

SUPPLEMENT	DESCRIPTION	RECOMMENDED USE
5 HTP CR	Provided in a controlled-release tablet designed to naturally increase the body's level of Serotonin quickly and steadily over a 12-hour period. 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)	Has a calming effect on the nervous system.	Spray 1-2 x daily
Adrecor®	Non-glandular product that supports adrenal neurotransmitter function and synthesis of adrenal neurotransmitters, epi and norepi, with combo of amino acids, vit, and other cofactors. Suggested uses: stress, fatigue, low energy.	1 to 3 caps 1 to 2 times daily
Adrecor® with Licorice Root	Designed for patients with advanced adrenol fatigue, comprehensively supporting adrenal function by advanced synthesis of cortisol, epinephrine and nonrepinephrine, licorice root aids in cortisol levels.	1 to 3 caps 1 to 2 times daily
Adrecor® with SAME	Provides strong methylation support to enhance epinephrine production. Formula combines SAME, 5-MTHF and neethyl cobalanum, which supports the synthesis of neurotransmitters in the brain for healthy mood, helps manage stress and healthy adrenal function.	1 capsule twice daily
Adrenal Essence	The formula is designed to reduce stress-induced fatigue and exhaustion, protect tissues from free radicals and may aid in stimulating the body's immune system.	1 capsule twice daily
Adrenal Px L-BP	Herbal support for adrenal function designed to reduce occasional exhaustion and fatigue, increase resistance to occasional stress, and maintain healthy immune response.	1/8 to 1 teaspoon twice daily
Adrenal Rebuilder	Dr.Wilson formulation that is multiglandular for building and promoting healthy adrenal structure and function during stress & adrenal fatigue.	1 caplet 3 to 6 times a day
ALA Med	Alpha-lipoic acid that is a natural antioxidant that neutralizes variety of free radicals/oxygen radicals/ionized metals, increases intracellular glutathione levels, decreases oxidative stress, and supports healthy blood sugar levels.	1 tablet 30 min. before breakfast and 1 tablet 30 min. before lunch
Avipaxin®	Recommended to support acetylcholine for healthy immune activity and cognitive function. 90 capsules per bottle	1-3 capsules, 1-2 times daily
Ayur-Ashwagandha	Supports weight loss and healthy immune system.	1 capsule daily
B Active	Contains the entire spectrum of B vitamins to support a very wide range of bodily and stress-related functions.	1 capsule 1 to 2 times daily
Balance D®	An amino acid formula that contains Vicia faba (standardized to contain 50% L-DOPA, precursor to dopamine). Designed to support those with low dopamine levels (impulse behaviors, memory function, muscle control).	1 to 2 caps 1 to 2 times daily

***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.**

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Berberine Balance	This contains high potency berberine as well as alpha lipoic acid (insulin health) and grape seed extract (heart health). Promotes blood sugar and cardiovascular health, as well as supports blood glucose metabolism and healthy cholesterol maintenance.	1 capsule twice daily
Bio C 1:1™	Combines high-potency vitamin C with a standardized, full-spectrum, citrus bioflavonoid complex. Both vitamin C and bioflavonoids have been extensively researched for their roles in supporting antioxidant and immune function. In addition, research indicates that vitamin C is required for the synthesis of collagen, neurotransmitters, and carnitine. Bioflavonoids appear to support healthy metabolism and cognition by functioning as cell-signaling agents.	1 capsule daily
Bone Guard	Calcium/magnesium/vit D bone support formula. Per 2 capsules: Vit D 400IU + Calcium 400mg + Magnesium 200mg + Microcrystalline Hydroxyapatite Concentrate 1000mg	2 capsules with meals twice daily
C + BioFizz	Orange flavored powder easily provides therapeutic dosing of vitamin C and bioflavonoids. For antioxidant and immune support.	1 teaspoon (4 grams) as needed per day
C3 Curcumin Complex	400mg Curcumin C3 complex/cap. Naturally occurring turmeric root powder used for excessive inflammation and pain.	1 capsule daily
Calm G®	Promotes healthy brain function by modulating GABA-glutamate levels and managing oxidative stress. Contains theanine and N-acetylcysteine. Designed to help protect against overstimulation (excitotoxicity).	1 to 2 caps 3 to 4 times daily
Calm CP®	Cortisol inhibits sleep-cycle initiation. Banaba extract slows cortisol production. Phosphatidylserine supports responses to mental and physical stress.	2 caps, 1-2x daily
Chromium/Vanadium	Formula of nutrients for optimal insulin function and blood sugar control.	1 capsule daily with a meal
