

Item #3003

Advanced Formula Multi-Vitamin Including Complete Antioxidant Group

SRP: \$ 25.00 150 Tablets

Advanced Formula Multi-Vitamin is a comprehensive multi-vitamin and mineral supplement made from high-quality ingredients.*

EACH TABLET SUPPLIES:

Vitamin A	5,000 IU
Vitamin C	60 mg
Vitamin D	400 IU
Vitamin E	30 IU
Thiamin	1.5 mg
Riboflavin	1.7 mg
Niacinamide	20 mg
Vitamin B6	2 mg
Folic Acid	400 mcg
Vitamin B12	6 mcg
Biotin	30 mcg
Pantothenic Acid	10 mg
Calcium	142 mg
Iron	18 mg
Phosphorus	110 mg
Iodine	150 mcg
Magnesium	100 mg
Zinc	15 mg
Copper	2 mg
Potassium	80 mg
Vitamin K	25 mcg
Selenium	20 mcg
Manganese	3.5 mg
Chromium	65 mcg
Molybdenum	160 mcg
Chloride	72 mg
Nickel	5 mcg
Tin	10 mcg
Silicon	2 mcg
Vanadium	10 mcg
Boron	150 mcg

DIRECTIONS FOR USE: As a dietary supplement, adults take 1 tablet daily.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. In case of accidental overdose, call a doctor or poison control center immediately.

Item #3001

Alpha Lipoic Acid Vegetarian Formula with Antioxidant Vitamins

SRP: \$ 24.95 60 Capsules

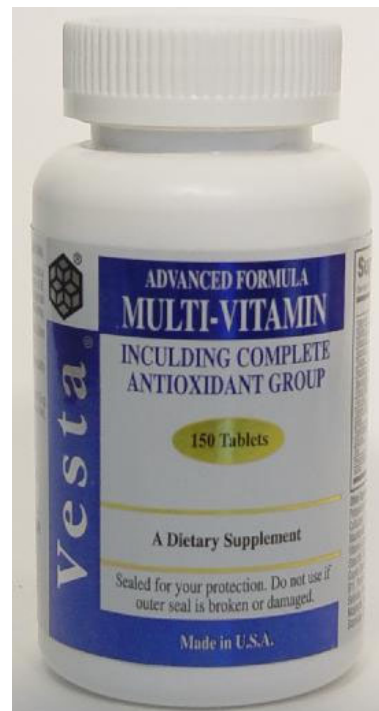
Alpha Lipoic Acid is a versatile water and fat soluble metabolic antioxidant. It is a potent free radical quencher and aids Vitamins C and E in their antioxidant activities. Vitamins C and E are added as complementary, synergistic antioxidants.*

EACH VCAP™ SUPPLIES:

Vitamin C (as Ascorbic Acid)	250 mg
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU
Alpha Lipoic Acid	100 mg

DIRECTIONS FOR USE: As a dietary supplement, take 1 or 2 Vcaps™ daily, preferably with meals.

Vcaps™ is a trademark of Capsugel.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Item #3005

Arthramine II™

Glucosamine and Chondroitin Complex

SRP: \$ 36.95

120 Capsules

Arthramine II™ is a comprehensive formula designed to support healthy joint function by featuring glucosamine sulfate and chondroitin sulfate. These substances help support proper joint matrix formation as they are important naturally occurring structural components of healthy joints. Arthramine II™ also supplies the valuable mineral manganese and Vitamin B5 for added support.*

TWO CAPSULES SUPPLY:

D-Calcium Pantothenate (Vitamin B5)	46 mg
Manganese (Sulfate)	3 mg
Glucosamine Sulfate	800 mg
Chondroitin Sulfate	440 mg

DIRECTIONS FOR USE: As a dietary supplement, take 2 to 4 capsules daily or as directed by a healthcare practitioner.



Item #3013

Basic Mega Mineral

Multi-Mineral Formula

SRP: \$ 15.95

120 Tablets

Basic Mega Mineral is a comprehensive multi-mineral supplement made from high-quality ingredients. Minerals are inorganic components of the body's tissues and fluids, making up five percent of the human body. Basic Mega Mineral provides a spectrum of minerals required by the body to function.*

TWO TABLETS SUPPLY:

Vitamin D (Cholecalciferol)	200 IU
Calcium (Calcium Carbonate, Amino Acid Chelate and Citrate)	1,000 mg
Iron (Amino Acid Chelate)	20 mg
Iodine (Kelp)	150 mcg
Magnesium (Magnesium Oxide, Amino Acid Chelate and Citrate)	500 mg
Chromium (Amino Acid Chelate, Yeast-free)	100 mcg
Molybdenum (Amino Acid Chelate)	50 mcg
Potassium (Amino Acid Chelate)	99 mg
Zinc (Amino Acid Chelate)	22.5 mg
Selenium (L-Selenium Methionine)	50 mcg
Copper (Amino Acid Chelate)	1 mg
Manganese (Amino Acid Chelate)	5 mg
L-Glutamic Acid (HCl)	50 mg
Boron (Amino Acid Chelate)	3 mg
Vanadium (Amino Acid Chelate)	50 mcg

DIRECTIONS FOR USE: As a dietary supplement, adults take 2 tablets daily with meals or as directed by a healthcare practitioner.

