 3.5 to pH 9.0¹

Ideal for vegetarians

- Convenient vegetarian capsule format

V-Enzymes is a benchmark digestive support product. The formula helps to reduce the complex nutritional components of food, digesting proteins, lipids and complex carbohydrates to allow for optimal absorption. In laboratory results, the effects of one V-Enzymes capsule on digestion of beef, egg white and zucchini was investigated (items provided a typical profile of protein, fat and carbohydrate). The *in vitro* experiments simulated intestinal conditions including adjustments for pH and simulated 'churning and pulverization' action of the stomach (via stomacher mixed well and incubated at 37°C/ 98.6°F). In all cases the addition of V-Enzymes completely liquefied the food item compared to the control where only stomach pulverization took place.¹

EACH CAPSULE CONTAINS:

Alpha-amylase (from <i>Aspergillus oryzae</i>)	300 mg/9000 AU (1500 FCC DU)
Bacterial Protease (from <i>Bacillus subtilis</i>)	150 mg/21 CPU (20 000 FCC PC)
Cellulase (from <i>Trichoderma longibrachiatum</i>)	40 mg/120 CU (1200 FCC CU)
Stem Bromelain (from <i>Ananas comosus</i>)	30 mg/60 GDU (900 000 FCC PU)
Lactase (from <i>Aspergillus oryzae</i>)	20 mg/1300 ALU (130 FCC ALU)
Triacylglycerol Lipase (from <i>Rhizopus oryzae</i>)	15 mg/525 LU (6680 FCC LU)
Acid Active Protease (from <i>Aspergillus oryzae</i>)	10 mg/0.7 CPU (1785 FCC HUT)
Alkaline Active Protease (from <i>Aspergillus oryzae</i>)	10 mg/2 CPU (5100 FCC HUT)

Non-Medicinal Ingredients: Hypromellose, magnesium stearate

Contains: Milk, wheat

Recommended Dose

Adults: Take three capsules two times daily with or immediately before meals or as recommended by your healthcare practitioner. For prolonged use, consult your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10558

NPN 80046068

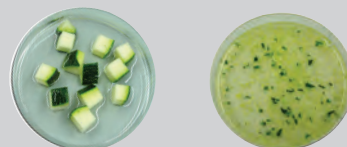


REFERENCE

1. Seroyal. Data on File.

Cooked Zucchini Digestion (2 whole zucchini) Laboratory Results¹

Without V-Enzymes



START (chopped)

3 hours

With V-Enzymes (1 Capsule)



START (chopped)

3 hours

Cooked Egg White Digestion (5 egg whites) Laboratory Results*

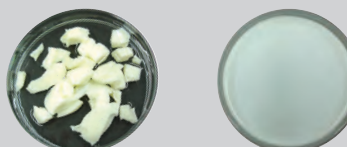
Without V-Enzymes



START (chopped)

3 hours

With V-Enzymes (1 Capsule)



START (chopped)

3 hours

Cooked Sirloin Digestion (10 oz) Laboratory Results*

Without V-Enzymes



START (chopped)

3 hours

With V-Enzymes (1 Capsule)



START (chopped)

3 hours





Phytonutrients

Genestra Brands herbal formulas combine potent sources of standardized and highly concentrated herbal extracts.

Genestra Brands botanical tinctures are prepared wildcrafted fresh herbs, cultivated at their most bioactive period. The herbs are processed within a few hours of being harvested and are delicately prepared over a three-month period to ensure the highest potency and activity. Genestra Brands botanicals are as close to their natural state as possible.

Herbal Formulas

Genestra Brands standardized and phytonutrient formulas combine potent sources of standardized and highly concentrated herbal extracts. During the standardization process, some of the herb's constituents are lost. To complement and balance the standardized preparation, we add the whole herb to the standardized formula. The addition of the whole herb ensures that all of the plant's naturally occurring constituents are present, thereby allowing for optimal assimilation.

To ensure purity, bioactivity and effectiveness, our phytonutrient products are prepared with 100% organic or wildcrafted herbs. Our phytonutrient preparations contain key free radical scavengers and neutralizers, selected for their synergistic ability to minimize oxidative stress. Others contain distinctive nutrients known for their ability to bind to heavy metals and other toxins.

Genestra Brands Phyto Greens formula contains a synergistic combination of natural juices, standardized extracts and herbs. This unique caffeine-free formula, rich in vitamins, macro and micro-minerals, digestive enzymes, protein, bioflavonoids and antioxidants, is designed to maintain optimum health.

Genestra Brands standardized and phytonutrient formulas have been designed with an intimate understanding of phytotherapeutics and the reactions between plants and plant constituents. We only select distinctive herbs that are specific to a condition in order not to complicate or confuse the body's responses, therefore ensuring effective biochemical action, and proper support of the body's systems and structures.

Botanicals

Genestra Brands botanical tinctures are prepared with wildcrafted fresh herbs. Our manufacturing process distinguishes us from other companies in the field by using only fresh herbs, which are more bioactive, more stable and less oxidized than dried herbs.

Our herbs are processed within a few hours of being harvested to ensure the retention of all the essential constituents. In order to preserve the bioactivity, purity and alkaloids of the herbs, we do not overprocess or multi-filter our tinctures. Furthermore, when processing our tinctures, we only use 15% to 20% pure grain alcohol in a delicate three-month extraction process.

Genestra Brands wildcrafted herbs are grown in their native geographical region noted for its pristine purity, and are harvested at their most bioactive period when alkaloid content is highest. When harvesting wildcrafted herbs, only a small portion of the plant is collected, leaving the ecological system undisturbed.

Our botanical combinations have been formulated by master herbalists who have an intimate understanding of phytotherapeutics and the reactions between plants and plant constituents. Our unique formulations incorporate the principles of phytotherapy and traditional Chinese medicine for effective biochemical action and detoxification, and for the support of the body's systems and structures. At Seroyal, we always maintain the natural state of our herbs as much as possible. Our botanicals are never overprocessed or multi-filtered, resulting in the most flavourful, aromatic and effective tinctures.

We care about the quality, efficacy and effectiveness of our tinctures, which is why Genestra Brands botanical tinctures are as close to their natural state as possible.

HERBAL FORMULAS

STANDARDIZED HERBAL FORMULAS

Liv Complex

Herbal liver support combination

- Includes extracts from globe artichoke, dandelion, milk thistle, bupleurum and fringe tree
- Globe artichoke is used in Herbal Medicine to help increase bile flow and relieve digestive disturbances
- Milk thistle is used in Herbal Medicine to help support liver function

Liv Complex contains a combination of herbal extracts, including globe artichoke and milk thistle, to help to support normal liver function. Milk thistle (*Silybum marianum*) seed extracts contain silymarin, which helps to maintain liver cell health through a variety of mechanisms including inhibiting free radical formation, enhancing formation of the antioxidant enzyme glutathione in liver cells and supporting hepatocyte protein synthesis.¹ Research demonstrates that artichoke extracts enhance bile production and minimize liver damage following exposure to the hepatotoxin carbon tetrachloride (CCl₄).²

EACH CAPSULE CONTAINS:

Globe Artichoke (<i>Cynara scolymus</i>) Leaf Extract (4:1)	175 mg
700 mg Dried Equivalent	
Milk Thistle (<i>Silybum marianum</i>) Fruit Std. Extract (80% Silymarin)	125 mg
Dandelion (<i>Taraxacum officinale</i>) Root Extract (4:1)	100 mg
400 mg Dried Equivalent	
Bupleurum (<i>Bupleurum chinense</i>) Root Extract (4:1)	60 mg
240 mg Dried Equivalent	
Fringetree (<i>Chionanthus virginicus</i>) Bark Extract (4:1)	30 mg
120 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract (7.5:1)	10 mg
75 mg Dried Equivalent	

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take one capsule three times daily or as recommended by your healthcare practitioner. Use for a minimum of three weeks to see beneficial effects.

Size

90 Vegetarian Capsules

Product Code

07567

NPN 80039962



REFERENCES

1. Vargas-Medozza N et al. World J Hepatol. Mar 27, 2014; 6(3): 144-149.
2. Speroni E et al. Journal of Ethnopharmacology. 2003; 86: 203-211.



Adreno Calm

Calming combination of herbal extracts, L-theanine and phosphatidylserine

- Helps to temporarily promote relaxation
- Provides 200 mg each of L-theanine and ashwagandha root extract per daily dose
- Includes 150 mg of magnolia bark std. extract and 50 mg of phosphatidylserine per daily dose

Adreno Calm is a calming combination of L-theanine, phosphatidylserine and herbal extracts. L-Theanine is an amino acid present almost exclusively in tea that helps to temporarily promote relaxation.¹ It is quickly absorbed from the intestines into the blood, where it is transported to important organs, including the brain.¹ By mediating the release of neurotransmitters – including dopamine, GABA and serotonin – L-theanine effectively promotes a state of relaxation.² Clinical research demonstrates that supplementation with 200 mg of L-theanine significantly increases alpha waves in the brain within 30 minutes of intake, an indication of a relaxed but alert mental state.³ L-Theanine has been shown to promote relaxation when consumed at rest, after stressful mental tasks, and after exhaustive exercise tests.^{3,4} Phosphatidylserine is a naturally occurring component of cell membranes, and supports normal cellular communication and membrane fluidity.^{5,6} Adreno Calm also includes standardized extracts from magnolia and ashwagandha, plants used in traditional Chinese and Ayurvedic medicine, respectively.^{7,8}

EACH CAPSULE CONTAINS:

L-Theanine (Suntheanine®)	100 mg
Ashwagandha (<i>Withania somnifera</i>) Root Extract (5-8:1)	100 mg
500-800 mg Dried Equivalent	
Magnolia-bark (<i>Magnolia officinalis</i>) Bark Std. Extract (5% honokiol)	75 mg
Phosphatidylserine (from soy lecithin)	25 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, ascorbyl palmitate

Contains: Soy

Suntheanine® is a registered trademark of Taiyo International, Inc.

Recommended Dose

Adults: Take two capsules daily or as recommended by your healthcare practitioner.

Size

120 Vegetarian Capsules

Product Code

07332

NPN 80061693



REFERENCES

1. Vuong, QV, Bowyer, MC, Roach, PD. J Sci Food Agric. 2011; 91: 1931-1939.
2. Smith, JE, Rogers, PJ. (2011). 12 Theanine, Mood, and Behavior. In RB Kanarek & HR Lieberman (Eds.), Diet, Brain, Behavior: Practical Implications (pp. 237-270). Boca Raton, FL: CRC Press.
3. Rao, TP, Ozeki, M, Juneja, LR. NutraCos. 2007; January/February: 26-30.
4. Kimura, K, Ozeki, M, Juneja, LR, and Ohira, H. Biol Psychol. 2007; 74(1): 39-45.
5. Starks M, Starks S, Kingsley M, Purpura M and Jäger R. Journal of the International Society of Sports Nutrition. 2008; 5:11.
6. Kingsley M. Sports Medicine. 2006; 36(8): 657-669.
7. Woodbury, A, Yu, SP, Wei, L, Garcia, P. Front Neurol. 2013; 4: 130.
8. Singh, G, Sharma, PK, Dudhe, R, Singh, S. Annals of Biological Research. 2010; 1(3): 56-63.

STANDARDIZED HERBAL FORMULAS

Adreno Restore

Restorative combination of herbal extracts

- Includes extracts from ashwagandha, rhodiola, and eleuthero root
- Helps to temporarily relieve symptoms of stress such as mental fatigue and sensation of weakness
- Helps support cognitive function such as mental focus and mental stamina
- Used in Herbal Medicine as a tonic to help relieve general debility and to aid during convalescence
- Used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion

Adreno Restore is a combination of vitamins, minerals, and standardized plant extracts. Rhodiola supports neurotransmitter activity to help support cognitive function and temporarily relieve symptoms of stress - including mental fatigue and the sensation of weakness.¹ Eleuthero, which regulates nervous system responses, is used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion.² It is also used in Herbal Medicine as a tonic to help relieve general physical weakness and to aid during convalescence. Adreno Restore also includes a standardized extract from ashwagandha, a plant used in traditional Ayurvedic medicine.³

EACH CAPSULE CONTAINS:

Vitamin C (magnesium ascorbate)	125 mg
Vitamin B ₆ (pyridoxal 5-phosphate)	8 mg
Vitamin B ₁₂ (methylcobalamin)	133 mcg
Pantothenic Acid (calcium d-pantothenate)	33 mg
Magnesium (magnesium glycinate / ascorbate)	35 mg
Zinc (zinc citrate)	2 mg
Ashwagandha (<i>Withania somnifera</i>) Root Extract (5-8:1)	67 mg
335-536 mg Dried Equivalent	
Rhodiola (<i>Rhodiola rosea</i>) Root Std. Extract (3% Rosavin, 1% Salidroside)	67 mg
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Extract (15:1)	67 mg
1005 mg Dried Equivalent	

Non-Medicinal Ingredients: Hypromellose, ascorbyl palmitate, cellulose, silica

Recommended Dose

Adults: Take three capsules daily with a meal, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. Not to be taken immediately before bedtime. Consult your healthcare practitioner for use beyond one month.

Size

90 Vegetarian Capsules

Product Code

07333

NPN 80052566



REFERENCES

1. Hung, SK, Perry, R, Ernst, E. Phytomedicine. 2011; 18: 235-244.
2. Panossian, A, Wikman, G. Pharmaceuticals. 2010; 3: 188-224.
3. Singh, G, Sharma, PK, Dudhe, R, Singh, S. Annals of Biological Research. 2010; 1(3): 56-63.

Bilberry IMPROVED

Natural source of anthocyanosides

- Provides antioxidants that help protect against oxidative damage caused by free radicals
- Convenient capsule format
- Improved
 - Increased amount of bilberry per capsule – now provides 480 mg of bilberry fruit extract per day

Bilberry is one of the richest naturally occurring sources of anthocyanosides, which are derivatives of anthocyanins.^{1,2} Anthocyanosides are the primary bioactive compounds in bilberries and are responsible for their characteristic bluish-black colour.¹ Research has found that bilberries contain higher anthocyanoside levels than other berries, such as strawberries, cranberries and raspberries.¹ *In vitro* research has demonstrated that bilberry is able to decrease oxidative damage in cells, including light-induced oxidative damage in retinal photoreceptors.³

EACH CAPSULE CONTAINS:

Bilberry (<i>Vaccinium myrtillus</i>) Fruit Std. Extract (80-100:1)	160 mg
(25% Anthocyanosides/12.8-16 g Dried Equivalent)	

Non-Medicinal Ingredients: Hypromellose, cellulose, ascorbyl palmitate

Recommended Dose

Adults: Take one capsule three times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

07499A

NPN 80079560



REFERENCES

1. Benzie IFF, Wachtel-Galor S, editors. Herbal Medicine: Biomolecular and Clinical Aspects. 2nd edition. Boca Raton (FL): CRC Press; 2011.
2. Ulbricht, C, Basch, E, Basch, S, Bent, S, Boon, H, Burke, D, Costa, D, Falkson, C, Giese, N, Goble, M, Hashmi, S, Mukarjee, S, Papaliadis, G, Seamon, E, Tanguay-Colucci, S, Weissner, W, Woods, J. J Diet Suppl. 2009; 6(2): 162-200.
3. Ogawa, K, Kuse, Y, Tsuruma, K, Kobayashi, S, Shimazawa, M, Hara, H. BMC Complement Altern Med. 2014; 14: 120.



Boswellia

Osteoarthritic joint support with bioavailable AKBA

- Temporarily relieves the pain of mild to moderate osteoarthritis of the knee in as little as five days
- Temporarily improves joint function in mild to moderate osteoarthritis of the knee
- ApresFlex® Boswellia is a clinically researched standardized extract containing 20% 3-Acetyl-11-keto- β -boswellic acid (AKBA)
- Convenient once-daily capsule format

Boswellia serrata, a key herb used in Ayurvedic Medicine, helps relieve joint pain and swelling associated with osteoarthritis of the knee.^{1,3} ApresFlex® is a unique, scientifically researched boswellia extract that provides bioavailable AKBA, one of the primary boswellic acids.² Clinical trials have demonstrated that this extract temporarily relieves the pain of mild to moderate osteoarthritis of the knee, with one study reporting significant effects in as little as five days.^{3,4} An analysis of these studies reported that supplementation with ApresFlex® for 90 days led to an improvement in pain and physical function scores by 17% and 8%, respectively, when compared to the placebo.⁵

EACH CAPSULE CONTAINS:

ApresFlex® Boswellia (*Boswellia serrata*) Gum Oleoresin Std. Extract (16:1) 100 mg
(20% 3-Acetyl-11-keto- β -boswellic acid/1.6 g Dried Equivalent)

Non-Medicinal Ingredients: Cellulose, hypromellose, silica

Recommended Dose

Adults: Take one capsule daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond three months.

Size

60 Vegetarian Capsules

Product Code

07644

NPN 80066947



REFERENCES

1. Upaganlawar, A, Ghule, B. Ethnobotanical Leaflets. 2009; 13: 766-74.
2. Sengupta, K, Kolla, JN, Krishnaraju, AV, Yalamanchili, N, Rao, CV, Golakoti, T, Raychaudhuri, S, Raychaudhuri, SP. Mol Cell Biochem. 2011; 354(1-2): 189-97.
3. Sengupta, K, Krishnaraju, AV, Vishal, AA, Mishra, A, Trimurtulu, G, Sarma, KV, Raychaudhuri, SK, Raychaudhuri, SP. Int J Med Sci. 2010; 7(6): 366-77.
4. Vishal, AA, Mishra, A, Raychaudhuri, SP. Int J Med Sci. 2011; 8(7): 615-22.
5. Cameron, M, Chrubasik, S. Cochrane Database Syst Rev. 2014; (5): CD002947.

Cardio Care

Promotes cardiovascular and muscle health

- Helps to support cardiovascular health and maintain proper muscle function
- Used in Herbal Medicine to help reduce elevated blood lipid levels
- Provides antioxidants for the maintenance of good health
- Includes standardized extracts from garlic, hawthorn, cranberry and grape
- Also contains coenzyme Q₁₀ and magnesium

Cardio Care supports cardiovascular health using a unique combination of coenzyme Q₁₀ and standardized herbal extracts. Coenzyme Q₁₀ is required for electron transfer in the mitochondrial respiratory chain, which produces energy necessary for cellular functions and muscle contractions.^{1,2} As a result, its highest levels are found in the most metabolically active tissues, including the heart.¹ The respiratory chain also produces reactive oxygen species, which can oxidize mitochondrial phospholipids and impair electron transport.³ However, CoQ₁₀ supplementation counteracts this mitochondrial dysfunction and decreases the susceptibility of heart cells to oxidative stress.³ Cranberry, grape seed and hawthorn provide polyphenols and flavonoids to further promote good health. Garlic is used in Herbal Medicine to help decrease elevated lipid levels, and research suggests that it may moderate cholesterol synthesis in the liver.⁴ Cardio Care also includes magnesium to help promote proper muscle function and energy production.

EACH CAPSULE CONTAINS:

Magnesium (magnesium citrate) 50 mg
Cardiophenol™ 115 mg
Providing
Grape (*Vitis vinifera*) Seed Std. Extract (95% Polyphenols) 80 mg
Organic Cranberry (*Vaccinium macrocarpon*) Fruit Std. Extract
(40% Polyphenols) 35 mg
Garlic (*Allium sativum*) Bulb Std. Extract (1% Allicin) 100 mg
Hawthorn (*Crataegus monogyna/laevigata*) Flower and Leaf Std. Extract (3-6:1) . . . 55 mg
(165-330 mg Dried Equivalent/1.5% Flavonoids)
Coenzyme Q₁₀ (bacterial fermentation) 40 mg

Non-Medicinal Ingredients: Hypromellose, silica, ascorbyl palmitate

Recommended Dose

Adults: Take one to two capsules daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10363

NPN 80056898



REFERENCES

1. Bonakdar, RA, Guarneri, E. Am Fam Physician. 2005; 72: 1065-1070.
2. Crane, FL. Journal of the American College of Nutrition. 2001; 20(6): 591-598.
3. Littarru, GP, Tian, L. Mol Biotechnol. 2007; 37: 31-37.
4. Qidwai, W, Ashfaq, T. Evidence-Based Complementary and Alternative Medicine. 2013; 2013: 125649.

STANDARDIZED HERBAL FORMULAS

Cognitive Care

Restorative combination of herbal and fruit extracts

- Helps to temporarily relieve symptoms of stress such as mental fatigue and sensation of weakness
- Helps support cognitive function such as mental focus and mental stamina
- Used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion
- Includes standardized extracts from ashwagandha, rhodiola, and eleuthero root
- Provides antioxidants from Neurophenol™ grape and organic blueberry fruit blend (60% polyphenols)

Cognitive Care is a unique combination of standardized plant extracts and Neurophenol™, a proprietary organic blueberry and grape seed extract. Rhodiola is an adaptogenic herb that helps to temporarily relieve symptoms of stress, including mental fatigue and the sensation of weakness. It also mediates neurotransmitter activity to help support cognitive function, including mental focus and stamina.¹ Eleuthero, which supports nervous system responses, is used in Herbal Medicine to help improve mental and physical performance after periods of mental or physical exertion.² It is also used as a tonic to help relieve general physical weakness and to aid during the recovery after an illness. Neurophenol™ provides antioxidants that help protect against cell damage caused by free radicals. Cognitive Care also includes a standardized extract from ashwagandha, a plant used in traditional Ayurvedic medicine.³

EACH CAPSULE CONTAINS:

Rhodiola (<i>Rhodiola rosea</i>) Root Std. Extract (3% Rosavin, 1% Salidroside)	144 mg
Ashwagandha (<i>Withania somnifera</i>) Root Std. Extract (5-8:1)	135 mg
(675-1080 mg Dried Equivalent/7% Withanolides)	
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Std. Extract (15:1)	100 mg
(1500 mg Dried Equivalent/0.8% Eleutherosides)	
Neurophenol™ Grape (<i>Vitis vinifera</i>) and Organic Blueberry	
(<i>Vaccinium angustifolium</i>) Fruit Blend (60% Polyphenols)	91 mg

Non-Medicinal Ingredients: Hypromellose, silica, ascorbyl palmitate

Recommended Dose

Adults: Take one capsule one to two times daily or as recommended by your healthcare practitioner. Not to be taken immediately before bedtime. For use beyond one month, consult your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

07359

NPN 80056877



REFERENCES

1. Hung, SK, Perry, R, Ernst, E. Phytomedicine. 2011; 18: 235-244.
2. Panossian, A, Wikman, G. Pharmaceuticals. 2010; 3: 188-224.
3. Singh, G, Sharma, PK, Dudhe, R, Singh, S. Annals of Biological Research. 2010; 1(3): 56-63.

Curcumin Complex

CRYO-dri enhanced curcumin with black pepper for improved absorption

- CRYO-dri extraction maintains the biological activity of curcumin
- Black pepper promotes curcumin bioavailability¹
- Curcumin is used in Herbal Medicine to help relieve joint inflammation and supports antioxidant defence
- Provides 1200 mg of curcumin and 75 mg of black pepper per day

Curcumin Complex offers CRYO-dri enhanced curcumin, along with black pepper to promote curcumin absorption.¹ Curcumin is the primary bioactive ingredient in turmeric and has been used for more than 4000 years in traditional Asian and African medicine.^{2,3} It is used to help relieve joint inflammation, which may result from its ability to decrease the activity of cyclooxygenase-2 (COX-2), lipoxygenase (LOX) and inducible nitric oxide synthase (iNOS), three key enzymes that control the inflammatory process.⁴ Curcumin can also reduce inflammation by decreasing the expression of inflammatory cytokines, including IL-1 β , IL-6 and TNF- α .² Clinical trials have demonstrated the anti-inflammatory activity of curcumin as measured by improved joint swelling, stiffness, pain and the ability to perform daily tasks.^{2,5} Similarly, curcumin has been shown to decrease C-reactive protein levels, a clinical marker of inflammation.⁵ By effectively scavenging free radicals, curcumin is also involved in maintaining good health.⁴ Curcumin Complex is formulated using a unique CRYO-dri process, which extracts water by drying without heat to maintain curcumin biological activity, structure and purity. As curcumin may be rapidly metabolized in the body, Curcumin Complex contains black pepper to increase curcumin bioavailability.¹

EACH CAPSULE CONTAINS:

Curcumin (from <i>Curcuma longa</i> rhizome)	400 mg
Black pepper (<i>Piper nigrum</i>) seed	25 mg

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one capsule three times daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

07496

NPN 80028816



REFERENCES

1. Shoba, G, Joy, D, Joseph, T, Majeed, M, Rajendran, R, Srinivas, PS. Planta Med. 1998; 64(4): 353-6.
2. Jurenka, JS. Altern Med Rev. 2009; 14(2): 141-153.
3. Epstein, J, Sanderson, IR, MacDonald, TT. Br J Nutr. 2010; 103: 1545-1557.
4. Menon, VP, Sudheer, AR. Adv Exp Med Biol. 2007; 595: 105-25.
5. Chandran, B, Goel, A. Phytother Res. 2012; 26(11): 1719-25.

D.I.M.

Diindolylmethane (DIM) formulation

- Helps to support/promote healthy estrogen metabolism/balance
- Helps reduce the severity and duration of symptoms associated with recurrent breast pain (cyclical mastalgia)

EACH CAPSULE CONTAINS:

BioResponse DIM®* (complex of starch, diindolylmethane, vitamin E, sunflower phosphatidylcholine and silica)	100 mg
Yielding	
Diindolylmethane	25 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, ascorbyl palmitate

* BioResponse DIM® is a trademark of BioResponse, L.L.C., Boulder, CO

Recommended Dose

Adults: Take three capsules daily or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10474

NPN 80046778



REFERENCE

1. Zeligs MA, Brownstone PK, Sharp ME, Westerlind KC, Wilson SM, John SM. JANA. 2005; 8(1):10-20

Ginkgo Capsules **IMPROVED**

Support for the nervous and cardiovascular systems

- Helps to enhance cognitive function and memory in adults
- Provides support for peripheral circulation
- Standardized to contain 24% flavone glycosides and 6% terpene lactones
- Convenient once-daily vegetarian capsule format
- Improved
 - Formula revision – now provides 160 mg of ginkgo leaf std. extract (28-50:1) per daily dose

Ginkgo Capsules provide a standardized extract of ginkgo leaf to support the cognitive and cardiovascular systems. Research has demonstrated that daily supplementation with 120 mg of ginkgo biloba (standardized to 24% flavone glycosides and 6% terpene lactones) for 30 days significantly supports memory processes (including both working memory and memory consolidation) in healthy adults aged 18-40.¹ Randomized controlled trials have also found that ginkgo intake can help increase performance on cognitive tasks in older adults.^{2,3} Ginkgo provides support for peripheral circulation and may further promote cerebrovascular health by increasing blood flow in the brain.^{2,4} Preclinical research suggests that ginkgo may provide these benefits by regulating oxidative stress in brain tissue, supporting neuronal health, controlling calcium homeostasis in endothelial cells, and mediating blood viscosity and platelet aggregation.^{5,6}

EACH CAPSULE CONTAINS:

Ginkgo (<i>Ginkgo biloba</i>) Leaf Std. Extract (28-50:1)	160 mg
(24% flavone glycosides, 6% terpene lactones/4.48-8 g Dried Equivalent)	

Non-Medicinal Ingredients: Cellulose, hypromellose

Recommended Dose

Adults: Take one capsule daily, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six weeks.

Size

60 Vegetarian Capsules

Product Code

07455

NPN 80084356



REFERENCES

1. Stough, C, Clarke, J, Lloyd, J, Nathan, PJ. Int J Neuropsychopharmacol. 2001; 4(2): 131-4.
2. Santos, RF, Galduróz, JC, Barbieri, A, Castiglioni, ML, Ytaya, LY, Bueno, OF. Pharmacopsychiatry. 2003; 36(4): 127-33.
3. Zhang, SJ, Xue, ZY. Asian Pac J Trop Med. 2012; 5(8): 661-4.
4. Mehlsen, J, Drabaek, H, Wiinberg, N, Winther, K. Clin Physiol Funct Imaging. 2002; 22(6): 375-8.
5. Zuo, W, Yan, F, Zhang, B, Li, J, Mei, D. Aging Dis. 2017; 8(6): 812-826.
6. Mahadevan, S, Park, Y. J Food Sci. 2008; 73(1): R14-9.