Clear Fiber Organic	Supports appetite control, digestive balance, and healthy cholesterol levels. Made with 100% organic soluble acacia fiber. Flavor-free, clear-mixing. Can also be used for baking or cooking. Contains prebiotic to help restore gut flora's natural balance.	1 Tbsp 1-3 times daily
ColostOferrin™	A combination of bovine colostrum, vitamin C, lactoferrin, arabinogalactan and a proprietary blend of immune-supportive prebiotic fructooligosaccharide (FOS) and probiotic Lactobacillus acidophilus.	2 capsules daily
CoQ10 100mg Max	Supports healthy CoQ10 levels and optimal utilization in the support of cardiovascular and energy-based health needs. (*crystal free with 3 x's more absorption = 100mg CoQMax equivalents 300mg).	1 soft gel 1 to 2 times daily. Optimal results achieved by consuming with meals that contain fat
Cortisol Manager	Formulated with stress-reducing ingredients and botanicals to promote relaxation, help alleviate fatigue, and support healthy cortisol levels.	1-2 tablets at bedtime
CysReplete	CysReplete contains cysteine, selenium, and folic acid. Cysteine supports immune health, normal toxin maintenance, normal glutathione levels, metabolic pathways, and protein synthesis and structure.	2 caps at noon, afternoon, and bedtime

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D3 2000	2000 iu/cap form of bioidentical vitamin D.	1 soft gel daily
D3 5000	5000 iu/cap form of bioidentical vitamin D.	1 soft gel daily
D5 Macuna 40%	Support dopamine, norepinephrine and epinephrine (the catecholamines) production. Supports healthy movement, balance, motivation, focus, and addiction.	Take as recommended
Daxitrol Essential®	Contains a proprietary blend including chromium, N-acetylcysteine, Green tea leaf extract, and L-phenylalanine. Designed to help reset the brain's pleasure/reward pathway to help manage cravings, control impulse behavior, and modulate energy levels.	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	Hormone synthesized in body mostly by adrenal glands and important for variety physiological responses such as healthy aging, ongoing energy & vitality, and mm reduction and fat reduction.	1 capsule daily with a meal
Digest Support	Enzymes for the digestion of proteins, fats, and carbs; aid in symptoms of gas and bloating from meals, chronic constipation, and feeling of fullness after eating only small quantity.	1 capsule daily with meal
E-Balance	Support healthy estrogen metabolism and an optimal ratio of estrogen metabolites.	2 capsules daily
ExitaPlus®	Comprehensive neurotransmitter support formula to promote optimal levels of catecholamines (dopamine, epinephrine, and norepinephrine) for energy, focus, and positive mood. Contains N-acetyltyrosine, l-methionine, l-histidine, Mucuna pruriens, and Rhodiola rosea.	1 to 3 caps 1 to 2 times daily
Fit Food Lite Vegan	Rice protein and pea protein isolate blend with several additional amino acids that supports healthy body composition, immune health, blood insulin/glucose level, provides foundation of macro-nutrition.	Mix 2 scoops in 8-12 oz cold water Flavors: chocolate & vanilla
Fit Food Lite Whey	Whey protein blend (soy and fructose free) that features 21g/ serving of pure whey protein and additional amino acids that support healthy body composition, immune health, blood insulin/glucose levels, provide foundation of macro-nutrition.	Mix 2 scoops in 8-12 oz cold water Flavors: chocolate, vanilla, berry, and banana
Focus DL®	Designed to help enhance PEA levels, support healthy catecholamine levels, and support mental clarity. Common complaints addressed by this supplement: fatigue, brain fog, low energy, memory issues, focus issues. Delivers 500mg of FL-phenylalanine per capsule.	1 to 2 caps 1 to 2 times daily
Fungalytic Compound	Supports fungal immunity.	Take as recommended
Gaba	Supplies 500mg of gamma amino butyric acid per capsule; gaba is an amino acid that functions as an inhibitory neurotransmitter – meaning that it blocks nerve impulses. Plays a role in growth hormone synthesis, sleep cycles, and body temperature.	1 capsule daily
Gaba Trex® Chewable Tablets	Calming Support; Inhibits Glutamate Activity. L-Theanine is a glutamate receptor antagonist. Glutamate is associated with anxiousness and stress.	Chew 1 tablet as needed

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GI Bio-X	A blend of botanical extracts that provide a broad spectrum of antimicrobial activity on the most common pathogens present in the GI tract.	1 capsule daily
GI Revive Caps GI Renew Powder	Offers comprehensive support for optimum gastrointestinal health and function. Maintaining gut health is the key to maintaining overall wellness.	7 capsules daily or 2 teaspoons daily
GlutAloeMine	Gastrointestinal support and demonstrates selective promotion of gut microflora and enhances production of short chain fatty acids.	
