

Female Teens, Nutritional Foundation

Protocols

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Product & Ingredient	Dosage	Features	Reference
<p><b>Clinical Nutrients™ for Female Teens</b> multivitamin <a href="#">70102</a> – 120 tablets</p> <p>Vitamin A (88% beta carotene) Vitamin C Vitamin B6 Folic Acid Calcium Iron</p>	<p>Take 4 tablets daily. Four tablets contain:</p> <p>17,000 IU 300 mg 90 mg 800 mcg 500 mg 30 mg</p>	<ul style="list-style-type: none"> <li>Daily multiple formula for female teens</li> <li>Calcium-rich formula with additional vitamin B6, for PMS support, and iron<sup>*1,2</sup></li> <li>Vitamin A promotes healthy skin quality<sup>*3</sup></li> <li>Vitamin C is a potent antioxidant<sup>*4</sup></li> </ul>	<ol style="list-style-type: none"> <li>Raunika RA, et al. <a href="#">Anemia in the adolescent athlete</a>. <i>Am J Dis Child</i>. 192 Oct;146(10):1201-5.</li> <li>Doll H, et al. <a href="#">Pyridoxine (vitamin B6) and the premenstrual syndrome: a randomized crossover trial</a>. <i>J R Coll Gen Pract</i>. 1989 Sep;39(326):364-8.</li> <li>Reifen R. Vitamin A as an anti-inflammatory agent. <i>Proc Nutr Soc</i>. 2002 Aug;61(3):397-400.</li> <li>Hunt JR, et al. <a href="#">Ascorbic acid: effect on ongoing iron absorption and status in iron-depleted young women</a>. <i>Am J Clin Nutr</i>. 1990 Apr;51(4):649-55.</li> </ol>
<p><b>Liquid Calcium Magnesium</b> <a href="#">206010</a> – 16 fl. oz. Strawberry flavor <a href="#">206011</a> – 16 fl. oz. Mint flavor <a href="#">206012</a> – 16 fl. oz. Vanilla flavor</p> <p>Calcium Magnesium</p>	<p>Take 1 tablespoon (15 mL), 1-2 times daily. Each 15 mL provides:</p> <p>0.5 – 1 g 0.5 – 1 g</p>	<ul style="list-style-type: none"> <li>Supports and maintains healthy bones and bone structure<sup>*1,2</sup></li> <li>1:1 Calcium to Magnesium Ratio</li> </ul>	<ol style="list-style-type: none"> <li>Advani S, et al. <a href="#">Bones and nutrition: common sense supplementation for osteoporosis</a>. <i>Curr Womens Health Rep</i>. 2003 Jun;3(3):187-92.</li> <li>Sojka JE, et al. <a href="#">Magnesium supplementation and osteoporosis</a>. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4.</li> </ol>
<p><b>Eskimo-3®</b> fish oil <a href="#">72190</a> – 105 ml <a href="#">72297</a> – 105 softgels <b>Eskimo® PurEFA™</b> <b>1000mg</b> fish oil <a href="#">72622</a> - 150 softgels</p> <p>Omega-3 Fatty Acids 14-18% EPA** 8.3-11.7% DHA** Pharmaceutical grade High purity Naturally stable **EPA=eicosapentaenoic acid **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> <li>3 original softgels (1.5 g) 3 times daily</li> <li>1 teaspoon liquid (5 mL)</li> <li>5 PurEFA softgels (5 g)</li> </ul> <p>Each daily serving contains 1.5 – 5 g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<ul style="list-style-type: none"> <li>Essential Fatty Acid Support*</li> <li>Clinically studied to support cardiovascular health<sup>*1</sup></li> <li>Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range<sup>*1</sup></li> <li>Provide nutritional support for joints and skin<sup>*2</sup></li> <li>Promotes mental well-being<sup>*3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Haglund O, et al. <a href="#">Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure</a>. <i>J Int Med</i>. 1990;227:347-353.</li> <li>Simopoulos AP. <a href="#">Omega-3 fatty acids in inflammation and autoimmune diseases</a>. <i>J Am Coll Nutr</i>. 2002 Dec;21(6):495-505.</li> <li>Mischoulon D, et al. <a href="#">Docosahexaenoic acid and omega-3 fatty acids in depression</a>. <i>Psychiatr Clin North Am</i>. 2000 Dec;23(4):785-94.</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> and <i>Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains:</p> <p>1 billion CFU</p>	<ul style="list-style-type: none"> <li>Digestive Support*</li> <li>Supports a healthy intestinal system<sup>*1</sup></li> <li>Patented “True Delivery” system protects microflora from shelf conditions like air and light</li> </ul>	<ol style="list-style-type: none"> <li>Ouweland AC. <a href="#">Probiotics: an overview of beneficial effects</a>. <i>Antonie Van Leeuwenhoek</i>. 2002 Aug;82(1-4):279-89.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<b>Clinical Nutrients™ Prenatal Formula™</b> <a href="#">70072</a> – 120 tablets Vitamin A (100% beta carotene) Vitamin D Folic Acid Calcium Phosphorus Dandelion ( <i>Taraxacum officinale</i> )	Take 4 tablets daily. Four tablets contain: 10,000 IU  200 IU 800 mcg 1000 mg 225 mg 60 mg	<ul style="list-style-type: none"> <li>Daily multiple for pregnant and lactating women</li> <li>Includes beta carotene, the precursor that is safely converted to vitamin A in the body<sup>1</sup></li> <li>Calcium supports bone health<sup>2</sup></li> <li>Dandelion supports healthy bile flow<sup>3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Fairfield KM, et al. <a href="#">Vitamins for chronic disease prevention in adults: scientific review</a>. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26.</li> <li>Shapiro R, et al. <a href="#">Co-dependence of calcium and phosphorus for growth and bone development under conditions of varying deficiency</a>. <i>Bone</i>. 2003 May;32(5):532-40.</li> <li>Dandelion root with herb. In: Blumenthal M, Goldberg A, Brinckmann J., ed. <i>Herbal Medicine. Expanded Commission E Monographs</i>. Austin, Tex: American Botanical Council; Integrative Medicine Communications; 2000: 81-83.</li> </ol>
<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 1 Pearl capsule daily. Each Pearl capsule contains:  1 billion CFU	<ul style="list-style-type: none"> <li>Digestive Support*</li> <li>Supports a healthy intestinal system<sup>1</sup></li> <li>Supports a healthy immune system response<sup>2</sup></li> <li>Patented “True Delivery” system protects microflora from shelf conditions like air and light</li> </ul>	<ol style="list-style-type: none"> <li>Ouweland AC. <a href="#">Probiotics: an overview of beneficial effects</a>. <i>Antonie Van Leeuwenhoek</i>. 2002 Aug;82(1-4):279-89.</li> <li>Rautava S, et al. <a href="#">Probiotics during pregnancy and breast-feeding might confer immunomodulatory protection against atopic disease in the infant</a>. <i>J Allergy Clin Immunol</i>. 2002 Jan;109(1):119-21.</li> </ol>
<b>Eskimo-3® fish oil</b> <a href="#">72190</a> – 105 ml <a href="#">72297</a> – 105 softgels <b>Eskimo® PurEFA™</b> <b>1000mg fish oil</b> <a href="#">72622</a> - 150 softgels  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>Essential Fatty Acid Support*</li> <li>Clinically studied to support cardiovascular health<sup>1</sup></li> <li>Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range<sup>1</sup></li> <li>Promotes mental well-being<sup>2</sup></li> <li>Supplementation can enhance visual and cognitive function in baby<sup>3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Olsen SF, et al. <a href="#">A possible preventive effect of low-dose fish oil on early delivery and pre-eclampsia: indications from a 50-year-old controlled trial</a>. <i>Br J Nutr</i>. 1990 Nov;64(3):599-609.</li> <li>Marangell LB, et al. <a href="#">Omega-3 fatty acids for the prevention of postpartum depression: negative data from a preliminary, open-label pilot study</a>. <i>Depress Anxiety</i>. 2004;19(1):20-3.</li> <li>Decsi T, et al. <a href="#">N-3 fatty acids and pregnancy outcomes</a>. <i>Curr Opin Clin Nutr Metab Care</i>. 2005 Mar;8(2):161-6.</li> </ol>
<b>ADDITIONAL CONSIDERATIONS</b>			
<b>Liquid Iron</b> <a href="#">206004</a> – 6 fl. oz.  Folic Acid Vitamin B12 Iron	Take 1 teaspoon daily, with a meal. 1 teaspoon contain: 442 mcg 110 mcg 20 mg	<ul style="list-style-type: none"> <li>Additional Iron<sup>1</sup></li> <li>Supports healthy iron levels that are already within normal limits*</li> </ul>	<ol style="list-style-type: none"> <li>Gupta SD, et al. <a href="#">Control of anaemia among pregnant women by iron supplementation</a>. <i>Indian J Public Health</i>. 1983 Jan-Mar;27(1):28-31.</li> </ol>