STANDARDIZED HERBAL FORMULAS

Milk Thistle Plus

Milk thistle standardized extract combined with the whole seed

- Used in Herbal Medicine to help support liver functions

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Milk Thistle (<i>Silybum marianum</i>) Seed Std. Extract (80% Silymarin)	125 mg
Milk Thistle (<i>Silybum marianum</i>) Seed	275 mg

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adults: Take one capsule two times daily or as recommended by your healthcare practitioner. Use for a minimum of three weeks to see beneficial effects.

Size

60 Vegetarian Capsules

Product Code

07475

NPN 80029971



NEW Neurogen Cognition

Research-driven support for cognitive health

- Combines LONGVIDA™ Optimized Curcumin with BACOGNIZE™ Bacopa and standardized ginger extracts
- LONGVIDA™ Optimized Curcumin is clinically demonstrated to
 - help improve cognitive function, reduce fatigue and improve the psychological effects of stress on mood
 - enhance working memory, which may reverse or prevent age-related memory impairments
- Bacopa is traditionally used in Ayurveda for memory enhancement

Neurogen Cognition was specifically developed to support cognitive health and brain function. It offers LONGVIDA™ Optimized Curcumin, which has been demonstrated in clinical research to help improve cognitive functions; reduce fatigue; improve the psychological effects of stress on mood; and enhance working memory, which may reverse or prevent age-related memory impairments. LONGVIDA™ provides curcumin in a solid lipid formulation, which helps to increase its bioavailability.¹ This formula also offers BACOGNIZE™ Bacopa, a standardized extract of the plant *Bacopa monnieri*, which has been traditionally used in Ayurveda for memory enhancement. BACOGNIZE™ Bacopa has been clinically shown to support cognitive health and brain function, increasing performance in a test measuring attention, freedom from distractibility, and working memory.² Additionally, Neurogen Cognition provides a standardized extract of ginger, another important plant used in Herbal Medicine.

EACH CAPSULE CONTAINS:

LONGVIDA™ Optimized Curcumin	200 mg
Providing	
Curcumin (from <i>Curcuma longa</i> rhizome)	40 mg
BACOGNIZE™ Bacopa (<i>Bacopa monnieri</i>) Aerial Parts	
Std. Extract (12% Bacosides)	150 mg
Ginger (<i>Zingiber officinale</i>) Rhizome Std. Extract (14.6:1)	50 mg
(5% Gingerols/730 mg Dried Equivalent)	

Non-Medicinal Ingredients: Hypromellose, cellulose, silica, soy lecithin, stearic acid, maltodextrin, ascorbyl palmitate
Contains: Soy

Longvida™ is a trademark of Verdure Sciences, Inc. Patents: www.vs-corp.com/ip.html
BACOGNIZE™ is a trademark of Verdure Sciences Inc.

Recommended Dose

Adults: Take 2 capsules daily or as recommended by your healthcare practitioner. Use for a minimum of 6 weeks to see beneficial effects.

Size

60 Vegetarian Capsules

Product Code

07643

NPN 80067711



REFERENCES

1. Gota, VS, Maru, GB, Soni, TG, Gandhi, TR, Kochar, N, Agarwal, MG. J Agric Food Chem. 2010; 58(4): 2095-9.
2. Kumar, N, Abichandani, LG, Thawani, V, Gharpure, KJ, Naidu, MU, Venkat, Ramana, G. Evid Based Complement Alternat Med. 2016; 2016: 4103423.



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

NEW PhosCholine Complex

Delayed-release combination of phosphatidylcholine, curcumin and ApresFlex™ Boswellia serrata extract

- Enteric-coated to promote targeted release in the intestines
- Phosphatidylcholine, a source of choline, is a factor in the maintenance of good health
- Helps to relieve joint pain and swelling associated with mild to moderate osteoarthritis of the knee

PhosCholine Complex is a unique combination of phosphatidylcholine, curcumin and ApresFlex™ Boswellia serrata extract. Phosphatidylcholine is an important source of choline that helps to maintain good health. This phospholipid is present in cell membranes throughout the body, as well as in lipoproteins, bile and surfactants.¹ Specifically, it is the primary phospholipid in mucus and is particularly critical to colonic mucus.² Through its involvement in the formation and secretion of very low density lipoprotein (VLDL) from the liver, phosphatidylcholine also helps to support liver function.¹ Turmeric has a long history of use in Ayurvedic medicine and contains curcumin, the primary bioactive compound responsible for a variety of beneficial health effects.³ PhosCholine Complex also contains ApresFlex™ Boswellia serrata extract, which has been shown in clinical studies to temporarily relieve the pain of mild to moderate osteoarthritis of the knee in as little as five days. Additionally, this formula is enteric-coated to promote targeted release in the intestines.

EACH TABLET CONTAINS:

Phosphatidylcholine (from <i>Glycine max</i> seed)	187.5 mg
Curcumin (from <i>Curcuma longa</i> rhizome)	50 mg
ApresFlex™ Boswellia (<i>Boswellia serrata</i>) Gum Oleoresin Extract (16:1)	25 mg
(400 mg Dried Equivalent, 20 % 3-Acetyl-11-keto-beta-boswellic acid)	

Non-Medicinal Ingredients: Cellulose, hypromellose, croscarmellose sodium, silica, delayed-release tablet coating (ethylcellulose, ammonium hydroxide, medium-chain triglycerides, oleic acid, sodium alginate, stearic acid), ascorbyl palmitate

Contains: Soy

ApresFlex™ is a trademark of Laila Nutraceuticals. US Patent #8,551,496 and other patents pending.

Recommended Dose

Adults: Take two tablets two times daily or as recommended by your healthcare practitioner.

Size

60 Delayed-Release Tablets

Product Code

10355

NPN 80080523



REFERENCES

1. Mehedint, MG, Zeisel, SH. Curr Opin Clin Nutr Metab Care. 2013; 16(3): 339-45.
2. Bamias, G, Pizarro, TT, Cominelli, F. Transl Res. 2016; 167(1): 104-15.
3. Jurenka, JS. Altern Med Rev. 2009; 14(2): 141-53.

Red-gen

Red algae formulation

- A source of calcium to help in the development and maintenance of bones and teeth

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Red Algae (*Lithothamnion corallioides*) Whole Organism (providing 8-34% calcium) . . 600 mg

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate, cellulose

Recommended Dose

Adults: Take one capsule three times daily, a few hours before or after taking other medication, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

07463

NPN 80032614



STANDARDIZED HERBAL FORMULAS

Rhodiola 150

Adaptogenic herbal support

- Helps temporarily relieve symptoms of stress, such as mental fatigue and sensation of weakness
- Helps support cognitive function, such as mental focus and mental stamina
- Provides antioxidants
- Provides 300 mg of rhodiola root extract (3% rosavin, 1% salidroside) per daily dose

Rhodiola 150 provides rhodiola, an adaptogenic herb used in traditional medicine.¹ Rhodiola helps to temporarily relieve symptoms of stress (such as mental fatigue and the sensation of weakness) by decreasing mediators of stress responses, including the stress hormone cortisol.¹ By mediating neurotransmitter activity, rhodiola also supports cognitive function, including mental focus and stamina.¹ Recent clinical trials have demonstrated that daily supplementation with 100-200 mg of rhodiola extract significantly supports mental and physical wellbeing during stress, regulates fatigue in stressful situations, and provides antioxidant protection.²⁻⁴

EACH CAPSULE CONTAINS:

Rhodiola (*Rhodiola rosea*) Root Std. Extract (3% Rosavins, 1% Salidroside) 150 mg

Non-Medicinal Ingredients: Cellulose, hypromellose

Recommended Dose

Adults: Take two capsules daily or as recommended by your healthcare practitioner. Not to be taken immediately before bedtime.

Size

60 Vegetarian Capsules

Product Code

07641

NPN 80064036



REFERENCES

1. Hung, SK, Perry, R, Ernst, E. Phytomedicine. 2011; 18: 235-244.
2. Spasov, AA, Wikman, GK, Mandrikov, VB, Mironova, A, Neumoin, VV. Phytomedicine. 2000; 7(2): 85-89.
3. Darbinyan, V, Kteyan, A, Panossian, A, Gabriellian, E, Wikman, G, Wagner, H. Phytomedicine. 2000; 7(5): 365-371.
4. Skarpanska-Steinborn, A, Pilaczynska-Szczesniak, L, Basta, P, Deskur-Smielecka, E. International Journal of Sport Nutrition and Exercise Metabolism. 2009; 19: 186-199.

Saw Palmetto Plus

Standardized extract of saw palmetto berry

- Used in Herbal Medicine to help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination)

Ideal for vegans

- Convenient vegetarian capsule

EACH CAPSULE CONTAINS:

Saw Palmetto (*Serenoa repens*) Berry Std. Extract (45% Fatty Acids) 100 mg

Saw Palmetto (*Serenoa repens*) Berry. 300 mg

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adult Dose: Males (19 years and older): Take one capsule three times daily with meals, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

07480

NPN 80010379



Silymarin

Standardized milk thistle fruit extract

- Used as hepatoprotectant/liver protectant
- Used in Herbal Medicine to help support liver function and relieve digestive disturbances/dyspepsia
- Provides 500 mg of milk thistle extract per daily dose

Milk thistle has been used in Herbal Medicine for more than 2,000 years.¹ It contains a combination of polyphenolic molecules known collectively as silymarin, of which the most prevalent and biologically active is silybin.² Milk thistle is used as a hepatoprotectant, protecting the liver from chemical and environmental toxins.¹ It is also used in Herbal Medicine to support liver function and relieve digestive disturbances. Research suggests that bioactives in milk thistle may act through a variety of mechanisms, such as regulating free radical damage, cytokine production and hepatic tissue structure.^{2,3} Silymarin has demonstrated the ability to directly scavenge free-radicals, decrease lipid peroxidation and protect glutathione from depletion.³ By reducing reactive oxygen species in the mitochondria, silymarin promotes mitochondrial function, which may in turn help to maintain metabolic processes in the liver.³ It has also been shown to support liver function by promoting healthy hepatic lipid metabolism.³ Silymarin maintains liver health and structure by regulating NFκB activity to decrease cytokine production, while mediating protein synthesis in hepatocytes.^{2,3} By stimulating the production of bile, a digestive juice produced by the liver that is critical to fat absorption, silymarin also helps to relieve digestive disturbances.³

EACH CAPSULE CONTAINS:

Milk Thistle (*Silybum marianum*) Fruit Std. Extract (80% Silymarin) 250 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner. Use for a minimum of three weeks to see beneficial effects.

Size

60 Vegetarian Capsules

Product Code

07476

NPN 80035948



REFERENCES

1. Kren, V., Walterová, D. Biomed Pap Med Fac Univ Palacky Olomouc Czech Repub. 2005; 149(1): 29-41.
2. Alternative Medicine Review. 1999; 4(4): 272-274.
3. Federico, A, Dallio, M, Loguercio, C. Molecules. 2017; 22(2): E191.

St. Johnswort Plus

Standardized St. John's wort extract

- Traditionally used as a sedative for relief of restlessness or nervousness
- Helps to treat symptoms of sleep disorders.

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

St. John's Wort (*Hypericum perforatum*) Aerial Parts Std. Extract
(0.3% Hypericin) 250 mg

St. John's Wort (*Hypericum perforatum*) Aerial Parts 150 mg

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adults: Take one capsule three times daily away from meals or as recommended by your healthcare practitioner. May be used for up to six weeks.

Size

60 Vegetarian Capsules

Product Code

07460

NPN 80002171



HERBAL FORMULAS

Chloregen

Chlorella formulation

- Provides support for healthy glucose metabolism
- Helps to maintain the body's ability to metabolize nutrients

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Chlorella (<i>Chlorella vulgaris</i>) Whole Algae*	500 mg
Chromium (chromium citrate/ <i>Chlorella vulgaris</i> whole algae)	5 mcg

* Ruptured cell wall

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, cellulose

Recommended Dose

Adults: Take two capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

0759890
07598

NPN 80035196



Cilantro

An excellent source of cilantro

- Traditionally used in Herbal Medicine to relieve flatulent dyspepsia

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Cilantro (<i>Coriandrum sativum</i>) Leaf	315 mg
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Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults: Take three capsules two times daily or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

07599

NPN 80031398



Collinsonia Formula

Synergistic multi herbal combination

- Traditionally used in Herbal Medicine to help relieve inflammatory conditions of the digestive system

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Stoneroot (<i>Collinsonia canadensis</i>) Root	100 mg
Organic Milk Thistle (<i>Silybum marianum</i>) Seed	100 mg
Organic Calendula (<i>Calendula officinalis</i>) Flower	100 mg
Organic Marshmallow (<i>Althaea officinalis</i>) Root	100 mg
Organic Dandelion (<i>Taraxacum officinale</i>) Root	75 mg
Organic Witch Hazel (<i>Hamamelis virginiana</i>) Leaf	40 mg
Organic Parsley (<i>Petroselinum crispum</i>) Leaf	40 mg

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adults: Take two capsules two times daily with meals, a few hours before or after taking other drugs, minerals or B-vitamin supplements, or as recommended by your healthcare practitioner.

Size

90 Vegetarian Capsules

Product Code

07522

NPN 80037432



Cor Defence

Immune support formula

- Contains EpiCor®, which helps to reduce the incidence of cold and flu symptoms
- Helps to maintain immune function
- Includes European elderberry extract and vitamin C

Cor Defence contains EpiCor®, a proprietary nutrient extract from *Saccharomyces cerevisiae* yeast that helps to reduce the incidence of cold and flu symptoms. Cor Defence also includes zinc to help maintain immune function, as well as vitamin C to provide a source of antioxidants and European elderberry flower extract, a plant used in Traditional Medicine.¹

The proprietary fermentation process used in the production of EpiCor® stresses yeast cells to increase the concentration of bioactive components, including yeast glucans (beta-1-3-glucan and beta-1-6 glucan), polyphenols and vitamins and minerals.² In a randomised, double-blind, placebo-controlled clinical trial of 116 healthy participants not vaccinated with the influenza vaccine, daily supplementation EpiCor® significantly reduced both the incidence and duration of cold and flu-like symptoms.³ Zinc further helps to maintain immune function by stimulating the production of lymphocytes and by increasing their phagocytic activity.⁴

EACH CAPSULE CONTAINS:

Bakers Yeast (<i>Saccharomyces cerevisiae</i>) (EpiCor®*)	500 mg
European Elderberry (<i>Sambucus nigra</i>) Flower Extract (4:1)	75 mg 300 mg Dried Equivalent
Vitamin C (ascorbic acid)	25 mg
Vitamin D (cholecalciferol)	1.25 mcg/50 IU
Zinc (zinc monomethionine)	1 mg

*EpiCor® is a registered trademark of Embria Health Sciences, L.L.C.

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate, silica

Recommended Dose

Adults: Take one capsule daily with food, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. For use beyond twelve weeks, consult your healthcare practitioner.

Size

30 Vegetarian Capsules

Product Code

04275

NPN 80049459



REFERENCES

1. Kalra, M. Khatak, M. Khatak, S. International Journal of Drug Development & Research. 2011; 3(1): 314-327.
2. Jensen G, Carter S, Reeves S, Robinson L, and Benson K. Journal of Medicinal Food. 2014; 00(0): 1-7.
3. Moyad MA, Robinson LE, Zawada ET Jr, Kittelsrud JM, Chen DG, Reeves SG, Weaver SE. Urol Nurs. 2008 Feb; 28(1): 50-5.
4. Chasapis, CT, Spiliopoulou, CA, Loutsidou, AC, Stefanidou, ME. Arch Toxicol. 2012; 86: 521-534.

Cranberry Plus

Highly concentrated cranberry extract plus vitamin C

- Helps prevent recurrent urinary tract infections (UTI) in women
- Each capsule provides the equivalent of 21.6 g of dried cranberries
- Source of antioxidants

Cranberry Plus capsules contain a concentrated cranberry fruit extract that helps to prevent urinary tract infections while improving antioxidant capacity. Approximately 10-20% of women experience one or more incidents of urinary discomfort or UTI each year.¹ Cranberries (*Vaccinium macrocarpon*) are rich in polyphenol antioxidant compounds such as proanthocyanidins, which reduce the adhesiveness of *E. coli* bacteria to the uroepithelial cells that line the bladder. In both healthy women and those with a history of bladder infection, supplementation with cranberry extract has been shown to significantly reduce the adhesiveness of two *E. coli* strains obtained from urine samples.² Regular cranberry supplementation helps to reduce UTI incidence in women at increased risk of UTI infection,³ and may help to improve lower urinary tract symptoms in men.⁴ Due to their high polyphenol concentration, cranberries have also been shown to reduce oxidative stress in healthy participants and those with metabolic syndrome.⁵⁻⁷

EACH CAPSULE CONTAINS:

Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Extract (36:1)	600 mg 21.6 g Dried Equivalent
Vitamin C (ascorbic acid)	10 mg

Non-Medicinal Ingredients: Hypromellose, calcium silicate, silica

Recommended Dose

Adults: Take one capsule daily with a meal or as recommended by your healthcare practitioner. For urinary tract infection, use for a minimum of four weeks to see beneficial effects.

Size

90 Vegetarian Capsules

Product Code

10560

NPN 80036235



REFERENCES

1. Hudson T. Alternative & Complementary Therapies. 2006; December: 297-302.
2. Tempera G, Corsello S, Genovese C, Caruso FE, Nicolosi D. Int J Immunopathol Pharmacol. 2010;23(2): 611-618.
3. Caljouw MAA et al. J Am Geriatr Soc. 2014; 62(1): 103-110.
4. Vidlar A et al. Br J Nutr. 2010 Oct; 104(8):1181-1189.
5. Basu A, Betts NM, Ortiz J, Simmons B, Wu M, Lyons TJ. Nutr Res. 2011; 31(3):190-6.
6. Ruel G, Pomerleau S, Couture P, Lamarche B, Couillard C. Metabolism. 2005; 54: 856-861.
7. Ruel G, Pomerleau S, Couture P, Lemieux S, Lamarche B, Couillard C. Br J Nutr. 2006; 96: 357-364.

HERBAL FORMULAS

Dioscorea Capsules

Wild yam root

- Traditionally used in Herbal Medicine as an antispasmodic to help relieve the pain associated with menstruation, intestinal colic and digestive spasms

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Wild Yam (*Dioscorea villosa*) Root 500 mg

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adults: Take one capsule two times daily with meals, or as recommended by your healthcare practitioner. For prolonged use, consult your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

07541

NPN 80031553



NEW English Ivy

Cough and Cold

Natural Raspberry Flavour

Herbal combination to help reduce cough and cold symptoms

- Includes a soothing blend of English ivy, marshmallow and European elder extracts
- Helps relieve coughs, promote expectoration (loosens and expels mucus) and improve respiratory function in patients with chronic bronchitis
- Marshmallow is used in Herbal Medicine as a demulcent to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough
- Delicious natural raspberry flavour
- Convenient liquid formula

English Ivy Cough and Cold is a great-tasting combination of herbs traditionally used to help relieve symptoms associated with coughs and colds. It provides English ivy, which has been demonstrated in clinical trials to help relieve coughs, promote expectoration and improve respiratory function in patients with chronic bronchitis.¹⁻³ A mucilaginous herb, marshmallow contains polysaccharides that coat the mucosal lining of the respiratory tract.⁴ Clinical research supports its traditional use in Herbal Medicine as a demulcent to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough.⁴ English Ivy Cough and Cold also includes European elder, an herb well-recognized for its high anthocyanin content.⁵ Available in a delicious natural raspberry flavour, English Ivy Cough and Cold is a convenient way to provide soothing relief of cough and cold symptoms.

ONE TEASPOON (5 mL) CONTAINS:

Marshmallow (*Althaea officinalis*) Root Extract (4:1) 125 mg

500 mg Dried Equivalent

English Ivy (*Hedera helix*) Leaf Extract (4-7:1) 40 mg

160-280 mg Dried Equivalent

European Elder (*Sambucus nigra* subsp. *nigra*) Fruit Extract (16:1) 25 mg

400 mg Fresh Equivalent

Non-Medicinal Ingredients: Purified water, glycerin, xylitol, natural flavours, citric acid, xanthan gum, potassium sorbate

Recommended Dose

Adults: Take 1 teaspoon 3 times daily or as recommended by your healthcare practitioner. Take a few hours before or after taking other medications or natural health products. Consult your healthcare practitioner for use beyond 4 weeks.

Size

120 mL Syrup

Product Code

07642

NPN 80036235



REFERENCES

- Hudson T. Alternative & Complementary Therapies. 2006; December: 297-302.
- Tempera G, Corsello S, Genovese C, Caruso FE, Nicolosi D. Int J Immunopathol Pharmacol. 2010;23(2): 611-618.
- Caljouw MAA et al. J Am Geriatr Soc. 2014; 62(1): 103-110.
- Vidlar A et al. Br J Nutr. 2010 Oct; 104(8): 1181-1189.
- Basu A, Betts NM, Ortiz J, Simmons B, Wu M, Lyons TJ. Nutr Res. 2011; 31(3): 190-6.
- Ruel G, Pomerleau S, Couture P, Lamarche B, Couillard C. Metabolism. 2005; 54: 856-861.
- Ruel G, Pomerleau S, Couture P, Lemieux S, Lamarche B, Couillard C. Br J Nutr. 2006; 96: 357-364.



Fenugreek

Herbal Medicine support for lactation and glucose metabolism

- Used in Herbal Medicine as a galactagogue to help promote milk production
- Used in Herbal Medicine as supportive therapy for the promotion of healthy glucose levels
- Used in Herbal Medicine to help reduce elevated blood lipid levels
- Used in Herbal Medicine as a digestive tonic to aid digestion
- Provides 2,000 mg of fenugreek seed extract per daily dose (5-8:1; 10-16 g dried equivalent)

Fenugreek seeds have been used in traditional medicine for over 2,500 years.¹ They are used in Herbal Medicine as a galactagogue to help promote the production of milk, which is the optimal food for babies.² Fenugreek is also used in Herbal Medicine as a supportive therapy for the promotion of healthy glucose levels. Research has found that the fibre content in fenugreek delays carbohydrate digestion and glucose absorption, which decreases postprandial glucose levels.³ Fenugreek seeds promote lipid digestion by increasing both bile formation in the liver and the conversion of cholesterol into bile acids.¹ By promoting the excretion of bile acids, fenugreek also decreases elevated blood lipid levels, including total cholesterol, LDL, VLDL, and triglycerides.¹

EACH CAPSULE CONTAINS:

Fenugreek (*Trigonella foenum-graecum*) Seed Extract (5-8:1) 500 mg
2500 - 4000 mg Dried Equivalent

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take four capsules daily or as recommended by your healthcare practitioner.

Size

120 Vegetarian Capsules

Product Code

07358

NPN 80061466



REFERENCES

1. Srinivasan, K. Food Reviews International. 2006; 22: 203-224.
2. Zuppa, AA, Sindico, P, Orchi, C, Carducci, C, Cardello, V, Romagnoli, C, Catenazzi, P. J Pharm Pharmaceut Sci. 2010; 13(2): 162-174.
3. Neelakantan, N, Narayanan, M, de Souza, RJ, van Dam, RM. Nutrition Journal. 2014; 13: 7.

Herbal Bulk

Soluble and insoluble fibre combination^{1,2}

- Psyllium hull, oat bran, rice bran, apple pectin and guar gum
- Maintains colon and GI health by encouraging normal peristalsis and bowel motility

Ideal for vegans

- Convenient powder format

EACH TEASPOON (6 g) CONTAINS:

Psyllium (*Plantago ovata*) Hull 1.8 g
Oat (*Avena sativa*) Bran 1.5 g
Rice (*Oryza sativa*) Bran 1.2 g
Apple Pectin (from *Malus pumila* fruit) 300 mg
Guar Gum (*Cyamopsis tetragonoloba*) 300 mg

Non-Medicinal Ingredients: Fructose, magnesium trisilicate

Recommended Dose

Adults: Take two teaspoons two times daily, or as recommended by your healthcare practitioner. Mix with eight ounces (250 mL) of water or juice. Follow immediately with another eight ounces (250 mL) of water.

Size

454 g

Product Code

10410

NPN 80016252



REFERENCES

1. Slavin, JL. Nutrition. 2005; 21: 411-418.
2. Hu, G, Huang, S, Cao, S, Ma, Z. Food Chemistry. 2009; 115: 839-842.

HERBAL FORMULAS

Herbal Calm **IMPROVED**

Herbal support for sleep, digestion and menstrual comfort

- Lemon balm and passionflower are traditionally used in Herbal Medicine as sleep aids
- Sweet fennel and lemon balm are traditionally used in Herbal Medicine to help relieve digestive disturbances, including bloating, flatulence and dyspepsia
- Sweet fennel is traditionally used in Herbal Medicine to help relieve the pain associated with menstruation

Herbal Calm is a soothing blend of herbs traditionally used in Herbal Medicine for the nervous, digestive and reproductive systems. Lemon balm and passionflower are traditionally used as sleep aids, which may result from their ability to regulate GABA activity.^{1,2} Along with sweet fennel, lemon balm is also traditionally used to help relieve digestive disturbances including bloating, flatulence and dyspepsia. Sweet fennel has additional uses in traditional Herbal Medicine, including helping to relieve the pain associated with menstruation and as an expectorant to help relieve coughs associated with colds. Herbal Calm also contains valerian, another plant with a long history of use in traditional Herbal Medicine.

EACH CAPSULE CONTAINS:

Sweet Fennel (<i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>) Seed Extract (4:1) . . .	100 mg
400 mg Dried Equivalent	
Lemon Balm (<i>Melissa officinalis</i>) Herb Top Extract (4:1)	50 mg
200 mg Dried Equivalent	
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (4-6:1)	25 mg
100-150 mg Dried Equivalent	
Valerian (<i>Valeriana officinalis</i>) Root Extract (2.7:1)	25 mg
67.5 mg Dried Equivalent	

Non-Medicinal Ingredients: Cellulose, hypromellose, ascorbyl palmitate, silica

Recommended Dose

Adults: Take one capsule three times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond two weeks.

Size

60 Vegetarian Capsules

Product Code

07508A

NPN 80079354



Herbal GI

Synergistic herbal combination

- Contains bromelain and papain, which act as digestive enzymes
- Includes peppermint, marshmallow, star anise and clove

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Cranesbill (<i>Geranium maculatum</i>) Root Extract (4:1)	
75 mg Dried Equivalent	18.75 mg
Marshmallow (<i>Althaea officinalis</i>) Root	75 mg
Slippery Elm (<i>Ulmus rubra</i>) Bark	75 mg
Star Anise (<i>Illicium verum</i>) Fruit	50 mg
Cabbage (<i>Brassica</i> var. <i>oleracea capitata</i>) Leaf	50 mg
Clove (<i>Syzygium aromaticum</i>) Flower	50 mg
Peppermint (<i>Mentha piperita</i>) Leaf	25 mg
Stem Bromelain (from <i>Ananas comosus</i>)	25 mg/900000 FCC PU/90 MCU
Papain (from <i>Carica papaya</i> fruit)	50 mg/600000 FCC PU

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take two capsules two times daily with meals, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for prolonged use.