Glutathione Liposome (4 oz)	Immune Support. Glutathione is a naturally occurring protein that functions to protect cells against free radicals that cause oxidation damage.	Take as recommended
Glycine 500 mg	Glycine is the smallest of the amino acid molecules, yet important in supporting liver detoxification and production of glutathione, DNA, and hemoglobin. It is a naturally sweet tasting amino acid.	1-3 capsules daily, as directed by provider.
IgG 2000 CWP (powder or capsules)	An immunoglobulin concentrate derived from colostral whey peptides. IgG 2000 supports immune function, healthy cytokine activity, gut barrier function and gastrointestinal health and tissue repair.	Mix 1 tbsp into 2-4 oz. water daily or 2 capsules twice daily
Immune Essentials	A combination of whole glucan particle, olive leaf extract and vitamin C that supports the body's natural defenses against acute foreign microbial challenges.	For early and immediate support, 3 capsules with water empty stomach. Repeat 1 to 2 times within 24 hours.
ImmuWell®	Modulates sympathetic nervous system activation due to immune activity. Designed to reduce stress caused by immune activity. May help support people experiencing: achiness, general discomfort, low mood associated with stress, and symptoms of overactive stress response.	2 capsules up to 3 times daily
Iodine/Selenium	Combines iodine, selenium, and molybdenum in a distinctive formula designed to support thyroid, breast, and endocrine system health.	1 tablet daily
InflaMed	Combines a blend of herbs, nutrients, and proteolytic enzymes to aid in symptoms of inflammation.	2 capsules 1 to 2 times daily between meals
Joint Recovery	This formula combines MSM, glucosamine sulfate and chondroitin sulfate that target joint health and assist with recovery from temporary joint discomfort due to occasional over exertion or intensive activity.	2 capsules twice daily
K2-D3 5000	Bone Health. Immune Support. Promotes the proper absorption of calcium with D3, but the correct distribution to your bones where you need it most. K3 maximizes D3 absorption.	Take as recommended
Kaprex	This proprietary blend provides a safer option for effective relief of joint pain. Clinical testing suggests that Kaprex may offer a high degree of predicted cardiovascular, gastric, renal, and liver safety.	1 soft gel twice daily with food
Kavinace	Calming neurotransmitter support that potentiates the effects of GABA. Suggested uses: anxiousness, sleep difficulties	1 to 2 capsules 1 to 2 times daily

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Kavinace Ultra PM	Comprehensive sleep formula that potentiates the effects of GABA; supports serotonin and melatonin.	1 capsule before bed. Do not exceed 2 capsules daily
Liposomal C	Supports overall immune health and GI function.	Follow usage directions on label
Liver Protect	Supports healthy liver function, protects liver tissue, and supports healthy liver enzyme levels.	1 capsule twice daily
L-Lysine	Contains 800mg Lysine/capsule. Lysine is an essential amino acid used to prevent and decrease incidence of fever blisters (cold sores), herpes virus.	2 capsules daily
Lox5	Natural cox-2 & 5-lipoxygenase inhibitor to support pain relief; anti-inflammatory, analgesic, antioxidant support.	2 capsules twice daily
Magnesium Glycinate Chelate	Absorbable chelated magnesium used for chronic fatigue syndrome and hypertension (should not cause loose stool or stomach upset).	2 capsules daily
Mamma Chia Bars	These organic bars combine chia seeds with nuts and fruit for a delicious snack. Each bar delivers protein, fiber, and 1000mg Omega-3s.	
