



epigenar® Product Guide

epigenar® is a range of high-quality nutritional supplements which provide pure botanical tinctures and novel formulations to support multiple body systems, including the immune system.

The brand name epigenar® comes from the word epigenetics which is the study of changes in organisms caused by modification of gene expression. epigenar® products are designed to help optimize health and promote healthy living and ageing.

The range includes many products that utilise highly bioavailable delivery methods: dry liposomal powders, liquid vitamin drops and botanical tinctures. Many products are suitable for those on vegan and vegetarian diets, and minimal excipients are used, with purity being the aim. The epigenar® range includes many certified organic botanical tinctures.



Version 06/2023

GREEN CLAY

Ingredients per level teaspoon (4 grams):
Green clay from France

EXTERNAL USE

250g powder
Item #: 26004



HOMOCYSTEINE CONTROL

Active ingredients per capsule:
Betaine HCl 400mg, Vitamin B2 (Riboflavin 5'-phosphate) 15mg, Magnesium (citrate) 10mg, Vitamin B6 (Pyridoxal-5'-phosphate) 7.5mg, Zinc (citrate) 3mg, Folate (as 5-Methyltetrahydrofolate) 500mcg, Vitamin B12 (Methylcobalamin) 500 mcg

30 vegicaps
Item #: 26023
60 vegicaps
Item #: 26024



ENZYME COMPLEX

Active ingredients per capsule:
Papain 180 mg, Bromelain 135mg, Trypsin 72mg, L-Cysteine HCL 10mg, Amylase 10mg, Lipase 10mg, Inositol 10mg, Chymotrypsin 3mg

ALLERGENS: **milk (including lactose), soy, sulphites**

120 capsules
Item #: 26002



VEGAN OMEGA (Algae Oil)

Recommended daily dosage (2 vegicaps) contains:
Vegan Omega-3 459mg
Of which:
DHA at least 250mg
EPA at least 125mg

60 vegicapsules
Item #: 26084



BLACKCURRANT SEED OIL (PEO)

Active ingredients per capsule:
Blackcurrant Seed oil 500mg (obtained by unique CO2 extraction process).
PEO=Parent Essential Oil (Linoleic Acid and Alpha Linolenic Acid)

60 vegicaps
Item #: 26020
120 vegicaps
Item #: 26021



GARLIC OIL

Active ingredients per gelatin capsule:
Concentrated garlic (*Allium sativum*) oil (500:1) (odourless) 2mg

ALLERGENS: **soy**

60 capsules
Item #: 26040



QUERCETIN 400

Active ingredients per capsule:
Quercetin 400mg

60 vegicapsules
Item #: 26033



CURCUMIN-OREGANO-QUERCETIN COMPLEX

Active ingredients per capsule:
Turmeric Extract (*Curcuma longa*) containing 95% curcumin) 450mg
Oregano extract (*Origanum vulgare* containing 30% carvacrol) 25mg
Quercetin 25mg
Bioperine® (Black Pepper Extract) 2.5mg

60 vegicaps
Item #: 26001



CURCUMIN FORTE

Active ingredients per capsule:
NovaSOL® micellar turmeric (*Curcuma longa*) extract 500mg
Vitamin D3 (Cholecalciferol) 5mcg (200iu)

60 vegicaps
Item #: 26035



ALPHA LIPOIC ACID

Active ingredients per tablet:
Alpha Lipoic Acid 210mg
Microcrystalline cellulose
Maltodextrin
Modified cornstarch
Magnesium stearate

30 tablets
Item #: 26041



BROMELAIN PLUS

Active ingredients per capsule:
Bromelain (2500 GDU/g) 425mg
Papain (6000 u/g, 100 TU/mg) 50mg
Alpha Amylase (27,000 u/g) 25mg

120 vegicapsules
Item #: 26086



Q10 SELENIUM COMPLEX

Active ingredients per capsule:
Co-enzyme Q10 (Ubiquinone) 100mg
Vitamin E (as D-alpha-tocopherol) 6mg
Vitamin C (as ascorbic acid) 25mg
Selenium 100mcg
Vitamin D3 25mcg

90 capsules
Item #: 26034



INULA ORGANIC (Enula/Elecampane)

The recommended maximum daily dosage (60 drops) contains:
3ml Elecampane water-alcohol extract which is the equivalent of 2256mg organic Elecampane (*Inula helenium*) root.