Size

90 Vegetarian Capsules

Product Code

07542

NPN 80088490



Herbolax **IMPROVED**

Short-term relief of occasional constipation

- Stimulant laxative
- Promotes bowel movement by direct action on the large intestine
- Includes a blend of Senna, Chinese Rhubarb, Anise, Fenugreek and Cascara Sagrada
- Improved formula
 - Now offered in a convenient vegetarian capsule format

Herbolax is an herbal combination that provides short-term relief of occasional constipation. It includes the stimulant laxative senna, which promotes bowel movement by direct action on the large intestine. Senna's bioactive compounds, members of the anthraquinone family, work by regulating water reabsorption from the colon and colonic motility.¹ Preclinical research suggests they decrease water reabsorption in the colon and promote electrolyte secretion into the colon to raise the fecal water content.¹ By stimulating the myenteric plexus, an important nerve centre that coordinates peristalsis in the gastrointestinal tract, these compounds also increase intestinal motility.² Collectively, these actions help produce soft stools and reduce transit time to ease bowel movements.² In addition to providing senna, Herbolax offers other anthraquinone-containing herbs, including rhubarb and cascara, along with a blend of anise and fenugreek. Anise contains the bioactive compound anethole, while fenugreek seeds are known for their high content of mucilaginous fibre.³

EACH CAPSULE CONTAINS:

Senna (<i>Senna alexandrina</i>) Leaf	280 mg
Chinese Rhubarb (<i>Rheum palmatum</i>) Root	65 mg
Anise (<i>Pimpinella anisum</i>) Seed	55 mg
Fenugreek (<i>Trigonella foenum-graecum</i>) Seed	55 mg
Cascara Sagrada (<i>Frangula purshiana</i>) Bark Extract (2-4:1)	22.5 mg
45-90 mg Dried Equivalent	

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, hypromellose, magnesium stearate

Recommended Dose

Adults: Take four capsules daily before bedtime, a few hours before or after taking other medications or health products, or as recommended by your healthcare practitioner. Allow six to twelve hours for laxative effect to occur. Take two to three times per week. If results are not observed, the frequency of use may be increased up to once daily. Consult your healthcare practitioner for use beyond seven days.

Size

90 Vegetarian Capsules

Product Code

07502A

NPN 80079464



REFERENCES

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Herbotox Capsules

Synergistic multi botanical preparation

- Dandelion, parsley and uva-ursi are traditionally used in Herbal Medicine as diuretics

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Parsley (<i>Petroselinum crispum</i>) Aerial Parts	190 mg
Beet (<i>Beta vulgaris</i>) Root	150 mg
Cascara Sagrada (<i>Frangula purshiana</i>) Bark	115 mg
Dandelion (<i>Taraxacum officinale</i>) Root	115 mg
Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf	110 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate

Recommended Dose

Adults: Take six capsules daily, away from meals, or as recommended by your healthcare practitioner. Allow six to twelve hours for laxative effect to occur. Take a single dose at bedtime. Take a few hours before or after taking other medications or health products. Take two to three times per week; if results are not observed, the frequency of use may be increased up to once per day. For occasional use only; do not use for more than seven days.

Size

90 Vegetarian Capsules

Product Code

07513

NPN 80031442



Herbotox Tablets

Synergistic multi botanical preparation

- Cascara sagrada is traditionally used as a laxative
- Dandelion, parsley and uva-ursi are traditionally used in Herbal Medicine as diuretics

Ideal for vegans

- Convenient tablet format

EACH TABLET CONTAINS:

Parsley (<i>Petroselinum crispum</i>) Aerial Parts	250 mg
Beet (<i>Beta vulgaris</i>) Root	200 mg
Cascara sagrada (<i>Frangula purshiana</i>) Bark	150 mg
Dandelion (<i>Taraxacum officinale</i>) Root	150 mg
Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf	150 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, silica, magnesium stearate, croscarmellose sodium, hypromellose, glycerin

Recommended Dose

Adults: Take six tablets daily, away from meals, or as recommended by your healthcare practitioner. Allow six to twelve hours for laxative effect to occur. Take a single dose at bedtime. Take a few hours before or after taking other medications or health products. Take two to three times per week; if results are not observed, the frequency of use may be increased up to once per day. For occasional use only; do not use for more than seven days.

Size

90 Tablets

Product Code

07506

NPN 80031515



HERBAL FORMULAS

Kidney Complex

Herbal formula to help prevent and relieve minor UTI symptoms

- Cranberry is used in Herbal Medicine to help prevent urinary tract infections (UTIs)
- Uva-ursi is used in Herbal Medicine to help relieve symptoms associated with minor UTIs
- Provides antioxidants for the maintenance of good health
- Includes five additional herbal extracts: European Barberry, Corn, Three-leaf Caper, Saw Palmetto and Stinging Nettle

Kidney Complex was specifically formulated with herbs, such as cranberry and uva-ursi, used in Herbal Medicine to help prevent and relieve symptoms associated with minor UTIs. Cranberries are rich in polyphenol antioxidant compounds such as proanthocyanidins, which reduce the adhesiveness of *E. coli* bacteria to the uroepithelial cells that line the bladder.¹ Regular cranberry supplementation helps to reduce UTI incidence in women at an increased risk of UTI, and may help to improve lower urinary tract symptoms in men.^{2,3} Similarly, uva-ursi is used in Herbal Medicine to help relieve symptoms associated with minor UTIs, including burning sensations and frequent urination. To further support good health, Kidney Complex contains European barberry, an herb traditionally used in Herbal Medicine to help stimulate the production of bile and relieve digestive disturbances. This blend includes additional important herbs, such as corn, stinging nettle, saw palmetto and three-leaf caper. Three-leaf caper, also known as Varuna in Ayurvedic medicine, has a long history of traditional use.

EACH CAPSULE CONTAINS:

Uva-ursi (<i>Arctostaphylos uva-ursi</i>) Leaf Extract (4:1)	100 mg
400 mg Dried Equivalent	
European Barberry (<i>Berberis vulgaris</i>) Root Extract (4:1)	100 mg
400 mg Dried Equivalent	
Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Extract (36:1)	75 mg
2700 mg Fresh Equivalent	
Corn (<i>Zea mays</i>) Style and Stigma Extract (10:1)	37.5 mg
375 mg Dried Equivalent	
Three-leaf Caper (<i>Crateva magna</i>) Bark Extract (12:1)	17.5 mg
210 mg Dried Equivalent	
Saw Palmetto (<i>Serenoa repens</i>) Fruit Std. Extract (45% Fatty Acids)	12.5 mg
Stinging Nettle (<i>Urtica dioica</i>) Leaf Extract (3-5:1)	7.5 mg
22.5-37.5 mg Dried Equivalent	

Non-Medicinal Ingredients: Hypromellose, ascorbyl palmitate, silica, cellulose

Recommended Dose

Adults: Take four capsules two times daily, a few hours before or after taking any medication or natural health product, or as recommended by your healthcare practitioner. Take with food to minimize gastric disturbance. Do not take with highly acidic foods or medications which may acidify urine. For occasional use only. Consult your healthcare practitioner for use beyond one week.

Size

120 Vegetarian Capsules

Product Code

07682

NPN 80065688



REFERENCES

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2. Caljouw, MA, van den Hout, WB, Putter, H, Achterberg, WP, Cools, HJ, Gussekloo, J. J Am Geriatr Soc. 2014; 62(1): 103-10.
3. Vidlar, A, Vostalova, J, Ulrichova, J, Student, V, Stejskal, D, Reichenbach, R, Vrbkova, J, Ruzicka, F, Simanek, V. Br J Nutr. 2010;

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

NEW Kids English Ivy

Cough and Cold

Natural Raspberry Flavour

Herbal combination to help reduce cough and cold symptoms in kids

- Includes a soothing blend of English ivy, marshmallow and European elder extracts
- English Ivy is used as an expectorant to help relieve coughs
- Marshmallow is used in Herbal Medicine to relieve throat irritation and associated dry cough in adolescents and children ages 6 years and older
- European elder is used in Herbal Medicine to help relieve cold and flu symptoms and relieve fever (promotes sweating) in children 3 to 12 years
- Delicious natural raspberry flavour

Kids English Ivy is a great-tasting combination of herbs traditionally used to help relieve symptoms associated with coughs and colds. It provides English ivy, which has been demonstrated in clinical trials to help relieve coughs, promote expectoration, and improve respiratory function in children with chronic bronchitis.¹⁻³ A mucilaginous herb, marshmallow contains polysaccharides that coat the mucosal lining of the respiratory tract.⁴ Clinical research supports its traditional use in Herbal Medicine as a demulcent to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough.⁴ Kids English Ivy also includes European elder, an herb well-recognized for its high anthocyanin content.⁵ European elder is used in Herbal Medicine to promote sweating (diaphoretic) to help relieve fever, while helping to relieve symptoms of colds and flus (such as coughs, sore throat and catarrh of the upper respiratory tract). Available in a delicious natural raspberry flavour, Kids English Ivy provides soothing relief of cough and cold symptoms in children 3 years and older.

ONE TEASPOON (5 mL) CONTAINS:

Marshmallow (<i>Althaea officinalis</i>) Root Extract (4:1)	125 mg
500 mg Dried Equivalent	
English Ivy (<i>Hedera helix</i>) Leaf Extract (4-7:1)	40 mg
160-280 mg Dried Equivalent	
European Elder (<i>Sambucus nigra</i> subsp. <i>nigra</i>) Fruit Extract (16:1)	25 mg
400 mg Fresh Equivalent	

Non-Medicinal Ingredients: Purified water, glycerin, xylitol, natural flavours, citric acid, xanthan gum, potassium sorbate

Recommended Dose

Adolescents and Children (6 years and older): Take 1 teaspoon 3 times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 4 weeks. Children (3-5 years): Take ½ teaspoon 3 times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 14 days. Take a few hours before or after taking other medications or natural health products.

Size

120 mL Syrup

Product Code

07645

NPN 80082264



REFERENCES

1. Fazio, S, Pouso, J, Dolinsky, D, Fernandez, A, Hernandez, M, Clavier, G, et al. Phytomedicine. 2009; 16:17-24.
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No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Liquid Chlorophyll

Chlorophyll formulation

- An antioxidant for the maintenance of good health
- May help reduce body odors from underarm perspiration

Ideal for vegans

- Convenient liquid format

EACH DROP (0.025 mL) CONTAINS:

Chlorophyllin (sodium copper chlorophyllin) 1.9 mg

Non-Medicinal Ingredients: Glycerin, purified water, sodium chloride

Recommended Dose

Adults: Take 34 drops three times daily, twenty minutes before each meal, or as recommended by your healthcare practitioner. Add to 250 mL of water or juice and stir. If odour is not controlled, gradually increase the dose from 34 drops three times per day. Do not exceed 40 drops three times daily.

Size

30 mL

Product Code

07525

NPN 80068650



Macagen

High concentration of maca root

- Helps support emotional aspects of sexual health

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Maca (*Lepidium meyenii*) Root Extract (4:1) 430 mg
1720 mg Dried Equivalent

Non-Medicinal Ingredients: Hypromellose, cellulose

Recommended Dose

Adults: Take one capsule two times daily or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond three months.
Menopausal and Post-Menopausal Women only: Consult your healthcare practitioner for use beyond six weeks.

Size

60 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

07439
07439180

NPN 80032440



HERBAL FORMULAS

Phyto Greens Capsules

Broad-spectrum blend of phytonutrients formulation

- Organic and GMO-free
- Includes nearly 30 fruits, vegetables, grains and grasses that offer polyphenolic antioxidants
- Provides 2,280 mg of spirulina per day to help reduce symptoms of allergic rhinitis, such as nasal discharge, sneezing, nasal congestion and itching[†]
- Convenient vegetarian capsule format

Organic Phyto Greens Capsules provide naturally occurring phytonutrients and antioxidants in a certified organic and GMO-free formula. This blend contains a wide variety of organic grains and grasses, including oat, barley, rice and millet, along with organic fruits and vegetables, such as wild strawberry, blackberry, cucumber and ginger. In addition to promoting antioxidant activity, this formula provides 2,280 mg of spirulina per day to help reduce symptoms of allergic rhinitis, such as nasal discharge, sneezing, nasal congestion and itching.[†] Available in a convenient capsule format, supplementation with organic Phyto Greens Capsules is an easy way to increase the daily intake of phytonutrients and antioxidants.

[†]Six capsules taken two times daily

EACH CAPSULE CONTAINS:

Organic Spirulina (<i>Arthrospira platensis</i>) Whole Cell	190 mg
Organic Chlorella (<i>Chlorella vulgaris</i>) Broken Cell	95 mg
Organic Fruit and Vegetable Blend	90.75 mg
Providing:	
Organic Beet (<i>Beta vulgaris</i>) Root	23.75 mg
Organic Carrot (<i>Daucus carota</i>) Root	14.73 mg
Organic Spinach (<i>Spinacia oleracea</i>) Leaf	14.25 mg
Organic Broccoli (<i>Brassica oleracea</i> var. <i>italica</i>) Herb Top	7.13 mg
Organic Tomato (<i>Solanum lycopersicum</i>) Fruit	7.13 mg
Organic Kale (<i>Brassica oleracea</i> var. <i>viridis</i>) Leaf	5.7 mg
Organic Parsley (<i>Petroselinum crispum</i>) Leaf	3.61 mg
Organic Red Cabbage (<i>Brassica oleracea</i> var. <i>capitata</i>) Herb Top	3.52 mg
Organic Brussels Sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>) Bud	2.85 mg
Organic Bell Pepper (<i>Capsicum annuum</i>) Fruit	2.85 mg
Organic Celery (<i>Apium graveolens</i>) Herb Top	1.43 mg
Organic Garlic (<i>Allium sativum</i>) Bulb	1.43 mg
Organic Onion (<i>Allium cepa</i>) Bulb	1.43 mg
Organic Cauliflower (<i>Brassica oleracea</i> var. <i>botrytis</i>) Herb Top	0.95 mg
Organic Cucumber (<i>Cucumis sativus</i>) Fruit	1.9 mg
Organic Ginger (<i>Zingiber officinale</i>) Root	1.4 mg
Organic Asparagus (<i>Asparagus officinalis</i>) Shoot	0.95 mg
Organic Fruit Blend	54.7 mg
Providing:	
Organic Apple (<i>Malus domestica</i>) Fruit	45.125 mg
Organic Cherry (<i>Prunus cerasus</i>) Fruit	7.257 mg
Organic Blueberry (<i>Vaccinium angustifolium</i>) Fruit	1.247 mg
Organic Raspberry (<i>Rubus idaeus</i>) Fruit	1.034 mg
Organic Wild Strawberry (<i>Fragaria virginiana</i>) Fruit	8.3 mg
Organic Blackberry (<i>Rubus plicatus</i>) Fruit	2.9 mg
Organic Rice (<i>Oryza sativa</i>) Seed	0.6 mg
Organic Alfalfa (<i>Medicago sativa</i>) Herb Top	47.5 mg
Organic Barley (<i>Hordeum vulgare</i>) Leaf	47.5 mg
Organic Millet (<i>Panicum miliaceum</i>) Sprout	47.5 mg
Organic Oat (<i>Avena sativa</i>) Herb Top	47.5 mg
Organic Wheat (<i>Triticum aestivum</i>) Leaf	47.5 mg

Non-Medicinal Ingredients: Pullulan, organic sunflower oil, sunflower lecithin

Recommended Dose

Take six capsules once daily, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner. For symptoms of allergic rhinitis, take six capsules two times daily, a few hours before or after taking other medications or natural health products or as recommended by your healthcare practitioner.

Size

180 Vegetarian Capsules

Product Code

07783

NPN 80066626



Phyto Greens Powder

Broad-spectrum blend of phytonutrients formulation

- Certified organic and GMO-free
- Includes nearly 30 fruits, vegetables, grains and grasses that offer polyphenolic antioxidants
- Provides 2,000 mg of spirulina per day to help reduce symptoms of allergic rhinitis, such as nasal discharge, sneezing, nasal congestion and itching
- Convenient powder that mixes easily into water or juice

Organic Phyto Greens Powder provides naturally occurring phytonutrients and antioxidants in a certified organic and GMO-free formula. This blend contains a wide variety of organic grains and grasses, including oat, barley, rice and millet, along with organic fruits and vegetables, such as wild strawberry, blackberry, cucumber and ginger. In addition to promoting antioxidant activity, this formula provides 2,000 mg of spirulina per day to help reduce symptoms of allergic rhinitis, such as nasal discharge, congestion, sneezing and itching. Available in a convenient powder format, organic Phyto Greens Powder can be easily mixed into any liquid to create a phytonutrient-rich drink.

EACH SCOOP (8.935 g) CONTAINS:

Organic Spirulina (<i>Arthrospira platensis</i>) Whole Cell	2000 mg
Organic Chlorella (<i>Chlorella vulgaris</i>) Broken Cell	1000 mg
Organic Fruit and Vegetable Blend	955 mg
Providing:	
Organic Beet (<i>Beta vulgaris</i>) Root	250 mg
Organic Carrot (<i>Daucus carota</i>) Root	155 mg
Organic Spinach (<i>Spinacia oleracea</i>) Leaf	150 mg
Organic Broccoli (<i>Brassica oleracea</i> var. <i>italica</i>) Herb Top	75 mg
Organic Tomato (<i>Solanum lycopersicum</i>) Fruit	75 mg
Organic Kale (<i>Brassica oleracea</i> var. <i>viridis</i>) Leaf	60 mg
Organic Parsley (<i>Petroselinum crispum</i>) Leaf	38 mg
Organic Red Cabbage (<i>Brassica oleracea</i> var. <i>capitata</i>) Herb Top	37 mg
Organic Brussels Sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>) Bud	30 mg
Organic Bell Pepper (<i>Capsicum annuum</i>) Fruit	30 mg
Organic Celery (<i>Apium graveolens</i>) Herb Top	15 mg
Organic Garlic (<i>Allium sativum</i>) Bulb	15 mg
Organic Onion (<i>Allium cepa</i>) Bulb	15 mg
Organic Cauliflower (<i>Brassica oleracea</i> var. <i>botrytis</i>) Herb Top	10 mg
Organic Cucumber (<i>Cucumis sativus</i>) Fruit	20 mg
Organic Ginger (<i>Zingiber officinale</i>) Root	15 mg
Organic Asparagus (<i>Asparagus officinalis</i>) Shoot	10 mg
Organic Fruit Blend	575.39 mg
Providing:	
Organic Apple (<i>Malus domestica</i>) Fruit	475 mg
Organic Cherry (<i>Prunus cerasus</i>) Fruit	76.4 mg
Organic Blueberry (<i>Vaccinium angustifolium</i>) Fruit	13.09 mg
Organic Raspberry (<i>Rubus idaeus</i>) Fruit	10.9 mg
Organic Wild Strawberry (<i>Fragaria virginiana</i>) Fruit	87.3 mg
Organic Blackberry (<i>Rubus plicatus</i>) Fruit	30.56 mg
Organic Rice (<i>Oryza sativa</i>) Seed	6.75 mg
Organic Alfalfa (<i>Medicago sativa</i>) Herb Top	500 mg
Organic Barley (<i>Hordeum vulgare</i>) Leaf	500 mg
Organic Millet (<i>Panicum miliaceum</i>) Sprout	500 mg
Organic Oat (<i>Avena sativa</i>) Herb Top	500 mg
Organic Wheat (<i>Triticum aestivum</i>) Leaf	500 mg

Contains: Organic sunflower oil, sunflower lecithin

Recommended Dose

Adults: In a glass, add water or juice to one scoop of Organic Phyto Greens Powder and mix. Take once daily, a few hours before or after taking other medications or natural health products, or as recommended by your healthcare practitioner.

Size

216 g

Product Code

07782

NPN 80065960



HERBAL FORMULAS

Super Flavonoids

Green tea extract and bioflavonoids

- Provides antioxidants for the maintenance of good health

Ideal for vegans

- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Green Tea (<i>Camellia sinensis</i>) Leaf	110 mg
Lemon and Orange (<i>Citrus limon/sinensis</i>) Peel	235 mg
Yielding	
Hesperidin	94 mg
Rutin (from <i>Dimorphandra mollis</i> seed pod)	75 mg
Green Tea (<i>Camellia sinensis</i>) Leaf Std. Extract (90% polyphenols)	70 mg
Dog Rose (<i>Rosa canina</i>) Hips	25 mg
Watercress (<i>Nasturtium officinale</i>) Aerial Parts	20 mg
Alfalfa (<i>Medicago sativa</i>) Leaf/Stem	15 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, magnesium silicate, cellulose, dibasic calcium phosphate dihydrate

Recommended Dose

Adults: Take 1 capsule 2 times daily with meals or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 12 weeks.

Size

90 Vegetarian Capsules

Product Code

07535

NPN 80017438



Vitex agnus-castus

Concentrated Chaste Tree fruit extract

- Used in Herbal Medicine to help relieve premenstrual symptoms
- Used in Herbal Medicine as a hormone normaliser to help stabilise menstrual cycle irregularities
- Used in Herbal Medicine to help relieve symptoms associated with menopause, such as hot flushes

Vitex agnus-castus is used in Herbal Medicine to help relieve premenstrual symptoms, as a hormone normaliser to help stabilise menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flashes. This vegan, dairy-free and gluten-free formulation comes in a convenient capsule format.

EACH CAPSULE CONTAINS:

Chastetree (<i>Vitex agnus-castus</i>) Fruit Extract (7-10:1)	100 mg
700-1000 mg Dried Equivalent	

Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take one capsule two times daily or as recommended by your healthcare practitioner. Use for a minimum of three months to see beneficial effects.

Size

60 Vegetarian Capsules

Product Code

07436

NPN 80051294



BOTANICAL SINGLE TINCTURES

Astragalus Tincture

Astragalus formulation

- Used in Herbal Medicine to help maintain a healthy immune system

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Astragalus (<i>Astragalus membranaceus</i>) Root Extract (1:4)	0.05 mL
12.5 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 40 drops four times daily or as recommended by your healthcare practitioner.

Size

60 mL Liquid

Product Code

11686

NPN 80050314



Cat's Claw Tincture

Cat's claw formulation

- Used in Herbal Medicine to help relieve joint pain associated with osteoarthritis and rheumatism and to support the immune system

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Cat's-claw (<i>Uncaria tomentosa</i>) Bark Extract (1:4)	0.05 mL
12.5 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 20 drops three times daily or as recommended by your healthcare practitioner.

Size

60 mL Liquid

Product Code

11687

NPN 80048398



Ginkgo Tincture

Ginkgo formulation

- Used in Herbal Medicine to support peripheral circulation

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Ginkgo (*Ginkgo biloba*) Leaf Extract (1:4) 0.05 mL
12.5 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 40 drops three times daily or as recommended by your healthcare practitioner.

Size

60 mL Liquid

Product Code

11695

NPN 80047089



Goldenseal Tincture

Goldenseal root extract

- Traditionally used in herbal medicine to help alleviate infectious and inflammatory conditions of the digestive tract such as gastritis, helps aid digestion, increase appetite, relieve digestive disturbances such as dyspepsia, and as a mild laxative

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Goldenseal (*Hydrastis canadensis*) Root Extract (1:8) 0.05 mL
6.25 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 35 drops three times daily with water, 30 minutes before meals, or as recommended by your healthcare practitioner. May take up to one week to produce beneficial effects.

Size

60 mL Liquid

Product Code

11696

NPN 80030201



Milk Thistle Tincture

Milk thistle seed extract

- 300 mg dried equivalent per 1 mL (20 drops)
- Traditionally used in Herbal Medicine as hepatoprotectant/liver protectant
- Used in Herbal medicine to help support liver function and to help relieve digestive disturbances

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Milk Thistle (*Silybum marianum*) Seed Extract (1:3) 0.05 mL
15 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 70 drops (3.5 mL) three times daily with meals or as recommended by your healthcare practitioner. Use for a minimum of three weeks to see beneficial effects.

Size

60 mL Liquid

Product Code

11689

NPN 80034092



BOTANICAL COMBINATIONS

Astragalus Combination #1

Combination of astragalus and other synergistic herbs

- Red Clover is traditionally used in Herbal Medicine as an alternative

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Astragalus (<i>Astragalus membranaceus</i>) Root Extract (1:5)	0.021 mL
4.2 mg Dried Equivalent	
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Extract (1:5)	0.0105 mL
2.1 mg Dried Equivalent	
Burdock (<i>Arctium lappa</i>) Root Extract (1:5)	0.008 mL
1.6 mg Dried Equivalent	
Red Clover (<i>Trifolium pratense</i>) Flower Extract (1:5)	0.008 mL
1.6 mg Dried Equivalent	
Schisandra (<i>Schisandra chinensis</i>) Berry Extract (1:5)	0.0052 mL
1.05 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults: Take 50 drops three times daily with meals or as recommended by your healthcare practitioner. For use beyond one month, consult your healthcare practitioner.

Size

60 mL Liquid

Product Code

11737

NPN 80046953



Black Walnut Combination #1

Complex botanical formulation

- Traditionally used in Herbal Medicine to help relieve digestive disturbances (dyspepsia), as a digestive tonic and bitter to help stimulate appetite and aid digestion

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Black Walnut (<i>Juglans nigra</i>) Leaf Extract (1:10)	0.015 mL
1.5 mg Dried Equivalent	
Quassia (<i>Quassia amara</i>) Wood Extract (1:10)	0.0125 mL
1.25 mg Dried Equivalent	
Yarrow (<i>Achillea millefolium</i>) Whole Herb Extract (1:10)	0.010 mL
1.0 mg Dried Equivalent	
Wormwood (<i>Artemisia absinthium</i>) Flower and Aerial Parts Extract (1:10)	0.0075 mL
0.75 mg Dried Equivalent	
Clove (<i>Syzygium aromaticum</i>) Bud Extract (1:10)	0.005 mL
0.5 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 30 drops four times daily with meals or as recommended by your healthcare practitioner. For use beyond two weeks consult your healthcare practitioner.

Size

60 mL Liquid

Product Code

11738

NPN 80033795



Echinacea Combination #2

Combination of Echinacea, cayenne and other synergistic herbs

- Traditionally used in Herbal Medicine to help relieve symptoms of cold

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Echinacea (<i>Echinacea purpurea</i>) Root Extract (1:4)	0.023 mL 5.63 mg Dried Equivalent
Purple Loosestrife (<i>Lythrum salicaria</i>) Aerial Parts Extract (1:4)	0.011 mL 2.75 mg Dried Equivalent
Osha (<i>Ligusticum porteri</i>) Root Extract (1:4)	0.008 mL 1.88 mg Dried Equivalent
Yarrow (<i>Achillea millefolium</i>) Aerial Parts Extract (1:4)	0.008 mL 1.88 mg Dried Equivalent
Capsicum (<i>Capsicum minimum</i>) Fruit Extract (1:4)	0.002 mL 0.38 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 25 drops three times daily or as recommended by your healthcare practitioner. For use beyond eight weeks, consult your healthcare practitioner.

Size

60 mL Liquid

Product Code

11724

NPN 80048061



Echinacea Mix

Three species of Echinacea – angustifolia, purpurea and pallida

- Traditionally used in Herbal Medicine to help relieve cold symptoms, sore throats and the symptoms of upper respiratory tract infections

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Echinacea (<i>Echinacea angustifolia</i>) Root Extract (1:4)	0.017 mL 4.25 mg Dried Equivalent
Echinacea (<i>Echinacea pallida</i>) Root Extract (1:4)	0.017 mL 4.25 mg Dried Equivalent
Echinacea (<i>Echinacea purpurea</i>) Root Extract (1:4)	0.017 mL 4.25 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults and Adolescents (14 years and older): Take 20 drops (1 mL) three times daily, thirty minutes before meals, at the first sign of infection, or as recommended by your healthcare practitioner. Adolescents (10-13 years): Take 10 drops (0.5 mL) three times daily, thirty minutes before meals, at the first sign of infection, or as recommended by your healthcare practitioner. Children (5-9 years): Take 10 drops (0.5 mL) two times daily, thirty minutes before meals, at the first sign of infection, or as recommended by your healthcare practitioner. Children (2-4 years): Take 10 drops (0.5 mL) once daily, thirty minutes before meals, at the first sign of infection, or as recommended by your healthcare practitioner. For use beyond eight weeks, consult your healthcare practitioner.

