

## Supplement Reference Guide

SUPPLEMENT	DESCRIPTION	DIRECTIONS
5 HTP CR	Supports normal appetite, restful sleep pattern, healthy mood, and positive outlook.	1 tablet, up to 2 times daily, with meal
5 HTP liposomal spray (2 oz)	Calming effects; supports healthy mood; reduces cravings.	Spray 1-2 times daily
Adrecor®	Advanced adrenal and catecholamine support; reduces fatigue under stress.	1 to 3 caps, 1 to 2 times daily
Adrecor® with Licorice Root	Advanced cortisol support; reduces fatigue under stress.	1 to 3 caps, 1 to 2 times daily
Adrecor® with SAME	Premium methylation support; reduces fatigue under stress.	1 capsule twice daily
Adrenal Essence®	Supports healthy energy levels, antioxidant activity, and healthy immune function.	1 capsule twice daily
Adrenal Px L-BP	Supports stress response; helps reduce fatigue; supports healthy immune function.	1/8 to 1 teaspoon twice daily
Adrenal Rebuilder	Supports adrenal function, stress response, and helps reduce fatigue.	1 caplet 3 to 6 times a day
ALA Med	Supports antioxidant activity and healthy blood sugar levels.	1 tablet 30 min. before breakfast & 1 tablet 30 min. before lunch
Avipaxin®	Neuro-immune support; cholinergic support.	1-3 capsules, 1-2 times daily
B Active®	Supports adrenal function, neurological function, stress-related functions.	1 capsule, 1 to 2 times daily
Balance D®	Premium dopamine support (healthy stress response).	1 to 2 capsules, 1 to 2 times daily
Berberine Balance	Supports heart health; supports healthy blood sugar metabolism, cholesterol maintenance, and antioxidant activity.	1 capsule twice daily
Bio C 1:1™	Supports antioxidant activity, immune function, and collagen synthesis.	1 capsule daily
Bone Guard	Supports bone health (Calcium, magnesium, Vitamin D).	2 capsules with meals twice daily
C + BioFizz	Supports antioxidant activity, immune function, and collagen synthesis.	1 teaspoon (4 grams) as needed per day
C3 Curcumin Complex	Helps reduce excessive inflammation and pain.	1 capsule daily
Calm G®	Advanced calming support. Inhibits glutamate activity.	1 to 2 capsules, 3 to 4 times daily
Calm CP®	Advanced calming support. Supports healthy cortisol levels. Supports healthy stress response.	2 capsules, 1-2 times daily
Chromium/Vanadium	Supports insulin activity, heart health, and blood glucose levels.	1 capsule daily with a meal
ColostOferrin™	Provides immune support (includes bovine colostrum, vitamin C, prebiotic, and probiotic).	2 capsules daily
CoQ10 100mg Max	Supports heart health and energy levels.	1 soft gel, 1 to 2 times daily Optimal results achieved by consuming with meals that contain fat
CysReplete	Supports immune health and brain health.	2 capsules at noon, afternoon, & bedtime