NOTE: Natural color variations may occur in this product.

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Item #3002

CoQ Alpha™

CoQ10 with Alpha Lipoic Acid

SRP: \$ 52.00

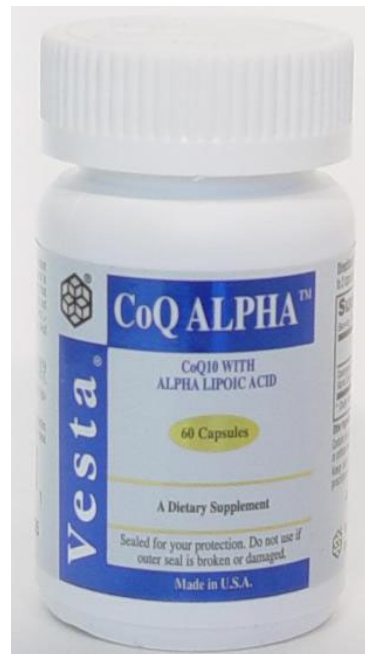
60 Capsules

CoQ Alpha™ combines Coenzyme Q10, also known as ubiquinone, with Alpha Lipoic Acid. Coenzyme Q10 (CoQ10) is an antioxidant that maintains healthy cardiovascular function and assists in energy production. Alpha Lipoic Acid is an antioxidant that has been shown to aid in the transportation of glucose and help the body to recharge levels of Vitamin C, E and L-Glutathione. The combination of CoQ10 and Alpha Lipoic Acid helps support a healthy immune system.*

EACH CAPSULE SUPPLIES:

Coenzyme Q10	100 mg
Alpha Lipoic Acid	100 mg

DIRECTIONS FOR USE: As a dietary supplement, adults take 1 to 2 capsules daily or as directed by a healthcare practitioner.



Item #3016

Estro Plus™

Phytoestrogen Compound Support

SRP: \$ 36.95

60 Capsules

Estro Plus™ combines Black Cohosh, Dong Quai, Soy Isoflavone and other ingredients known to support physical and emotional well-being during midlife.*

EACH CAPSULE SUPPLIES:

Vitamin E	50 IU
Calcium (Citrate)	24 mg
Magnesium (Citrate)	16 mg
Black Cohosh Extract (2.5% Triterpene Glycosides)	20 mg
Dong Quai Extract	50 mg
Licorice	20 mg
Red Clover (tops)	30 mg
Soy Isoflavone	50 mg

DIRECTIONS FOR USE: As a dietary supplement, adults take 1 capsule twice daily or as directed by a healthcare practitioner.



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Item #3006

Grape Seed Extract Antioxidant

SRP: \$ 27.00 120 Tablets

Grape Seed Extract is a highly concentrated natural extract derived from grape seeds. It contains a number of unique beneficial flavonoid compounds (min. 95% total polyphenols) which have demonstrated antioxidant and free radical scavenging activity.*

EACH TABLET SUPPLIES:

Grape Seed Extract 100 mg
(minimum 95% total polyphenols)

DIRECTIONS FOR USE: As a dietary supplement, take 1 to 4 tablets daily with meals.

Item #3014

Mega B-Complex B-Complex Vitamins

SRP: \$ 19.00 100 Tablets

Mega B-Complex gives the full spectrum of B vitamins together in one formula. These essential vitamins have different functions and are known for their ability to work well together.*

EACH TABLET SUPPLIES:

Vitamin B1 (Thiamine) 50 mg
Vitamin B2 (Riboflavin) 50 mg
Vitamin B3 (Niacinamide) 50 mg
Vitamin B5 (Pantothenic Acid) 50 mg
Vitamin B6 (Pyridoxine HCL) 50 mg
Vitamin B12 (Cyanocobalamin) 50 mcg
Folic Acid 400 mcg
Biotin 50 mcg
Inositol 50 mg
Choline (Bitartrate) 21 mg

DIRECTIONS FOR USE: As a dietary supplement, adults take 1 tablet daily or as directed by a healthcare practitioner.