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<b>Clinical Nutrients™ for Women</b> multivitamin <a href="#">70039</a> – 90 tablets Vitamin C Vitamin E Folic Acid Black Tea ( <i>Camellia sinensis</i> ) Sweet Cherry ( <i>Prunus avium</i> ) Green Tea ( <i>Camellia sinensis</i> )	Take 3 tablets daily. Three tablets contain: 300 mg 200 IU 800 mcg 50 mg 50 mg 30 mg	<ul style="list-style-type: none"> <li>Vitamins, minerals, and herbs for healthy menstrual cycles, daily energy and essential nutrition*<sup>1,2</sup></li> </ul>	<ol style="list-style-type: none"> <li>Fairfield KM, et al. <a href="#">Vitamins for chronic disease prevention in adults: scientific review</a>. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26.</li> <li>Vinson JA, et al. <a href="#">Green and black teas inhibit atherosclerosis by lipid, antioxidant, and fibrinolytic mechanisms</a>. <i>J Agric Food Chem</i>. 2004 Jun 2;52(11):3661-5.</li> </ol>
<b>OsteoPrime® Forté</b> bone formula* <a href="#">77702</a> – 120 tablets  Vitamin D Vitamin K Calcium Phosphorus Magnesium Trace Minerals: Copper Boron Strontium	Take 4 tablets daily, during or after meals. Four tablets contain:  300 IU 300 mcg 600 mg 96 mg 250 mg  2 mg 2 mg 1 mg	<ul style="list-style-type: none"> <li>Supports and maintains healthy bones and bone structure*<sup>1-4</sup></li> <li>Provides a highly absorbable blend of calcium</li> <li>Formulated by Jonathan Wright, M.D. &amp; Alan Gaby, M.D.</li> </ul>	<ol style="list-style-type: none"> <li>Shapiro R, et al. <a href="#">Co-dependence of calcium and phosphorus for growth and bone development under conditions of varying deficiency</a>. <i>Bone</i>. 2003 May;32(5):532-40.</li> <li>Heaney RP, et al. <a href="#">Calcium and vitamin D</a>. <i>Endocrinol Metab Clin North Am</i>. 2003 Mar;32(1):181-04.</li> <li>Sojka JE, et al. <a href="#">Magnesium supplementation and osteoporosis</a>. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4.</li> <li>Schaafsma A, et al. <a href="#">Delay of natural bone loss by higher intakes of specific minerals and vitamins</a>. <i>Crit Rev Food Sci Nutr</i>. 2001 May;41(4):225-49.</li> </ol>
<b>Eskimo-3®</b> fish oil <a href="#">72190</a> – 105 ml <a href="#">72297</a> – 105 softgels <b>Eskimo® PurEFA™</b> <b>1000mg</b> fish oil <a href="#">72622</a> – 150 softgels  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>Essential Fatty Acid Support*</li> <li>Clinically studied to support cardiovascular health*<sup>1</sup></li> <li>Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range*<sup>1</sup></li> <li>Provide nutritional support for joints and skin<sup>2</sup></li> <li>Promotes mental well-being*<sup>3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Haglund O, et al. <a href="#">Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure</a>. <i>J Int Med</i>. 1990;227:347-353.†</li> <li>Simopoulos AP. <a href="#">Omega-3 fatty acids in inflammation and autoimmune diseases</a>. <i>J Am Coll Nutr</i>. 2002 Dec;21(6):495-505.</li> <li>Mischoulon D, et al. <a href="#">Docosahexaenoic acid and omega-3 fatty acids in depression</a>. <i>Psychiatr Clin North Am</i>. 2000 Dec;23(4):785-94.</li> </ol>

