



Optimal Digestion and Absorption\*

Protocols

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Product & Ingredient	Dosage	Features	Reference
<b>Similase® enzymes</b> <a href="#">74239</a> – 90 UltraCaps™ <a href="#">74230</a> – 180 UltraCaps  Amylase  Protease I, II, III, IV  Lipase I, II  Lactase I, II Phytase Cellulase I, II	Take 1-2 UltraCaps at the beginning of each meal. Two UltraCaps contain: 32,000 USP 23,800 DU 30,000 USP 48,750 PC 82,000 HUT 2100 LU 970 LU 1600 LacU 1.7 PU 350 CU	<ul style="list-style-type: none"> <li>Provides acid-stable enzymes that are active through a broad pH range* 1-3</li> <li>Supports healthy digestion and assimilation of nutrients*4</li> </ul>	<ol style="list-style-type: none"> <li>Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336.</li> <li>Roberts I. Enzyme therapy for malabsorption in exocrine pancreatic insufficiency. <i>Pancreas</i>. 1989;4(4):496-503.</li> <li>Zorn J. Experiences with substitution therapy using a new pancreatic enzyme of plant origin. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3.</li> <li>Dietary Aspergillus niger phytase increases iron absorption in humans. <i>J Nutr</i>. 1996 Feb;126(2):476-80.</li> </ol>
<b>Similase Jr. enzymes</b> <a href="#">106009</a> – 90 capsules  Amylase  Lactase I, II Protease I, II, III, IV  Lipase I, II  Cellulase I, II Phytase	Take 1-2 capsules at the beginning of each meal. Two capsules contain: 10,680 USP 7950 DU 2400 LacU 8970 USP 8700 PC 15,460 HUT 630 LacU 290 LU 124 CU 0.64 PU	<b>Children’s digestive support alternative for Similase.*</b> Refer to Features and References above.	
<b>Probiotic Pearls™</b> active cultures <a href="#">136001</a> – 30 pearls <a href="#">136002</a> – 90 pearls  Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> <i>and Bifidobacterium longum</i>	Take one Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU	<ul style="list-style-type: none"> <li>Increases healthy intestinal flora* 1-3</li> <li>Patented “True Delivery” system</li> <li>Delivers up to 900% more intact microflora to the intestine than leading competitors*2</li> <li>Unique form; easy to swallow</li> <li>Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>Goossens D, et al. Probiotics in gastroenterology: indications and future perspectives. <i>Scand J Gastroenterol Suppl</i>. 2003(239):15-23.</li> <li>Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> <li>Fleming T, ed. Probiotics. In: <i>PDR for Nutritional Supplements</i>. Montvale, NJ: Medical Economics Company; 2001:381.</li> </ol>

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Occasional Indigestion (abdominal gas, bloating, discomfort)\*