Item #3020

Magnesium and Calcium Complex Reverse Ratio

SRP: \$ 18.95 120 Tablets

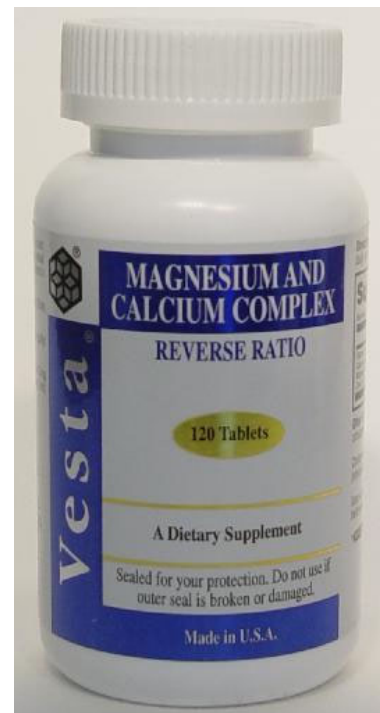
Magnesium and Calcium Complex provides the vital nutrient magnesium in combination with calcium at a reverse ratio. This special formula also supplies Vitamin D and the mineral Zinc to support a healthy enzyme system.*

THREE TABLETS SUPPLY:

Vitamin D (Cholecalciferol) 200 IU
Calcium (Carbonate, Aspartate, Lysinate and Citrate) 400 mg
Magnesium (Aspartate, Taurinate, Glycinate and Citrate) 800 mg
Zinc (L-OptiZinc®)* 15 mg

DIRECTIONS FOR USE: As a dietary supplement, adults take 3 tablets daily with meals or as directed by a healthcare practitioner.

* L-OptiZinc® is a product of the InterHealth Corp.



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Item #3011

Nattokinase Plus™
With Vitamin E

SRP: \$ 68.00 90 Capsules

Nattokinase is an enzyme derived from boiled soybeans and *Bacillus natto*. Nattokinase Plus™ includes 100 mg(1,800 FU) of Nattokinase to support fibrinolytic activity. Vitamin E has been added to help maintain healthy cardiovascular function.*

TWO CAPSULES SUPPLY:

Vitamin E	400 IU
Nattokinase	200 mg (3,600 FU)

DIRECTIONS FOR USE: As a dietary supplement, take 1 or 2 capsules three times daily with meals or as directed by a healthcare practitioner. If taken with anticoagulant drugs, use under medical supervision. Contraindicated in any condition associated with bleeding.

Item #3008

Niacin
Sustained Release

SRP: \$ 15.95 90 Tablets

Niacin (Vitamin B-3) is an essential B-group vitamin necessary for good health.*

EACH TABLET SUPPLIES:

Niacin (Vitamin B3) 500 mg

DIRECTIONS FOR USE: As a dietary supplement, take 1 tablet daily, preferably with meals.

WARNING: This high potency tablet should be taken under doctor's supervision. Niacin often causes itching or flushing but this sustained release tablet minimizes those problems.

Item #3007

Prosta™
Prostate Formula

SRP: \$ 36.95 90 Capsules

Prosta™ contains several compounds that have been shown to support healthy prostate function. Taken daily in conjunction with a proper diet, this male specialty formula provides the support needed for a healthy prostate.*

THREE CAPSULES SUPPLY:

Vitamin E (d-Alpha Tocopheryl Acetate)	200 IU
Vitamin B6 (Pyridoxine HCl)	50 mg
Zinc (Picolinate)	3 mg
Saw Palmetto (<i>Serence repens</i>) Berry Extract (Standardized to 45% fatty acids and sterols)	320 mg
Pygeum (<i>Pygeum africanum</i>) Bark Extract (Standardized to 13% total sterols)	300 mg
Stinging Nettle (<i>Urtiac dioica</i>) Root Extract (Guaranteed 10:1 extract)	300 mg

DIRECTIONS FOR USE: As a dietary supplement, take 3 capsules daily with meals or as directed by a healthcare practitioner.