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<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 1 Pearl capsule daily. Each Pearl capsule contains:  1 billion CFU</p>	<ul style="list-style-type: none"> <li>• Digestive Support*</li> <li>• Supports a healthy intestinal system*<sup>1</sup></li> <li>• Patented “True Delivery” system protects microflora from shelf conditions like air and light</li> </ul>	<p>1. Ouwehand AC. <a href="#">Probiotics: an overview of beneficial effects</a>. <i>Antonie Van Leeuwenhoek</i>. 2002 Aug;82(1-4):279-89.</p>
<b>ADDITIONAL CONSIDERATIONS</b>			
<p><b>Ostivone®</b> bone formula* <a href="#">77659</a> – 90 UltraCaps™</p> <p>Ipriflavone</p> <p><i>Ostivone® is a registered trademark of Technical Sourcing International, Inc.</i></p>	<p>Take 1 UltraCap three times daily, with meals. Each UltraCap contains: 200 mg</p>	<ul style="list-style-type: none"> <li>• Additional Bone Support*</li> <li>• Supports optimal bone density*<sup>1</sup></li> <li>• Clinically shown to enhance the body's absorption and use of calcium in over 50 human trials*</li> </ul>	<p>1. Gennari C, et al. <a href="#">Effect of ipriflavone--a synthetic derivative of natural isoflavones--on bone mass loss in the early years after menopause</a>. <i>Menopause</i>. 1998 Spring;5(1):9-15.†</p>

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<p><b>Clinical Nutrients™ for 45-Plus Women</b> multivitamin <a href="#">70080</a> – 180 tablets</p> <p>Vitamin C Vitamin E Black Tea (<i>Camellia sinensis</i>) Green Tea (<i>Camellia sinensis</i>) Bromelain (2,400 GDU/g) Papain Pepsin Lipase</p>	<p>Take 6 tablets daily. Six tablets contain:</p> <p>300 mg 200 IU 50 mg 30 mg 5 mg 15 mg 5 mg 5 mg</p>	<ul style="list-style-type: none"> <li>• Vitamins, minerals, and herbs for daily energy and essential nutrition*<sup>1-4</sup></li> <li>• Iron-free formula for menopausal and postmenopausal support*</li> </ul>	<ol style="list-style-type: none"> <li>1. Nakamura T, et al. Pancreatic dysfunction and treatment options. <i>Pancreas</i>. 1998;16(3):329-336.</li> <li>2. Zorn J. <a href="#">Experiences with substitution therapy using a new pancreatic enzyme of plant origin</a>. <i>Fortschr Med</i>. 1978 Oct 12;96(38):1941-3.</li> <li>3. Fairfield KM, et al. <a href="#">Vitamins for chronic disease prevention in adults: scientific review</a>. <i>JAMA</i>. 2002 Jun 19;287(23):3116-26.</li> <li>4. Vinson JA, et al. <a href="#">Green and black teas inhibit atherosclerosis by lipid, antioxidant, and fibrinolytic mechanisms</a>. <i>J Agric Food Chem</i>. 2004 Jun 2;52(11):3661-5.</li> </ol>
<p><b>OsteoPrime®* Ultra</b> bone formula* <a href="#">77712</a> – 120 tablets</p> <p>Vitamin D Vitamin K Calcium Phosphorus Magnesium Natto (fermented soybeans containing 45 mcg of Vitamin K2 as Menaquinone – 7) Trace Minerals: Copper Boron Strontium</p>	<p>Take 4 tablets daily, during or after meals. Four tablets contain:</p> <p>300 IU 300 mcg 600 mg 96 mg 250 mg 45 mg 2 mg 2 mg 1 mg</p>	<ul style="list-style-type: none"> <li>• Supports and maintains healthy bones and bone structure*<sup>1-5</sup></li> <li>• Provides a highly absorbable blend of calcium</li> <li>• Contains Natto K2 in the form of menaquinone-7, the most bioactive form of vitamin K2</li> <li>• Formulated by Alan Gaby, M.D.</li> </ul>	<ol style="list-style-type: none"> <li>1. Shapiro R, et al. <a href="#">Co-dependence of calcium and phosphorus for growth and bone development under conditions of varying deficiency</a>. <i>Bone</i>. 2003 May;32(5):532-40.</li> <li>2. Heaney RP, et al. <a href="#">Calcium and vitamin D</a>. <i>Endocrinol Metab Clin North Am</i>. 2003 Mar;32(1):181-04, vii-viii.</li> <li>3. Sojka JE, et al. <a href="#">Magnesium supplementation and osteoporosis</a>. <i>Nutr Rev</i>. 1995 Mar;53(3):71-4.</li> <li>4. Kaneki M. Serum concentration of vitamin K in elderly women with involutional osteoporosis. <i>Nippon Ronen Igakkai Zasshi</i>. 1995 Mar;32(3):195-200.</li> <li>5. Schaafsma A, et al. <a href="#">Delay of natural bone loss by higher intakes of specific minerals and vitamins</a>. <i>Crit Rev Food Sci Nutr</i>. 2001 May;41(4):225-49.</li> </ol>
<p><b>Ostivone®</b> bone formula* <a href="#">77659</a> – 90 UltraCaps™</p> <p>Ipriflavone</p> <p><i>Ostivone® is a registered trademark of Technical Sourcing International, Inc.</i></p>	<p>Take 1 UltraCaps 3 times daily, with meals. Each UltraCap contains:</p> <p>200 mg</p>	<ul style="list-style-type: none"> <li>• Supports optimal bone density*<sup>1</sup></li> <li>• Clinically shown to enhance the body's absorption and use of calcium in over 50 human trials*</li> </ul>	<ol style="list-style-type: none"> <li>1. Gennari C, et al. <a href="#">Effect of ipriflavone--a synthetic derivative of natural isoflavones--on bone mass loss in the early years after menopause</a>. <i>Menopause</i>. 1998 Spring;5(1):9-15.†</li> </ol>