50ml tincture
Item #: 26069



CLOVE ORGANIC

The recommended daily dosage (30 drops) contains:
3ml water-alcohol extract from 300mg dried clove (*Eugenia caryophyllus*) buds

50ml tincture
Item #: 26044



CISTUS INCANUS ORGANIC

The recommended maximum daily dosage (30 drops) contains:
1.5ml Cistus incanus Organic water-alcohol extract which is the equivalent of 187.5mg dried organic Cistus incanus herb.

50ml liquid
Item #: 26032
100ml liquid
Item #: 26000



VALERIAN (Amantilla)

The recommended daily dosage (45 drops) contains:
2-3ml Valerian water-alcohol extract which is the equivalent of 222-333mg dried Valerian (*Valeriana officinalis*) root.

50ml tincture
Item #: 26068



PAU D'ARCO

The recommended daily dosage (45 drops) contains:
2-3ml Pau d'Arco water-alcohol extract which is the equivalent of 222-333mg dried Pau d'Arco (*Tabebuia impetiginosa*) bark.

50ml tincture
Item #: 26071



RHODIOLA ROSEA

The recommended maximum daily dosage (60 drops) contains:
3ml Rhodiola water-alcohol extract which is the equivalent of 300mg dried Rhodiola (*Rhodiola rosea*) root.

50ml tincture
Item #: 26073



SCHISANDRA CHINENSIS

The recommended daily dosage (45 drops) contains:
2-3ml Schisandra water-alcohol extract which is the equivalent of 200-300mg Schisandra (*Schisandra chinensis*) berries.

50ml tincture
Item #: 26074



KALMEGH (Andrographis paniculata)

The recommended daily dosage (60 drops) contains:
3ml water-alcohol extract from 300mg dried Kalmegh (*Andrographis paniculata*) herb.

50ml
Item #: 26045



GOTU KOLA (Centella asiatica)

The recommended daily dosage (15 drops) contains:
2-3ml water-alcohol extract from 150-225 mg dried Gotu Kola (*Centella asiatica*) herb

50ml liquid
Item #: 26048



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Join our programme for natural health therapists to access learning resources and exclusive discounts on all our botanical ingredients and products.

- ✓ Exclusive discounts on our products
- ✓ Specialist ingredient and product training
- ✓ On-hand advice and guidance
- ✓ Online and offline education

The programme is suitable for fully qualified nutritional health professionals as well as nutritional health students. We also encourage qualified individuals across a broad range of associated therapies to apply as associate members.

Visit riohealth.co.uk to buy products from the epigenar range. For more product information please contact Rose Holmes, our Nutritional Therapist, on rose@riohealth.co.uk Practitioners Scheme Available www.riohealthpractitioners.co.uk



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VITAMIN D3 & K2

Active ingredients per drop:
Vitamin D3 (cholecalciferol) 25mcg (1000iu)
Vitamin K2 from Natto (MK7) 12mcg

10ml liquid (200 drops)
Item #: 26009
25ml liquid (500 drops)
Item #: 26017



MAGNESIUM MALATE

The recommended daily dosage (2 capsules) contains:
Magnesium (as Magnesium Malate) 200mg

120 vegicaps
Item #: 26075



LIPOSOMAL MAGNESIUM

The recommended daily dosage (2 vegicaps) contains:
Magnesium (as citrate) 90mg
LipoCellTech™ mixture 550mg
FREE FROM: gluten, soy, lactose, GMO, preservatives, artificial colours, flavours and fragrances

60 vegicaps
Item #: 26063



LIPOSOMAL GLUTATHIONE

The recommended daily dosage (2 capsules) contains:
Glutathione 300mg
LipoCellTech™ mixture 450mg
FREE FROM: gluten, soy, lactose, GMO, preservatives, artificial colours, flavours and fragrances

60 vegicaps
Item #: 26062



LIPOSOMAL CURCUMIN

Active ingredients in 1 vcap:
Turmeric root (*Curcuma longa*) extract (contains 95% curcuminoids) 260mg
LipoCellTech™ mixture 150mg
FREE FROM: soy, lactose, gluten, GMO, preservatives, artificial colours, fragrances and flavours