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Product & Ingredient	Dosage	Features	Reference
<b>BASIC SUPPORT:</b> Include <b>Similase®</b> enzymes, or <b>Similase® Jr.</b> enzymes listed in the “ <b>Optimal Digestion and Absorption</b> ” category, and add the following:			
<b>COMPREHENSIVE SUPPORT</b>			
<b>Probiotic Pearls™</b> active cultures <a href="#">136001</a> – 30 pearls <a href="#">136002</a> – 90 pearls  Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i>	Take one Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU	<ul style="list-style-type: none"> <li>Patented “True Delivery” system</li> <li>Supports healthy digestive function*<sup>1</sup></li> <li>Delivers up to 900% more actives than leading competitors*<sup>2</sup></li> <li>Unique form; easy to swallow</li> <li>Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>Di Stefano M, et al. Probiotics and functional abdominal bloating. <i>J Clin Gastroenterol.</i> 2004 Jul;38(6 Suppl):S102-3.</li> <li>Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> </ol>
<b>Heartburn Free®* with ROH10®</b> <a href="#">09110</a> – 10 softgels  Orange ( <i>Citrus sinensis</i> ) Peel Extract (98.5% d-limonene)	Adult (18 and older): Take 1 softgel every other day for 20 days, and 1 softgel as needed for occasional relief thereafter. Take ½ hour before or 1 hour after meals, with water. Each softgel contains: 1000 mg	<ul style="list-style-type: none"> <li>Patented ingredient</li> <li>Provides lasting relief from occasional heartburn, acid indigestion and upset stomach*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>United States Patent No. 6,420,435 B1. Method for treating gastrointestinal disorders. Issued: July 16, 2002.†</li> </ol>
<b>Gastric Complex™</b> <a href="#">136006</a> – 90 UltraCaps™ <a href="#">136007</a> – 180 UltraCaps  Slippery Elm ( <i>Ulmus rubra</i> ) Bark Deglycyrrhizinated Licorice ( <i>Glycyrrhiza glabra</i> ) Root Gamma-oryzanol Marshmallow ( <i>Althaea officinalis</i> ) Root	Take 1-2 UltraCaps before meals, three times daily. Two UltraCaps contain:  240 mg 200 mg  170 mg 80 mg	<ul style="list-style-type: none"> <li>Supports healthy gastric mucosa*<sup>1-3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Turpie AGG, et al. Clinical trial of deglycyrrhizinized liquorice in gastric ulcer. <i>Gut.</i> 1969;10:299-302.</li> <li>Itaya K, et al. Studies of gamma-oryzanol. (2) The antiulcerogenic action. <i>Nippon Yakurigaku Zasshi.</i> 1976 Nov;72(8):1001-11.</li> <li>Ooi I, et al. Usefulness of gamma-oryzanol on gastric and duodenal ulcers. <i>Shinyaku to Risho.</i> 1977;26(5):411.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<p>Include <b>Similase®</b> enzymes or <b>Similase® Jr.</b> enzymes listed in the “<b>Optimal Digestion and Absorption*</b>” category, and add the following:</p>			
<p><b>Probiotic Pearls™</b> active cultures <a href="#">136001</a> – 30 pearls <a href="#">136002</a> – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take one Pearl capsule daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> <li>• Supports healthy digestion for occasional constipation* <sup>1</sup></li> <li>• Patented “True Delivery” system</li> <li>• Delivers up to 900% more actives than leading competitors<sup>2</sup></li> <li>• Unique form; easy to swallow</li> <li>• Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>1. Ouwehand AC, et al. Effect of probiotics on constipation, fecal azoreductase activity and fecal mucin content in the elderly. <i>Ann Nutr Metab.</i> 2002;46(3-4):159-62.</li> <li>2. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> </ol>
<p><b>Whole Body Cleanse* Laxative Formula* internal cleansing system* for short-term use.</b> <a href="#">78450</a> – 35 tablets</p> <p>Magnesium hydroxide Blend of: Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Althaea officinalis</i>) Fenugreek (<i>Trigonella foenumgraecum</i>) Peppermint (<i>Mentha x piperita</i>) Fennel (<i>Foeniculum vulgare</i>) Ginger (<i>Zingiber officinale</i>)</p>	<p>Days 1-7: Take 3 tablets at bedtime with water. Days 8-14: Take 2 tablets at bedtime with water. Three tablets contain: 2600 mg 800 mg</p>	<ul style="list-style-type: none"> <li>• Gently cleanses and refortifies the digestive tract* <sup>1-3</sup></li> <li>• No harsh stimulant laxatives</li> <li>• Simple 2-week cleanse</li> </ul>	<ol style="list-style-type: none"> <li>1. Kinnunen O, et al. Constipation in elderly long-stay patients: its treatment by magnesium hydroxide and bulk-laxative. <i>Ann Clin Res.</i> 1987;19(5):321-3.</li> <li>2. Hashimoto K, et al. Component of Zingiber officinale that improves the enhancement of small intestinal transport. <i>Planta Med.</i> 2002 Oct;68(10): 936-9.</li> <li>3. Langmead L, et al. Antioxidant effects of herbal therapies used by patients with inflammatory bowel disease: an in vitro study. <i>Aliment Pharmacol Ther.</i> 2202 Feb;16(2):197-205.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<p><b>Whole Body Cleanse* Fiber Formula* internal cleansing system* for short-term use.</b> <a href="#">78450</a> – 112 <i>UltraCaps™</i></p> <p>Encapsulated fiber blend of:            Psyllium (<i>Plantago ovata</i>)            Oat (<i>Avena sativa</i>)            Guar gum (<i>Cyamopsis Tetragonoloba</i>)            Pectin            Marshmallow (<i>Althaea officinalis</i>)</p>	<p>Day 1-14: Take 4 UltraCaps twice daily, in the morning and at night with water, or take 8 UltraCaps at night with water. Eight UltraCaps contain: 3455 mg</p>	<ul style="list-style-type: none"> <li>Gently cleanses and refortifies the digestive tract* <sup>1-3</sup></li> <li>Includes patent pending “True Dispersion” fiber<sup>4</sup></li> <li>Simple 2-week cleanse</li> </ul>	<ol style="list-style-type: none"> <li>Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9.</li> <li>Leng-Peschlow E. Plantago ovata seeds as dietary fibre supplement: physiological and metabolic effect in rats. <i>Br J Nutr.</i> 1991 Sep;66(2):331-49.</li> <li>Andersson M, et al. Oat bran stimulates bile acid synthesis within 8 h as measured by 7-alpha-hydroxy-4-cholesten-3-one. <i>Am J Clin Nutr.</i> 2002 Nov;76(5):1111-6.</li> <li>Study on the comparative dispersion of encapsulated fiber blends. Unpublished data. June 2003.†</li> </ol>
<p><b>Whole Body Cleanse* Super Milk Thistle® internal cleansing system* for short-term use.</b> <a href="#">78450</a> – 28 <i>UltraCaps</i></p> <p>Milk Thistle (<i>Silybum marianum</i>) Dandelion (<i>Taraxacum officinale</i>) Artichoke (<i>Cynara scolymus</i>) (13-18% caFFEYLQUINIC acids) Licorice (<i>Glycyrrhiza glabra</i>) (5% glycyrrhizic acid)</p>	<p>Day 1-7: Take 1 UltraCaps daily. Day 8-14: Take 1 UltraCap in the morning and 2 at night. Each UltraCaps contains: 100 mg</p> <p>10 mg</p> <p>10 mg</p> <p>10 mg</p>	<ul style="list-style-type: none"> <li>Supports detoxification of the intestines, liver, gall bladder, circulatory and lymphatic systems *<sup>1</sup></li> <li>Highly absorbable milk thistle Phytosome*<sup>2</sup></li> <li>Artichoke and dandelion support bile flow* <sup>3,4</sup></li> <li>Simple 2-week cleanse</li> </ul>	<ol style="list-style-type: none"> <li>Gonzalez-Correa JA, et al. Effects of silymarin MZ-80 on hepatic oxidative stress in rats with biliary obstruction. <i>Pharmacology.</i> 2002 Jan;64(1):18-27.</li> <li>Barzaghi N, et al. Pharmacokinetic studies on IdB 1016, a silybin-phosphatidylcholine complex, in healthy human subjects. <i>Eur J Drug Metab Pharmacokinet.</i> 1990 Oct- Dec;15(4):333-8.†</li> <li>Speroini E, et al. Efficacy of different <i>Cynara scolymus</i> preparations on liver complaints. <i>J Ethnopharmacol.</i> 2003 Jun;86(2-3):203-11.</li> <li>Raggi MA, et al. The choleric effects of licorice: identification and determination of the pharmacologically active components of <i>Glycyrrhiza glabra</i>. <i>Boll Chim Farm.</i> 1995 Dec;134(11):634-8.</li> </ol>
<p><b>For on-going maintenance, include Whole Body Cleanse* Fiber Formula internal cleansing system*</b> <a href="#">78450</a> – 35 <i>UltraCaps</i></p>	<p>Take 4 UltraCaps daily with water. Build slowly.</p>	<ul style="list-style-type: none"> <li>Helps maintain healthy gastrointestinal function and improves colon health*</li> </ul>	<p>See References above.</p>