Size

60 mL Liquid

Product Code

11693

NPN 80050755



BOTANICAL COMBINATIONS

Essigen Combination

Burdock and synergistic multi herbal combination

- Burdock is traditionally used in Herbal Medicine as a diuretic and diaphoretic; as an alternative to help remove accumulated waste products via the kidneys, skin and mucus membranes; and to help alleviate the pain associated with rheumatism

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Burdock (<i>Arctium lappa</i>) Root Extract (1:4)	0.02 mL
5 mg Dried Equivalent	
Sheep Sorrel (<i>Rumex acetosella</i>) Aerial Parts Extract (1:4)	0.0075 mL
1.88 mg Dried Equivalent	
Slippery Elm (<i>Ulmus rubra</i>) Bark Extract (1:4)	0.005 mL
1.25 mg Dried Equivalent	
Chinese Rhubarb (<i>Rheum palmatum</i>) Root Extract (1:4)	0.005 mL
1.25 mg Dried Equivalent	
Cleavers (<i>Galium aparine</i>) Aerial Parts Extract (1:4)	0.005 mL
1.25 mg Dried Equivalent	
Red Clover (<i>Trifolium pratense</i>) Flower Extract (1:4)	0.005 mL
1.25 mg Dried Equivalent	
Watercress (<i>Rorippa nasturtium-aquaticum</i>) Aerial Parts Extract (1:4)	0.0025 mL
0.63 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 25 drops three times daily with warm water, 30 minutes before meals, or as recommended by your healthcare practitioner. For occasional use only. For use beyond seven days, consult your healthcare practitioner.

Size

60 mL Liquid

Product Code

11730

NPN 80031552



Kelp Combination #1

Combination of kelp and other synergistic herbs

- Kelpware is traditionally used in Herbal Medicine as alterative tonic for the glandular system and to support normal thyroid function

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Kelpware (<i>Fucus vesiculosus</i>) Thallus Extract (1:4)	0.0475 mL
11.875 mg Dried Equivalent	
Skullcap (<i>Scutellaria lateriflora</i>) Herb Top Extract (1:4)	0.0015 mL
0.375 mg Dried Equivalent	
American Ginseng (<i>Panax quinquefolius</i>) Root Extract (1:4)	0.0005 mL
0.125 mg Dried Equivalent	
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Extract (1:4)	0.0005 mL
0.125 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 25 drops three times daily, 30 minutes before meals or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond one month.

Size

60 mL Liquid

Product Code

11718

NPN 80081789



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

Oat Combination

Combination of oat, passionflower, skullcap and motherwort

- Traditionally used in Herbal Medicine to help relieve nervousness and as a sleep aid in cases of restlessness or insomnia due to mental stress
- Traditionally used in Herbal Medicine to help relieve the pain associated with menstruation

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Oat (<i>Avena sativa</i>) Aerial Parts Extract (1:10)	0.016 mL
1.6 mg Dried Equivalent	
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (1:10)	0.015 mL
1.5 mg Dried Equivalent	
Motherwort (<i>Leonurus cardiaca</i>) Aerial Parts Extract (1:10)	0.0115 mL
1.15 mg Dried Equivalent	
Skullcap (<i>Scutellaria lateriflora</i>) Aerial Parts Extract (1:10)	0.0075 mL
0.75 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 25 drops four times daily with meals or as recommended by your healthcare practitioner.

Size

60 mL Liquid

Product Code

11710

NPN 80036767



Passiflora Combination

Combination of passionflower and other synergistic herbs

- Passionflower, Hops and Skullcap are traditionally used in Herbal Medicine as a sleep aid
- Hops, Skullcap and St. John's Wort are traditionally used in Herbal Medicine to help relieve nervousness

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (1:5)	0.017 mL
3.4 mg Dried Equivalent	
Hops (<i>Humulus lupulus</i>) Strobile Extract (1:5)	0.012 mL
2.4 mg Dried Equivalent	
Skullcap (<i>Scutellaria lateriflora</i>) Aerial Parts Extract (1:5)	0.012 mL
2.4 mg Dried Equivalent	
Linden (<i>Tilia cordata</i>) Flower Extract (1:5)	0.006 mL
1.2 mg Dried Equivalent	
St. John's Wort (<i>Hypericum perforatum</i>) Aerial Parts Extract (1:5)	0.003 mL
0.6 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 25 drops three times daily with meals or as recommended by your healthcare practitioner. For sleep aid, take one dose before bed time. Use for a minimum of one week to see beneficial effects. Consult a healthcare practitioner for use beyond eighteen weeks.

Size

60 mL Liquid

Product Code

11727

NPN 80069190



BOTANICAL COMBINATIONS

Yellow Dock Combination #1

Combination of yellow dock and other synergistic herbs

- Traditionally used in Herbal Medicine as alternative to help remove accumulated waste products and to help relieve dermatological conditions
- Traditionally used in Herbal Medicine to help relieve symptoms of upper respiratory tract infections

Ideal for vegans

- Convenient liquid format

EACH DROP (0.05 mL) CONTAINS:

Yellow Dock (<i>Rumex crispus</i>) Root Extract (1:4)	0.0095 mL
2.38 mg Dried Equivalent	
Eastern Figwort (<i>Scrophularia marilandica</i>) Aerial Parts Extract (1:4)	0.009 mL
2.25 mg Dried Equivalent	
Echinacea (<i>Echinacea purpurea</i>) Root Extract (1:4)	0.0085 mL
2.13 mg Dried Equivalent	
Dandelion (<i>Taraxacum officinale</i>) Root Extract (1:4)	0.0065 mL
1.63 mg Dried Equivalent	
American Spikenard (<i>Aralia racemosa</i>) Root Extract (1:4)	0.006 mL
1.5 mg Dried Equivalent	
Red Clover (<i>Trifolium pratense</i>) Flower Extract (1:4)	0.0055 mL
1.38 mg Dried Equivalent	
Cleavers (<i>Galium aparine</i>) Aerial Parts Extract (1:4)	0.005 mL
1.25 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain)

Recommended Dose

Adults: Take 25 drops three times daily, a few hours before or after taking other medications or health products, or as recommended by your healthcare practitioner.

Size

60 mL Liquid

Product Code

11706

NPN 80047612





Biologically Active Plant Compounds

Many plants produce a wide range of biologically active compounds that are vital for improving their survival and defense against predators. A number of these compounds have been characterized and are now recognized for their supportive roles in human health. Genestra Brands provides an array of biologically active compounds that target specific areas in the body, from the gut to the cardiovascular and respiratory systems.

Berberis Formula

Herbal combination for the digestive system

- Includes a blend of barberry, Oregon grape and goldenseal
- Goldenseal is traditionally used in Herbal Medicine as a bitter to aid digestion, to help relieve digestive disturbances such as dyspepsia, and as a mild laxative

Berberis Formula was designed to support the digestive system with a combination of barberry, Oregon grape and goldenseal. Goldenseal is traditionally used in Herbal Medicine as a bitter to aid digestion, to help relieve digestive disturbances such as dyspepsia, and as a mild laxative. Its primary bioactive compounds are isoquinoline alkaloids including hydrastine and berberine, which have been well-studied for their pharmacological actions.¹ Berberine is also an important bioactive compound in other plants, such as barberry and Oregon grape.²

EACH CAPSULE CONTAINS:

Barberry (<i>Berberis vulgaris</i>) Root Bark Extract (4:1)	200 mg
800 mg Dried Equivalent	
Oregon Grape (<i>Mahonia aquifolium</i>) Root Extract (4:1)	200 mg
800 mg Dried Equivalent	
Goldenseal (<i>Hydrastis canadensis</i>) Root Std. Extract (6:1) (5% Alkaloids)	50 mg
300 mg Dried Equivalent	
Barberry (<i>Berberis vulgaris</i>) Root	25 mg
Oregon Grape (<i>Mahonia aquifolium</i>) Root	25 mg

Non-Medicinal Ingredients: Cellulose, hypromellose, silica

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner. May take up to one week to produce beneficial effects.

Size

90 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

07519
07519180

NPN 80034907



REFERENCES

1. Barnes, J., Anderson, L.A., Phillipson, J.D. (2007). In (3rd ed.) Herbal Medicines. UK: Pharmaceutical Press.
2. Braun, L., Cohen, M. (2007). In (2nd ed.) Herbs & Natural Supplements An Evidence-based Guide. Australia: Elsevier.



Allisyn

Garlic bulb and cinnamon bark combination

- Used in Herbal Medicine to help maintain cardiovascular health and reduce elevated blood lipid levels in adults
- Provides 10 mg of allicin per daily dose
- Includes 80 mg of cinnamaldehyde per daily dose

Allisyn is traditionally used to help support cardiovascular health. The main bioactive compound in garlic is allicin.¹ When broken down, this sulfur containing compound is responsible for the characteristic odor of garlic.¹ Recent research indicates that long term garlic consumption may be effective at decreasing total cholesterol levels in individuals with higher baseline values.¹ Garlic helps to decrease elevated lipid levels by inhibiting cholesterol synthesis and LDL oxidation in the liver.¹ In a randomized, placebo-controlled trial involving 150 hyperlipidemic adults, daily supplementation with 800 mg of garlic powder capsules (providing 2 mg of allicin) for six weeks significantly decreased total and LDL cholesterol by approximately 12 and 17%, respectively.²

EACH CAPSULE CONTAINS:

Garlic (<i>Allium sativum</i>) Bulb Powder	500 mg
Providing: Allicin	5 mg
Cinnamon (<i>Cinnamomum verum</i>) Bark	200 mg
Providing: Cinnamaldehyde	40 mg

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

10547

NPN 80018161



REFERENCES

1. Qidwai, W., Ashfaq, T. Evidence-Based Complementary and Alternative Medicine. 2013; 2013: 125649.
2. Kojuri, J., Vosoughi, A.R., Akrami, M. Lipids in Health and Disease. 2007; 6:5.



Black Walnut Capsules

Combination of black walnut and natural plant ingredients that relieve digestive upsets

- Gentian is traditionally used in Herbal Medicine as a digestive tonic to aid digestion and help relieve dyspepsia
- Quassia, black walnut, and pumpkin seeds are traditionally used in Herbal Medicine as vermifuges
- Provides 400 mg each of black walnut hull, quassia bark, and yarrow leaf and flower per daily dose
- Includes 200 mg each of gentian root and pumpkin seed extract, 300 mg of sweet wormwood leaf, and 100 mg of clove bud per daily dose

Black Walnut Capsules contain a blend of herbs that are traditionally used in Herbal Medicine to help alleviate digestive disturbances. Black walnut, quassia, wormwood and gentian root all contain extremely bitter compounds, including tannins, quassin, absinthin, and amarogentin.¹⁻⁴ These bitters cause nerves on the taste buds to increase the release of saliva and gastric juices that aid in digestion.⁴ Bitters can also bind receptors on endocrine cells of the gastrointestinal tract and pancreas, which results in the secretion of the peptide hormone cholecystokinin.⁵ In turn, this releases bile salts and pancreatic digestive enzymes, increasing gastric motility.⁵ Gentian root may help relieve dyspepsia by increasing prostaglandin-mediated cytoprotection in the gastric membrane; prostaglandins stimulate the release of mucous and sodium bicarbonate in the stomach.^{2,6,7} Quassia, black walnut and pumpkin seeds are also traditionally used in Herbal Medicine as vermifuges (help in the expulsion of parasitic worms).

EACH CAPSULE CONTAINS:

Black Walnut (<i>Juglans nigra</i>) Hull	100 mg
Quassia (<i>Quassia amara</i>) Bark	100 mg
Yarrow (<i>Achillea millefolium</i>) Leaf and Flower	100 mg
Sweet Wormwood (<i>Artemisia annua</i>) Herb	75 mg
Gentian (<i>Gentiana lutea</i>) Root	50 mg
Pumpkin (<i>Cucurbita pepo</i>) Seed Extract (5:1)	50 mg
250 mg Dried Equivalent	
Clove (<i>Syzygium aromaticum</i>) Bud	25 mg

Non-Medicinal Ingredients: Hypromellose

Contains: Nuts

Recommended Dose

Adults: Take two capsules two times daily, fifteen to sixty minutes before meals, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for prolonged use.

Size

90 Vegetarian Capsules
180 Vegetarian Capsules

Product Code

07546
07546180

NPN 80043531



REFERENCES

1. Milind, P., Deepa, K. IRJP. 2011; 2(5): 8-17.
2. Ocampo, R., Mora, G. (2011). In M. Rai, D. Acharya, J.L. Rios (Eds.), *Ethnomedicinal Plants Revitalization of Traditional Knowledge of Herbs* (pp. 301-332). Boca Raton, FL: Taylor & Francis Group, LLC.
3. Levit, A., Nowak, S., Meyerhof, W., Behrens, M., Peters, M., Niv, M.Y. FASEB Journal. 2014; 28(3): 1181-1197.
4. Godstime, O., Felix, E., Augustina, J., Christopher, E. JPCBS. 2014; 2(2):77-85.
5. Valussi, M. Int J Food Sci Nutr. 2012; 63(S1): 82-89.
6. Niiho, Y., Yamazaki, T., Nakajima, Y., Yamamoto, T., Ando, H., Hirai, Y., Toriizuka, K., Ida, Y. J Nat Med. 2006; 60: 82-88.
7. Wallace, J.L. Physiol Rev. 2008; 88: 1547-1565.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Candicin

Essential oils from ginger, wormwood, clove and oregano for relief of digestive disturbances

- Traditionally used in Herbal Medicine to help relieve digestive upsets such as flatulence and abdominal bloating
- Provides 90 mg each of ginger essential oil and wormwood oil per daily dose
- Also includes 190 mg of oregano flowering tops essential oil, 90 mg of clove leaf essential oil and 40 mg of evening primrose seed oil per daily dose

Candicin is a combination of natural oils that are traditionally used to help alleviate digestive disturbances. Gastrointestinal upsets, including flatulence and abdominal bloating, may result from improper gastric or intestinal transit of food.¹ Ginger contains oleoresin, which is responsible for its pungent odour.² Elements in this resin, including shogaols, gingerols, and zingerone, can bind receptors on endocrine cells in the GI tract and pancreas.² This results in increased gastric and bile secretion, gastric motility, and gastric emptying.² Pancreatic digestive enzymes are increasingly released, which decreases the transit time through the intestines and helps relieve digestive upsets.² Ginger also increases the flow of blood to the mucosal layer of the stomach, and inhibits serotonin receptors, which are responsible for mediating nausea.² Wormwood oil contains absinthin, an extremely bitter compound.³ Similar to the pungent ginger, bitter compounds can bind receptors on endocrine cells in the GI tract and pancreas, synergistically enhancing gastric secretion, motility, and pancreatic digestion.²

EACH CAPSULE CONTAINS:

Oregano (<i>Origanum vulgare</i>) Flowering Tops Essential Oil	
Std. Extract (70% Carvacrol)	95 mg
Clove (<i>Syzygium aromaticum</i>) Leaf Essential Oil	45 mg
Ginger (<i>Zingiber officinale</i>) Root Essential Oil	45 mg
Wormwood (<i>Artemisia absinthium</i>) Leaf Essential Oil	45 mg
Evening Primrose (<i>Oenothera biennis</i>) Seed Oil	20 mg

Non-Medicinal Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one capsule two times daily with meals, a few hours before or after taking supplements containing iron, zinc, calcium or copper, or as recommended by your healthcare practitioner. For occasional use only.

Size

60 Vegetarian Capsules

Product Code

10555

NPN 880045605



REFERENCES

1. Houghton, L.A., Whorwell, P.J. Neurogastroenterol Motil. 2005; 17: 500-511.
2. Valussi, M. Functional foods with digestion-enhancing properties. International Journal of Food Sciences and Nutrition. 2012; 63(S1): 82-89.
3. Levit, A., Nowak, S., Meyerhof, W., Behrens, M., Peters, M., Niv, M.Y. FASEB Journal. 2014; 28(3): 1181-1197.

Candaclear Four

Probiotic for gastrointestinal comfort

- Provides 25 billion CFU of probiotic strains to reduce symptoms of irritable bowel syndrome (IBS) and to supplement the normal intestinal microbiota following antibiotic therapy
- Cinnamon is traditionally used in Herbal Medicine to help relieve gastrointestinal complaints such as flatulence
- Source of vitamin A to help maintain membranes and immune function

Candaclear Four contains probiotics that support optimal gastrointestinal health. The intestinal epithelium is normally selectively permeable, allowing for the absorption of nutrients and water while acting as a barrier against the intestinal microflora.¹ However, an overgrowth of pathogenic bacteria can cause increased intestinal barrier permeability.¹ Similarly, disruption of healthy gut microbial composition is associated with IBS and other gastrointestinal disorders.²

The probiotic formulation used in Candaclear Four contains 25 billion CFU of human-sourced probiotics significantly decrease IBS symptoms and number of days with pain, while improving satisfaction with bowel habits and overall quality of life.³ The probiotics present in Candaclear Four also help to supplement the normal intestinal microbiota following antibiotic therapy. Cinnamon is traditionally used in Herbal Medicine to help relieve gastrointestinal complaints (such as flatulence) and further promotes gastrointestinal comfort.

REFERENCES

1. Groschwitz K, Hogan S. Journal of Allergy and Clinical Immunology. 2009;124(1): 3-20.
2. Hong SN and Rhee PL. World Journal of Gastroenterology. 2014; 20(10): 2470-2481.
3. Williams, E, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, M, Corfe, B. Alimentary Pharmacology & Therapeutics. 2008; 29: 97-103.
4. Saavedra, JM. Nutrition in Clinical Practice. 2007; 22: 351-365.

EACH DELAYED RELEASE ALLICIN TABLET CONTAINS:

Garlic (*Allium sativum*) Bulb
(providing 10 mg thiosulfates and 4.5 mg allacin) 500 mg

Non-Medicinal Ingredients: Hypromellose, dicalcium phosphate, cellulose, magnesium stearate, silica, glycerin, titanium dioxide

EACH ALLICIN WITH CINNAMON CAPSULE CONTAINS:

Garlic (*Allium sativum*) Bulb
(providing 10 mg thiosulfates and 4.5 mg allacin) 500 mg
Cinnamon (*Cinnamomum verum*) Bark Oil
(providing 40 mg cinnamaldehyde) 66 mg
Cinnamon (*Cinnamomum verum*) Bark 30 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica

EACH ALLICIN WITH CAPRYLATES CAPSULE CONTAINS:

Garlic (*Allium sativum*) Bulb
(providing 4 mg thiosulfates and 1.8 mg allacin) 200 mg
Cinnamon (*Cinnamomum verum*) Bark Oil
(providing 20 mg cinnamaldehyde) 33 mg
Non-Medicinal Ingredients:
Magnesium caprylate 200 mg
Calcium caprylate 100 mg

Other Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica

EACH PROBIOTIC WITH NUTRIENTS CAPSULE CONTAINS:

Probiotic Consortium 25 billion CFU
Lactobacillus acidophilus (CUL-60)
Lactobacillus acidophilus (CUL-21)
Bifidobacterium bifidum (CUL-20)
Bifidobacterium animalis subsp. *lactis* (CUL-34)
L-Glutamine 400 mg
N-Acetyl Glucosamine (from exoskeleton of shrimp / crab) 200 mg
Beta-carotene 2 mg

Non-Medicinal Ingredients: Hypromellose, magnesium stearate, silica

Contains: Shellfish (shrimp, crab)

Recommended Dose

Adults: Take one serrated strip, containing one tablet and three capsules, daily with a meal or as recommended by your healthcare practitioner. Take at least two to three hours before or after taking antibiotics.

Size

30 Day Supply
(30 strips of 3 capsules and 1 tablet)

Product Code

10577

NPN 80041264



Citrigen

Echinacea and flavonoid combination

- *Echinacea angustifolia* is traditionally used in Herbal Medicine to help relieve the symptoms of upper respiratory tract infections and to help relieve sore throats
- Provides 1,000 mg of Echinacea root per daily dose
- Includes 480 mg of grapefruit fruit extract (9600 mg Dried Equivalent, standardized to 45% bioflavonoids) per daily dose
- 80 mg of green tea leaf and 40 mg of peppermint leaf per daily dose

Citrigen is a source of *Echinacea angustifolia*, which is traditionally used to help decrease symptoms of upper respiratory tract infections (URTI) and sore throats. Echinacea reduces the release of pro-inflammatory cytokines from immune cells and invading pathogens, including IL-6 and TNF- α , which contribute to symptoms of URTI.¹ Adults who consumed 100 mg of Echinacea root extract daily demonstrated significantly decreased pro-inflammatory IL-6 and TNF- α mRNA levels after four weeks of supplementation.² Echinacea also stimulates the phagocytic activity of immune cells and decreases the survival of bacteria.^{1,3} Research demonstrates that echinacea can decrease the secretion of mucin, reducing the amount of mucous produced during infections.³ TRPV1 is a pain receptor present in sensory tissues that integrates pain and inflammatory responses.⁴ Desensitization of this receptor can block the transmission pain, and receptor agonists may therefore exert analgesic effects.⁴ *In vitro* research demonstrates that *Echinacea angustifolia* root is 10 times more effective at activating the TRPV1 receptor than capsaicin, a strong ligand for the receptor.⁴ As echinacea can activate and desensitize this receptor, it helps reduce pain associated with infections, including sore throats.⁴

EACH CAPSULE CONTAINS:

Echinacea (<i>Echinacea angustifolia</i>) Root	250 mg
Grapefruit (<i>Citrus paradisi</i>) Fruit Extract (20:1)	120 mg
(45% Bioflavonoids / 2400 mg Dried Equivalent)	
Green Tea (<i>Camellia sinensis</i>) Leaf	20 mg
Peppermint (<i>Mentha piperita</i>) Leaf	10 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium silicate, magnesium stearate

Recommended Dose

Adults: Take two capsules two times daily with meals or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond 8 weeks.

Size

90 Vegetarian Capsules

Product Code

07528

NPN 80035860



REFERENCES

1. Woelkart, K. Bauer, R. *Planta Med.* 2007; 73(7): 615-623.
2. Hudson, J.B. *Journal of Biomedicine and Biotechnology.* 2012; 2012: 769896.
3. Dapas, B. Dall'Acqua, S. Bulla, R. Agostinis, C. Perissutti, B. Invernizzi, S. Voinovich, D. Grassi, G. *Phytomedicine.* 2014; 21: 1406-1410.
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Garlic + Parsley

Combination garlic bulb and parsley seed oil

- Traditionally used in Herbal Medicine to help reduce elevated blood lipid levels in adults and relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions
- Provides 4 mg of garlic bulb oil per daily dose
- Includes 4 mg of parsley seed oil per daily dose

Garlic + Parsley provides garlic, an herb traditionally used to help maintain heart and upper respiratory tract health. Recent research demonstrates that garlic oil lowers lipid levels by inhibiting hydroxymethylglutaryl-CoA reductase and fatty acid synthetase, enzymes that mediate cholesterol and fatty acid synthesis, respectively.¹ These inhibitory effects have been attributed to the high level of allyl sulfides in garlic oil, including diallyl sulfide, disulfide, and trisulfide.¹ As diallyl trisulfide can increase the level of PPAR- α mRNA, which is responsible for fatty acid uptake and breakdown, garlic oil is more effective in decreasing triglycerides than other garlic preparations.^{1,2} In a randomized, placebo-controlled trial involving 27 male runners, daily supplementation with garlic oil for four months significantly decreased triglyceride levels.³ Garlic also supports the cardiovascular system by stimulating the activity of glutathione and superoxide dismutase, which converts superoxide radicals into less damaging compounds.⁴ Garlic helps reduce the symptoms of upper respiratory tract infections by supporting antibody production and by inhibiting the pro-inflammatory actions of the transcription factor NF- κ B.⁴

EACH CAPSULE CONTAINS:

Garlic (<i>Allium sativum</i>) Bulb Oil	2 mg
Non-Medicinal Ingredients:	
Parsley (<i>Petroselinum crispum</i>) Seed Oil	2 mg

Other Non-Medicinal Ingredients: Flaxseed oil, bovine gelatin, glycerin, purified water

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

07520

NPN 80023040



REFERENCES

1. Zeng, T., Zhang, C.L., Zhao, X.L., Xie, K.Q. *Critical Reviews in Food Science and Nutrition.* 2013; 53: 215-230.
2. Oidwai, W., Ashfaq, T. *Evidence-Based Complementary and Alternative Medicine.* 2013; 2013: 125649.
3. Zhang, X.H., Lowe, D., Giles, P., Fell, S., Board, A.R., Baughan, J.A., Connock, M.J., Maslin, D.J. *Blood Coagulation and Fibrinolysis.* 2000; 11: 67-74.
4. Tsai, C.W., Chen, H.W., Sheen, L.Y., Lii, C.K. *BioMedicine.* 2012; 2(1): 17-29.
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Oregano Oil

Carvacrol formula for optimal health

- Source of antioxidants
- Provides 25.8 mg of oregano oil per day
- Includes 20.1 mg of carvacrol per day

Oregano Oil naturally contains carvacrol, and is one of the primary bioactive compounds in oregano.¹ In addition to being responsible for the warm mouthfeel after oregano consumption, carvacrol exerts strong antioxidant effects.¹ Carvacrol potently scavenges free radicals, reduces free radical-induced DNA damage, and decreases lipid oxidation.¹ In an *in vitro* study comparing the antioxidant capacity of 26 spice extracts – including mint, cinnamon, sage, rosemary and thyme – oregano had both the third highest antioxidant capacity and total phenolic content.² Specifically, oregano's total antioxidant capacity ranged from nearly 1.5 to 183 times higher than 23 other spices.²

EACH DROP (0.031 mL) CONTAINS:

Oregano oil (from <i>Origanum vulgare</i> leaf).....	8.6 mg
Providing	
Carvacrol.....	6.7 mg

Non-Medicinal Ingredients: Extra virgin olive oil

Recommended Dose

Adults: Take 3 drops daily or as recommended by your healthcare practitioner. Take with food, a few hours before or after taking supplements containing iron, zinc, calcium or copper.

Size

15 mL Liquid

Product Code

07681

NPN 80058588



REFERENCES

1. Singletary, K. Nutrition Today. 2010; 45(3): 129-138.

2. Shan, B, Cai, YZ, Sun, M, Corke, H. J. Agric. Food Chem. 2005; 53: 7749-7759.





Phyto-gens

Genestra Brands Phyto-gen therapy consists of potent plant remedies made from fresh buds and young shoots of growing plants. Phyto-gens modify biochemical actions and evoke phytotherapeutic energetic principles. Macerated in equal parts of water, natural glycerin and alcohol mediums, they are standardized to a 1:20 extract.

Capturing Bud Vitality

Concentrated phytoembryotherapies manufactured with a respect for nature

Phytotherapy

Harnessing plant biochemical and energetic actions

Many plants synthesize phyto-chemicals with recognized health benefits, including alkaloids, terpenoids and polyphenols. These phyto-chemicals vary from plant to plant, as each has its own taxonomically distinct combination of naturally bioactive components. Each component exerts its specific benefit through the action of these compounds on one or more naturally occurring phytonutrient biochemical pathways.

The biochemical effects of plant therapy also evoke phytotherapeutic energetic principles – the belief that plants and plant remedies hold a vital energetic force. Much of the power of phytotherapy, therefore, lies in the remedy's ability to harness and carry not only the biochemical benefits, but the energetic aspect as well. The biochemical and energetic makeup is affected by many factors, such as plant age at harvest, methods of harvest, plant components utilized, storage, extraction method and concentration of active ingredients in the final product.

Phytoembryotherapy

Capturing the power of the meristem and growth cycle

Phytoembryotherapy is a branch of phytotherapy that specifically incorporates plant embryological tissues (buds and young shoots) containing “plant meristem” cells – undifferentiated, fast dividing cells which contain the plant’s genetic blueprint and material (see Figure 1). These embryonic tissues are rich in beneficial phyto-chemicals including: growth factors and plant hormones (see Figure 2), enzymes, nucleic acids, oligo-elements, and phytonutrients such as polyphenols and flavonoids. These embryological tissues are also utilized because many of the above mentioned components are lost in fully developed plants once chlorophyll is formed.

These embryological tissues are also utilized because their energetic components are at their highest levels when they are harvested in the spring – the most active phase of the growth cycle.

