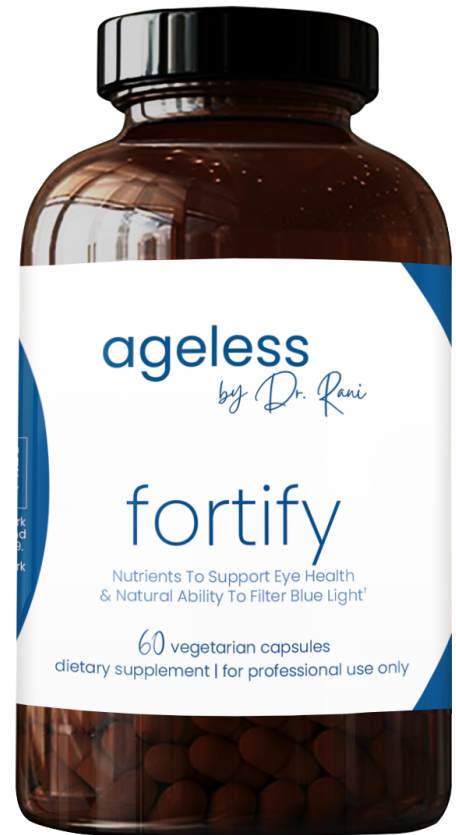


fortify

Fortify provides a targeted blend of macular-supportive nutrients and antioxidants formulated to help promote the natural ability of the eyes to filter blue light and it may help prevent irritation associated with extended screen-time exposure.* This formula is a synergistic combination of lutein and zeaxanthin isomers, maqui berry extract, ginkgo, bilberry, astaxanthin, and vitamin E isomers designed to help support the eyes from the effects of blue light.* Fortify is ideal for the teenage years through late adulthood or for anyone who has prolonged exposure to blue light from screens, and also those seeking help to maintain healthy vision.*

Blue light is a high-energy, short wavelength, visible light that is emitted from a multitude of sources including sunlight, artificial indoor lighting (LED and fluorescent light bulbs), and digital devices, such as smartphones, tablets, computers, and television screens. Blue light penetrates deep within the eye, and as such, has the potential to damage the retinal structures through photo (light)-oxidation reactions and free radical production within the retinal cells.* Short-term exposure of blue light can manifest as eye strain, eye fatigue, and head and neck aches, whereas long-term exposure may lead to a gradual loss of visual acuity, function, and even retinal damage.* Lutein and zeaxanthin are the only carotenoids that comprise the macular pigment (MP) within the retina of the eye. Healthy MP helps protect the eyes by absorbing the damaging blue light and it also supports clear vision.*



Recommended Use:

Take two capsules per day with meals or as directed by your health-care practitioner.

Benefits of Fortify*

- Supports antioxidant status within the eye
- May support a healthy inflammatory response within the eye
- Supports retinal health and visual performance when exposed to the effects of blue light
- May help alleviate occasional eye strain and eye fatigue associated with digital devices
- May help alleviate occasional dry eyes
- May promote blood flow within the eyes
- Supports healthy macular pigment

Highlights of Fortify

Synergistic combination of macular-supportive nutrients and antioxidants*

- Includes Lutemax® 2020, a non-GMO carotenoid extract naturally derived from marigold flowers that uses an enhanced microencapsulated form for superior stability, absorption, and bioavailability
- Lutemax® 2020 provides all three macular carotenoids - lutein, zeaxanthin, and meso-zeaxanthin - in clinically relevant doses
- Botanical extracts standardized to meet efficacious amounts of bioactive ingredients
- Includes 200 mg of wild-harvest, certified-organic maqui berry extract (as MaquiCare™)
- Does not contain gluten, dairy, soy, or GMOs

ageless
by Dr. Rani

To contact Dr. Banik please call 646-820-2074 or visit rudranibanikmd.com
Consult with your health-care practitioner about your specific circumstances and any questions you may have.