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<p><b>Eskimo-3®</b> fish oil  <a href="#">72190</a> – 105 ml  <a href="#">72297</a> – 105 softgels  <b>Eskimo® PurEFA™</b>  <b>1000mg</b> fish oil  <a href="#">72622</a> - 150 softgels</p> <p>Omega-3 Fatty Acids            14-18% EPA**            8.3-11.7% DHA**            Pharmaceutical grade            High purity            Naturally stable</p> <p>**EPA=eicosapentaenoic acid            **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> <li>– 3 original softgels (1.5 g) 3 times daily</li> <li>– 1 teaspoon liquid (5 mL)</li> <li>– 5 PurEFA softgels (5 g)</li> </ul> <p>Each daily serving contains 1.5 – 5 g fish oil and provides:            210-900 mg EPA            125-580 mg DHA</p>	<ul style="list-style-type: none"> <li>• Essential Fatty Acid Support*</li> <li>• Clinically studied to support cardiovascular health*<sup>1</sup></li> <li>• Pharmaceutical grade, high purity, naturally stable fish oil helps maintain healthy cholesterol levels that are already within normal range*<sup>1</sup></li> <li>• Provide nutritional support for joints and skin*<sup>2</sup></li> <li>• Promotes mental well-being*<sup>3</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Haglund O, et al. <a href="#">Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure.</a> <i>J Int Med.</i> 1990;227:347-353.†</li> <li>2. Simopoulos AP. <a href="#">Omega-3 fatty acids in inflammation and autoimmune diseases.</a> <i>J Am Coll Nutr.</i> 2002 Dec;21(6):495-505.</li> <li>3. Mischoulon D, et al. <a href="#">Docosahexanoic acid and omega-3 fatty acids in depression.</a> <i>Psychiatr Clin North Am.</i> 2000 Dec;23(4):785-94.</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 1 Pearl capsule daily. Each Pearl capsule contains:</p> <p>1 billion CFU</p>	<ul style="list-style-type: none"> <li>• Digestive Support*</li> <li>• Supports a healthy intestinal system*<sup>1</sup></li> <li>• Patented “True Delivery” system protects microflora from shelf conditions like air and light</li> </ul>	<ol style="list-style-type: none"> <li>1. Ouwehand AC. <a href="#">Probiotics: an overview of beneficial effects.</a> <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.</li> </ol>

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<p><b>PMS Formula* with Indoplex®</b> <a href="#">17242</a> – 120 tablets</p> <p>Calcium Chaste Tree (<i>Vitex agnus-castus</i>) Berry (0.5% agnusides) Stable, Bioavailable Diindolylmethane (DIM), co-solubilized with vitamin E and phosphatidylcholine, for enhanced absorption and bioavailability</p> <p><i>Indoplex® and DIM® are trademarks of and is licensed from BioResponse, L.L.C., U.S. Patent 6,086,915.</i></p>	<p>Take 2 tablets in the morning and 2 tablets later in the day. If additional support is needed, take 6 tablets. Two tablets contain: 200 mg 20 mg</p> <p>14 mg</p>	<ul style="list-style-type: none"> <li>• Relieves PMS symptoms*<sup>1-3</sup></li> <li>• Contains Indoplex®, the first and only stable, bioavailable form of DIM to help support healthy estrogen metabolism *<sup>2</sup></li> <li>• Provides standardized chaste tree berry extract to support the production of progesterone*<sup>3</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Thys-Jacobs S, et al. <a href="#">Calcium supplementation in premenstrual syndrome: a randomized crossover trial.</a> <i>J Gen Intern Med.</i> 1989 May-Jun;4(3):183-9</li> <li>2. Zeligs MA. <a href="#">Safer estrogen with phytonutrition.</a> <i>Towns Lett.</i> 1999;189:83-88.</li> <li>3. Schellenberg R. <a href="#">Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomized, placebo controlled study.</a> <i>BMJ.</i> 2001 Jan 20;322(7279):134-7.</li> </ol>

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**Also see "Other Specific Concerns" Protocol for additional Hormonal Balance support products.\***

**Support for Estrogen and Progesterone Balance\***

<p><b>Indoplex®</b> <a href="#">286006</a> – 30 <i>UltraCaps™</i> <a href="#">286002</a> – 60 <i>UltraCaps</i></p> <p>Stable, Bioavailable Diindolymethane (DIM), co-solubilized with vitamin E and phosphatidylcholine, for enhanced absorption and bioavailability</p> <p><i>Indoplex® and DIM® are trademarks of and is licensed from BioResponse, L.L.C., U.S. Patent 6,086,915.</i></p>	<p>Take 1 UltraCap daily with food. One UltraCap contains:  120 mg</p>	<ul style="list-style-type: none"> <li>• Estrogen Balance*</li> <li>• Supports healthy estrogen metabolism*<sup>1</sup></li> <li>• Provides the first and only stable, bioavailable form of DIM</li> <li>• Patented delivery system for enhanced absorption*</li> </ul>	<p>1. Zeligs MA. <a href="#">Safer estrogen with phytonutrition</a>. <i>Towns Lett.</i> 1999;189:83-88.†</p>
<p><b>Vitex Extract</b> <a href="#">78726</a> – 60 <i>UltraCaps</i></p> <p>Chaste Tree (<i>Vitex agnus-castus</i>) (0.5%agnusides)</p>	<p>Take 1 UltraCap 2 times daily. Each UltraCap contains: 225 mg</p>	<ul style="list-style-type: none"> <li>• Progesterone Balance*</li> <li>• Supports healthy progesterone production*<sup>1</sup></li> </ul>	<p>1. Schellenberg R. <a href="#">Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomized, placebo controlled study</a>. <i>BMJ.</i> 2001 Jan 20;322(7279):134-7.</p>
<p><b>Calcium D-Glucarate</b> <a href="#">146006</a> – 90 <i>UltraCaps</i></p> <p>Calcium D-Glucarate</p> <p><i>Calcium D-Glucarate licensed from Applied Food Sciences, LLC.</i></p>	<p>Take 1 to 3 UltraCaps 3 times daily with meals. Each UltraCap contains: 0.5 g</p>	<ul style="list-style-type: none"> <li>• Promotes estrogen metabolism and supports natural detoxification*<sup>1</sup></li> <li>• Clinically studied, patented product</li> </ul>	<p>1. Walaszek Z, et al. <a href="#">Metabolism, uptake, and excretion of a D-glucaric acid salt and its potential use in cancer prevention</a>. <i>Cancer Detect Prev.</i> 1997;21(2):178-90.†</p>