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<p>Include <b>Similase®</b> enzymes or <b>Similase® Jr.</b> enzymes listed in the “<b>Optimal Digestion and Absorption*</b>” category, and add the following:</p>			
<p><b>Probiotic Pearls™</b> active cultures <a href="#">136001</a> – 30 pearls <a href="#">136002</a> – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of: <i>Lactobacillus acidophilus</i> and <i>Bifidobacterium longum</i></p>	<p>Take two Pearl capsules daily, with water. Increase as necessary. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> <li>• Supports healthy digestive function* <sup>1,2</sup></li> <li>• Patented “True Delivery” system</li> <li>• Delivers up to 900% more actives than leading competitors<sup>3</sup></li> <li>• Unique form; easy to swallow</li> <li>• Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>1. Xiao SD, et al. Multicenter, randomized, controlled trial of heat-killed <i>Lactobacillus acidophilus</i> LB in patients with chronic diarrhea. <i>Adv Ther.</i> 2003 Sep-Oct;20(5):253-60.</li> <li>2. Guarino A, et al. Oral bacterial therapy reduces the duration of symptoms and of excretion in children with mild diarrhea. <i>J Pediatr Gastroenterol Nutr.</i> 1997 Nov;25(5):516-9.</li> <li>3. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> </ol>
<p><b>Fiber Formula</b> <a href="#">78452</a> – 120 UltraCaps</p> <p>Encapsulated fiber blend of: Psyllium (<i>Plantago ovata</i>) Oat (<i>Avena sativa</i>) Guar gum (<i>Cyamopsis tetragonoloba</i>) Pectin (from citrus fruit) Marshmallow (<i>Althaea officinalis</i>)</p>	<p>Take 4 UltraCaps™ daily with water. Build slowly. Four UltraCaps contain: 1727 mg</p>	<ul style="list-style-type: none"> <li>• Supports healthy gastrointestinal function* <sup>1</sup></li> <li>• Gently cleanses and refortifies the digestive tract* <sup>2-4</sup></li> <li>• Includes patent pending “True Dispersion” fiber<sup>5</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Nick, GL. Psyllium. In: <i>Clinical Purification: A Complete Treatment and Reference Manual</i>. Brookfield, WI: Longevity Through Prevention Books;2001:183-190.</li> <li>2. Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9.</li> <li>3. Leng-Peschlow E. Plantago ovata seeds as dietary fibre supplement: physiological and metabolic effect in rats. <i>Br J Nutr.</i> 1991 Sep;66(2):331-49.</li> <li>4. Andersson M, et al. Oat bran stimulates bile acid synthesis within 8 h as measured by 7-alpha-hydroxy-4-cholesten-3-one. <i>Am J Clin Nutr.</i> 2002 Nov;76(5):1111-6.</li> <li>5. Study on the comparative dispersion of encapsulated fiber blends. Unpublished data. June 2003.†</li> </ol>

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Healthy Stomach Acidity\*

Protocols www.itiprotocols.integrativeinc.com

Product & Ingredient	Dosage	Features	Reference
<p><b>Betaine HCl</b>  <a href="#">126001</a> – 100 UltraCaps™  <a href="#">126002</a> – 250 UltraCaps</p> <p>Betaine HCl  Pepsin 1:3,000</p>	<p>Take 1-2 UltraCaps at the beginning of each meal.  Two UltraCaps contain:  1.3 g  260 mg</p>	<p>Supplies acidifying factors and proteolytic enzymes necessary for protein digestion and assimilation*<sup>1-3</sup></p>	<ol style="list-style-type: none"> <li>Annibale B, et al. The stomach and iron deficiency anaemia: a forgotten link. <i>Dig Liver Dis.</i> 2003 Apr;35(4):288-95.</li> <li>Baik HW, et al. Vitamin B12 deficiency in the elderly. <i>Annu Rev Nutr.</i> 1999;19:357-77.</li> <li>Sturniolo GC, et al. Inhibition of gastric acid secretion reduces zinc absorption in man. <i>J Am Coll Nutr.</i> 1991 Aug;10(4):372-5.</li> </ol>

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Healthy Stomach and Intestinal Tract Lining\*