60 vegicapsules
Item #: 26061



LIPOSOMAL MULTI

Ingredients: vitamins, LipoCellTech™ Liposomal mixture, minerals, Biotin, trace elements, vegicapsule (hydroxypropyl methylcellulose)
FREE FROM: gluten, soy, lactose, GMO preservatives, artificial colours, fragrances and flavours

30 vegicaps
Item #: 26057



LIPOSOMAL D3/K2/MAG

The recommended daily dosage (1 vegicap) contains:
Vitamin D3 24 mcg (960 IU)
Vitamin K2 80mcg
Magnesium (as citrate) 60mg
Phospholipids 180mg
FREE FROM: soy, lactose, GMO, preservatives, artificial colours, flavours and fragrances

30 vegicaps
Item #: 26081



LIPOSOMAL VITAMIN B12

Active ingredients per capsule:
D-Ribose 290mg
Liposomal Vitamin B12 Blend
Of which:
D-Ribose 69mg
LipoCellTech™ liposomal blend (phospholipids) 30mg
Vitamin B12 (methylcobalamin) 1000mcg
FREE FROM: gluten, soy, lactose, GMO, preservatives, synthetic colours and flavours

60 vegicaps
Item #: 26082



LIPOSOMAL VITAMIN C

Active ingredients in 2 capsules:
Vitamin C (Ascorbic acid) 600mg
LipoCellTech™ mixture 260mg
FREE FROM: soy, lactose, GMO, preservatives, artificial colours, flavours and fragrances

60 vegicaps
Item #: 26056



VITAMIN C POWDER SODIUM ASCORBATE

Active ingredients per level teaspoon (4 grams):
Vitamin C 3778mg (from Sodium ascorbate)
Sodium 222mg (from Sodium ascorbate)

60 vegicaps
Item #: 26008



L-ARGININE

Active ingredients per gelatin capsule:
L-Arginine 500mg.

90 capsules
Item #: 26018



L-CYSTEINE

Active ingredients per capsule:
L-Cysteine HCl 500mg

90 vegicaps
Item #: 26006



VITAMIN A & E

Active ingredients per drop:
Vitamin A (*Retinyl palmitate*) 1454 IU
Vitamin E (*d-Alpha tocopherol succinate*) 2.61 IU

25ml liquid (500 drops)
Item #: 26015



MAGNESIUM COMPLEX

Active ingredients per 2 capsules:
Magnesium (bisglycinate) 50mg
Magnesium (malate) 50mg
Magnesium (taurate) 50mg
Magnesium (citrate) 50mg
Vitamin B6 (pyridoxal-5-phosphate) 1mg
L-Taurine 520mg

90 vegicaps
Item #: 26085



GLUTATHIONE HPU

Active ingredients per capsule:
Zinc (citrate) 25mg
Magnesium (citrate) 5mg
L-Glutathione (reduced) 25 mg
Manganese (citrate) 2.5 mg
Pyridoxal-5-Phosphate (B6) 21 mg
Selenium (methionine) 50 mcg
SOD (50 mcg/g) 2 mg
Catalase (6000 mcg/g) 2 mg
Copper (citrate) 100 mcg
Biotin 100 mcg

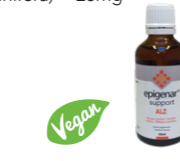
90 vegicaps
Item #: 26003



ALZ

The recommended daily dosage (30 drops) contains:
Rosemary (*Rosmarinus officinalis*) 50mg
Brahmi (*Bacopa monnieri*) 25mg
Gotu kola (*Centella asiatica*) 25mg
Ashwaganda (*Withania somnifera*) 25mg

50ml tincture
Item #: 26031



CHLA

Ingredients per daily dosage (30 drops):
Usnea (*Usnea barbata*) 120mg
Goldenseal (*Hydrastis canadensis*) 30mg

50ml tincture
Item #: 26027



ECHINACEA-SAMBUCUS COMPLEX

The recommended daily dosage (15 drops) contains:
Echinacea purpurea 50%
Elderflower (*Sambucus nigra*) 20%
Cinchona bark (*Cinchona officinalis*) 15%
Willow bark (*Salix alba*) 15%

50ml
Item #: 26046



BAB

The recommended daily dosage (30 drops) contains:
Sweet Annie (*Artemisia annua*) 75mg
Quassia (*Quassia amara*) 75mg