Melatonin	Helps regulate sleep pattern, maintain normal circadian rhythm, promotes restful sleep.	1 tablet 15 to 60 minutes before bedtime
Memory	Enhanced brain support; used for cognitive function and memory enhancement.	1 capsule twice daily
MenoFem	Balanced approach to support menopause and aids in symptoms of menopause such as: hot flashes, night sweats, sleep disturbances, emotional lability.	1 capsules three times daily
Methyl B12 Spray	Methylcobalamin is the active form of vitamin B12 that supports liver, brain, and nerve health. It is essential for cell growth. ReadiSorb Methyl B12 Spray has 0.5mg methylcobalamin per spray.	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	Support optimal methylation of estrogen, dopamine, epinephrine, heavy metals, and environmental toxins and maintain healthy homocysteine levels in blood.	1 to 2 capsules 1 to 2 times daily
Methyl Guard B12	This product supports methylation, nervous system health, normal cellular proliferation (including red blood cells, healthy serum folate levels, and healthy pregnancy outcomes). Furthermore, it does not contribute to unmetabolized folic acid accumulation.	Take one cherry-flavored tablet daily, or as directed by health care provider.
MinRex	A mineral complex used for chelation patients. Supports mineral repletion, consumption defense system.	2 capsules daily
NAC	N-acetyl Cysteine is a powerful free radical scavenger that supports body's natural defense system.	1 to 2 capsules twice daily between meals
Neuro Replete	Neurotransmitter support formula that is a precursor of neurotransmitters serotonin, dopamine, norepinephrine, and epinephrine. Allow for increased level of serotonin and dopamine without depletion of one of these two neurotransmitters. Common uses: depression, anxiety, OCD, ADD/ADHD, insomnia, cravings, increased appetite, addiction, restless leg syndrome, and Parkinson's disease.	4 capsules 1 to 2 times daily

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Nia Vasc	Sustained-release niacin that supports optimum serum lipid levels, including HDL, LDL, lipo(a), and triglycerides. 750 mg niacin/tablet.	1 tablet 1 to 2 times daily with food
N.O. Ultra ER	Extended-release arginine formula that supports circulatory & cardiovascular health, optimizes muscle function, supports inflammatory pathways, and supports 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®	Provides support for general immune regulation. Promotes healthy levels of neurotransmitters utilized by the neuro-immune system. Supports immune activation and oxidative stress to promote healthy energy levels, maintain balanced mood, and support discomfort associated with aches.	2 capsules, 1 to 2 times daily.
Omega Oils 780 EC	Essential fatty acids from cold water fish supports cardio health, reduce inflammation, support healthy brain/ nervous system/ joint function. (1.4 gm fish oil = 450 mg EPA + 330 mg DHA)	Take 1 to 2 soft gels 1 to 3 times daily)
Omega Pure Krill Oil	Patented medical food formulated for the dietary management of omega-3 phospholipid deficiency which may be associated with mild-to-moderate hypertriglyceridemia; and to support cell membrane fluidity, normal homocysteine metabolism, and cardiometabolic health.	Take 2 capsules in the morning, preferably after breakfast. Do not crush or chew capsules. Swallow whole.
Omega Swirl	An Omega-3 Sensation with the taste and texture of a fruit smoothie. Omega-3 without the oily taste and texture or swallowing large capsules. Supports heart health, healthy cholesterol levels, joint mobility, bone density, energy, and endurance. Promotes skin, hair & nail health, mental health, wellness and acuity.	2 tsps daily.