Protocols

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Product & Ingredient	Dosage	Features	Reference
<b>BASIC SUPPORT</b>			
<b>Rhizinate®</b> <a href="#">79001</a> – 100 chewable tablets <a href="#">79021</a> – 100 chewable tablets, Fructose Free  Deglycyrrhizinated Licorice (DGL) ( <i>Glycyrrhiza glabra</i> ) Root	Chew 2 tablets twenty minutes before each meal. Two tablets contain: 760 mg	<ul style="list-style-type: none"> <li>Supports the lining of the stomach and intestinal tract*<sup>1,2</sup></li> <li>Chewable form enhances the effect of DGL's natural compounds*</li> <li>Glycyrrhizin, a compound associated with high blood pressure, has been removed*</li> </ul>	<ol style="list-style-type: none"> <li>Morgan AG, et al. Comparison between Cimetidine and [deglycyrrhizinated licorice] in the treatment of gastric ulceration and subsequent maintenance therapy. <i>Gut</i>. 1982;23:545-51.</li> <li>Larkworth W. Deglycyrrhizinized liquorice in the treatment of chronic duodenal ulcer. <i>Practitioner</i>. 1975 Dec;215:787-792.</li> </ol>
<b>COMPREHENSIVE SUPPORT</b>			
<b>Gastric Complex™</b> <a href="#">136006</a> – 90 UltraCaps™ <a href="#">136007</a> – 180 UltraCaps  Slippery Elm ( <i>Ulmus rubra</i> ) Bark Deglycyrrhizinated licorice ( <i>Glycyrrhiza glabra</i> ) Root Gamma-Oryzanol Marshmallow ( <i>Althaea officinalis</i> ) Root	Take 1-2 UltraCaps before meals, three times daily. Two UltraCaps contain: 240 mg  200 mg  170 mg 80 mg	<ul style="list-style-type: none"> <li>Supports healthy gastric mucosa*<sup>1-3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Turpie AGG, et al. Clinical trial of deglycyrrhizinized liquorice in gastric ulcer. <i>Gut</i>. 1969;10:299-302.</li> <li>Itaya K, et al. Studies of gamma-oryzanol. The antiulcerogenic action. <i>Nippon Yakurigaku Zasshi</i>. 1976 Nov;72(8):1001-11.</li> <li>Ooi I, et al. Usefulness of gamma-oryzanol on gastric and duodenal ulcers. <i>Shinyaku to Risho</i>. 1977;26(5):411.</li> </ol>

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Healthy Lactose Digestion\*

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<p><b>Similase®</b> enzymes  <a href="#">74239</a> – 90 UltraCaps™  <a href="#">74230</a> – 180 UltraCaps</p> <p>Lactase I, II</p>	<p>Take 2 UltraCaps before meals containing lactose or dairy products. two UltraCaps contain: 1600 LacU</p>	<ul style="list-style-type: none"> <li>• Aids in the digestion of lactose*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. He M, et al. Effect of exogenous lactase on the absorption of lactose and its intolerance symptoms. <i>Wei Sheng Yan Jiu</i>. 1999 Sep 30;28(5):309-11.</li> </ol>
<p><b>Probiotic Pearls™</b>            active cultures  <a href="#">136001</a> – 30 pearls  <a href="#">136002</a> – 90 pearls</p> <p>Stable, Gastric-Protected Probiotic Blend of:  <i>Lactobacillus acidophilus</i>  <i>and Bifidobacterium longum</i></p>	<p>Take 2 Pearl capsules daily, with water. May be taken with or without food. Each Pearl capsule contains: 1 billion CFU</p>	<ul style="list-style-type: none"> <li>• Supports healthy digestive function*<sup>1</sup></li> <li>• Patented “True Delivery” system</li> <li>• Delivers up to 900% more actives than leading competitors<sup>2</sup></li> <li>• Unique form; easy to swallow</li> <li>• Shelf-stable – no need to refrigerate</li> </ul>	<ol style="list-style-type: none"> <li>1. De Vrese M, et al. Probiotics – compensation for lactase insufficiency. <i>Am J Clin Nutr</i>. 2001 Feb;73(2 Suppl):421S-429S.</li> <li>2. Probiotic Comparison Testing. Unpublished data. June 3, 2002.†</li> </ol>

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<b>BASIC SUPPORT</b>			
<b>Gastric Complex™™</b> <a href="#">136006</a> – 90 UltraCaps™ <a href="#">136007</a> – 180 UltraCaps  Slippery Elm ( <i>Ulmus rubra</i> ) Bark Deglycyrrhizinated Licorice ( <i>Glycyrrhiza glabra</i> ) Root Gamma-Oryzanol Marshmallow ( <i>Althaea officinalis</i> ) Root	Take 1-2 UltraCaps before meals, three times daily. Two UltraCaps contain: 240 mg  200 mg  170 mg 80 mg	<ul style="list-style-type: none"> <li>Promotes healthy gastric mucosa*<sup>1-3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Inove T, et al. Therapeutic effectiveness of gamma oryzanol on chronic gastritis. <i>Shinyako to Rinsho</i>. 1977;26(5):41.</li> <li>Morgan AG, et al. Comparison between Cimetidine and [deglycyrrhizinated licorice] in the treatment of gastric ulceration and subsequent maintenance therapy. <i>Gut</i>. 1982;23:545-51.</li> <li>Van Marle J, et al. Deglycyrrhizinated liquorice (DGL) and the renewal of rat stomach epithelium. <i>Eur J Pharm</i>. 1981;72:219-25.</li> </ol>
<b>COMPREHENSIVE SUPPORT</b>			
<b>Similase® GS enzymes</b> <a href="#">106010</a> - 90 UltraCaps  Amylase  Lipase I, II  Lactase I, II Phytase Cellulase I, II Protease I, II, III, IV	Take 1-2 UltraCaps at the beginning of each meal. Two UltraCaps contain: 32,000 USP 23,800 DU 2100 LU 970 LU 1600 LacU 1.7 PU 350 CU 1850 USP 1778 PC 4310 HUT	<ul style="list-style-type: none"> <li>Provides acid-stable enzymes that are active through a broad pH range*<sup>1-3</sup></li> <li>Supports healthy digestion and assimilation of nutrients*<sup>4</sup></li> </ul>	<ol style="list-style-type: none"> <li>Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336.</li> <li>Roberts I. Enzyme therapy for malabsorption in exocrine pancreatic insufficiency. <i>Pancreas</i>. 1989;4(4):496-503.</li> <li>Zorn J. Experiences with substitution therapy using a new pancreatic enzyme of plant origin. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3.</li> <li>Dietary <i>Aspergillus niger</i> phytase increases iron absorption in humans. <i>J Nutr</i>. 1996 Feb;126(2):476-80.</li> </ol>