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D3 2000	Supports bone health, brain health, and immune function.	1 soft gel daily
D3 5000	Supports bone health, brain health, and immune function.	1 soft gel daily
D5 Macuna 40%	Supports movement, balance, motivation, focus, and addiction.	Take as recommended
Daxitrol Essential®	Strongest craving control support product by NeuroScience, Inc.	1 capsule daily before meals
Designs for Health Meal/Snack Bars	(DFH) nutritious snack bars that contain anti-inflammatory “good fats” and anti-bacterial coconut oil. High in antioxidants and compounds for immune system support and insulin sensitivity. No artificial sweeteners, fructose, or hydrogenated oils.	
DHEA 5mg and 25mg	Supports healthy aging, energy levels, and metabolism.	1 capsule daily with a meal
Digest Support	Supports digestive health and weight control.	1 capsule daily with meal
E-Balance	Supports healthy estrogen levels.	2 capsules daily
ExitaPlus®	Strongest adrenal and catecholamine support product by NeuroScience, Inc. Reduces fatigue under stress.	1 to 3 capsules, 1 to 2 times daily
Fit Food Lite Vegan	Supports weight control, body composition, immune health, and insulin levels.	Mix 2 scoops in 8-12 oz cold water
Fit Food Lite Whey	Supports weight control, body composition, immune health, and insulin levels.	Mix 2 scoops in 8-12 oz cold water Chocolate, vanilla, berry, & banana
Focus DL®	Phenylalanine is the precursor to phenylethylamine (PEA). Decreased PEA has been associated with inattentiveness.	1 to 2 capsules, 1 to 2 times daily
Fungalytic Compound	Supports digestive health through fungal immunity.	Take as recommended
Gaba	Supports healthy sleep cycles.	1 capsule daily
Gaba Trex® Chewable Tablets	Calming support; inhibits glutamate activity.	Chew 1 tablet as needed
GI Bio-X	Supports digestive health (antimicrobial activity on common pathogens).	1 capsule daily
GI Revive Caps GI Renew Powder	Supports digestive health (comprehensive support).	7 capsules daily or 2 teaspoons daily
GlutAloeMine	Supports digestive health (production of microflora and short chain fatty acids).	Take as recommended
Glutathione Liposome (4 oz)	Immune support (glutathione functions to protect cells from free radicals).	
Glycine 500 mg	Supports liver detoxification and glutathione production (glutathione functions to protect cells from free radicals).	1-3 capsules daily, as directed by provider
Immune Essentials	Immune support against acute foreign microbial challenges.	For early and immediate support, 3 capsules with water on empty stomach. Repeat 1 to 2 times within 24 hours
ImmuWell®	Strongest neuro-immune support product By NeuroScience, Inc. Reduces fatigue under stress.	2 capsules up to 3 times daily
Iodine/Selenium	Supports thyroid, breast and endocrine health.	1 tablet daily
InflaMed	Supports the body in reducing inflammation.	2 capsules, 1 to 2 times daily between meals
Joint Recovery	Supports joint healthy and recovery.	2 capsules twice daily
K2-D3 5000	Supports bone and immune health.	Take as recommended
Kaprex	Support for relief of joint pain.	1 soft gel twice daily with food

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Kavinace®	Top recommended calming product by NeuroScience, Inc. Supports GABA Function.	1 to 2 capsules, 1 to 2 times daily
Kavinace Ultra PM®	Top recommended sleep product By NeuroScience, Inc. Supports GABA and Melatonin Function.	1 capsule before bed Do not exceed 2 capsules daily
Leptin Manager™	Targets fat cells, affects serum leptin levels, and supports weight loss	Take 1 capsule in the morning
Liver Protect	Supports healthy liver function.	1 capsule twice daily
L-Lysine	Supports in decreasing/preventing fever blisters and herpes outbreaks.	2 capsules daily
Lox5	Supports pain relief and inflammation reduction.	2 capsules twice daily
Magnesium Buffered Chelate	Supports energy levels and heart health.	2 capsules daily
Melatonin	Supports healthy sleep cycle.	1 tablet, 15 to 60 min. before bedtime
Memory	Supports healthy cognitive and memory function.	1 capsule twice daily
MenoFem	Menopause support.	1 capsule three times daily
Methyl B12 Spray	Supports healthy methylation, liver function, brain, and nervous system.	Typically, 2 sprays (1 mg of nutrient) for the recommended starting amount. Spray inside cheek or under tongue. Let rest for 20 seconds before swallowing.
Methyl Guard	Supports healthy methylation, homocysteine levels, and pregnancy outcomes.	1 to 2 capsules, 1 to 2 times daily
Methyl Guard B12	Supports healthy methylation, pregnancy outcomes, and nervous system.	Take one cherry-flavored tablet daily, or as directed by health care provider.
MinRex	Supports mineral repletion.	2 capsules daily
NAC	Supports the body's natural defense system.	1 to 2 capsules, twice daily bet. meals
Neuro Replete®	Supports mood, sleep cycle, concentration, involuntary muscle movement, and cravings.	4 capsules, 1 to 2 times daily
Nia Vasc™	Supports healthy lipid levels and heart health.	1 tablet, 1 to 2 times daily with food
N.O. Ultra ER	Supports cardiovascular health, inflammation, muscle function, and wound healing.	Take 3 caplets twice daily: 3 caplets 30 min. before breakfast and 3 caplets 30 min. before lunch w/ 8 oz water
NorLox Ultra®	Neuro-immune support. Calming support.	2 capsules, 1 to 2 times daily.
Omega Oils 780 EC	Supports healthy heart, brain, nervous system, joint, and inflammation.	1 to 2 soft gels 1 to 3 times daily
Omega Pure Krill Oil	Supports heart health.	Take 2 capsules in the morning, preferably after breakfast. Do not crush or chew capsules. Swallow whole.
Omega Swirl OptiCleanse GHI	Supports healthy heart, joints, bone density, and energy levels. Supports digestive health, liver health, and inflammation.	2 tsps daily. Mix 2 scoops into 10 to 12 oz chilled water daily. Chocolate & vanilla
OptiFiber® Lean	Supports feeling of fullness, weight control, glucose metabolism, cholesterol metabolism, and healthy bowel movements.	Mix 1-2 scoops in 8-12 oz of water and consume 1x daily; or mix 1 scoop and consume 30-60 minutes before each of your two biggest meals.
Probio Max DF (100 billion)	Supports digestive health and immune function.	1 capsule with water daily
Probio Max DF (30 billion)	Support digestive health and immune function.	1 capsule with water daily

