

Protocols

Product & Ingredient	Dosage	Features	Reference
<p>Multi-B Complex 216003 – 60 capsules</p> <p>Thiamin Riboflavin Niacin Vitamin B6 (<i>pyridoxine</i>) Folic Acid Vitamin B12 (<i>cyanocobalamin</i>) Pantothenic Acid Choline Bitartrate</p>	<p>Take 1 capsule daily. Each capsule provides: 50 mg 60 mg 75 mg 60 mg 400 mcg 100 mcg</p> <p>50 mg 50 mg</p>	<ul style="list-style-type: none"> Reduces homocysteine levels, which can be elevated following intense and sustained exercise*^{1,2} Biotin is an essential coenzyme involved in the production of cellular energy;* supplementation can support energy levels and reduce fatigue*³ 	<ol style="list-style-type: none"> Homocysteine Lowering Trialists' Collaboration. Dose-dependent effects of folic acid on blood concentrations of homocysteine: a meta-analysis of the randomized trials. <i>Am J Clin Nutr.</i> 2005 Oct;82(4):806-12. Jonasson T, et al. Plasma homocysteine and markers for oxidative stress and inflammation in patients with coronary artery disease--a prospective randomized study of vitamin supplementation. <i>Clin Chem Lab Med.</i> 2005;43(6):628-34. Osada K, et al. Experimental study of fatigue provoked by biotin deficiency in mice. <i>Int J Vitam Nutr Res.</i> 2004 Sep;74(5):334-40.
<p>Eskimo-3® fish oil 72190 – 105 ml 72297 – 105 softgels Eskimo® PurEFA™ 1000mg fish oil 72622 - 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"> 3 original softgels (1.5 g) 3 times daily 1 teaspoon liquid (5 mL) 5 PurEFA softgels (5 g) <p>Each daily serving contains 1.5 – 5g fish oil and provides: 210-900 mg EPA 125-580 mg DHA</p>	<ul style="list-style-type: none"> Provides nutritional support for healthy joints*¹ Omega-3 fatty acids favorably affect chondrocyte gene transcription, which in turn enhances cellular repair capabilities*² 	<ol style="list-style-type: none"> Saldeen T. Mechanisms behind the anti-inflammatory effects of stable fish oil. (<i>Swe. Hygiea.</i> 109(2):331, 2000. † Curtis CL, et al. (Omega)n-3 fatty acids specifically modulate catabolic factors involved in articular cartilage degradation. <i>Biol Chem.</i> 2000 Jan 14;275(2):721-4.

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<p>End Fatigue™ Revitalizing Sleep Formula* 73233 – 30 UltraCaps™</p> <p>Valerian (0.8% valerenic acids) Passionflower (<i>Passiflora incarnata</i>) L-Theanine Hops (<i>Humulus lupulus</i>)</p>	<p>Take 1-4 UltraCaps 30-60 minutes before bedtime. Each UltraCap provides:</p> <p>200 mg 90 mg 50 mg 30 mg</p>	<ul style="list-style-type: none"> Helps you recuperate while you sleep, so you experience less fatigue the following day* Valerian improves sleep structure and quality, and enhances amount of time in stage 4 sleep*¹ In clinical trials, L-theanine causes significant increases of certain neurotransmitter concentrations in the brain, such as serotonin and dopamine, which promotes muscle relaxation and improves sleep*² Passionflower has been studied for its ability to calm simple tension that may lead to occasional sleeplessness*³ 	<ol style="list-style-type: none"> Donath F, et al. Critical evaluation of the effect of valerian extract on sleep structure and sleep quality. <i>Pharmacopsychiatry</i>. 2000;33:47-53. Juneja LR, et al. L-theanine - a unique amino acid of green tea and it's relaxation effect in humans. <i>Trends Food Sci Technol</i>. 1999;10:199-204. † Krenn L. Passion flower (<i>Passiflora incarnata</i> L.) – a reliable herbal sedative. <i>Wien Med Wochenschr</i>. 2002;152(15-16):404-6.
<p>Bio-Zyme® systemic enzymes 74251 – 100 tablets 74250 – 200 tablets</p> <p>Pancreatic Enzymes 10X (full strength, undiluted) Protease 81,250 USP Amylase 81,250 USP Lipase 6,500 USP Trypsin Papain Bromelain Amylase Lipase Lysozyme Chymotrypsin</p>	<p>Take 2 tablets on an empty stomach 3 times daily.</p> <p>Two tablets contain: 325 mg 75 mg 50 mg 50 mg 10 mg 10 mg 10 mg 2 mg</p>	<ul style="list-style-type: none"> Supports the body's natural anti-inflammatory function during times of occasional overuse*¹ Reduces pain associated with exercise and overuse*² 	<ol style="list-style-type: none"> Chintalacharuvu SR, et al. Treatment of collagen induced arthritis by proteolytic enzymes: immunomodulatory and disease modifying effects. <i>J Rheumatol</i>. 2001 Sep;28(9):2049-59. Miller PC, et al. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. <i>J Sports Sci</i>. 2004 Apr;22(4):365-72.†