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<b>BASIC SUPPORT:</b> Include <b>Similase®</b> enzymes or <b>Similase® Jr.</b> enzymes listed in the “ <b>Optimal Digestion and Absorption*</b> ” category, and add the following:			
<b>Permeability Factors™</b> <a href="#">136013</a> – 90 softgels  L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)	Take 1-2 softgels three times daily. Two softgels contain: 500 mg 250 mg  66 mg 56 mg 133 mg	<ul style="list-style-type: none"> <li>• Promotes healthy intestinal permeability*<sup>1,2</sup></li> <li>• Provides “targeted” nutritional support of gastrointestinal health and normal barrier function of the intestinal mucosa*<sup>3,4</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47.</li> <li>2. Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6.</li> <li>3. Fabia R, et al. Effects of phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44.</li> <li>4. Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.</li> </ol>
<b>Oxyperm™</b> <a href="#">236008</a> – 90 capsules  Quercetin NAC (N-acetyl-cysteine) Ginkgo biloba (24% ginkgoflavone-glycosides)	Take 1-2 capsules three times daily with meals. Two capsules contain: 267 mg 100 mg  28 mg	<ul style="list-style-type: none"> <li>• “Targeted” antioxidant support for the intestinal mucosa*<sup>1-3</sup></li> <li>• Promotes normal mast cell function in the intestinal mucosa*<sup>2</sup></li> <li>• Helps replenish intracellular glutathione in the intestinal mucosa*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Sun Z, et al. Gut barrier permeability, reticuloendothelial system function and protease inhibitor levels following intestinal ischaemia and reperfusion – effects of pretreatment with N-acetyl-L-cysteine and indomethacin. <i>Dig Liver Dis.</i> 2002 Aug;34(8):560-9.</li> <li>2. Szabo A, et al. Mucosal permeability changes during intestinal reperfusion injury. The role of mast cells. <i>Acta Chir Hung.</i> 1997;36(1-4):334-6.</li> <li>3. Otamiri T, et al. Ginkgo biloba extract prevents mucosal damage associated with small intestinal ischaemia. <i>Scand J Gastroenterol.</i> 1989 Aug;24(6):666-70.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
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<p><b>COMPREHENSIVE SUPPORT:</b> Include <b>Probiotic Pearls™</b> active cultures, listed in the “<b>Optimal Digestion and Absorption*</b>” category, and add the following:</p>			
<p><b>Blue Heron™</b> <a href="#">146001</a> – 120 <i>UltraCaps™</i></p> <p>Flax (<i>Linum usitatissimum</i>) Psyllium (<i>Plantago ovata</i>) Slippery Elm (<i>Ulmus rubra</i>) Marshmallow (<i>Althaea officinalis</i>)</p>	<p>Take 3-6 UltraCaps twice daily. Take on an empty stomach with 12-16 oz. of water. Six UltraCaps contain:</p> <p>1200 mg 1200 mg 150 mg 48 mg</p>	<ul style="list-style-type: none"> <li>• Supports healthy intestinal elimination and detoxification*<sup>1,2</sup></li> <li>• Promotes healthy intestinal flora*<sup>1,2</sup></li> <li>• Convenient encapsulated formula</li> </ul>	<ol style="list-style-type: none"> <li>1. Marlett JA, et al. An unfermented gel component of psyllium seed husk promotes a lubricant in humans. <i>Am J Clin Nutr.</i> 2000 Sep;72(3):784-9.</li> <li>2. Trepel F. Dietary fibre: more than a matter of dietetics II - preventative and therapeutic uses. <i>Wien Klin Wochenschr.</i> 2004 Aug 31;116(15-16):511-22.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<b>BASIC SUPPORT</b>			
<b>Para-Gard®</b> <a href="#">136008</a> – 60 UltraCaps™ <a href="#">136009</a> – 120 UltraCaps  Berberine Sulfate Grapefruit ( <i>Citrus x paradisi</i> ) Jamaica Quassia ( <i>Picrasma excelsa</i> ) Sweet wormwood ( <i>Artemisia annua</i> ) Garlic ( <i>Allium sativum</i> ) (0.8% allicin)	Take 1-3 UltraCaps three times daily, between meals. Three UltraCaps contain: 300 mg 300 mg  150 mg  150 mg 150 mg	<ul style="list-style-type: none"> <li>Contains botanical concentrates and standardized extracts show to exhibit activity against a variety of intestinal organisms in vitro and in vivo studies*<sup>1-3</sup></li> <li>Provides effective intestinal support with excellent tolerance*</li> </ul>	<ol style="list-style-type: none"> <li>Randomized controlled trial of a traditional preparation of <i>Artemisia annua</i> L. (annual wormwood) in the treatment of malaria. <i>Trans R Soc Trop Med Hyg.</i> 2004 May;98(5):318-21.</li> <li>Amin AH, et al. Berberine sulfate: antimicrobial activity, bioassay, and mode of action. <i>Can J Microbiol.</i> 1969 Sep;15(9):1067-76.</li> <li>Hughs BG, et al. Antimicrobial effects of <i>Allium sativum</i> L. (garlic), <i>Allium ampeloprasum</i> L. (elephant garlic), and <i>Allium cepa</i> (onion), garlic compounds and commercial garlic supplement products. <i>Phytother Res.</i> 1991;5:154-8.</li> </ol>