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Protocols

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Product & Ingredient	Dosage	Features	Reference
<p><b>Fiber Formula</b> <a href="#">78452</a> – 120 UltraCaps</p> <p>Encapsulated fiber blend of:</p> <ul style="list-style-type: none"> <li>Psyllium (<i>Plantago ovata</i>)</li> <li>Oat (<i>Avena sativa</i>)</li> <li>Guar gum (<i>Cyamopsis tetragonoloba</i>)</li> <li>Pectin (from citrus fruit)</li> <li>Marshmallow (<i>Althaea officinalis</i>)</li> </ul>	<p>Take 4 UltraCaps™ daily with water. Build slowly. Four UltraCaps contain: 1727 mg</p>	<ul style="list-style-type: none"> <li>• Safely absorbs and eliminates toxins*<sup>1</sup></li> <li>• Patent-pending True Dispersion™ technology ensures the fiber is completely released and dispersed throughout the colon for thorough cleansing*</li> </ul>	<p>1. Rose DP, et al. High-fiber diet reduces serum estrogen concentrations in premenopausal women. <i>Am J Clin Nutr.</i> 1991 Sep;54(3):520-5.</p>

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Product & Ingredient	Dosage	Features	Reference
<p><b>Protective Breast Formula™*</b> <u>05886</u> – 60 tablets</p> <p>Vitamin D3 (as cholecalciferol) Turmeric (<i>Curcuma longa</i>) (85-100% curcumin) Green Tea (<i>Camellia sinensis</i>) (70% polyphenols) Calcium D-Glucarate Diindolymethane (DIM) Grape (<i>Vitis vinifera</i>) (90% polyphenols) Maitake (<i>Grifola frondosa</i>) Mushroom (30% pure D-fraction)</p>	<p>Take 2 tablets daily. Two tablets contain:</p> <p>400 IU 1000 mg 500 mg 200 mg 30 mg 100 mg 90 mg</p>	<ul style="list-style-type: none"> <li>• Provides support for breast health through multiple pathways*<sup>1-12</sup></li> <li>• <u>Cholecalciferol</u> enhances the body's natural immune system*<sup>1</sup></li> <li>• <u>Turmeric</u> and <u>Green tea</u> possess powerful antioxidant activity and support healthy breast cells*<sup>2-7</sup></li> <li>• <u>Calcium D-glucarate</u> supports the immune system, promotes estrogen metabolism, and enhances the body's detoxification systems*<sup>8</sup></li> <li>• <u>DIM</u> supports healthy estrogen metabolism*<sup>9</sup></li> <li>• <u>Grape seed extract</u> possesses antioxidant activity greater than Vitamin C and E*<sup>10,11</sup></li> <li>• <u>Maitake mushroom D-fraction</u> has boosts natural killer-cell and immune system activity*<sup>12</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Weitsman GE, et al. <a href="#">Vitamin D enhances caspase-dependent and independent THF-induced breast cancer cell death: the role of reactive oxygen species</a>. <i>Ann NY Acad Sci</i>. 2003 Dec;1010:437-40.</li> <li>2. Tilak JC, et al. <a href="#">Antioxidant availability of turmeric in relation to its medicinal and culinary uses</a>. <i>Phytother Res</i>. 2004;18(10):798-804.</li> <li>3. Verma SP, et al. <a href="#">The inhibition of estrogenic effects of pesticides and environmental chemicals by Curcumin and isoflavonoids</a>. <i>Environmental Health Perspectives</i>. 1998 Dec;106:807-812.</li> <li>4. Roy AM, et al. Epigallocatechin-3-gallate induces apoptosis in estrogen receptor-negative human breast carcinoma cells via modulation in protein expression of p53 and Bax and caspase-3 activation. <i>Mol Cancer Ther</i>. 2005 Jan;4(1):81-90.</li> <li>5. Fujiki h, et al. <a href="#">Mechanistic findings of green tea as cancer preventative for humans</a>. <i>Proc Soc Exp Biol Med</i>. 1999 Apr; 220(4):225-8.</li> <li>6. Nagata C, et al. <a href="#">Association of coffee, green tea, and caffeine intakes with serum concentrations of estradiol and sex hormone-binding globulin in premenopausal Japanese women</a>. <i>Nutr Cancer</i>. 1998;30(1):21-4.</li> <li>7. Nakachi K, et al. <a href="#">Influence of drinking green tea on breast cancer malignancy among Japanese patients</a>. <i>Jpn J Cancer Res</i>. 1998;Mar;89(3):254-61.</li> <li>8. Walaszek Z, et al. <a href="#">Metabolism, uptake, and excretion of D-glucaric acid salt and its potential use in cancer prevention</a>. <i>Cancer Detect Prev</i>. 1997;21:178-190.</li> <li>9. Zeligs MA. <a href="#">Safer estrogen with phytonutrition</a>. <i>Towns Lett</i>. 1999;189:83-88.</li> <li>10. Bagchi D, et al. <a href="#">Oxygen free radical scavenging abilities of Vitamin C and E, and a grape seed proanthocyanidins extract in vitro</a>. <i>Res Commun Mol Pathol Pharmacol</i>. 1997;95(2):179-89.</li> <li>11. Sharma G, et al. Synergistic anti-cancer effects of grape seed extract and conventional Cytotoxic agent doxorubicin against human breast carcinoma cells. <i>Breast Cancer Res Treat</i>. 2004 May;85(1):1-12.</li> <li>12. Kodama N, et al. <a href="#">Effect of Mitake (Grifola frondosa) D-Fraction on the activation of NK cells in cancer patients</a>. <i>J Med Food</i>. 2003;6(4):371-7.</li> </ol>

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PeriMenopause Symptom Relief\*

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Product & Ingredient	Dosage	Features	Reference
<p><b>AM/PM Perimenopause™*</b> menopause relief* <a href="#">77236</a> – 60 tablets</p> <p>Chaste Tree (<i>Vitex agnus-castus</i>) (0.5% agnusides) Rhodiola (<i>Rhodiola rosea</i>) (3% rosavins and 1% salidroside) Black Cohosh (<i>Cimicifuga racemosa</i>) (2.5% triterpene glycosides) L-Theanine</p>	<p>AM: One (yellow) AM tablet in the morning. PM: One (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits.</p> <p>40 mg (AM)</p> <p>205 mg (AM)</p> <p>20 mg (AM &amp; PM)</p> <p>50 mg (PM)</p>	<ul style="list-style-type: none"> <li>• 24-hour relief from perimenopausal symptoms including lack of energy, hot flashes, irritability, mood swings*, sleeplessness, muscle tension, and night sweats*</li> <li>• Black Cohosh provides natural hormonal support and relief of occasional hot flashes and mood swings*<sup>1</sup></li> <li>• Chaste Berry supports natural progesterone balance and relief of menstrual symptoms*<sup>2,3</sup></li> <li>• Rhodiola supports concentration, mental alertness and endurance*<sup>3</sup></li> <li>• L-theanine alleviates nighttime muscle tension and promotes restful sleep*</li> </ul>	<ol style="list-style-type: none"> <li>1. Lieberman S. <a href="#">A review of the effectiveness of Cimicifuga racemosa (black cohosh) for the symptoms of menopause</a> <i>J Womens Health</i>. 1998;7:527-528.</li> <li>2. Loch EG, et al. <a href="#">Treatment of premenstrual syndrome with a phytopharmaceutical formulation containing Vitex agnus castus</a>. <i>J Womens Health Genet Based Med</i>. 2000;9:315-20.</li> <li>3. Spasov AA, et al. <a href="#">A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of Rhodiola rosea SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen</a>. <i>Phytomedicine</i>. 2000;7:58-9</li> </ol>