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<p>Mega MultiVitamin Powder Mix 176001 - 637 grams</p> <p>Multi-Nutrient Vitamin and Mineral Powder, which includes: Vitamin C Vitamin E N-Acetylcysteine (NAC) Inulin (from chicory root) Whey Protein Broad Spectrum Amino Acids</p>	<p>Take 1 scoop daily. May take as divided doses in morning and evening.</p> <p>750 mg 100 IU 250 mg 750 mg</p> <p>7 g</p>	<ul style="list-style-type: none"> Protects cells from exercise-induced oxidative damage*¹ NAC enhances performance in well-trained athletes by supporting muscle cysteine and GSH availability*² Inulin supports healthy mineral absorption;* supports healthy immune system response;* helps with lipid and glucose metabolism*³ Whey protein & amino acids support healthy muscle and tissue formation*⁴ Also supports healthy immune system functioning*⁵ 	<ol style="list-style-type: none"> Packer L. Oxidants, antioxidant nutrients and the athlete. <i>J Sports Sci.</i> 1997 Jun;15(3):353-63. Medved I, et al. N-acetylcysteine enhances muscle cysteine and glutathione availability and attenuates fatigue during prolonged exercise in endurance-trained individuals. <i>J Appl Physiol.</i> 2004 Oct;97(4):1477-85. Roberfroid MB, et al. Dietary fructans. <i>Annu Rev Nutr.</i> 1998;18:117-143. Tipton KD, et al. Ingestion of casein and whey proteins result in muscle anabolism after resistance exercise. <i>Med Sci Sports Exerc.</i> 2004 Dec;36(12):2073-81 Wong CW, et al. Immunomodulatory effects of dietary whey proteins in mice. <i>J Dairy Res.</i> 1995;62:359-368.
<p>Vitaline® CoQ10 76103 – 30 chewable wafers, Maple Nut flavor 76133 – 30 chewable wafers, Chocolate flavor 76113 – 30 chewable wafers, Orange Crème flavor 76123 – 30 chewable wafers – Tropical Fruit flavor</p> <p>Coenzyme Q10 (CoQ10) (ubiquinone) High Purity Natural Form</p>	<p>Take 2-3 wafers daily.</p> <p>Each wafer contains:</p> <p>100 mg</p>	<ul style="list-style-type: none"> Possesses potent antioxidant and free radical scavenging activity*¹ Protects mitochondrial DNA, protein, and lipids from oxidative damage*¹ 94% of athletes felt CoQ10 supplementation improved performance and recovery time*² 	<ol style="list-style-type: none"> Matthews RT, et al. Coenzyme Q10 administration increases brain mitochondrial concentrations and exerts neuroprotective effects. <i>Proc Natl Acad Sci.</i> 1998;95:8892-8897. † Ylikoski T, et al. The effect of coenzyme Q10 on the exercise performance of cross-country skiers. <i>Mol Aspects Med.</i> 1997;18 Suppl:S283-90.

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Immun'Age 56413 – 30 packets Fermented Papaya Preparation (FPP)	Take 1 to 3 packets a day. Each packet contains: 3 g Take in between meals. Dissolve in mouth. Do not take with water. Do not eat or drink anything 5 minutes before or after.	<ul style="list-style-type: none"> Supports both antioxidant and immune system function, including a clinically validated impact on two pathways that eliminate free radicals from the body (Superoxidase Mutase) (SoD) and Glutathione Peroxidase)*^{1,2} Enhances athletic abilities, improves performance and speeds post-activity recovery*^{1,2} 	<ol style="list-style-type: none"> Imao K, et al. Free radical scavenging activity of fermented papaya preparation and its effect on lipid peroxide level and superoxide dismutase activity in iron-induced epileptic foci of rats. <i>Biochem Mol Biol Int.</i> 1998 Jun;45(1):11-23.† Kishi A, et al. Effects of Dietary Supplement on IFN Producing Capacity in Humans. <i>J Interferon Res.</i> 1994;14(Suppl 1).†
Joint Gel® 266015 - 2 oz. roll-on 266016 – (9) 2 oz. roll-on 1-Menthol 1.25%	Roll on to affected area not more than 3 to 4 times daily. For best results, massage into skin until absorbed.	<ul style="list-style-type: none"> For the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, sprains and strains¹ 	<ol style="list-style-type: none"> Galeotti N, et al. Menthol: a natural analgesic compound. <i>Neurosci Lett.</i> 2002 Apr 12;322(3):145-8.

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