<b>COMPREHENSIVE SUPPORT:</b> Include <b>Similase®</b> enzymes or <b>Similase® Jr.</b> enzymes and <b>Probiotic Pearls™</b> active cultures products listed in the “ <b>Basic Support for Optimal Digestion and Absorption™</b> ” category, and add the following:			
<b>Permeability Factors™</b> <a href="#">136013</a> – 90 softgels  L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)	Take 1-2 softgels three times daily. Two softgels contain: 500 mg 250 mg  66 mg 56 mg 133 mg	<ul style="list-style-type: none"> <li>Promotes healthy intestinal permeability*<sup>1,2</sup></li> <li>Provides “targeted” nutritional support of gastrointestinal health and normal barrier function of the intestinal mucosa*<sup>3,4</sup></li> </ul>	<ol style="list-style-type: none"> <li>Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47.</li> <li>Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6.</li> <li>Fabia R, et al. Effects of phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44.</li> <li>Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<p><b>Detoxication Factors™*</b>  <a href="#">146003</a> – 60 capsules  <a href="#">146004</a> – 120 capsules</p> <p>Vitamin C  Vitamin B12  Folic acid  Choline  NAC (N-acetyl L-cysteine)  L-Methionine  Calcium D-Glucarate  GSH (L-Glutathione, Reduced)</p>	<p>Take 1-2 capsules three times daily, between meals. Two capsules contain:</p> <p>167 mg  44 mcg  200 mcg  66 mg  66 mg  66 mg  16 mg</p>	<ul style="list-style-type: none"> <li>• Nutritional support for Phase I and Phase II detoxification pathways of the liver*<sup>1,2</sup></li> <li>• Supports healthy detoxification and microbial byproducts*<sup>1,2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Corcoran GB, et al. Role of glutathione in prevention of acetaminophen-induced hepatotoxicity by N-acetyl-L-cysteine in vivo: Studies with N-acetyl-D-cysteine in mice. <i>J Pharm Exp Ther.</i> 1986;238:54-61.</li> <li>2. Dwivedi C, et al. Effect of calcium glucarate on beta-glucuronidase activity and glucarate content of certain vegetables and fruits. <i>Biochem Med Metabol Biol.</i> 1990;21(2):83-92.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<p><b>Similase®</b> enzymes (or <b>Similase® Jr.</b> enzymes) and <b>Probiotic Pearls™</b> active cultures, products listed in the “<b>Basic Support for Optimal Digestion and Absorption*</b>” category can provide support for gastrointestinal comfort.* In addition, the supplements that follow should also be considered.</p> <p>Note: For additional nutritional support guidelines, see individual “<b>Occasional Constipation</b>” or “<b>Loose Stools</b>” protocols.</p>			
<p><b>Multiplex™ -2 With Iron</b> Complete multivitamin formulated for enhanced absorption and intestinal support*: <a href="#">196003</a> – 180 capsules <a href="#">196012</a> – 240 capsules Vitamin A Riboflavin (riboflavin-5'-phosphate) Vitamin B6 (pyridoxal-5'-phosphate) Pantothenic Acid Chelated Minerals (calcium, magnesium, iron, zinc, selenium, copper, manganese, chromium, molybdenum)</p>	<p>Take 2 to 4 capsules 2 times daily with meals.</p> <p>12,500 IU 35 mg 60 mg 200 mg</p>	<ul style="list-style-type: none"> <li>Nutrients to support the gastrointestinal lining and aid detoxification*</li> <li>Vitamin A and zinc supplementation enhances gut barrier function*<sup>1</sup></li> <li>Chelated minerals are better absorbed than other forms*<sup>2</sup></li> <li>Activated coenzyme forms of vitamins B2 and B6 for nutritional support for the intestinal mucosa*<sup>3,4</sup></li> </ul>	<ol style="list-style-type: none"> <li>Chen P, et al. Association of vitamin A and zinc status with altered intestinal permeability: analyses of cohort data from northeastern Brazil. <i>J Health Popul Nutr.</i> 2003 Dec;21(4):309-15.</li> <li>Ashmead HD. The absorption and metabolism of iron amino acid chelate. <i>Arch Latinoam Nutr.</i> 2001 Mar;51(1 Suppl 1):13-21.</li> <li>Jusko WJ, et al. Absorption, metabolism, and excretion of riboflavin-5'-phosphate in man. <i>J Pharm. Sci.</i> 1967 Jan;56(1):58-62.</li> <li>Morita E, et al. Intestinal absorption of pyridoxal 5'-phosphate at physiological levels in rats. <i>J Nutr Sci Vitaminol (Tokyo).</i> 1988 Dec;34(6):553-65.</li> </ol>