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Protocols

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Product & Ingredient	Dosage	Features	Reference
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MILD SYMPTOM RELIEF*			
<p><b>Black Cohosh</b> <a href="#">17906</a> – 60 tablets</p> <p>Black Cohosh (<i>Cimicifuga racemosa</i>) (2.5% triterpene glycosides)</p>	<p>Take 1 tablet in the morning and 1 tablet in the evening. Each tablet contains: 20 mg</p>	<ul style="list-style-type: none"> <li>Relieves menopausal symptoms*<sup>1</sup></li> <li>Clinically studied for more than 40 years</li> </ul>	<p>1. Lieberman S. <a href="#">A review of the effectiveness of Cimicifuga racemosa (black cohosh) for the symptoms of menopause</a> <i>J Womens Health</i>. 1998;7:527-528.</p>

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Product & Ingredient	Dosage	Features	Reference
<b>MODERATE TO SEVERE SYMPTOM RELIEF*</b>			
<b>AM/PM Menopause™*</b> menopause relief* <a href="#">77206</a> – 60 tablets  Black Cohosh ( <i>Cimicifuga racemosa</i> ) (2.5% triterpene glycosides) Green Tea ( <i>Camellia sinensis</i> ) (14% caffeine) Panax ginseng (37.5% ginsenosides) L-Theanine	AM Formula: One (white) AM tablet in the morning. PM Formula: One (red) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits. 20 mg (AM & PM)  250 mg (AM)  50 mg (AM)  50 mg (PM)	Step 1: Daytime relief for: lack of energy, hot flashes, irritability, mood swings* <sup>1</sup>  Nighttime relief for: occasional sleeplessness, night sweats, hot flashes* <sup>1</sup>  <ul style="list-style-type: none"> <li>• Hormone Free</li> <li>• Black Cohosh provides natural hormonal support and relief of occasional hot flashes and mood swings*</li> <li>• Chaste Berry supports natural progesterone balance and relieves menstrual symptoms*</li> <li>• Green Tea promotes breast health, energy and weight management*</li> <li>• L- theanine alleviates nighttime muscle tension and promotes restful sleep*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Sun J. Morning/evening menopausal formula relieves menopausal symptoms: a pilot study. <i>J Altern Complement Med.</i> 2003 Jun;9(3):403-9.†</li> <li>2. Juneja LR, et al. <a href="#">L-theanine - a unique amino acid of green tea and it's relaxation effect in humans.</a> <i>Trends in Food Science &amp; Technology.</i> 1999;10:199-204.†</li> </ol>
<b>Remifemin®</b> menopause relief* <a href="#">07500</a> – 60 tablets <a href="#">07520</a> – 120 tablets  Black Cohosh ( <i>Cimicifuga racemosa</i> ) Root and Rhizome Isopropanolic Extract  <i>Remifemin® is a registered trademark of Schaper &amp; Brümmer GmbH &amp; Co.</i>	Take 1 tablet in the morning and 1 tablet in the evening. Each tablet contains: 20 mg	Step 2: Add if symptoms persist after 30-45 days.  <ul style="list-style-type: none"> <li>• Clinically shown to reduce menopause symptoms by up to 70% in 12 weeks*<sup>1</sup></li> <li>• Reduced mean daily hot flash frequency by 56% after 4 weeks*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Liske J, et al. Physiological investigation of a unique extract of black cohosh (<i>Cimicifugae racemosae</i> rhizome): a 6-month clinical study demonstrates no systemic estrogenic effect. <i>J Women Health Gen Based Med.</i> 2002 Mar;11(2):163-74.†</li> <li>2. Pockaj BA, et al. <a href="#">Pilot evaluation of black cohosh for the treatment of hot flashes in women.</a> <i>Cancer Invest.</i> 2004;22(4):515-21.†</li> </ol>
<b>Soy Extract</b> <a href="#">78946</a> – 60 tablets  Soy Bean ( <i>Glycine max</i> ) (15% isoflavones)	Take 1-3 softgels daily. Each softgel contains: 100 mg	Step 3: After an additional 30-45 days using the combination above, add if symptoms persist.  <ul style="list-style-type: none"> <li>• Provides phytoestrogens to relieve symptoms associated with menopause*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Albertazzi P. <a href="#">The effect of dietary soy supplementation on hot flushes.</a> <i>Obstet Gynecol.</i> 1998 Jan;91(1):6-11.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<b>Cranberry Forte</b> <a href="#">286013</a> – 60 capsules  Cranberry ( <i>Vaccinium macrocarpon</i> )	Take 1-2 capsules, 2 times daily. Two capsules contains: 500 mg	<ul style="list-style-type: none"> <li>Provides urinary tract support*<sup>1</sup></li> </ul>	1. Stothers L. <a href="#">A randomized trial to evaluate effectiveness and cost effectiveness of naturopathic cranberry products as prophylaxis against urinary tract infection in women.</a> <i>Can J Urol.</i> 2002 Jun;9(3):1558-62.
<b>Better Bladder™* for Women</b> <a href="#">78813</a> – 30 tablets  Pumpkin ( <i>Cucurbita pepo</i> ) Seed Extract 18:1	Take 1 tablet daily. Each tablet contains: 500 mg	<ul style="list-style-type: none"> <li>Supports healthy bladder strength*<sup>1</sup></li> <li>Promotes healthy urinary tract and bladder function*<sup>1</sup></li> <li>Lipid-free extract - Patented processing removes oily contaminants and assures purity</li> </ul>	1. Sana Co., Ltd. Open clinical study of effects of pumpkin seed extract/soybean germ extract mixture-containing processed food on nocturia. <i>Japanese Journal of Pharmaceutical and Medicinal Science.</i> 2001 Nov.†