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soothe

Soothe is composed of a unique blend of omega 3-6-7-9 essential fatty acids (EFAs). EFAs may very well be the single most important dietary supplement for promoting optimal health, as they support heart health, normal cholesterol and triglyceride levels, immune system function, brain health, joint mobility, beautiful skin and hair, and a healthy modulation of the inflammatory response.*

The omega-3 fatty acids in this product are derived from fish oils in their natural triglyceride (TG) form - the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the ethyl ester (EE) form. Compared to the TG form, the EE form is less expensive and more convenient to produce, but is not as readily recognized, digested and assimilated by the body. In order to receive the maximum benefits from omega-3 fish oil supplementation, it is critical that these fats are provided to the body in the same form that they are found naturally in fish. It is only when consumed in this natural TG form that they are most easily digested and available for the body to use. This TG advantage is especially effective at promoting healthy omega-3 levels in the body.

This unique, synergistic formula provides not only the beneficial omega-3s EPA and DHA, but a blend of other EFAs including gamma linoleic acid, stearidonic acid, and oleic acid for a spectrum of high-quality, health-promoting fatty acids.



Recommended Use:

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

Additional Benefits of Soothe*

- Lipase – enzyme for enhanced digestion and absorption of fish oils
- Vitamin E (mixed tocopherols) to protect the stability of the fish oils
- Fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs and other contaminants

This omega 3-6-7-9 formulation consists of:

- Omega-3 Fatty Acids
- Eicosapentaenoic Acid (EPA) – beneficial for supporting a healthy brain, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response*
- Docosahexaenoic Acid (DHA) – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy for expectant mothers*
- Omega-6 Fatty Acids
- Gamma Linolenic Acid (GLA) from the oil of borage seeds – essential for smooth and healthy skin, and female hormonal balance*
- Omega-7 and Omega-9 Fatty Acids
- Stearidonic Acid and Oleic Acid from organic virgin macadamia nut oil – these oils are touted for their ability to support healthy hair, skin and nails, as well as a healthy immune system and balanced blood sugar levels*

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nourish

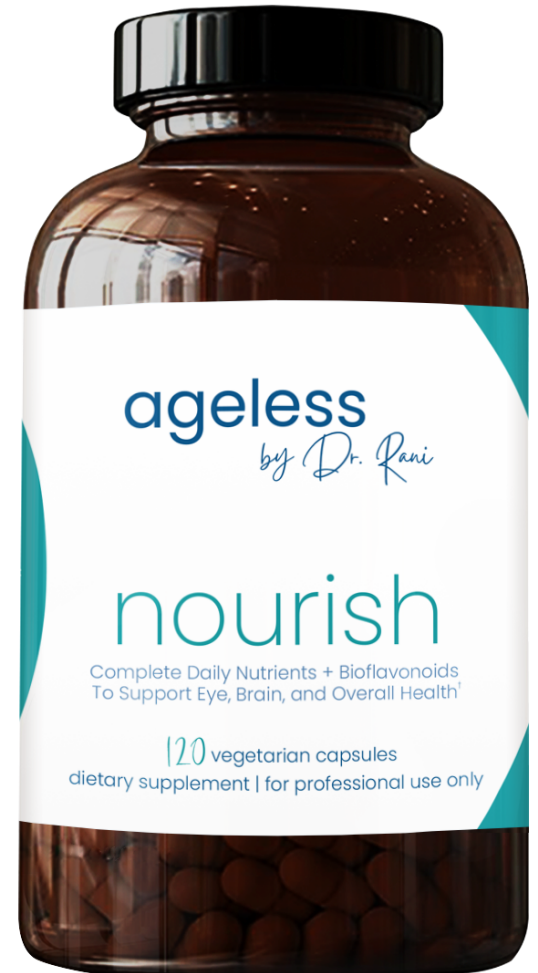
Nourish is a first-of-its-kind multivitamin, mineral and phytonutrient blend specifically formulated to mimic the nutrient intakes found in an optimal evolutionary human diet. The ingredients in Nourish have been sourced to be naturally occurring or bioidentical. In addition to key vitamins and minerals, this formula contains select phytonutrients that are known to have beneficial effects for health (such as lutein, lycopene, resveratrol, wild blueberry, broccoli seed/sprout, citrus bioflavonoids and more), which were likely consumed in greater quantities in the evolutionary past than they are in the modern diet.