Plant buds have been used medicinally dating as far back as the ancient Egyptians, though the revolution of phytoembryological tissue therapy began in the 1950s. Dr. Pol Henry, a renowned Belgian homeopath, who had become inspired by Johann Wolfgang von Goethe’s book “The Metamorphosis of Plants”, conducted research on the therapeutic properties of plant buds. In 1970, he published his clinical findings, naming this new therapy “Phytoembryotherapie”. He contributed much of the effectiveness of this form of plant therapy to the anabolic potential and energetic power of the plant meristems. Phytoembryotherapy was further adapted by French homeopath, Dr. Max Tetau. He was instrumental in advancing the clinical application of embryonic plant therapy. Both during and since his time, other Belgian and French doctors, among other researchers like Claude Bergeret and the biologist Jean-Claude Leunis, have further contributed to the scientific and clinical development of this phytotherapy.

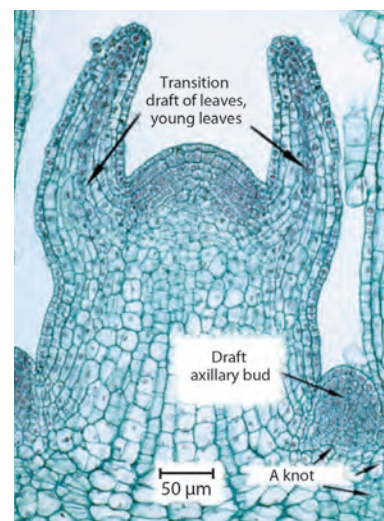


Figure 1

Phytoembryotherapy is a branch of phytotherapy that specifically incorporates plant embryological tissues containing “plant meristem” cells – undifferentiated, fast dividing cells which contain the plant’s genetic blueprint and material.

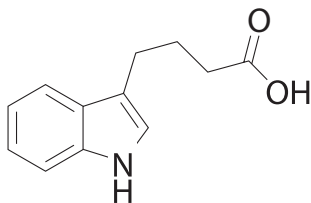
Figure 2

Phytoembryotherapy is rich in phyto-chemicals, including the following plant hormones: Auxins, Gibberellins, Cytokinins and Abscissin.

Auxins

An essential growth hormone for plant development. It was discovered in 1926 by Frits W. Went.

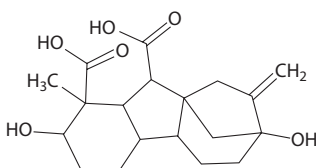
- Stimulates bud formation
- Stimulates embryogenesis
- Responsible of apical dominance
- Promotes growth of roots, stems and buds
- Acts on cell plasticity



Gibberellins

There are currently more than 80 known gibberellins. The most common gibberellin molecule is GA452D (below).

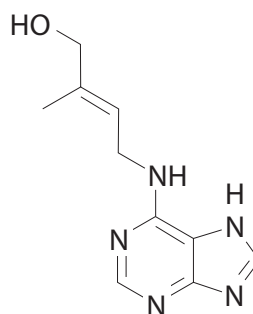
- Stimulates the synthesis of meristems
- Stimulates flower buds
- Promotes growth of young leaves
- Promotes the flowering of plants
- Acts on cell plasticity
- Disappears at the onset of chlorophyll



Cytokinins

Discovered in 1940.

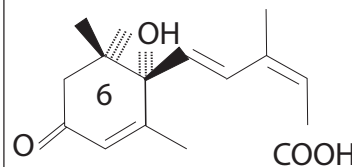
- Stimulates metabolism of young shoots cells
- Promotes the growth of young shoots
- Stimulates the opening of leaves
- Stimulates the production of chlorophyll
- Activates cell division



Abcissin

Abscisic acid or ABA is a plant hormone, discovered in 1963. Also called “dormin” because it is responsible of the winter dormancy of buds. This molecule is very unstable.

- Stops bud growth in winter
- Inhibition of seed germination
- Helps to fight against drought (adaptogen hormone)
- Stress hormone in case of lack of water and nutrient
- Strengthens the defence of the plant



Genestra Brands Phyto-gens

Manufactured with a respect for nature

Phyto-gen manufacturing follows the original production process created by Dr. Pol Henry, the founder of phytoembryotherapy. Every stage respects the natural phytonutrients and the environment from which they come.

Harvest

- **Fresh buds and young shoots:** Buds and young shoots contain genetic material lost after plant matures.
- **Spring harvested by accredited growers:** Preserves plant integrity and captures highest energetic levels during the most active growth cycle.
- **Monitored growing regions:** Grown biodynamically or in wildcrafted preserves.
- **No pre-soaking:** Refrigerated with immediate transport to extraction site helps maintain biological structure and limit energetic loss. No crushing, grinding, freezing or liquid immersion before maceration (unlike competitors who immerse immediately in glycerin solution and thus unable to qualitatively standardize batches).



Figure 3

Genestra Brands Phyto-gen therapy, which incorporates only buds and young shoots, are macerated in equal amounts of water, alcohol and glycerin.

Proprietary maceration and extraction

- **Standardized extracts:** Secures homogenous properties of product in all manufactured batches.
- **20 day maceration:** Phytonutrients are macerated (soaked) in equal parts of water, alcohol and natural glycerin for 20 days (see Figure 3) providing the fullest range of nutrient and energy extraction.
- **Biochemical component extraction:** The various macerate components not only help to retain the polar and non-polar aspects, but are responsible for the extraction of specific biochemical components while respecting plant physiology:
 - **Water:** Water soluble derivatives, tannins, minerals, water-soluble flavonoids, water-soluble vitamins, some water-soluble acids. Dr. Pol Henry also attached great importance to the role of water in the maceration process, believing that it is the water fraction that carries the energetic benefits of the bud.
 - **Alcohol:** Alkaloids, glycosides, heterosides and some acids.
 - **Glycerin:** Essential oils, fat soluble flavonoids, fat soluble vitamins and some acids.
- **No mechanization:** During maceration phytonutrients are slowly agitated aseptically by hand (no machine). The macerates are filtered by gravity and extracted by very gentle pressure – avoiding extremely powerful presses that destroy both the physiology and energetic plant properties. After maceration, the buds and young shoots are returned to nature and used as fertilizer in organic farming (to complete the energetic life cycle).
- **Minimal processing:** The resulting concentrated macerates contain no chemical preservatives, are never irradiated and have never been heated or frozen.

Optimal quality: High tannin and flavonoid concentration

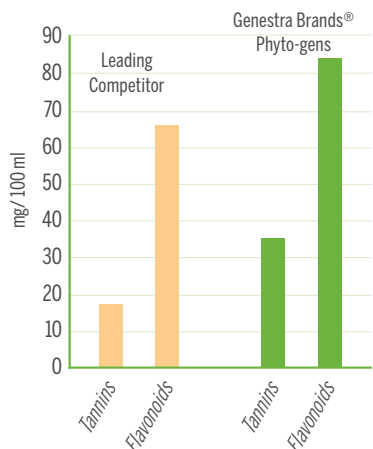
Genestra Brands Phyto-gens are a unique product line: 1:20 extract from young buds and shoots, macerated in equal parts of alcohol, water and natural glycerin. While there may be other phytotherapies available on the market, none quite match the purity, strength and effectiveness of Genestra Brands Phyto-gens.

In a recent laboratory analysis versus a leading competitor, Genestra Brands Phyto-gens were found to have:

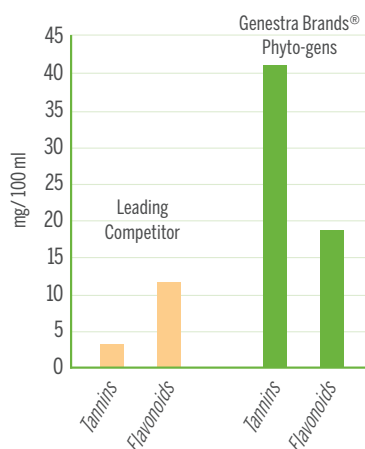
- Greater frequency of higher tannin concentrations as measured via the European Pharmacopoeia 6.0 standards (see Figure 4)
- Greater frequency of higher flavonoid concentrations as measured via spectrophotometry (see Figure 4)
- Tannin and flavonoid measurements that appear to be more homogeneous

Figure 4

Comparison of the levels of tannins and flavonoids present in the macerated Hawthorn (*Crataegus laevigata*)



Comparison of the levels of tannins and flavonoids present in the macerated Fig tree (*Ficus carica*)

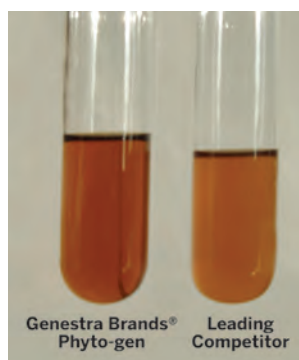


Two concentrated bud macerates were analyzed: Hawthorn (*Crataegus laevigata*) and Fig (*Ficus carica*). Both tannins & flavonoids were measured by an independent laboratory. Tannins were measured based on the European Pharmacopoeia 6.0 standards. Flavonoids were measured based on spectrophotometry.

Genestra Brands Phyto-gens present themselves as a darker colour than competitors (see Figure 5), which may be due to a higher content of flavonoid-type molecules. Moreover, this line is less sweet and viscous, as it may contain less glycerin than competitors.

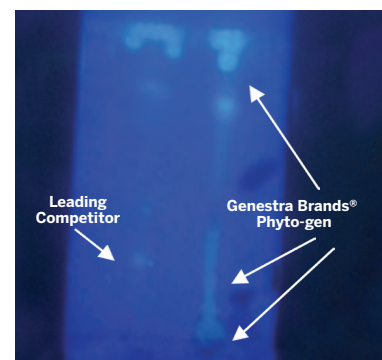
Another laboratory analysis demonstrates that while chromatographic profiles were similar, Genestra Brands Phyto-gens appear to be more loaded – meaning a larger range of molecules was extracted in the macerates when compared to a leading competitor (see Figure 6). The density and the dry-matter content of the competitor product tend to be lower due to higher glycerin levels.

Figure 5



In a visual comparison of the same single remedy, Genestra Brands Phyto-gens appear to be more concentrated than the leading competitor.

Figure 6



The chromatographic profile on the right is a Genestra Brands Phyto-gen – and appears to have more active ingredients than the leading competitor.

Genestra Brands Phyto-gens



Genestra Brands Phyto-gen Therapy

Genestra Brands Phyto-gen therapy incorporates only buds and young shoots. It is macerated in equal amounts of water, alcohol and natural glycerin. This powerful, efficient and highly successful adjunctive therapy is considered one of the major disciplines of natural medicine to improve health in accordance with the laws of nature.

Extensive research and laboratory analysis, supported with years of European clinical practice, has helped to identify the different bud and young shoot properties and best genus of species to determine the most beneficial biochemical and energetic effect.

“To achieve an ideal equilibrium, physical and mental, the indicator of perfect health, Man, a reflection of the Universe, must live in harmony with the forces of nature he is immersed in and, above all, in this plant ocean, the forest is a special place where we commune with the very essence of life.”

Dr. Bergeret

Singles

- **Flexible protocols.** Formulated to build health physically and constitutionally. They can also be used in combination with condition-specific remedies.

Bilberry Young Shoot	European Mistletoe Young Shoot	Olive Young Shoot
Black Alder Bud	Fig Bud	Raspberry Young Shoot
Black Currant Bud	Giant Sequoia Young Shoot	Rosemary Young Shoot
Blackberry Young Shoot	Ginkgo Bud	Sea Buckthorn Bud
Boston Ivy Young Shoot	Hawthorn Young Shoot	Servicetree Bud
Corn Root Bark	Heather Young Shoot	Silver Birch Bud
Crab Apple Bud	Horse Chestnut Bud	Silver Fir Young Shoot
Dog Rose Young Shoot	Juniper Young Shoot	Silver Linden Bud
Dogwood Bud	Lingonberry Young Shoot	Spanish Chestnut Bud
English Walnut Bud	Mugo Pine Bud	White Birch Bud
European Hazel Bud	Oak Bud	

Symbiotic Combinations

- **Symbiotic macerate.** Made by the maceration of all the three phytonutrients together – not by association after isolated maceration. This synergy creates an effect that is greater than the sum of the individual components.
- **Condition-specific.** Symbiotic concept makes it easy to prescribe and increases patient compliance. Convenient to use and can be taken at any time of day.

Acn-gen	Cir-gen	Growth-gen	Micro-gen	Skn-gen
Al-gen	Defense-gen	Hemo-gen	Mig-gen	Spm-gen
Alert-gen	Digest-gen	Hpe-gen	Mns-gen	Tonic-gen
Antia-gen	Dtx-gen	Hpo-gen	Ocu-gen	Trauma-gen
Aox-gen	Ener-gen	Imu-gen	Osteo-gen	Uri-gen
Art-gen	Fem-gen	Intest-gen	Perid-gen	Vrl-gen
Bn-gen	Fluid-gen	Liv-gen	Pulmo-gen	
Calm-gen	Gln-gen	Meno-gen	Renal-gen	
Car-gen	Gluc-gen	Met-gen	Renu-gen	

Taxonomical Quick Reference

Sorted by English (alphabetically)

English	Latin
Almond	<i>Prunis dulcis</i>
Bilberry	<i>Vaccinium myrtillus</i>
Black Alder	<i>Alnus glutinosa</i>
Black Currant	<i>Ribes nigrum</i>
Black Poplar	<i>Populus nigra</i>
Blackberry	<i>Rubus fruticosus</i>
Boston Ivy	<i>Ampelopsis veitchii</i>
Cedar of Lebanon	<i>Cedrus libani</i>
Corn	<i>Zea mays</i>
Crab Apple	<i>Malus sylvestris</i>
Dog Rose	<i>Rosa canina</i>
Dogwood	<i>Cornus sanguinea</i>
Elm	<i>Ulmus campestris</i>
English Holly	<i>Ilex aquifolium</i>
English Walnut	<i>Juglans regia</i>
European Ash	<i>Fraxinus excelsior</i>
European Beech	<i>Fagus sylvatica</i>
European Hazel	<i>Corylus avellana</i>
European Mistletoe	<i>Viscum album</i>
Fig	<i>Ficus carica</i>
Giant Sequoia	<i>Sequoia gigantea</i>
Ginkgo	<i>Ginkgo biloba</i>
Grape	<i>Vitis vinifera</i>
Hawthorn	<i>Crataegus laevigata</i>
Heather	<i>Calluna vulgaris</i>
Hornbeam	<i>Carpinus betulus</i>
Horse Chestnut	<i>Aesculus hippocastanum</i>
Judas Tree	<i>Cercis siliquastrum</i>
Juniper	<i>Juniperus communis</i>
Lingonberry	<i>Vaccinium vitis-idaea</i>
Mugo Pine	<i>Pinus mugo</i>
Oak	<i>Quercus robur</i>
Olive	<i>Olea europaea</i>
Raspberry	<i>Rubus idaeus</i>
Rosemary	<i>Rosmarinus officinalis</i>
Sea Buckthorn	<i>Hippophae rhamnoides</i>
Servicetree	<i>Sorbus domestica</i>
Silver Birch	<i>Betula pendula</i>
Silver Fir	<i>Abies alba</i>
Silver Linden	<i>Tilia tomentosa</i>
Spanish Chestnut	<i>Castanea satvia</i>
Tamarisk	<i>Tamarix gallica</i>
Wayfaring Tree	<i>Viburnum lantana</i>
White Birch	<i>Betula pubescens</i>

Sorted by Latin (alphabetically)

Latin	English
<i>Abies alba</i>	Silver Fir
<i>Aesculus hippocastanum</i>	Horse Chestnut
<i>Alnus glutinosa</i>	Black Alder
<i>Ampelopsis veitchii</i>	Boston Ivy
<i>Betula pendula</i>	Silver Birch
<i>Betula pubescens</i>	White Birch
<i>Calluna vulgaris</i>	Heather
<i>Carpinus betulus</i>	Hornbeam
<i>Castanea satvia</i>	Spanish Chestnut
<i>Cedrus libani</i>	Cedar of Lebanon
<i>Cercis siliquastrum</i>	Judas Tree
<i>Cornus sanguinea</i>	Dogwood
<i>Corylus avellana</i>	European Hazel
<i>Crataegus laevigata</i>	Hawthorn
<i>Fagus sylvatica</i>	European Beech
<i>Ficus carica</i>	Fig
<i>Fraxinus excelsior</i>	European Ash
<i>Ginkgo biloba</i>	Ginkgo
<i>Hippophae rhamnoides</i>	Sea Buckthorn
<i>Ilex aquifolium</i>	English Holly
<i>Juglans regia</i>	English Walnut
<i>Juniperus communis</i>	Juniper
<i>Malus sylvestris</i>	Crab Apple
<i>Olea europaea</i>	Olive
<i>Pinus mugo</i>	Mugo Pine
<i>Populus nigra</i>	Black Poplar
<i>Prunis dulcis</i>	Almond
<i>Quercus robur</i>	Oak
<i>Ribes nigrum</i>	Black Currant
<i>Rosa canina</i>	Dog Rose
<i>Rosmarinus officinalis</i>	Rosemary
<i>Rubus fruticosus</i>	Blackberry
<i>Rubus idaeus</i>	Raspberry
<i>Sequoia gigantea</i>	Giant Sequoia
<i>Sorbus domestica</i>	Servicetree
<i>Tamarix gallica</i>	Tamarisk
<i>Tilia tomentosa</i>	Silver Linden
<i>Ulmus campestris</i>	Elm
<i>Vaccinium myrtillus</i>	Bilberry
<i>Vaccinium vitis-idaea</i>	Lingonberry
<i>Viburnum lantana</i>	Wayfaring Tree
<i>Viscum album</i>	European Mistletoe
<i>Vitis vinifera</i>	Grape
<i>Zea mays</i>	Corn

Homeopathy, Phytotherapy, Gemmotherapy, Oligo-elements and Schüssler Tissue Salts are modalities used in traditional medicine. Homeopathic uses are based on the Materia Medica and are not supported by clinical trials. These therapies are not substitutions for standard medical care.

To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

These products may not be right for everyone. Always read and follow the label.

SYMBIOTIC COMBINATION

Calm-gen

EACH DROP (0.028 mL) CONTAINS:

Silver Linden (<i>Tilia tomentosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Fig (<i>Ficus carica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23880

NPN 80014501



For more detailed product information, contact your Genestra Brands representative to order the Phyto-gen Product Guide.



SINGLES

Bilberry Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Bilberry (<i>Vaccinium myrtillus</i>) Young Shoot Extract (1:20)	0.028 mL
1.4 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23952

NPN 80025236



Black Alder Bud

EACH DROP (0.028 mL) CONTAINS:

Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.028 mL
1.4 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23950

NPN 80025123



Black Currant Bud

EACH DROP (0.028 mL) CONTAINS:

Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.028 mL
1.4 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23953

NPN 80025235



Blackberry Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Blackberry (*Rubus fruticosus*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23954

NPN 80025161



Boston Ivy Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Boston Ivy (*Ampelopsis veitchii*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23975

NPN 80025239



Corn Root Bark

EACH DROP (0.028 mL) CONTAINS:

Corn (*Zea mays*) Root Bark Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23976

NPN 80029150



Crab Apple Bud

EACH DROP (0.028 mL) CONTAINS:

Crab Apple (*Malus sylvestris*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23951

NPN 80025127



Dog Rose Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Dog Rose (*Rosa canina*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23955

NPN 80025140



Dogwood Bud

EACH DROP (0.028 mL) CONTAINS:

Dogwood (*Cornus sanguinea*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23956

NPN 80025134



SINGLES

English Walnut Bud

EACH DROP (0.028 mL) CONTAINS:

English Walnut (*Juglans regia*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23974

NPN 80025172



European Hazel Bud

EACH DROP (0.028 mL) CONTAINS:

European Hazel (*Corylus avellana*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23960

NPN 80025131



European Mistletoe Young Shoot

EACH DROP (0.028 mL) CONTAINS:

European Mistletoe (*Viscum album*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23977

NPN 80029149



Fig Bud

EACH DROP (0.028 mL) CONTAINS:

Fig (*Ficus carica*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23957

NPN 80025118



Giant Sequoia Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Giant Sequoia (*Sequoia gigantea*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23958

NPN 80025168



Ginkgo Bud

EACH DROP (0.028 mL) CONTAINS:

Ginkgo (*Ginkgo biloba*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23805

NPN 80010868



Hawthorn Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Hawthorn (*Crataegus laevigata*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23959

NPN 80026245



Heather Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Heather (*Calluna vulgaris*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23961

NPN 80032561



Horse Chestnut Bud

EACH DROP (0.028 mL) CONTAINS:

Horse Chestnut (*Aesculus hippocastanum*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23962

NPN 80025122



Juniper Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Juniper (*Juniperus communis*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23963

NPN 80025173



Lingonberry Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Lingonberry (*Vaccinium vitis-idaea*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23964

NPN 80025242



Mugo Pine Bud

EACH DROP (0.028 mL) CONTAINS:

Mugo Pine (*Pinus mugo*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23965

NPN 80025162



SINGLES

Oak Bud

EACH DROP (0.028 mL) CONTAINS:

Oak (*Quercus robur*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23966

NPN 80025136



Rosemary Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Rosemary (*Rosmarinus officinalis*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23969

NPN 80025137



Olive Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Olive (*Olea europaea*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23967

NPN 80025130



Sea Buckthorn Bud

EACH DROP (0.028 mL) CONTAINS:

Sea Buckthorn (*Hippophae rhamnoides*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23970

NPN 80032618



Raspberry Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Raspberry (*Rubus idaeus*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23968

NPN 80025160



Servicetree Bud

EACH DROP (0.028 mL) CONTAINS:

Servicetree (*Sorbus domestica*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23978

NPN 80029164



Silver Birch Bud

EACH DROP (0.028 mL) CONTAINS:

Silver Birch (*Betula pendula*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23971

NPN 80025152



Silver Fir Young Shoot

EACH DROP (0.028 mL) CONTAINS:

Silver Fir (*Abies alba*) Young Shoot Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23972

NPN 80026257



Silver Linden Bud

EACH DROP (0.028 mL) CONTAINS:

Silver Linden (*Tilia tomentosa*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23973

NPN 80025119



Spanish Chestnut Bud

EACH DROP (0.028 mL) CONTAINS:

Spanish Chestnut (*Castanea sativa*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23979

NPN 80029207



White Birch Bud

EACH DROP (0.028 mL) CONTAINS:

White Birch (*Betula pubescens*) Bud Extract (1:20) 0.028 mL
1.4 mg Dried Equivalent

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23980

NPN 80029166



SYMBIOTIC COMBINATIONS

Acn-gen

EACH DROP (0.028 mL) CONTAINS:

Elm (<i>Ulmus campestris</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23921

NPN 80025166



Al-gen

EACH DROP (0.028 mL) CONTAINS:

Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23810

NPN 80014907



Alert-gen

EACH DROP (0.028 mL) CONTAINS:

Silver Linden (<i>Tilia tomentosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Fig (<i>Ficus carica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Olive (<i>Olea europaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23922

NPN 80025237



Antia-gen

EACH DROP (0.028 mL) CONTAINS:

Ginkgo (<i>Ginkgo biloba</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Oak (<i>Quercus robur</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Olive (<i>Olea europaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23815

NPN 80011847



Aox-gen

EACH DROP (0.028 mL) CONTAINS:

Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Poplar (<i>Populus nigra</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23870

NPN 80014834



Art-gen

EACH DROP (0.028 mL) CONTAINS:

Olive (<i>Olea europaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Dogwood (<i>Cornus sanguinea</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23923

NPN 80025050



Bn-gen

EACH DROP (0.028 mL) CONTAINS:

White Birch (<i>Betula pubescens</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Giant Sequoia (<i>Sequoia gigantea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Silver Fir (<i>Abies alba</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23890

NPN 80012457



Car-gen

EACH DROP (0.028 mL) CONTAINS:

Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Mugo Pine (<i>Pinus mugo</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23820

NPN 80012452



Cir-gen

EACH DROP (0.028 mL) CONTAINS:

Horse Chestnut (<i>Aesculus hippocastanum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Spanish Chestnut (<i>Castanea sativa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Servicetree (<i>Sorbus domestica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23825

NPN 80012453



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Defense-gen

EACH DROP (0.028 mL) CONTAINS:

Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23924

NPN 80025245



Digest-gen

EACH DROP (0.028 mL) CONTAINS:

Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Fig (<i>Ficus carica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23885

NPN 80014395



SYMBIOTIC COMBINATIONS

Dtx-gen

EACH ½ TEASPOON (2.5 mL) CONTAINS:

Silver Birch (<i>Betula pendula</i>) Sap	1.92 mL
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.125 mL
6.3 mg Dried Equivalent	
Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.125 mL
6.3 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take ½ teaspoon (2.5 mL) once daily, or as recommended by your healthcare practitioner. Drink plenty of water.

Size

200 mL Liquid

Product Code

23925

NPN 80032623



Ener-gen

EACH DROP (0.028 mL) CONTAINS:

Oak (<i>Quercus robur</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Grape (<i>Vitis vinifera</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Sea Buckthorn (<i>Hippophae rhamnoides</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (¼ oz.) of water.

Size

15 mL Liquid

Product Code

23926

NPN 80032568



Fem-gen

EACH DROP (0.028 mL) CONTAINS:

Almond (<i>Prunus dulcis</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Oak (<i>Quercus robur</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Grape (<i>Vitis vinifera</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (¼ oz.) of water.

Size

15 mL Liquid

Product Code

23936

NPN 80029445



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Fluid-gen

EACH DROP (0.028 mL) CONTAINS:

Olive (<i>Olea europaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Almond (<i>Prunus dulcis</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Judas Tree (<i>Cercis siliquastrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (¼ oz.) of water.

Size

15 mL Liquid

Product Code

23830

NPN 80012454



GInd-gen

EACH DROP (0.028 mL) CONTAINS:

White Birch (<i>Betula pubescens</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Raspberry (<i>Rubus idaeus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (¼ oz.) of water.

Size

15 mL Liquid

Product Code

23937

NPN 80029406



Gluco-gen

EACH DROP (0.028 mL) CONTAINS:

English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Olive (<i>Olea europaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Poplar (<i>Populus nigra</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (¼ oz.) of water.

Size

15 mL Liquid

Product Code

23938

NPN 80029407



Growth-gen

EACH DROP (0.028 mL) CONTAINS:

Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Silver Fir (<i>Abies alba</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23835	NPN 80012266



Hemo-gen

EACH DROP (0.028 mL) CONTAINS:

Tamarisk (<i>Tamarix gallica</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Dogwood (<i>Cornus sanguinea</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Hornbeam (<i>Carpinus betulus</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23875	NPN 80014505



Hpe-gen

EACH DROP (0.028 mL) CONTAINS:

Dogwood (<i>Cornus sanguinea</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23840	NPN 80016538



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Hpo-gen

EACH DROP (0.028 mL) CONTAINS:

Servicetree (<i>Sorbus domestica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Almond (<i>Prunus dulcis</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
White Birch (<i>Betula pubescens</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23920	NPN 80029206



Imu-gen

EACH DROP (0.028 mL) CONTAINS:

Sea Buckthorn (<i>Hippophae rhamnoides</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23865	NPN 80033178



Intest-gen

EACH DROP (0.028 mL) CONTAINS:

English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Lingonberry (<i>Vaccinium vitis-idaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23927	NPN 80025261



These products may not be right for everyone. Always read and follow the label.