OptiCleanse GHI	Optimal Gastrointestinal, Hepatic, and inflammatory support formula (rice protein-based) 26 grams protein/serving.	Mix 2 scoops into 10 to 12 oz chilled water daily. Flavors: chocolate & vanilla
Probio Max DF (100 billion)	Dairy-free, vegetarian, gluten-free, four strain probiotic totaling 100 billion CFU/ capsule	1 capsule with water daily
Probio Daily (30 billion)	Dairy-free vegetarian gluten-free, four strain probiotic totaling 30 billion CFU/capsule.	1 capsule with water daily
ProstateFLO	Formula designed for men, to support male urinary flow, hormone metabolism and overall prostate health.	1 soft gel twice daily
PS 100	Phosphatidylserine (PS) 100mg /capsule Promotes brain function.	1 soft gel up to 3 times daily with a meal. Best kept refrigerated
Quercetin + Nettles	Taken for cancer, heart disease, cervical dysplasia, asthma, and allergies.	3 capsules daily with meal
Red Yeast Rice	Naturally support healthy blood lipid levels; lowering cholesterol and triglycerides.	1 capsule 1 to 3 times daily
RenewalMax	Supports growth development and regeneration of connective tissue (skin, bones, cartilage, etc), hair, and nails. Provides ch-OSA that helps naturally nourish your body's beauty protein.	1 capsule twice daily
Resveretrol Supreme	A very potent antioxidant protection which, among other things, activates the Sir T I gene, which is believed to provide anti-aging effects.	1 capsule daily
Ribo-CarniClear	D-Ribose/L-Carnitine formula that's primary energy source for heart, mm, and other tissues of body, increase energy production, enhance ability to utilize fat as fuel source.	1 tsp daily (5ml)

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Saccharomyin DF	Promotes overall intestinal health by 3 actions: serves as antitoxin against bacterial toxins, stimulate immune cells of intestinal mucosa, modulates release of polyamines that repair intestinal health.	1 to 2 capsules daily
Serotrex®	Promotes serotonin and GABA support. Designed to calm anxiety.	Chew 1 tablet as needed.
Testoplex	Free up serum-bound testosterone, thereby optimizing availability of testosterone.	4 capsules with 8 oz water daily upon waking
Teevance®	Supports sympathetic autonomic nervous system activity. Designed to address symptoms of fatigue, anxiousness, and low mood.	1 to 2 caps 1 to 2 times daily.
Thyro-Balance	Support healthy thyroid function and aids in conversion of T4 to T3.	2 capsules twice daily
Travacor	Calming formula; provides calming neurotransmitter support. Suggested uses: sleep issues, anxiousness, restlessness.	1 to 3 capsules 1 to 2 times daily
TravaGen®	Supports serotonin, GABA, and taurine; promotes calm.	Take 1 to 3 capsules, 1 to 2 times daily.
Two Daily Multi	Full spectrum multi-vitamin.	2 capsules daily with meal
Ultra Mag	Non-absorbable form of magnesium that is a proprietary blend of patented magnesium that aids in cardio health, healthy mm function, bone health, energy production, healthy blood sugar, and corrects dietary magnesium deficiency.	1 to 2 capsules twice daily
UltraPreventive X	Most comprehensive multi-vitamin in a special green food base that includes variety of organic fruits and vegetables.	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	Herbal supplement for urinary tract infections.	2 capsules daily
Uva Ursi Max-V	Arbutin releases hydroquinone, which provides support for a healthy urinary tract.	1 caps daily, between meals
Vasotensin	Provides peptides from bonito fish to support healthy blood pressure levels.	2 tablets twice daily with meals
Viragraphis	An herbal combination of 3 high quality ingredients (Andrographis Extract, Licorice Root Extract, Isatis indigotica) to support the body's immune system and to promote its healthy response to inflammation. The formula may provide support for healthy respiratory function.	2 capsules 4 times daily for 1 to 3 days then reduce dose per doctors order. Recommended for short-term use.
XymoBolX	Essential amino acid formula to supplement diets insufficient in quality protein.	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	Zinc glycinate chelate 20mg capsule, take 1 cap daily. Supports protein metabolism, immune health, reproductive health, antioxidant activity, and sensory perception.	1 capsule daily