The majority of commercially available multivitamin and mineral formulas are designed to meet 100% of the Recommended Daily Allowance (RDA) or Adequate Intake (AI), or some percentage thereof. However, these values represent the minimum intake required to reduce risk for overt debilitation and deficiency diseases; they were not intended to support optimal health, nor to address common genetic variations in nutrient absorption.

Ideally, most nutrients are obtained from a diet of whole, unprocessed foods. However, even under the best circumstances of a healthy diet, modern agricultural practices may result in foods having lower concentrations of certain nutrients than their wild counterparts, or than these foods had in the distant past. Additionally, the relentless pace of modern life, the ubiquity of compromised metabolic health, and the environmental toxins we're exposed to may mean that many people need higher amounts of various nutrients than we did in the past. Nourish was formulated taking these issues into account.

Highlights of Nourish*

- B Vitamins: Provided in their natural and/or activated forms for superior bioavailability
- Mineral chelates: Calcium, magnesium, zinc, copper, manganese, molybdenum, chromium and boron are provided in chelated forms. Chelation is the bonding of minerals to amino acids, which results in molecules that are more easily absorbed and assimilated by the body.
- Vitamin K: Provided in both the K1 and K2 forms, which are both essential but have different biological roles.
- Vitamin E: Provided as tocotrienols from annatto extract. Tocotrienols have higher antioxidant activity and unique benefits not observed with tocopherols, the form of vitamin E in most commercially available supplements.
- Concentrated phytonutrients: Nourish shines with these unique ingredients not typically found in multivitamin/mineral blends—lutein, lycopene, wild blueberry complex, citrus bioflavonoids and more. These phytochemicals are concentrated in highly nutritious foods and have biological activity that may help support overall health and wellness.



Recommended Use:

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

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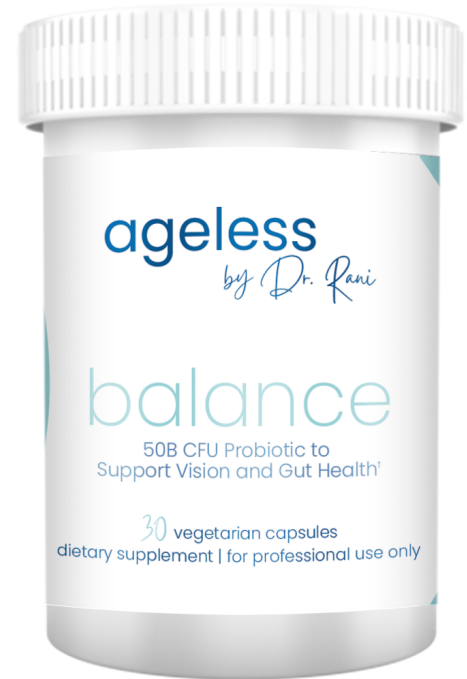
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balance

Balance consists of 10 highly researched probiotic strains in a unique moisture-resistant, desiccant-lined package to ensure strain survivability without the need for refrigeration. The diversity and clinically significant quantities of these specific strains target gastrointestinal (GI) health to support gastrointestinal and bowel function, and varying degrees of dysbiosis associated with lifestyle or life-stage, along with antibiotic use, dietary imbalances, or stress.* This family of products also possesses specific strains that promote immune health during all life stages. Balance provides highly potent probiotics for the maintenance of a healthy microbial balance.*

Imbalances in this gut flora, either an absence of beneficial bacteria or an overgrowth of unhealthy organisms, can interfere with the quest for optimal health. Balance contains strains shown to benefit gut health and immune health, proper digestion and elimination, mucosal lining health, balanced microbiome, and overall bowel health.* Each probiotic strain and count has been carefully selected after an extensive review of scientific literature.