SYMBIOTIC COMBINATIONS

Liv-gen

EACH DROP (0.028 mL) CONTAINS:

Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23928

NPN 80025164



Meno-gen

EACH DROP (0.028 mL) CONTAINS:

Raspberry (<i>Rubus idaeus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Mugo Pine (<i>Pinus mugo</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Lingonberry (<i>Vaccinium vitis-idaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23845

NPN 80014388



Met-gen

EACH DROP (0.028 mL) CONTAINS:

Olive (<i>Olea europaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Almond (<i>Prunus dulcis</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23915

NPN 80012268



To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Micro-gen

EACH DROP (0.028 mL) CONTAINS:

Ginkgo (<i>Ginkgo biloba</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
European Hazel (<i>Corylus avellana</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Bilberry (<i>Vaccinium myrtillus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23850

NPN 80028582



Mig-gen

EACH DROP (0.028 mL) CONTAINS:

Fig (<i>Ficus carica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23929

NPN 80025079



Mns-gen

EACH DROP (0.028 mL) CONTAINS:

Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Rosemary (<i>Rosmarinus officinalis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Raspberry (<i>Rubus idaeus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23930

NPN 80025135



Ocu-gen

EACH DROP (0.028 mL) CONTAINS:

Bilberry (<i>Vaccinium myrtillus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Sea Buckthorn (<i>Hippophae rhamnoides</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Judas Tree (<i>Cercis siliquastrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23931	NPN 80032563



Osteo-gen

EACH DROP (0.028 mL) CONTAINS:

Mugo Pine (<i>Pinus mugo</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Lingonberry (<i>Vaccinium vitis-idaea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Blackberry (<i>Rubus fruticosus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23855	NPN 80011736



Perid-gen

EACH DROP (0.028 mL) CONTAINS:

Oak (<i>Quercus robur</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Dog Rose (<i>Rosa canina</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Cedar of Lebanon (<i>Cedrus libani</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23932	NPN 80026470



To order, call **1.800.263.5861**
For more information, visit **Seroyal.ca**

Pulmo-gen

EACH DROP (0.028 mL) CONTAINS:

European Beech (<i>Fagus sylvatica</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
European Hazel (<i>Corylus avellana</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Blackberry (<i>Rubus fruticosus</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23900	NPN 80014394



Renal-gen

EACH DROP (0.028 mL) CONTAINS:

Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Elm (<i>Ulmus campestris</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Corn (<i>Zea mays</i>) Root Bark Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23939	NPN 80029401



Renu-gen

EACH DROP (0.028 mL) CONTAINS:

Hawthorn (<i>Crataegus oxyacantha</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Oak (<i>Quercus robur</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Silver Linden (<i>Tilia tomentosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size	Product Code	
15 mL Liquid	23940	NPN 80029447



These products may not be right for everyone. Always read and follow the label.

SYMBIOTIC COMBINATIONS

Skn-gen

EACH DROP (0.028 mL) CONTAINS:

English Walnut (<i>Juglans regia</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Elm (<i>Ulmus campestris</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Cedar of Lebanon (<i>Cedrus libani</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23933

NPN 80025055



Spm-gen

EACH DROP (0.028 mL) CONTAINS:

Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Silver Linden (<i>Tilia tomentosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
English Holly (<i>Ilex aquifolium</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23910

NPN 80014376



Tonic-gen

EACH DROP (0.028 mL) CONTAINS:

Oak (<i>Quercus robur</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Giant Sequoia (<i>Sequoia gigantea</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23934

NPN 80025267



Trauma-gen

EACH DROP (0.028 mL) CONTAINS:

Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Hawthorn (<i>Crataegus laevigata</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23905

NPN 80011735



Uri-gen

EACH DROP (0.028 mL) CONTAINS:

Silver Birch (<i>Betula pendula</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Juniper (<i>Juniperus communis</i>) Young Shoot Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
European Ash (<i>Fraxinus excelsior</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23860

NPN 80016696



Vrl-gen

EACH DROP (0.028 mL) CONTAINS:

Black Currant (<i>Ribes nigrum</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Sea Buckthorn (<i>Hippophae rhamnoides</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	
Black Alder (<i>Alnus glutinosa</i>) Bud Extract (1:20)	0.009 mL
0.47 mg Dried Equivalent	

Non-Medicinal Ingredients: Purified water, ethanol (grain), glycerin

Recommended Dose

Adults and Children (over 12 years): Take 10 drops once daily or as recommended by your healthcare practitioner. Invert bottle to 45° and shake lightly allowing drops to fall directly into mouth or in 7 mL (1/4 oz.) of water.

Size

15 mL Liquid

Product Code

23935

NPN 80032566





Glandular Extracts & Organotherapy & Homeopathic Preparations

Genestra Brands glandular extracts are obtained from healthy animal tissues that are carefully processed, packaged and tested to ensure the products are not contaminated with heavy metals, pesticides or solvents. Genestra Brands homeopathic and organotherapy preparations are formulated with fresh animal tissue extracts, pure minerals and plants that are harvested during their most bioactive period.

Glandular Extracts

Genestra Brands glandular extracts are derived from cattle less than 30 months of age at the time of slaughter, significantly reducing the possibility of toxins and other metabolites. Seroyal's preferred choice of ingredients are sourced from Argentina or New Zealand bovine, countries identified by the World Organization for Animal Health (OIE) as having negligible BSE-risk.

Organotherapy & Homeopathics

Genestra Brands homeopathic and organotherapy preparations are made from a broad spectrum of animals, plants, molds, yeast and other pathogenic extracts. They are prepared according to homeopathic methods and are developed based on the principles of organotherapy. All of our animal ingredients are sourced from healthy animals in government-inspected facilities using proper sanitation and handling methods.

Homeopathy, Phytotherapy, Gemmotherapy, Oligo-elements and Schüssler Tissue Salts are modalities used in traditional medicine and are not supported by clinical trials.

TADS

Adrenal glandular formulation

- 165 mg per tablet
- Used in Organotherapy
- Provides the whole adrenal gland, including the adrenal cortex and medulla
- Convenient tablet format

EACH TABLET CONTAINS:

Bovine (*Bos taurus*) Adrenal. 165 mg

Non-Medicinal Ingredients: Cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, silica, magnesium stearate, hypromellose, glycerin

Recommended Dose

Adults: Take one tablet two times daily with meals or as recommended by your healthcare practitioner. For prolonged use, consult your healthcare practitioner.

Size

60 Tablets

Product Code

08300

NPN 80042502



THYM

Thymus glandular formulation

- 200 mg per capsule
- A factor in the maintenance of good health
- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Bovine (*Bos taurus*) Thymus 200 mg

Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults: Take two capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08312

NPN 80036672



TLIP

Liver formulation

- 550 mg per capsule
- Used in Organotherapy
- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Bovine (*Bos taurus*) Liver 550 mg

Non-Medicinal Ingredients: Hypromellose, silica

Recommended Dose

Adults: Take one capsule three times daily with meals or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08317

NPN 80024338



GLANDULAR EXTRACTS

TMG

Multi-glandular formula

- Used in Organotherapy
- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Bovine (<i>Bos taurus</i>) Liver	185 mg
Porcine (<i>Sus scrofa</i>) Brain	163 mg
Porcine (<i>Sus scrofa</i>) Stomach	45 mg
Bovine (<i>Bos taurus</i>) Kidney	40 mg
Bovine (<i>Bos taurus</i>) Heart	40 mg
Bovine (<i>Bos taurus</i>) Spleen	23 mg
Bovine (<i>Bos taurus</i>) Pancreas	20 mg
Porcine (<i>Sus scrofa</i>) Duodenum	9 mg
Bovine (<i>Bos taurus</i>) Adrenal	2 mg

Non-Medicinal Ingredients: Hypromellose, dibasic calcium phosphate dihydrate, magnesium stearate

Recommended Dose

Adults: Take three capsules two times daily with meals, a few hours before or after taking other medication, or as recommended by your healthcare practitioner.

Size

120 Vegetarian Capsules

Product Code

08314

NPN 80027421



TPTP

Pituitary formulation

- 90 mg per capsule
- Used in Organotherapy
- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Bovine (<i>Bos taurus</i>) Pituitary	90 mg
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Non-Medicinal Ingredients: Hypromellose, cellulose, magnesium stearate

Recommended Dose

Adults: Take two capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08323

NPN 80038281



TSPP

Spleen formulation

- 300 mg per capsule
- Used in Organotherapy
- Convenient vegetarian capsule format

EACH CAPSULE CONTAINS:

Bovine (<i>Bos taurus</i>) Spleen	300 mg
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Non-Medicinal Ingredients: Hypromellose, cellulose, silica

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner. To be used on the advice of your healthcare practitioner.

Size

60 Vegetarian Capsules

Product Code

08324

NPN 80054042



Can Albex 30X

Candida albicans

- Homeopathic remedy to help relieve symptoms such as discharge and irritation associated with Candida/fungal infection

Ideal for vegans

- Convenient liquid format

EACH DROP CONTAINS:

*Candida albicans** 30 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

*Source information: <http://www.hc-sc.gc.ca/dhp-mpps/prodnatur/index-eng.php>

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops two to three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15 to 60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing. Children (under 12 years): Take under the direction of your healthcare practitioner.

Size

30 mL Liquid

Product Code

1061230

DN-HM 80058154



Can Albex 500X

Candida albicans

- Homeopathic remedy to help relieve symptoms such as discharge and irritation associated with Candida/fungal infection

Ideal for vegans

- Convenient liquid format

EACH DROP CONTAINS:

*Candida albicans** 500 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

*Source information: <http://www.hc-sc.gc.ca/dhp-mpps/prodnatur/index-eng.php>

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops two to three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15 to 60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing. Children (under 12 years): Take under the direction of your healthcare practitioner.

Size

30 mL Liquid

Product Code

10612500

DN-HM 80058152



Fucus Complex

Homeopathic preparation of *Fucus vesiculosus*, *Badiaga* and *Spongia tosta*

- Homeopathic preparation used to help relieve headache pain^{1,2}

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS EQUAL PARTS OF:

Fucus vesiculosus (Bladderwrack) Thallus 1 X

Spongia tosta (Roasted sponge) 2 X

Badiaga (Freshwater sponge) 3 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops two to three times daily or as recommended by your healthcare practitioner. Children (1-11 years): Take 5 drops two to three times daily or as recommended by your healthcare practitioner. Infants (1-11 months): Take 2 drops two to three times daily or as recommended by your healthcare practitioner. Acute Dosing: Follow the above age recommended drop amounts and take every 15 to 60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing. To be taken 20 minutes away from food. Place drops directly under the tongue or into ¼ oz. of water.

Size

50 mL Liquid

Product Code

11744

DN-HM 80021229



REFERENCES

1-2. Boericke, W. Homeopathic Materia Medica. Medi-T. 1927; available at: <http://www.homeoint.org/books/boericmm/index.htm>; Spongia tosta monograph.

ORGANOOTHERAPY & HOMEOPATHIC PREPARATIONS

Fungisode

Broad-spectrum homeopathic preparation

- Multiminerals, herbs and isopathic substances

Easy-to-use

- For maximum benefits, use Fungisode with the Can Albex Candidiasis Program

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Echinacea purpurea</i> (Purple cone-flower) Aerial Parts	3 X
<i>Calcarea carbonica</i> (Impure calcium carbonate from oyster shell)	8 X
<i>Oxalicum acidum</i> (Oxalic acid)	8 X
<i>Arsenicum album</i> (Arsenic trioxide)	4 CH
<i>Berberis vulgaris</i> (Barberry) Bark	4 CH
<i>Chelidonium majus</i> (Greater celandine) Root/Rhizome	4 CH
<i>Sulphur</i> (Sublimed sulfur)	4 CH
<i>Hepar sulphuris calcareum</i> (Liver of sulfur)	5 CH
<i>Kreosotum</i> (Creosote from beech tar)	5 CH
<i>Lycopodium clavatum</i> (Clubmoss) Spore	5 CH
<i>Mercurius solubilis</i> (Hahnemann's soluble mercury)	5 CH
<i>Nitricum acidum</i> (Nitric acid)	5 CH
<i>Sepia officinalis</i> (Sepia) Dried Inky Secretion	5 CH
<i>Candida albicans</i> (Yeast cells)	12 X
<i>Carbo vegetabilis</i> (Carbonized charcoal)	7 CH
<i>Muriaticum acidum</i> (Hydrochloric acid)	7 CH

Non-Medicinal Ingredients: Ethanol (beet), purified water

Contains: Shellfish

Recommended Dose

Adults and Adolescents (12 years and older): Take ten drops two to three times daily or as recommended by your healthcare practitioner. Children (1-11 years): Take five drops two to three times daily or as recommended by your healthcare practitioner. To be taken 20 minutes away from food. Place drops directly under the tongue or into ¼ oz of water.

Size

30 mL Liquid

Product Code

10601

DIN-HM 80078664



HAD

Organotherapy and homeopathic preparation

- Homeopathic preparation of rabbit adrenal and spleen and botanicals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Adrenal Gland*	10 X
<i>Oryctolagus cuniculus</i> (Rabbit) Spleen*	10 X
<i>Carduus marianus</i> (Milk thistle) Fruit	2 X
<i>Echinacea</i> (Coneflower) Aerial Parts	2 X
<i>Zingiber officinale</i> (Ginger) Rhizome	2 X
<i>Berberis vulgaris</i> (Barberry) Bark	3 X
<i>Chelidonium majus</i> (Great celandine) Rhizome and Root	3 X
<i>Bryonia alba</i> (White bryony) Root	4 X
<i>Atropinum sulphuricum</i> (Atropine sulfate)	6 X
<i>Magnesia phosphorica</i> (Magnesium hydrogen phosphate trihydrate)	6 X
<i>Lycopodium clavatum</i> (Clubmoss) Spores	12 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09622

NPN 80022898



No Genetically Modified Organisms



Gluten Free



Dairy Free



Vegan



Vegetarian

HFE

Organotherapy and homeopathic preparation

- Homeopathic preparation of rabbit ovary, adrenal and uterus and botanicals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Ovary*	10 X
<i>Oryctolagus cuniculus</i> (Rabbit) Uterus*	10 X
<i>Oryctolagus cuniculus</i> (Rabbit) Adrenal Gland*	10 X
<i>Viburnum opulus</i> (Highbush cranberry) Bark	2 X
<i>Belladonna</i> (Deadly nightshade) Whole Plant	4 X
<i>Caulophyllum thalictroides</i> (Blue cohosh) Underground Parts	4 X
<i>Dioscorea villosa</i> (Wild yam) Underground Parts	4 X
<i>Helonias dioica</i> (Blazing star) Rhizome and Root	4 X
<i>Apis mellifica</i> (Honey bee)	5 X
<i>Cimicifuga racemosa</i> (Black cohosh) Rhizome and Root	6 X
<i>Gelsemium sempervirens</i> (Yellow jessamine) Underground Parts	8 X
<i>Magnesia phosphorica</i> (Magnesium hydrogen phosphate trihydrate)	10 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09623

NPN 80022895



HHR

Organotherapy and homeopathic preparation

- Homeopathic preparation of rabbit heart and botanicals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Heart*	10 X
<i>Cactus grandiflorus</i> (Night-blooming cereus) Stem and Flowers	3 X
<i>Convallaria majalis</i> (Lilly of the valley) Aerial Parts	3 X
<i>Valeriana officinalis</i> (Valerian) Root	3 X
<i>Veratrum album</i> (White hellebore) Rhizome and Root	4 X
<i>Spigelia marilandica</i> (Pink-root) Rhizome and Root	5 X
<i>Aurum muriaticum</i> (Gold chloride)	6 X
<i>Arnica montana</i> (Mountain arnica) Underground Parts	6 X
<i>Digitalis purpurea</i> (Foxglove) Leaves	6 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09624

NPN 80022755



ORGANOOTHERAPY & HOMEOPATHIC PREPARATIONS

HKI

Organotherapy and homeopathic preparation

- Homeopathic preparation of kidney and botanicals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Kidney*	10 X
<i>Sarsaparilla</i> Root	1 X
<i>Urtica urens</i> (Dwarf nettle) Aerial Parts	1 X
<i>Rubia tinctorum</i> (Madder) Root	4 X
<i>Berberis vulgaris</i> (Barberry) Bark	5 X
<i>Coccus cacti</i> (Cochineal) Dried Female Insect	5 X
<i>Lycopodium clavatum</i> (Clubmoss) Spores	5 X
<i>Benzoicum acidum</i> (Benzoic acid)	6 X
<i>Atropinum sulphuricum</i> (Atropine sulfate)	6 X
<i>Colocynthis</i> (Colocynth) Fruit Pulp	6 X
<i>Lithium carbonicum</i> (Lithium carbonate)	6 X
<i>Lapis albus</i> (Calcium fluosilicate)	12 CH
<i>Calcarea carbonica</i> (Impure calcium carbonate from oyster shell)	12 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09625

NPN 80033022



HLIP

Organotherapy and homeopathic preparation

- Homeopathic preparation of liver, multiple botanicals and minerals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Liver*	10 X
<i>Carduus marianus</i> (Milk thistle) Fruit	2 X
<i>Zingiber officinale</i> (Ginger) Rhizome	2 X
<i>Leptandra virginica</i> (Veronica virginica) Underground Parts	3 X
<i>Berberis vulgaris</i> (Barberry) Bark	4 X
<i>Chelidonium majus</i> (Greater celandine) Rhizome and Root	4 X
<i>Magnesia muriatica</i> (Magnesium chloride, hexahydrate)	4 X
<i>Natrum muriaticum</i> (Sodium chloride)	5 X
<i>Atropinum sulphuricum</i> (Atropine sulfate)	6 X
<i>Bryonia alba</i> (White bryony) Root	6 X
<i>Natrum sulphuricum</i> (Sodium sulfate)	6 X
<i>Lycopodium clavatum</i> (Clubmoss) Spores	12 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09628

NPN 80023023



HLU

Organotherapy and homeopathic preparation

- Homeopathic preparation of lung, botanicals and minerals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Lung*	10 X
<i>Thymus vulgaris</i> Aerial Parts	4 X
<i>Phellandrium aquaticum</i> (Water fennel) Fruit	5 X
<i>Arsenicum iodatum</i> (Arsenic triiodide)	7 X
<i>Calcarea phosphorica</i> (Calcium phosphate)	10 X
<i>Stannum metallicum</i> (Tin)	10 X
<i>Carbo vegetabilis</i> (Vegetable charcoal)	12 X
<i>Silicea</i> (Silicon dioxide)	12 X
<i>Sulphur</i> (Sublimed sulfur)	12 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09626

NPN 80026568



HPNP

Organotherapy and homeopathic preparation

- Homeopathic preparation of rabbit pancreas and kidney and botanicals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Pancreas*	10 X
<i>Oryctolagus cuniculus</i> (Rabbit) Kidney*	10 X
<i>Berberis vulgaris</i> (Barberry) Bark	2 X
<i>Vaccinium myrtillus</i> (Bilberry) Ripe Berries	2 X
<i>Phosphoricum acidum</i> (Phosphoric acid)	4 X
<i>Chelidonium majus</i> (Greater celandine) Rhizome and Root	4 X
<i>Kreosotum</i> (Creosote)	6 X
<i>Natrum sulphuricum</i> (Sodium sulfate)	6 X
<i>Syzygium jambolanum</i> (Jambol) Fruit	10 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

Product Code

09629

NPN 80022780



ORGANOTHERAPY & HOMEOPATHIC PREPARATIONS

HPTP

Organotherapy and homeopathic preparation

- Homeopathic preparation of rabbit pituitary and adrenal, and botanicals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Pituitary Gland*	10 X
<i>Oryctolagus cuniculus</i> (Rabbit) Adrenal Gland*	10 X
<i>Arnica montana</i> (Mountain arnica) Underground Parts	6 X
<i>Erigeron canadensis</i> (Horse-weed) Aerial Parts	6 X
<i>Hydrastis canadensis</i> (Goldenseal) Underground Parts	6 X
<i>Achillea millefolium</i> (Yarrow) Aerial Parts	6 X
<i>Sabina</i> (Savin) Twigs	8 X
<i>Secale cornutum</i> (Rye ergot) Sclerotium of the fungus	8 X

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

NPN 80023121

Product Code

09630



HTHY

Organotherapy and homeopathic preparation

- Homeopathic preparation of rabbit adrenal, pituitary, spleen, thyroid and thymus, botanicals and minerals to be used on the advice of your healthcare practitioner

Convenient liquid format

- Increases patient compliance

EACH DROP CONTAINS:

<i>Oryctolagus cuniculus</i> (Rabbit) Adrenal Gland*	10X
<i>Oryctolagus cuniculus</i> (Rabbit) Pituitary Gland*	10X
<i>Oryctolagus cuniculus</i> (Rabbit) Thymus Gland*	10X
<i>Oryctolagus cuniculus</i> (Rabbit) Spleen*	10X
<i>Oryctolagus cuniculus</i> (Rabbit) Thyroid Gland*	10X
<i>Calcarea iodata</i> (Calcium iodide hydrate)	4X
<i>Ferrum iodatum</i> (Ferrous iodide)	6X
<i>Fucus vesiculosus</i> (Bladderwrack) Thallus	6X
<i>Kali iodatum</i> (Potassium iodide)	6X
<i>Lapis albus</i> (Calcium fluosilicate)	6X
<i>Spongia tosta</i> (Roasted sponge)	6X
<i>Calcarea carbonica</i> (Impure calcium carbonate from oyster shell)	8X
<i>Hepar sulphuris calcareum</i> (Impure calcium sulfide)♦	8X
♦ Equal parts of sulfur and calcium carbonicum Hahnemanni	

Non-Medicinal Ingredients: Ethanol (beet), purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take 10 drops three times daily or as recommended by your healthcare practitioner. Acute Dosing: Take 10 drops every 15-60 minutes (up to 12 times per day) or until symptoms improve, then resume general dosing.

Size

30 mL Liquid

NPN 80029418

Product Code

09631



*Organotherapy



Topicals

Genestra Brands topicals are prepared with naturally-sourced plant oils, herbal extracts, vitamins and other complementary ingredients. The convenient topical format is easy to use and provides moisture directly to the skin. The gluten free, dairy free and vegan formulas are specifically designed for individualized needs.

Dioscorea Cream

Unique combination of wild yam and other complementary ingredients

- St. John's wort, calendula, lavender and meadowfoam

Ideal for vegans

- Convenient topical cream format

INGREDIENTS:

Water, Glycerin, Glyceryl Stearate, Limnanthes Alba (Meadowfoam) Seed Oil, Cetearyl Olivat, Sorbitan Olivat, Dioscorea Villosa (Wild Yam) Root Extract, Calendula Officinalis Flower Extract, Calendula Officinalis Flower Oil, Squalane, Caprylic/Capric Triglyceride, Hypericum Perforatum Flower/Leaf/Stem Extract, Glycereth-2 Cocoate, Benzoic Acid, Sodium PCA, Xanthan Gum, Tocopheryl Acetate, Allantoin, Litsea Cubeba Fruit Oil, Lavandula Angustifolia (Lavender) Oil

Recommended Application

Apply liberally to skin as needed, or as recommended by your healthcare practitioner. For external use only.

Size

56 g Cream

Product Code

07540



Dermagen C

Unique combination of vitamin C as ascorbyl glucoside and other complementary ingredients

- Meadowfoam, calendula and lavender

Ideal for vegans

- Convenient topical cream format

INGREDIENTS:

Water, Glyceryl Stearate, Glycerin, Limnanthes Alba (Meadowfoam) Seed Oil, Cetearyl Olivat, Sorbitan Olivat, Sodium Hydroxide, Ascorbyl Glucoside, Calendula Officinalis Flower Oil, Squalane, Caprylic/Capric Triglyceride, Xanthan Gum, Sodium Citrate, Tocopheryl Acetate, Allantoin, Glycereth-2 Cocoate, Benzoic Acid, Sodium PCA, Litsea Cubeba Fruit Oil, Lavandula Angustifolia (Lavender) Oil, Citric Acid

Recommended Application:

Apply liberally to skin as needed, or as recommended by your healthcare practitioner. For external use only.

Size

56 g Cream

Product Code

10552



Devil's Claw Cream

Unique combination of Devil's claw and other complementary ingredients

- Meadowfoam, calendula and chamomille

Ideal for vegans

- Convenient topical format

INGREDIENTS:

Water, Harpagophytum Procumbens Root Extract, Glyceryl Stearate, Glycerin, Limnanthes Alba (Meadowfoam) Seed Oil, Cetearyl Olivat, Sorbitan Olivat, Calendula Officinalis Flower Oil, Squalane, Caprylic/Capric Triglyceride, Calendula Officinalis Flower Extract, Chamomilla Recutita (Matricaria) Flower Extract, Glycereth-2 Cocoate, Benzoic Acid, Sodium PCA, Xanthan Gum, Tocopheryl Acetate, Allantoin

Recommended Application

Apply liberally to skin as needed or as recommended by your healthcare practitioner. For external use only.

Size

56 g Cream

Product Code

07544



Isogen Forte Cream

Unique combination of soy isoflavones, wild yam and other complementary ingredients

- St. John's wort, calendula and meadowfoam

Ideal for vegans

- Convenient topical format

INGREDIENTS:

Water, Glyceryl Stearate, Glycerin, Cetearyl Olivat, Sorbitan Olivat, Limnanthes Alba (Meadowfoam) Seed Oil, Calendula Ocinalis Flower Extract, Soy Isoavones, Calendula Ocinalis Flower Oil, Squalane, Caprylic/Capric Triglyceride, Hypericum Perforatum Flower/Leaf/Stem Extract, Dioscorea Villosa (Wild Yam) Root Extract, Glycereth-2 Cocoate, Benzoic Acid, Sodium PCA, Xanthan Gum, Tocopheryl Acetate, Allantoin

Recommended Application

Apply liberally to skin as needed, or as recommended by your healthcare practitioner. For external use only.

Size

56 g Cream

Product Code

07595



Lymphagen Cream

Unique combination of cleavers, burdock, celandine and other complementary ingredients

- St. John's wort, calendula, echinacea, osha, dandelion, red clover, meadowfoam, clary, rosemary and lavender

Ideal for vegans

- Convenient topical cream format

INGREDIENTS:

Water, Arctium Lappa Root Extract, Calendula Officinalis Flower Extract, Echinacea Purpurea Root Extract, Ligusticum Porteri Root Extract, Galium Aparine Extract, Chelidonium Majus Extract, Hypericum Perforatum Flower/Leaf/Stem Extract, Taraxacum Officinale (Dandelion) Rhizome/Root Extract, Trifolium Pratense (Clover) Flower Extract, Glycerin, Glyceryl Stearate, Limnanthes Alba (Meadowfoam) Seed Oil, Cetearyl Olivat, Sorbitan Olivat, Calendula Officinalis Flower Oil, Squalane, Caprylic/Capric Triglyceride, Glycereth-2 Cocoate, Benzoic Acid, Sodium PCA, Xanthan Gum, Tocopheryl Acetate, Allantoin, Rosmarinus Officinalis (Rosemary) Leaf Oil, Salvia Sclarea (Clary) Oil, Lavandula Hybrida Oil

Recommended Application

Apply liberally to skin as needed, or as recommended by your healthcare practitioner. For external use only.