50ml tincture
Item #: 26026



BART

The recommended daily dosage (30 drops) contains:
Red root (*Ceanothus americanus*) 75mg
Japanese knotweed (*Polygonum cuspidatum*) 75mg

50ml tincture
Item #: 26025



BOR

The recommended daily dosage (30 drops) contains:
Teasel (*Dipsacus sylvestris*) 100mg
Japanese Knotweed (*Polygonum cuspidatum*) 50mg

50ml tincture
Item #: 26028



VITAMIN C POWDER CALCIUM ASCORBATE

Active ingredients per 1/2 teaspoon (2 grams):
Vitamin C 1800mg (from Calcium ascorbate)
Calcium 200mg (from Calcium ascorbate)

200g powder
Item #: 26016



L-LYSINE

Active ingredients per capsule:
L-Lysine HCl 500mg

90 vegicaps
Item #: 26007



L-GLUTAMINE

Active ingredients per capsule:
L-Glutamine (Free form) 800mg,

90 vegicaps
Item #: 26014



PARA

The recommended daily dosage (30 drops) contains:
Black Walnut (*Juglans nigra*) 45mg
Clove oil (*Eugenia caryophyllata*) 45mg
Wormwood (*Artemisia absinthium*) 45mg
Eucalyptus (*Eucalyptus globulus*) 15mg

50ml tincture
Item #: 26030



VIR

The recommended daily dosage (30 drops) contains:
Astragalus (*Astragalus membranaceus*) 50mg
St John's Wort (*Hypericum perforatum*) with Lemon balm (*Melissa officinalis*) 50mg
Olive leaf extract (*Olea europea*) 50mg

50ml tincture
Item #: 26029



CHINESE SKULLCAP (*Scutellaria baicalensis*)

The recommended daily dosage (15 drops) contains:
2.25ml water-alcohol extract from 225mg dried Chinese Skullcap (*Scutellaria baicalensis*) root.

50ml
Item #: 26047
100ml
Item #: 26055



HOULTUYNIA

The recommended maximum daily dosage (45 drops) contains:
225ml Houttuynia water-alcohol extract which is the equivalent of 225mg dried *Houttuynia cordata* herb.

50ml tincture
Item #: 26070



BARBERRY ROOT

The recommended daily dosage (45 drops) contains:
2-3ml Oregon Grape water-alcohol extract which is the equivalent of 200-300mg dried Oregon Grape (*Berberis aquifolium*) root.

50ml tincture
Item #: 26080



GENTIAN ORGANIC

The recommended daily dosage (45 drops) contains:
2-3ml water-alcohol extract from 200-300mg dried Gentian (*Gentiana lutea*) root.

50ml tincture
Item #: 168171
100ml tincture
Item #: 168171A



CHAMOMILE (BABUNA) ORGANIC

The recommended maximum daily dosage (60 drops) contains:
3ml Chamomile Organic water-alcohol extract which is the equivalent of 600mg dried organic Chamomile (*Matricaria chamomilla*) flowers.

50ml tincture
Item #: 26066



EZOV (HYSSOP) ORGANIC

The recommended maximum daily dosage (60 drops) contains:
3ml Hyssop Organic water-alcohol extract which is the equivalent of 375mg dried organic Hyssop (*Hyssopus officinalis*) herbs /flowers.

50ml tincture
Item #: 26078



GINGER ORGANIC

The recommended daily dose (45 drops) contains:
2-3ml water-alcohol extract from 200-300mg dried Ginger (*Zingiber officinale*) root

50ml tincture
Item #: 26058



LIQUORICE ORGANIC

The recommended daily dosage (45 drops) contains:
2-3ml water-alcohol extract from 200-300mg dried Liquorice (*Glycyrrhiza glabra*) root.
CONTAINS LIQUORICE.

50ml tincture
Item #: 26059



TEASEL ORGANIC

The recommended daily dosage (45 drops) contains:
2-3ml water-alcohol extract from 200-300mg organic dried Teasel (*Dipsacus sylvestris*) roots.

50ml tincture
Item #: 26065



ACHILLEA ORGANIC

The recommended maximum daily dosage (60 drops) contains:
3ml Achillea Organic water-alcohol extract which is the equivalent of 2256mg organic Achillea (*Achillea millefolium*) herb/flowers.

50ml tincture
Item #: 26064