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<p><b>Phytostan</b> <a href="#">146009</a> – 90 tablets</p> <p>Pau D'Arco (<i>Tabebuia impetiginosa</i>) Undecylinic Acid Grapefruit (<i>Citrus paradisi</i>)</p>	<p>Take three times daily, between meals: 100 mg  100 mg 25 mg</p>	<ul style="list-style-type: none"> <li>Supports healthy intestinal flora*<sup>1,2</sup></li> </ul>	<ol style="list-style-type: none"> <li>Neuhauser I. Successful treatment of intestinal moniliasis with fatty acid-resin complex. <i>Arch Intern Med.</i> 1954;93:53-60.</li> <li>Krajewska-Kulak E, et al. Antifungal activity of 33% grapefruit-water glycerol solution. <i>J Eur Acad Dermatol Venereol.</i> 2003 Jul'17(4):486-7.</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> and <i>Bifidobacterium longum</i></p>	<p>Take 1 Pearl capsule daily. Each Pearl capsule contains:  1 billion CFU</p>	<ul style="list-style-type: none"> <li>Supports a healthy intestinal system*<sup>1</sup></li> <li>Patented "True Delivery" system protects microflora from shelf conditions like air and light</li> </ul>	<ol style="list-style-type: none"> <li>Ouwehand AC. <a href="#">Probiotics: an overview of beneficial effects.</a> <i>Antonie Van Leeuwenhoek.</i> 2002 Aug;82(1-4):279-89.</li> </ol>

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<p><b>ITI® Woman</b> <a href="#">286001</a> – 60 capsules</p> <p>Maca (<i>Lepidium meyenii</i>) (0.6% macaenes &amp; macamides)</p> <p>Ashwagandha (<i>Withania somnifera</i>) Root (4% withanolides)</p> <p>Rhodiola (<i>Rhodiola rosea</i>) (3% rosavins, 1% salidroside)</p> <p>Eleuthero (<i>Eleutherococcus senticosus</i>) (0.5% eleutheroside E)</p> <p>Catuaba (<i>Erythroxylum catuaba</i>)</p>	<p>Take two capsules daily, preferably one capsule twice daily with meals. If a more heightened effect is desired, take up to four capsules daily</p> <p>Two capsules contain: 400 mg</p> <p>250 mg</p> <p>150 mg</p> <p>150 mg</p> <p>100 mg</p>	<ul style="list-style-type: none"> <li>Alkaloids isolated from the maca root act upon the hypothalamus-pituitary axis, supporting and boosting energy levels and encouraging the production of sex hormones*<sup>1</sup></li> <li>The withanoloides in ashwagandha appear to support the body's natural anti-stress abilities*<sup>2</sup></li> <li>Rhodiola rosea is an adaptogen that increases mental and physical energy and promotes a sense of well-being required for sexual vitality*<sup>3</sup></li> <li>Eleuthero helps the body adapt to stress by supporting healthy adrenal gland function*<sup>4</sup></li> <li>Catuaba bark has been consumed for centuries by natives and immigrants alike to support sexual function in men and women*<sup>5</sup></li> </ul>	<ol style="list-style-type: none"> <li>Zheng BL, et al. <a href="#">Effect of a lipidic extract from lepidium meyenii on sexual behavior in mice and rats</a>. <i>Urology</i>. 2000;55:598-602.</li> <li>Bhattacharya SK, et al. Anxiolytic-antidepressant activity of <i>Withania somnifera</i> glycowithanolides: an experimental study. <i>Phytomedicine</i>. 2000;7:463-469.</li> <li>Gerasimova HD. Effect of <i>Rhodiola rosea</i> extract on ovarian functional activity. Proc of Scientific Conference on Endocrinology and Gynecology. Sverdlovsk, Russia. 1970 Sept 15-16. Siberian Branch of the Russian Academy of Sciences. p. 46-8.</li> <li>Farnsworth NR. <i>Economic and Medicinal Plant Research, vol. 1</i>. Wagner H, Hikino H and Farnsworth NR (eds.) London: Academic Press, 1985.</li> <li>Van Straten M. <i>Guarana: The Energy Seeds and Herbs of the Amazon Rainforest</i>. Essex, England: C.W. Daniel Company, Ltd., 1994.</li> </ol>