Size

56 g Cream

Product Code

07551



A

Acetylcarnitine (N-Acetyl L-carnitine hydrochloride)

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PhosCholine Complex 171

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HFE 223

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HMF Bifido Capsules 31
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HMF Child 46
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HMF Fit for School 47
HMF Fitness 33
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HMF Immune 42
HMF Intensive 31
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HMF Child	46
HMF Child + Multi	47
HMF Fit for School	47
HMF Fitness	33
HMF Forte	33
HMF IBS Relief	41
HMF Immune	42
HMF Intensive	31
HMF Intensive 50	34
HMF Intensive 500	34
HMF Intensive Powder	35
HMF Maternity	45
HMF Multi Strain	35
HMF Multi Strain 50	36
HMF Multi Strain 100	36
HMF Multi Strain Powder	37
HMF Neuro Capsules	38
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HMF Replete	40
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HMF Bifido Capsules	31
HMF Bifido Powder	32
HMF Multi Strain	35
HMF Multi Strain 50	36
HMF Multi Strain 100	36
HMF Multi Strain Powder	37

***Bifidobacterium longum* subsp. *infantis* (Bi-26)**

HMF Bifido Capsules	31
HMF Bifido Powder	32
HMF Multi Strain Powder	37

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HMF Bifido Capsules	31
HMF Bifido Powder	32
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Iron & Nickel	111
Osteo-gen	215
Phyto Greens Capsules	182
Phyto Greens Powder	183
Pulmo-gen	215

***Blueberry* (*Vaccinium angustifolium*)**

Cognitive Care	168
Four Pillars Cognitive	113
Phyto Greens Capsules	182
Phyto Greens Powder	183
Pro Pea Balance - Chocolate	145
Pro Pea Balance - Vanilla	145

***Blue Cohosh* (*Caulophyllum thalictroides*)**

Femagen PMS Capsules	103
HFE	223

Bone Marrow

TIM	125
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***Borage* (*Borago officinalis*)**

Multi EFA Capsules	59
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Boron

Cal Mag Berry Liquid +	130
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111

***Boston Ivy* (*Ampelopsis veitchii*)**

Boston Ivy Young Shoot	205
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***Boswellia* (*Boswellia serrata*)**

Boswellia	167
PhosCholine Complex	171

Brain

Femagen PMS Tablets	104
TBMP	124
TMG	220
TPIN	127

***Bakers Yeast* (*Saccharomyces cerevisiae*)** (EpiCor® - Registered trademark of Embria Health Sciences, L.L.C.)

Cor Defence	175
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***Broccoli* (*Brassica oleracea* var. *italica*)**

Phyto Greens Capsules	182
Phyto Greens Powder	183

***Bromelain* (*Ananas comosus*)**

Bio Enzymes	158
Bromelain Papain+	159
Digest Dairy Plus	159
Glucosamine Complex	128
Herbal GI	178
Super Orti Vite	123
V-Enzymes	162

***Brussels Sprouts* (*Brassica oleracea* var. *gemmifera*)**

Phyto Greens Capsules	182
Phyto Greens Powder	183

***Bryonia alba* (White Bryony)**

HAD	222
HLIP	224

***Bupleurum* (*Bupleurum chinense*)**

Liv Complex	165
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***Burdock* (*Arctium lappa*)**

Astragalus Combination #1	186
Essigen Combination	188
Lymphagen Cream	229

C***Cabbage* (*Brassica oleracea* var. *capitata*)**

Herbal GI	178
Phyto Greens Capsules	182
Phyto Greens Powder	183

***Cactus grandiflorus* (Night Blooming Cereus)**

HHR	223
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CaHMB

HMB Complex	144
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***Calcarea carbonica* (Calcium carbonite)**

Fungisode	222
HKI	224
HTHY	226

***Calcarea iodata* (Calcium iodide)**

HTHY	226
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***Calcarea phosphorica* (Calcium phosphate)**

HLU	225
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Calcium

Active Multi Vite	107
Almond Liquid Vite Min.	108
Ascorbate C	84
Cal Mag Berry Liquid +	130
Cal Mag + D	130
Cal Mag Liquid	131
Cal Mag Liquid 2	131
Cal Mag Raspberry Liquid	132
Cal Mag Vanilla Liquid +	132
Calcium	96
Children's Chewable Vitamins	109
Colloidal Multi Mins Liquid	106
Femagen PMS Capsules	103
Femagen PMS Tablets	104
Formula OSG	133
Formula OSX	133
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
GLY Forte	114
Liquid Multi Vite Min.	116
LSP	134
Mag Cal Formula 2	134
Mag Cal Plus	135
Mag Cal Vanilla Liquid	135
Maxum Multi Vite	117
Multi Cal Mag	136
Multi Cal Mag Liquid	137
Multi Mins	106
Multi Vite	119
Orti C	88
Pregna Vite	121
Scorbatate	89
ST-TN Capsules	122
Super Cal Mag	138
Super Orti Vite	123
TAD+	124
TBMP	124
TOS Cal Hydroxy	138

Calendula (*Calendula officinalis*)

Collinsonia Formula	174
Dermagen C	228
Devil's Claw Cream	228
Dioscorea Cream	228
Isogen Forte Cream	229
Lymphagen Cream	229

Candida albicans (Fungus)

Can Albex 30X	221
Can Albex 500X	221
Fungisode	222

Caprylic Acid

ST-TN Capsules	122
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Capsicum (*Capsicum minimum*)

Echinacea Combination #2	187
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Carbo vegetabilis (Carbonized charcoal)

Fungisode	222
HLU	225

Cardiophenol™

Cardio Care	167
Four Pillars Cardio	112

Carrot (*Daucus carota*)

Phyto Greens Capsules	182
Phyto Greens Powder	183

Cascara Sagrada (*Frangula purshiana*)

Herbolax	179
Herbotox Capsules	179
Herbotox Tablets	179

Cat's Claw (*Uncaria tomentosa*)

Almond Liquid Vite Min.	108
Cat's Claw Tincture	184

Cauliflower (*Brassica oleracea* var. *botrytis*)

Phyto Greens Capsules	182
Phyto Greens Powder	183

Cayenne (*Capsicum annuum*)

THR	125
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Cedar of Lebanon (*Cedrus libani*)

Perid-gen	215
Skn-gen	216

Celandine (*Chelidonium majus*)

Femagen Iron Plus	103
Fungisode	222
GLY Forte	114
HAD	222
HLIP	224
HPNP	225
Ichol	160
Ichol Plus	160
Lymphagen Cream	229

Celery (*Apium graveolens*)

Phyto Greens Capsules	182
Phyto Greens Powder	183

Cellulase (from *Trichoderma* sp.)

V-Enzymes	162
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Chamomile (*Matricaria recutita*)

Devil's Claw Cream	228
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Chaste Tree (*Vitex agnus-castus*)

Femagen PMS Capsules	103
Femagen PMS Tablets	104
LSP	134
Vitex agnus-castus	184

Cherry (*Prunus cerasus*)

Phyto Greens Capsules	182
Phyto Greens Powder	183

Chinese Rhubarb (*Rheum palmatum*)

Essigen Combination	188
Herbolax	179

Chlorella (*Chlorella pyrenoidosa*/ *vulgaris*)

AMD	149
Chlorgen	174
Phyto Greens Capsules	182
Phyto Greens Powder	183

Chlorophyllin

Liquid Chlorophyll	181
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Chokeberry (*Aronia melanocarpa*)

Berry DHA	66
Berry EFA Plus	67

Choline

Active B Complex	90
Active Multi Vite	107
Almond Liquid Vite Min.	108
Femagen PMS Capsules	103
Femagen PMS Tablets	104
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
GLY Forte	114
Ichol	160
Ichol Plus	160
Liquid B Complex	94
Liquid Multi Vite Min.	116
Maxum Multi Vite	117
Methylation Support	94
Multi B	95
Multi Vite	119
Orti B	95
Pediatric Vite	120
Super Orti Vite	123
TBMP	124

Chondroitin Sulfate

CDC Forte	127
Glucosamine Complex	128
Mobility 4	129

Chromium

Active Multi Vite	107
Almond Liquid Vite Min.	108
AMD	149
Chlorgen	174
Colloidal Multi Mins Liquid	106
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
GLY Forte	114
GTF Chromium	96
Inositol Nicotinate + Cr	93
Liquid Multi Vite Min.	116
Maxum Multi Vite	117
Multi Cal Mag Liquid	137
Multi Glyco	118
Multi Mins	106
Multi Vite	119
Pregna Vite	121
Pro Pea Balance – Chocolate	145
Pro Pea Balance – Vanilla	145

Scorbatate	89
Super Orti Vite	123

Chymotrypsin

Pancreatin	161
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Cilantro (*Coriandrum sativum*)

Cilantrofen	174
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Cinnamon (*Cinnamomum verum*)

Allisyn	192
Candaclear Four	194

CLA (Conjugated Linoleic Acid)

CLA 700	71
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Clary (*Salvia sclarea*)

Lymphagen Cream	229
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Cleavers (*Galium aparine*)

Essigen Combination	188
Lymphagen Cream	229
Yellow Dock Combination #1	190

Clove (*Syzygium aromaticum*)

Black Walnut Capsules	193
Black Walnut Combination #1	186
Candicin	193
Herbal GI	178

Coccus cacti (Cochineal)

HKI	224
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Cod Liver Oil

Cod Liver Oil DHA/EPA Forte	
Capsules	57
Cod Liver Oil Forte	57

Coenzyme Q₁₀

Almond Liquid Vite Min.	108
Cardio Care	167
CoQ ₁₀ + Taurine	150
CoQ ₁₀ 30	150
CoQ ₁₀ 100	149
CoQ ₁₀ Chewable	151
CoQ ₁₀ Lipo 100	151
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
Four Pillars Cardio	112
Maxum Multi Vite	117
Statin Care	154
Super EFA Liquid Plus CoQ ₁₀	64
Super Orti Vite	123

Colocynthis (*Colocynthis*)

HKI	224
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Copper

Active Multi Vite	107
Children's Chewable Vitamins	109
Colloidal Multi Mins Liquid	106
Femagen Iron Plus	103
Femagen TLI	105
Four Pillars	110
Four Pillars Cardio	112
Four Pillars Cognitive	113
Liquid Multi Vite Min.	116
Multi Cal Mag	136
Multi Cal Mag Liquid	137

Multi Mins	106
Pediatr Vite	120
Pregna Vite	121

Convallaria majalis (Lily of the Valley)	
HHR	223

Corn (Zea mays)	
Corn Root Bark	205
Kidney Complex	180
Renal-gen	215

Crab Apple (Malus sylvestris)	
Crab Apple Bud	205

Cranberry (Vaccinium macrocarpon)	
Cardio Care	167
Cranberry Plus	175
Four Pillars Cardio	112
HMF Cystgen	43
HMF UTI	44
HMF Women's Daily	44
Kidney Complex	180

Cranesbill (Geranium maculatum)	
Herbal GI	178

Cucumber (Cucumis sativus)	
Phyto Greens Capsules	182
Phyto Greens Powder	183

Curcumin (Curcuma longa)	
Curcumin Complex	168
Neurogen Cognition	170
Mobility 4	129
PhosCholine Complex	171
Pro Pea Balance – Chocolate	145
Pro Pea Balance – Vanilla	145

D	
Damask rose (Rosa damascena)	
HMF Candigen	43
HMF Cream	43

Dandelion (Taraxacum officinale)	
Collinsonia Formula	174
Femagen PMS Capsules	103
Femagen PMS Tablets	104
GLY Forte	114
Herbotox Capsules	179
Herbotox Tablets	179
Ichol	160
Ichol Plus	160
Liv Complex	165
Lymphagen Cream	229
TKI	126
Yellow Dock Combination #1	190

Delta-Tocopherol	
Biotone EFA	71

Devil's Claw (Harpagophytum procumbens)	
Devil's Claw Cream	228

DHA (Docosahexaenoic acid)	
Berry DHA	66
Berry EFA Plus	67
Cod Liver Oil DHA/EPA Forte	
Capsules	57
Cod Liver Oil Forte	57
DHA Pediaburst	58
DHA/EPA Vegan	72
EFA Liquid	58
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
Fruit EFA	67
Krill Oil	68
Mobility 4	129
Multi EFA Capsules	59
Neurogen DHA	74
Omega 800	59
Omega EFA Liquid	60
SEP EFA	60
Super DHA Liquid	61
Super EFA Capsules	61
Super EFA Forte Capsules	64
Super EFA Forte Capsules + D	64
Super EFA Forte Liquid	65
Super EFA Forte Liquid + D	65
Super EFA Liquid – Orange	56
Super EFA Liquid – Strawberry	56
Super EFA Liquid Plus	64
Super EFA Liquid Plus CoQ10	64
Super EFA Liquid Plus D	65
Super Neurogen DHA	76

Digitalis purpurea (Foxglove)	
HHR	223
Diindolylmethane (DIM)	
D.I.M.	169
DL-Alpha Lipoic Acid	
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
Lipoic Acid	152
Pro Pea Balance – Chocolate	145
Pro Pea Balance – Vanilla	145
Super Lipoic Acid	155
DL-Methionine	
GLY Forte	114
Dog Rose (Rosa canina)	
Defense-gen	211
Dog Rose Young Shoot	205
Growth-gen	213
Hpe-gen	213
Imu-gen	213
Perid-gen	215
Super Flavonoids	184

Dogwood (Cornus sanguinea)	
Art-gen	210
Dogwood Bud	205
Hemo-gen	213
Hpe-gen	213
Duodenum	
TMG	220

E	
Echinacea (Coneflower)	
HAD	222
Echinacea (Echinacea angustifolia)	
Citrigen	195
Echinacea Mix	187
Echinacea (Echinacea pallida)	
Echinacea Mix	187
Echinacea (Echinacea purpurea)	
Echinacea Combination #2	187
Echinacea Mix	187
Fungisode	222
Lymphagen Cream	229
Yellow Dock Combination #1	190

Eleuthero (Eleutherococcus senticosus)	
Adreno Restore	166
Astragalus Combination #1	186
Cognitive Care	168
Femagen PMS Capsules	103
Four Pillars Cognitive	113
GLY Forte	114
Kelp Combination #1	188
Multi Glyco	118
TPIN	127

Ellagic Acid	
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111

Elm (Ulmus campestris)	
Acn-gen	210
Renal-gen	215
Skn-gen	216

English Holly (Ilex aquifolium)	
Spm-gen	218

English Ivy (Hedera helix)	
English Ivy Cough & Cold	176
Kids English Ivy Cough & Cold	180

English Walnut (Juglans regia)	
Digest-gen	211
English Walnut Bud	206
Gluko-gen	212
Imu-gen	213
Intest-gen	213
Liv-gen	214
Skn-gen	216

EPA (Eicosapentaenoic acid)	
Berry DHA	66
Berry EFA Plus	67
Cod Liver Oil DHA/EPA Forte	
Capsules	57
Cod Liver Oil Forte	57
DHA Pediaburst	58
DHA/EPA Vegan	72
EFA Liquid	58
Four Pillars	110
Four Pillars Without Copper,	
Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
Fruit EFA	67
Krill Oil	68
Mobility 4	129
Multi EFA Capsules	59
Omega 800	59
Omega EFA Liquid	60
SEP EFA	60
Super DHA Liquid	61
Super EFA Capsules	61
Super EFA Forte Capsules	64
Super EFA Forte Capsules + D	64
Super EFA Forte Liquid	65
Super EFA Forte Liquid + D	65
Super EFA Liquid – Orange	56
Super EFA Liquid – Strawberry	56
Super EFA Liquid Plus	64
Super EFA Liquid Plus CoQ10	64
Super EFA Liquid Plus D	65

Erigeron canadensis (Horseweed)	
HPTP	226

Esterified Astaxanthin	
Krill Oil	68

Eucalyptus (Eucalyptus globulus)	
TLU	126

European Ash (Fraxinus excelsior)	
Uri-gen	216

European Beech (Fagus sylvatica)	
Pulmo-gen	215

European Elder (Sambucus nigra)	
Berry DHA	66
Berry EFA Plus	67
Cor Defence	175
English Ivy Cough & Cold	176
Kids English Ivy Cough & Cold	180

European Hazel (Corylus avellana)	
European Hazel Bud	206
Micro-gen	214
Pulmo-gen	215

European Mistletoe (Viscum album)	
European Mistletoe Young	
Shoot	206

Evening Primrose (*Oenothera biennis*)

Candicin	193
EFA Liquid	58
GLA 130 Primrose Oil	74

F**Fenugreek (*Trigonella foenum-graecum*)**

Fenugreek	177
Herbolax	179

Ferrum iodatum (Ferrous iodide)

HTHY	226
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Fig (*Ficus carica*)

Alert-gen	210
Calm-gen	204
Digest-gen	211
Fig Bud	206
Mig-gen	214

Figwort (*Scrophularia marilandica*)

Yellow Dock Combination #1	190
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Fish Oil (Anchovy)

Omega EFA Liquid	60
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Fish Oil (Anchovy and Sardine)

Berry EFA Plus	67
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
Fruit EFA	67
Mobility 4	129
Multi EFA Capsules	59
Super EFA Capsules	61
Super EFA Liquid – Orange	56
Super EFA Liquid – Strawberry	56
Super EFA Liquid Plus	64
Super EFA Liquid Plus CoQ ₁₀	64
Super EFA Liquid Plus D	65

Fish Oil (Anchovy, Sardine and Mackerel)

EFA Liquid	58
Omega 800	59
Super EFA Forte Capsules	64
Super EFA Forte Capsules + D	64
Super EFA Forte Liquid	65
Super EFA Forte Liquid + D	65

Fish Oil (Anchovy, Sardine and Salmon)

SEP EFA	60
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Fish Oil (Tuna, Sardine and Anchovy)

Berry DHA	66
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Fish Oil (Tuna)

DHA Pediaburst	58
Super DHA Liquid	61

Flax (*Linum usitatissimum*)

Biotone EFA	71
EFA Liquid	58
Multi EFA Capsules	59
Flax Oil Capsules	73

Folate

Active B Complex	90
Active Chewable B ₁₂ with L-Methylfolate	91
Active Folate 1000	92
Active Multi Vite	107
Almond Liquid Vite Min.	108
Bio B ₁₂ + Folic Acid	92
Bio Folic Acid + B ₁₂ Liquid	93
Children's Chewable Vitamins	109
Femagen Iron Plus	103
Femagen PMS Capsules	103
Femagen PMS Tablets	104
Femagen TLI	105
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
GLY Forte	114
HMF Child + Multi	47
HMF Toddler + Pro	48
Maxum Multi Vite	117
Methylation Support	94
Multi B	95
Multi Vite	119
Orti B	95
Pregna Vite	121
Super Orti Vite	123

Free Plant Sterols (from *Glycine max* bean)

Biotone EFA	71
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Fringe Tree (*Chionanthus virginicus*)

Liv Complex	165
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Fructooligosaccharides (FOS)

Ascorbate C	84
HMF Antibiotic Care	42
HMF Baby F	46
HMF Forte	33
HMF Neuro Powder	38
HMF Powder	39
HMF Replenish Capsules	39
HMF Replete	40
HMF Super Powder	40
HMF Toddler + Pro	48

Fucus vesiculosus (Bladderwrack)

Fucus Complex	221
HTHY	226

G**Gamma-aminobutyric acid**

GABA 700	144
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Gamma-Tocopherol

Biotone EFA	71
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Garlic (*Allium sativum*)

Allisyn	192
Candaclear Four	194
Cardio Care	167
Four Pillars Cardio	112
Garlic + Parsley	195
HMF Candigen	43
HMF Cream	43
Phyto Greens Capsules	182
Phyto Greens Powder	183

Gelsemium sempervirens (Yellow Jessamine)

HFE	223
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Gentian (*Gentiana lutea*)

Black Walnut Capsules	193
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Giant Sequoia (*Sequoia gigantea*)

Bn-gen	211
Giant Sequoia Young Shoot	206
Tonic-gen	216

Ginger (*Zingiber officinale*)

Candicin	193
HAD	222
HLIP	224
Mobility 4	129
PhosCholine Complex	171
Phyto Greens Capsules	182
Phyto Greens Powder	183

Ginkgo (*Ginkgo biloba*)

Antia-gen	210
CDC Forte	127
CoQ10 + Taurine	150
Ginkgo Bud	208
Ginkgo Capsules	169
Ginkgo Tincture	185
GSF Complex	115
Maxum Multi Vite	117
Micro-gen	214
TPIN	127

GLA (Gamma-Linolenic Acid)

EFA Liquid	58
GLA 130 Primrose Oil	74
GLA 90 Black Currant Oil	73
Multi EFA Capsules	59

Globe Artichoke (*Cynara scolymus*)

Liv Complex	165
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Glucosamine Hydrochloride

CDC Forte	127
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Glucosamine Sulfate

CDC Forte	127
Glucosamine Complex	128
Mobility 4	129

Goldenseal (*Hydrastis canadensis*)

Berberis Formula	192
Goldenseal Tincture	185
HPTP	226
TLU	126

Grape (*Vitis vinifera*)

Almond Liquid Vite Min.	108
Cardio Care	167
Cognitive Care	168
Ener-gen	212
Fem-gen	212
Grapenol	152
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
Super Oxi Formula	155

Grapefruit (*Citrus paradisi*)

Citrigen	195
HMF Fitness	33

Green Tea (*Camellia sinensis*)

CDC Forte	127
Citrigen	195
Glucosamine Complex	128
GSF Complex	115
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Ichol	160
Ichol Plus	160
Maxum Multi Vite	117
Orti C	88
Super Flavonoids	184

Guar (*Cyamopsis tetragonoloba*)

Herbal Bulk	177
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Guaraná (*Paullinia cupana*)

HMF Fitness	33
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H**Hawthorn (*Crataegus monogyna/laevigata/oxyacantha*)**

Calm-gen	204
Cardio Care	167
CoQ10 + Taurine	150
Four Pillars Cardio	112
Hawthorn Young Shoot	207
Hpe-gen	213
Renu-gen	215
THR	125
Trauma-gen	216

Heart			
HHR	223		
THR	125		
TMG	220		
Heather (<i>Calluna vulgaris</i>)			
Heather Young Shoot	207		
Helonias dioica (Blazing Star)			
HFE	223		
Hepar sulphuris calcareum (Impure calcium sulfide)			
Fungisode	222		
HTHY	226		
Hesperidin			
C1000	84		
CDC Forte	127		
Glucosamine Complex	128		
GSF Complex	115		
Orti C	88		
Super Flavonoids	184		
High Bush Cranberry (<i>Viburnum opulus</i>)			
HFE	223		
Hops (<i>Humulus lupulus</i>)			
Passiflora Combination	189		
Hornbeam (<i>Carpinus betulus</i>)			
Hemo-gen	213		
Horse Chestnut (<i>Aesculus hippocastanum</i>)			
Cir-gen	213		
Horse Chestnut Bud	207		
Horsetail (<i>Equisetum arvense</i>)			
TOS Cal Hydroxy	138		
Inositol			
Active B Complex	90		
Active Multi Vite	107		
Almond Liquid Vite Min.	108		
Four Pillars	110		
Four Pillars Without Copper,			
Iron & Nickel	111		
GLY Forte	114		
Ichol	160		
Ichol Plus	160		
Liquid B Complex	94		
Liquid Multi Vite Min.	116		
Maxum Multi Vite	117		
Multi B	95		
Multi Vite	119		
Orti B	95		
Pediatri Vite	120		
Super Orti Vite	123		
Inositol Nicotinate			
Inositol Nicotinate + Cr	93		
Iodine			
Active Multi Vite	107		
Almond Liquid Vite Min.	108		
AMD	149		
Children's Chewable Vitamins	109		
Colloidal Multi Mins Liquid	106		
Four Pillars	110		
Four Pillars Without Copper,			
Iron & Nickel	111		
Four Pillars Cardio	112		
Four Pillars Cognitive	113		
GLY Forte	114		
Liquid Iodine	97		
Liquid Multi Vite Min.	116		
Maxum Multi Vite	117		
Multi Cal Mag Liquid	137		
Multi Glyco	118		
Multi Mins	106		
Multi Vite	119		
Pediatri Vite	120		
Pregna Vite	121		
Super Orti Vite	123		
Super Oxi Formula	155		
Iron			
Children's Chewable Vitamins	109		
Colloidal Multi Mins Liquid	106		
Femagen Iron Plus	103		
Femagen PMS Tablets	104		
Femagen TLI	105		
Four Pillars	110		
Iron	97		
Liquid Iron	98		
Multi Cal Mag Liquid	137		
Multi Mins	106		
Multi Vite	119		
Pregna Vite	121		
Super Orti Vite	123		
Jerusalem Artichoke (<i>Helianthus tuberosus</i>)			
FOS + L-Glutamine	143		
Judas Tree (<i>Cercis siliquastrum</i>)			
Fluid-gen	212		
Ocu-gen	215		
Juniper (<i>Juniperus communis</i>)			
Acn-gen	210		
Al-gen	212		
Car-gen	213		
Juniper Young Shoot	207		
Liv-gen	214		
Renal-gen	215		
Spm-gen	218		
Uri-gen	216		
Kale (<i>Brassica oleracea</i> var. <i>viridis</i>)			
Phyto Greens Capsules	182		
Phyto Greens Powder	183		
Kali iodatum (Potassium iodide)			
HTHY	226		
Kelpware (<i>Fucus vesiculosus</i>)			
Kelp Combination #1	188		
Kidney			
GLY Forte	114		
HKI	224		
HPNP	225		
TKI	126		
TMG	220		
Kreosotum (Creosote from coal tar)			
Fungisode	222		
HPNP	225		
Krill (<i>Euphausia superba</i>)			
Krill Oil	68		
L			
L-5-Hydroxytryptophan			
5HTP 100mg	140		
L-Alanine			
GLY Forte	114		
L-Arginine			
HMB Complex	144		
L-Aspartic Acid			
Scorbatate	89		
L-Carnitine			
Statin Care	154		
L-Cysteine			
CDC Forte	127		
Glucosamine Complex	128		
Super Orti Vite	123		
Super Oxi Formula	155		
L-Cystine			
AMD	149		
Maxum Multi Vite	117		
L-Glutamic Acid			
Bromelain Papain +	159		
CDC Forte	127		
Digest Plus	158		
GLY Forte	114		
Maxum Multi Vite	117		
L-Glutamine			
Almond Liquid Vite Min.	108		
Amino L-Glutamine	141		
Amino L-Glutamine Powder	141		
Candaclear Four	194		
FOS + L-Glutamine	143		
HMB Complex	144		
HMF Neuro Capsules	38		
HMF Neuro Powder	38		
L-Glutathione			
GSH Reduced Glutathione	152		
Maxum Multi Vite	117		
Super Oxi Formula	155		
L-Glycine			
GLY Forte	114		
L-Isoleucine			
HMB Complex	144		
L-Leucine			
HMB Complex	144		
L-Lysine			
AMD	149		
Amino L-Lysine	142		
L-Malic Acid			
Malic Acid	100		
L-Methionine			
AMD	149		
Ichol	160		
Ichol Plus	160		
L-Proline			
CDC Forte	127		
Glucosamine Complex	128		
L-Theanine (Suntheanine® – registered trademark of Taiyo International, Inc.)			
Adreno Calm	165		
L-Tyrosine			
Amino L-Tyrosine	142		
L-Valine			
HMB Complex	144		
LA (Linoleic Acid)			
Biotone EFA	71		
EFA Liquid	58		
GLA 130 Primrose Oil	74		
GLA 90 Black Currant Oil	73		
Multi EFA Capsules	59		
Flax Oil Capsules	73		
Perilla EFA	75		
Pumpkin Capsules	75		
Lactase (from <i>Aspergillus oryzae</i>)			
Digest Dairy Plus	159		
V-Enzymes	162		