<p><b>Permeability Factors™</b> <a href="#">136013</a> – 90 softgels  L-Glutamine NAG (N-acetyl-D-glucosamine) Gamma-Oryzanol Phosphatidylcholine Gamma-Linolenic Acid (GLA)</p>	<p>Take 1 or 2 softgels three times daily.</p> <p>Two softgels contain: 500 mg 250 mg  66 mg 56 mg 133 mg</p>	<p>Nutrients to support the intestinal wall and healthy gastric mucosa against environmental toxins*<sup>1</sup></p> <p>Glutamine</p> <ul style="list-style-type: none"> <li>Supports healthy gut barrier function*<sup>1</sup></li> <li>Possesses free radical scavenging ability and supports the body's natural anti-inflammatory capabilities*<sup>1</sup></li> </ul> <p>GLA</p> <ul style="list-style-type: none"> <li>Prostaglandin precursor</li> <li>Supports healthy gastric mucosa barrier*<sup>2</sup></li> </ul> <p>Phosphatidylcholine</p> <ul style="list-style-type: none"> <li>Supports healthy GI mucosa by strengthening the mucous-phospholipid layer*<sup>3</sup></li> </ul> <p>Gamma-oryzanol</p> <ul style="list-style-type: none"> <li>Provides GI mucosal support by maintaining a healthy acid balance*<sup>4</sup></li> <li>Possesses antioxidant activity*<sup>4</sup></li> </ul> <p>NAG</p> <ul style="list-style-type: none"> <li>Necessary for biosynthesis of intestinal mucosa</li> </ul>	<ol style="list-style-type: none"> <li>Foitzik T, et al. Glutamine stabilized intestinal permeability and reduces pancreatic infection in acute experimental pancreatitis. <i>J Gastrointest Surg.</i> 1997 Jan;1(1):40-47.</li> <li>Usami M, et al. Effect of gamma-linolenic acid or docosahexaenoic acid on tight junction permeability in intestinal monolayer cells and their mechanism by protein kinase C activation an/or eicosanoid formation. <i>Nutrition.</i> 2003 Feb;19(2):150-6.</li> <li>Fabia R, et al. Effects f phosphatidylcholine and phosphatidylinositol on acetic acid induced colitis in the rat. <i>Digestion.</i> 1992;53(1-2):35-44.</li> <li>Minakuchi C, et al. Clinical effectiveness of gamma-oryzanol on gastric system complaints. <i>Shinyaku to Rinsho.</i> 1976;25(10):29.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<b>SUPPORT FOR GASTRINTESTINAL COMFORT*</b>			
<b>Mentharil™</b> <b>78466 – 60 softgels</b>  Peppermint ( <i>Mentha piperita</i> ) Oil Rosemary ( <i>Rosmarinus officinalis</i> ) Oil Thyme ( <i>Thymus vulgaris</i> ) Oil	One enteric-coated softgel between meals three times daily. Each softgel contains: 0.2 mL  0.02 mL  0.02 mL	<ul style="list-style-type: none"> <li>• Peppermint soothes intestinal discomforts by maintaining smooth muscle tone*<sup>1-2</sup></li> <li>• Rosemary improves gastric tone, allowing food to be more easily digested*</li> <li>• Thyme comforts the GI tract and helps relieve gas*</li> <li>• <i>Enteric-coating</i> releases peppermint oil into small intestine and colon for optimum benefit*</li> </ul>	<ol style="list-style-type: none"> <li>1. Liu JH, et al. Enteric-coated peppermint-oil capsules in the treatment of irritable bowel syndrome: a prospective, randomized trial. <i>J Gastroenterol.</i> 1997 Dec;32(6):765-8.</li> <li>2. Kline RM, et al. Enteric-coated, pH-dependent peppermint oil capsules for the treatment of irritable bowel syndrome in children. <i>J Pediatr.</i> 2001 Jan;138(1):125-8.</li> </ol>
<b>Artichoke Extract</b> <b>78809 – 45 tablets</b>  Artichoke ( <i>Cynara scolymus</i> ) (13%-18% caffeoylquinic acids)	One tablet three times daily.  Each tablet contains: 320 mg	<ul style="list-style-type: none"> <li>• In a clinical study, artichoke decreased occasional gastrointestinal discomfort by 26.4% and improved quality of life by 20% after two months*<sup>1</sup></li> <li>• 96% of participants rated artichoke as effective in reducing occasional gastrointestinal discomfort*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Bundy R, et al. Artichoke leaf extract reduces symptoms of irritable bowel syndrome and improves quality of life in otherwise healthy volunteers suffering from concomitant dyspepsia: a subset analysis. <i>J Altern Complement Med.</i> 2004 Aug;10(4):667-9.</li> <li>2. Walker AF, et al. Artichoke leaf extract reduces symptoms of irritable bowel syndrome in a post-marketing surveillance study. <i>Phytother Res.</i> 2001 Feb;15(1):58-61.</li> </ol>
<b>SUPPORT FOR THE BODY'S NATURAL ANTI-INFLAMMATORY RESPONSE*</b>			
<b>Eskimo-3® fish oil</b> <b>72190 – 105 ml</b> <b>72297 – 105 softgels</b> <b>Eskimo® PurEFA™</b> <b>1000mg fish oil</b> <b>72622 - 150 softgels</b>  Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable  **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid  <i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i>	Take up to 5 g daily with meals in the form of: – 3 original softgels (1.5 g) 3 times daily – 1 teaspoon liquid (5 mL) – 5 PurEFA softgels (5 g)  Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA	<ul style="list-style-type: none"> <li>• Supports the body's natural anti-inflammatory mechanisms by modulating interleukin (IL-1β) and tumor necrosis factor (TNF-α) production*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Saldeen T. Mechanisms behind the anti-inflammatory effects of stable fish oil. (Swe.) <i>Hygiea.</i>109(2):331, 2000.†</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<p><b>Saventaro®</b> cats claw <a href="#">79853</a> – 30 UltraCaps™ <a href="#">79859</a> – 90 UltraCaps</p> <p>POA Cat's Claw (pentacyclic chemotype) (1.3% pentacyclic oxindole alkaloids (POAs)) *Free from harmful levels of tetracyclic oxindole alkaloids (TOAs), which can negate effects of extract</p> <p><i>Saventaro® is a registered trademark of Immodal Pharmaka Gesellschaft M.B.H.