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Product & Ingredient	Dosage	Features	Reference
<b>ADDITIONAL SUPPORT FOR PREMENSTRUAL SYNDROME (PMS) ASSOCIATED SYMPTOMS*</b>			
<p><b>Petadolex®</b> supplement <a href="#">74806</a> – 60 softgels</p> <p>Purple Butterbur (<i>Petasites hybridus</i>) Root Extract (15% petasins and free of pyrrolizidine alkaloids (PAs))</p> <p><i>Petadolex® is a registered trademark of Weber &amp; Weber International GmbH &amp; Co.</i></p>	<p>Take 1 softgel 3 times daily for the first 4 weeks. Thereafter, 1 softgel twice daily. Each softgel contains: 50 mg</p>	<ul style="list-style-type: none"> <li>Patented processing ensures the extract is free from harmful pyrrolizidine alkaloids (PAs)</li> <li>Clinically shown to support healthy blood vessel tone in the brain<sup>*1-3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Grossmann W, et al. An extract of <i>Petasites hybridus</i> is effective in the prophylaxis of migraine. <i>Altern Med Rev.</i> 2001;6(3303-10).†</li> <li>Danesch U. <a href="#">Petadolex for the treatment of headache. A profile of a special butterbur extract: pharmacology, safety, and clinical aspects.</a> <i>Townsend Letter for Doctor and Patients.</i> April, 2003. In Press.</li> <li>Monograph. <i>Petasites hybridus.</i> <i>Altern Med Rev.</i> 2001 Apr;6(2):207-9.</li> </ol>
<p><b>Vitaline® CoQ10</b> <a href="#">76133</a> – 30 chewable wafers, Chocolate flavor <a href="#">76103</a> – 30 chewable wafers, Maple Nut flavor <a href="#">76113</a> – 30 chewable wafers, Orange Crème flavor <a href="#">76123</a> – 30 chewable wafers, Tropical Fruit flavor</p> <p>Coenzyme Q10 (CoQ10) (ubiquinone) High Purity Natural Form</p>	<p>Take 2-3 wafer daily. Each wafer contains:  100 mg</p>	<ul style="list-style-type: none"> <li>Support healthy blood vessel tone in the brain <sup>*1,2</sup></li> <li>Provides a high purity, natural form of CoQ10 in an emulsifying complex to ensure bioavailability</li> </ul>	<ol style="list-style-type: none"> <li>Rozen TD, et al. <a href="#">Open label trial of coenzyme Q10 as a migraine preventive.</a> <i>Cephalalgia.</i> 2002 Mar;22(2):137-41.</li> <li>Sandor PS, et al. <a href="#">Efficacy of coenzyme Q10 in migraine prophylaxis: a randomized controlled trial.</a> <i>Neurology.</i> 2005 Feb 22;64(4):713-5.</li> </ol>
<b>SUPPORT FOR HEALTHY LEG CIRCULATION AND VEINS*</b>			
<p><b>Varicosin™</b> <a href="#">78849</a> – 90 tablets</p> <p>Horse Chestnut (<i>Aesculus hippocastanum</i>) (20% triterpene glycosides) Butcher's Broom (<i>Ruscus aculeatus</i>) (9-11% saponins)</p>	<p>Take 2 tablets twice daily. Two tablets contain: 250 mg</p> <p>300 mg</p>	<ul style="list-style-type: none"> <li>Supports proper circulation and healthy veins<sup>*1,2</sup></li> <li>Horse chestnut (escin) has been shown to decrease capillary permeability by reducing the number and size of pores, which helps improve tone of vascular walls<sup>*1</sup></li> <li>Butcher's broom has a long history of use in Europe</li> </ul>	<ol style="list-style-type: none"> <li>Siebert U, et al. <a href="#">Efficacy, routine effectiveness, and safety of horsechestnut seed extract in the treatment of chronic venous insufficiency. A meta-analysis of randomized controlled trials and large observational studies.</a> <i>Int Angiol.</i> 2002 Dec;21(4):305-15.</li> <li>Vanscheidt W, et al. <a href="#">Efficacy and safety of a Butcher's broom preparation (<i>Ruscus aculeatus</i> L. extract) compared to placebo in patients suffering from chronic venous insufficiency.</a> <i>Arzneimittelforschung.</i> 2002;52(4):243-50.</li> </ol>

Product & Ingredient	Dosage	Features	Reference
<b>SUPPORT FOR HEALTHY IMMUNE FUNCTION*</b>			
<b>Cold Sore Relief™ with allantoin</b> <a href="#">09740</a> – 0.18 oz. tube  Allantoin 1%	Topical. Apply liberally 2 – 4 times daily at the first sign of cold sore or fever blister.	<ul style="list-style-type: none"> <li>Over-the-counter (OTC) medication indicated for cold sores and fever blisters<sup>1</sup></li> <li>Safe, effective medicated cream</li> </ul>	<ol style="list-style-type: none"> <li>Code of Federal Regulations, Title 21, Volume 5, April 1, 2004. Part 310, Subpart E, Section 310.534. Drug products containing active ingredients offered over-the-counter (OTC) for human use as oral wound healing agents.</li> </ol>
<b>Thymuril®*</b> <a href="#">73995</a> – 50 capsules <a href="#">73985</a> – 50 tablets  Lysine <i>Echinacea purpurea</i> Root	Take 2 tablets or 4 capsules daily. Two tablets or for capsules contain: 250 mg daily 300 mg daily	<ul style="list-style-type: none"> <li>Provides vitamins and minerals essential for proper immune function*<sup>1,2</sup></li> </ul>	<ol style="list-style-type: none"> <li>Walsh DE, et al. <a href="#">Subjective response to lysine in the therapy of herpes simplex.</a> <i>J Antimicrob Chemother.</i> 1983 Nov;12(5):489-96.</li> <li>Binns SE, et al. <a href="#">Antiviral activity of characterized extracts of Echinacea spp. (Heliantheae: Asteraceae) against herpes simplex virus (HSV-1).</a> <i>Planta Med.</i> 2002 SP;68(9):780-3.</li> </ol>
<b>SUPPORT FOR HEALTHY HAIR AND SKIN*</b>			
<b>Nature Derm Skin Care System®</b> <a href="#">11059</a> – 90 capsules Vitamin A Zinc Sulfur Bromelain (2,400 G.D.U./g)	Take daily.  10,000 IU 30 mg 200 mg 66.7 mg	<ul style="list-style-type: none"> <li>Reduces occasional acne.*<sup>2</sup></li> <li>Vitamin A, vitamin C, zinc, and the B vitamins are known for their contribution to skin integrity.*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>Michaelsson G, Juhlin L, Vahlquist A. Effects of oral zinc and vitamin A in acne. <i>Arch Dermatol.</i> 1977 Jan;113(1):31-6.</li> <li>Gupta AK, Nicol K. The use of sulfur in dermatology. <i>J Drugs Dermatol.</i> 2004 Jul-Aug;3(4):427-31.</li> </ol>
<b>Eskimo-3® fish oil</b> <a href="#">72190</a> – 105 ml <a href="#">72297</a> – 105 softgels <b>Eskimo® PurEFA™</b> <b>1000mg fish oil</b> <a href="#">72622</a> - 150 softgels  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>Provides nutritional support for healthy hair and skin quality*<sup>1</sup></li> <li>Pharmaceutical grade, high purity, naturally stable fish oil</li> <li>Highest naturally occurring DHA/EPA</li> </ul>	<ol style="list-style-type: none"> <li>Khan F, et al. The effects of dietary fatty acid supplementation on endothelial function and vascular tone in healthy subjects. <i>Cardiovasc Res.</i> 2003 Oct 1;59(4):955-62.†</li> </ol>
<b>Biotin Forte® without Zinc</b> <a href="#">216010</a> - 60 tablets Biotin	Take 1 tablet daily. Each tablet contains: 5 mg daily	<ul style="list-style-type: none"> <li>Supports healthy muscle tissue, hair and skin*<sup>1</sup></li> </ul>	<ol style="list-style-type: none"> <li>Fritsche A, et al. <a href="#">Pharmacologic effects of biotin on epidermal cells.</a> <i>Schweiz Arch Tierheilkd.</i> 1991;133(6):277-83.</li> </ol>

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