<i>Lactobacillus acidophilus</i> (CUL-21)	HMF Multi Strain 50 36	<i>Lactobacillus rhamnosus</i> (HN001)	<i>Lithium carbonicum</i> (Lithium carbonate)
Candaclear Four 194	HMF Multi Strain 100 36	HMF Multi Strain 35	HKI 224
Four Pillars 110	HMF Multi Strain Powder 37	HMF Women's Daily 44	Liver
Four Pillars Without Copper, Iron & Nickel 111	HMF Natogen 48		Femagen TLI 105
Four Pillars Cardio 112	HMF Neuro Capsules 38	<i>Lactobacillus salivarius</i> (CUL-61)	GLY Forte 114
Four Pillars Cognitive 113	HMF Neuro Powder 38	HMF Antibiotic Care 42	HLIP 224
HMF Antibiotic Care 42	HMF Powder 39	HMF Baby B 45	Multi Glyco 118
HMF Capsules 32	HMF Replenish Capsules 39	HMF Baby F 46	TLIP 219
HMF Child 46	HMF Replete 40	HMF Child 46	TMG 220
HMF Child + Multi 47	HMF Super Powder 40	HMF Intensive 500 34	
HMF Cystgen 43	HMF Travel 41	HMF Maternity 45	Lung
HMF Fit for School 47	HMF UTI 44	HMF Multi Strain 35	HLU 225
HMF Fitness 33	HMF Women's Daily 44	HMF Multi Strain 50 36	TLU 126
HMF Forte 33		HMF Multi Strain 100 36	
HMF IBS Relief 41	<i>Lactobacillus acidophilus</i> (La-14)	HMF Multi Strain Powder 37	Lutein (<i>Tagetes erecta</i>)
HMF Immune 42	HMF Women's Daily 44	HMF Replenish Capsules 39	Active Multi Vite 107
HMF Intensive 31	<i>Lactobacillus acidophilus</i> (NCFM®)	HMF Replete 40	Four Pillars 110
HMF Intensive 50 34	HMF Multi Strain 35	HMF Toddler + Pro 48	Four Pillars Without Copper, Iron & Nickel 111
HMF Intensive 500 34	HMF Multi Strain 50 36		Four Pillars Cardio 112
HMF Intensive Powder 35	HMF Multi Strain 100 36	<i>Lapis albus</i> (Calcium fluosilicate)	Four Pillars Cognitive 113
HMF Multi Strain 35	HMF Multi Strain Powder 37	HKI 224	Liquid Multi Vite Min 116
HMF Multi Strain 50 36		HTHY 226	
HMF Multi Strain 100 36	<i>Lactobacillus casei</i> (CUL-06)		Lycopene
HMF Multi Strain Powder 37	HMF Multi Strain 35		Active Multi Vite 107
HMF Natogen 48	HMF Multi Strain 50 36	Lavender (<i>Lavandula angustifolia/ hybrida</i>)	Four Pillars 110
HMF Neuro Capsules 38	HMF Multi Strain 100 36	Dermagen C 228	Four Pillars Without Copper, Iron & Nickel 111
HMF Neuro Powder 38	HMF Multi Strain Powder 37	Dioscorea Cream 228	Four Pillars Cardio 112
HMF Powder 39		Lymphagen Cream 229	Four Pillars Cognitive 113
HMF Replenish Capsules 39	<i>Lactobacillus fermentum</i> (CUL-67)		Liquid Multi Vite Min 116
HMF Replete 40	HMF Multi Strain 35	Lecithin	
HMF Super Powder 40	HMF Multi Strain 50 36	Pro Pea Balance – Chocolate 145	
HMF Travel 41	HMF Multi Strain 100 36	Pro Pea Balance – Vanilla 145	
HMF UTI 44	HMF Multi Strain Powder 37		
HMF Women's Daily 44	<i>Lactobacillus gasseri</i> (CUL-09)	Lemon (<i>Citrus limon</i>)	
	HMF Candigen 43	Super Flavonoids 184	
<i>Lactobacillus acidophilus</i> (CUL-60)	HMF Cream 43	Super Orti Vite 123	
Candaclear Four 194	HMF Multi Strain 35		
Four Pillars 110	HMF Multi Strain 50 36	Lemon Balm (<i>Melissa officinalis</i>)	
Four Pillars Without Copper, Iron & Nickel 111	HMF Multi Strain 100 36	Herbal Calm 178	
Four Pillars Cardio 112	HMF Multi Strain Powder 37	LSP 134	
Four Pillars Cognitive 113	HMF UTI 44		
HMF Antibiotic Care 42	HMF Women's Daily 44	<i>Leptandra virginica</i> (Veronica Virginica)	
HMF Candigen 43		HLIP 224	
HMF Cream 43	<i>Lactobacillus paracasei</i> (CUL-08)		
HMF Capsules 32	HMF Baby B 45	Licorice (<i>Glycyrrhiza glabra</i>)	
HMF Child 46	HMF Baby F 46	GLY Forte 114	
HMF Child + Multi 47	HMF Child 46	GSE Complex 115	
HMF Cystgen 43	HMF Maternity 45	Multi Glyco 118	
HMF Fit for School 47	HMF Multi Strain 35	TAD+ 124	
HMF Fitness 33	HMF Multi Strain 50 36		
HMF Forte 33	HMF Multi Strain 100 36	Linden (<i>Tilia cordata</i>)	
HMF IBS Relief 41	HMF Multi Strain Powder 37	Passiflora Combination 189	
HMF Immune 42	HMF Natogen 48		
HMF Intensive 31	HMF Toddler + Pro 48	Lingonberry (<i>Vaccinium vitis-idaea</i>)	
HMF Intensive 50 34		Intest-gen 213	
HMF Intensive 500 34	<i>Lactobacillus plantarum</i> (CUL-66)	Lingonberry Young Shoot 207	
HMF Intensive Powder 35	HMF Fitness 33	Meno-gen 214	
HMF Multi Strain 35	HMF Multi Strain 35	Osteo-gen 215	
	HMF Multi Strain 50 36		
	HMF Multi Strain 100 36	Lipase (from <i>Rhizopus oryzae</i>)	
	HMF Multi Strain Powder 37	Bio Enzymes 158	
<i>Lactobacillus rhamnosus</i> (CUL-63)		Bromelain Papain + 159	
HMF Multi Strain Powder 37		Digest Plus 158	
HMF Neuro Capsules 38		Pancreatin 161	
HMF Neuro Powder 38		V-Enzymes 162	

Children's Chewable Vitamins	109	Multi Vite	119	Four Pillars Cognitive	113	Niacinamide	
Colloidal Multi Mins Liquid	106	Pregna Vite	121	Liquid Multi Vite Min	116	Active B Complex	90
CoQ10 + Taurine	150	Scorbatate	89	Maxum Multi Vite	117	Active Multi Vite	107
Femagen PMS Capsules	103	Super Cal Mag	138	Multi Cal Mag	136	Almond Liquid Vite Min	108
Femagen PMS Tablets	104	Super Orti Vite	123	Multi Cal Mag Liquid	137	Children's Chewable Vitamins	109
Formula OSG	133	Maritime Pine (<i>Pinus pinaster</i>)		Multi Mins	106	Four Pillars	110
Formula OSX	133	Four Pillars	110	Multi Vite	119	Four Pillars Without Copper,	
Four Pillars	110	Four Pillars Without Copper,		Pregna Vite	121	Iron & Nickel	111
Four Pillars Without Copper,		Iron & Nickel	111	Scorbatate	89	Four Pillars Cardio	112
Iron & Nickel	111	Marshmallow (<i>Althaea officinalis</i>)		Super Cal Mag	138	Four Pillars Cognitive	113
Four Pillars Cardio	112	Collinsonia Formula	174	TOS Cal Hydroxy	138	GLY Forte	114
Four Pillars Cognitive	113	English Ivy Cough & Cold	176	Motherwort (<i>Leonurus cardiaca</i>)		HMF Child + Multi	47
GLY Forte	114	Herbal GI	178	Oat Combination	189	HMF Toddler + Pro	48
GSF Complex	115	Kids English Ivy Cough & Cold	180	Mugo Pine (<i>Pinus mugo</i>)		Liquid B Complex	94
KMG Plus	105	May Chang (<i>Litsea cubeba</i>)		Car-gen	213	Liquid Multi Vite Min	116
Liquid Multi Vite Min	116	Dermagen C	228	Meno-gen	214	Mag Cal Plus	135
LSP	134	Dioscorea Cream	228	Mugo Pine Bud	207	Maxum Multi Vite	117
Mag Cal Formula 2	134	Meadowfoam (<i>Limnanthes alba</i>)		Osteo-gen	215	Multi B	95
Mag Cal Plus	135	Dermagen C	228	Muriaticum acidum (Hydrochloric acid)		Multi Glyco	118
Mag Cal Vanilla Liquid	135	Devil's Claw Cream	228	Fungisode	222	Orti B	95
Magnesium	98	Dioscorea Cream	228	Myo-inositol		Pediatric Vite	120
Magnesium Complex Liquid	99	Isogen Forte Cream	229	Myo-inositol	88	Pregna Vite	121
Magnesium Glycinate Liquid	99	Lymphagen Cream	229	N		Super Orti Vite	123
Malic Acid	100	Melatonin		N-Acetyl Glucosamine		TAD+	124
Maxum Multi Vite	117	Melatonin Spray	153	Candaclear Four	194	Nickel	
Multi Cal Mag	136	Mercurius solubilis		N-Acetyl-L-Cysteine (NAC)		Four Pillars	110
Multi Cal Mag Liquid	137	(Hahnemann's soluble mercury)		Amino NAC	140	Nitricum acidum (Nitric Acid)	
Multi Mins	106	Fungisode	222	Four Pillars	110	Fungisode	222
Multi Vite	119	Methylsulfonylmethane (MSM)		Four Pillars Without Copper,		O	
Orti C	88	Glucosamine Complex	128	Iron & Nickel	111	OA (Oleic Acid)	
Pediatric Vite	120	Mobility 4	129	Natrium muriacum (Sodium Chloride)		GLA 130 Primrose Oil	74
Pregna Vite	121	Microbial Rennet (from <i>Rhizomucor miehei</i>)		HLIP	224	GLA 90 Black Currant Oil	73
Scorbatate	89	Digest Dairy Plus	159	Natrium sulfuricum (Sodium Sulfate)		Multi EFA Capsules	59
Super Cal Mag	138	Milk Thistle (<i>Silybum marianum/ Carduus marianus</i>)		HLIP	224	Flax Oil Capsules	73
Super Orti Vite	123	Collinsonia Formula	174	HPNP	225	Perilla EFA	75
THR	125	HAD	222	Natural Mixed Carotenoids		Pumpkin Capsules	75
TOS Cal Hydroxy	138	HLIP	224	Four Pillars	110	Oak (<i>Quercus robur</i>)	
Magnolia (<i>Magnolia officinalis</i>)		Liv Complex	165	Four Pillars Without Copper,		Antia-gen	210
Adreno Calm	165	Milk Thistle Plus	170	Iron & Nickel	111	Ener-gen	212
Manganese		Milk Thistle Tincture	185	Natrium muriacum (Sodium Chloride)		Fem-gen	212
Almond Liquid Vite Min	108	Silymarin	173	HLIP	224	Oak Bud	208
AMD	149	Millet (<i>Panicum miliaceum</i>)		Neurophenol™		Perid-gen	215
CDC Forte	127	Phyto Greens Capsules	182	Cognitive Care	168	Renu-gen	215
Colloidal Multi Mins Liquid	106	Phyto Greens Powder	183	Four Pillars Cognitive	113	Tonic-gen	216
Formula OSG	133	Molybdenum		Niacin		Oat (<i>Avena sativa</i>)	
Four Pillars	110	Active Multi Vite	107	Active Multi Vite	107	Herbal Bulk	177
Four Pillars Without Copper,		Almond Liquid Vite Min	108	Femagen Iron Plus	103	Oat Combination	189
Iron & Nickel	111	Colloidal Multi Mins Liquid	106	Femagen PMS Capsules	103	Phyto Greens Capsules	182
Four Pillars Cardio	112	Formula OSX	133	Femagen PMS Tablets	104	Phyto Greens Powder	183
Four Pillars Cognitive	113	Four Pillars	110	Femagen TLI	105	Olive (<i>Olea europaea</i>)	
GLY Forte	114	Four Pillars Without Copper,		Multi Vite	119	Alert-gen	210
Liquid Multi Vite Min	116	Iron & Nickel	111	Niacinamide		Antia-gen	210
Manganese	100	Four Pillars Cardio	112	Active B Complex	90	Art-gen	210
Maxum Multi Vite	117	Molybdenum		Active Multi Vite	107	Fluid-gen	212
Multi Cal Mag	136	Active Multi Vite	107	Femagen Iron Plus	103	Gluko-gen	212
Multi Cal Mag Liquid	137	Almond Liquid Vite Min	108	Femagen PMS Capsules	103	Met-gen	214
Multi Glyco	118	Colloidal Multi Mins Liquid	106	Femagen PMS Tablets	104	Olive Young Shoot	208
Multi Mins	106	Formula OSX	133	Femagen TLI	105		
		Four Pillars	110	Multi Vite	119		
		Four Pillars Without Copper,					
		Iron & Nickel	111				
		Four Pillars Cardio	112				

Omega-3 Fatty Acids

Berry DHA	66
Berry EFA Plus	67
Cod Liver Oil DHA/EPA Forte	
Capsules	57
Cod Liver Oil Forte	57
EFA Liquid	58
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
Krill Oil	68
Mobility 4	129
Omega EFA Liquid	60
Super DHA Liquid	61
Super EFA Capsules	61
Super EFA Forte Capsules	64
Super EFA Forte Capsules + D	64
Super EFA Forte Liquid	65
Super EFA Forte Liquid + D	65
Super EFA Liquid – Orange	56
Super EFA Liquid – Strawberry	56
Super EFA Liquid Plus	64
Super EFA Liquid Plus CoQ ₁₀	64
Super EFA Liquid Plus D	65

Onion (*Allium cepa*)

Phyto Greens Capsules	182
Phyto Greens Powder	183

Orange (*Citrus sinensis*)

HMF Fitness	33
Super Flavonoids	184

Oregano (*Origanum vulgare*)

Candicin	193
Oregano Oil	196

Oregon Grape (*Mahonia aquifolium*)

Berberis Formula	192
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Osha (*Ligusticum porteri*)

Echinacea Combination #2	187
Lymphagen Cream	229

Ovary

Femagen PMS Tablets	104
HFE	223

Ox Bile

Ichol Plus	160
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Oxalicum acidum (Oxalic acid)

Fungisode	222
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P**PA (Palmitic Acid)**

GLA 130 Primrose Oil	74
Pumpkin Capsules	75

Pancreas

GLY Forte	114
HPNP	225
Multi Glyco	118
TMG	220

Pancreatin

Bromelain Papain +	159
Digest Plus	158
Multi Vite	119
Pancreatin	161

Pancrelipase

Bio Enzymes	158
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Pantothenic Acid

Active B Complex	90
Active Multi Vite	107
Adreno Restore	166
Almond Liquid Vite Min.	108
Femagen PMS Capsules	103
Femagen PMS Tablets	104
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
GLY Forte	114
GSF Complex	115
HMF Child + Multi	47
HMF Toddler + Pro	48
Liquid B Complex	94
Liquid Multi Vite Min.	116
Maxum Multi Vite	117
Multi B	95
Multi Glyco	118
Multi Vite	119
Orti B	95
Pantothenic Acid	96
Pediatri Vite	120
Pregna Vite	121
Super Orti Vite	123
TAD+	124

Papain

Bio Enzymes	158
Bromelain Papain +	159
CDC Forte	127
Digest Plus	158
Herbal GI	178
Pro Rice	146
Super Orti Vite	123

Papaya (*Carica papaya*)

Bio Enzymes	158
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Parsley (*Petroselinum crispum*)

Collinsonia Formula	174
Femagen PMS Capsules	103
Garlic + Parsley	195
Herbotox Capsules	179
Herbotox Tablets	179
Multi Vite	119
Phyto Greens Capsules	182
Phyto Greens Powder	183
TKI	126

Passionflower (*Passiflora incarnata*)

Herbal Calm	178
LSP	134
Oat Combination	189
Passiflora Combination	189

Pea Proteins

Pro Pea Balance – Chocolate	145
Pro Pea Balance – Vanilla	145

Peppermint (*Mentha piperita*)

Citrigen	195
Herbal GI	178

Pepsin

Bio Enzymes	158
Digest Plus	158
Multi Vite	119

Perilla (*Perilla frutescens*)

Perilla EFA	75
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Phellandrium aquaticum (Water fennel)

HLU	225
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Phosphatides

Phos Choline	68
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Phosphatidylcholine

PhosCholine Complex	171
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Phosphatidylserine

Adreno Calm	165
Phosphatidylserine	69

Phospholipids

Krill Oil	68
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Phosphoricum acidum (Phosphoric acid)

HPNP	225
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Phosphorus

Formula OSX	133
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Multi Cal Mag	136
Multi Mins	106
Multi Vite	119
Super Cal Mag	138
TBMP	124
TOS Cal Hydroxy	138

Pink-root (*Spigelia marilandica*)

HHR	223
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Pituitary

HPTP	226
HTHY	226
TPTP	220

Placenta

TIM	125
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Plant Sterol Esters

Col-Sterol	72
Super EFA Liquid Plus	64

Policosanol (from *Apis mellifera* wax)

Biotone EFA	71
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Potassium

Almond Liquid Vite Min.	108
Ascorbate C	84
Colloidal Multi Mins Liquid	106
CoQ ₁₀ + Taurine	150

Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111
Four Pillars Cardio	112
Four Pillars Cognitive	113
GLY Forte	114
GSF Complex	115
HMF Cystgen	43
KMG Plus	105
Liquid Multi Vite Min.	116
Maxum Multi Vite	117
Multi Mins	106
Multi Vite	119
Orti C	88
Potassium	100
Potassium Glycinate Liquid	101
Scorbatate	89
ST-TN Capsules	122
Super Orti Vite	123
THR	125

Propionic Acid

ST-TN Capsules	122
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Protease

Bio Enzymes	158
Bromelain Papain +	159
Digest Dairy Plus	159
Digest Plus	158
Pancreatin	161
V-Enzymes	162

Psyllium (*Plantago ovata*)

Herbal Bulk	177
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Pumpkin (*Cucurbita pepo*)

Black Walnut Capsules	193
Pumpkin Capsules	75

Purple Loosestrife (*Lythrum salicaria*)

Echinacea Combination #2	187
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Q**Quassia (*Quassia amara*)**

Black Walnut Capsules	193
Black Walnut Combination #1	186

Quercetin

Almond Liquid Vite Min.	108
C1000	84
Four Pillars	110
Four Pillars Without Copper, Iron & Nickel	111

R**Raspberry (*Rubus idaeus*)**

Glnd-gen	212
Meno-gen	214
Mns-gen	214
Phyto Greens Capsules	182
Phyto Greens Powder	183
Raspberry Young Shoot	208

Red Algae (*Lithothamnium corallioides*)

Red-gen 171

Red Clover (*Trifolium pratense*)

Astragalus Combination #1... 186

Essigen Combination 188

Lymphagen Cream 229

Yellow Dock Combination #1... 190

Rhodiola (*Rhodiola rosea*)

Adreno Restore 166

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Four Pillars Cognitive 113

Rhodiola 150 172

Riboflavin

Active B Complex 90

Active Multi Vite 107

Almond Liquid Vite Min. 108

Children's Chewable Vitamins . 109

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Femagen PMS Tablets 104

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Four Pillars Without Copper, . 111

Four Pillars Cardio 112

Four Pillars Cognitive 113

GLY Forte 114

HMF Child + Multi 47

HMF Toddler + Pro 48

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Liquid Multi Vite Min. 116

Maxum Multi Vite 117

Multi B 95

Multi Glyco 118

Multi Vite 119

Orti B 95

Pediatri Vite 120

Pregna Vite 121

Super Orti Vite 123

TAD+ 124

Rice (*Oryza sativa*)

Herbal Bulk 177

Phyto Greens Capsules 182

Phyto Greens Powder 183

Pro Rice 146

Rose (*Rosa canina*)

C1000 84

Children's Chewable Vitamins . 109

Mobility 4 129

Multi Vite 119

Rosemary (*Rosmarinus officinalis*)

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Al-gen 212

Aox-gen 212

Gln-d-gen 212

Intest-gen 213

Liv Complex 165

Lymphagen Cream 229

Met-gen 214

Mns-gen 214

Rosemary Young Shoot 208

***Rubia tinctorum* (Madder)**

HKI 224

Rutin

C1000 84

CDC Forte 127

Children's Chewable Vitamins . 109

Glucosamine Complex 128

GSF Complex 115

Maxum Multi Vite 117

Orti C 88

Super Flavonoids 184

S**SA (Stearic Acid)**

Pumpkin Capsules 75

Sabina (Savin)

HPTP 226

***Saccharomyces cerevisiae* subsp. *boulaardii* (CNCM I-1079)**

HMF Multi Strain 50 36

HMF Travel 41

Safflower (*Carthamus tinctorius*)

Biotone EFA 71

Sarsaparilla (*Smilax aristolochiifolia*)

HKI 224

Saw Palmetto (*Serenoa repens*)

Kidney Complex 180

Saw Palmetto Plus 172

Schisandra (*Schisandra chinensis*)

Astragalus Combination #1... 186

SDA (Stearidonic Acid)

GLA 90 Black Currant Oil 73

Sea Buckthorn (*Hippophae rhamnoides*)

Ener-gen 212

Imu-gen 213

Ocu-gen 215

Sea Buckthorn Bud 208

Vrl-gen 216

***Secale cornutum* (Rye ergot)**

HPTP 226

Selenium

Active Multi Vite 107

Almond Liquid Vite Min. 108

AMD 149

Colloidal Multi Mins Liquid. . 106

Four Pillars 110

Four Pillars Without Copper, . 111

Iron & Nickel 112

Four Pillars Cardio 112

Four Pillars Cognitive 113

GLY Forte 114

Liquid Multi Vite Min 116

Maxum Multi Vite 117

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Multi Glyco 118

Multi Mins 106

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Pregna Vite 121

Scorbatate 89

Selenium + E 153

Super Orti Vite 123

Super Oxi Formula 155

Senna (*Senna alexandrina*)

Herbolax 179

Sepia (*Sepia officinalis*)

Fungisode 222

Servicetree (*Sorbus domestica*)

Cir-gen 213

Hpo-gen 215

Servicetree Bud 208

Sheep Sorrel (*Rumex acetosella*)

Essigen Combination 188

Silicea (Silicon dioxide)

HLU 225

Silicon

Four Pillars 110

Four Pillars Without Copper, . 111

Iron & Nickel 111

Silver Birch (*Betula pendula*)

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Defense-gen 211

Dtx-gen 212

Growth-gen 213

Silver Birch Bud 209

Uri-gen 216

Silver Fir (*Abies alba*)

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Kelp Combination #1 188

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Sorbic Acid

ST-TN Capsules 122

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Biotone EFA 71

Isogen Forte Cream 229

Phos Choline 68

Phosphatidylserine 69

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Phyto Greens Capsules 182

Phyto Greens Powder 183

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HAD 222

HTHY 226

TAD+ 124

TIM 125

TMG 220

TSPP 220

***Spongia tosta* (Roasted Sponge)**

Fucus Complex 221

HTHY 226

St. John's Wort (*Hypericum perforatum*)

Dioscorea Cream 228

Femagen PMS Capsules 103

Isogen Forte Cream 229

Lymphagen Cream 229

Passiflora Combination 189

St. Johnswort Plus 173

Standardized Rice Grain Protein Powder

Pro Rice 146

***Stannum metallicum* (Tin)**

HLU 225

Star Anise (*Illicium verum*)

Herbal GI 178

TLU 126

Stinging Nettle (*Urtica dioica*)

Kidney Complex 180

Stomach

TMG 220

Stoneroot (*Collinsonia canadensis*)

Collinsonia Formula 174

Strawberry (*Fragaria x ananassa*)

Pro Pea Balance – Chocolate . 145

Pro Pea Balance – Vanilla 145

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Potassium Glycinate Liquid	101	TPIN	127		
Potassium	100	TPTP	220		
Pregna Vite	121	Trauma-gen	216		
Pro Pea Balance – Chocolate	145	TSPP	220		
Pro Pea Balance – Vanilla	145	Ubiquinol 100 mg	156		
Pro Rice	146	Uri-gen	216		
Pro Whey	146	V-Enzymes	162		
Pulmo-gen	215	Vitamin A	89		
Pumpkin Capsules	75	Vitex agnus-castus	184		
Raspberry Young Shoot	208	Vrl-gen	216		
Red-gen	171	White Birch Bud	209		
Renal-gen	215	Yellow Dock Combination #1	190		

DISCONTINUED PRODUCTS*

BRAND	PRODUCT NAME	CODE	REPLACEMENT PRODUCT NAME	REPLACEMENT CODE
UNDA	Arum Triphyllum Plex	185040	N/A	N/A
Genestra	Asparagus Combination	11736	Herbal GI	07542
Genestra	Bioretic	07507	Kidney Complex	07682
UNDA	Calendula Nasal Drops	187040	N/A	N/A
Genestra	Cleavers Combination # 1	11719	Cir-gen	23825
Genestra	Curcugen	07441	Curcumin Complex	07496
Genestra	D ₃ 400 Drops	01173	D-Mulsion 400	01153
Genestra	Dandelion Combination # 1	11728	Kidney Complex	07682
Genestra	Dong Quai Plus	07435	Vitex Agnus-Castus	07436
Genestra	EC+ Immune Complex	03150	Orti C	01118
Genestra	Energen F	07461	N/A	07371
UNDA	Gammadyn S	17147	N/A	N/A
Genestra	Glucose Support	10384	N/A	N/A
Genestra	Green Tea Plus	07490	Super Flavonoids	07535
Genestra	Hawthorn Plus	07445	Crataegus Oxycantha	16460
Genestra	Hawthorn Tincture	11691	Crataegus Oxycantha	16460
Genestra	HMF Immunobiotics	10383	HMF Immune	10365
Genestra	HMF Maternity + Pro	03168	Pregna Vite	03156
Genestra	HMF Pre + Probiotic	10423	HMF Replete	10419
Genestra	HTYP	09632	THYM	08312
Genestra	Inula Combination # 1	11711	Lobelia Plex (UNDA)	185160
Genestra	Multi+Pro F	03161	Active Multi Vite	03171
Genestra	Multi+Pro F50+	03163	Active Multi Vite	03171
Genestra	Multi+Pro M	03160	Active Multi Vite	03171
Genestra	Multi+Pro M50+	03162	Active Multi Vite	03171
Genestra	Mushroom Complex	07371	N/A	N/A
UNDA	Polygala Plex	185210	Drosera Plex	185090
Genestra	Pro Lite	06411	Pro Rice	06412
Genestra	Pyridoxine (100mg)	02157	Active B ₆ Pyridoxal	02102
Genestra	Resveratrol 250	07373	Resveratrol Extra (Pure Encapsulations)	REE6C-C
Genestra	Saw Palmetto Combination #1	11731	Saw Palmetto Plus	07475
UNDA	Silicea (12X) Tissue Salt #12	19212	Silicea 6x	192126X
Genestra	TCO Forte	08304	Cal Mag Berry Liquid +	05378
Genestra	TMA	08310	N/A	N/A
Genestra	Vitamin B ₁₂ + Folic Acid	02112	Bio B ₁₂ + Folic Acid	02114

*Discontinued products from January 2016-August 2018

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Meeting Your Needs Every Product, Every Order

Exceptional and personalized services are available through industry-experienced sales and customer service staff, trained comprehensively in product ingredients, indications and clinical considerations. Seroyal's in-house medical advisory team is always available for unbiased peer-to-peer discussions on treatment options and to answer questions relating to product applicability.

Ordering

Customer Service is pleased to take orders during the following hours:

9:00 AM to 7:30 PM EST, Monday to Thursday

9:00 AM to 6:00 PM EST, Friday

Orders may also be placed at anytime online or by telephone, fax or e-mail:

Tel: 1.800.263.5861

Fax: 1.800.722.9953

E-mail: sales@atrium-innovations.com

All orders are shipped the same day when placed before 2:30 PM your local time.

For delivery, timing, handling fees and terms, please reference our price list.

Minimum Advertised Price (MAP) Policy

Seroyal's Minimum Advertised Price Policy (the "MAP Policy") applies to all customers including those that own, operate or manage websites, online clinics and pharmacies. The MAP policy applies to all printed and electronic advertisements of Seroyal products including but not limited to catalogs, brochures, websites, email solicitations, special offers, newsletters and electronic coupons or coupon codes. HCP customers agree to assume all liability and responsibility for the resale of products through the internet.

Through the purchase of Seroyal products, customers agree not to advertise any product below Seroyal's Manufacturer Suggested Retail Price (MSRP) for each respective product as listed on the Seroyal professional product list in effect at the time of the advertising. HCP's are free to set the actual resale price as they deem appropriate; however, all products must check-out at or above Seroyal's MSRP (typically the page at which the end user finally purchases the product). Access to an actual resale price that is lower than Seroyal's MSRP via the internet may only be granted through restricted web pages protected by a unique code.

Please refer to the full text of the MAP Policy available on Seroyal's website at www.seroyal.ca.

Seroyal Corporate Internet Reseller Policy

The Seroyal Corporate Internet Reseller Policy applies to all of our valued customers who currently sell or intend to sell online, or own, operate or manage online websites with e-commerce capabilities. We believe that this is an important component of our strategy to ensure our products are supported with appropriate MAP pricing, marketing presentation, expert medical support, education, and strong customer service to support our professional markets. This policy is designed to protect you, our valued customer, and continue to support the integrity and heritage of our Seroyal product line that you have come to rely upon for innovation and quality. There will be a zero tolerance policy for non-compliance and Seroyal reserves the right to terminate sales to non-compliant individuals and businesses. For complete policy details please visit our website at www.seroyal.ca.

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