Recommended Use:

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

Benefits of Balance*

- High-potency maintenance to support healthy microbiota balance
- Supporting a healthy immune response
- Supporting normal bowel movements
- Supporting healthy GI system
- Supporting replenishment of the microbiome after antibiotic treatment

Highlights

- Evidence-based formulations using researched and validated strains
- Specific strain identification with disclosed CFU count
- Superior tolerance and resistance to stomach acid and bile salts
- Capsules featuring delayed-release technology for optimal survivability from stomach acid and properly timed release of the probiotics in the lower GI tract
- Dairy-free formulations
- Packaged in a unique moisture-resistant, desiccant-lined bottle to eliminate need for refrigeration

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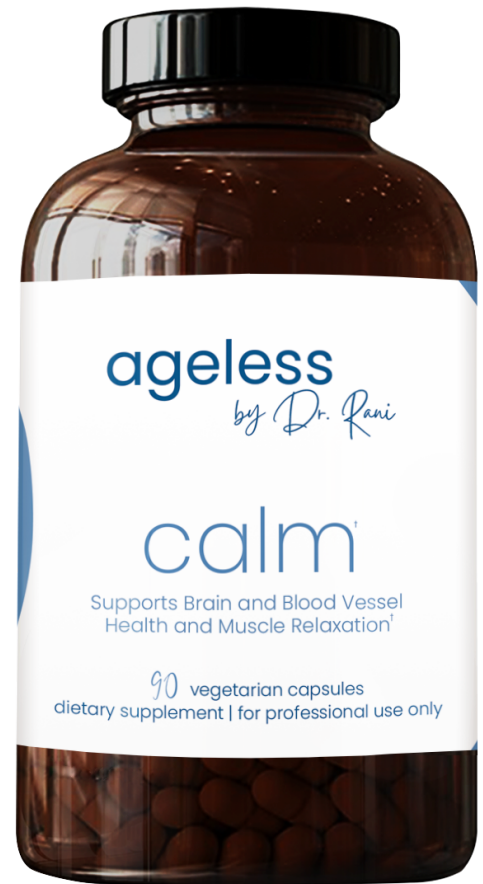
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calm

Calm contains a unique blend of botanicals and micronutrients that possess potent antioxidant properties and help support a healthy inflammatory response. Magnesium and riboflavin are included to promote muscle relaxation and brain health. The combined effects of these ingredients may be beneficial for the relief of occasional simple nervous tension. This product may be used safely long term.*

Highlights of Calm

- **Feverfew:** This plant, related to daisies, is native to the Balkans and was used in Ancient Greece for cooling the natural inflammatory states in the body. Its active constituents support a healthy inflammatory response and are particularly useful during nervous irritability, to promote a calm and relaxing state. Feverfew has also been studied extensively for its ability to support muscle relaxation throughout the body, including the delicate walls of blood vessels.
- **Rosemary Extract:** This natural herbal extract demonstrates powerful antioxidant properties, which support the body's natural defenses against oxidative damage. Some studies show rosemary extract to be an even more potent antioxidant than vitamin C, perhaps the most well-known free radical scavenger. Rosemary also possesses properties that support a normal inflammation response. Its active compound, carnosic acid, is especially protective of the brain and neurological system, and supports mental health and wellness.
- **Curcumin:** This compound is responsible for the bold yellow color of turmeric, a root commonly used in its dried and powdered form in Indian cooking. Curcumin consists of several slightly differing compounds, called "curcuminoids," the combined effects of which are attributed to curcumin as a whole. The curcumin in this product consists of the three strongest, most protective and best-researched curcuminoids: curcumin, bisdemethoxy curcumin, and demethoxy curcumin. These curcuminoids are highly touted for their ability to support a healthy inflammatory response in the body and are known to be powerful antioxidants.
- **Magnesium:** A 150-pound adult body contains approximately 20-30 grams of magnesium, 30% of which is stored in the liver, heart, and muscles. One of the body's most abundant minerals, magnesium is a natural muscle relaxer and therefore may help with occasional tension and stiffness, and may offer a relaxing effect for both body and mind. Another mechanism behind magnesium's effects is healthy vasodilation—relaxation and expansion of blood vessels, which may ease blood flow.
- **Riboflavin (Vitamin B2):** This nutrient is required for the enzyme that helps recycle glutathione, the body's "master antioxidant." Overt riboflavin deficiency is rare, but suboptimal levels may lead to, among other things, sensitivity to light, which can be a trigger for occasional nervous tension.



Recommended Use:

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

Calm may help to support*:

- A healthy inflammatory response
- Brain health
- Muscle relaxation
- Blood vessel dilation
- Antioxidant function

ageless
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