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Item #3009

Quercetin Plus Complex™
Quercetin, Bromelain & Pepsin
Antioxidant and Enzyme Formula

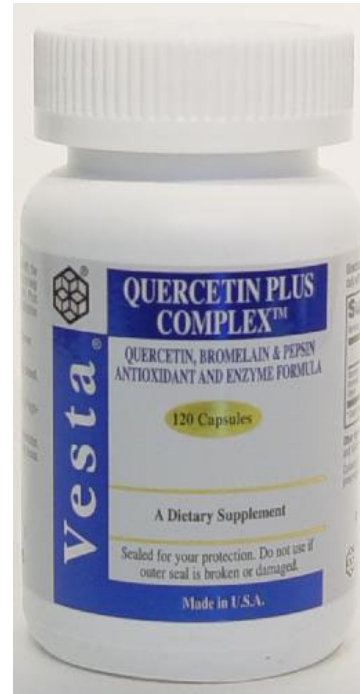
SRP: \$ 32.95 120 Capsules

Quercetin Plus Complex™ combines the antioxidant activities of Quercetin with the enzymes Bromelain and Pepsin to allow this formula to help maintain a healthy immune response. Quercetin Plus Complex™ will also assist with the assimilation and utilization of foods for proper digestion.*

TWO CAPSULES SUPPLY:

Quercetin	400 mg
Bromelain	200 mg
Pepsin	100 mg

DIRECTIONS FOR USE: As a dietary supplement, take 2 to 4 capsules daily with or without meals or as directed by a healthcare practitioner.



Item #3017

Reishi and Mycelia Mushroom Complex™
Polysaccharide Immune Support

SRP: \$ 21.95 60 Capsules



Reishi and Mycelia Mushroom Complex™ is rich in amino acids, proteins, vitamins, and minerals that provide support to the immune system. The combination of Reishi, Maitake and Shiitake helps neutralize free radicals and assists in maintaining healthy antibody production.*

EACH CAPSULE SUPPLIES:

Reishi (<i>Ganoderma Lucidum</i>)	150 mg
(10% Polysaccharide)	
Maitake (<i>Grifola Fondosa</i>)	100 mg
Shiitake (<i>Lentinus Edodes</i>)	100 mg
(10% Polysaccharide)	

DIRECTIONS FOR USE: As a dietary supplement, adults take 1 capsule with a glass of water between meals or as directed by a healthcare practitioner.

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Item #3004

Slender™
Weight Management Formula

SRP: \$ 32.95 100 Capsules

Slender™ is a dietary supplement consisting of a scientifically balanced blend of ingredients designed to help weight management. Slender™ contains no stimulants.*

TWO CAPSULES SUPPLY:

Thiamine (Vitamin B1)	0.9 mg
Riboflavin (Vitamin B2)	1.1 mg
Niacinamide (Vitamin B3)	12.4 mg
Pantothenic Acid (Vitamin B5)	6.1 mg
Pyridoxine HCL (Vitamin B6)	1.2 mg
Cyanocobalamin (Vitamin B12)	3.7 mcg
Ascorbic Acid (Vitamin C)	56.6 mg
Zinc (Oxide)	5.7 mg
Chromium (Nicotinate)	275 mcg
Slender™ Proprietary Blend	713 mg

Contains: Chitosan,

 Garcinia cambogia rind PE

 (std. 50% HCA)

 St. John's Wort leaf and flower PE

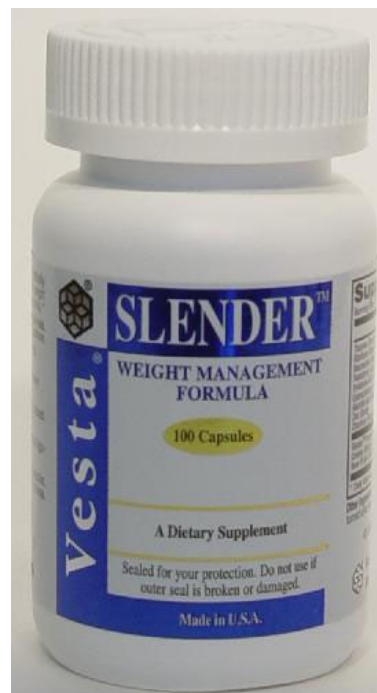
 (std. 0.3% Hypericin)

 Citrus aurantium rind PE

 (std. 8% synephrine)

 L-Carnitine

DIRECTIONS FOR USE: As a dietary supplement, adults take 2 capsules 30 minutes before meals. Do not exceed 6 capsules a day unless approved by a healthcare practitioner.



Item #3015

Zinc Picolinate
Essential Mineral

SRP: \$ 16.95 100 Capsules

Zinc Picolinate has been shown to be an outstanding source of zinc, an essential mineral that plays an important role in cell growth and in helping to maintain healthy enzyme function. Zinc also helps support a healthy immune system and is a component of bodily antioxidant systems.*

EACH CAPSULE SUPPLIES:

Zinc (Picolinate) 50 mg

DIRECTIONS FOR USE: As a dietary supplement, adults take 1 capsule twice daily with meals or directed by a healthcare practitioner.

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