</i></p>	<p>Take 1 UltraCap three times daily for the first 10 days, and 1 UltraCap thereafter. Each UltraCap contains: 20 mg</p>	<p>Supports the body's ability to regulate immune function and provide the right level of immune-boosting activity for optimal health*</p> <ul style="list-style-type: none"> <li>• Beneficial for healthy B- and T-cell development*<sup>1</sup></li> <li>• Inhibits tumor necrosis factor (TNF-α) synthesis*<sup>2,3</sup></li> <li>• Also a potent antioxidant*<sup>2,3</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Mur E, et al. Randomized double blind trial of an extract from the pentacyclic alkaloid-chemotype of <i>Uncaria tomentosa</i> for the treatment of rheumatoid arthritis. <i>J Rheumatol.</i> 2002;29:678-81. †</li> <li>2. Sandoval M, Charbonnet RM, Okuhama NN, et al. Cat's claw inhibits TNF-alpha production and scavenges free radicals: role in cytoprotection. <i>Free Radic Biol Med.</i> 2000;29:71-78.</li> <li>3. Sandoval-Chacon M, Thompson JH, Zhang XJ. Anti-inflammatory actions of cat's claw: the role of NF-kappaB. <i>Aliment Pharmacol Ther.</i> 1998;12:1279-1289.</li> </ol>
<b>SUPPORT FOR RELAXATION AND STRESS REDUCTION*</b>			
<p><b>End Fatigue™ Daily Energy B Complex*</b> <a href="#">73243</a> – 30 UltraCaps™</p> <p>B-Complex Vitamins: Thiamin Riboflavin Niacin Vitamin B6 (pyridoxine) Folic Acid Vitamin B12 (cyanocobalamin) Biotin Pantothenic Acid Choline</p>	<p>One UltraCap daily.</p> <p>Each UltraCap contains: 100 mg 120 mg 150 mg 110 mg 800 mcg 200 mcg 100 mcg 100 mg 100 mg</p>	<ul style="list-style-type: none"> <li>• Several B vitamins are involved in conversion of the amino acid tryptophan to serotonin<sup>1-4</sup></li> <li>• Pyridoxine supports production of healthy levels of 5-HTP, a serotonin precursor*<sup>2,3</sup></li> <li>• Folic acid and vitamin B12 support healthy energy levels and mood*<sup>4</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Grodner M, et al. Vitamin categories. In: <i>Foundations and Clinical Applications of Nutrition: A Nursing Approach.</i> St. Louis, Mo: Mosby; 2000:173-174.</li> <li>2. Calderon-Guzman D, et al. Pyridoxine, regardless of serotonin levels, increases production of 5-hydroxytryptophan in rat brain. <i>Arch Med Res.</i> 2004 Jul-Aug;35(4):271-4.</li> <li>3. Hartvig P, et al. Pyridoxine effect on synthesis rate of serotonin in the monkey brain measured with positron emission tomography. <i>J Neural Transm Gen Sect.</i> 1995;102(2):91-7.</li> <li>4. Coppen A, et al. Treatment of depression: time to consider folic acid and vitamin B12. <i>J Psychopharmacol.</i> 2005 Jan;19(1):59-65.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<p><b>5-HTP</b> <a href="#">246003</a> – 60 <i>UltraCaps™</i></p> <p>L-5-Hydroxytryptophan (5-HTP)</p>	<p>Take 1 UltraCap 1-3 times daily before meals.</p> <p>Each UltraCap contains: 50 mg</p>	<ul style="list-style-type: none"> <li>• An amino acid metabolite of tryptophan</li> <li>• Easily crosses blood-brain barrier to enhance levels of the neurotransmitter serotonin (5-hydroxytryptamine or 5-HT)*<sup>1-3</sup></li> <li>• Useful for maintenance of healthy emotional states*<sup>2,3</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Birdsall TC. 5-Hydroxytryptophan: a clinically-effective serotonin precursor. <i>Altern Med Rev.</i> 1998 Aug;3(4):271-80.</li> <li>2. Turner EH, et al. 5-Hydroxytryptophan plus SSRIs for interferon-induced depression: synergistic mechanisms for normalizing synaptic serotonin. <i>Med Hypotheses.</i> 2005;65(1):138-44.</li> <li>3. Byerley WF, et al. 5-Hydroxytryptophan: a review of its antidepressant efficacy and adverse effects. <i>J Clin Psychopharmacol.</i> 1987 Jun;7(3):127-37.</li> </ol>
<p><b>L-Theanine</b> <a href="#">79556</a> – 60 <i>UltraCaps</i></p> <p>L-Theanine</p>	<p>One UltraCap two or three times daily. If additional support is desired, increase to two UltraCaps three times daily.</p> <p>Each UltraCap contains: 100 mg</p>	<ul style="list-style-type: none"> <li>• Promotes relaxation and stress reduction by inducing muscle relaxation and maintaining blood pressure already within normal limits*</li> <li>• Increases alpha brain wave activity, associated with increased feelings of relaxation*<sup>1</sup></li> <li>• Also increases certain neurotransmitter concentrations, including serotonin and dopamine, which promote muscle relaxation and provide relief for occasional sleeplessness*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Juneja LR, et al. L-theanine - a unique amino acid of green tea and it's relaxation effect in humans. <i>Trends in Food Science &amp; Technology.</i> 1999;10:199-204.</li> <li>2. L-Theanine In: Fleming T., ed. <i>PDR® for Nutritional Supplements.</i> Montvale, NJ: Medical Economics Company; 2001:277-9.</li> </ol>

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