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ProbioMax® Lean DF	Supports digestive health, weight management, and immune health.	1 capsule with water daily
ProstateFLO	Supports prostate health	1 soft gel twice daily
PS 100	Supports brain function.	1 soft gel up to 3 times daily with a meal. Best kept refrigerated
Quercetin + Nettles	Supports heart health and inflammation.	3 capsules daily with meal
Red Yeast Rice	Supports heart health.	1 capsule, 1 to 3 times daily
RenewalMax	Supports healthy bone, cartilage, hair, and nail growth.	1 capsule twice daily
Resveretrol Supreme	Supports optimal aging.	1 capsule daily
Ribo-CarniClear	Supports heart health, energy level, and muscle recovery.	1 tsp daily (5ml)
Saccharomycin DF	Supports digestive health.	1 to 2 capsules daily
Serotrex®	Calming support. Inhibits glutamate activity and supports serotonin.	Chew 1 tablet as needed.
Thyro-Balance	Supports thyroid function.	2 capsules twice daily
Travacor®	Top recommended serotonin support by NeuroScience, Inc. Advanced calming support.	1 to 3 capsules, 1 to 2 times daily
Two Daily Multi	Multi-vitamin.	2 capsules daily with meal
Ultra Mag	Supports healthy heart, bone, energy levels, and blood sugar.	1 to 2 capsules twice daily
UltraPreventive X	Multi-vitamin.	8 tablets daily with meals
Ultra Protein/Protein Fusion Bars	High protein, low-glycemic bar (20g protein, only 3g glucose impact carbs, 1g sugar, approx 240 cal)	
UT Support	Support for urinary tract infections.	2 capsules daily
Uva Ursi Max-V	Support for urinary tract health.	1 capsule daily, between meals
Yasotensin	Supports healthy blood pressure.	2 tablets twice daily with meals
Viragraphis	Supports healthy immune function, inflammation, and respiratory system.	2 capsules 4 times daily for 1 to 3 days then reduce dose per doctors order. Recommended for short-term use.
XymoBolX	Supports muscular function and recovery.	Dissolve one scoop (6.8 g) into 8-12 oz of room-temperature water and consume once per day 30 to 60 minutes prior to resistance exercise or between meals.
Zinc Glycinate	Supports immune system, reproductive health, and antioxidant activity.	1 capsule daily

Neuroscience products: Avipaxin, Balance D, Calm CP, Calm G, Excita Plus, Focus DL, GABA Trex, ImmuWell, NorLox, Selevance, Senergy, Serotrex

**\*Take each Neuroscience product per each individual patients lab result protocol.**

**\*These statements have not been evaluated by the Food and Drug Administration (FDA). This information is not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any health or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.**